

APRIL 2015



Be prepared...



Isn't this late summer fantastic! Looks like a warm Easter break is coming our way. Speaking of which, you have a couple more days to get in for your Easter treats including sugar-free chocolate bunnies, organic fair-trade chocolate and organic sourdough hot cross buns... and we will be open on Saturday if you need to restock.

Despite the warm temperatures, the cold and flu season seems to have already hit. This is a good reminder that Autumn is the time to start preparing yourself for the winter season. It can be easy to slow down on the fruit and vegetable intake in this shoulder season, so making a conscious effort to eat greens and vitamin C –rich fruits can give your immune system the boost it needs. Or try our super-convenient dehydrated green and berry powders to add to smoothies. Good gut health is also good for immunity so don't forget your probiotic-rich foods like sauerkraut, kefir, yoghurt and kombucha! We also have a great range of supplements to help protect you over the colder months. To help get the whole family into taking Vitamin C now we have a special offer for you—buy any Sanderson chewable Vitamin C (from \$12.90) and receive a free gift, like one of the cute puppets in the picture! While stocks last.

We also have many supplements for the immune system with ingredients like echinacea, olive leaf extract, astragalus and zinc which can help prevent catching colds and help reduce their severity if you do succumb. We have tablets, capsules, elixirs and teas to suit your needs. If you do catch something, there are plenty of treatments to help ease your suffering, such as Kereru's classic Cold Balm, Olbas Oil drops, and plenty of syrups and lozenges for soothing sore throats and easing breathing.

Ecotip: Save on paper waste by having your bills, newsletters (like this) etc emailed to you. And don't forget a "No Circular" sign on your mailbox!

New Products!



Doctor's Choice Bio Yoghurt is full of probiotics but without any dairy, gluten or sugar—and being made from coconut cream it is truly delicious! Made in Christchurch it is a bargain at only \$7.90 for 330g.

Check out our new range of books on the **wonders of coconut**, with books such as "The Coconut Oil Miracle", and "Coconut Cures", and books covering more specific topics like autism, arthritis, oil pulling, detoxing, and cooking with coconut products. From only \$19.95.

NEWS NEWS NEWS NEWS

- ◆ A talk on "Gas exploration in our region—good, bad or otherwise?" is being held at the Palmerston North Library from 5:30—7 on 7th April. Sarah Roberts is a Taranaki landowner living by several well sites, and will speak on issues like legalities and people rights.

HERB OF THE MONTH: SARSAPARILLA

Our sarsaparilla, *Hemidesmus Indicus*, is also known as East Indian Sarsaparilla or Sugandi Root. It is a perennial creeper with very aromatic roots. As well as making a beautiful tea, this sarsaparilla has been used in Ayurvedic medicine for centuries for stomach problems (especially peptic ulcer), rashes, high blood pressure and stress. It is also used for meditation and to induce a trance-like state. But [research](#) is starting to show other benefits as an anti-inflammatory, anti-bacterial and antidiarrheal, antioxidant and even anti-venom.

MONTH SPECIALS

- ◆ Buy any Living Nature lipstick for only \$36 and receive a free lip hydrator valued at \$29.50! While stocks last.

GARDENING?

Chickens are a great addition to your back yard if you have some spare space (and tolerant neighbours...) They love greens, vege scraps and left-overs but for good laying they can benefit from a nutritionally balanced feed. Bio-grains Chicken Layer Pellets is an organic grain-based feed containing linseed for Omega 3 and fishmeal for extra protein. Only \$30 for 10kg.

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Feature product—Vegan Food



Vegans avoid eating any food produced by animals, from meat (including seafood) to dairy products and eggs to honey. This is most commonly done for ethical reasons, as animals are considered sentient beings that should not be eaten. For many vegans this also means avoiding non-food animal products such as leather and silk, and any products tested on animals. However many people have found health benefits of eating a well-balanced plant-based diet, including the increase in vitamins such as C, E and folic acid, and extra fibre. [Research suggests](#) a vegan diet may be beneficial in reducing obesity-related chronic disease and increasing longevity. Vegan food is not just the preserve of vegans though, with many people eating vegan products as a regular part of their diet (such as on [Meat Free Mondays](#)) either for environmental reasons or for their own health, including dairy intolerances. And there is plenty of variety on a vegan diet!

There are many protein sources other than meat and dairy, such as nuts, seeds, beans, lentils and grains (especially when sprouted), and many products such as tofu and tempeh (see below for a great tempeh 'bacon' recipe!), and TVP (textured vegetable protein) can be used to replace mince. Sometimes convenient foods are needed, and we have vegan sausages for barbeques and sausage rolls for parties. We also have dairy-free products for every occasion, from dairy-free milks, yoghurt and ice-cream to table spreads, whipping cream, condensed milk, sour cream and cream cheese, even cheeses like parmesan, cheddar, melty mozzarella, or try our easy Angel Foods cheese sauce. There are many vegan baking recipes available (check out our recipe books in store), and products such as chia, linseed and Orgran's "No Egg" (which you can even use to make meringues) can be used to replace eggs in many recipes. And don't forget our selection of vegan chocolate...

As with any diet it is important to make sure it is balanced with sufficient fruits, vegetables, whole grains, protein and good fats. To avoid eating too much soy (the most common ingredient in many vegan products), we have products such as coconut yoghurt and pea-based mozzarella. We also have Vitamin B12 supplements (B12 is naturally found in meat or micro-organisms in soil so is hard to obtain in a western vegan diet). Nutritional Yeast is a fortified inactive yeast that can be sprinkled on food and is super tasty, or try our Vitamin B12 tablets, or oral drops, from only \$18.50.

Recipe—Karen's Tempeh Bacon

1 packet Tonzu organic tempeh
1/4 cup organic tamari or soy sauce
1/4 cup water
3T organic maple syrup
2t liquid smoke
Organic olive oil

Slice the tempeh thinly and steam for 20 minutes. Mix the liquid ingredients except the olive oil together in a large bowl and add the steamed tempeh. Marinate in the fridge for as long as possible (overnight is best). Lay out on an oven tray, drizzle with olive oil and bake for 25 minutes. It can be eaten straight away, but gets even better if put back in the fridge covered in the left-over marinade, which will slowly be absorbed.