

# APRIL/MAY 2013



## *The sky is falling—finally!*

Happy autumn everybody. It is starting to cool down a little, and there is occasionally this strange wet stuff falling from the skies, making for happy gardeners and farmers! The endless summer has had its benefits though, we still have fresh organic blueberries in store. But the autumn bounty is also starting to arrive, new season's organic feijoas are here.

Margaret has been oblivious to the season's changes as she has been skipping round the braes of Scotland for the past month, enjoying the lovely Scottish spring. She is back this week feeling recharged and refreshed and pleased the girls kept the place ticking over in her absence.

The weather has been a major topic in the media for months now, with the drought affecting farmers all over the country, but being a boon for some horticulturalists such as winemakers and kiwifruit growers. However bad news again last week for the organic kiwifruit growers whose organically-approved pesticide to prevent the kiwifruit vine disease has been found to contain traces of a non-certified chemical. This hasn't affected all organic crops, and we had our first arrival of new season's kiwifruit last week. Get them while you can! Farming and horticulture has never been easy work, but growing organically takes an extra level of commitment. And with new challenges such as climate change and imported diseases, it makes us even more appreciative of the work our growers do to provide us with such nutritious and super delicious produce.

Speaking of which, did you see our organic egg supplier Pasture Poultry featured on Country Calender recently? Pauline and John Blackie farm in nearby Rewa and it was great to see their happy chickens being so well cared for in such a beautiful setting.

## *New Products!*

To celebrate Fairtrade Fortnight, we are happy to introduce two new fairtrade products—**Karma Cola and Gingerella ginger beer**. Both drinks contain organic ingredients and are certified fairtrade, and are truly delicious! Normally \$4.50 a bottle, but only \$4.00 during Fairtrade Fortnight!



**Lifestream V Omega 3** is a natural vegan source of Omega 3 made from marine microalgae. These are the algae the fish eat to give us fish oil-based omega 3, but with no fishy aftertaste! These capsules also contain Vitamin D. Only \$44.90 for 45 1-a-day capsules.



### NEWS NEWS NEWS NEWS

- ◆ If you having been missing your favourite Natural Instinct product, we are pleased to announce new stock will be arriving late April.
- ◆ Fairtrade fortnight is 4th to 19th May. Come in store to check out our organic fairtrade range!

### HERB OF THE MONTH: ECHINACEA

Echinacea is a perennial plant endemic to North America. It is the *Angustifolia* variety that is most commonly used medicinally. Echinacea is an essential tool as we head into winter, as it is an immune regulator. It is well known for its ability to reduce the duration and severity of colds and flus, although it can be used for any infection. Studies also suggest it may help reduce pain and inflammation and is antiviral and antioxidant, making it useful for treating conditions such as yeast and urinary tract infections. For more information [click here](#)

## SPECIALS

- ◆ To celebrate Fair Trade Fortnight, we are taking 10% off all fair-trade products in store from 4 to 19 May!

## GARDENING?

Now is the perfect time to grow broad beans! These are a super easy crop to grow, you can simply plant the seeds directly into fertilised soil about 5cm deep, and spaced 15-20cm apart. You can plant rows quite close together so the plants support each other as they grow, or stake as necessary. We have Ecoseeds broadbean seeds for \$3.95 a packet.

## CONTACT US

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## Feature product - Millet



You may be familiar with millet as a birdseed, but millet has been used since prehistoric times as a nutritious and tasty grain. It is usually grown in semi-arid areas of Asia and Africa where its drought tolerance has made it a popular crop for human and cattle consumption. It is still consumed by 1/3 of the world's population, and is the 6th most widely consumed grain on the planet. It has traditionally been made into a flat bread or into a porridge, and even into beer!

Millet is a gluten-free grain, and is a great source of B vitamins (especially Niacin, B6 & Folic Acid), calcium, iron, potassium, magnesium and zinc. It contains high levels of a number of amino acids, especially methionine and cysteine. It has a greater amount of protein than most gluten-free grains, and is a good source of fibre. It has a lovely buttery taste and is a very versatile grain being useful in both sweet and savoury dishes. To cook, rinse the grains well and cook one part of millet to 2.5 parts water or stock. Bring to the boil and simmer for 25 minutes, or 15 minutes covered. It should have a texture like fluffy rice at this stage, and can be used in any rice recipe or as a gluten-free couscous or bulgur wheat replacement. To give the millet a nuttier flavour, you can dry roast it before cooking.

To give it a creamier texture, stir more often while simmering. Like this it can be used as traditional millet porridge, or for a quicker version use millet flakes. These flakes make a great gluten-free alternative to rolled oats, and cook in the same amount of time. As such they can also be used for making muesli— try in our muesli recipe previously published in our [April 2012 newsletter](#). Or, using the same ingredients, soak overnight to make a bircher muesli. To make into muesli bars try the easy recipe below!

Millet flour can be used in breads and baking; substitute a small amount of flour in any baking with millet flour for a nuttier flavour and texture. Or try making traditional flatbread using one of the many recipes available online, such as [this one](#). As millet grains are small, millet flour can be quite coarse. If you require a fine millet flour, try grinding millet flakes to a fine powder in a food processor. Bon appetit!

## Recipe - Easy Muesli Bars

2 cups of your favourite organic nuts and seeds, and/or muesli  
1/2 c organic honey  
1/2 t organic salt  
1/2 c organic dried fruit, chopped finely  
1c organic shredded coconut or organic sesame seeds or a combination

Toast the nuts and seeds (leave out the muesli if it has already been toasted). While toasting, melt the honey in a pot. Mix in the salt, dried fruit and coconut/ sesame seeds and boil for 3 minutes. Remove from heat and mix in the seeds and nuts. Press into a tin lined with baking paper. When cool chop into muesli bar shapes. Store in an airtight container.