

AUGUST 2013



What's wrong with pesticides?

Organic food is what we do best at Organic Living, and there are many reasons why we encourage people to eat organically. One of the main reasons is avoid eating potentially harmful chemicals with our food. Pesticides are some of the most dangerous chemicals involved in conventional food production. Pesticides prevent or destroy pests such as insects, microbes, weeds and animals that destroy crops. As well as being toxic to small creatures and plants, pesticides can also be toxic to bigger animals like humans, and the wider environment.

These chemicals are very powerful, as evidenced recently by the deaths of 23 children in India who consumed a school lunch cooked with oil stored in a container previously containing a pesticide. The [World Health Organisation](#) conservatively estimates that about 3 million agricultural workers a year suffer acute poisoning from working with pesticides, thousands of whom die. But how do the small doses found in our food affect us? There are strict regulations on how much pesticide can be used in our food, based on risk assessments carried out by the pesticide manufacturers before the pesticides are released. But this research does not take into account long-term affects of these chemicals, or the affect of the combination of different pesticides used in the different foods we consume over a lifetime. These chemicals also last a long time in the environment (as noted in a [University of Otago study](#) released this week). This essentially makes us all big walking experiments!

Pesticides have been associated with endocrine disruption, cancer, nervous system damage, birth defects and immune system disruption. Therefore avoiding pesticides in your food is better not only for your health, but also the health of the growers and the environment. Choosing certified organic food means you are assured none of these pesticides have been used in any part of your food production.

New Products!

Flaveur Bread is a new range of slow rise, sourdough, low yeast and salt, no sugar or dairy and super tasty bread! The range uses organic flours and includes spelt, rye and gluten free flours, and a beautiful superfood loaf. From only \$6.95, it is fresh in store every Wednesday.



Natralus natural paw paw ointment contains high levels of certified organic fresh fermented paw paw (papaya) in a natural oil base, making it perfect for dry, chapped, irritated skin and suitable for the whole family. Only \$10.50 a 30g tube.

NEWS NEWS NEWS NEWS

- ◆ We wish Auriel well on her big adventure this month—she is off to Europe for a very well earned holiday!

HERB OF THE MONTH: AUSTRALUGUS

Astragalus membranaceus is one of about 3,000 species in the Astragalus family and has been used in traditional Chinese medicine for thousands of years. It has antiviral and immune stimulating properties, making it especially useful in the treatment of colds and the upper respiratory system. It can also be used in the treatment of diabetes, high blood pressure and liver protection. It is also an antioxidant, which may make it useful in treating heart disease and lowering cholesterol. For more information and contraindications see <http://umm.edu/health/medical/altmed/herb/astragalus>

AUGUST SPECIALS

- ◆ To help the whole family fight the winter chills try Thompsons 500mg chewable Vitamin C tablets, 200 tablets for only \$19.90!

GARDENING?

To prevent fungal disease in your garden try BettaCrop fungal deterrent. This organic concentrate helps prevent powdery mildew, black spot and other fungal diseases. It is a completely natural fungicide that's helps build the plant's own natural immunity to fungal disease. Only \$20.95 for 250ml, you only need 15ml to make 1 litre of fungal deterrent.

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Feature product - Oats



The oat grain (*Avena Sativa*) is very familiar to us, especially to anyone of Scottish heritage. The seed of the oat plant has been used by many cultures to feed both animals and humans, in the form of breakfast cereals such as porridge and muesli and in baking, for example oatcakes. But there are also a number of health benefits to this tasty grain.

Oats contain more soluble fibre than any other grain. This has a number of benefits. As well as help keeping you regular, the soluble fibre it contains called beta glucan is proven to help lower LDL (the 'bad' type of) cholesterol, making it great for heart health. This fibre also slows digestion of the grain, which keeps you fuller for longer and means it has a low impact on blood sugar levels. Oats are also a good source of protein (which also helps keep you fuller for longer), B vitamins, and manganese. They also contain magnesium, tryptophan and melatonin, which all help sleep. Have a bowlful with milk (also containing tryptophan) and bananas (with magnesium and potassium for muscle relaxing) before bed as a sleep aid!

Oats themselves are wheat and gluten-free, however regular oats are often cross contaminated with wheat, making them unsuitable for people who are sensitive to wheat or gluten. Fortunately there are now oats available that are grown in strictly wheat-free conditions and tested for their gluten levels (it must be noted that a small minority of people with gluten sensitivity may also have a sensitivity to the protein Avenin founds in oats).

Oats come in a number of different forms. The hulled groats are heated to prevent them becoming rancid and to improve their flavour, then separated into whole oats and steel-cut oats. These oats can then be steamed and rolled into jumbo rolled oats or instant rolled oats respectively. Or they can be ground down and separated into oatbran and oat flour. Oats need to be soaked (such as in bircher muesli) or cooked (eg toasted muesli or porridge) to make them digestible. Jumbo oats need to be soaked overnight before cooking to reduce cooking time. Oat flour can be used in breads and baking (such as in Margaret's oatcake recipe below). Oat milk also makes a delicious dairy-free milk alternative.

For more information see:

<http://www.mayoclinic.com/health/cholesterol/CL00002>

<http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5708/2>

Recipe - Margaret's Scottish Oatcakes

2 cups organic oat flour
1/3 cup organic wholemeal or spelt flour
1/2 t baking soda
1t organic salt
1/2 t organic sugar
60g butter, chopped into cubes
1/3 cup hot water

Preheat your oven to 190°. Mix together the dry ingredients. Add the chopped butter. Rub all ingredients together until you have a consistent dough. Sprinkle some flour on your bench top and roll the dough into a large sausage. Slice into 1/2 cm biscuits. Place in a greased tray and bake for 20 minutes or until golden.