

# AUGUST 2015



## What a waste!



Last week, John Oliver aired [this hilarious yet disturbing](#) clip on food waste. He had found that up to 40% of food purchased in the United States was thrown out. Much of this ended in landfill, where it decomposes without air, releasing methane, a powerful greenhouse gas. The picture in New Zealand is not any prettier. According to [research carried out in 2014](#), over 120,000 tonnes of food were thrown out by households alone in that year, enough to provide all school children in New Zealand with lunch for 3 years. To make up for the greenhouse gas emissions this creates, we would have to take around 118,000 cars off the road for a year.

Fortunately there are lots of simple things we can do at home to reduce this waste. The first step is supporting businesses that have low food waste policies (such as Organic Living, where any unsold produce is fed to local stock), or who donate excess edible produce to groups like [Just Zilch](#), who distribute it to those in need. The second is purchasing smartly—buying only as much as you need for the next few days or week. Don't forget we buy in bulk so you don't have to, and we are happy to provide you smaller quantities of bulk items if that is all you need. Do not be afraid to buy produce that is blemished, or a strange size or shape, but perfect inside. Buying food that is just past its 'best before' date may also get you a bargain (remembering food past its 'use by' date should not be eaten).

Next is learning to love left-overs! Most left-over food can be turned into yummy fritters or hash. Soft vegetables and fruit are perfect for soups and smoothies. If you are concerned about how long food keeps once opened, check out this [handy guide](#).

Anything remaining can be taken to a transfer station that collects green waste, composted or added to a Bokashi Bucket (see overleaf for more information), which are perfect for homes with smaller gardens.

## New Products!



Soul's Vibration uses fresh organic ingredients to make beautiful unpasteurised tonics that are great for energy and immunity. **Granite Health Tonics** are available in Turmeric Gold, Chilli Glow and Ginger Zing. Come in for a taste test today! From \$7.95.

**Amazonia Raw** protein isolate powders are made from sprouted, bio-fermented pea and rice protein for extra nutrition and digestibility. They contain only natural flavours like vanilla, lacuma, cacao and coconut, and include new Slim and Tone to aid in weight management. \$49.90 for 500g.



## NEWS NEWS NEWS NEWS

- ◆ Hemp seed is a step closer to being legalised for human consumption according to [this recent article](#), however further information has been requested before a decision will be made. Currently only hemp seed oil can be sold for human consumption in New Zealand.

## HERB OF THE MONTH: MULLEIN

Mullein (*Verbascum*) is a perennial flowering plant from the figwort family, native to Asia and Europe. The furry leaves have a number of health benefits. Mullein has traditionally been used for respiratory problems due to its antiviral and anti-inflammatory properties, and soothing mucilage. These same factors make it useful for soothing and healing wounds, skin conditions and ear infections. It can be taken as a tea or used in skin preparations. [Click here](#) for dosage and contraindications.

## AUGUST SPECIALS

- ◆ Good Health  
Viralex Attack capsules are now \$15.95 for 30 (from \$28.90) and \$27.95 for 60 (from \$49.90)! While stocks last.

## GARDENING?

Bokashi composting buckets are a great way to save food waste from going into landfill and provide great plant food at the same time. Food scraps ferment in a sealed bucket with a handful of Bokashi Boost, producing a nutrient rich liquid food for your garden. The remaining scraps can be mixed into your garden and break down in only 4 weeks.

## CONTACT US

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## Feature product - Blackcurrants



The word 'superfood' has been overused in recent years, especially when all whole foods can be considered super in their own way. Some foods can be thought of as more 'super' than others though, such as the blackcurrant! More and more research is coming out showing the health benefits of these yummy berries. [Recent research](#) conducted by Plant & Food Research in conjunction with the University of Northumbria has found that compounds found in blackcurrants increase brain function in areas such as accuracy, attention and mood. The juice from the 'Blackadder' cultivar in particular may also impact on chemicals in the brain that are the focus of treatments for mood disorders and Parkinson's' disease.

Natural phytochemicals in blackcurrants have also been shown to reduce inflammation associated with some types of asthma. Early research indicates blackcurrants possess anti-inflammatory properties, enhance immunity, and modulate oxidative stress when taken before and after exercise, making it excellent for sports recovery. Blackcurrants are also powerful antioxidants. They contain high levels of Vitamin C and the antioxidant anthocyanin (this gives the berries their deep purple colour). Blackcurrants have significantly higher ORAC (Oxygen Radical Absorbance Capacity) values compared to other berries, and New Zealand-grown blackcurrants have higher levels still. Antioxidants inhibit oxidation that can cause free radicals, which may contribute to age-related diseases. Anthocyanins are also useful for eye health, and helpful in reducing age-related eye disease. They have also been found to be good for digestive health, by increasing good bacteria populations and decreasing bad bacteria in the gut. For more information [click here](#).

And there are so many tasty ways to incorporate blackcurrants into your diet! ViBeri produces New Zealand-grown organic blackcurrants in many forms such as freeze-dried, soft-dried, frozen and—our favourite— dark chocolate rolled, from \$8.95. These can be eaten as is, or added to baking as in the recipe below, added to smoothies, salads, scroggin, or your morning cereal. Powders incorporating blackcurrants such as Ceres Antioxidant boost (\$19.95 for 230g), or Absolute Blackcurrant, Blackberry, Blueberry powder (\$35 for 150g) can be added to smoothies, chocolate or cereals. Or for a super-strong hit try Lifestream's Blackcurrant capsules, \$35.90 for 30 capsules.

## Recipe—Blackcurrant Chocolate Chip Muffins

*This recipe is courtesy of ViBeri, reproduced with permission.*

1 cup frozen Viberi NZ Organic Blackcurrants (or freeze dried blackcurrants +more liquid)  
2 cups flour  
4 tsp baking powder  
1/4 cup sugar (or a large grated apple)  
70g chocolate chips (dark chocolate is best)  
1/2 tsp oil  
3/4 cup milk  
2 eggs  
Preheat oven to 220° Celsius. Beat the eggs, sugar, oil and milk together. Lightly fold the dry ingredients, then gently fold the berries and chocolate chips. Spoon into a greased muffin tray. Bake for 15-20 minutes.