

DECEMBER 2011



Season's Greetings

Yes it is finally summer! And only a few weeks until Xmas festivities are in full swing. If you are starting to feel a little overwhelmed by it all, remember the mantra "don't panic - go organic!" At Organic Living we have a great selection of yummy and decadent treats for your loved ones, from organic wines and raw chocolate to natural lotions and soaps. We can also wrap gifts for you in our cellophane bags with some pretty ribbon.



STILL TIME FOR SUMMER PLANTING

Speaking of wrapping, have you noticed the packaging we use? All our bulk products are bagged into biodegradable cellophane bags, which break down completely in the compost. We also use biodegradable and degradable bags (degradable bags will eventually break down in any environment) for your purchases, or you can ask us for a box to pack your groceries in. We sell reusable mesh bags for fresh produce and reusable shoulder bags, bags for keeping your greens fresh, and lovely patterned jute tote bags. We are also committed to recycling and reusing our shop waste as much as possible. For example, old produce is given to some lucky chooks and pigs.

If you are in the mood for some Xmas baking, check out the organic gluten, dairy and sugar-free amaranth fruit cake recipe on the next page, courtesy of Ceres, proving a restricted diet does not restrict you from celebratory food!

New Products!



Loving Earth raw food products are now instore! We have raw cacao powder, raw cacao butter and a variety of raw chocolate bars in beautiful flavours such as almond and purple corn, and goji and camu camu. Who knew chocolate could be this nutritious AND taste this good?

KiwiWakame is a range of wakame seaweed products harvested under licence from the pristine waters of the Foveau Strait and from around Stewart Island. They include a handy wakame seaweed seasoning in a shaker, which can be sprinkled on food as a salt alternative and is a great natural way to get your daily intake of iodine. Only \$6.95



NEWS NEWS NEWS NEWS

- ◆ The Ministry of Agriculture & Forestry is currently reviewing the laws surrounding the selling of raw milk. If you would like your current access to raw milk to continue, submissions can be sent by 5 December. For further info see milk.org.nz or foodsafety.govt.nz

HERB OF THE MONTH: PASSIONFLOWER

Passionflower (*passiflora incarnata*) is native to the Americas, and has been used by indigenous Americans for generations for its relaxing & sedative effects. It continues to be used to treat anxiety and insomnia, as it is believed to increase levels of Gamma Amino Butyric Acid which can lower the activity of some brains cells, making you feel more relaxed. It is often taken as a tea or a tincture in combination with other relaxing herbs such as valerian & hops. For further information & contraindications see umm.edu/altmed/articles/passionflower-000267.htm

**DECEMBER
SPECIALS**

- ◆ With selected 200ml Giovanni Shampoos receive a free Bambini travel size(60ml) while stocks last

- ◆ 15% off all Nature's Path Hot Oat Cereals for December

GARDENING?

Have you tried gardening by the moon? This ancient way of gardening works on the idea that as the moon affects ocean tides, it also affects other bodies of water, including moisture in the earth. Therefore there are best times for planting and harvesting based on the phases of the moon. We have lovely moon calendars in store for a great Xmas gift!

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Feature product - Flaxseed Oil



Flaxseed oil, also known as linseed oil, is extracted from the seeds of the flaxseed plant (*Linum usitatissimum*). This is unrelated to the New Zealand flax plant. The oil has become very popular for treating a number of health conditions, due to its high level of Alpha-Linoleic Acid (ALA), which is a particular type of Omega 3 fatty acid. People who are vegan or vegetarian, who are concerned about mercury levels in fish oil, or who simply prefer a more palatable oil, take flaxseed oil as plant-based way to increase their intake of omega 3s.

Flaxseed oil is a natural anti-inflammatory, and great for dry skin conditions like eczema and psoriasis. It can help lower cholesterol levels and help control glucose levels for diabetics. They have also been used in the treatment of mood disorders such as depression, and to improve concentration, including in the treatment of Attention Deficit Hyperactivity Disorder. It can also help reduce rates of cardiovascular disease and lower blood pressure. It is also a natural laxative! Dr Johanna Budwig also claims that combining flaxseed oil with organic cottage cheese can help treat certain chronic diseases including cancer.

The conversion of ALA to the long-chain Omega-3 fatty acids in flaxseed oil, compared to the conversion of EPA and DHA in fish oil, is a controversial area as different studies have found different rates of conversion. The differences between these results may be due to differences in study methods, populations and background diet. Therefore companies such as Waihi Bush produce different blends of oils to ensure the best absorption for your particular needs. To find out which is best for you come instore and chat to our staff.

Flaxseed oil can be used in salad dressings, added to smoothies, or drizzled over meals .

For further information see:

<http://www.livestrong.com/article/324993-how-to-treat-adhd-with-flaxseed-oil/>

<http://www.waihibush.co.nz>

<http://www.flaxseedoil.info>

Recipe - Amaranth Fruit Cake

(From Ceres "Organics In Your Kitchen", reproduced with permission)

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| 1 cup Ceres Organics Amaranth | 1 1/3 cups Ceres Organics Buckwheat Flour |
| 100g Ceres Organics Raisins | 1 Tbsp ground cinnamon |
| 100g Ceres Organics Sultanas | 1 tsp Planet Organic Ginger Powder |
| 125g Organic Prunes, pitted & chopped | 1/2 tsp Planet organic Cloves, ground |
| 1 cup Ruby Grove Pomegranate Juice | 1 tsp Supernatural Foods Raising Powder |
| 1/4 cup Ceres Organics Olive Oil | 1/2 tsp baking soda |
| 1/2 cup Ceres Organics Rata Kamahi Honey | 1/2 cup Ceres Organics Whole Almonds |
| 2 large free-range eggs, lightly beaten | |

Preheat the oven to 170C. Grease and line a 20cm square baking tin with baking paper. Cook amaranth in 4 cups of gently boiling water for 15 minutes. Stir regularly. Drain and set aside to cool. Place dried fruits in a bowl. In a small saucepan, gently boil the pomegranate juice, oil and honey. Pour this over the dried fruits and leave to cool for about 30 minutes. Then, stir in the eggs and cooked amaranth, breaking up any clumps. Sift in the flour, spices, raising powder and baking soda. Mix gently to just combine. Spread batter into the baking tin. Press almonds into the surface to decorate. Bake for 70 minutes or until a skewer inserted comes out clean. Remove from oven and cool in the tin. Cut and serve.