

# FEBRUARY 2012



## *The Food Security Bill*

There has been much discussion in our store about the proposed Food



CAN I STILL BARTER MY  
HOMEGROWN PRODUCE?

Security Bill. This Bill is designed to replace the 1981 Food Act. It was proposed in May 2010, with submissions closing in September 2010. However there has been mounting concern about the impact the Bill will have on small scale producers, community groups, seed savers and even on bartering and swapping home-grown produce.

Some of this has since been clarified. According to the government, seed propagation was unintentionally captured in this bill and this will be amended. Bartering, food sold for fundraising, and small scale producers selling low risk goods directly to the public (eg fruit stalls at farmers markets) will continue to not have to be registered with the Ministry of Agriculture and Fisheries (MAF). Foods with higher risk or that have not been produced by the seller themselves may be required to be registered and meet relevant regulations. This includes for example producers of pickles and jams, and those on selling produce they did not grow, unless an exemption has been received. Therefore there may be unnecessary red tape and cost for these small scale producers and sellers. The Bill also gives considerable power to the relevant minister and MAF to amend the new Act once it is in place. Green MP Stefan Browning is discussing these concerns with the current Minister Kate Wilkinson, and is proposing a fresh round of submissions be accepted in light of the current concerns. For more information see

<http://www.foodsafety.govt.nz/policy-law/reform-nz-food-regulations/food-bill/questions-answers.htm>,

<http://www.greens.org.nz/node/27694>.

We will also post any new relevant information on [www.organic-living.co.nz](http://www.organic-living.co.nz).

## *New Products!*

**Kombucha King** has a new flavour of its beautiful fermented tea—Cranberry and Blackcurrant—and it's their best yet! \$5.50 a 350ml bottle.

**Orgran** have a great new snack added to their range—Crimpers. Gluten and dairy free and vegan, these air-popped snacks come in salt & vinegar or sea salt, and the snack packs are perfect for popping in to school lunches. From \$1.20.



## News news news news

- ◆ Davidson's Apiaries have been infected by the Varroa mite, reducing their honey production. We wish them all the best for a speedy recovery! We will let you know when their honey is back in stock.
- ◆ Head to your favourite wetland for a walk or picnic on 2nd Feb to celebrate **World Wetlands Day**

## HERB OF THE MONTH:

Gymnema Sylvestre is a herb native to India that has been used for many centuries to suppress sweet cravings. Due to its impact on sugar cravings it has been used to treat diabetes; tests have shown it provides improved glucose control with few adverse reactions. As it reduces the desire for sugar it has also been successfully used for weight loss. It may also help by improving the body's ability to process fats. For more information, dosages and contraindications see [www.gymnema.com](http://www.gymnema.com)

## MONTH SPECIALS

- ◆ Monday 13th  
February is Magic Monday at Organic Living! Everything in store is GST free for the entire day!

## GARDENING?

It may feel like summer hasn't even started, but its time to start thinking about your autumn and winter veges! You can still plant salad greens for summer, but seeds can also be planted for cabbage, cauliflower, broccoli and kale, and root crops like swedes, carrots, beets, swedes, parsnips & turnips. Come in for seeds or seedlings to ensure a continuous supply of vegetables.

## CONTACT US

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## Feature product - Sprouts



Last month we looked at the health benefits of raw food. Sprouted seeds and grains are often a significant part of a raw food diet, due to the increased levels of nutrients and digestibility resulting from the sprouting process. The process of germinating a seed, legume or grain breaks down the anti-nutrients that were keeping the seed whole, and releases the nutrients required by the seed to grow into a plant. The enzymes also released in the process help with the digestion of seeds that would otherwise be inedible when raw. When we eat the sprouts at this stage we benefit from these extra nutrients and digestibility.

Almost any seed, legume or grain can be sprouted, as long it is unhulled (still retains its outer covering or husk), and is raw. Many seeds that come into New Zealand are heat-treated at the border to prevent any unwanted organisms coming into the country. This process means the seeds cannot be sprouted. However organic seeds such as those available at Organic Living have not been heat treated and are therefore able to be sprouted.

The most common seeds for sprouting are alfalfa, mung bean, broccoli, wheat and barley (made into wheat or barley grass), however there are so many more that can be sprouted such as lentils, sunflower seeds, quinoa, and buckwheat. Sprouting usually takes a few days, with the seed initially soaked for a number of hours then rinsed once or twice a day until the sprouts are at the desired size. Seeds like mung beans can be sprouted in a jar or sprouter, and smaller seeds such as broccoli or wheatgrass can be sprouted on trays. Once sprouted these seeds can be used in so many ways! They can be thrown in salads, juiced for super green smoothies, blended for hummus or dips, formed into patties, even dehydrated at very low temperatures into breads, crackers or mueslis.

We have many seeds and different types of sprouting equipment in store, including sprouting mixes, jars, lids, sprouters, and a fantastic book with detailed information on how to sprout every type of seed, the health benefits of each sprouted seed and some fantastic recipes. There is also a lot of information online about sprouting, for example:

<http://www.i4at.org/lib2/sprouts.htm>

<http://chetday.com/sprouts.html>

Happy sprouting!

## Recipe - Sprouted chickpea hummus

1 cup sprouted organic chickpeas  
1 Tablespoon organic tahini (sesame seed paste)  
1 clove of garlic  
Juice of half a lemon  
Pinch of chilli powder  
1/4 cup olive oil  
Salt & pepper to taste  
Water

Blend all ingredients, adding enough water to make a smooth dip. Serve with sliced vegetables such as carrots or peppers, or with crackers, or add with fresh sprouts to make a super-nutritious sandwich. Keep refrigerated.