

# FEBRUARY 2013



## *It just tastes better*



At this time of year there is an abundance of summer produce around from tomatoes and zucchini to plums, berries and apricots. But how often have you bitten into your first strawberry of the season or a ripe red tomato only to be disappointed by the watery taste? Too often these days commercially-grown produce can have the same insipid flavour, or just have a bland sweetness to it. This can be due to a number of factors such as long storage and the way plant varieties are grown with look and longevity in mind, rather than nutrition or taste.

Or they are simply bred to meet the ever increasing sweet tooth of the consumer. Flavours that are more pronounced can be too tart for many people these days, leading to ever more generic flavours and away from the flavours we remember from our childhood.

This is not the case with organics. Although many people buy organic produce for health and environmental reasons, it is the taste that often keeps them coming back. So many of our customers comment on how our fruit actually tastes like fruit used to! This is mainly because organic producers tend to use older cultivars of plants that are best suited to local environments, including heirloom varieties.

But it is also because the emphasis on improving the soil quality rather than depleting it means organic produce is just tastier. Plants grown organically tend to have a higher 'brix' (measurable plant sap sugar) level than conventionally grown produce. As well as improving the taste, this also indicates a plant has naturally higher levels of nutrients and pest resistance. So come in to Organic Living for fruit and vegetables that taste the way they ought to!

## *New Products!*



**Melrose Almond & Chia spread** makes an even more nutritious spread for your sandwiches and baking. Just like almond butter it is high protein and a great source of good oils and nutrients, but the addition of chia makes it even higher in fibre and a good source of omega 3s. \$16.90 for 250g.

**Zenian Coconut Amino Sauce** is like a sweet soy sauce and is ideal for using in stir fries, marinades, or anywhere you would use soy or teriyaki sauce. But it is soy free! It is also free of sugar cane, msg, gluten and dairy. Only \$10.95 for 250ml.



## **NEWS NEWS NEWS NEWS**

- ◆ The Organic River Festival is on this Sunday 3rd February from 10am at the Kimberley Reserve, south of Levin. With stalls, performers, and speakers like Nicky Hager and Mike Joy. Gate sales \$15 per person. For more info see [www.ecofest.co.nz](http://www.ecofest.co.nz)

## **HERB OF THE MONTH: CORNSILK**

**Corn silk** (*Zea Mays*) is literally the silk found at the top of an ear of corn. It is most commonly used to treat ailments of the genitourinary tract. It is a diuretic and reduces inflammation, making it a soothing treatment for bladder infections and prostate problems by reducing the frequency of needing to urinate. This also makes it a good treatment for bedwetting, and for reducing the pain of kidney stones. It can also help reduce high blood sugar levels and high blood pressure. For further info including contraindications see [www.webmd.com](http://www.webmd.com) and [www.knowledgebase-script.com](http://www.knowledgebase-script.com)

**FEBRUARY  
SPECIAL**

- ◆ **Field Day Organic Refried Beans** make a tasty summer dip or sandwich spread. **This month only \$3.90! (normally \$4.70)**

**GARDENING?**

**Neem oil** (\$9.80 for 50ml) is a great natural way to treat any fungal diseases such as curly leaf your trees or plants may have developed over summer. Simply add a few drops of detergent and 1 litre of warm water to a spray bottle, then mix in 1 t of neem oil. Spray weekly for best results, and pour any left over mix into the roots of the plant (this mix does not keep).

**CONTACT US**

**Broadtop Shopping Centre,  
Terrace End,  
Palmerston North  
Phone 06 353 0549  
Fax 06 353 0546  
Email:  
organic\_living  
@xtra.co.nz  
(To unsubscribe email this address)  
Check us out on  
[Facebook](#) or at:  
[www.organic-living.co.nz](http://www.organic-living.co.nz)**

*Feature product - Nuts*



Nuts are a fantastic source of nutrients for their size. They are high in protein, fibre, vitamins such as E & B2, and minerals like magnesium, potassium, copper and selenium. For example, did you know that only two brazil nuts a day will give you your daily requirement of selenium? Nuts are also a high source of fat which has given them a bad rap over the years. However nuts are a source of 'good' fats such as mono and polyunsaturated fatty acids, including omega 3 oils, and research shows regular consumption of nuts may actually improve heart health

and help prevent heart disease and heart attacks. They have also been found to reduce total cholesterol levels and LDL (the bad) cholesterol levels. Even peanuts, despite being technically a legume, are a good source of the good oils.

Being high in fibre, protein, and fat also means nuts keep you fuller for longer, and reduce the glycemic load of any sweet food they are eaten with by slowing down the speed at which blood sugar levels are increased, making them a good choice for diabetics.

If you are vegetarian, nuts are also a fantastic source of protein, containing nearly as much protein as meat. These protein levels can be increase further by 'activating' the nuts—soaking them to break down the phytic acid and enzyme inhibitors that are designed to keep the nut (which is essentially a seed) whole until it finds a suitable place to sprout. This also increases the availability of other nutrients in the nut.

They are also incredibly versatile! Cashew nuts, for example, produce a beautiful creaminess when ground down, making them a great dairy free alternative (see our cashew and almond 'Mimicreme' in store for example). Almonds and hazelnuts make a lovely nut milk (also in store), and for gluten-free baking try one of the many recipes available for cakes with ground almonds. This time of year nearly any type of nut can be used as a basis for a fresh basil pesto. Remember though, for maximum nutrition eat a variety of nuts and keep them raw.

For further information see:

<http://jn.nutrition.org/content/139/7/1333.full>

[www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

<http://eatdrawlive.com/soaking-grains-legumes-nuts-and-seeds/>

*Recipe - High protein raw muesli*

1/2 cup organic almonds  
1/2 cup organic sunflower seeds  
1/2 cup organic pumpkin seeds  
1/2 cup organic brazil nuts  
1 cup organic coconut chips  
1/2 cup organic dried fruit  
1t cinnamon  
1/2 t salt

Finely chop the almonds and brazil nuts. Mix all ingredients together and store in an airtight container. For a raw bircher muesli, soak individual servings overnight (this will also help activate the nuts and seeds, increasing their protein content further) and serve with raw milk, honey and fruit. For a non-raw toasted version, add 2T each of coconut oil and honey to the above mix except the dried fruit, and heat in a medium oven for about 20 minutes, stirring occasionally, until evenly toasted. Leave to cool before adding the fruit and storing in an airtight container.