

JANUARY 2015



Good on you



Nearly feijoas!

Happy New Year to our customers! 2014 was another action-packed year at Organic Living. Margaret has hired more staff to keep up, and we are all really enjoying the enthusiasm and commitment of our customers as you share your stories (and recipes!) with us.

We hope you had a good break and chance to enjoy this beautiful weather.

During the holidays is usually time to think about your New Year's resolutions, and everywhere you turn are articles and advertising telling you how to be the new improved you. So this year Organic Living would instead like to suggest you stop and think about what you have achieved in the last year, and give yourself a pat on the back. It doesn't matter how small the changes have been for you in the last year, as Lao Tzu stated, the journey of a thousand miles begins with a single step. All change is made up of a series of tiny changes, and every day is a new opportunity. So keep up the good work!

If you are wanting to improve your health this year, rather than thinking about what to remove from your diet, how about celebrating all the good food that is around? On page two is a list of the foods that have high vitamin content, and what comes up again and again are fruits and vegetables, especially leafy greens. This is such a great time of year to indulge in beautiful summer produce. Come in and check out our selection!

Ecotip: *Cut down on fuel usage by getting your car regularly serviced, driving at or under the speed limit, driving smoothly, using your air-conditioning sparingly, and of course walking or biking when possible.*

New Products!



Thompson's has released a new range of products including powerful herbal liquid formulas such as Astraforte and Triplex, and liquid Milk Thistle. From \$34.90.

Bella Olea's award-winning Extra Virgin Olive Oil is organically grown in the Wairarapa, and comes in Leccino and Lemon-infused flavours. These are strong olive oils perfect for drizzling over foods when you want to really appreciate the flavours. \$23.70.



NEWS NEWS NEWS NEWS

- ◆ Don't forget there is still time to register for the Food matters Aotearoa conference, with inspiring speakers such as Don Huber, Vandana Shiva & Meriel Watts. Touring major city centres from 9-20 February. See [the website](#) to register.

HERB OF THE MONTH: PEPPERMINT

Peppermint (*Mentha Piperita*) is a hybrid of watermint and spearmint, and is known best for its flavour in foods, confectionary, toothpastes and chewing gum. This time of year it makes a great cooling tea, and creams containing peppermint are very cooling on the skin. Rubbed on the temples it can help relieve tension headaches. Peppermint is also helpful for relieving bloating and discomfort from Irritable Bowel Syndrome. It also helps with coughs, colds and respiratory infections, muscle and nerve pain. [Click here](#) for further information.

**JANUARY
SPECIALS**

◆ **Malcom Harker** has rebranded with lovely new labels. Receive \$5 off products with the original labels for this month.

GARDENING?

January is such a great month as we get to start reaping the rewards of our hard work! Everything is going crazy including weeds, so keep up the mulching to preserve moisture and keep those weeds at bay. Pests such as white butterfly are appearing, try sprinkling susceptible plants with diatomaceous earth.

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Feature product - Food sources of vitamins



At Organic Living we stock many supplements for therapeutic use. If you are stressed, eating poorly or need a strong dose of certain micronutrients to address a specific health concern, supplements can be very beneficial. But for everyday general health, don't forget the amazing power of every day foods to keep you healthy and looking fabulous! Here are the best natural sources of vitamins needed for good health.

Vitamin A is great for eyesight, immunity and healthy skin. Good sources of Vitamin A are kumara, carrots, leafy greens, butternut pumpkin and apricots.

B1 (Thiamin) helps regulate appetite and support metabolism. Find it in pork, ham, wheat germ and dark leafy greens. **B2 (Riboflavin)** is good for healthy skin, and is found in dairy products, asparagus, leafy greens, chicken, fish and eggs. **B3 (Niacin)** is for healthy nerve function and heart health. The best sources are chicken, turkey and salmon.

B5 (Pantothenic Acid) is needed for enzyme function. You can get B5 in yoghurt, avocado and legumes. **Vitamin B6** is used for new red blood cell growth and is found in poultry, seafood, bananas and leafy greens. **B7 (Biotin)** helps with metabolism and is strongest in liver, egg yolks, salmon, pork and avocado. **B9 (Folic Acid)** aids red blood cell health, nervous system function and reproduction, and is in most fruit and vegetables especially leafy greens. **B12** is essential for red cell production and nervous system function, and its best sources are animal foods and seafood.

Vitamin C is necessary for immune health; developing and maintaining scar tissue, blood vessels and cartilage; and is a powerful antioxidant. The best sources of Vitamin C include capsicums, dark leafy greens, green kiwifruit, broccoli, strawberries and oranges. **Vitamin D** is required for proper absorption of calcium, bone development, cell growth, immune function and reducing inflammation. Good sources include cod liver oil, oily fish, Portobello mushrooms, tofu and fermented dairy products (eg yogurt, cheese). **Vitamin E** helps prevent oxidative stress to the body and therefore helps maintain eye and heart health and prevent cancers. Best foods for Vitamin E are tofu, dark leafy greens, almonds, sunflower seeds, avocado and shellfish. **Vitamin K** helps with protein modification and blood clotting, and may help treat osteoporosis and Alzheimer's disease. It is mostly found in herbs, spices, leafy greens and brassicas.

Try not to overcook these foods to retain the vitamins, and remember sprouted nuts, seeds and legumes increase their nutritional profile even further.

Recipe - Sprout Slaw

This recipe is from Pam Blower's "Amazing Sprouts" book, available instore for \$19.90.

1/4 Cup Sunflower Seed Sprouts
1/2 Cup Red Cabbage Seed Sprouts
1/4 Cup Red Clover Sprouts
1/2 Cup Fenugreek Sprouts
1/2 Cup Shredded White Cabbage
1 Medium grated Carrot
1 Celery stalk sliced thinly
1/2 Green, Red, Orange or Yellow Sweet Pepper

Combine loosely in a large bowl then toss your favourite dressing through. Refrigerate till needed. Any combination of Sprouts and/or vegetables may be used.