

# JULY 2012



## *Health—naturally*



As the weather cools down and we spend more time indoors, the inevitable sharing of germs begins. It is time to think illness prevention! There are many measures you can take to build yourself up during winter, but before reaching for a pill have you thought about natural, cheap and tasty remedies for your whole family? One of the main ways to stave off and reduce the duration of winter nasties is to strengthen your immune system. And one of

the best ways to do this is by increasing the quantity of nutrient-rich organic fruits and vegetables in your diet. It can be easy in winter to cut down on the amount of fresh food you consume as you reach for comfort food, but this is the time you need it most! Think stir-fries with chilli and ginger for the circulation, hot lemon drinks, stewed apples, warm salads with roasted vegetables and greens, hearty vegetable soups, spicy vegetable curries, or vegetable bakes. Try growing your own sprouts, or adding handfuls or raw greens such as celery or spinach at the end of a meal. We have a great selection of fresh produce in store at the moment, and the staff are only too happy to share with you their favourite ways of preparing them—especially some of the more unusual items such as celeriac or cavalo nero. Or try using one of the seaweeds featured on page 2. Who would have thought that health prevention could be so yummy?

## *New Products!*



**Bio-Strath** is a whole food supplement that forms a natural blend of vitamins, minerals and herbs for increasing energy, improving memory and enhancing the immune system. Created from a unique blend of herbs and yeast, the nutrients are easily absorbed making it a fantastic tonic for invalids and children. Only \$35 for 250ml or 100 tablets.

We have gone coconut crazy with a great new range of coconut products from **Zenian** including **Coconut Aminos** (a soy-free soy-sauce replacement), **Coconut Nectar** (a low-GI liquid sweetener) and **Chocolate Coconut Spread**.



### **NEWS NEWS NEWS NEWS**

- ◆ We have fresh new season's walnuts in store now—shelled or in shell. From \$13.90 kg.
- ◆ Don't forget to try our takeaway soup, with beautiful flavours such as curried pumpkin & chickpea, and tomato & bean. Only \$4 a cup.

### **HERB OF THE MONTH: BILBERRY**

Bilberry is a berry that grows on a shrub in colder parts of Europe. Preliminary studies on rats have confirmed they may inhibit or reverse eye disorders such as macular degeneration. Being a purple berry it is also very high in antioxidants, including anthocyanin which may help treat ageing and neurological diseases, inflammation, diabetes and bacterial infections. It is also useful for treating weight loss as it can help reduce cravings by balancing blood sugar levels. For further information see <http://www.umm.edu/altmed/articles/bilberry-000225.htm>

## JULY SPECIALS

- ◆ Receive a free Nourish coloured shampoo with any **Nature Color** product while stocks last!
- ◆ Ask in store for a voucher to receive \$5 off any **Radiance Digest** or **Radiance Kids** products.

## GARDENING?

Not a lot is growing in the garden at the moment. But this does not mean you can't grow some greens to see you through the winter months. How? Try sprouting! Fresh sprouts can be added to any meal for an extra nutrition boost, and are super easy to grow—a great way to introduce kids to the joys of growing your own. Come in store for all your sprouting requirements!

## CONTACT US

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## Feature product - Seaweed



Living on islands as we do we have all been familiar since childhood with the salty plants that grow on our beaches and rocky coasts. But did you know how nutritious these weeds can be? Maori did, and were traditionally consumers of some species of red and green seaweed. They were not alone, seaweed being consumed by coastal dwellers the world over for thousands of years.

Edible seaweed is usually a type of green, brown or red algae. There are many different types available, each with a different taste, way of preparing, and nutritional makeup. What they have in common is that they are high in minerals (this is why we also love to use them to enrich our soils) and are a great source of iodine and fibre. Here are a few we have in store:

- **Karengo** is a New Zealand –grown seaweed with a mild, almost sweet taste, which can be eaten as it is, making it a popular snack
- **Wakame** is also quite mild, and is most commonly known as the seaweed in miso soup, or try it in the below salad (our wakame is also New Zealand grown)
- **Kelp powder** is most commonly used an easy way to increase the iodine in your diet, and can be sprinkled on food on its own like a pepper, or mixed with salt
- **Dulse** takes on a smoky flavour when roasted or fried, and makes a great flavour enhancer
- **Nori** is a seaweed that is made into sheets and used in making sushi
- **Kombu** is traditionally used in Japanese cuisine in a stock called dashi, and is added to beans when cooking to improve their digestibility
- **Bladderwrack** has been shown to help women with irregular menstrual cycles.
- **Agar Agar** is made from seaweed and is commonly used as a vegan substitute for gelatin
- Many supplements also come from edible algae, such as **chlorella**, **spirulina** and **astaxanthin**

## Recipe - KiwiWakame Seaweed Salad

1/2 cup dried KiwiWakame fronds  
1T soy sauce  
1T rice wine vinegar  
1/2 T sesame oil  
Small piece fresh ginger grated  
1 clove garlic crushed  
1 spring onion chopped  
1/4 T toasted sesame seeds

Soak the KiwiWakame fronds in warm water for about 5 minutes. Drain & squeeze out excess water. Mix together soy sauce, rice wine vinegar, sesame oil, garlic and ginger. Add KiwiWakame and spring onion and stir to combine then sprinkle with sesame seeds. To make a more substantial salad you could add cucumber or tomato or both, and maybe a little lettuce to bulk it up a bit.