

JULY 2013



Listen to your body



The cold weather has settled in and you may notice your body doing some strange things. No longer wanting the salads and smoothies, you have been eating through the summer months, suddenly you want hot drinks, curries, soups, and pudding. Well we say embrace it!

This does not mean you have to stop eating good nutritious organic food. Have you noticed that many of the foods you are hankering for are also the foods that are currently in season? This is not a co-incidence. Our bodies are more in tune with nature than we realise. So listen to what your body

is craving. Swap your summer salads for winter vegetables such as pumpkin, kumara, beetroot, celeriac, fennel, and kale. Try them roasted, in soups or in curries. Slow cook meats and bean stews with some extra fat for winter nourishment. Many of the vitamins you need to get you through winter need fat to be absorbed. Turn your winter fruit into crumbles, swap your morning muesli for porridge, and don't forget all the fabulous citrus and kiwifruit now around, providing you with vitamin C and antioxidants to help keep the winter lurgies at bay. There is nothing like a hot lemon and honey drink on a cold winter's night.

There are also lots of herbs available for building the immune system and clearing congestion that make great teas. And have you noticed an increased craving for spicy foods? Garlic, ginger and chili are great for warming the body, keeping the circulation flowing, and fighting bugs.

New Products!



Niugini Organic introduces organic, raw, virgin and fair-traded coconut oil grown and produced in Papua New Guinea, and sold in beautiful reusable jars. \$28.50 for a 650ml jar.

From Mediterranean Organic comes pitted black olives, sundried tomatoes in olive oil, and organic capers. Perfect for adding to warm winter salads or adding extra flavour to stocks and soups. From only \$6.70.



NEWS NEWS NEWS NEWS

- ◆ Following on from our article last month about GM products in New Zealand, a recent study has found pigs have been harmed by consumption of GM feed. For further information read the article in this recent edition of [Straight Furrow](#).

HERB OF THE MONTH: CARDAMON

Cardamon is a southern Indian spice related to ginger. As well as being a beautiful addition to many sweet and savoury dishes, it has been used for centuries for its medicinal benefits. It contains many vitamins, minerals, and essential volatile oils. It is used for digestive issues such as heartburn and irritable bowel syndrome and loss of appetite. It can also help ease coughs, colds and bronchitis, and is a natural inflammatory. It is also used for oral health and treating bad breath. Try it in the chai tea recipe on page 2. [Click here](#) for more information.

JULY SPECIALS

- ◆ With every container or box of NuZest Clean Lean Protein or Good Green Stuff receive a free shaker!

GARDENING?

Alfalfa is not just a super alkalising food for humans, but it is great for the garden. Also known as lucerne, it can be used as a 'green manure crop'. Green crops feed the soil, improve soil structure and help prevent weeds over the winter. Simply grow over winter and dig into the soil before they flower in spring. Try sprouting for eating and sprinkle some seeds in your garden!

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Feature product - Apple Cider Vinegar



These days a new 'superfood' is being promoted every week. These exotic foods have great nutritional and medicinal benefits, but they can make us forget the humble foods that our grandmothers told us about that are just as super! One of these is apple cider vinegar. Cider vinegar, made from fermented apples, is naturally detoxifying. The acetic acid in cider vinegar has been found to balance blood sugar levels, and reduce body fat, bad cholesterol and blood pressure. Cider vinegar, despite being an acid, is also considered alkalising for the blood. Over-acidification of the blood is thought to contribute to a number of diseases, and cider vinegar can help balance the body's ph levels to a healthier state. Many people find it a great treatment for acid reflux. This is because the reflux can be triggered by naturally low levels of stomach acid, and this helps balance the levels. It can be taken as a gargle or a hot drink to help clear congestion.

Diluted with water it makes a great hair rinse, leaving hair soft and shiny, and is useful for treating dandruff as it helps restore the ph balance and helps kill fungus that may cause dandruff. Used externally on the skin it can also be useful for other fungal-related skin conditions including eczema. It also makes a great toner or aftershave, as it naturally balances the acid mantle of the skin.

It is best to used unpasteurised (raw) cider vinegar that still contains the 'mother' - the living part of the vinegar that contains enzymes and other valuable nutrients. This looks like a cloudy film in the bottom of the bottle. We have two great organic raw cider vinegars in store, including one 'on tap' - simply bring in a bottle and fill it yourself!

To take, have a tablespoon in a glass of water prior to meals to help with detoxing, digestion and appetite regulation. Honey can also be added. You can add it to a smoothie or juice. It also makes a great hot drink on a cold winter's night. Because of its great flavour it can also be used anywhere you would use any vinegar in the kitchen, for example in mayonnaise, marinades and dressings, and in baking and bread-making. Put a splash in your meat stock or bone broth to help leach all the goodness from the bones into the stock.

For more information see the following links in:

mindbodygreen.com webmd.com altmedicine.com

Recipe - Chai Tea

Serves 2. Gluten-free, can be dairy, caffeine and sugar-free

1/2 stick organic cinnamon, broken into pieces
4 organic whole cloves
4 organic cardamon pods
1/4 t dried organic ginger root
1/4 t grated organic nutmeg
1.5 cups boiling water
1/2 cup organic milk (dairy free ok)
1 organic black or red bush teabag
Sugar, honey or any sweetener

Smash the spices a little in a mortar and pestle. Combine with the boiling water in a small saucepan. Simmer for 5 minutes. Add the milk and bring to the boil. Take off the heat, add the teabag and steep for 5 more minutes. Remove teabag and pour into two cups through a sieve. Add sweetener to taste.