

# JULY 2014



## *In defense of dirt*

We all know what a huge difference cleanliness has made to human health. Advances such as toilets, clean drinking water and soap have saved millions of lives around the world and could save many more. But do you ever think our culture may have taken this a little too far? Simply turn on the TV to see a myriad of different sanitising products for body and home. Often these ads target parents with young children, using images of germ-laden playgrounds or pets. Although basic hygiene is essential for good health, excessive hygiene may in fact have the reverse effect by reducing our bodies ability to develop its own defenses, and, in a similar way to the overuse of antibiotics, reduce the good as well as the bad bacteria. The ingredients in these products can also contain harmful chemicals leading to further health problems, the most common being skin irritations such as eczema.

This time of year we do need to be more wary of germs around, but many of these can be tackled effectively naturally. The first step is building a healthy immune system with a nutritious diet, exercise (including getting out into the fresh air), quality sleep, and supplementation when required. Organic Living also has a large range of soaps and shampoo, toothpastes and mouthwashes with naturally antibacterial ingredients such as eucalyptus, clove and lemon. Colloidal silver also has natural anti-microbial properties which mean it can be used internally and externally for treating infections. We stock the all-natural anti-bacterial spray 'Prana +' which kills harmful bacteria but is so gentle it can also be used to soothe burns and cuts, cool and hydrate skin, even clean your glasses. Check out our range of natural home cleaning products too. So do wash your hands after going to the loo, and try not to spread your germs when you are sick, but use cleaning products gently and sparingly, and don't forget the joy of playing with, rolling in and growing things in dirt!

## *New Products!*



**Symbiotics Goat's Milk** is 100% pure New Zealand goats milk powder. Goat's milk is easier to digest than cow's milk and contains a lot less lactose than cow's milk. \$49.90 for 450g.

**Pana chocolate** is raw, organic, free from gluten, dairy, cane sugar, and very delicious! With beautiful flavours such as fig & wild orange, sour cherry & vanilla, coconut & goji, and mint. So rich a little goes a long way! \$7.50 for a 45g bar.



## **NEWS NEWS NEWS NEWS**

- ◆ Submissions on raw milk sale options end **Tue 8 July!** We would like as many people as possible to comment on the options as no option allows for delivery to a refrigerated drop off point (ie us!) The details are [here](#), and our [website](#) will have a template submission available you can copy.

## **HERB OF THE MONTH: MUSTARD SEED**

The ancient Romans mixed grape juice with mustard seeds to make the first known mustard condiment. Since then it has been a popular side dishes, but did you know mustard seed has additional health properties? The omega 3 essential fatty acids, selenium and magnesium they contain are naturally [anti-inflammatory](#) making it helpful for treating asthma, arthritis and muscle pain. They are also a more concentrated source of the cancer-reducing properties found in brassicas mentioned on page 2. Try adding ground seeds to your meals, or sprouting them for extra nutrition.

## MONTH SPECIALS

- ◆ 10% off New Zealand-made gluten and dairy free Nice Blocks and Nice Cream for the month of July!

## GARDENING?

At this time of year everybody would like warmth, a rest and a good feed, and your garden is no exception. Layering your resting garden with mulch will help keep the soil warm, and adding compost before mulching will help feed the soil. For an extra boost try adding Fodda soil enhancer, a mix of secret organic ingredients designed to bring life back to soil and prepare it for spring.

## CONTACT US

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## Feature product - Brassicas



The group of plants that comes under the umbrella of brassica is a large group from the mustard family, many of which are edible. These are often called cruciferous vegetables, and encompass parts of different species such as the root of the turnip and swede, the stem of the kohlrabi, the leaves of the cabbage and kale, the flowers of the broccoli and cauliflower, the buds of the brussels sprout and the seeds of the mustard. More and more research is coming out on the benefits of brassicas in the diet. Brassicas are high in vitamin c, vitamin k,

vitamin a, soluble fibre, carotenoids, and anticancer nutrients such as [selenium, sulforaphane](#), and [3,3'-diindolylmethane](#).

We are always being told to eat more vegetables but there is such a variety of these greens you could never get bored! Turnips, swedes and kohlrabies are great at this time of year roasted or made into creamy mashes. And don't forget to eat the leaves— these are even more nutritious than the roots themselves. Broccoli has endless uses, from finely cutting up raw in a salad to steaming and stir-frying to making into fritters or tempura, or even throwing raw into smoothies. Cauliflower is also very versatile. Its creamy texture when pureed makes it a great mashed potato substitute, it is perfect in curries and is now often used as a grain-free pizza base. Kale is the apparent new kid on the block, although it was the most common green eaten in Europe until the Middle Ages. It has remained popular there throughout the centuries, especially with casseroles and soups such as the Italian dish 'ribollita'. In modern times it is added to casseroles, sautéed, stir-fried, added raw to smoothies, massaged with olive oil and added to salads (or use baby kale leaves as the older leaves are quite tough), or made into kale chips (by removing the stems and chopping, rubbing with oil and salt and baking for 8-10 minutes in a moderate oven).

Cabbage is also endlessly versatile, try finely shredding and sautéing slowly as a base for a chow mein, making into the Japanese pizza 'okonomiyaki', using as a coleslaw any time of the year, or as a base for super-nutritious sauerkraut. The humble sprout is also a lot yummiier than you may remember. Essentially a tiny cabbage, it can be finely chopped for salads and slaw, or sautéed slowly in a little butter or steamed. See page one for the benefits of the mustard seed. Mustard greens are even more nutritious than other brassicas, and give a great peppery bite to salads. And don't forget sprouted seeds have amazing nutritional profiles, so come in and try our organic sprouting seeds such as cabbage, broccoli and mustard. For some more brassica inspiration check out [this article](#).

## Recipe - Garlic Kale

1 bunch organic kale or cavlo nero  
2 cloves organic garlic  
1T organic butter or olive oil  
Organic salt and pepper.

Heat the butter or oil on a low heat in a large lidded saucepan. Add the garlic and sauté for a minute. Cut the stems out of the kale and cut the leaves into bite size pieces and add to the pan. Cover and sauté for about 15 minutes, stirring occasionally. Take the lid off, turn the heat to medium high and cook for a further 5-10 minutes, stirring regularly until the kale starts turning crispy but not burning. Season to taste. Great served with winter casseroles and mash or polenta.