

JUNE 2012



Welcome to winter



Doesn't it feel like it has gone from an Indian summer straight into winter! Yes it is cold but it is still such a beautiful time of the year, with the smell of woodfires, and golden leaves still crunching underfoot. Some rain would be nice for the farmers though thanks...

Another great thing about winter is all the beautiful winter produce that is now available. Come and see our great range of new season's apples, including classics such as Cox's orange and granny smith. Tamarillos and feijoas are also in store, as are fresh organic cranberries. All our beautiful winter vegetables are coming in too, from parsnips and swedes to fennel and kale, and new season's yacon. If you haven't tried yacon it is a sweet Peruvian root vegetable now grown organically in New Zealand. It is a very versatile vegetable as it can be sliced or grated and eaten raw in salads (including fruit salads!), or fried or roasted—see page 2 for a recipe. It is high in fibre and its sweetness comes from inulin making it an ideal food for diabetics.

We also have our world-famous in Terrace End hot soup back in store. Organic, vegetarian, gluten-free and super delicious, it is the perfect winter warmer. A (biodegradable) takeaway cup is only \$4.

New Products!



Organic Times Organic Butter — Finally we have an organic butter in store! Produced in Hamilton for local organic company Biofarm Ltd and superior tasting, it comes in salted and unsalted. \$6.50 for 250g.

Ceres Organic Cocoa Nibs are roasted cocoa beans that have been fermented, dried and crushed into small pieces. Being both rich in cocoa and cocoa butter, they add crunchiness and a subtle chocolate flavor with a hint of bitterness to both baked foods and savoury dishes. Low in sugar and high in fibre they are healthy too! \$6.70 for 100g.

News news news news

- ◆ Dee Pigneguy, National Councillor Soil & Health Assn, gave a public talk in PN last Friday to raise awareness for getting a new branch of S & H off the ground. On Saturday at the S & H conference in Levin Patron Jeanette Fitzsimons and Green MP Steffan Browning discussed the proposed changes to the Food Bill.

HERB OF THE MONTH: CAT'S CLAW

Cat's Claw is the root bark of the *Uncaria tomentosa* plant, and has been used for centuries in South America to treat a number of ailments. It is thought to have anti-inflammatory properties and has been used as an arthritis treatment. It may also have immune stimulating properties. It is also used to treat stomach conditions such as diverticulitis, Crohn's Disease, gastritis and gastric ulcers. For further information, dosage and contraindications see <http://www.vitamins-supplements.org/herbal-supplements/cats-claw.php>

JUNE SPECIALS

- ◆ **Comvita Medihoney** is a range of products with healing manuka honey designed for sensitive skin. We have 30% off their gentle body wash and gentle body lotion for the month of June. While stocks last.

GARDENING?

It is such a great time of the year to get out there and tidy up your garden while everything has slowed down. Make your weeding easier with a Sticky Beak weeder, perfect for getting weeds out from around other plants and from between cracks. With a handle made from New Zealand beech they are a bargain at \$7!

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)

Feature product - Miso



Miso is a traditional Japanese product most commonly seen in New Zealand made into a soup served with Japanese dishes such as sushi. It is a paste usually made from any combination of fermented rice, barley or soybeans. Fermentation is done using a fungus called *Kokijin* and salt, and the fermentation process can take from days to years. Shiro miso is the most common type of miso worldwide and is made mainly from sweet rice and barley. This has a mild sweet taste and is most commonly used for making miso soup. Kome is another mainly rice miso with a slightly stronger flavour, and Genmai is made predominately from brown rice. Hatcho miso is made purely from soybeans. It has a very long fermenting time, making it the richest in flavour of all the miso.

Miso is a very healthy condiment, as it is high in protein, fibre, amino acids, vitamins and minerals. Its natural fermentation process means it contains many beneficial microorganisms and is great for digestion. To prevent these microorganisms being destroyed by heat it is best to add miso to food at the end of cooking.

To make a simple miso soup, simmer water or stock with vegetables of your choice, small cubes of tofu and pieces of wakame (seaweed). In a small bowl mix the miso paste (one teaspoon per cup) with a small amount of the soup until dissolved. Mix back into the soup and serve immediately. Miso also makes a great spread, simply mix with equal amount of tahini (sesame seed paste) to make your own 'Misomite'!

Miso's hearty flavour makes it useful as a stock base added to stews and soups, in dips, sauces or marinades. See the below recipe for one of the many ways it can be used. At Organic Living we have all the above miso flavours in store, including packet soup mixes perfect for taking to work. From \$11.80.

Recipe - Roasted Yacon with Miso Ginger Dressing

500g organic yacon or any combination of sweet root vegetables
1cm square piece of organic ginger
1 clove organic garlic
1T miso paste
1t organic honey or other liquid sweetener
Juice of 1 organic lemon
2T organic sesame oil
1/4 cup mild organic olive oil

Bring a large pot of water to the boil. Scrub the vegetables and chop into cubes. Parboil for five minutes. Drain and put in a large roasting dish. Stir through a splash of oil and a sprinkling of salt. Roast for 30 minutes or until browned (note yacon will remain crisp even after cooking). While cooking, finally chop the garlic & ginger. Mix in with the miso, honey, lemon juice and sesame oil. Blend in the olive oil a little at a time as you would if making mayonnaise. Drizzle over the roasted vegetables before serving.