

JUNE 2013



To GE or not GE, it's your choice!



Did you know there are 76 approved GE (genetically engineered) products on our supermarket shelves today? GE is the direct alteration of an organism's DNA using biotechnology (as opposed to natural selection or artificial selection such as breeding). This is done to food crops to resist pests and improve yields. However, concerns about the impact of GE food and crops on human health and the environment mean many people avoid eating GE foods. The simplest way to do this of course is to buy organic food, as certified organic food must not contain any GE ingredients. Also, GE crops are not grown commercially in

New Zealand, another good reason to buy local. But we also need to know when imported GE ingredients are in any of our food, so we can make informed choices. According to Steffan Browning of the Green Party, Food Standards Australia New Zealand (FSANZ) are continuing to approve more and more GE lines for sale in New Zealand, while not ensuring sufficient monitoring or enforcement of labelling of existing GE lines. FSANZ have also failed to respond to a recent University of Canterbury report showing potential food safety risks of GE food.

As a result, if we want to avoid consuming GE food we need to be proactive in our food choices. When buying a product containing non-organic imported ingredients, (corn, soy, canola, alfalfa and sugarbeets are the most common GE food crops), look for 'GE free' labels. If you are unsure, contact the food company and ask. Ask your meat producer if any soy or corn fed to stock is GE free. Or contact FSANZ directly to find out more about their monitoring.

New Products!



Matakana supershake is a great way to start your day. A powder containing a number of superfoods such as sacha inchi, goji berries & blueberries, simply add to water or a smoothie. Only \$36.95 for 200g.

Andalou Naturals have a comprehensive range of skin care products for all skin types using their unique fruit stem-cell technology. Now they have produced handy **Get Started packs** for each skin type containing a small cleanser, toner, mask, and a day and night cream. Great value at only \$39.50.



NEWS NEWS NEWS NEWS

- ◆ Winter is here so our organic soup is back on the menu! Only \$4 a (biodegradable) takeaway cup.
- ◆ We wish all the best to staff member Tania who left us last week (sob). She will be sorely missed, and not just for her exceptional shelf-stacking abilities!

HERB OF THE MONTH: SLIPPERY ELM

Slippery Elm (*Ulmus Fulva*) is a type of elm tree native to Northern America. The inner bark has been used by Native Americans for centuries for its soothing benefits due to the mucilage formed when mixed with water. This coats and soothes the mouth, throat, stomach and intestines, making it useful for conditions such as sore throats and coughs, acid reflux disease, Irritable Bowel Syndrome, inflammatory bowel diseases such as Crohn's, and for skin conditions and wound healing. It is also gentle enough to use for babies with reflux. [See here](#) for more information.

MONTH SPECIALS

- ◆ We have lovely Couleur Caramel eyeshadows on sale from \$20 to only \$12! While stocks last.

GARDENING?

The longest day is nearly here, time to get your garden bed ready for garlic planting! Garlic is an easy crop to grow if you have a space you can let it grow in for six months.

Simply plant a clove for every bulb you want, about 5 cms deep. We have organic garlic in store perfect for this use, including some grown locally. From \$2 for 100g.

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)
Check us out on [Facebook](#) or at:
www.organic-living.co.nz

Feature product - Honey



Honey is a natural sweetener made by bees by the collection of the flower nectar that is then regurgitated into honeycombs in their hives. It is about as sweet as sugar, but is less processed than refined cane sugar, therefore contains more nutrients including antioxidants, and has a lower glycemic index (is more slowly absorbed by the body). It also has the advantage of being a local product unlike sugar or many other sweeteners, and here in New Zealand we have access to the healing benefits of honey collected from the nectar of Manuka flowers. Many

have used honey over the centuries as a digestive aid, for soothing the throat and for wound and gut healing, as well as for its delicious taste.

There are so many different types of honey how do you know which is best for you? Here is a run-down of some of the main types:

Many honeys do not specify the type of flower nectar used to make their honey, as bees forage for nectar from a variety of sources. However the honey can be tested to determine the nectar type. Honey labeled **Clover honey** has been made mainly from the nectar of clover flowers. It is a mild honey, and is often **creamed** (where the crystals are broken down to reduce crystallisation which can occur with **liquid** honey). **Honeydew honey** is honey made from the secretions of insects that eat the sap from the native beech trees in the South Island. It has a rich taste and dark colour.

Manuka honey is predominately made from the nectar of the native manuka bush. This honey has a strong flavour, and has inherited the antibacterial properties of the manuka flower. Manuka honey can be further tested to determine its level of this antibacterial activity (tested honey is called **active honey**), called the **Unique Manuka Factor (UMF)**. The higher the UMF rating, the stronger this antibacterial property.

Most honey is **pasteurised** - heated at a high temperature to destroy yeast cells and further prevent crystallisation. However this also destroys many of the enzymes and healing properties of the honey. **Raw honey** has not been heated to a level that has destroyed these properties. Certified **organic honey** is produced in hives that have met specific criteria to ensure the nectar collected does not contain any herbicide or pesticide ingredients.

Come in store to check out our large range of honeys and healing products containing honey, such as throat lozenges, syrups and New Zealand-made skincare products.

Recipe - Ginger & Rosehip Syrup

1/4 cup dried organic ginger root
1/2 cup dried organic rosehips
2 cups water
1/2 cup raw organic honey (active manuka is best) or more to taste

Add the ginger, rosehips and water to a saucepan. Bring to the boil, then simmer for 45 minutes covered. Take off the heat, give it a good mash, then strain through a fine sieve. Leave to cool till at body temperature before adding the honey (This keeps the honey raw). Stir till combined. Pour into bottles and keep in the fridge. Shake well before use. To use, pour over ice & soda, or drizzle over ice cream or pancakes. You can also take it by the spoonful or in warm water at the first sign of a cold or cough to benefit from the Vitamin C from the rosehips, the warming and congestion-clearing ginger, and the antibacterial and throat-soothing honey.