

JUNE 2014



We're all bananas here...



Early May was Fairtrade Fortnight, which made us think about what a great combination organic and fairtrade is! As we've mentioned previously, we think organic produce is often traded in better conditions than conventional produce, not least because the producers do not have to suffer from the harmful effects of using chemicals on a regular basis. More and more though, we are able to find certified organic products that also guarantee a good price is paid to the producers.

Take for example our All Good bananas. According to a recent article in the Dominion Post, All Good's growers are small scale farmers who sell directly to All Good for a set price, with a portion going to community projects and to support the scheme for the long term. Being organic also means the workers do not have to deal with the pesticides bananas are usually sprayed with every 12 days.

We have a number of other fairtraded organic products in store, for example our organic palm shortening. Palm oil has been receiving some very bad press, and rightly so, for the destruction of rain forests in Sumatra and Borneo to cultivate the West's ever growing appetite for this cheap and versatile oil, used in everything from processed foods to cosmetics. We are happy to announce that our palm shortening (which, by the way, makes great dairy-free pastry) is not only certified organic, it is sustainably harvested and grown in Colombia—a very long way from any Orangutan habitats. The palm oil is grown in a co-operative based programme to help support small-scale farmers displaced by violence in earlier decades.

When you are next instore, keep an eye out for other fairtrade products!

New Products!

Oasis **Rhino Repair** is the perfect healing balm for everything and is designed for skin conditions such as eczema and psoriasis. With ingredients such as Manuka honey and neem it is perfect for sensitive skins, and can even be used on your hair and your pets! \$39.95 for 100ml.



SO2GO is a natural and safe way to reduce sulphur dioxide in wine, reducing side effects such as headaches, hives and stuffiness. SO2GO contains food grade hydrogen peroxide to reduce the effects of sulphur, which many people are sensitive to. From \$3.90

NEWS NEWS NEWS NEWS

- ◆ This month sees the launch of our new 'Superfoods of the Week' feature instore, where we will highlight the health benefits of some of our favourite products. Check out this week's feature on Manuka honey!
- ◆ Did someone say soup???

HERB OF THE MONTH: CAYENNE

Cayenne is a hot chilli pepper named after the city Cayenne in French Guiana. It is popular for adding heat to dishes, and is most commonly used in its dry form. But it also has a number of medicinal properties. Its main active ingredient is capsaicin which gives cayenne its heat. Capsaicin is a circulatory stimulant, antispasmodic and antiseptic. It can help with circulation, poor digestion, wound and ulcer healing, and treating pain conditions such as shingles and neuralgia. It can be taken as a powder or a capsule, or a tincture if you have a sensitivity to spicy food.

JUNE SPECIALS

- ◆ Certified organic and Fair Traded Ince Fe Marin Estate whole coffee beans introductory special—only \$8.95!

GARDENING?

June is the best month to plant your garlic, and our organic garlic is perfect for the task (Conventional garlic may be treated to stop it sprouting so won't do the job). Prepare your bed by digging in some manure, compost, or our Fodda fertiliser. Break up a bulb of garlic into individual cloves, and plant the fattest of the cloves about 5cm deep. Then water and be patient until January!

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Feature product—Manuka Honey



Last June we wrote a [feature on honey](#), and the different types available. In this issue we are focusing specifically on the benefits of New Zealand's own Manuka honey, to celebrate the launch of our new in store display of our favourite superfoods. This display will change regularly, and focus on some of our favourite products, with information on the product's health benefits and how to incorporate it in your diet. And Manuka honey can definitely be called a superfood!

All honey is naturally antibacterial and healing. The enzymes in honey create hydrogen peroxide which is antibacterial, and its high sugar content eliminates water which helps to kill bacteria, as does its relatively low pH. It has been used for centuries for soothing sore throats and for coughs (as in the below recipe), for easing digestion and healing gut issues like colitis, and for skin care and wound treatment. It is also high in antioxidants, is an unrefined source of sugar, and lower in fructose than table sugar.

Manuka honey, as well as containing all these benefits, is higher in antioxidants than most honeys and contains other non-peroxide antibacterial properties, including methylglyoxal (MGO). These extra properties mean this honey is even more powerful for fighting bacteria and infections. Medical-grade Manuka honey is even used by some hospitals for treating slow healing ulcerative wounds. It is also more stable than regular honey, meaning its healing properties are not destroyed by heat light or dilution. This makes it ideal for use in hot toddies over winter, or mixed with cider vinegar and warm water for digestion.

The level of MGO and other properties unique to Manuka honey varies depending on season and hive location, therefore to ensure a high level of these non-peroxide antibacterial factors, look for honey with a certified level of these properties such as the Unique Manuka Factor (UMF). For example, a UMF 10+ or above is recommended for medicinal use. Manuka honey with no rating is recommended for everyday use (including spreading on your toast!)

Another advantage of Manuka honey is Manuka trees are not sprayed, making it easier to certify the honey as organic. Honey is notoriously difficult to certify as bees can not be penned in! They are known to fly a number of kilometres in a trip. However if hives are in a location where no sprays are used within a 3km radius (possible in native forest), honey from the hives can receive Biogro organic certification.

Manuka honey can be used straight from the jar (see our ever-growing range of Manuka honeys in store such as the certified organic range from Tranzalpine Honey) and is an easy ingredient to incorporate in your daily diet because it is so tasty. We also have it in throat lozenges, cough syrups and in soaps and skin care products, such as our lovely range from the Honey Collection and our new favourite skin care product Rhino Repair.

Recipe - Vin's "Firewater" Cough mixture

1/2 t cayenne powder
1/2 t ginger
2T apple cider vinegar
2T manuka honey
5T hot water

Mix all ingredients together and keep in a small jar. Take a teaspoon as needed.