

JUNE 2015



Winter is coming...

Well we may have escaped autumn but definitely not winter... If the cold is getting you down come in store for some winter inspiration and hot soup. Yes our crock pot is now cranking for the winter with beautiful organic soups from only \$4 a cup—try it with some fresh Flaveur focaccia bread or some gluten-free crackers! Flaveur also have a lovely new cob loaf, perfect for serving with soups. And speaking of soups, we have a great selection of fresh organic vegetables for your home-made soups such as three types of pumpkin, and grain and bean soup mixes, including our homemade gluten-free mix, and Bob's Red Mill 13 Bean Mix (see page 2 for Bob's Chili recipe!). If you like to use stock in your soups we have packet stocks, stock powders and frozen organic chicken frames to make your own.

The shop is busy at the moment which is keeping us all warm, with more and more new products coming in making the shop cosier as we are try to find room for them all! As well as the great new range of gluten-free baking and pies mentioned below, plus new Flaveur breads, we also have a beautiful range of New Zealand-made vegan and paleo crackers and brownies from Natural Abundance, so there are plenty of healthy snack and lunch options to cover nearly every diet!

It can be harder to keep hydrated in winter so come in and try a new herbal tea – you'll get warmed, hydrated and nourished by the properties of your chosen tea. Talk to us about what might suit your needs and taste buds. Or try any of our caffeinated drinks mentioned on the following page for a gentle pick-me-up.

Ecotip: *Used tea leaves are great deodorisers; sprinkle on carpet 10 minutes before vacuuming, or add to kitty litter trays*

New Products!



We are now stocking Thomas Chipman's Chips potato chips in palm oil, and sweet potato chips. These superior-tasting crisps are certified organic and 100% gluten-free. From \$5.50.

Try our new range of Ancient Grains gluten free treats! From beautiful pies, seeded bread loaves and pizza bases to sweet treats like lamingtons, Cheesecake slice, peppermint slice and ginger crunch, all baking is done in their dedicated gluten-free bakery in Upper Hutt. From \$3.90.



NEWS NEWS NEWS NEWS

- ◆ Congratulations to Dianne Stock for winning our Oxfam Fairtrade Fortnight gift pack, and thanks to everyone for their donations. With your help we have donated \$91 to Oxfam, which will help train seven farmers in how to organically process their own tea harvests.

HERB OF THE MONTH: LEMONGRASS

Lemongrass (*cymbopogon citratus*) is a tall perennial grass native to India and parts of Asia. It is used in many Asian cuisines for its fresh lemony flavour. The essential oil is uplifting, relaxing and antimicrobial, making it a great refreshing scent to use in skincare and home cleaning products. Taken as a tea, lemongrass helps the body maintain healthy insulin levels, and is high in antioxidants. Being antimicrobial, anti-inflammatory and relaxing makes it healing and soothing for stomach disorders and well as general aches and migraines. [See here](#) for more info.

JUNE SPECIALS

- ◆ **Semak Vita Juice** is a powerful cold press juicer and sauce maker that gets the most out of your fruit and vegetables. Was \$595, now only \$495, save \$100!

GARDENING?

We have ROK fertiliser back in stock! This is a full spectrum organic fertiliser with more than 63 minerals blended with fish and seaweed. It comes in a fine powder so no smelly mixing required, and a little goes a long way. Only \$24.95 for a 5kg bag.

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Feature product— Caffeinated Teas



As the weather cools, herbal teas are a great way to keep up your daily fluid intake. But what about caffeinated teas?

When most people think of caffeinated drinks coffee comes to mind. Caffeine stimulates the central nervous system, increases vigilance and helps reduce drowsiness. However the levels of caffeine in coffee can be too strong for many people. If you are looking for the stimulating effects of coffee with a softer edge, caffeinated teas are the answer.

These teas contain caffeine but at lower doses than coffee. They also contain a number of other compounds to soften the caffeine buzz. Theophylline relaxes the airways and stimulates the heart rate. Theobromine helps improve blood flow which can help reduce blood pressure. The amino acid L-Theanine increase alpha brain waves, which helps you feel alert and relaxed at the same time.

Caffeinated teas also have high levels of polyphenols, antioxidants that help reduce free radicals. These can help reduce some cancers and age-related diseases such as cardiovascular disease. These teas may have protective effects against neurodegenerative disorders such as Alzheimer's disease. They have other health benefits, such as boosting the metabolic rate and increase fat burning for some people, and helping lower LDL cholesterol levels. They also help inhibit bacteria and some viruses, so they can help prevent colds and flu at this time of year, and improve dental health and reduce bad breath. And they are not as diuretic as first thought, so they can count toward your daily fluid intake!

So what are the different teas available? Most come from the *Camellia Sensensis* plant. Black tea, made from fermented tea leaves, is lower in antioxidants due to the fermentation. Green tea is made from steamed leaves, so is higher in antioxidants. White tea is made from the dehydrated young leaves and buds of the tea plant, making it the strongest in antioxidants. The caffeine content in these different teas is affected by harvesting, preparation and brewing methods more than the type of tea itself.

Yerba mate, pronounced Yerb –ah Mah-tey, (pictured above) is a caffeinated tea from Central and South America that has many of the same benefits of regular tea, with some differences. It is lower in L-theanine than other teas, but it is high in many minerals including chromium, making it useful in helping balance blood sugar levels and therefore reducing sugar cravings.

Recipe—Bob's Red Mill 13 Bean Chilli

1 & 1/4 cups Bob's Red Mill 13 Bean Soup Mix
1 lb (450g) ground beef
1 onion medium sized, chopped
1 garlic as desired
2 8oz cans tomato sauce (use 2 cups tomato passata or puree)
1t sea salt
1 pinch ground pepper
1-2 T chili powder

Soak 13 Bean Soup Mix overnight or soften by boiling five minutes and allowing to soak at least one hour. Drain beans and cover with water and simmer until tender (about 3 hours). Brown beef and drain. Add one chopped medium onion and garlic as desired, 2 x 8oz cans of tomato sauce, spices and the cooked 13 Bean Soup Mix. Simmer all together one hour.