

MARCH 2012



Going with the flow



AUTUMNAL HARVEST

This is what makes buying organic different from its non-organic counterparts. We eat what is available when it is available, rather than demanding the producers to use all sorts of synthetic ways to provide us whatever we desire, whenever we desire it. Not only do we learn to eat what is in season, when it is freshly picked for maximum nutritional value, we also learn how factors such as a cooler summer can impact on more than our tans. When we are aware of what an extraordinary numbers of factors come together to produce the food we do buy, it makes us much more appreciative of it. And gratitude is very good for the digestion!

But don't forget there is still plenty of late summer and autumn bounty in store and still time for pickling and preserving any garden excesses. We are excited to have lovely new seasons apples back, beautiful pumpkins (soup, anyone?) and all your preserving ingredients including pectin for sugar-free jams.

New Products!



Love Cake cake & muffin mixes are the ultimate indulgence without the nasties. Gluten, dairy, soy, nut & egg free, no artificial colours, flavours, preservatives or sweeteners, and they have a 100% organic range. And their cakes and muffins have to be tried to be believed! From \$9.80

Matakana coconut sugar is made from the nectar of the flower of the coconut tree. It is unrefined so has a low GI and retains all its natural vitamins, minerals and amino acids. \$9.95 for 250g or 7 sachets for \$1. Mention this ad to receive a free sample sachet!



It is sad to see that, despite the non-summer we have just had, a nip in the air is already developing and cooler weather is on its way. Anyone who has grown their own vegetables this summer will know this has not been the most prolific season! Our organic growers have also had a tough time, meaning there have been gaps in our fresh produce over the summer. Even staples like lemons have been hard to come by!

NEWS NEWS NEWS NEWS

- ◆ 3-11 March is Seaweek, celebrating our oceans. Events will be held on 3 March at Foxton & Tangimoana beaches. For further information see www.seaweek.org.nz
- ◆ Back issues of these newsletters are now available on our website www.organic-living.co.nz

HERB OF THE MONTH: DONG QUAI

Dong Quai (Angelica Sinensis) is a plant native to China, Korea and Japan. It is often referred to as 'female ginseng' as it is a useful tonic for treating PMS, irregular or painful menstrual bleeding and menopause. It is also used to help treat sinus congestion, high blood pressure, anaemia, headaches, anxiety and constipation. It should not be used by pregnant women or women with heavy bleeding, or by those using anti-coagulants. For further information including dosage see www.umm.edu/altmed/articles/dong-quai-000238.htm

MONTH SPECIALS

- ◆ Receive 30% off Soleo sunscreen expiring in June 2012—now only \$23.70 for 80g!
- ◆ Strauss Heartdrops were \$69.95, now only \$39.95 while stocks last

GARDENING?

Have you seen our Sticky Beak weeders? With a comfortable handle made from New Zealand beech, they are fantastic for getting weeds out of tricky places like between pavers, and for delicate weeding around other plants. At only \$7 they make a great little gift, if even just for yourself!

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Feature product - Legumes



Legumes, also known as pulses are the fruit from the Fabaceae family of plants, which includes beans, lentils and peas. The dried fruit is in fact the seed of the plant. Legumes are a popular source of protein, especially for vegetarians and vegans. They also contain a variety of different vitamins, minerals and amino acids, are a source of slowly digested carbohydrates, and are a great source of fibre. And they can be used in so many different ways! For example, lentils, as well as being used in the fritter recipe below, can be added to olive oil, feta and mint to make a tasty side salad. Split red

lentils are great for the classic Indian 'dhal' curry. Chickpeas can be used to make Middle Eastern falafel (chickpea patties) and hummus, or added to lamb stews. Black beans make fantastic Mexican refried beans or can be left whole to add to chillis, with or without meat. Aduki beans are traditionally made into a sweet paste with sugar and served in a variety of Asian desserts and pastries, however they also work well in any savoury dish requiring beans. Lima (butter) beans, as the name suggest, have a lovely creamy texture, making them ideal for baking with a white sauce and your favourite root vegetables. Kidney beans and navy beans are great for making homemade baked beans.

Soy beans have so many uses— fermented for soy sauce and miso, made into soy milk, used as a meat substitutes like tofu, tempeh and TVP (textured vegetable protein), and made into lecithin which is used as an emulsifier in many food products. Soy flour is also commonly used in breads for extra protein. The flour from other legumes such as chickpea and pea are also used for cooking and baking, and are a great addition to the gluten-free pantry. Legumes are also very versatile; nearly all legumes can be used as meat substitutes to make patties, sausages, 'meat'loaf and stews.

You can buy canned legumes or you can cook your own from dried—most legumes require soaking overnight and then cooking until tender. You can do this in bulk and freeze them for later use. Doing it this way makes them super-economical and a great staple for quick meals. Because legumes are a seed, all unhulled legumes at Organic Living can also be planted or sprouted as they have not been heat-treated. As discussed in last month's newsletter, sprouting releases even more nutrients and improves digestibility. It also reduces cooking time.

So if you still think of legumes as boring health food from the seventies we suggest you give them another go—with the huge variety of meals you can prepare there is bound to be something to tempt even the most carnivorous in your family! For more tips on how to prepare legumes come in and ask our friendly staff.

Recipe - Margaret's Lentil Fritters

- 1 can organic lentils (or 1 cup cooked organic lentils)
- 1 chopped organic onion
- 1 teaspoon minced organic garlic
- 1 organic egg
- 1/2 cup organic flour (gluten-free is fine)
- 1 teaspoon organic curry powder or 1 teaspoon organic mixed herbs

Combine all ingredients Form into patties and fry on a medium heat in coconut oil until browned on both sides. Serve with a salad or in burger buns with homemade hot chips.