

MARCH 2014



Supporting our local producers

It's been an interesting time recently listening to news about how our local producers are being treated not only by some Australian companies, but allegedly by some chains right here in New Zealand. The Australian companies claim they are not renewing contracts with some New Zealand producers for their home brands so they can support their own local producers. In contrast, stores in New Zealand state they have 'robust' negotiations with our local producers to ensure value for their customers. So our producers may find themselves getting the squeeze from both sides of the Tasman!

There are many reasons to support local producers, not just for the obvious benefits to our economy and communities but also the environmental benefits in terms of reduced food miles. For this reason Organic Living tries to support local organic growers and producers as much as possible. Not only does owner Margaret have very fair and transparent terms with her suppliers (no she does not charge suppliers for storage or shelf space!), she likes to actively encourage emerging local business wherever possible with advice and feedback. New Zealand is a small country and it can be very hard for producers to make a living. As such many products cannot be found locally, however where possible we will choose a local option. These products are sometimes more expensive than their foreign equivalents, and may not be available all year round.

Fortunately we have many customers who understand the true costs and benefits of their purchases, not just for their own health but for that of our planet and our local communities. We are very grateful to our customers for their ongoing support, especially since we are a local business too!

Ecotip: *Reusing is even better for the environment than recycling. You can return your Pasture Poultry egg cartons, Common Property seedling trays, and any plastic shopping bags to our store, if they are clean and in good condition.*

New Products!

Kiwi Organics in Tolaga Bay have been providing us with their beautiful organic popping corn, cornmeal and wholegrain cornflour for many years. We are now stocking their **fine cornmeal** which is perfect not only for making beautiful polenta in minutes but is also great for gluten free baking (such as in the recipe on page 2). Find it on our bulk shelves.

Mum's Secret is made by New Zealand's Natural Health Giving Company, producers of our very popular Xma Ease cream. This new cream using natural ingredients is an all in one cream that can be used on lips, sunburn, nappy rash, hands, insect bites, in fact anywhere your skin needs soothing or moisturising. From only \$4 for a purse size tube.



NEWS NEWS NEWS NEWS

- ◆ Did you know that we are a collection point for Gorge Fresh raw milk? Their beautiful certified organic milk is dropped off at our store every Friday by prior arrangement. For more information and to set up an account check out their website gorgefresh.co.nz

HERB OF THE MONTH: ASHWAGANDA

Ashwaganda is the plant *Withania Somnifera*, a shrub from the nightshade family most commonly grown in South East Asia. The roots are used in Ayurvedic (traditional Indian) medicine. It is used as an all purpose health tonic, and for many conditions from anxiety to arthritis, as it appears to be a natural anti-inflammatory, relaxant and immune stimulant.

Some people, such as [this New Plymouth man](#), have found it useful in the treatment of cancer and its side effects, however more research is needed. See [here](#) for more information.

MARCH SPECIALS

- ◆ In anticipation of a late summer, receive \$5 off all 250ml tubes of Oasis sunscreen. They were \$39.95 now only \$34.95, while stocks last.

GARDENING?

If you don't have much garden space outside, don't panic—try sprouting! All you need is a warm place in your house—no dirt required. Sprouts are simply the first shoots of plants before they become seedlings, so are super nutritious. Try microgreens like broccoli or wheatgrass, or sprouted legumes like mungbeans. Come check out our selection instore.

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Feature product—Corn



Fresh organic sweetcorn is in season right now, perfect boiled or barbequed, then smeared with butter and paprika—yum! But corn is a nutritious grain that has many uses all year round. Also known as maize, the yellow grain is like a 'mini-multi', containing good amounts of carotenoid antioxidants (good for the immune system and fighting heart disease), vitamin A, Vitamins B3, B5, B6, phosphorous, iron, magnesium, iron, zinc, copper, selenium and manganese. It is also a good source of fibre and even protein. See [here](#) for more information.

And it is so versatile! Being gluten-free, the flour is very common in gluten-free baking, either in the form of fine cornmeal, wholeground cornflour, or the white comstarch (often referred to as cornflour in recipes). Try the cake recipe below, or check out the Kiwi Organics website below for more recipes. We also stock Purebread's Corn and Seed bread, this loaf is organic, gluten free, and made with New Zealand corn. Polenta is another great way to serve corn. Polenta is an Italian staple made from cornmeal and water, and can be served like mashed potato (perfect with stews), or left to set on a tray then cut into wedges that can be fried, grilled or barbequed. It can even be used as a gluten-free pizza base!

Another traditional way to use corn is in tortillas. Maize originated in the Mexico region and the Aztecs came up with an ingenious way of preparing the corn called nixtamalisation which involves soaking the grain in an alkalisng solution, making it more digestible and increasing its nutritional value. We stock corn tortillas made with such a flour, and stock the flour itself (otherwise known as Masa de Harina). These tortillas also make great gluten-free mini pizza bases. Corn also makes a great cereal. A porridge can be made from the cornmeal, or you can use puffed corn or cornflakes. And don't forget pop corn! Pop corn is a great gluten-free snack you can make easily at home, then add your own favourite sweet or savoury flavourings. Corn chips are also very versatile, perfect for snacks and parties, but also for making a quick and easy nachos. Try our sweet potato corn chips or our blue corn chips for something different.

Maize is one of the crops that is genetically modified on a commercial scale overseas. To avoid products containing this type of corn make sure they are certified organic or states they are GM or GE-free, or made from New Zealand grown corn! This also includes products that contain corn oil or high-fructose corn syrup, as these products can be made very cheaply using genetically modified maize.

Recipe - Nicki's Orange Cake

1 cup yoghurt	250g sugar
140g KO cornmeal	250g butter
2-3 eggs	200g self-raising flour (or 100g cornflour)
Zest of 3-4 oranges or pulp	100g rice flour 2tsp baking powder)
of 2 oranges	

Combine yoghurt, cornmeal and orange in a bowl. Cover and refrigerate for 2 hours. Cream sugar and butter together then add to refrigerated mix. Beat in eggs, adding one at a time. Add flour and mix well. Bake at 180° for 50 minutes. Syrup Topping: Combine 1 cup sugar and 1/3—1/2 cup orange juice in a saucepan. Bring to a simmer and pour over the hot cake.

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