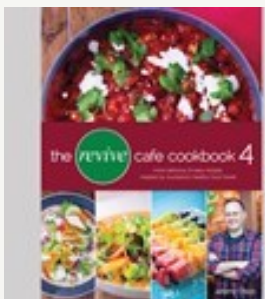


# MARCH 2015



## *Cook it yourself!*



Sometimes customers ask us for suggestions on diets they can follow to help them improve their health or weight. What we often suggest is that they try recipes from some of our cookbooks in store. Cooking your own food has so many benefits, in knowing exactly what is in your meal and the size, cutting down or swapping out food or chemicals you are trying to avoid, and being able to add more of the good (including organic) stuff in. There is also the pure enjoyment of creating something from scratch and sharing it with family and friends. However its not always easy to find the time or inspiration to whip up a nutritious tasty feast at the end of each day!

That's where books like the Revive Cookbook series are fantastic. These books are vegetarian and mostly gluten and dairy-free, including every-day recipes for beautiful salads, curries, sauces, bakes and soups. The recipes are simple to prepare and filled with fresh and nutritious ingredients. The books also contain 'Step-by-step' guides for thousands of variations on everyday basics like soups and stir-fries. We also have some great new titles such as Nicola Galloway's "Feeding Little Tummies", a fantastic book filled with easy to prepare nutritious foods for babies, toddlers and children; Carie Bolton's "Clean and Lean with Carie" with information and recipes on cooking gluten and dairy-free wholefoods; Pam Blowers "Amazing Sprouts" with how to sprout many seeds including recipes; and the popular "Unbakery" book from Little Bird with recipes for beautiful raw meals and treats. And look out for 'Life is Great' by Alicia Wylies, filled with great healthy recipes and inspirational quotes, coming soon.

**Ecotip:** *Cooking at home also reduces waste as meals are not individually packaged, and left overs are great for next day's lunch. Many food scraps can be composted - [see here](#) for upcoming PNCC composting workshops.*

## *New Products!*

Only one month till Easter! **Flaveur** are already selling their beautiful organic sourdough **Hot Cross Buns**, only \$8.95 for six. They are fresh in store every Wednesday, feel free to order some for Easter.



This Easter we also have **Moo Free** boxed chocolate **Easter Eggs**. These eggs are dairy, gluten and egg free and only \$12.95. For smaller Easter treats try **Sweet William's** gluten and dairy-free **Easter Bunnies**, only \$9.95 for a pack of twelve individually wrapped chocolate bunnies.

## **NEWS NEWS NEWS NEWS**

- ◆ **Beyond Organic NZ** tour features Canadian Stefan Sobkowiak showing & discussing parts of a film about his permaculture orchard system. Stefan will be at the Village Valley Centre, 21 Guilford Street, Ashhurst from 1:30-4pm Saturday March 21st. Tickets \$20 on the door.

## **HERB OF THE MONTH: HOLY BASIL**

Holy Basil is also known as Tulsi in Hindu, which apparently means "the incomparable one". It is actually more closely related to mint than sweet basil, and has been used for centuries in Ayurvedic medicine for ailments such as digestion, cold and flus, infections and headaches. It appears to be antioxidant, anti-inflammatory, antibacterial and anti-fungal. Research has found it to be an adaptogen, meaning it helps the body respond in times of stress.

Try our range of beautiful Tulsi teas in store. For more information [click here](#).

## MARCH SPECIALS

- ◆ For the month of March take 10% off Fodda Soil Enhancer and General Fertiliser! See below for more info.

## GARDENING?

It is now time to harvest the last of the summer crops, and give the garden a good rest and feed before putting in winter and spring crops. If you have beds that need using quickly but still need replenishing from summer growing, Fodda Soil Enhancer and General Fertiliser can be dug in straight away. Combine with ROK Organic Fertiliser and your garden will be ready to go!

## 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](http://www.organic-living.co.nz)

## Feature product—Mustard



Mustard originated in different parts of Europe and Asia, and has been used for thousands of years, as referenced in both ancient Sanskrit texts and the Bible. It was the ancient Romans who first ground it into a paste to make the first version of mustard as a paste as most people know it today. However the seed itself has far more benefits than just being a yummy condiment! Mustard seeds are packed with many vitamins and minerals necessary for our overall health. It is a member of the

*brassica* family, and as with other brassicas like broccoli and kale contains phytonutrients called glucosinolates. It is thought that glucosinolates may help prevent cancers of the organs, and this is currently being studied. It also contains good levels of omega 3s, selenium, phosphorous and manganese, which in turn are good for inflammation, asthma, and healthy bones and teeth, amongst many other things. It contains sulphur which is antifungal and antibacterial, making it great for fighting skin infections. Mustard seeds are also high in fibre and contain a mucilage that can help relieve constipation. They contain high levels of lutein and zeaxanthin which help prevent age-related macular degeneration.

The glucosinolates in mustard also gives the mustard plant a bitter flavour, making it a great pest deterrent. It can be grown around other crops to keep pests at bay. It also makes a great cover crop at this time of year. Simply let grow in a garden bed over winter to prevent weeding, then dig the whole plant in to the soil in spring to provide nutrients, structure and extra micro-organism activity in the soil.

And don't forget how versatile mustard is in the kitchen! As well as serving with meats and cheeses, prepared or ground mustard gives that extra flavour to creamy recipes like mayonnaise, cheese sauce, and potato salad. It is also a great addition to chutneys and sauces. The different variety of mustards available come from mixing different varieties of mustard seeds with different liquids such as wine, water or verjus, and grinding the seeds or leaving them whole. Black or brown seeds produce the hottest while white mustard seeds are the mildest. Turmeric is often added to make yellow mustard.

You can also sprout the seeds to enhance their nutrients; these make a great addition to salads and sandwiches. Simply soak for a few hours, then sprout in a jar or on a paper towel, they will be ready in 3-4 days.

## Recipe—Prepared Mustard

Adapted from [this recipe](#) by Phil Daoust:

100g organic mustard seeds  
100ml water  
150ml organic apple cider vinegar  
1t organic turmeric  
Pinch organic salt  
1-2T organic honey  
1-2 tsp organic flour

Soak the mustard seeds in the water and cider vinegar from 1-2 days. Blend to a smooth paste with the turmeric, salt and honey to taste. If runny, add the flour to thicken. Keep in an airtight jar in the fridge. Best left to rest for a couple of days before using.