

MAY 2012



Caring for consumers, producers & mums



Fairtrade Fortnight is being held in New Zealand from 05—20 May. Fair trade is a movement designed to help producers of goods in developing countries work in fair and sustainable working conditions. Although certified

organic products tend to be traded more 'fairly' than non-organic (for example eliminating the use of dangerous pesticides automatically improves the health of workers), goods that are 'fairtraded' guarantee the producers receive things like a living wage and basic employee rights. We have a number of organic and fairtraded products in store that we will be promoting over the fortnight, such as organic fairtraded coffee, chocolate and bananas.

If you are looking for a way to spoil your mum (or yourself) this Mother's Day, book her in for a mini make-over with a Living Nature consultant. As well as the make-over using these lovely New Zealand-made products, your mum will be able to get advice on the great range of skincare available and receive a Living Nature gift voucher valued at \$20! Times are available on Tue 15, Wed 16 & Thu 17 May. Be in quick as spaces are limited. And don't forget all the other treats we have in store for spoiling your mum on the 13th, from essential oils and skincare to sweet treats and things for the garden.

New Products!

Mountain Fresh produce a beautiful range of organic sheep and goat's cheese products, and we are delighted to announce we now have their sheep cheese feta, goat's cheese feta and goat's cheese gouda in store. \$8.50 for 200g.

Back due to popular demand is the New Zealand-made range of **Beauty Engineered Forever** (B_E_E) household products. These products exclude harmful chemicals in favour of natural cleaning agents, and have been dermatologically tested to be gentle on the skin. Each product has been independently tested and proven to outperform leading brands. We have laundry liquid and powder, multi-surface cleaner and dishwash liquid in store. From \$5.50



NEWS NEWS NEWS NEWS

- ◆ Welcome to our newest staff member Michelle! Many of you already know her from her years at Health 2000, and we are very excited to have her join our team.
- ◆ Good luck to all those who have entered the Terrace End promotion to win \$1000 cash!

HERB OF THE MONTH: PARSLEY

Parsley (*Petroselinum crispum*) is a perennial common to most people's gardens. Besides being a great flavour enhancer, it is a source of antioxidants including Vitamin C, and Folic Acid. It has been used to treat many conditions such as inflammation, menstrual complaints, urinary tract infections and kidney stones, indigestion and colic, and lactation. The seeds, roots and leaves can all be used. We have seedlings, seeds and dried leaf available in store. For more information see: BOTANICAL-ONLINE.COM/MEDICINALSPE-TROSELINUMANGLES.H TM

MAY SPECIALS

- ◆ Mention the below falafel recipe to receive 20% off your next purchase of chickpea flour!

GARDENING?

How is your herb garden? There is nothing more satisfying than being able to go out into the garden and pick some fresh herbs for your dinner or a cup of tea, or drying your own. We have a selection of organic herb seedlings in store, such as parsley, oregano, lavender, mint and coriander. Grab one each time you pop in and in no time your herb garden will be thriving! \$4.90 each.

CONTACT US

Broadtop Shopping Centre, Terrace End, Palmerston North
Phone 06 353 0549
Fax 06 353 0546
organic-living.co.nz
Email:
organic_living@xtra.co.nz
(To unsubscribe email this address)

Feature product - Ginger



Ginger (the stem of the plant *Zingiber Officinale*) has been used as a spice and as medicine for thousands of years. Over the centuries its ability to warm and reduce inflammation has seen it used to help treat colds and flus, headaches, painful menstrual periods, heart conditions, arthritis and poor circulation. It is also well known for its anti-nausea effects, being used to treat stomach upsets, weak appetite, colic, diarrhoea, travel sickness and indigestion.

As the weather has started cooling down now is the perfect time to increase ginger in our diet. Ginger can be purchased in capsules (such as Lifestream's Ginger capsules), which are perfect for strong doses of ginger needed to improve the circulation of the hands and feet, for improving digestive processes, and supporting joint mobility and suppleness.

Ginger's spicy and pungent flavour also means it is available in many different forms and is certainly one of the easiest medicines to take! Hakanoa Ginger Syrup promises to warm the cockles of your heart, makes a wonderful digestive tonic and is great for colds when made into a hot toddy, as well as having many culinary uses.

For nausea try GinGins Boost ultra strength ginger sweets—great for travelling. Planet Organic ginger tea is also excellent for settling the stomach and can be cooled and given diluted to babies for colic.

If you love ginger purely for the taste of it, try our very popular gluten free ginger slice, sugar-free ginger pieces in carob or crystallised ginger, and reap the health benefits at the same time! We also have dried ginger, ginger powder and minced ginger for cooking and baking. Try adding the minced ginger to stir fries and curries for an extra bite, or using the powder in classic baking like ginger gems.

Recipe - Falafel

Vegetarian, free from gluten, dairy, soy, sugar & nuts

1 organic onion
2 cloves organic garlic
Small bunch of fresh parsley and/or coriander
150g organic chickpea flour
1t ground organic cumin
1t ground organic tumeric
1/2 teaspoon baking soda
1/2 t organic paprika
Pinch salt and pepper
2/3 cup water
Organic oil suitable for frying

Finely chop the onion, garlic and parsley. Mix with all other ingredients except oil, then let stand for 15 minutes. Form into balls or patties, and fry in 2cm oil on medium-low heat until browned, turning once. Drain on paper towels and serve with organic hummus, raita (yogurt dip) and salad. Makes about 8 medium size patties.