

MAY 2014



Another way forward



Grow your own!

The latest International Panel on Climate Change (IPCC) report has solidified earlier predictions of climate change and its impact over the coming decades. Due to our temperate climate the predictions for New Zealand are not as dire as for many countries, however the predictions for the planet as a whole does not make for pretty reading. The impact on food crops around the

globe will be substantial with increasing droughts, floods and famines predicted causing food and water shortages. This will also impact on our own food availability and food prices, as much of our food is imported. So, along with continued efforts to fight climate change, what can we do to prepare for such events? Supporting local organic producers and growing our own may help.

Concentrating on using our land to its best potential, while listening to the changing climate around us, may be a way to ensure sufficient food production for ourselves and even for international markets. Biodynamic farming for example is a type of organic farming that forms a balanced and sustainable farming system, using crop rotation, composting and special plant preparations as well as working with the natural rhythms of nature. For more information about biodynamics and to find out about the upcoming two day conference in Palmerston North [click here](#). One of the founding fathers of biodynamics, Peter Proctor, has done some amazing work in India, as seen in the dvd "One Cow, One Man, One Planet". If you would like to borrow our shop copy of this dvd please ask. For more ideas on how to work with our environment for our own and the land's health, come along to hear Kay Baxter from Koanga Institute talk on 24th May (see [here](#) for more information). Kay is passionate about saving heritage seeds, and growing nutrient-dense food in a bio-intensive way.

Ecotip: *To deter slugs and snails, spray the base of your plants with weak left-over coffee, and sprinkle the used grounds on the soil*

New Products!

Shivachi organic cotton bags fold down into a smaller bag, and have a beautiful pattern that comes in four different colours. Only \$9.90, and so pretty you'll never forget your reusable shopping bag again!

Flaveur Breads introduce their new gluten-free fruit loaf affectionately called the 'Ranga' due to its orange colour. Made with dates, oranges, almonds and gluten-free teff flour (see overleaf for more information on this wonderful grain), it is moist and delicious! It is the perfect everyday gluten-free low-sugar cake or muffin replacement. Come in on Thursday 8 May for a free tasting so you can try for yourself. Only \$8.95 a loaf.

NEWS NEWS NEWS NEWS

- ◆ The updated list for New Zealand's 'Dirty Dozen' top twelve most sprayed produce has just been released by Alison White of the [Safe Food Campaign](#). Grapes now top the list, which also includes celery, pak choy, a number of fruits, spring onions, cucumber and bread.

HERB OF THE MONTH: SLIPPERY ELM

Slippery Elm (*Ulmus Rubra*) is a tree from North American. Native Americans used its inner bark to treat a number of conditions over the generations. The inner bark is ground into a powder, and when it mixes with water it forms a mucilage that is healing and soothing, especially to the gut. It helps heal inflamed gastric membranes and is useful in cases of diverticulitis, diarrhea, indigestion and irritable bowel syndrome. It can also be used to sooth irritated lungs and urinary tracts, and help remove toxins due to its high fibre content. It can be taken as a powder in water or as a tablet.

MAY SPECIALS

- ◆ Derma Lab travel pack of 4 x 150ml cleansing wash, lotion, shampoo and conditioner especially designed for sensitive skin, only \$44.90, saving 25%!

GARDENING?

We have a fresh range of organic seeds like radish, red clover and broccoli, and special mixes, perfect for growing microgreens inside during the colder months. Or use seeds like alfalfa (also known as lucerne) and mustard for green crops in your garden over winter.

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Feature product - New but actually old grain flours



Over millennia, cultures from all around the world have learnt to cultivate grains from the grasses around them. This has led to a huge diversity in flavours, textures and nutritional profiles of different grains that have spread all over the world through trade routes. Due to mass industrialisation and commercialisation over recent centuries, the variety of grains available has in fact reduced, as certain types of grains have proven more commercially successful. Good for the economy, but a huge loss for cultures, and as it turns out, for our health. Many people find modern cultivars of wheat, combined with modern processing methods, make wheat products hard to digest. Fortunately some of the older grains are being reintroduced to our modern diets. Being milled from the whole grain, the below flours from Bob's Red Mill brand are a nutritious and easily digestible addition to your baking, and two of them are some of the best gluten-free flours we have found!

Teff is a tiny powerhouse of a grain grown in North Africa. In Ethiopia, it is a staple food, most commonly used in a pancake made from the flour called Injera. This grain is gluten-free, and is a good source of fibre, calcium, iron and protein. It has a light nutty flavour making it a great addition to gluten-free baking (such as the cookie recipe below), or try it in the new gluten-free 'Ranga' fruit loaf from Flaveur, as featured on page 1.

Kamut or Khorasan wheat is an ancient type of wheat twice the size of modern day wheat with a nutty, buttery flavour and adding a smooth texture to baking. The name Khorasan comes from a region in what is now Afghanistan and Iran where the wheat was originally grown. Kamut is a name patented in America in 1990. It has become popular in the west recently as it is a good source of iron, phosphorous and fibre, and, as its protein differs from wheat gluten, many people who can't tolerate wheat find they can tolerate Kamut, although it is not gluten free.

Sorghum grain was first cultivated in Africa, where it spread through the Middle East and Asia via the Silk Road. It is still commonly used in Africa and India, and is the 5th most important grain in the world. It has traditionally been used to make pancakes, porridges and even beer, and is most well known in India for its use in a flatbread called Jowar Roti. Whole sorghum flour is gluten-free, and a good source of protein, fibre and iron. Its mild taste and smooth texture when cooked makes it a great addition to gluten-free breads and baking, as it is less 'biscuity' than some gluten-free flours.

Recipe - Teff Peanut Butter Cookies

This recipe is from Leslie Cerier, the Organic Gourmet, via Bob's Red Mill

1 1/2 cups Bob's Red Mill Teff Flour	1/2 tsp Sea Salt
1/2 cup Maple Syrup	1/2 cup Canola Oil
1 tsp Vanilla	1 cup Peanut Butter

Preheat oven to 180°C. Set aside an ungreased cookie sheet. In a large bowl combine dry ingredients, set aside. In a food processor blend syrup, oil, vanilla and peanut butter. Add the wet ingredients to the dry ingredients; blend well. Shape dough into walnut size balls. Place on a cookie sheet and flatten gently with the tines of a fork. Bake about 13-15 minutes. Cool on a wire rack. Yield: 24 cookies.