

MAY 2015



It's a revolution!



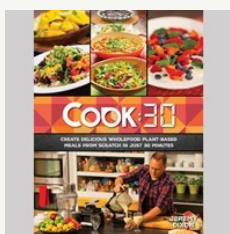
At Organic Living we are passionate about real food. Not just eating it but growing it, preparing it and sharing it. We know that one of the main ways to good health is cooking it yourself! That's why we were pleased to hear about two events happening this month to support our children in learning to grow and prepare nutritious food. This year, May 15 has been declared by Jamie Oliver to be "Food Revolution Day". This is an annual campaign to put compulsory practical food

education back on the school curriculum. Jamie believes fun food education will help children and their families lead healthier, happier lives. Over 182 countries have become involved to date. Click [here](#) for links to New Zealand events co-ordinated by Organic NZ, and [here](#) to sign Jamie's petition and share it with others. And check out Jamie's website for ideas of events you can host yourself!

To see this type of work already in action in Palmerston North, come along to the 'Zest Fest' marquee in the Square on May 16, from 9am to 3:30pm. Organised by Plant to Plate Aotearoa, there will be family activities, seed planting and demonstrations from gardening experts, as well as displays of entries in the gardening and pumpkin carving competitions from local school children. Plant to Plate has helped dozens of schools in the Manawatu set up vegetable gardens and provide ongoing support and mentoring for teachers and children on how to grow food and prepare it. [See here](#) for further information.

New Products!

Isowhey wholefoods has created six wholefood powder blends, in combinations like 'kale, collard greens and broccoli sprouts', and 'maca, cacao & mesquite'. These are dairy-free and perfect for adding to any protein shake or smoothie. Only \$19.90.



From the Revive Café range we have a great new book called **Cook:30**, showing you how to create delicious wholefood plant-based meals from scratch in just 30 minutes. The book contains complete multiple-dish meals with a timeline for preparing them. Yum! Only \$39.99.

NEWS NEWS NEWS NEWS

- ◆ To celebrate **Fairtrade Fortnight** we are hosting a fundraiser in store. Point out the fair trade logo on any of your purchases from **May 8-22** and we will donate 10% of the retail price to Oxfam! We hope to raise \$244, which can organise an organic agriculture course for 20 tea farmers. Koha will also be gratefully received.

HERB OF THE MONTH: VERVAIN

Vervain (also known as verbena) is a plant from the mint family with flowers similar to lavender. Vervain has not been widely researched, however people have found it helps ease anxiety and helps with sleep, and may help with premenstrual syndrome. As a relaxant it is also helpful for digestion, helping ease bloating and gas. It also has anti-inflammatory properties making it a treatment for osteoarthritis. It may also help with colds, respiratory disease and sinusitis. [See here](#) for further information.

MAY SPECIALS

- ◆ Receive a free Herb Farm Kiwised & Zeolite exfoliant with any 2 products from the Lasting Beauty range worth \$32.50!

GARDENING?

If you are inspired by Jamie Oliver's Food Revolution, and Plant to Plate's great work in our local schools, we encourage you to try this at home! We have some great easy-to-grow edible plants for children to try. We have salad green and silverbeet seedlings, broad bean seeds that can be planted now, and a great range of seeds for sprouting and growing microgreens inside.

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

Feature product - Whole fruit powders



There are so many fabulous fruits out there that can be added to smoothies, cereals and sweet treats. But not all fruits are available all the time in New Zealand, especially some of super-nutritious tropical fruits. We also don't always have the time to prepare all the ingredients first thing in the morning! Fortunately there are many great fruit powders now available that can be easily spooned into smoothies or water, sprinkled on to cereals or mixed into raw fudges. As well as being delicious, these powders are highly nutritious, and can be taken for specific health concerns or for overall good health. As well as more well known fruits like

blueberries, here are some of our favourite fruit powders from the [Matakana](#) range:

Camu Camu has been found to contain very high quality plant-based Vitamin C, making it ideal for those wanting a strong but natural source of Vitamin C.

Yumberry has a very high concentration of Oligomeric Proanthocyanidins (OPCs). These bioflavanoid complexes perform as free radical scavengers in the human body. OPCs can cross the brain blood barrier to support the brain and nervous system, as well as helping support the strength of blood vessels.

Maqui berry has very high levels of a broad spectrum of antioxidants, and may be especially beneficial for detoxing, heart health and general cellular support.

Pomegranate is a great source of many vitamins, minerals and antioxidants, especially Vitamins C and K. It is great for prostate health, hormone health and mood.

Acai berry is another antioxidant superstar, and is also high in beneficial phytochemicals, micronutrients and omegas. These berries are considered good for heart and bowel health, immune support and energy.

Mangosteen contains a number of phytochemicals that help support the immune system at a cellular level. As such it is great for immune health, especially at this time of year. It's antimicrobial properties also make it a useful treatment for acne.

Gac fruit contains 70 x more lycopene than tomato, and its other ingredients make the lycopene more bio-available. Lycopene is known to be good for heart and artery health and cholesterol.

Recipe— Easy Pomegranate Coconut Ice

300g organic desiccated coconut
1/4 cup organic coconut oil
30g Matakana organic pomegranate juice powder

Put the desiccated coconut and coconut oil in a food processor and mix on a low setting for about five minutes until the coconut has a creamy consistency. Alternatively, melt one cup of creamed coconut/ coconut butter with the oil in a small saucepan. Pour melted coconut and oil mix into a bowl.

Add the pomegranate juice powder (about a quarter cup) and mix. Pour into a small square or rectangle container and put in the fridge to set. Leave for 2 hours before turning out and slicing into cubes with a warm knife. Store in a cool place. Try with any fruit powder combination (this one is pretty pink, acai powder would make a purple one!)