

NOVEMBER 2013



Helping prevent cancer naturally

Here at Organic Living we often see customers who discover the benefits of organic food when they are suffering from an illness such as cancer, or when they are introducing their young ones to their first solids. Many people understand the benefits of avoiding the toxic load of too many chemicals on small and vulnerable bodies. However we also believe that avoiding processed food and consuming organic produce daily can help prevent illness, including cancer, at any age and with any state of health.

Reducing the impact of a combination of different chemicals, pesticides and genetically modified foods on our bodies over a lifetime is one way going organic can benefit our health. But eating a diet high in organic fruit and vegetables can help reduce the risk of cancer in other ways. There is much [research](#) available on the cancer –fighting benefits of fresh fruit and vegetables. The added bonus of organic fruits and vegetables is their increased nutrition. Not only are they grown in soils using a full spectrum of natural fertilisers (rather than soils that are depleted and then have a few nutrients added back in), they often use older varieties of plants that naturally have a higher nutritional value.

For example, the anti-cancer compound salvestrol has been bred out of many modern varieties of fruits and vegetables due to its bitter taste, but is still common in heirloom varieties used because it is a natural antifungal (See the latest edition of Organic NZ magazine, in store now, for more information on salvestrols). Conventionally grown produce is often picked early, but salvestrol levels are highest when produce is picked ripe, as most organic produce is. So a good rule of thumb seems to be the stronger the taste, the higher the nutrient content. You may notice that our produce is often ready to eat straight away, but has more flavour than non-organic produce. Now you know why!

New Products!

Check out our range of **Organic Food Bars**, with a great variety to choose from such as high protein, supergreens, raw and chocolate kerunch, there is something in this range for everyone! From \$3.25.



Plantae is a beautiful range of certified organic skincare made in Nelson. Designed by Carol Priest, each product has been carefully formulated for different skin types using all natural ingredients including perfumes. Come in and find which products are best for your skin. From \$32.90.

NEWS NEWS NEWS NEWS

People have taken to our current 'Lemon or the Bag' scheme—say no to a plastic bag in store and receive a free lemon! This has been a great way to help reduce our store's carbon footprint. Don't forget you can bring your own bag, buy one of our reusable bags or ask for a box or paper bag.

HERB OF THE MONTH: ALLSPICE

Allspice is the dried fruit of the *Pimenta Dioica* tree, native to Central America. It was named allspice due to it tasting like a combination of cinnamon, nutmeg and cloves. It is popular in Caribbean, Mexican and Middle Eastern Cuisine in savoury dishes, and is a popular ingredient in barbeque sauce, but is mostly used in the States and the UK in cakes and biscuits. It is a great added to food due to its anti-inflammatory and carminative (gas reducing) properties. It also contains eugenol which is antiseptic and anesthetic, making it useful in treatments for teeth and deodorant.

NOVEMBER SPECIALS

- ◆ Organic coconut sugar is now available in bulk, with a special introductory price of only \$21.50 per kg!

GARDENING?

Introducing **Fodda**, a totally natural and eco-friendly product that feeds the earth, repels slugs and snails and even diverts waste from landfill. It increases soil temperature and helps your soil to slowly release existing micro-organisms and nutrients. And its odourless! \$11.50 for a 5 litre bag of soil enhancer or \$14.90 for a 4 litre bag of fertiliser.

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Feature product - Seeds



Back in [February](#) we discussed the goodness of nuts for our health, due to their high levels of protein, fibre, good oils, minerals and other nutrients. Seeds also have very similar properties to nuts. Being the starting block of a new plant, seeds have everything a plant needs to get growing all packed into one tiny vessel, making them rich in nutrients.

For example linseed or **flaxseed** is super rich in omega 3 fatty acids, which are great for heart health, cholesterol, eczema, inflammation, concentration and many other health issues.

Flaxseed has a lovely flavour and can be used in baking such

as in the pancake recipe below, or you can take the oil daily. **Sunflower seeds** contain linoleic acid which may [help prevent heart disease](#) and help with weight loss. They make a fantastic on the run snack, especially when lightly toasted with a little soy or tamari sauce. **Hemp seeds** contain nature's perfect balance of omega 3, 6 & 9, and can be found in hemp milk or hemp oil. **Sesame seeds** are naturally high in calcium and so are a great addition to your diet if you are vegan or dairy-free. Lightly toasted they are beautiful sprinkled in salads, or try tahini (sesame seed paste) for making hummus, dressings, or spreading on toast with honey or marmite. **Pumpkin seeds** are known for their high levels of magnesium, that super mineral that is a great nerve tonic—try a handful before bed to help with sleep. And don't forget **chia seeds**, the little powerhouse of a seed that is also a great source of omega 3 as well as fibre, protein and many other essential nutrients. Simply sprinkle on your cereal, add to a smoothie, or let a tablespoon sit in a glass of water with lemon or lime juice for ten minutes and blend briefly and you have a refreshing Mexican drink called 'Chia Fresca'.

Because these seeds are all naturally high in protein, fat and oils they make you feel full, so are the perfect addition to breakfast, snacks and vegetarian dishes to help keep you on the go for longer. And don't forget that, as they are seeds, they release more of their nutrients and are easier to digest once they are soaked, although note the high fibre content will make them go jelly-like! Their gelatinous quality makes them a great replacement for eggs in recipes. Soak 1 tablespoon of ground flaxseeds or chia seeds in 3 tablespoons of water for about 5 minutes until the consistency of raw egg white to replace one egg.

Recipe - Flaxseed pancakes

Adapted from a Dr Oz recipe. Per person (makes two thick pancakes):

2 t organic coconut oil
1/4 cup organic flaxseed (linseed)
1 organic egg
1/2 cup + 2T organic milk (dairy free is fine)
1T organic nut butter (eg peanut, almond)
1/2 t baking powder
Pinch of salt

Heat 1t of the oil in a small frypan on a medium-low heat. While it is heating, blend the flaxseeds to a flour. Add all other ingredients except the remaining oil and 2T milk, and blend till smooth. Cook the mix in two pancakes. Put the remaining 1t of oil in the pan for the second pancake, and add the extra milk to the remaining mix and blending briefly before using, as the fibre in the flaxseed will have caused the mix to thicken on standing.