

# OCTOBER 2014



## *You can do it!*



We have had a number of customers come in after watching Nigel Latta's [recent show](#) on sugar consumption in New Zealand. People have been surprised not only to learn about the impact of sugar on health, but how much sugar is in our everyday diet that we are not aware of. It can then be very easy to feel

overwhelmed by where to begin to make changes to your diet. The great thing about discussions like this is it's not actually about 'dieting', but making changes that will be sustainable over a lifetime. And the easiest way to do this is to start one small step at a time.

For some people the first step is switching to a sugar-free cereal, or making their own muesli. Others are starting to make their own yoghurt or kefir so they can control the amount of sugar or fruit added in. Others are looking for sugar alternatives to add to their cooking and baking. As shown in the photo we have a large selection of sugar alternatives. Stevia is a green leaf ground into a powder or made into drops that the body does not recognise as sugar, although it tastes up to 300 times sweeter than sugar.

Natural sugar alcohols such as xylitol and erythritol can be used spoon for spoon in baking, and have little impact on the body's blood sugar levels. Other foods such as rice malt syrup, coconut sugar, glucose, dried or pureed fruits, and maple syrup also have lesser degrees of impact on the body than refined cane sugar. Come in and talk to us about the easiest steps for you to start making changes now!

***Ecotip:** For less packaging and reduced chemical load try using reusable soap nuts or laundry balls to wash your clothes—they'll save you money too.*

## *New Products!*

**Ionza Alka Jugs** are a great way to alkalise your body by alkalising tap water. They also add minerals and antioxidants to your water, help purify it and make it taste great. Only \$65 a jug including a free filter cartridge lasting 300 litres.



**Zola Acai Juice** is certified organic acai juice with either blueberry or pomegranate juice. A great source of antioxidants and omegas 3, 6 & 9. And yummy! Only \$6.95 for 354 ml.

## **NEWS NEWS NEWS NEWS**

- ◆ Come in store this month for cheese tastings from Cartwheel Creamery, Mahoe and Teeze Cheese.
- ◆ We are now taking orders for Little Bird's Unbakery Book, the perfect Xmas gift packed with 130 yummy raw recipes!

## **HERB OF THE MONTH: GREEN TEA**

Green tea (*Camellia Sinensis*) is full of strong antioxidants that may help protect against a number of cancers. Its combination of caffeine and L-theanine give it a more sustainable energy boost than coffee. Its bioactive compounds may also help with brain function as we reach older age. It contains anti-bacterial properties that may help improve dental health. It can help reduce cholesterol levels and the risk of heart disease, and help with weight loss by boosting metabolism. Try drinking green tea daily, or add green tea powder to your smoothies. [See here](#) for more information.

## OCTOBER SPECIALS

- ◆ Try our new gluten, dairy, cane-sugar free Wonder Chocolate range at a special introductory price of \$2.95!

## GARDENING?

The soil is warming up so we can finally start planting in seeds, and we have a new selection of Ecoseeds on its way. These vegetable and herb seeds are certified organic and non-hybrid, meaning you can save the seed from your own crops to grow again in the future. Come and check out our range, \$3.95 a pack.

## CONTACT US

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## Feature product - Cheese



Here at Organic Living we are big proponents of fermented foods for making foods more digestible and nutritious and providing probiotics, to name a few of their benefits. The process of fermentation is used in many foods, from sauerkraut to bread, and one of the most commonly consumed fermented foods often overlooked is cheese. Cheese is made by the coagulation of the milk protein casein using enzymes, usually in the form of rennet. This milk can then be converted into hundreds of different products depending on the type of milk used, the temperature, the coagulating agent, the fat content of the milk, the starter bacteria used, the time of ferment, and other ingredients added. Due to the enzyme and bacterial activity in the cheese-making process, many cheeses are easier to digest than milk as the lactose is reduced considerably. Organic cheese made using traditional methods is also a great source of calcium, protein, Vitamin B12, Vitamin A and Vitamin D. And of course so tasty!

We have a great selection of cheeses currently in store, including our new range from Cartwheel Creamery, a company from Pohongina Valley making a selection of fresh cheeses using milk from local organic farmers Gorge Fresh. Come in and check out their camembert, feta and washed rind cheeses, and if you have yet to discover the joys of the squeaky cheese you can fry, try their haloumi with our new season's asparagus in the below recipe. We also have a lovely range from award medal-winning Mahoe Cheese, who make beautiful aged cheeses like Very Old Edam (shown above) and Cumin Gouda, as well as supplying us with Quark, an eastern European cultured cream cheese that can be used like crème fraiche or cottage cheese. We also have selection of cheeses from Retro Organics, as well as their popular lactose-free yoghurt.

And don't worry if you are dairy-free or vegan, we have plenty of options for you too! We have three types of vegan cheese brands to choose from, including cheddars, parmesan, mozzarella, melty cheeses, cream cheeses and cheese sauce. Some of these are soy-free too, perfect for pizza treats if your wee ones are dairy-free.

If you'd like to try your hand and making your own cheese, don't forget our Mad Millie Italian Cheese-Making kits for making marscapone, ricotta and mozzarella. These are easy and fun to use, a great gift!

## Recipe - Barbequed haloumi with asparagus

2T organic white wine vinegar  
2t each organic honey and organic dijon mustard  
1/3 cup organic olive oil  
Zest and juice of one organic lemon  
Organic salt & pepper  
400g new season's organic asparagus, woody ends removed  
250g organic haloumi  
1 finely chopped organic red onion  
2 handfuls of organic salad mix

Heat a bbq or grill until nearly smoking. Shake the first six ingredients together in a jar till mixed. Drizzle the asparagus with a third of the dressing. Season with salt and pepper and bbq 7-8 minutes turning often. Rinse the haloumi, pat dry and cut into 8 slices. Rub with a third of the dressing and bbq 1-2 minutes each side. Mix the remaining dressing with the salad and red onion, then divide the salad, asparagus and haloumi between four plates. Perfect as an entrée, a bbq side dish or a light lunch served with crusty bread.