

SEPTEMBER 2011



Sitting pretty at Terrace End



**FREE INSTORE COULEUR CAMEL
MAKEOVERS**

Caramel who gave free make up sessions to those lucky ladies who booked in. The staff learnt a lot from Avril and we all love the new liquid hydrocoton foundation that leaves a soft powdery finish on the skin.

Margaret recently met with six other New Zealand organic store owners in Wellington. The discussions focused on obtaining Bio-Gro certification for the stores to show support for the organic movement in New Zealand and to confirm that the products sold can be traced back to the paddock. At the meeting it was agreed that the New Zealand consumer could be better informed as to what 'organic' really means with regards to food production. Derek Broadmore from Organic Aotearoa New Zealand (OANZ) presented the meeting with an update from this lobbying organisation which represents organic producers, growers and retailers.

New Products!

LSA Truffle Bars are made from raw linseed, almond, pumpkin and sunflower seed, with walnuts, dates and figs. Held together with melted Green & Blacks dark organic chocolate, they are goodness wrapped in decadence! From only \$3.90.

Derma Lab is a range of products designed and made in New Zealand especially for dry and sensitive skin, using all natural ingredients. The range contains a face and body wash, moisturiser, treatment oil, shampoo and conditioner. Great value at just \$19.95 each!



Welcome to spring! The weather has been crazy hasn't it, with snow followed by balmy spring-like days. Don't let the crazy weather stop you getting your vegetables planted for spring though, and keep an eye out for the first spring vegetables and fruit arriving in store!

We had a lovely time on 10 August with Avril from Couleur

NEWS NEWS NEWS NEWS

- ◆ A homeopathy first aid workshop focusing on childhood illnesses such as measles, mumps and chicken pox will be held from 7:15pm— 9pm on Thu 15 September at the Women's Health Collective on Waldegrave St. Cost \$20. To book contact Alice on 363 75 75.

HERB OF THE MONTH: NETTLE

Nettle tea can be used to treat colds and flu symptoms such as congested lungs, sore throats, runny noses, fever and coughs. Nettle has long been used as a diuretic for increasing the flow of urine and treating a variety of kidney and bladder conditions. This can also make it useful in lowering blood pressure. Nettle leaves contain large amounts of iron, vitamin C and chlorophyll. They also contain a substance that inhibits inflammation and can help relieve hives, rashes and other inflammatory skin conditions. For further information and contraindications see www.nettle-tea.net

September specials

- ◆ Get **10% off** Global Soap Soap Nuts and Long Life Laundry balls for the month of September!
- ◆ Receive a **free** 9g travel size Weleda Arnica cream with every 36ml tube - great for the handbag and taking to Saturday sports. While stocks last.

GARDENING?

Now the snow has melted it is time to get your spring garden ready! It's not too early to get your seeds growing. We have organic Ecoseeds for \$3.95 a pack. Or you can simply buy a punnet of organic seedlings from \$3.90. We have brassicas, salad greens, celery and silverbeet, and we will have plenty of tomato plants later in the month.

CONTACT US

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Feature products - Washing powder alternatives



Many people have sensitive skin and detergents used to wash clothes can aggravate skin conditions. Fortunately there are many low-allergen products now available, including some that don't involve any detergent at all! Surprisingly, they are often more economical than washing powders.

Global Soap **Soap Nuts** are native to Nepal & India where they have been used for centuries. They are actually a fruit, growing on the *Sapindus Mukorossi* tree. The fruits are the size of a honey coloured cherry, containing the substance *Saponin* - which is nature's own detergent. When the nuts ripen and fall from the tree, local families harvest and deseed them. The shells are then dried in the sun, using absolutely no chemical or manufacturing processes.

The nuts come with a small calico bag. For a standard wash, simply place 3-5 nuts in a the bag and put into into the washing machine with your clothes, and wash as normal. No detergent needed! After 4-6 washes, replace the nuts with fresh ones, and put the old ones into your compost bin. Only \$14.95 for a 250g bag, or \$24.95 for a 500g bag.

Long Life **Laundry Balls** another great detergent-free washing alternative. How do they work without detergent or any saponified ingredients? By making the water alkaline they break up the clustered water molecules and make additional oxygen molecules by releasing natural minerals. The water is now able to become the active cleaner. So no chemical laundry powders or detergents are required for normal washing.

Long Life Laundry Balls do not fade colours or damage delicate fabrics, and no fabric conditioner is necessary. And as there is no soap the rinse cycle can be eliminated, saving water and electricity. And they last for 3 years or 1000 washes! Only \$55 for the balls, including a complimentary stain remover stick and 2 tumbler dryer balls.

See the 'September Specials' section for your special price on these products for this month only!



Recipe - Organic Living's Curried Pumpkin & Chickpea Soup

Our organic soups to go have proved very popular over the winter months, and we have had many requests for the recipes. Here is our version of pumpkin soup:

2 x 473ml cartons of organic creamy butternut squash soup
1 can organic chickpeas
1 chicken or vegetable bouillon cube
1 heaped teaspoon organic curry powder
2 cups water

2 heaped teaspoons organic rice flour

Combine all ingredients but the rice flour in a large pot and bring to the boil. Reduce heat and simmer. Mix the rice flour with a little water into a smooth paste and add to the soup. Simmer until thickened. Serves 6