

SEPTEMBER 2013



Made in New Zealand?



Isn't it great to see all the tui about enjoying the cherry blossoms and magnolia that have burst into flower already this early spring? This is such a great time of the year, and soon we will start seeing beautiful organic spring produce replacing our winter kale and cabbage. The seasonality of the fruit and vegetables in store at Organic Living makes it easy to see that most of our produce is New Zealand grown (bananas being our main exception!). Although the New Zealand organic market is small, we try to stock New Zealand grown and made organic products wherever we can.

Organic is just one part of what we try to provide you. We also want you to be consuming products that are as fresh, local, fair-traded and high quality as possible, so all these factors are taken into account when looking for new stock.

So how do you know where our stock come from? Most products will have a country of origin listed. For example, our bulk products will state the country of origin if it has been provided to us. Our fresh produce is nearly all New Zealand grown, and is labeled with a country of origin if not. We think it is important for you to know where our products are from, as people have many reasons for choosing to support food from specific countries (for example choosing food from Australia or the Pacific over countries further afield due to a reduced carbon footprint). And if you are unsure of the country of origin of a product, just ask! If we don't know we can always try to find out for you.

New Products!

Loving Earth's Coconut Chocolate Butter is raw, organic and fairtraded. It can be used as a spread or eaten by the spoonful straight from the jar. It is a great way to get your daily dose of goodness from both the cacao and coconut. It can also be heated to make chocolate sauce or hot chocolate. \$18.50 a jar.



Safix scrub pads are biodegradable compostable scrub pads made from coconut fibre, suitable for washing all your dishes including glassware and china without scratching. The Safix Foot & Body care scrub pad gently cleans and exfoliates skin, perfect for rough heels. Only \$3.20 each, and they last for months!



NEWS NEWS NEWS NEWS

For a really good summary of recent thinking of the impact of sugar on our health, have a listen to [this Radio New Zealand interview](#) of Dr Robert Lustig, author of "Fat Chance: Beating the Odds Against Sugar". For healthy sugar alternatives come talk to our helpful staff!

HERB OF THE MONTH: GARCINIA

Garcinia Cambogia is a fruit grown in tropical forests in parts of South-east Asia, the African continent and India. It's dried fruit is most commonly used for its sour taste in curries. It has recently been promoted as helping weight loss by Dr Oz. It may prevent fat production and storage, and may also work as an appetite suppressant, especially in reducing emotional eating. However further trials are needed to confirm these benefits. It can be taken in combination with other natural weight loss supplements in products such as Go Healthy's Slim Fast Gold.

**SEPTEMBER
SPECIALS**

- ◆ Buy Thursday
Plantation Tea
Tree Face Wash,
Toner & Face
Cream for only
\$39.99 for all
three, saving \$6!

GARDENING?

It's time to start planting your spring garden, especially as soil temperatures will be higher than normal due to our mild winter. Good seedlings to plant in September include lettuces, spinach, silverbeet, leeks, onions, strawberries, celery and herbs. Come and check out our selection of organic seedlings from only \$3.90 a punnet, with more stock coming in weekly.

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
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www.organic-living.co.nz**

Feature product - Cacao



Everyone is familiar with cocoa, the main ingredient in New Zealand's favourite sweet treat, chocolate. Cocoa has long been known for its feel good benefits due to alkaloids theobromine, phenethylamine and caffeine, which are linked to serotonin levels in the brain. Chocolate has also been linked to heart health and is high in vitamins, minerals and antioxidants. But you may also have heard of the similarly named cacao and have been wondering—what is cacao and how is it different from cocoa?

The word cacao is based on the original name for the cocoa bean used by the Olmec people of Mesoamerica, where cocoa beans were highly prized and even used as currency. It is still the name given to cocoa in many languages today. However in English, cacao is generally used to refer to products made from the raw cocoa bean. When cocoa is made, the beans are fermented and dehydrated, then roasted to remove bitterness and deepen the flavour. The bean is then opened up and the cocoa crushed into nibs, which are further separated into cocoa butter and cocoa powder. However, roasting the beans at high temperatures also destroys some of the enzymes and nutritional benefits of raw bean.

As a result of the popularity of the raw food movement, raw cacao that has been fermented and dehydrated but not roasted has become a sought after treat both for its health giving properties and its raw status making it essential for many raw dessert recipes. And, despite not being roasted, it has a beautiful flavour due to the high quality organic beans used, as anyone who has tried raw chocolate can attest to! Just make sure the cacao you buy states it is both raw and organic for the best quality.

Cacao can be purchased in powder, butter or nibs. The powder can be used in any recipe calling for cocoa powder, but it is most beneficial in raw recipes such as smoothies, raw desserts such as [Aunty Michele's Chocolate Mousse](#) or instead of carob in [Peta's Fabulous Fudge](#), or in the easy chocolate recipe below. Cacao butter can be used anywhere butter or coconut oil are used, again especially in raw recipes, or use it as the ultimate skin and hair moisturiser. Cacao nibs make a great crunchy addition to mueslis and baking, or added to scroggin. Or try our raw products in store that contain cacao such as Little Bird's Cacao and Raspberry Macaroons, LifeFood's Superfood Smoothie mix, Matakana's Coconut Chocolate Spread, or Loving Earth's truly divine range of raw chocolates and chocolate products.

Recipe - Nicole's raw chocolate

1T cacao butter or coconut oil
1t raw honey
1T cacao powder
Nuts or dried fruit (optional)
Spices such as vanilla or chilli (optional)

Gently heat the butter/ oil and honey in a bowl over a pot of hot water until just melted. Mix in the cacao powder, a pinch of your favourite spice and up to 1T of any combination of your favourite fruits or and/or nuts. Pour into a flexible container (ice cube trays work well) and put into the fridge to set. This makes one decadently selfish serving, increase the quantities if you feel like sharing.