



## *Vote organic every day!*



Only a few weeks now until the election, and already we have been swamped with debates on policies such as health, the economy and child poverty, and peripheral but more headline-grabbing discussions over who has the dirtiest politics. One topic that doesn't seem to be making many headlines is the state of our environment. The main issue getting some attention is the state of our waterways due to intensive dairy farming and other industries. The other biggie, climate change, has had little mention (see our news section on a live debate on this issue). As a store passionate about organics, we see the connection between healthy land and healthy people, and the less obvious connections such as supporting local growers and businesses to build our communities and economy. We also recognise that without a healthy planet to sustain us, a functioning economy will be difficult to maintain as basic resources become more scarce. So we encourage you to think of the planet as you cast your vote! For democracy to be effective not only do we need to vote once every few years, we also need to engage with our local communities and elected leaders throughout the term on issues that are important to us. An example of this is those who recently filled out submissions on raw milk distribution. As consumers we are also voting every day with our wallets. Don't forget every dollar you spend gives you the opportunity to support what is important to you, for example products that are fair-traded, local, or organic.

***Ecotip:** If you struggle to open our biodegradable cellophane bags, try turning them upside down and opening them from the bottom—much easier!*

## *New Products!*



**The Herb Farm** introduces a beautiful new 'Lasting Beauty' anti-ageing skincare range made largely with quality New Zealand ingredients such as kiwifruit, blackcurrant and hazelnut. Designed by Lynn herself this range leaves the skin soft and hydrated. The full range consists of a cleanser, hydrating mist, exfoliator, serum, face oil and face cream. See page 2 for our introductory special! From \$32.50.

**Tru2U**, suppliers of tart cherry juice sleep support, have produced a selection of gorgeous flavour-infused flaxseed oils made from New Zealand-grown flaxseed. With flavours such as chilli, garlic and lemon they are perfect for drizzling on any meal and are the yummiest way to get healthy omega 3s into your diet! \$14.90 for 250ml.



## **NEWS NEWS NEWS NEWS**

- ◆ The Great Climate Voter Debate has been organised by groups such as Forest & Bird, Greenpeace and Oxfam so you can hear each parties policies on climate change. [Click here](#) to become a climate change voter, and [tune in](#) at 7pm on 3rd September to stream the live debate.

## **HERB OF THE MONTH: WALNUT**

The black walnut tree (*Juglans Nigra*) is grown for its wood rather than walnuts, but the green nuts and the leaves have been used for centuries for their medicinal qualities. The hull of the green nut is a powerful anti-parasitic. The tannins in the leaves help reduce skin inflammation and itching making it useful for treating eczema. As it has some of the anti-parasitic qualities of the nut, it is also useful for treating parasitic skin infections and as an insect repellent. The leaves are high in sulfur and iodine and can help stimulate appetite. [Click here](#) for more information.

**SEPTEMBER  
SPECIAL**

- ◆ To introduce the Herb Farm's Lasting Beauty range, buy any two products and receive a free exfoliating powder! While stocks last.

**GARDENING?**

Even though the soil is still cool it is not too early to start planting out some seedlings. Come in for cabbage, parsley, spinach and salad green seedlings. If you haven't had a chance to feed your soil before planting its not too late, we have soil conditioner, compost and organic fertilisers to give your plants a great start!

**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](http://www.organic-living.co.nz)**

*Feature product - Beetroot*



We are about to say goodbye to our winter vegetables as new season's crops start arriving, but while we impatiently wait for spring vegetables it is easy to get bored with what is still around! So here is some inspiration on a readily available and super nutritious vegetable we may be taking for granted at the moment—the humble beetroot.

Eaten since 2,000 B.C., beetroots have many health-giving properties. The roots themselves are most commonly consumed, and are good sources of manganese, folate and betaines, which may help reduce homocysteine, thought to contribute to heart disease and stroke. Betaines may also help protect against liver disease, and beetroot juice is often used to support the liver while detoxing. The nitrate found in beetroot appears to increase blood flow, requiring less oxygen uptake, which has been found to improve endurance and performance in athletic performance, and may also help reduce blood pressure. [Click here](#) for a video on recent research.

The leaves of the beetroot are even more nutritious. They contain magnesium, manganese, copper, calcium, and vitamins A, B6, C, and K. [Recent research](#) by the Centers for Disease Control and Prevention found beet leaves came third in a test of nutrient density of 47 'powerhouse' fruits and vegetables. The leaves can be used just like silverbeet or spinach. Keep an eye out for them in store!

The beetroot itself is beautiful roasted, steamed and cubed in salads (or thinly sliced as the essential kiwi burger ingredient), or made into soups such as the Eastern European dish [Borscht](#). It is also lovely raw, such as in the very tasty salad recipe below—perfect if you are wanting to introduce more raw vegetables into your diet, and a great in-between season dish. Beetroot is also very popular as a juice. You can blend it with carrot, apple and a little fresh ginger, or juice it with a little apple. We also sell Beet-It organic beetroot juice in store, as well as high nitrate sports shots and beetroot sports bars. Another less commonly known use for beetroot is for a 'bowel transit time' test. Many people have eaten beetroot and then thought they were dying, judging by the contents of their toilet bowl. However this is simply the result of the colour compound betanin which is hard for the body to digest. A way to use this to your advantage is to eat a good amount of beetroot in a meal, and then note how quickly this colour change is noted. A 12-24 hour transit time is considered healthy, longer than this and your diet may need some attention to get things moving!

*Recipe - Tracey's energy salad*

*Adapted from Sarah Bowman recipe. Serves 4*

- 50ml organic balsamic vinegar
- 100 ml organic olive oil
- 1t each organic wholegrain mustard and organic sugar
- 1T organic lemon juice
- 3 cloves organic garlic, finely chopped
- Pinch of organic salt and pepper
- 3/4 cup each organic pumpkin seeds and organic sunflower seeds, toasted
- 2 medium organic beetroot and 3 medium organic carrots, grated
- 3/4 cup each organic raisins and finely chopped organic parsley
- 150g organic feta

Combine the first eight ingredients in a small jar, shake well to combine. Mix with all other ingredients in a large bowl.