

# FEBRUARY 2015



## *Hydrate yourself*

Hasn't this summer been spectacular! Long hot sunny days makes the thought of colder months seem a very long way away indeed... the downside of this of course can be seen in the parched paddocks around Palmerston North, and our brown lawns and thirsty gardens. Dehydration is obvious when we look around, but it can be easy to forget that we too can dry out in the summer heat!

Dehydration can slow down physical and mental performance, and contribute to a number of health issues such as constipation, kidney stones and dry skin. So if you are feeling a bit sluggish it may not just be the post-holiday blues...

It is generally recommended we drink about 2 litres of water a day, but as everybody and their lifestyles are different, you should be able to judge by your own thirst. However we are often out of tune with our bodies and simply drink out of habit. If you haven't changed your habits to take into account the hotter drier weather, you may need to increase your intake consciously. And don't forget it is not just water that helps you hydrate— all fluids contribute. If you are feeling particularly dehydrated, drinks such as coconut water also help replenish electrolytes lost from excessive sweating.

Food also contributes to our daily fluid intake, especially fruit and vegetables, which contain a lot of water naturally. Have you noticed an increased craving for crunchy lettuces and cucumbers, juicy tomatoes and summer fruits?

Don't forget that good oils and fats also help keep our body lubricated, and are needed for good hormone, brain and immune function, healthy skin and eyes, and absorption of vitamins and minerals. So don't forget a nice homemade dressing to go with your salad!

**Ecotip:** To help rehydrate your garden or lawn put a bucket or two in the shower with you, the grey water collected can be used on non-edible plants.

## *New Products!*



**Sea Shanti Sea Crisps** are hand-seasoned and roasted nori sheets, and make a great snack! Or try adding them to rice dishes or pesto. Also in Chilli flavour. \$7.95 for 20g.

**Sante Natural Cosmetics** is a new range of skin care that is plant-based, using sustainable production methods and is cruelty-free. We are loving the Pomegranate and Fig Softcream, perfect for rehydrating after a day in the sun! Come in and try it for yourself. Products from \$8.90.



## **NEWS NEWS NEWS NEWS**

- ◆ Margaret has found a new supplier of organic chicken, come in and check out the range!
- ◆ **FOR SALE:** Second hand cross trainer, in good condition. \$100. Enquires to Auriel in store.

## **HERB OF THE MONTH**

Claridges Morning Light and Evening Song teas are the perfect way to begin and end your day. Both have a delicious base of chamomile, malt barley and spearmint. Morning Light also contains hibiscus and lemongrass for antioxidants and lowering blood pressure, lemon for blood sugar control, and peppermint and red clover for stress reduction. Evening Song contains cinnamon for digestion and blood sugar control, orange and rosehips for antioxidants such as vitamin C, and skullcap and valerian for a relaxing sleep.

## FEBRUARY SPECIALS

- ◆ Take \$1 off Reddings organic puffed millet, buckwheat and rice cereals this month, now only \$6.90!

## GARDENING?

If you are harvesting any of your summer crops, this is a great chance to give the remaining soil a rest before putting in autumn and winter crops. Give the soil a good soak then add compost and mulch, and continue to water regularly. But don't forget you can still keep putting salad greens and herbs such as basil and coriander in for a continual harvest!

## CONTACT US

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## Feature product— Food sources of minerals



Carob nibs

Last month we talked about all the great natural sources of vitamins there are in our everyday food. In this issue we will look at what foods we can increase in our daily diet to increase specific minerals.

**Calcium** is used in the body in a number of ways including bone growth and strength of bones and teeth, muscle contraction, immune function and blood clotting. The best sources of calcium are dairy foods including milk, cheese and yoghurt, bone broth (see below for a recipe), carob, kale, spinach and broccoli, nuts such as almonds, brazils and hazelnuts, canned fish and sesame seeds.

**Iron** is essential for healthy blood and muscles, for white blood cell production (therefore immunity) and energy. The best food sources of iron are red meat and offal, but iron can also be found in spinach broccoli and kale, soy beans, lentils, dried fruits such as figs, raisins and apricots, chocolate, and canned fish. Molasses is also a very good source.

**Magnesium** is helps with nerve and muscle function, absorption of calcium and Vitamin C, sodium and potassium regulation, and building of strong bones, teeth and muscle. It is found in many foods, especially meat, bone broth, apricots, figs, prunes, molasses, chocolate, nuts and seeds (pumpkin seeds in particular), green leafy vegetables, milk and yoghurt.

**Zinc** is an antioxidant that is very important for immune and nerve function and reproduction. It is found in seafood such as crab, lobster, mussels and oysters, dark meats, kidneys, cheese, sesame and sunflower seeds, whole grains and legumes, mushrooms and cooked greens.

**Selenium** is another antioxidant, this one being needed for a healthy liver and thyroid function. It is found in liver, also in dark meats, chicken and dairy, deep water fish such as salmon and tuna, brazil nuts, cashew nuts and sunflower seeds, brewers yeast and wheat germ, and green vegetables.

**Iodine** is also used to support thyroid function. Good sources are seaweed, seafood, dairy, sesame seeds, silver beet and spinach.

This is not a complete list of minerals, for food sources of other minerals [click here](#).

## Recipe—Easy bone broth/ stock

To make 1 litre:

- 1-2 organic chicken frames or 1-2 large beef bones (you can use bones from a roast)
- 1.5 litres water (some will evaporate with simmering)
- Half a dozen whole organic peppercorns
- 2 organic bay leaves
- 2 organic celery stalks
- 1 organic carrot, diced
- 1 organic onion, diced
- 2T organic cider vinegar

Add all ingredients to a large pot or crockpot. Simmer on very low heat for 12-24 hours. Sieve into a bowl and allow to cool. Keep in the fridge or pour into small containers and freeze. The beef broth will thicken when cold, this is nutritious gelatine and will melt when heated. Add broth to soups/casseroles, or heat and drink with a teaspoon of miso.