

# August



# 2017 News



## Trading Fairly

It is Fairtrade fortnight from 4-17 August. This is a chance to take a closer look at how fairly-traded our purchases are and to remember how we as consumers have the power to make positive changes for

growers and workers worldwide. Those who buy organic products are aware that this is beneficial to themselves and the environment as well as the growers and workers who do not have to use toxic chemicals on a daily basis. Fair-traded products have a further level of protection, focusing on decent work conditions and fair prices. So what to look at when doing your shopping?

**Look out for the Fairtrade logo** (pictured) This ensures the fair trade ingredients in the product have been produced by small-scale farmer organisations or plantations that meet internationally agreed Fairtrade social, economic and environmental standards. You will find this logo on products such as Pana and Wellington Chocolate Factory chocolate, Inca Fe coffee, Allgood bananas and Nice Blocks. Also keep an eye out for other products such as Olivado avocado oil and Pana chocolate, that mention they are fairly traded but have not been independently certified.

**Supporting New Zealand-made products** means that workers receive a minimum wage and basic entitlements such as leave, health & safety in the workplace and employer contributions to Kiwisaver. Some companies such as Tonzu soy products even pay their staff a [living wage](#) (the hourly wage a worker needs to pay for living basics).

**Buying certified organic products** also provides a greater assurance the products were fairly traded. NZ BioGro for example states that its organic products have been produced with fair trade principles in mind.

**Ecotip:** *This is from Denise Watt, winner of our Plastic-Free July competition with her great tips like "Use a paper bag when buying sushi just decline all their plastic addons..."*



***New: Daily Organics Kombucha is the newest edition to our kombucha family! New Zealand -made and certified organic. In Original and Winter flavours and two sizes from only \$4.90***

**Rhodiola (*Rhodiola Rosea*)** is a perennial plant from colder parts of Europe, Asia and the Americas, used traditionally in Siberia, Scandinavia and China to deal with illnesses and stressors of colder climates. It is known as an adaptogen for stress, fatigue and infection. It is also used for stamina and sports recovery, heart conditions, anxiety and depression. In these ways it is seen as having similar effects to Ginseng. It can be made into a tea, or taken in a capsule either on its own or in combination with other stress-relieving herbs such as in Good Health Stress & Vitality capsules, from \$19.90. For more information and known research [see here](#).

## Feature - Organic meat



Meat is a very high source of nutrition that is readily bioavailable for humans to absorb. Mostly known as a great protein source, it also high in B vitamins (especially B12), iron (articularly in red meat), zinc and selenium and fats. And it is delicious! However, meat is not always produced in ways that are beneficial for human health or humane for animals.

[Research has shown](#) that the crust formed by cooking food at high temperatures or for long periods of time can increase the production of toxic byproducts capable of causing cancer. It has also [been shown that](#) well-done and processed meat may contribute to cancer, rather than red meat in general. Processed meats but not red meats have also been [associated](#) with higher risks of chronic heart disease and diabetes. Therefore the type of meat and way it is prepared has a significant impact on whether it is beneficial or detrimental to your health. If you are looking for high quality unprocessed meat, Organic Living has a growing selection of frozen certified organic free-range beef, lamb and pork, including additive-free bacon and gluten-free sausages from The Organic Farm Butchery. This is quality meat from New Zealand farms, unlike many [‘made in New Zealand’ pork products!](#)

We also stock a great range of frozen certified organic free-range chicken from Bostock’s in Hawke’s Bay, including whole chickens, breast, drumsticks, nibbles and livers (super-nutritious and great for making pate - Try Ben Warren’s recipe [here](#)). Unlike [most other chicken in New Zealand](#), these chickens are not washed in chlorine. Also, check out our range of super-nutritious organic chicken and beef stocks, or try making your own with organic beef or chicken bones.

Animal welfare is another important reason for choosing organic meat. In most countries cattle are raised in factory-farms where they are grain-fed, and often given antibiotics as a preventative. Although New Zealand beef and lamb are free-farmed, most of our pork and chicken comes from animals raised in cages or held in cages for breeding purposes. The free-range label is also not regulated or audited in New Zealand therefore it is hard to determine how ‘free-range’ said products are. Producers of organic meat however are required to meet strict [animal welfare standards](#) as part of their overall certification.



**Special- Lifestream has a great deal this winter, with every bottle of 60 Advanced Probiotics, receive a free 60g Vitamin C powder! While stocks last.**

***New: Natural Abundance crackers are gluten-free, raw and paleo, and come in new flavours like Walnut, Methi & Black Pumpkin Seed and Almond, Pumpkin & Rosemary. From \$3.90. Get a free pack of Thai Curry Coconut chips with every 100g pack!***