



November 2015 News

Happy Birthday to us!



In 1985, Margaret was looking for nutritious organic food to feed her family. Her search led to a desire to share this food with others, and in October 1985 she started selling organic produce from a wheelbarrow in Coleman Mall, which became a store on Rangitikei Street called Ambrosia. After the birth of her third child she began to run the business from home. This continued for nearly ten years until she opened a small shop at the Broadtop Shopping Centre at Terrace End. Fast forward to now and the small shop has tripled in size, and has 10 staff including Auriel (pictured) who has been with the store for 15 years! We now sell a huge variety of organic whole and prepared foods alongside foods for special diets, superfoods, supplements, and natural skin and hair care.

NEW- Mad Millie Sourdough Kit

This kit uses the fabulously easy no-knead bread recipe. The perfect gift for the man or woman who has everything! \$39.90.



Blessed Thistle herb (*Cnicus Benedictus*) is a type of thistle native to the Mediterranean that was used in the Middle Ages to treat the bubonic plague, and as a tonic for monks. Since then it has continued to be used for a number of ailments, due to its anti-inflammatory properties, and it seems to stimulate gastric juices and saliva making it useful for digestion and improving appetite. It's other most common use is to promote lactation, often combined with fenugreek.

To eat meat or to not eat meat? Last week the World Health Organisation reported on a link between processed and red meat and cancer. The debate around the interpretation of this has been very confusing. However, the consensus seems to be to keep processed meats as treat foods, and eat red meat as part of a balanced diet. As stated in [this excellent summary](#) published last week, "make sure half of the volume of what you eat is fruit and vegetables". At Organic Living we would add - reduce your risk further by making sure the fruit, veges and meat are organic. And don't forget to try our minimally processed organic Ti Kouka sausages!

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What is Quinoa?

The warmer weather makes now a great time to try quinoa if you haven't yet. **Quinoa** (pronounced 'keen-wa') is a high protein grain native to the Andean area of South America, where it has been grown as a grain crop for nearly 4,000 years. It is a good source of vegetarian protein (13g per cooked cup) and of calcium, magnesium and manganese. It is gluten-free, and because it is not a true grass like other grains it is considered by some to be 'paleo-friendly'. It also has a beautiful nutty flavour and is super-easy to cook. The grains have a soapy coating, therefore it is always best

to rub the grains between your fingers under running water before cooking. Then simply cook like rice! You can tell the grains are cooked when the tail of the grain has unfurled. You can also add quinoa to rice before cooking to add texture and protein. Try red or black quinoa for extra colour and flavour. Then use it like any grain, either as a side serving or for gluten-free tabbouleh or couscous, in fritters or in a salad such as this [Fiesta Quinoa Salad](#) (pictured). If you have any left-over quinoa try this beautiful recipe for [Coconut Quinoa Bircher Muesli](#) from Ceres Organics, or try our quinoa flakes as a rolled oats substitute for porridge. Quinoa flour can also be used in baking for extra nutrition.

NEW - Waiheke Island Herb Spread is a delicious blend of organic herbs in a pesto-style sauce that can be used on crackers, meats, in salads, or anywhere! Or try their aioli with free range eggs and lashing of garlic. \$11.95.



Special - Xma Ease is our most popular natural eczema cream, and makes a great facial lotion for sensitive skin. At the moment you can purchase two 60ml tubes for the price of one! Only \$29.90.

Ecotip- When cooking on a stovetop, make sure you use the smallest size element for the pot you are using. This will save on electricity or gas and help your saucepans last longer. And don't forget, cooking on the stovetop uses a lot less electricity than heating the oven.