

April



2016 News

Have you checked out our great range of herbs and spices? As well as our ever-growing collection of medicinal herbs, we have a great range of organic culinary herbs too (now in alphabetical order!). To complement our individual herbs and spices and beautiful curry powders we have a new range of mixes, just in time for spicing up your autumn preserves, soups and stews.



Chinese Five Spice contains star anise, cloves, cinnamon, fennel and black pepper, and gives ribs, pork belly and chicken a beautiful spicy warmth. It also makes a great marinade for tofu. **Mixed Spice** is made up of coriander, cinnamon, ginger, caraway and cloves. It is mostly used in sweet dishes and baking such as fruit compote, pumpkin pie, hot cross buns and christmas cake, but can also be used in chutneys and meat dishes. **Cajun Spice** included black pepper, cayenne, sea salt, garlic and paprika. It makes a great rub for meat, but can also be used as a sprinkle on roasted vegetables or chips, a popcorn seasoning, or to give an extra boost to tomato soup. So come and try something new to warm you up as the temperature drops!

News - If you are interested in electric cars, the annual New Zealand 'Leading the Charge' electric car rally will be in the Palmerston North Square from 3-5pm on Wednesday 13 April, and from 9-11 on Thursday 14 April. Come and ask questions of car owners, and check out electric cars from Nissan, BMW and Tesla!

Irish Moss is not actually a moss but a type of seaweed (*Chondrus Crispus*) that grows off the coasts of the British Isles. Containing Carrageenan, it most commonly used to thicken liquids and as a skin softener. It can be used as a vegetarian gelatin by simmering one part in three parts liquid till dissolved then leaving to set. In addition it has a number of medicinal uses. It has been used for centuries as invalid's food due to its high nutrient content (including iodine), as a laxative, and to treat viruses such as colds and flus, and for soothing upper respiratory conditions and ulcers. Further information can be found [here](#).

New - Try our range of coconut milk drinks from Rebel Kitchen!
With beautiful flavours like chocolate and coffee, they are contain only real ingredients and no cane sugar. \$6.95 each.



Ecotip: Do you buy second-hand? Second hand equals zero-carbon purchasing, especially if you bring your own bag. Check out one of the great second hand shops near our store next time you are in, and pick up a snugly winter bargain!



Feature product - Macrobiotics

Macrobiotics is a philosophy of eating developed hundreds of years ago, but based on traditional foods that have been around for millenia. The concept of 'macrobiotics' was developed by a german physician Hufeland in the late 18th century. Ahead of his time, Hufeland believed life and life force could be prolonged and enhanced by the right diet and lifestyle. This concept was further developed a hundred years later by Japanese military physician

Dr Ishizuka who incorporated traditional japanese foods into this philosophy. Such was his success in improving people's health that one young man, George Ohsawa, healed by Ishizuka's teachings, become a promoter of this diet back to the West early last century. Ohsawa's writings describe the macrobiotic diet we know today.

This diet is based on the idea that eating natural, organic foods in season whilst listening to the body, chewing well, resting and exercising are the keys to good health. The macrobiotic diet has a large emphasis on whole grains that are considered to be the best balanced foods in terms of yin (expansive, light, cold) and yang (compact, heavy, hot). The rest of the diet consists of seasonal vegetables, fruit, legumes, seaweed and fermented foods, with a little seafood, nuts, mild seasonings and natural sweeteners. The diet became popular in the West in the 60's and 70's, and still is still followed today as it is low in processed foods, sugars and fats. Following the diet to the letter can be restrictive, however incorporating even a few macrobiotic meals into your week would still be beneficial.

Many traditional Japanese foods are recommended for this diet such as umeboshi vinegar, green tea, soy and ponzu (lemon soy) sauce and miso (such as the Mitoku range pictured). These add beautiful flavours to simple foods, come and ask for suggestions on how to use them!



Back in stock - Sanderson's Vitamin C has affordable vitamin C for the whole family - start now before the cold kicks in! From only

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