



December 2015 News



It's Xmas time...

Yes December is here already! We all know the joys this time of year can bring, with summer weather, holidays and celebrations with family and friends. But these same approaching festivities can also be the source of much pre-holiday stress as we try to get everything done before the

25th. Come into Organic Living and see if we can help you out. First, check out our great range of herbs and supplements to help you stay relaxed through the silly season. Or try a cup of our white tea while you shop! Then let our friendly staff help you with your Xmas shopping. We have some lovely gift ideas to fit all budgets, many of which are locally produced, use minimal packaging and of course are free of nasties.

Our favourite picks for this Xmas are the Herb Farm Natural Men's pack, Mad Millie No-Knead sourdough starter kit, and Nicola Galloway's 2016 calendar full of beautiful recipes. We have great quality organic food for all your baking needs, as well as pre-made baking such as Flavour organic xmas mince tarts, gluten-free Xmas cakes and mixed fruit pies, and fruit and nut platters. For those with allergies we have Minimoo Santa bars and advent calendars, and plenty of Xmas fare for different diets, from paleo to vegan. Merry Xmas everyone!

NEW- OOB organic ice cream is here in time for summer! Try mocha, peppermint choc chip, vanilla with chocolate flakes or licorice. Only \$3.90 for 120ml



White Tea is an unprocessed dried form of black tea (*Camellia Sinensis*) often made using the buds and young leaves of the plant. It contains the same levels of caffeine (to pick you up) and l-theanine (to keep you relaxed and alert) as black and green tea, but it is milder in taste yet contains even more antioxidants, especially polyphenols. Polyphenols can reduce the formation of free radicals in the body, which contribute to ageing and disease.

Ecotip: Try decorating your tree with popcorn on strings instead of tinsel this year!

News -Come in store 10am-1pm Saturday 11 Dec for a free Be Nourished sauerkraut tasting!
-Hastings District Council has become the first local body in New Zealand to block genetically modified food production, with Auckland, Whangarei and the Far North also considering it.



Superfood Combos

Now it's summer it's a great time to get into smoothies for breakfast, or for a snack on the run. Smoothies are a great way to increase specific nutrients that may be missing in your diet, such as protein or leafy greens. Some can even be taken as a wholefood alternative to supplements such as multivitamins. To make smoothies super quick and easy there are a number of smoothie combinations now available, simply add water, juice or your favourite milk- you don't even need a fancy blender!

There are different blends available to cater for different nutritional needs and tastes. NuZest Good Green Stuff (pictured) combines fruit, vegetables, herbs and other super ingredients to give you a comprehensive multivitamin and mineral combined with all your daily fruit and vegetable needs. Lifefoods Primal Awakening combines organic greens, berries and super wholefoods such as cacao, maca, sacha inchi and chia for the best kick-start to your day. If you need to increase greens in your diet, their Clean Green powder is made of the top 7 greens such as Spirulina, chlorella and sprouted broccoli powder. Matakana Acai Super Bowl with fruit powders can be blended on its own, or made into an Acai Bowl with the addition of cereal and fresh fruit. Amazonia Raw fermented Paleo Protein contain sprouted pea protein plus fermented seeds and greens for a nutritious and easy-to digest mix that keeps you fuller for longer. Many of these powders can also be mixed with your cereal, added to bliss balls, or try your favourite protein powder in this simple [3 ingredient pancake recipe](#) from PaleOMG.

NEW -Grin toothpaste is new Zealand-made, 100% natural and scientifically proven to combat tooth decay and bacteria. Only \$7.95 a tube.



Special - With every \$70 you spend on Herb Farm products, receive a free travel kit of one of their new skincare systems, including a cleanser, moisturiser, toner and exfoliating powder!

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