



Harvest time

Welcome to Autumn!
Although it still feels like the longest hottest summer ever, the air is starting to feel a little crisper in the evenings and the leaves are just starting to turn. Now is a great time to start enjoying late summer harvesting with fresh tomatoes, beans, corn, garlic, and the first of the pumpkins and apples. And they don't have to come from your own garden!



Make the most of the seasonal glut by foraging, bartering with your friends and neighbours, and of course coming in to Organic Living and checking out our beautiful range of certified organic autumn produce. This currently includes new season's apples, pears, garlic, squash, corn, zucchini, peppers, tomatoes and eggplant, and daily specials of fruit and veges that are perfect for preserving (see our next page for more preserving tips!), all looked after by our new Produce Manager Jasmine. If you are in on a Friday or Saturday, come and meet our other new team member Rose, whose wealth of experience in the use of herbs and supplements makes her a great asset to our ever-growing team.

News - As of 1 March 2016, raw milk is no longer able to be dropped off at collection points, with existing suppliers such as Gorge Fresh having an exemption until 1 November. These [new regulations](#) have such great compliance costs that many raw milk farmers will not be able to continue producing **any** raw milk without the cost becoming prohibitive. Please make your voice heard by contacting your local MP or emailing the Associate Minister for Primary Industries, Jo Goodhew, with your concerns.

The herb **Speedwell** (*Veronica Officinalis*) or Gypsy Weed, is native to Europe and West Asia and has traditionally been used for coughs, upset stomachs and middle ear infections. It appears to be a mucus expectorant that works both on the lungs and the stomach, and also has a bitterness that helps stimulate our own digestion. It is high in vitamins, tannins, and thought to be a natural anti-inflammatory. It has potential to be useful for [healing stomach ulcers](#). It is also thought to be a blood cleanser, and has been used for skin conditions such as eczema.

New - Teecino is a beautiful range of coffee substitutes made with natural and organic ingredients. In brewable grinds or teabags, with lovely flavours like Java and Vanilla Nut.



Ecotip: Reduce paper waste by getting your bills sent and paid online, and putting a "no circular" sign on your letterbox.



Feature product - Preserves

With all this beautiful late summer produce around, it is easy to be getting your 5+ a day. It gets harder in the colder months, when produce is less bountiful, but our bodies need the goodness the most. Preserving is a great way to enjoy this seasonal abundance all year round. And there is so much you can use! Plums, peaches, nectarines, apples and pears are beautiful when bottled or stewed and served with breakfast, or made into a winter dessert. Or you can try endless fruit combinations for jams

and jellies. Don't forget your vegetables, these can be made into cultured vegetables like sauerkraut, pickles like beetroot, and gherkins, relishes and chutneys, and tomato sauces, purees and pastes. Organic Living has a great selection of organic preserves in store, from jams to gherkins. But making your own can be fun, and allows you to make your preserves exactly how you like it!

The idea of preserving can seem daunting. But it can be simple, and you can make small batches to start. Freezing is the easiest form of preserving; excess fruit can be diced and frozen for use in smoothies and puddings (ripe bananas are perfect for this), and vegetables can be blanched (briefly boiled) before freezing. A super simple 'jam' recipe can be found [here](#), it contains no sugar and is raw! For more traditional preserves but with a healthier twist, have a listen to this [recent interview](#) with nutritionist Nicola Galloway, author of the great book "Feeding Little Tummies". This interview is a great introduction to preserving, and also tells you how to make [lacto-fermented gherkins](#), pictured above. Lacto-fermentation involves using the natural bacteria on vegetables or an added starter to ferment the food, rather than sugar or vinegar. This increases the natural probiotic content (as with sauerkraut) and gives it that great bite. Come in store to check out our organic produce perfect for preserving, and our selection of spices, salts, sugars and starter cultures to help you on your way.



NEW - Hope's Relief is a skin and scalp range specifically designed for irritated, dry skin conditions, using all natural ingredients. From \$19.30

Special: Spend \$69 on any Living Nature products and receive a FREE ultra nourishing mask, valued at \$59! While stocks last.