

Jan & Feb



2017 News

Loving it local

One of the many reasons people buy organic products is to reduce their impact on the environment. If this is one of your reasons for buying organically, one way you can lessen your footprint is by buying products grown or made close to home. This means the environmental impact of transporting products is reduced considerably. It also supports businesses in our own community, and of course fresher the tastier and more nutritious!



At Organic Living we are lucky to have a couple of new local producers on board. Adrian and Jill from Cartwheel Creamery (pictured) are selling us their beautiful award-winning cheeses, including blue, feta and goat's milk camembert. These cheeses are made in Pohangina from milk they collect the same day from the Jackson's small and well-loved jersey cross herd in Ashhurst, and from the Fraser's larger and livelier goat herd in Opiki. We also welcome Warren who has been growing some of the beautiful seasonal produce currently in store. From massive broccoli and caulis to eggplants, Warren grows his Biogro certified organic vegetables in Ashhurst, so we get them the day they are picked.

We have many other items from the Manawatu and surrounds such as eggs from Rewa, raspberries from Aranui Road, milk from Whakarongo, seedlings and cider vinegar from Kapiti, meat from Hawke's Bay and alkaline water from Paeroa. This also includes skincare like Kereru from Pohangina, The Herb Farm from Ashurst, Plantae from Nelson and Living Nature from Kerikeri. So if your New Year's resolution is to walk lightly on the planet, see if our local products can help you reach your goal.

Ecotip: *If you are looking at buying new appliances, electronics or furniture this year, don't forget to see what great bargains you can pick up secondhand!*

NEW- Alderson's Morepork BBQ sauce is all natural and gluten and cane sugar-free, made from manuka smoked



North Island grown chillies and using natural (with some organic) ingredients. Only \$13.95. Come in for a free sample while stocks last!

Plantain (*Plantago*), not to be confused with the plantain cooking banana, is one of the most abundant medicinal crops on the planet. Broad leaf plantain (*Plantago Major*), as well as being mixed in crops for stock health, has [been shown](#) to be wound healing, anti-inflammatory and analgesic, among others benefits. Poultices made from the leaves are healing for wounds and stings. Made into a tea the leaves can help reduce diarrhea, and can be healing for the throat, gut and urinary tract. Psyllium is made from the husks of the *Plantago psyllium* seed, and is commonly used as a dietary fibre for regulating constipation or diarrhea. It is also a great thickener, and can even be used as a vegan egg substitute.

Energy	610kJ	7%	1500kJ
Protein	23g	7%	46g
Fat, Total	55g	7%	149g
Saturated	10g	4%	28g
Carbohydrate	201g	4%	515g
Sugars	55g	4%	137g
Dietary Fibre	19g	6%	55g
Sodium	37mg	0%	37mg
Potassium	66mg	-	190mg

*The weight is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.
**% Daily intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS:
Whole grains (30%) (oats, wheat, barley, rye, triticale), nuts (almonds (1%), cashews (1.5%), pecans), glucose, pectin (1%), invert sugar, glucose solids, raw sugar, purified quinoa (3.5%), purified rice, vegetable oil, humectant (glycerol), molasses, cinnamon, emulsifier (soy lecithin).

CONTAINS GLUTEN. CONTAINS CEREAIS, ALMONDES, CASHOUES, PECAUTES AND SOUS-MAY CONTIENNENT

Feature - Natural and organic ingredients

Does anyone else get confused by the labels on packaging these days? No added sugar, low-fat, no cholesterol, heart-friendly, no nasties, paraben-free, and what does 'inspired by nature' even mean? It is becoming harder to determine what is in the products we use daily. You may have heard of 'green-washing' - where products are packaged and branded to appear environmentally friendly when they aren't. But 'clean-washing' is even more prevalent - packaging of everyday foods to make them appear 'cleaner' or healthier than they are, for example

labelling a product as low-fat, without noting the extra sugar and or salt added to replace it. How do we work our way through this minefield without needing a degree in marketing and food science? Here's a few simple thing you can check to make sure you know what you are buying:

Buy single ingredient foods - Buying whole foods such as fresh fruit and vegetables or bulk flours and grains means no confusion as to what you are buying. Remember though if you are buying organic - the seller must be able to tell you about its organic certification.

Flip it - If a product is made with multiple ingredients, ignore the advertising on the front and go straight to the ingredients list on the back. Remember these are in order of how much ingredient is in the product, so if sugar is listed first, this is the main ingredient in the product.

Know your ingredients - Don't forget some products have multiple names. For example sugars can include sugar, corn syrup or HFCS, dextrose, glucose, sucrose, honey, coconut sugar, malt extract, even dried fruit. So even if sugar is not the first ingredient listed, the combination of different sweeteners in one product can lead to it containing as much sugars as if it did. If you need to strictly avoid a food such as gluten or animal products, get to know the different ingredients that contain that food as they can come under many names and numbers.

Avoid numbers and chemicals - This is very simplistic, as natural ingredients can also have chemical names or numbers, but generally, the less chemical names or numbers in a product the more natural it will be. Or make it even easier by buying organic!

Ignore serving sizes - If you are wanting to check out the nutritional breakdown of a product (such as how much fibre), use the 'per 100g' line on the nutrition panel rather than the serving size. This will tell you what percentage of the product is made up of that nutrient, whereas your idea of a serving size may be vastly different from the manufacturers!

Special- Receive a free firming flax serum valued at \$52 with any Living Nature purchase over \$59, or their fabulous Radiance Night Oil when you spend \$69! While stocks last.

NEW- Dr Feelgood has a new range of ice blocks, including Banoffee and Jelly Top! Summer delicious. \$4.90 each.

