

June 2017



News

Warming your winter

It has been a beautiful autumn but we are feeling the cold now in the Manawatu. Organic Living is here this winter to help make the transition into the colder months as cosy and delicious as possible!



Our famous winter organic soups are back. Perfect for anytime of the day; grab some crackers or bread for the perfect winter lunch on the go. Or grab a can from our ever growing range of canned soups and beans, just heat and eat! Speaking of beans, we have a new range of organic dried beans in store. These make an affordable and nutritious addition to winter soups, casseroles, chillis and curries. An easy way to use them is to soak a whole pack at a time overnight, cook till soft, drain and freeze, then they will be ready any time you need them!

We also have a great selection of organic autumn and winter produce at the moment, from silverbeet, broccoli, baby spinach, to new seasons pumpkins, leeks and apples, and we still have capsicums (pictured) eggplants and courgettes if you want to pretend it is still summer. Or transfer yourself to the tropics with a delicious organic mango!

Increasing your consumption of garlic and citrus this time of year will help keep the winter chills at bay. Adding more chilli and ginger to the diet will not only be warming but great for circulatory issues. If you do not feel you are getting enough of these in your diet, they are available in other forms such as tablets, capsules and liquids. Come have a chat to see what is best for you!

Ecotip: Giving your house a regular airing (even for 10 minutes) will help reduce stale, damp air in winter. A winter walk will also help clear your own cobwebs!

SPECIAL-

Drion

**chemical-free
sanitary pads
and**

**panty-liners are
super absorbent**

and made from organic cotton.

**Normally \$9.90 a pack, now only
\$7.50! While stocks last.**



Milk thistle or St Mary's Thistle

(*Silybum Marianum*) is part of the Asteraceae or daisy family. Thought to be native to Southern Europe, it is known as the weed Scotch Thistle in many countries, including New Zealand. For over 2,000 years the seeds of the Milk Thistle plant have been used to treat liver disorders, and are most commonly known for their liver cleansing abilities. The seeds contain [Silibinin](#), the major active constituent of the extract of Milk Thistle. Silibinin has been found to be helpful for liver conditions such as cirrhosis of the liver and chronic hepatitis, and is being investigated as a possible treatment for cancer. Its strong antioxidant activity may also make it useful in treating skin damage. It may also help with [diabetes](#) when used in conjunction with traditional treatments.

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Feature - Breakfast cereals



Many of us grew up with few breakfast cereal options- Cornflakes, Weetbix and porridge being staples. Then came along the puffed and extruded cereals in a wide and varied range of colours, flavours and sugar contents. Sadly these cereals are often lacking in any real nutritional value, giving you a quick sugar rush then leaving you feeling hungry and tired by mid-morning. Many people are discovering that a breakfast made from whole foods, full of fibre and protein and without added sugar will fuel your body for a lot longer. But we want to enjoy our breakfast too!

Fortunately for those of us who want nutrition, variety and flavour in our cereals, Organic Living has a huge range to select from. Many of you will be familiar with our Ceres muesli range, these have now expanded into paleo and gluten-free mixes, and hot cereals in flavours such as Chia, Coconut and LSA. Little Bird's delicious raw gluten-free Grawnolas have been joined by equally scrumptious raw gluten-free cereals like Loving Earth's Buckinis and Hello Raw's Sprouted Granola in gorgeous flavours like Vanilla & Fig. Or check out our new range of Brookfarm cereals! There are bircher mueslis, granolas and 'porrij' in a variety of flavours, including gluten-free.

If you would like to tailor-make your own blend, we have a large selection of oats and grain flakes, including wheat-free oats and buckwheat flakes (now back in stock!). Simply mix your favourite blend of flakes, coconut, and chopped nuts and seeds and soak overnight for a bircher muesli, toast in a little honey and coconut oil for a granola, or cook up for a hearty porridge. We also have sugar-free puffed wholegrain cereals you can mix in your mueslis for a lighter texture, and a large dried fruit selection - try our dried persimmon! If you like a more traditional porridge for winter made with oats, have you tried our organic steel cut oats? These have been chopped rather than rolled, have a chewier texture and take longer for the body to process, helping keep you fuller for longer. They also contain more fibre and minerals than rolled oats. They take longer to cook than rolled oats, but you can cook them in bulk and keep in the fridge for the week, just heating as needed, as in [this recipe](#) from Ruth Pretty. Happy breakfasting!

Special- We have received a shipment of coconut chips which are best consumed by the end of June, come grab a bag, only \$1 or \$2 while stocks last! Great in mueslis and scroggin or for making home-made coconut butter. Try throwing a bag or two in your freezer to extend its shelf-life!

New: H Panto -3 was developed in the 1950s in Sweden for strengthening weak skin, hair and nails, and is still as popular as ever. Made of different nutrients such as B vitamins, Biotin and Zinc, it helps open the blood vessels to allow the strengthening nutrients to be absorbed. \$45 for 120 capsules.