

May 2017



News

Coming clean...



In our March newsletter we wrote about how important it is to read food labels to know what you are eating. The same rules apply to skincare, as the skin also absorbs ingredients into your body. There are a number of chemicals such as parabens, petroleum, sodium lauryl sulphate and synthetic fragrances that you wouldn't want to eat or absorb through your skin. A recent [Sunday Star Times article](#) looked at how products labelled 'organic' or 'natural' are not required to be 100% natural or organic. This greenwashing can make shopping for healthy skin and haircare products a challenge! At Organic Living, our aim is to have done the hard work for you. We try to ensure our products are free from the chemicals commonly known to be harmful, and we are constantly reviewing our products as new research comes to light. It is difficult to make a product 100% organic, but we favour products made with organic ingredients (such as Plantae, pictured above) or plant-based ingredients like The Herb Farm. The Herb Farm also provides a free "10 nasties" card listing the main chemicals to avoid in your skincare - come in store and grab one! The [EWG Skindeep](#) website is also great if you want to check out any ingredients. And if you have any questions please ask.

Ecotip: *There are many skincare basics that can be made yourself- then you know exactly what is in them as well as reducing packaging. Check out our essential and carrier oils, skin butters and other natural ingredients for making your own.*

NEW- You can have your lip gloss and eat it with Weleda's new range of 100% natural sheer tinted lip balms! \$15.90 each.



Common **Mullien** (*Verbascum thapsus*), is one of 250 species of mullein, also known as velvet plant or 'cowboy toilet paper', and is originally from Europe and Asia. Although it is a weed in many parts of the world now, it has also been used in many culture for its multiple health benefits. As its leaves contains mucilage they have most commonly been used to treat throat and lung conditions. It is also a natural expectorant making it useful for treating coughs, and is especially useful for chronic lung conditions Mullien has also been found to have antibacterial properties making it useful for fungal-based skin conditions. Try it as a tea or in some of our cough preparations such as Kiwiherb's Herbal Chest Syrup (\$24.50 for 100ml).



Feature - Nutritious flours

Do you remember when everything was made with refined white flour? Cakes, breads, biscuits, muffins, pasta and noodles - many of us grew up eating this one grain with every meal. It is now accepted that eating a diet high in refined white flour is not great for our health. This is not just the way its refined flour converts to sugars rapidly in our body, or the intolerances or allergies many people experience eating wheat, but also due to the lack of varied nutrition a diet high in refined white flour provides us. Fortunately there are more and more alternative grain and grain-free flours now available, so you can get a large variety of whole grain and grain-free goodness in your everyday baking. Here are a few you may not know about:

Channa dal (besan) flour is made from splitting and grinding the black chickpea or Kala Chana. It is a fine, nutty flavoured flour that is high in protein, and can be used to make indian recipes such as pakoras or bajji, or try it in a left-overs fritter ($\frac{1}{3}$ cup channa dal flour mixed with $\frac{1}{4}$ cup water, one egg, a pinch of salt/spices and 2 cups of finely chopped left-overs or vegetables - fry in four fritters in a small lidded frypan over a low heat till brown on each side). It can also be used for any recipe needing chickpea or pea flour such as falafel, and a little chana dal flour can be mixed into any flour mix in baking for a sneaky fibre and protein hit.

Green banana flour has traditionally been eaten in African and Caribbean countries where bananas are plentiful, but it has become more widely popular because of its grain-free nature making it perfect for those following a gluten-free or paleo diet. It has also been found to be a great source of resistant starch, which may have [multiple health benefits](#) including helping prevent obesity, diabetes and colon cancer. It has a mild flavour and only $\frac{3}{4}$ of a cup is needed to replace 1 cup of regular flour. Try mixing it with other flours or on its own like in this delicious looking [chocolate beetroot cake recipe](#) from Clevercook.

Our **cornflour** is not the same as the cornflour you find in the supermarket, which is in fact cornstarch. The organic cornflour at Organic Living is made from whole dried organic corn, and is simply a finer grind of our polenta. Because it is so fine, it can be used in any baking recipe that calls for instant polenta, such as polenta cakes and cornbread. Cornflour is preferable than fine polenta in such recipes as it does not leave a gritty texture. It is gluten-free and from the whole grain, so can also be used in any recipe to replace some of the refined wheat flour to improve its nutrition, especially in breads and cakes.

WIN- This year's Fairtrade challenge is to support fairtrade banana growers and workers getting a fairer deal. Our challenge to you is come in store between 8-13 May and guess how many bananas in our organic fairtrade banana box! The most accurate guess will win an organic fairtrade giftpack including some of our delicious bananas. Pop in store for more information.

