

October



2016 News

A time for new beginnings



The Spring Equinox has passed, daylight savings has kicked in and we are starting to feel the warmth in the air. We can see the effects of this warmth in our gardens that are springing back to life, and the lambs and calves springing around in the

countryside. Spring is traditionally a time of celebrating renewal and rebirth, and is a great time to wake yourself out of your winter slumber with a fresh look at any unhealthy food and lifestyle habits we've got into. Sunshine and fresh spring fruits and vegetables make this easier! Come in and check out fresh spring produce arriving weekly. If you need some extra help, talk to us about our great cleansing and detox products, such as our new Pukka tea.

It is also time for renewal at Organic Living! Margaret started the first version of this store 31 years ago, and is now taking her well-earned retirement. We would like to thank her for having the vision and energy to create such a wonderful place that has served Palmerston North for so long. We wish her all the best for her future gardening, tramping and travel adventures! And we welcome Organic Living's new owner, Greg Lough, to the team. Greg is a local with an ongoing commitment to the Manawatu, who is keen to maintain and develop Margaret's dream of bringing healthy food and natural remedies to the region. We wish him all the best, especially in his biggest challenge- taking on such a large contingent of female staff!

Ecotip: The [Palmerston North Envirofest](#) has just started, and runs for three weeks with workshops and fun activities for the whole family. And don't forget to vote- there are some great candidates running who are passionate about our environment!

NEW- Pukka Cleanse tea is a delicious and convenient way to give your body a gentle spring clean. Contains cleansing herbs such as dandelion, nettle and licorice, combined with cooling peppermint and aloe vera. Only \$10.95.



Gymnema (*Gymnema Sylvestre*) is a woody shrub native to India and Sri Lanka. The leaves of the shrub contain chemicals that may have a number of health benefits for diabetes and weight loss. For example they contain saponins that can suppress the taste of sweetness. It also contains substances that reduce the absorption of sugar from the intestine, and may even increase insulin production. Further research is needed on these claims. Gymnema also aids digestion and works as a laxative and diuretic. The dried leaves can be taken as a tea, or in capsules. [See here](#) for further information and contraindications.

Feature - Sorghum



Many people are finding the benefits of eating gluten-free grains, either to reduce the symptoms of gluten intolerance or coeliac disease, or just to add a variety of grains to their diet. Alternative grains often seem new to us, but have been used in other parts of the world for thousands of years. Sorghum is another example of a super-nutritious and tasty gluten-free grain that has a multitude of uses. There are 25 varieties of sorghum, 17 of which are native to Australia, but it is the variety *Sorghum bicolor*, indigenous to the African continent, that is an important crop worldwide used for everything from making alcohol to animal fodder to biofuel. As a particularly drought resistant crop its popularity is sure to increase in coming decades. Sorghum (also known as Great Millet, Indian Millet or Milo) is considered the world's fifth most important cereal grain, and is a good source of protein, fibre, B vitamins and minerals, especially magnesium and iron.

So how to use this grain? Sorghum flour is a fantastic flour to use in gluten-free baking, or even as an addition to baking with wheat. It is the gluten-free flour with the most similarities to wheat, both in flavour and texture. Try it instead of buckwheat or rice flour in any gluten-free flour mix. The grain itself is similar to millet, although with a longer cooking time. It takes 50 minutes to cook the grain, however it soaks up 3 times its volume in water during this time, making it a very economical grain. And it has a lovely nutty flavour. One easy way to make the most of it is to cook a large amount of sorghum at once in the [slow cooker](#). It can then be stored in the fridge, and used for porridge in the morning, or for risottos, stews, salads, or anywhere you would use rice, quinoa, millet or bulgur wheat. Alternatively you can soak the grains during the day to speed up cooking time. But the quickest and yummiest way to use sorghum, as pictured, is to make [sorghum popcorn](#)! This takes only minutes and makes a delicious snack.

NEWS: *If you have yet to discover the benefits of sauerkraut or kefir, come in this Saturday 8 October for another free tasting of The Kefir Company coconut water kefir, and Be Nourished unpasteurised sauerkraut and juice.*



Have you checked out our 'specials' baskets lately? They are full of great deals on items from across the store that are end of line products or have just reached their 'best before' date. Come in and grab a bargain!

NEW- Introducing a new range of raw vegan chocolate and superfood bars from the BSKT cafe, in delicious flavours such as cacao ginger and maca espresso. The bars are made entirely from whole foods and are the perfect pick me up snack. From \$5.95.

