



Back to basics

If you're a regular to our store you know we carry a great range of foods for all sorts of dietary requirements- whether you are vegan, paleo, lactose or gluten or sugar-free we've got you sorted. But as our name suggests, our main focus is on providing you with nutritious whole food that is herbicide and chemical-free, both for you and the environment's health.

The hundreds of chemicals approved for human consumption around the world are increasingly being questioned as to their cumulative impact on human health, especially as exposure over decades and through multiple generations is now being observed. For example a recent [follow-up testing](#) of a group of San Bernardino residents has found their glyphosate excretion levels had increased 500% in the last 20 years. This is thought to be due the introduction of crops genetically modified to be resistant to glyphosate (known as 'Round -Up Ready crops) in the 1990s, combined with its use on many other crops as a pre-harvest dessicant. These chemicals get into our bodies not only through food but through household and beauty products that come in contact with our skin and our surrounding environment, even the air we breathe and water we drink.

Buying certified organic products not only reduces the chemicals we absorb, but those our family, community and the wider environment are exposed to. And the best-kept secret is they taste so much better! Come and check out our ever-growing range of fresh produce, dairy, meat, dried goods, snacks, as well as skincare and household products. And if you have any questions please ask our helpful staff!

Moringa (*moringa oleifera*), also known as the drumstick tree, is a fast-growing tree that grows in the foothills of the Himalayas. Its leaves are very nutritious with good levels of protein and a number of vitamins and minerals including Vitamin B6, Vitamin C, iron and magnesium. [Early research](#) suggests it can reduce asthma symptoms and increase breast milk. It is also commonly used for anemia, arthritis, stomach conditions, constipation, immunity, fatigue and low libido, although more research is needed to confirm these benefits. Try adding the powder to smoothies, or try the new capsules below!

New - Spice of Life introduce a range of capsules including extract of Moringa as mentioned above, and spice combinations based on traditional Indian Sida formulas. From only \$35.



News -We are currently rearranging some of our shelving to accommodate all the fabulous new products arriving in store. If you are having trouble locating an item please ask.

Ecotip: Do you need some new tools for the garden? See you if you can borrow them from a neighbour if you don't use them often, or buy it second hand!

Grow your own

It is finally starting to dry up out there and it is not too late to get your spring vegetable garden in! Have you checked out our range of organic seeds, seedlings and garden supplies to help get you growing? Growing your own plants is not only a great way to get outside and enjoy the benefits of nature, it is the ultimate in knowing exactly what is in your food. And buying organically grown seeds, seedlings and inputs means you can have confidence you won't be ingesting any pesticides or herbicides from their development.

Whether you have a large garden and the time to potter in it, or if you just want to grow a few herbs on the windowsill, we have you covered. The Ecoseeds range of herb and vegetable seeds are all open pollinate with no chemical coatings, with a number organic certification. Our Common Property seedlings are certified organic and make gardening so easy! Try sowing a punnet of lettuce seedlings every few weeks for your own home grown salad supplies through summer. And don't forget it's not too late to plant some tomatoes. If there are any seedlings we don't have just ask, we get more in each week. We also have ROK Solid, a certified organic fertiliser made from fish, seaweed, minerals and paramagnetic rock dust, the perfect supplement for your garden. It can be used on any plants in the garden, and just needs to be sprinkled on! DENZ Diatomaceous Earth is great for natural pest control, and is safe on edible plants and safe for children and animals.



NEW - the new Eat Real grain snacks are vegan and come in delicious flavours like chilli & lime and sour cream & chives. A bargain at only \$4.90.

Special: With every two Herb Farm products you can choose one of their newly formulated serums for free! Normally valued at up to \$46.90

