

INSIDE
THIS
ISSUE:

The Inside Scoop 2

Grow Your Own Organic Veggies 2

What's New? 3

January Promos 3

Dr Bronners Magic 'All One' 4

Another New Year Resolution?



It seems like every January we make New Years resolutions to be healthier and green but never follow through. This year to help you on your way we have created several super easy ways to make a difference in your diet and the planet! Living an organic lifestyle does not have to be a hard thing to accomplish.

Following these simple resolutions can help you on your way to a healthy and green new year and beyond.

***Keep it colourful:**

Eat 3 different coloured foods a day. Brightly coloured foods like carrots, beets and spinach are nutrient rich and packed with powerful antioxidants. Challenge yourself to pile on the red, green, purple, orange and yellow fruits and veges.



***Cut out the processed junk:**

Packaged, processed, high fructose corn syrup rich treats gratify for seconds but leave us feeling sluggish and bloated. This year sway one of your packaged snacks for the natural sugars of fresh fruits. You'll still satisfy your sweet tooth. Fresh fruits like apples and bananas are fiber and vitamin rich.

***Save the earth with natural cleaning products:**

These products use only natural ingredients, ranging from citrus to coconut and herbs, to do the same work that bleach and caustic chemicals do. Natural products are gentle on the planet and your skin. Don't forget to 'recycle' the empty boxes and containers.

***Start a compost bin:**

Starting a compost bin is very easy and cost effective. A compost bin will help you cut down on your weekly rubbish AND you will have super rich soil in which to plant veges (see below).

***Grow your own organic vegetable garden:**

Healthy, organic produce, need we say more. View our tips on page 2...

The Inside Scoop...

Happy New Year!

We hope you have all had an enjoyable break. We have some exciting things happening in store this new year including some fantastic new products that we know you will just love (see opposite page). This year also sees the continuation of our change in shop layout. You may have noticed our new fruit and vege stands from late last year. The accessibility of our fruit has proven extremely popular with our customers (and staff)! Keep posted for further updates!

Our Staff:

We have a fabulous shop team on board who all strive for excellence in customer service and satisfaction. Welcome back to Uliana who has returned to help us out on Saturdays. Out the back working on all your internet orders are Laura and Pearl. Jo our naturopath is currently working 9.30-2pm Monday, Tuesday, Thursday and Friday on the shop floor and is available for advise during these hours.

As for myself and Karen, well you will still see us fully involved in the daily grind.

We welcome all feedback so please remember to come and chat to us with any comments or suggestions.

Organically Yours

Neil and Karen



Grow Your Own Organic Veges



Starting out your new year green? Would you like to grow your own healthy fresh organic veges? Here are some quick tips for growing your own:

Tip 1: Find a spot that gets full day sun (8-10 hours of sunlight a day in the peak of summer).

Tip 2: Ensure there is good drainage so water does not sit on the soil.

Tip 3: Make or buy compost to use as fertiliser.

Tip 4: Control weeds with mulch, ensuring the soil is completely covered. This means no sunlight can get to the soil to encourage weed growth.

Examples of mulch can be grass clippings, leaves, straw etc. They break down easily and feed the soil.

We stock a great range of Eco Organic Seeds to get you started. For January planting try:

- Basil—Large Sweet \$3.98**
- Beetroot Seeds—Cylindra \$3.98**
- Cabbage Seeds—Greyhound/ Wong Bok—Both \$3.98**
- Capsicum Seeds—California Wonder/Long Red Cayenne/ Sweet Banana—All \$3.98**
- Chive Seeds—Plain \$3.98**
- Kale Seeds—Curled \$3.98**
- Lettuce Seeds—Great Lakes/ Green Oak/Red Oak—All \$3.98**
- Mesculin Mix Seeds—\$3.98**
- Parsley Seeds—Triple Curl \$4.98**



- Italian Parsley Seeds—Plain \$3.98**
- Radish Seeds—Champion \$3.98**
- Silverbeet Seeds—Fordhook \$3.98**

NB: Some seeds are more suited for planting in seed trays (ready for planting in the garden in 4-6 weeks). Just follow the planting instructions on the back of the seed packet.

Whats New?

*New Mountain Fresh Organic Cheese

From Bulgaria

Organic Goat Gouda **\$9.98**

Organic Goat Feta **\$7.98**

Organic Sheep Feta **\$7.98**

*Kingsmead NZ Made Cheese

Sunset Blue

Warm buttery texture made from cows milk **\$14.98**

Tinui Blue

Robust with a delicate texture made from sheeps milk **\$14.98**

Castlepoint Feta

Robust with a delicate texture made from sheeps milk **\$14.98**

*Purebread Flattie Heat and Eat Breads

Will delight & impress, straight from the oven with its delicious freshly baked aroma & soft melt in your mouth texture.

Available in Garlic or Focaccia.

Gluten, Dairy & Wheat Free.

\$8.98

Be Nourished Sauerkraut

Just Raw Sauerkraut

350g \$9.98

Ruby Perfection

Made with red cabbage

350g \$9.98

Wild Out West

Made with extra herbs

350g \$9.98

Kimchi

Made with Asian Cabbage and hot spices

350g \$9.98

Helene Bay Magic

Traditional Sauerkraut

350g \$9.98

Dr Bronners Magic "All One" Body Care Range

Body Balm

Includes - Baby (Mild), Naked, Orange & Lavender, Patchouli & Lime or Peppermint

14g \$11.50

Lip Balm

Includes - Lemon & Lime, Naked, Orange & Ginger, or Peppermint

\$7.20

Shower Gel

Includes - Lavender or Unscented

208ml \$18.99

Shaving Gel

Includes - Lemongrass, Peppermint or Spearmint

208ml \$18.99

Organic Body Lotion

Includes - Orange & Lavender, Lavender & Coconut, Patchouli & Lime or Peppermint,

236ml \$24.50

Liquid Soap

Includes - Shikaki & Lavender, Lemongrass, Spearmint or Unscented

356ml \$18.99, 709ml \$32.99

Citrus Hair Conditioner

236ml \$24.50

Hair Style Crème

Includes - Lavender or Peppermint

178ml \$18.99

January Super Savers \$

*Harmony Free Range Hams

Half 4.5kg approx **\$49.98**

Whole 8kg approx **\$99**

Best Before 30/01/12

Limited Stock available!

*Farmgate Free Range Frozen Chicken

Size 18

2 FOR \$30

*Organic Mountain Bread Wraps

8 pack **ONLY \$4.98**



*Organic Kale

300g \$2.98 OR

3 FOR \$5



DR BRONNER'S MAGIC NATURAL CASTILE SOAP



Dr Bronner's Soap is a combination of organic extra virgin coconut, olive, jojoba and hemp oils, together with pure essential oils, that create a unique organic soap that cleans effectively without being aggressive and produces a velvety-lather that leaves the skin silky-smooth and refreshed.

INTRODUCING THE NEW BODY RANGE



In addition to Dr Bronners Famous Soaps we are excited to now stock the Dr Bronners Magic “All One” Body Range.

*Body Balm *Shower Gel *Shave Gel *Lip Balm *Body Lotion

*Hair Conditioner *Hair Style Crème *Liquid Soap



‘WASH WITH A CLEAN CONSCIENCE’