

Greetings everyone!

Welcome to five new outlets which have begun retailing our Herb Spread recently:

Luscious in Parnell, Auckland - at 86 Parnell Rd,
Faithfully Yours, up in Whangaparoa, 667 Whangaparoa Rd, Stanmore Bay,
The Village Pantry, 7 Clarke Rd, Te Puna, Tauranga,
Nature's Pantry, 295 Alexandra St, Te Awamutu, and
Health Options, 116 Victoria St up in Dargaville

If you live nearby, do check them out, - we hope our customers in these areas will find them conveniently close. If any other customers know of a potentially good outlet, please email us - we are always looking for more, or, if you have a group of friends who are all keen Herb Spread lovers, with no retail outlet close-by, why not buy a box of 12 (minimum) at our special co-op price, and share the discount around. Herb Spread freezes quite well, so can be stored for longer than three months this way.



TIPS for Winter Wellness

Being the coldest time of the year, some of our herbs are getting harder to source; nasturtium flowers are succumbing to frosts and rain, and dandelions are smaller and harder to find. In this situation, we use either dried herbs as a replacement, or with the nasturtium, increase the quantity of leaf to make up for the lack of flowers. Using dried herbs when none are available fresh in winter, helps to attune our products to the conditions of season, balancing out the damp effects of winter. In the same way, eating foods appropriate to the season also helps attune our energy and health with the particular conditions - more cooked, warm and dried foods in winter, such as soups, stews, nuts and dried or stewed fruit, which are easier to digest and filling, helping ward off the cold! and lighter foods in summer, fresh fruit and salads etc. encouraging our bodies to lose some of our winter fat we won't need in warmer weather!

Herbal teas can help to assist optimum health in every season. I'm enjoying a Peppermint and Echinacea tea blend lately, helping to keep my immune system strong to resist all those winter bugs. Ginger, liquorice and lemongrass is another good winter tea blend - warming and cleansing! The best way to start your day is with a cup of herbal tea, - instead of a relatively poisonous coffee which instantly puts pressure on your adrenal glands and nerves!! Overnight, our bodies get a chance to sort out all the rubbish ingested during the day, so as soon as you wake up, all that gunk is ready to expel. Drinking 1 -2 cups of clear fluid - plain water or a herbal tea, before you ingest any solid food, will really help your body stay cleared and avoid a build-up of rubbish which can cause health complications. If you really feel like you need a good cleanse, add a squeeze of lemon juice or a t-spoonful of apple-cider vinegar. This will really help flush out mucus, supporting your body's natural and amazing ability to care for and heal itself daily.



WINTER RUB

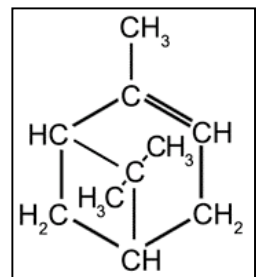
Here is a recipe for making your own Winter Rub - an ointment I use almost daily over winter for colds, flu, stiff joints and muscles, - like Vix Vaporub, it uses essential oils from plants which are nature's medicine chest designed to ease congestion, clear airways, bring warmth and relief!

To make approx 100g of ointment you will need:
 10g Beeswax
 5g Cocobutter (or 15g Beeswax if you can't get cocobutter)
 80mls Oil - Olive oil and Almond oil are good - try a mix.
 A few drops of Arnica oil also help.
 3 drops each of essential oils of peppermint, eucalyptus, lavender, rosemary.



Gently melt the beeswax and cocobutter, then add the olive oil keeping only just warm enough to melt together. Allow to cool a little before putting in the essential oils, or they will instantly evaporate. Cold pressed oils are best, but can lose a lot of their vitamins when heated, so the less you can heat the mix the better.

How does this work? Plants such as those in the mint family, and the others used in our winter rub all share similar chemical constituents including terpenes (a-pinene, camphene, linalool, a-pinene, menthol, 1,8-cineole...) Terpenes give essential oils their aromatic qualities, each having their own effect on humans/animals. For example: in a test involving putting mice under stress, and then exposing them to linalool, measurements found that there was a reduction in the activity of more than 100 genes that "go into overdrive" in stressful situations. The therapeutic properties of lavender oil are: antiseptic, analgesic, anti-convulsant, anti-depressant, anti-rheumatic, anti-spasmodic, anti-inflammatory, antiviral, bactericide, carminative, decongestant, deodorant, diuretic, nervine, sedative etc.



Camphor, camphene and menthol, are present in eucalyptus, and the mint family, producing a cooling sensation to our skin-reactors. It is readily absorbed through the skin, acting as a slight local anesthetic and antimicrobial substance. The therapeutic properties of peppermint oil are analgesic, anesthetic, antiseptic, antispasmodic, astringent, carminative, decongestant, emmenagogue, expectorant, nervine, stimulant, stomachic, vermifuge (expels worms!).

1,8-cineole or Eucalyptol is present in eucalyptus, rosemary, lavender, and peppermint. It is another aromatic terpene, having an anti-inflammatory effect, and is often used to flavour many of our foods and man-made medicines today, due to it being safe, with few side effects. You will find it in toothpaste, cough-medicines, food flavourings etc. However, nature has evolved the best recipes over millions of years, where all chemical ingredients are in a natural balance with each other to produce a more holistic effect than if the chemicals are extracted to use alone. Try growing some mint in an area of the garden where it can spread without taking over your ornamental gardens, or take lavender or rosemary cuttings now which take very easily, ready to put into the garden in spring, and use these plants fresh in tea or as flavourings to improve your overall well-being!

Herb Spread Recipe of the Month: Winter Roast

Last night, we invited some friends over for a full-moon, mid-winter feast. We smeared plenty of Herb Spread over the beef before roasting it slowly for three hours, which also helped it crisp up in the last 40minutes with a slightly hotter oven when we added the potato, kumera and pumpkin, also smothered in Herb Spread. Our garden supplied two large heads of broccoli, which we steamed, and drizzled with Tamari, olive oil and garlic, and lastly, some carrots quickly boiled with a dash of ginger and honey. All washed down with plenty of red wine! (compulsory for red meat meal digestion of course ...!!)



Wishing you all health, wealth and well-being
 From Wendy and Waiheke Herbs Team