

TASTE NATURE

MAGAZINE

DUNEDIN

Spring Edition 2023



ISSUE 1 Oct 2023



Taste Nature was founded 32 years ago as a small-scale organic community cooperative.

Current owners Clinton Chambers and Rodney McDonald have transformed it into a leading Organic Supermarket, Celiac-friendly Café, Integrative Health Clinic, Digital Community, Social Enterprise and Organic Gardens.

Clinton and Rodney saw a need to do business differently; wanting to encourage conscious consumerism and so have evolved their business ecosystem to embody the essence of sustainable and regenerative practices. The Taste Nature online store, Organic Supermarket, the Integrative Health Clinic, and Social Enterprise all have the following base ethos:

Climate Change & Action

The future of food security and environmental sustainability are considered across all facets of the operation.

Organic Regenerative

The Taste Nature Gardens and wider network of Organic growers who supply the store. The land that grows the food is nurtured for optimal soil health, including establishing and maintaining healthy microbial ecosystems and nutritional abundance for the generations to come.

Local and Community

At Taste Nature we are committed to building and supporting local food economies. We provide our community with organic and locally sourced fresh produce everyday.

Fair Trading

The products available from our local Dunedin store stand for equality and ethics in the supply chain.

Food Supports Human Health

We understand that good health starts with good food and we are committed to sharing our nutritional expertise to guide and empower the integration of food as medicine. What we offer in the shop and Integrative Health Clinic is an extension of this.

The Taste Story

Socially Conscious Business

We support our community and environment. Taste Nature is founded upon ethical and sustainable values and a holistic model of health and healing. Our vision is to create a sustainable, ethical, and local economic system that supports the well-being of individuals, engages our community, cares for our planet, furthers our education, and is in harmony with nature.

Taste Nature Social Enterprise

The Taste Nature Charitable Trust (registered CC5924) was created to deliver our community outreach programs. We want to ensure that the benefits of organics, health and well-being are accessible to all. To achieve this our primary objective is to deliver an education system for a new world, one that empowers people and promotes change. **Social Responsibility** – we hold our business to a set of legal, ethical, social and ecological standards. It is a form of business self-regulation to support greater public awareness of ethical and environmental issues.

Holy Cross Mosgiel

Taste Nature Holy Cross Mosgiel

The original homestead (the white wooden building) was built in 1876 and was owned by Arthur Burns – the grandnephew of the Scottish poet Robert Burns and son of the Rev Dr Thomas Burns who was the first Chancellor of the University of Otago and the first Presbyterian Minister in Otago. Arthur Burns founded the Mosgiel Woollens mill in 1871 and named the town 'Mosgiel' after Robert Burns' farm in Ayrshire, Scotland. Arthur Burns played a prominent role in Dunedin's provincial affairs and had also been a member of the House of Representatives on three occasions.

The Southernmost Seminary

In 1899, Bishop Verdon, the second Bishop of Dunedin, purchased the original Burns Homestead to found a National Catholic Seminary. In 1899, Bishop Verdon journeyed to Rome to obtain the Pope's blessing for the project, and Pope Leo XIII gave his blessing. The centre opened on May 3, 1900 and was a high school preparatory as well as a seminary teaching arts, philosophy and theology. Newer additions to the centre occurred in the 1960s and the Verdon chapel in honour of Bishop Verdon was opened in 1963. The original student block was opened in 1968.

In 1998, the seminary was relocated to Auckland. In 2016, the center was re-launched as Burns Lodge providing short-term accommodation and conference facilities. Clinton was engaged as the Business Manager to oversee the establishment of the new commercial business. In 2023, 5 years after setting up Taste Nature, Clinton returned. Taste Nature Ltd has now leased Holy Cross and has repurposed the buildings to provide accommodation services for migrant construction workers and will also become the home of the Taste Nature Learning Community.



Taste Nature Organic Gardens

Local, Ethical, & Sustainable
From Garden to Kitchen

Rodney and Clinton have created a certified organic market garden. Located on their lifestyle block in Waitati and headed by Rodney McDonald, they have undergone extensive landscaping on their property establishing raised garden beds for their market garden. They aim to provide all food lovers of organics a fresh and organic supply of produce at Taste Nature. The arrival of Spring calls for new life and an abundance of seasonal fruits and veggies. Much of the locally grown organic veggies from the Taste Nature Gardens go straight to the kitchen, where they are incorporated into our salads, bowls, and soups available at our 100% gluten-free Café.

Photos: Zac Whiteside



“OUR MISSION IS TO
EMPOWER, EDUCATE
AND INSPIRE AS MANY
PEOPLE AS POSSIBLE
TO EAT AND ENJOY AN
ORGANIC WAY OF LIFE”



Taste Nature owner Rodney McDonald is the landscape designer and gardener for Taste Nature Organic Gardens. The values and vision of Taste Nature use the collaborative energy of living in harmony with nature and providing good food to the community. This rings through both the organic gardens in Waitati and in the thriving store environment.



WILD

DISPENSARY



Naturopath formulated
&
Family friendly



Liquid formulations
Local, native and wildcrafted plants
Organics



Wild Dispensary
Bottle Return Scheme

Waste Minimisation with AgainAgain

Our vision is to create a sustainable, ethical, and local economic system that supports the well-being of individuals, engages our community, and cares for our planet.

At Taste Nature, we encourage conscious consumerism and sustainable practices through all areas of living. We implement these values starting with how our food is grown, to how we go about our everyday living. We embody conscious consumerism throughout our store from our gluten-free and organic Café to our extensive household cleaning refillable system.

With the help of Brian McFarland and the DCC, Taste Nature was able to implement an easy to use reusable scheme, AgainAgain. AgainAgain is a sustainable takeaway system that offers a reusable takeaway alternative to any single-use takeaway. AgainAgain takeaway containers can be used endlessly, sustaining a circular economy that doesn't add to the number of single-use takeaway cups or boxes being discarded every day. The system allows customers to checkout reusable containers for their cafe food and beverages, just like they would checkout books from the library. Best of all, it doesn't cost anything to borrow the containers and customers receive a discount on their food. Easy As!

With the implementation of our refill systems within our store, maintain our key ethos of waste minimization, and sustainable living, to support future generations in Aotearoa. In July of 2023 we supported the Plastic Free July movement which reinforced our core values of reducing, reusing, and recycling, which we shared with our community.

We executed our #BringAJar initiative, where we encouraged our community to bring along glass jars for day-to-day shopping, as they can be used repeatedly, unlike single-use plastic and paper bags. Glass jars can be used to refill products such as toothpaste, dry shampoo, laundry detergent, skincare, frozen fruit, dry goods, seaweed, and fresh milk. We believe that in the long run, refilling and reusing jars is cost-effective and eco-friendly, as they can be reused an endless amount of times.



AgainAgain system used in our Café



Refillable Farm Fresh Milk available On Tap



Taste Nature has Dunedin's first refillable seaweed system

CHANTAL ORGANICS



WELCOME TO TASTE
NATURE INTEGRATIVE CLINIC
FLOOR FOR

A New System of Healthcare

The Integrative Clinic is your place to learn how to incorporate health and wellbeing practices into your everyday life and be guided by holistic professionals on your journey towards optimum health. We support our rural communities from a supermarket and clinic perspective by offering grocery deliveries, weekly produce boxes and online professional consultations where possible.

In Christmas week of 2021, Taste Nature embarked on a revolutionary journey, the doors were opened and we supported our first clients at the Taste Nature Integrative Health Clinic. The clinic was dreamed up in response to the huge dissonance between how we grow food, fuel our bodies and the chronic diseases that impact so many New Zealanders. Opening the clinic was made possible when Clinton spoke with friend and senior Osteopath Dr. Charles Giudicelli. Charles was returning to Dunedin with his family. He and his partner Valerie, a highly skilled massage therapist were the first practitioners to bring the clinic into reality.

The clinic is an extension of Taste Nature Organic Supermarket and strives to implement holistic health changes from the supermarket trolley level up. The modalities offered have expanded to include clinical naturopathy and nutrition, Bowen therapy, integrative medicine, emotional freedom technique, reflexology, massage and Physiotherapy. Our practitioners work to prevent illness and disease and support you to revolutionise your well-being and promote long-term health.

EAT HEALTHY
BUILD TRUST
MOVE MORE
STRESS LESS
LOVE MORE
RECONNECT

Herbal Dispensary

Plant Support for times of heightened stress. Our experienced Naturopaths can support your health journey by providing individualised herbal tinctures.

Herbal fluid extracts can be wonderful allies to help our bodies achieve their best expression of glowing health.

Because they are liquid, they are very quickly absorbed into our bodies. This of course means these allies will get right to work. Taking them on an empty stomach is ideal, but if your practitioner thinks you need to take it slowly, with food will work too.

Another aspect of your herbal allies is that a tonic can be custom made for you, it will address aspects you are wishing to improve.

Fluid extracts are Ethanolic or Glycerine preparations which extract and hold the active compounds of a plant in suspension for much longer than is possible with water preparations, and will also extract compounds water cannot.

We'd love to introduce you to some of our favourites for stress adaptation, called Adaptogens in Herbal medicine - these Wonder Allies can help all your body systems become happier with life, by regulating your response to those stresses that we have constantly bombarding us.



Our In-Store Naturopaths Francisca Griffin & Tracey Gear

Ashwagandha - Withania somnifera

Ashwagandha is sometimes referred to as Indian Ginseng. It is preparations of the root of this beautiful evergreen shrub that we use in the Clinic, for restorative sleep, a happy libido (it has the moniker 'power to have 100 husbands' in Ayurveda!), to support the immune system, and for a clear brain. It is not as stimulating as Korean Ginseng, so can be very useful in a blend when you need a calm, slow approach.

KawaKawa - Macropiper excelsum

Another 'ginseng' this time Aotearoa New Zealand Ginseng, this is a shrubby tree that grows just about anywhere in the North Island, and indeed grows all over Dunedin as well. It's the leaves that we use, and Rongoa says the very best medicines are made from the holey leaves.

The ones that have been munched by the Kawakawa looper moth - this makes sense because the plant will send compounds there to defend itself that are useful medicinally. Of course all leaves have active constituents, but the holey ones are said to have more. As well as being a very good adaptogen, KawaKawa is wonderful at supporting robust digestion, and clear happy skin.

Rehmannia - Rehmannia glutinosa

We use the root of this lovely plant, aka Chinese Foxglove in the fluid extract. In TCM (Traditional Chinese Medicine) there are 2 forms of Rehmannia used medicinally, cured and uncured. In TCM the cured is used to clear heat and cool the blood. One action of the cured is that it can support a healthy menstrual flow.



Over the counter Herbal Liquid Extracts
Photos: Zac Whiteside



Francisca's Magic Maca Drink

Francisca Griffin is a Naturopath with more than 20 years of experience in the field and holds clinics both at Taste Nature Integrative Health and at home. She can be regularly seen enjoying her daily Magic Maca Drink behind the Dispensary store desk.

The Integrative Clinic is where you learn how to incorporate health and wellbeing practices into your everyday life and be guided by holistic professionals on your journey towards optimum health.

The delicious Magic Maca Drink is prepared using ingredients directly from our organic supermarket. The drink is made with Seleno Health Yellow Maca, Whole Harry Maple syrup, Oat Milk, and Trade Aid Dark Chocolate Drops. At home, Francisca prepares her drink with Seleno Ceremonial Cacao drops which is produced to its highest form in Peru.

Francisca explains some insightful health benefits regarding the drink, such as the immune-boosting benefits, and the high source of pre-biotics, Zinc, Iron, and Magnesium. Oat milk is fibrous and is known to lower cholesterol. It is also high in vitamins A, D, B vitamins, calcium, and potassium.

Yellow Maca is the most abundant form of maca as it is traditionally used to build resilience and bring balance to master glands. It benefits those with hormonal imbalances, thyroid dysfunction, adrenal fatigue, stress, and general well-being.

Ingredients:

- 1 tsp Seleno Health Maca Powder
- 1 tsp Cacao Powder
- 1 tsp Maple Syrup
- 1 tbsp Trade Aid Dark Chocolate Drops
- 1 cup of Oat Milk

Recipe: Combine all ingredients into a cup, and add hot water to create a paste. Pour warmed Oat Milk into the paste, and mix together with aroha. Enjoy!



COMFORT BOWLS

Seasonal, Gluten-Free & Organic

Our Menu Recap:

At the start of every week, our talented chef Aidan incorporates various seasonal veggies, many sourced from the Organic Taste Nature Gardens, into the recipe for our comfort bowls. Our seasonal comfort bowls are made packed with nutrients and flavour, intended to warm our shoppers up during the colder months.



Roasted Savoy Cabbage, Braised Leek and Kale. Served with a mixture of Rice & Lentils. Topped with Harissa & Tahini



Crispy Skin Fries with Roasted Cauliflower, Mexican Beans, and Cashew Sour Cream.



Pumpkin, Wild Rice, Jackfruit, Tomatoes, Capsicum, Coconut cream, Cumin Seed, Coriander, Turmeric, and Paprika.



Moroccan Black Bean, Quinoa Kofta, Chickpea Tajine, Medjool Dates, Millet CousCous Salad.



Hungarian Goulash, Celeriac, Carrot, Parsnip, Capsicum, and Portobello Mushroom.



Vietnamese broth with Tofu, Oyster Mushrooms, Noodles, Lettuce, and Carrots.

A Guide to Wellbeing with ph360



Ilse Erasmus: Certified Integrative Health Coach & ph360
Accredited Personal Health Coach

The single most important priority we have to ourselves is to own our health & wellness.

Health is the ability to adapt and self self-manage in the face of life's challenges; to have agency and control over **our story**. Yet for many of us, in the face of the ever-increasing demands in our own lives, our minds and thoughts are scattered; our personal energy reserves are overtaxed, there is a frequent sense of overwhelm and seemingly precious little opportunity to re-energise, rebalance & restore.

Spring is an excellent time for renewal and a fresh start - we can take back control of our whole person's health and well-being. This begins with the active pursuit of activities, choices, and lifestyles that lead us to holistic health - in essence, preventative lifestyle medicine. Personalised preventative medicine looks to nurture all aspects of our wellness - physical, mental, emotional, spiritual, social & and environmental health. Practically this looks like nourishing our bodies with a good diet, exercising regularly, managing stress, getting adequate sleep, forging strong authentic connections, having a spiritual practice, and finding inner peace and purpose.

If you are unsure of where to start or need support - Shae - the world's first virtual health assistant is a great place to start. As an endorsed ph360 and integrative Health Coach and Shae Wellness provider, Ilse is passionate about helping individuals live their best lives. ph360 is a personalised health assessment that takes into account your genes, environment, and lifestyle to formulate treatments and prevention strategies based on your background, conditions, environment, and state of health. Using the power of AI, 15 layers of science, and data from years of scientific research, your personalised health profile is created to support you in achieving sustainable health. Through your phenotypology it understands your unique brain function; dominant hormones and neurotransmitters to assist in the development of your natural strengths, communication style, and support habit formation to achieve your goals.

Recommendations include the foods to eat; exercise best suited to your physiology; through to optimising your chronobiology, optimising sleep & and productivity, so you are cycling through periods of stress & and activity and rest and recovery - helping you to find your "flow".

How does one learn to 'be well'? How do we unlearn behaviours that make us unwell? Most chronic illnesses today are preventable through lifestyle change. Ilse supports her clients with integrative health coaching that acknowledges the client's stage of change and increases the importance and confidence to increase readiness to change. It's a collaborative journey, about staying on your client's agenda, through deep listening, without any judgment to uncover untapped self-awareness and support behaviour change.

The health coach's job is not to come up with the solution, but to support the client to find their own way. Through the health coaching process, the client can tap into their existing strengths and abilities. They can seek and accept knowledge on current health science that supports their unique health agenda and goals. It is an empowering mode of support that gives ownership back to the client. Instead of being told what to do, the client is supported to figure this out for themselves with the assistance and expertise of the health coach. The health coach walks beside the client and supports them as they navigate the ups and downs of their journey towards a more healthful life.

Mā te whakarongo, ka mōhio
Through listening, comes knowledge
Mā te mōhio, ka mārama,
Through knowledge, comes understanding
Mā te mārama, ka matau,
Through understanding, comes wisdom
Mā te matau, ka ora
Through wisdom, comes wellbeing.



The bread in our store is guaranteed fresh, and made with the right ingredients.

Bready or Not: Body Of The Year

Body Of The Year is our Sourdough Bread Range at Taste Nature. Dunedin's **Artisan Bread Bakery by Jed McCammon**. Have you ever wondered what that delightful aroma wafting through our store could be? The team at Body Of The Year deliver the finest bread to Dunedinites Tuesday through Saturday.



Tuesday

- White Loaf
- Purple Wheat Loaf
- Multigrain Loaf
- Wheat
- Olive and Rosemary
- Oat Porridge
- Ciabatta

Wednesday

- Wheat
- Polenta, Sunflower and Pumpkin Seeds
- 100% Rye (Pumpernickel)
- Seven Seed
- 100 % Wholemeal Wheat
- Spelt and Sesame
- Ciabatta
- Purple Wheat Yeast

Thursday

- Multigrain Yeast
- 100% Wholemeal Spelt
- Date & Walnut
- Purple Wheat
- Wheat
- Tumeric Golden Linseed
- Country Rye
- Baguette

Friday

- Ciabatta
- Wheat
- Polenta & Seed
- Wholemeal
- 100% Rye
- Multigrain
- Seven Seed

Saturday

- Ciabatta
- Wheat
- Oat Porridge
- Kalamata Olive & Rosemary
- Date & Walnut

Scrolls are available Tuesday and Thursday

Photos: Zac Whiteside



KIWIHERB

FORMULATED FOR KIDS, *naturally of course*



LEARN MORE AT KIWIHERB.CO.NZ

Always read the label and use as directed. If symptoms persist, talk to your health professional. Phytomed Medicinal Herbs Ltd, Auckland.



Maca Magic

Our in-store naturopaths often utilise the adaptogenic, hormone-harmonising, and energising properties of Maca when clients are travelling through transition periods like menopause or feeling tired in need of a simple 'pick me up'. Clinical research into Maca for menopausal symptom relief showed that women taking 2x1000mg of Maca/day with meals resulted in significant reductions of menopausal symptoms over the 8-week trial (Meissner et al, 2006).

Taken daily Maca for Women may assist to

- Boost energy and vitality
- Balance and harmonise hormones
- Improve mood and well-being
- Improve mental focus and clarity
- Calm and relax the mind
- Optimise natural hormonal rhythms
- Increase bone density
- Improve skin quality and radiance
- Promote muscle toning and curves



Seleno Health are the Maca experts, supplying our Organic Supermarket with their extensive range of Maca

Maca is scientifically proven to provide a multitude of health benefits across all facets of health. Seleno Health's traditionally sourced Ceremonial grade Maca has the ability to improve mental, physical, spiritual, and emotional health. New Zealand's most premium and organic Maca range is available, right here at Taste Nature!





Effective, economical skin and hair care products made right here in Koputai Port Chalmers.

Made with pronounceable, understandable ingredients such as cold-pressed Olive Oil, unbleached Beeswax, Lanolin (non-organic), essential oils, and herbal infusions. Use these products sparingly, a little goes a long way!

The Ambrosia range includes:

For Your Hands –an everyday hand cream, this has an infusion of Chickweed tops & Lavender flowers, and Lavender essential oil, it has been used to promote clear skin, and as a nappy cream. It's useful for babies when you want something a bit heavier than an oil, Lavender is a very safe herb for little ones. It's great in the winter too for bigger people.

Gardener's Cream – it is the heavy-duty cream in the range – amazing for working hands – think gardeners, builders, bricklayers, disheys, sore, over-washed hands, and cracked heels. Gardener's Cream has an infusion of Comfrey leaves & Calendula flower petals as well as essential oil of Rose Geranium.

For Your Skin has Australian Sandalwood, Lavender, and Geranium essential oils, it is a wonderful moisturiser that can be used all over – by anyone! It's a perfect moisturiser after shaving your legs or face.

For your Hair – made without the Lanolin or Borax, this has Rosemary, Geranium, and Lavender essential oils in it, is good at taming frizz, and can be used as a once-a-month deep condition. To do this apply a good amount, wrap a warm towel around your head, wait a few hours then shampoo as usual. People have used it as a lip balm too.

There is also a cold sore balm!



MEET THE
PRACTITIONERS

Dr. Zuzana Oravcova- Wheeler



Dr Zuzi - Integrative, Functional, Lifestyles Medicine. Dr. Zuzi has a lifelong passion for helping people and a strong drive for learning. Her care is founded upon science-based holistic treatments.

Dr. Zuzi places a huge emphasis on a preventative and proactive approach in trying to identify issues before they become big problems. Dr. Zuzi believes that people do better when they understand their problems and when they can have their own agency in addressing them. As a result, Dr. Zuzi places a lot of emphasis on client education. She also tries to understand her client's specific strengths and motivations, as well as potential blocks, to help her clients achieve and maintain good outcomes. She understands that mental, spiritual, and physical well-being are interconnected and must all be addressed for the best outcomes.

She has trained in a range of talking therapies, as well as mindfulness meditation, and can incorporate these into her management plans, if appropriate and desired by the client. Dr. Zuzi offers her clients "conventional" diagnostic, screening, and monitoring laboratory tests (e.g. thyroid function, liver function, essential micronutrients assessment, urine/ stool analysis, etc.). Functional testing (e.g. allergy and sensitivity testing, microbiome and hormone mapping, SIBO breath testing, environmental toxins (e.g. heavy metals, mold), etc.). referrals for imaging – public or private (e.g. x-rays, ultrasound, etc).

What can Dr. Zuzi help with?

Dr. Zuzi can help with mental well-being (e.g. anxiety, mood issues, sleep disturbances, addictions, etc.), digestive health (e.g. IBS/ IBD, reflux, constipation, food intolerances, unexplained abdominal pain, etc.), Cardiometabolic health (e.g. type 2 diabetes/ prediabetes/ insulin resistance, high blood pressure, non-alcoholic fatty liver, weight management, etc.), Hormonal health (e.g. thyroid issues, heavy painful periods, (peri)-menopause, (peri)-andropause, PCOS, etc.), skin issues (e.g. eczema, acne, rosacea, psoriasis, etc.), Over- and Under-active immunity (e.g. recurrent infections, allergies, and hypersensitivities, autoimmune issues, etc.). She can also assist with other common issues (e.g. unexplained fatigue, headaches/ migraines, cognitive decline, etc.), and early life well-being (e.g. breastfeeding, sleep, baby unsettled behavior, physical and mental well-being for mothers, and other carers).

In What format can Dr Zuzi assist?

- Individual sessions (online, in-office or walk-and-talk)
- Shared Medical Appointments (online)
- Free monthly support group (TACO-H- Take Control Of your Health)
- Guided mindfulness meditation and breathwork- individual or small groups (on request: online or in-person).

Practitioners

OUR HEALTH SYSTEM ETHOS IS BASED ON

PREVENTION

We assist to prevent illness & dis-ease

INTERVENTION

We support change at any level

PRESERVATION

Health & Wellbeing is a Journey – We are with you all the way



Charles Giudicelli
OSTEOPATHIC PRACTITIONER
Charles Giudicelli



Valerie Maraine
MASSAGE THERAPIST
Valerie Maraine



Kate Bendall
YOGA PRACTITIONER
Kate Bendall



Janene Weir
BOWEN THERAPIST
Janene Weir



Michael Williams

REGISTERED PHYSIOTHERAPIST

Michael Williams



Tracey Gear

NATUROPATH

Tracey Gear



Francisca Griffin

NATUROPATH

Francisca Griffin



Ilse Erasmus

PH360 & HEALTH COACHING

Ilse Erasmus



Dr. Zuzana Oravcova Wheeler

INTEGRATIVE LIFESTYLE MEDICINE DOCTOR

Dr. Zuzana Oravcova Wheeler



Collin Blake

REGISTERED NZ

ACUPUNCTURE

Collin Blake

ACKNOWLEDGEMENTS

Editors: Laila Bekhit and Bailey Gardner

Photography: Zac Whiteside and Stagebox

Many thanks to our committed Practitioners, Dr. Zuzana Oravcova-Wheeler, Francisca Griffin, Jenny Malcolm, and Ilse Erasmus for providing information to our Spring Edition.

This Spring Edition would not be made possible without the incredible staff at Taste Nature. Aidan and Nadel, our expert chefs. Adele, Anouk, and Liz our wonderful baristas. Many thanks to all of those working behind the scenes who are keeping the in-store shopping experience alive.

To our community, for supporting local, fresh, quality organics.

CONTACT US

health@tastenature.co.nz Ph: 03 474 0219

Or visit us at the Dispensary inside the Taste Nature Organic Supermarket. Virtual Consults Available for our Practitioners contact us if you are unable to visit our clinic.