

**FOOD PROVENANCE:  
A DUNEDIN FOOD  
STORY FEATURING  
THE RECKLESS FOODIE**

# TASTE NATURE

**D I G I T A L M A G A Z I N E**

**Winter Edition**

**Issue 4 July 2024**





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things Taste Nature

# TASTE NATURE

Organic Supermarket - Integrative Health Clinic - Herbal Dispensary  
100% Gluten Free Cafe - Organic Gardens  
Social Enterprise

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# THE WHAKAPAPA OF KAI

## Where is our food from?

The whakakapa of kai thrives with a communal effort from the garden to the table. Kai can't essentially have a whakapapa but we can highlight the lineage of where our kai comes from. From the physical nature of being in the māra kai gardening – preparing the garden bed, digging and planting with tūpuna knowledge, to harvesting and making traditional meals – with ideologies from our tūpuna, to eating a meal and the sharing of a meal. Bringing the additional elements of whanaungatanga – building and nourishing relationships over the shared common desire of eating nutritious kai. These relationships encourage people to make connections between past and present knowledge, creating a communal connection in the present moment when sharing. This flow of knowledge can be full circle with these relationships bringing additional knowledge to either step – to development of or the maintenance of the māra kai, or to the meal creation and preparation.

~ Written by the TLC Team ~



# A PLANT-BASED LIFE

~Tracey Bennett aka The Reckless Foodie~



Because of the way many people living in Western countries have been educated around food culture, many of us have no idea how to make great meals with chickpeas, beans or lentils – not to mention tofu or tempeh! My passion is to share simple ways to use these high-protein, nutrition-packed superfoods to make simple, delicious, mouth-watering meals.

For me, cooking is therapy. I love nothing more than to throw on a pinnie, crank up some sounds, get settled into my kitchen groove and see what's in me to create that day. On a weekend afternoon or during the evening you could well find me curled up on the couch with a cuppa and my nose stuck into one of my many gorgeous cookbooks – poring over the pages while salivating and dreaming about what I might cook next!

Nurturing others through food is definitely a love language; during my adulthood I have revelled in cooking delicious fare for my hubby and kids, my extended family, my beautiful friends and now my grandbabies too. I have come to hugely value the art of being able to create something both yummy and nutritious in a short space of time out of what's in our cupboards, all the while enjoying the process. I want to share all that I have learnt along the way; these feel like skills that are important to foster and nurture in this fast, modern world of ours.

For as long as I can remember I have loved playing with, experimenting with, and being creative with food – especially savoury food!

I have my beautiful mum to thank for that. She was big on vegetables and salads and not so big on baking – showing a commitment to eating healthy food, which I wholeheartedly embraced. I recall being really proud of her as I watched her pour all her love and care into making beautiful, colourful food when we entertained. She would spend hours creating works of foodie art on her large round rattan platters – gourmet, colourful spreads of epic style and proportions. I'm a firm believer that we eat with our eyes, and those stunning platters had it all going on!

Over my decades of cooking with love, I've slowly and surely learnt to be an intuitive and accomplished plant-based chef. It's been a journey of passion, discovery and joy. I've learnt to work with all sorts of amazing ingredients which allow me to create delicious creamy, cheesy sauces, beautiful creamy desserts, and even some pretty sexy little plant-based cheeses for when I really feel the urge. I've also learnt magical ways to work with fruits, vegetables, nuts, seeds, whole grains and legumes to create plant-based versions of old favourites as well as new innovative foods and meals.



I adore feeding people – it's the nurturer in me – creating vibrant, rustic, delicious food that people love. I've learnt the importance of fresh herbs to take meals to another level, and how to use both dried and fresh spices and herbs to create awesome-tasting food that's so good for your body.

I'm passionate about inspiring people to cook simple, delicious plant-based wholefoods. And not only get their health back, but also feel more energised and vibrant in their life by changing the way that they eat, cook and see food.

With the launch of my first plant-based cookbook, I hope to become an exciting new buddy in your kitchen, one you can turn to for constant inspiration and also to help you set up your kitchen and pantry with what you need to get started. And, to offer you loads of options for delicious and enticing plant-based food that you can make for every meal and every occasion.



## Why The Reckless Foodie?

Well, there is a cute backstory to that. I was out to dinner at Coco Cantina, a wildly gorgeous Italian eatery in central Auckland, with my dear friend Matt. It was super vibey and buzzy and I was loving being out and about. The menu sounded so delicious that I took my time pontificating and deliberating before finally making my choice.

The seating at Coco's is really cosy and sandwiched together. So, while we were waiting for our meals, I was checking out all the neighbouring plates of food as they came out and salivating and lamenting over this meal and that one . . . I couldn't help myself! Matt looked at me, shook his head, and said while laughing: 'You're such a reckless foodie!' And he was right, I am! I love to play with food, have fun with food, be creative with food, and celebrate food with glorious (or perhaps reckless) abandon! And so, just like that, The Reckless Foodie I became, without another thought.

Thank you for getting me, Matt.



*“The beautiful thing is that now, I don’t often miss cheese – now that I am armed with so many tips and tricks to create delicious creamy sauces and cheesy snacks which make all the difference.”*

## What Healthy Plant Based Eating Looks Like

When you shift towards a plant-centric way of eating, there are some things that are really important to consider. Ensuring that you get all the nutrition you need, including protein, iron, calcium, vitamin B12 and more, is a top-of-mind concern for many. And rightly so. It is very easy to be an unhealthy vegan. Whereas if, like me, you are focused on eating plant-based wholefoods, this means that most things you consume are really good for you.

Importantly, our bodies thrive on highly nutritious plants, especially when combined with avoiding processed foods, coffee, alcohol and refined sugars. Not getting enough protein on a plant-based wholefood diet is quite simply a boring old marketing myth. If you are mindfully eating from all the key food groups (see the next section), ensuring that you are eating wholegrains, legumes, nuts and seeds regularly, then you will be completely fine. You really don't need to be concerned beyond that, as nature will automatically take care of all your protein requirements from there. Of course, if you are an athlete on a strict training regimen or similar, then you will want to be monitoring your food on a different level.

Everybody is different and it's important to acknowledge this. For a small percentage of bodies – legumes, pulses and/or wholegrains don't sit well in their digestive tract (initially), and these people need to look to different plant options for their nutrition. However, for the majority of bodies, moving to a fully or significantly more plant-based, wholefood diet is like an incredible detox and cleanse for the body, and it responds accordingly. Often excess weight is shed, vitality is gained, skin and eyes begin to clear and glow, and most people report huge increases in energy! For so many who make this change, it is quite transforming – they feel better and look younger than they have in years. How good is that?

The great news is, and this may surprise you, that by moving to a fully holistic plant-based wholefood diet, where you ensure you eat all the food groups you need, you will be getting ALL the protein you need, more nutrients than your body has ever enjoyed, all the calcium and iron you need – AND so much more wonderful stuff including plant nutrients, antioxidant and essential fatty acids that you might not have been getting before on a regular basis. In other words, you will be fuelling your body with more nutrition and more goodness than it has ever had.



# Tracey's Top 10 tips

## WHEN TRANSITIONING TO A MORE PLANT-BASED, WHOLEFOOD DIET



- 1. Be prepared** – shop regularly, so you have what you need to make easy, healthy food. BUY LOCAL and grow as much of your own food as possible.
- 2. Control your food environment** – ditch the junk food and any processed foods. Clean out your pantry and fridge regularly – remove temptations that don't serve your health and wellbeing.
- 3. Keep cooked grains (brown rice or quinoa) in the fridge and always have plenty of salad greens** – these are the building blocks for a quick healthy salad.
- 4. Consider doing 'meal prep' for the week on a Sunday.** You can make some meals for the week, your work lunches, maybe also a dressing for the week and some toasted seeds for sprinkling.
- 5. Always make extra when you make a meal** – you can either take it for lunch the next day or freeze it in portions. It's a no-brainer!
- 6. Keep it simple** – start with a few new plant-based meals that you make regularly and enjoy. Then, slowly move up to between 5 and 10 favourite easy, nutritious plant-based meals and rotate these on a regular basis. Keep things fresh by adding in something new from time to time to mix up with the old faves.
- 7. Snack in between meals on seasonal fruits and veggies that you enjoy and on nuts and seeds** – always have these available and handy.
- 8. Make veggies the HERO (the main component) on your plate, always.** That's both lunch and dinner; not just dinner. And eat multiple different veggies.
- 9. Have healthy sweet treats available for those moments of weakness when you need a sweet fix** – most of us have these! Think a decadent little chocolate macaroon or a piece of crazy good peanut butter fudge!
- 10. If you fall off the wagon or go over to the dark side, don't beat yourself up!** First, notice and acknowledge if you enjoyed it; then, the key thing is to not give up and stay off-track for days or even weeks. Jump right back on that wagon and focus on things you know are going to serve your health and wellbeing



Find more Plant-Based Wisdom in Tracey's first ever cookbook,  
'Plant Based Goodness.'

Available instore at Taste Nature or online at [therecklessfoodie.com](http://therecklessfoodie.com)





# TASTE NATURE

Presents

## Transitioning to a more Plant-Based Diet with Ease

With Tracey Bennett aka The Reckless Foodie

**Seminar:** 6pm - 8pm Tuesday 30th July @ Taste Nature Integrative Health Clinic.  
*(includes delicious raw treat, cuppa and book signing)*

**Cooking Demo:** Winter Hot Pot 6:30PM - 8PM Wednesday 31st July @ Taste Nature Cafe.  
*(includes delicious samples)*

**DOUBLE TICKETED EVENT**

**SINGLE:\$25 DOUBLE: \$40**  
(covers both events or two people)



Limited tickets available from [therecklessfoodie.com](http://therecklessfoodie.com)



therecklessfoodie  
plant based love



or in-store at Taste Nature  
(+ on the door until sold out)



TASTE NATURE  
INTEGRATIVE HEALTH





# TASTE NATURE GARDENS

Rodney Macdonald & Clinton Chambers

The Taste Nature Gardens story began with a blaze—literally. Seven years ago, Rodney McDonald and Clinton Chambers introduced themselves to their new community when their property, overrun with gorse and scrub, caught fire, prompting the arrival of two fire engines. Despite the dramatic start they saw the potential in their new property just north of Dunedin, overlooking Blueskin Bay. This land, with its sublime views and half a hectare of regenerated kānuka bush, was perfect for Rodney, whose passion for native bush was instilled by his grandfather.

Rodney's garden vision was clear from the start. He and Clinton lived in a caravan for six months while building their house and worked tirelessly to establish a shelterbelt garden with natives like kānuka, akeake, tī kōuka, and beech trees. The garden, now seven years in the making, blends formal structure with natural beauty, featuring a mix of native and exotic plants for year-round colour. Rocks from the property were incorporated into the garden design, adding a practical and aesthetic touch.

During the pandemic Rodney and Clinton expanded their market garden to supply



Stagebox Photography

Taste Nature Café with fresh, organic produce, creating a closed-loop system where kitchen waste is composted to enrich the garden's soil. This initiative not only supports local food sustainability but also fosters a holistic approach to health and well-being.

This garden is a wonderful example of what can be achieved with a little perseverance, and a genuine desire to support all things fresh and local.

See the following page for a free recipe inspired by the yams and potatoes that are currently flourishing!



Stagebox Photography



# THE RECKLESS FOODIE'S EASY CHICKPEA & ROOTS CURRY

(Serves 6 – 8)

This is a gorgeous soup for you to try – it is very green and full of goodness! For our children, I call this 'Goblin Soup' and they literally 'gobble' it up! Green Goddess Soup sometimes is how it gets described too. I have used my stick blender to make this one velvety smooth in consistency. Some soups are better this way and some soups are great when left rustic and chunky. Blending this soup allows the flavours to sing (and the goblins to dance...). Try it, it is surprisingly yummy as well as being completely oil-free if you use the 'dry-fry' method. It is a great soup to enjoy in Autumn, Winter or Spring. You can switch up ingredients depending on what is seasonal, the main thing is that everything is green.

## Ingredients

- 3 Tbsp olive oil
- 1 tsp cumin seeds
- 1 Tbsp black mustard seeds
- 2 large onions, halved and sliced
- 3 – 5 cloves garlic, crushed
- 1 generous knob of ginger, grated
- 1 tsp ground turmeric
- 1 tsp ground coriander
- A shake of chilli flakes (or more to taste)
- 2 – 3 medium-sized potatoes chopped into small cubes
- 5 – 6 yams cut in chunky 1/2s
- 1 cup or so of pumpkin cut into bite size chunks
- 3 cups water
- 1 tin of finely diced tomatoes
- 1 tsp natural salt and black pepper to taste
- 1 ½ cups of cooked chickpeas (or a 400g can, drained)
- One tin of pure coconut cream (optional)
- 3 – 4 cups of baby spinach or chopped spinach
- Coconut yoghurt and toasted cashews to garnish
- ½ – 1 cup fresh coriander (to include and/or garnish with)

## Tracey's Tip:

**The fact that this curry is delicious both piping hot and at room temperature makes it a very versatile dish!**

## How to Make

1. In a good sized saucepan, heat the oil over a medium heat, add cumin seeds and mustard seeds and stir until cumin seeds brown and mustard seeds start to pop. Next add onions and cook stirring regularly for about 5 – 10 more minutes until soft, sweet and just golden.
2. Add garlic, ginger, turmeric, coriander and chili flakes. Stir for a few more minutes.
3. Add potatoes, yams, pumpkin, salt, pepper, water and tomatoes and turn to a low simmer and cover.
4. Let the curry cook very gently for about 45 minutes until the potatoes are tender to bite.
5. Stir in the chickpeas, optional coconut cream and place the spinach on top and cover for about 5 minutes until it is wilted.
6. Stir the spinach through as well as most of the fresh coriander.
7. Serve immediately with brown or turmeric-spiked rice with a generous dollop of plain coconut yoghurt, some toasted cashew nuts and the remaining fresh coriander sprinkled on top to finish. Soooo delish!



This recipe was inspired by the seasonal, local produce available at the Taste Nature Gardens.

Find out more of Tracey at [therecklessfoodie.com](http://therecklessfoodie.com), including over 25 of her plant based recipes.



**TASTE NATURE**  
ORGANIC GARDENS





# GLYPHOSATE: UNDERSTANDING THE RISKS AND PUSHING FOR CHANGE

~Dr Zuzana Oravcova Wheeler~

*“We haven’t inherited this planet from our parents, we’ve borrowed it from our children. We have not borrowed our children’s future—we have stolen it and we’re still stealing it now, and it’s time we get together, whatever our religion, whatever our culture, get together and start changing the way—changing our attitude—so that we can leave a better world for our children, whom we love.”*

~Jane Goodall

## Chronic disease on the rise

Since the 1990s, there has been a noticeable increase in chronic diseases and other medical conditions that were once rare. The commonly used herbicide glyphosate (Roundup) is believed to be a contributing factor. Conditions linked to glyphosate exposure include:

- Metabolic issues: obesity, diabetes
- Autoimmune diseases: rheumatoid arthritis, celiac disease
- Neurological disorders: Parkinson’s disease
- Gastrointestinal problems: IBS, SIBO
- Cancers: non-Hodgkin’s lymphoma
- Reproductive problems

These associations highlight concerns about glyphosate’s role in the rising prevalence of various health problems.

## Brief history of glyphosate

Initially patented in 1961 as a chelating agent, it was used to remove mineral deposits from pipes and boilers. In 1968, Monsanto repurposed glyphosate as an agricultural herbicide, transforming weed control in farming. In the early 2000s, Monsanto patented it again as an oral antibiotic.

These roles—as a chelator, herbicide, and antibiotic—contribute to glyphosate’s broad impact on human health. Its use in agriculture raises concerns about exposure and potential carcinogenic effects, while its antibiotic properties may affect gut microbiota and antibiotic resistance. Understanding these impacts is crucial for managing its health risks.

Because glyphosate kills any plant it contacts, farmers must apply it carefully.

This changed in 1996 when Monsanto introduced "Roundup Ready" crops—genetically modified organisms (GMOs) designed to resist glyphosate. This innovation allowed farmers to use large amounts of Roundup on their crops without killing the plants.

In the early 1990s, glyphosate found a new use as a desiccant. It is sprayed on crops before harvesting to allow for easier storage and prevent mould. It’s widely used for many commercial crops, especially grains, legumes, and seeds for vegetable oils. As a result, these crops have become another source of glyphosate exposure. Another major carrier of glyphosate is water. Since glyphosate is readily water-soluble, runoff and leaching from agriculture can lead to pollution of waterways, groundwater, and oceans. This contamination affects these ecosystems and, ultimately, our bodies.

## Potential glyphosate risk factors

Producers of Roundup claim it is safe for humans, asserting it does not cause direct damage to human cells or DNA, as our cells do not possess the main target of glyphosate—the shikimate pathway. However, every microbe in our microbiome does have this pathway and can be directly affected by glyphosate. Additionally, scientists have identified several other mechanisms by which glyphosate can lead to chronic diseases, including cancer.







## How can glyphosate affect our health?

More than 200 papers detail various biological mechanisms that allow glyphosate to have an extensive and diverse impact on our health and the environment:

1. Damage to the microbiome, reducing diversity and favouring invasive species, disrupting the microbial balance.
2. Disruption of gut tight junctions, compromising the gut's defense system.
3. Interference with mitochondrial function, affecting cellular energy production.
4. Binding to +2 cation minerals (zinc, copper, manganese, magnesium, cobalt, iron), hence depleting essential micronutrients.
5. Interruption of protein synthesis.
6. DNA damage.
7. Ecosystem disruption, leading to loss of biodiversity and favouring invasive species in soil and water.
8. Negative effects on insects, including pollinators.

With mounting evidence, Roundup producers have faced numerous lawsuits over claims of cancer and other devastating diseases. Many of these lawsuits have been settled for significant amounts, including one settlement exceeding \$10 billion.

## What can we do about it?

By law, glyphosate cannot be used on certified organic crops. Hence organic foods typically have much lower glyphosate levels than conventionally grown foods, but contamination can still occur through soil, animal manure, rainwater, and wind drift.

People who eat predominantly organic diets have significantly less glyphosate in their urine compared to those who consume mostly conventional foods.

Consuming these crops when conventionally grown may expose individuals to higher levels of glyphosate and other pesticides, potentially leading to health issues. Therefore, it is advised to prioritize organic options when buying these fruits and vegetables.

To me, the evidence against glyphosate far outweighs any potential benefits. I've made a deliberate choice to avoid glyphosate-containing products and opt for organic, spray-free food whenever feasible. Switching to locally produced, sustainable, and ethically sourced organic food has revolutionized my well-being, and I have also seen positive effects in many of my patients. I prioritize nourishing my body and those I care for above other expenses. For me, it's not a luxury but a necessity—an investment in our future health and well-being.

To help ease the financial burden for consumers, the Environmental Working Group (EWG) produces an annual list of crops with the heaviest glyphosate residues, known as the "Dirty Dozen."

## The Dirty Dozen





The EWG also produces a list of crops that are relatively low on herbicide residues, making conventionally produced options safer to consume. This list is called the “Clean Fifteen,” and it includes the following crops:

## The Clean Fifteen



Additionally, healthier individuals tend to have lower glyphosate levels in their urine than those who are chronically ill. Despite these efforts, completely avoiding glyphosate is nearly impossible.

Glyphosate is banned or tightly regulated in many countries worldwide. However, in New Zealand, it remains unregulated and is widely used in agriculture, by commercial businesses, councils, and households.

## The path forward

EWG has a [downloadable app](#), which you may find quite helpful when shopping.

I also advocate for growing our own food both individually and within communities. This involves establishing community gardens and converting lawns into organic vegetable patches—it's simpler than it sounds. Beyond the advantages of organic produce, this promotes self-sufficiency, builds community spirit, and encourages sustainable practices at a local level. Moreover, gardening has proven to significantly benefit mental health. By doing so, we not only benefit ourselves but also contribute to a legacy for future generations.

In my view, the most effective solution lies in advocating for governmental action. Addressing a problem of this magnitude requires systemic changes to promote and support more sustainable agricultural practices, which would benefit all society, as well as our environment. However, this is a monumental task and will take time to accomplish. In the meantime, we can each make a difference at both individual and community levels.

I could delve much deeper into this important topic, but I respect your time and attention span. Thank you for sticking with me until the end. See you next time!



An expert in Integrative, Functional, and Lifestyle Medicine, Dr Zuzi offers personalised care for a variety of health problems at Taste Nature. She has co-founded Real Wellth with health coach [Isle Erasmus](#), providing comprehensive health and well-being care.

Learn more about Real Wellth [here](#).







# Becoming a Locavore

We've all heard the adage 'you are what you eat' - makes complete sense that what we put in our mouths will affect our physical, mental and emotional health.

To take that a step further - eating with the seasons is a simple way to support your total well-being. Fresh vegetables and fruits in season will nourish your body, mind & soul in appropriate ways for that season. Take winter for example - plenty of carbohydrate, antioxidant-rich colourful curcubits (eg pumpkin) and root vege (eg carrots) are available. We make soups, stews, and all those warming meals, using those carbs to fuel our internal furnaces.



Even further - how about becoming a Locavore? That is a person who eats primarily locally sourced foods. This way not only are you supporting local growers, but you will be helping yourself to be the healthiest you possible.

Freshly harvested organically produced foods are more nutrient dense than something that has travelled many kilometres and has likely been sprayed with one or more chemicals. Supporting local growers makes all kinds of sense, for starters you are supporting families just like yours, and this means we all thrive.

Here at Taste Nature virtually all our fresh produce comes from within Aotearoa New Zealand. Many of our grains do as well. When you come in to shop you will see cards on the shelves that state who grew or sourced the foods, and where they were grown. All our dairy products are locally and regionally sourced, as are our animal proteins; eggs, chicken etc.

Whakapapa o nga Kai/ Food Provenance in a wider context makes good sense too.

Foods that we can't grow in Aotearoa New Zealand - coffee, cacao, coconut, miso, bananas for example. Look for ethically, sustainably and organically grown/produced foods and you will be, from afar, supporting a grower in the best possible way.

~Francisca Griffin~

Francisca is a Naturopath at Taste Nature with over 20 years of experience. She offers [private consultations](#) for a wide range of ailments and can be found in the dispensary select weekdays for general health inquiries.

Find more Francisca Wisdom on our Youtube channel [here](#)





# VERN PADDOCK

~Jed Tweedie & Sky Macfarlane~



Growing local food for local people is important to us. Vern paddock project started as a way of supplying fresh, organic produce to our local community. When we moved from Auckland nearly 8 years ago to Mihiwaka, we wanted to be able to utilise the land and to do something impactful. After juggling full time jobs and farming, the move to full time organic farming was both memorable and a sign of validation that organics is important to our customers and community.

Being certified organic means that often the plants grow at a more natural slower pace, which means they have longer to generate taste/flavour and cell strength. Once the plants are harvested, they last longer and are more nutritious. We harvest nearly all of our produce fresh each week.

We grow all our microgreens in organic potting mediums, and some are grown directly in the market garden. It is quite uncommon but all our microgreens are grown in a greenhouse, making the most of natural sunlight. Most growers just prefer to use LED grow lights, but we find the microgreens are healthier when grown using sunlight, as well as saving un-necessary power use. All of our microgreens are cut and packed just 1 day before we deliver them to maximise freshness, nutrition, and shelf life.

We believe that growing plants without synthetic chemical intervention can only be a good thing and the fact it is picked, washed, packed, and delivered into stores and cafes quickly, means the produce arrives with as much nutrition as possible opposed to produce that has spent days in the back of a truck.

Our market garden uses a deep mulch compost system. This means that we do not till or dig the soil which is healthier for the soil microbiome. Like the microgreens, we harvest and wash these just before delivery. We often get told that our salads last significantly longer than other food wholesalers.

Produce is grown in just over 180 beds, mostly outdoors. We grow various produce, from leafy greens, microgreens, root vegetables, herbs, medicinal herbs, and edible flowers.

Diversity in produce is important to us as we are currently working on protecting and improving soil health and having different produce is a key element.

We grow a broad range of produce to supply local cafes and restaurants. Most customers purchase a bulk amount of our salads, microgreens, some herbs, and then a mix of seasonal vegetables. ADJO has been an early supporter of us, they change their menus with the season and often use more unique produce.

The climate in Dunedin can be incredibly challenging. We are fortunate to be located high on the hills above Port Chalmers, which means we do not often experience harsh frosts, but must contend with very strong winds. The daylight hours swing dramatically between the seasons, and in mid-winter and early spring it can be very slow growing. We spend time each winter planning the future season to utilise our small growing area, to make sure we have some produce for sale year-round. We have made four caterpillar greenhouses that are essential for winter growing and we can use these in summer for heat loving crops. Ask any food producer and they will tell you growing food is hard work. It can be relentless. You must adapt and be innovative. Jed's engineering background has been a massive bonus!



Select seasonal Vern Paddock produce is regularly stocked at Taste Nature.







# ADJO



One of our favourite parts about being cafe owners is that we get to hand pick the people we support through our business. We see business ownership as an opportunity to support other folk and their families with similar values, and one way we do that is through choosing local suppliers.

We're inspired by Nordic cuisine, and like New Zealand, Scandinavia is lucky to have access to beautiful fresh produce, as well as fresh seafood and high quality meats. Generally, we use smørrebrød (Danish open faced sandwiches) to showcase local produce. Smørrebrød can be as simple or as complex as you like, but they always start with rye bread, then butter, a sauce or a spread, local meats or pickled fish, and crunchy fresh vegetables and herbs.

We change our menu often, sometimes several times a season - we've found in the last couple of years produce availability has become more volatile, so it's not quite as straightforward to have 4 menus a year. For example, every summer we bring back the same dish - tomato smørrebrød - using a mix of cherry tomatoes from Brightside and Vern Paddock which we serve confit and fresh, on our own rye bread with vegan cream cheese and micro sorrel (also grown by Vern Paddock). This year we couldn't put the dish on the menu until late January because of how late the tomato season had been, but instead, we were lucky to have beautiful asparagus right through until Christmas.

Sourcing locally keeps us accountable, and it helps us better understand our food and climate. Not only is the quality better, it supports local people in business, and allows them to share their passion with the community. We're grateful to have access to so many incredible growers in beautiful Ōtepoti.



# WAEWAE PERMACULTURE

~Fiona Collings & Lian Redding~



Waewae Permaculture is a small family farm located near Pūrākaunui, 30 minutes north of Dunedin. Fiona Collings started the gardens in 2018 and was joined by her partner Lian Redding the following year. The land is leased for the market gardens, and is blessed with 35 years of organic practices from the owners, who regenerated the land from its colonial dairy farming years.

From the beginning the focus of the farm has been to produce food for the local community, using organic, permaculture and regenerative growing methods, for the health and taste of the produce grown. Produce is sold from the farm gate to the local community, and from Taste Nature and the Otago Farmers Market for the wider Dunedin community.

Waewae grows between 15 and 20 crops in a season: leafy salads, carrots, tomatoes, cucumbers, Asian greens, radishes, herbs and beetroot as well as seasonal variations. Heirloom varieties are used for some crops and seeds are saved and made available to home gardeners.

More vegetable farms as well as younger farmers are greatly needed in NZ, as well as better farming methods. The aim of Waewae is to produce at a socially and environmentally sustainable level while remaining a small family enterprise, with the hope that many more small farms are started to supply their communities.

The Otago farmers market is a wonderful way for the growers to be on first name basis with their customers. The customers share in the seasonality, variety and health benefits of shopping directly from the grower, one day after harvest. Taste Nature provides the convenience of all week availability while keeping the supply chain as short as possible.







# OTAGO FARMERS MARKET

The Otago Farmers Market is dedicated to providing the community with access to the freshest locally sourced food. Our core values ensure that our Market remains a true food market, where all goods and produce come from within a defined region, and vendors are directly involved in growing or processing the food they sell. This commitment to authenticity is the foundation of our Market, fostering transparency and trust between vendors and customers.

At the Otago Farmers Market, we adhere to strong principles that define who can trade with us. Our aim is to achieve a balance of 70% primary products such as fruit, vegetables, meat, eggs, and fish; 15% added value products like bread, cheese, and chutneys; and 15% ready-to-eat food. All products are grown or made in the Greater Otago region where possible, ensuring that customers can enjoy fresh produce with a low carbon footprint.

Most of our vendors are the actual producers or growers, which allows customers to ask questions about the origins of the items they are selecting. This interaction creates a direct link to rural communities and fosters strong local networks. Vendors are also encouraged to use produce from other vendors to create their products, further supporting the local economy and community.



The local model of our Market keeps carbon miles low, ensuring that produce is fresh, lasts longer, and retains higher nutrient levels. This approach supports local economies and helps the community understand where their food comes from and how good it can taste when picked and eaten shortly thereafter.

Supporting over 60 niche producers and growers, the Otago Farmers Market is a vital source of income for many vendors who also employ staff. The market has provided the incentive and encouragement needed for local producers to thrive, many of whom might cease trading without this opportunity. It offers a platform for producers to talk directly with their customers.

Our objectives are charitable and focused on ensuring that members of our community have access to healthy, local, fresh, and seasonal food. We share our vendors' stories to provide information about food provenance, reinforcing our commitment to quality and trust.

Wae Wae Permaculture & many wonderful local vendors at the Otago Farmers Market every Saturday.  
Visit their website [here](#) for more information.



# CHARLES GUIDICELLI



Charles is a Senior Osteopath and ACC provider at Taste Nature Integrative Health. He has extensive experience – 20+ years as an osteopath and has completed many specialist trainings across Europe and the U.K. He supports people of all ages – from new born babies right through to 99 year olds!

He believes that everyone should be able to live a life free from pain and limitation to do what it is that they love. He is an expert in the musculoskeletal system and his techniques can also aid the digestive system, the nervous system as well as acute and chronic conditions.







**Charles can offer support for a range of needs including:**

- ACC Care
- Private Care
- Infant and Child Care
- Mum and Baby Combination Care

Osteopathy is a form of manual medicine which recognises the important link between the structure of the body and the way it functions. Osteopaths assist healing by focusing on how the skeleton, joints, muscles, nerves, circulation, connective tissue and internal organs function together as a holistic unit.

To book with Charles, visit  
[tastenature.co.nz/health](https://tastenature.co.nz/health)



Visit our Youtube channel  
below to learn more

[@Tastenaturenz](https://www.youtube.com/@Tastenaturenz)







# PLEASANT RIVER



I have always gardened organically and before being where I am now I worked on a large organic farm in the UK. I have been growing on this piece of land for 17 years now. The first few years were mostly playing and experimenting and going through some rollercoaster life events. About 10 years ago I committed to the idea of both my life and work being here. I built green houses and harvest sheds to make producing food easier. But it was still hard and I spent a lot of time weeding. I had heard about no dig techniques and a friend gently encouraged me to try them. It was a revelation, my season was planting and harvesting with very little weeding. This approach saved me time, saved my back and allowed the microorganisms in the soil to do much of the work for me. With this change earning a living growing healthy kai is achievable. My growing commitments have to fit around the need to look after my young family, and I feel very lucky to be able to do this.



I have been very fortunate to have been supplying Taste Nature for as long as I have been growing here, it is the cornerstone of my garden business. I greatly appreciate the support of Taste Nature and that they supply my fresh produce to the public. I am also very lucky to supply Chefs like Sam Gasson of Moiety. Sam and I connected over a local food forum before he opened Moiety and we have had a great relationship ever since. He has a commitment to local food and that is reflected in his menu. I supply him with fresh organic produce and he encourages me to grow things that keep my garden interesting.

These sorts of relationships strengthen our local food network and help grow our communities.

~John McCafferty~





# Moiety



At Moiety our love for food starts at home in Ōtepoti Dunedin so it's essential to us that we work with local suppliers to ensure the majority of our unique dishes utilise local, seasonal produce. Our relationships with local suppliers go beyond business - they are our partners and together we are a Community.

John of Pleasant River Produce is a key partner for us - his regenerative no-dig farm is full of seasonal goodies that we work with here at Moiety to create fresh, innovative dishes for our ever-changing menus.

Knowing what produce is in season helps us plan our menus better, waste is kept to an absolute minimum and we cut down our carbon footprint.

Best of all we can serve the freshest possible dishes to our guests.

Every dish at Moiety is part of our region's story, from spring shoots to winter roots - our menus celebrate the land and the people that grow our food.





# MOIETY'S THOUSAND-LAYER CELERIAC WITH MISO BAGNA CÀUDA

## Bagna Càuda Ingredients:

- 120 ml Olive Oil
- 30 g Unsalted Butter
- Ten Cloves Garlic, thinly sliced
- Four Anchovy Fillets, finely chopped
- 50 g White Miso Paste
- 120 ml Cream
- 15 ml Lemon Juice
- Freshly ground Black Pepper, to taste

## Bagna Cauda Instructions

- Heat the Olive Oil and Butter in a small saucepan over medium-low heat until the Butter is melted and the mixture is warm.
- Add the thinly sliced Garlic and cook gently, stirring often, until it is soft and fragrant but not browned about 5-7 minutes.
- Add the finely chopped Anchovy Fillets and cook, stirring, until they dissolve into the oil and butter mixture, about 2-3 minutes.
- Stir in the White Miso Paste until it is well incorporated.
- Pour in the Cream and bring the mixture to a gentle simmer. Cook for another 2-3 minutes until the sauce thickens slightly.
- Add the Lemon Juice and freshly ground Black Pepper to taste. Stir well to combine.
- Remove from heat and set aside.



## Thousand-Layer Celeriac Ingredients:

- Two large Celeriac Roots peeled and thinly sliced
- 30 ml Olive Oil
- Two large Onions, thinly sliced
- 200 g Unsalted Butter
- Salt and Pepper to taste
- One sprig of fresh Thyme
- One sprig of fresh Rosemary
- Oil for frying
- Grated Parmesan Cheese
- Butter for greasing
- Miso Bagna Càuda (from recipe on left)



# Thousand Layer Celeriac Instructions

## 1. Preparation:

- Preheat your oven to 180°C.
- Grease a terrine mold or loaf pan with Butter and line it with baking paper, allowing some to hang over the sides for easy removal later.

## 2. Caramelize the Onions:

- In a large skillet, heat the Olive Oil over medium heat.
- Add the sliced Onions and cook, stirring occasionally, until they are caramelised and golden brown, about 25-30 minutes.
- Add 30 g of Butter to the Onions in a blender and season with Salt and Pepper. Blend until smooth.
- Set the Caramelised Onions aside.

## 3. Mix Celeriac with Onions and Butter:

- Combine the thinly sliced Celeriac in a large bowl with the Caramelised Onions.
- Melt the remaining butter and pour it over the mixture. Toss to coat evenly.

## 4. Layering the Terrine:

- Arrange a layer of the Celeriac and Caramelised Onion mixture at the bottom of the prepared terrine mold.
- Sprinkle some Thyme and Rosemary leaves over the layer.
- Repeat the layering process until the entire mixture of Celeriac and Onion is used up.
- Cover the terrine with baking paper and then aluminium foil.

## 5. Cooking:

- Place the terrine mold in a larger baking dish. Fill the baking dish with hot water to reach halfway up the sides of the terrine mold, creating a water bath.
- Bake in the preheated oven for 2 hours or until the Celeriac is tender and the liquid is mostly absorbed.



## 6. Pressing and Cooling:

- Remove the terrine from the oven and let it cool slightly.
- Place a weight (such as a can or a small heavy pan) on top of the terrine to press it down. This helps to compress the layers and create a firm terrine.
- Refrigerate the terrine overnight to set.

## 7. Serving:

- Preheat the Oil to 200°C.
- Remove the terrine from the mold using the parchment paper overhang to lift it out.
- Cut the terrine into slices and place them on a baking sheet. °
- Working in batches, fry until golden brown.
- Drain on a paper towel to remove excess Oil.

## 8. Garnish and Serve:

- Place a spoonful of the warm Miso Bagna Càuda in the centre of the plate.
- Put the crispy slice of Celeriac on top of the Bagna Càuda and cover with grated Parmesan.
- Garnish with freeze-dried Kimchi and finely chopped fresh Chives.





# WILD DISPENSARY

~Ruth Vaughan~

Eight years ago Wild Dispensary started as a passion project creating small batches of plant medicine for the Otago farmers market. Now, we've grown into something that not only allows us to support other wonderful local businesses (like our growers) but also provide a wide range of natural formulations to you (our customers).

Now, rather than packing orders in our basement, we're in a beautiful heritage building in the Bond Quarter. And while we've come a long way since the early days, the essence remains the same - bringing quality, local, wild-harvested and organic plants to the people.



We put a real emphasis on local ingredients. Whether it be local growers like Vern Paddock up the road in Mihiwaka or going out and wild harvesting elderberry on the Taieri plains, or thyme and California poppy in Central Otago. We believe we have everything we need around us. Sourcing locally means we can support other small local businesses, access the freshest, quality ingredients, and have a smaller carbon footprint.

Sustainability is a big part of what we do. That's because we believe being in business shouldn't cost the earth. That's why we use glass bottles and have a bottle return scheme; we compost one hundred per cent of our organic waste and have plastic-free dispatch. With every online order and bottle return we also donate to the Dunedin Wildlife Hospital.



# FOOD PROVENANCE: A LOCAL BUSINESS PERSPECTIVE

~Skye McFarlane~

When people talk about food provenance, they are talking about knowing where their food first originated. In quite simple terms – at your next meal do you know where that food came from?

The importance of knowing this can lead to wider discussion around food miles, sustainable and regenerative agriculture and supporting a local resilient food system. This discussion applies to herbal medicine and natural health.

Provenance is important as it tells us where and how that food was grown. It is equally as important for the plants and herbs we take to support our health. The extensive choices now in the natural health space can make it difficult to quickly see where the ingredients or plants come from that make up a large section of natural health supplements. This can add to confusion for some consumers as brands can be New Zealand owned but they are using largely imported ingredients.

Historically some natural health businesses relied on New Zealand grown or wild harvested plants to form their product range. But changes in how businesses manufacture, and rising costs have moved where and how some source their ingredients. Plus, due to New Zealand's cooler climate, there is a need to import plants that require a warmer temperature to grow such as spices. One of the things Wild Dispensary is committed to is provenance in our supply chain. We commit to sourcing as many of our ingredients from New Zealand as possible. We work with small and local growers paying them a premium for their efforts and wild harvest plants when in season and where appropriate. We do use some imported ingredients such as ginger and spices or to supplement local supplies where necessary. However, for the majority of the ingredients that go into our products we can tell you what area in New Zealand or what farm or from what grower. This is a key part of how we do business differently.



This supply chain provenance has wider social impacts also. Being able to actively support the local economy by purchasing from local growers allows those businesses to continue, we want to support a diverse and varied local economy because without them we are all worse off. In the past few years, we are seeing businesses struggle with ongoing costs, and this is leading to reduced staffing or even business closures. If we do not support our local businesses, growers, and suppliers we will have a severely reduced choice in the future, and this will impact on our regional resilience and ability to support our community.

Traditional herbal medicine has always advocated for utilising and taking plants that grow around you and your community. In simple terms, the plants in your literal backyard or regional backyard are the plants you should be taking to support your health. With increased globalisation, our ability to source ingredients easily and quickly from all over the world, moved us from using the plants we live around to plants that grow in vastly different countries and climates. This change helped introduce different plants and allowed more choice for consumers which was beneficial, however it did lead to some plants being overharvested. They were added to products because it was 'trendy' and now some plants face endangerment.

Sourcing plants (both for food and herbal medicine) that grow locally has many benefits – in terms of quality, sustainability and social and environmental impact. You can also monitor how they grow each year. You can work with the seasons, adapt how and what you use with what is happening in the environment. When you rely on imported ingredients you are removed from how it has been grown, how it has been harvested and the working conditions the farmers and harvesters work under.



Skye Macfarlane is a Naturopath and Medical Herbalist at Wild Dispensary. Having gained a Bachelor of Natural Medicine from South Pacific college, further study drew her to the University of Otago, where she completed a Postgraduate diploma in Public Health. Skye remains in Dunedin where she works with Wild Dispensary alongside maintaining a small organic farm with her husband Jed (page 14).

For more on Wild Dispensary, click [here](#).





# VALERIE MARAINE



Valerie hails from the French alps and is a knowledgeable and experienced masseuse. Her focus with body work is to relieve physical and mental strain for her clients using myofascial release and Swedish Massage techniques.

Valerie brings a warm heart and care to her work and has enjoyed a lifetime of high level sport including a pine skiing. She is an intuitive practitioner who works to align your body and release tension. When needed Valerie collaborates with her team-mate, Taste Nature Integrative Health's Osteopath Charles, ensuring patients get the care they need.

## Myofascial Techniques

Myofascial release therapy is a type of gentle, constant massage that releases tightness and pain throughout your myofascial tissues. First, your healthcare provider will locate trigger points, or knots, in your fascial tissues. Then, they'll gently apply pressure until they feel the tension release

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Valerie can work with all forms of injuries, pain, tightness, and strains. Patients will benefit from her expertise in the following ways:

- Stress release and management
- Relaxation
- Muscle spasm, tightness, and strain release
- Sports injury support
- Headaches ease
- Back, buttock, and hip pain release
- Repetitive strain, injury and frozen shoulder support

To book with Valerie, visit  
[tastenature.co.nz/health/](https://tastenature.co.nz/health/)



For more of our practitioners, visit  
our Youtube channel below

@[Tastenaturenz](https://www.youtube.com/Tastenaturenz)





# Mental Wellbeing: The Importance of Nutrition & Soil Quality

~Sophia Dawson~

Our food doesn't look like it used to in our grandparents' day. Artificial flavourings, colours, preservatives and other ultra-processed 'foods' take pride and place on our TV screens, social media, movie theatres and stores. Ultra-processed foods aren't technically required to be 'foods' at all – in fact, by the NOVA classification system's definition, they are "formulations of ingredients, mostly of exclusive industrial use, typically created by series of industrial techniques and processes". Entirely devoid of nutrients, these 'foods' are wreaking havoc on our physical and mental health. In fact, in a 2022 study, Lane and colleagues found in a cohort of 385,541 that there appears to be a bidirectional relationship between ultra-processed food consumption, and anxiety and depression. In other words, the more ultra-processed food one eats, the greater increase in symptoms of anxiety and depression. In the words of Dr Michael Pollan; "don't eat anything your great-great grandmother wouldn't recognize as food".

That isn't the only difference about our food in the modern day. Professor Julia Rucklidge speaks about the differences in soil quality, particularly due to the speed with which crops are being grown, the lack of

remineralization of the soil, and the use of herbicides such as Round-up. Not only are we surrounded by ultra-processed foods, but even when making a healthier choice, our bodies aren't necessarily getting the nutrients from fruits and vegetables we once might have.

Every day, we make over 35,000 choices. Each of these choices take us towards the life we want to live and the person we want to be, or away from the life we want to live and the person we want to be. You are reading this article right now because you value your mental and physical health, and you also very likely value the quality/ nutrient density of your food.



It is only human to eat foods that fall outside of this definition sometimes – often, it is in prioritization of another value, like social connection (e.g. going out for dinner), or relaxation (e.g. having a long day at work and opting for takeaways). There are many ways that we can make choices that align with these values. Firstly, we can connect with our 'why' – being able to transcend the present moment (e.g. being tempted by takeaways two nights in a row), and reminding ourselves that Future Me will be really grateful I made a values-guided choice. Secondly, we can prepare ahead – writing shopping lists, planning meals for the week, and ensuring variety in our meals throughout the week. And, remind yourself it's only human to have those thoughts that tempt you into making the less nutritious choice – compassionately remind yourself of your 'why', and act accordingly.



Sophia is a Psychologist and Founder of Bloomers Psychology, an online teletherapy service that provides psychological assessment and treatment to those of all ages.

For more on Sophia and her team, click [here](#)

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PSYCHOLOGY

  
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# NOT FEEDING THE WORLD TODAY

Diane Brown is a novelist, poet and memoirist. Her first book *Before The Divorce We Go To Disneyland* (1997) was winner of the NZSA Best First Book of Poetry at the Montana Book Awards 1997. Her poetic memoirs include *Here Comes Another Vital Moment* (2006) and *Taking My Mother To The Opera* (2015). Her latest work is a poetic narrative, *Every Now and then I Have Another Child* (2020).

Hens don't get a toehold on our small inner-city plot, only a worm farm with secretive tiger worms, requiring me to poke under the layer of food scraps, making sure they are still alive in the same way I prod my husband if he is late to wake. I suggest we could dig up the field at the top of our neighbourhood park for fresh vegetables, now so costly and often unavailable. I mean someone else could dig up the field. We are too old. We'd need hens, too. For the first time in my life, the supermarket has had no eggs for over a week. In my grandmother's day there were no fresh eggs for breakfast over winter. Cooks give a list of substitutes: banana, apple sauce, aquafaba, tofu. The vegans are rejoicing but there is no substitute for the poached eggs we like to have on a Sunday. The hens could roam in the bush during the day, returning to their coop at night unmolested by foxes.

My husband says the kids play football there and isn't that important? There are, I guess, many ways of feeding. He shows me how soft the bark of the tall Wellingtonia redwood is. We need fields and trees, exotic and native, as well as vegetables, he says. It is difficult to know how to feed the demand for so much: food, shelter, love, calls more insistent every day. I could write a poem which might connect with a lone soul but thin gruel to someone forced to live on it. Perhaps our mothers, less ambitious, had the right idea, growing what they could, sharing it around without making a big deal of it, getting in the neighbour's washing if it looked like rain. Making vegetable barley soup on lean days, preserving autumn fruits and eggs for winter. Never any talk of feeding the world, just noticing what needed to be noticed.



# Practitioners

## Intergrative Health Clinic



Charles Giudicelli  
OSTEOPATHIC PRACTITIONER  
 Watch Charles [Here](#)

Valerie Maraine  
MASSAGE THERAPIST




Collin Blake  
REGISTERED NZ ACUPUNCTURIST  
 Watch Collin [Here](#)

Janene Weir  
BOWEN THERAPIST  
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Dr. Zuzana Oravcova Wheeler  
INTEGRATIVE LIFESTYLE MEDICINE DOCTOR  
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Tracey Gear  
NATUROPATH  
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Francisca Griffin  
NATUROPATH  
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Ilse Erasmus  
PH360 & HEALTH COACHING



Marie Kiely  
AGEING WELL PRACTITIONER  
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Michelle Curtis  
EVIDENTIAL MEDIUM



Sophia Dawson  
NUTRITIONAL PSYCHOLOGIST



# Winter Edition

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**VALERIE MARINE**

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Scan for all things Taste Nature



*This Winter Edition would not be possible without the incredible staff at Taste Nature, our team of practitioners and everyone else working hard behind the scenes.*

*Last but not least thank you to our community, for supporting local, fresh, quality organics.*