



www.kombu.com.au

Winter Newsletter 2011

Prices Down Thanks to You



Thanks to YOU, Kombu has had our busiest start to the year since we opened. All great news - but what does it mean?

With profits going back into the store and to local organisations this has allowed us to drop prices on over 100 lines - some by up to 25%...

New Products

We have also been able to introduce a mountain of new products into store.

Some of the most exciting new lines into store include: Rawganic Chocolate / Mayan Coffee / Funky Pies / Vrindavan Clay and Oscar 1000 Juicers...



Donations

Recent Kombu donations have gone towards:

- ☘ The campaign to stop the proposed Raleigh mega-dairy
- ☘ The legal battle in WA between organic grower whose organic crop was contaminated by GM seed and GM multinational Monsanto.
- ☘ The development of a free online permaculture design course.

None of this would be possible without your regular custom and your valued suggestions of new lines for the store. It is a real joy to share this journey with you and to walk together towards great health - for us, our community and our planet.

Current offers

@ time of printing

Global Organics
Peeled Tomatoes

400g tin
Save over 50%
\$0.99/tin



Local Organic
Lady Finger
Bananas

\$7.95/kg



Amy's Organic
Marinara Pasta Sauce

695g jar
Save over 50%
\$7.95 / jar



Alchemy
500ml Shampoo /
Conditioner
Packs

Save over \$10
\$39.95/pack

Specials change from week to week, check in store for current offers :-)

Local Produce News



As summer subsidies, the diminishing strength of the sun gives the local leafy greens a chance to grow - so expect to see them in store in abundance.



At the time of writing we have already got more than 30 local produce lines in store including avocados, kiwifruit, cherry tomatoes, pumpkins (butternut and nugget), sweet spuds, regular spuds, beans, melons cucumbers, rhubarb, sprouts, rocket and beans.



We are working with more local growers than ever before, produce sales are up 50% on this time last year - all of which means more local food and more money reinvested in our Shire. But perhaps most importantly, great wellness for us all as we consume sustainably produced fruit and veg at their freshest.

Kombu Wholefoods, 105 Hyde St, Bellingen, NSW 2454
T: 02 6655 9299 W: www.kombu.com.au E: shop@kombu.com.au

Local Meat from Biodynamic Farm

We have got some delicious local meat in store from a local biodynamic farm. The meat is available frozen and comes with rave reviews.



Tillabudgery is an 1100 acres property situated at the head of the Nambucca River, supporting 22 rainforests, surrounded by hardwood forests and adjacent to the New England World Heritage

National Park.

Tillabudgery has been operating on biodynamic farming principles since 1984 and is now fully certified by the Demeter Bio-Dynamic Research Institute. Owned by Roger Spain and Madeleine Marty, Tillabudgery runs around 70 breeders with two bulls, all free ranging on the rich and diverse fast growing grasses of the hills and river flats. Their Angus-cross calves have unlimited access to their mothers milk (and grass as they choose) as they



Brett Slater, a local bio-dynamic certified farmer grew his first crop of dryland rice on his family farm in the Northern Rivers, NSW in 2009.

Since that time the range has expanded - the farm now produces rice flour, spelt grain, a range of spelt flours and even a growing range of long grain fragrant rices. Expect to see all in store soon.

The New Oscar 1000 Neo Juicer is here!

The Oscar 1000 Neo is the latest Oscar Juicer. It can perform a multitude of tasks including juicing, grinding, ice cream

making, pasta and noodle making and more. This 'next generation' Oscar Juicer is the 1st design upgrade to the

multi-award winning Oscar 900 juicer.

With new features, new materials and an extended warranty we are very excited to get the Juicer into store.

For full information please ask in store or visit the Oscar Neo page at:

www.kombu.com.au



\$495



Looking Good...

We've been busy with staff training recently. As you can see from the photo it has been great fun - and we are now trained up in both Lavera and Weleda natural skin care and make-up products. Please let us know if we can help you with any skin care questions.



5 Reasons to Say No to GMOs

1) **HEALTH:** It has been shown that animals fed with GMOs can develop health problems.

2) **ECONOMY AND CULTURE:** GM products do not have historical or cultural links to a local area.

3) **FREEDOM:** GM crops denature the role of farmers, who have always improved and selected their own seeds. GM seeds are owned by multinationals to whom the farmer must turn every new season, because, like all commercial hybrids, second-generation GMOs do not give good results.

4) **BIODIVERSITY:** GM crops weaken biodiversity because they require large surface areas and an intensive monoculture system.

5) **HUNGER:** When it comes to hunger, the United Nations states that family agriculture will protect the sectors of the population at risk of malnutrition. Multinationals corporations such as Monsanto instead promise that GMOs will feed the world, but since they began to be marketed around 15 years ago, the number of starving people in the world has only grown, just like the profits of the companies that produce the seeds.

Article: Carlo Petrini, Slow Food Italy

Font used for article: Sprang Eco Sans. A new 'eco' font developed to use less ink than regular fonts.

Bike2oz

To celebrate 10 years since Kombu founders Kevin and Lowanna completed their bicycle expedition from England to Australia we thought you might enjoy an excerpt from their Journal. We find the duo about to enter Iran after cycling across Turkey:

We had already been warned that the Iranian customs were infamous for confiscating film and videotape. We hid our illicit cargo in our socks inside our sleeping bags and set off nervously from Turkish border town of Doğubeyazıt. Near the border we stopped to admire the majestic beauty of biblical Mount Ararat, Turkey's highest mountain. With the temperature on the road climbing towards 40 degrees it was incredible to see snow on it's peak. Turning the other way we then spotted a multicoloured river of trucks queuing up to enter Iran.

We were soon weaving our way between the metallic monsters. We were directed towards a daunting building residing one side of the huge compound. Inside we joined hundreds of others battling their way towards a small window that would periodically open. With passports in hand we dived into the fray. Half an hour and several arguments later we emerged triumphant.

A man suddenly waved us towards a door in a distant wall. We opened the door. Braced for a hall full of Customs Officers waiting to pull our precious panniers apart, we instead found ourselves squinting as we looked through the hazy sunshine into a dusty valley.



We felt like we were the only tourists when we arrived in Zahedan and really enjoyed wandering the street markets taking in the sights, smells and sounds. The delicious fruit smoothies kept our vitamin intake up and

the local people in all manner of head wear ensured that it was us doing the staring.

But on our third day we found ourselves pulled in for questioning by the local police for taking a photograph of a propaganda painting on a wall of the university. They wanted to know why were we in Zahedan? Where were we from? Why were we taking photographs and when were we leaving?

Iran had surprised us, amazed us and frustrated us. Now it was interrogating us. We were suddenly very nervous. Pakistan and Afghanistan's borders were less than one hundred kilometres away. We thought about all the gear back at the hotel - laptop, video camera, suspicious looking radio microphones, notebooks, and masses of rolls of film. We knew it was time to go. Early the next morning we packed our bags and loaded ourselves and our bikes onto the first bus to Quetta.

Kombu



Growing Organically
Did you know that Australia is already home to the most organic farming lands in the world.



Online News

The online store has continued to grow quickly. We now send our more orders every week than we used to send out in a month.

It leaves us feeling a little crazy at times - but also excited to be able to supply chemical free food across Australia. The online store was recently upgraded so you no longer get bounced to the shopping cart page when shopping - as long as you have Java installed (as most of us do) it all happens on the screen in front of you.

Next significant upgrade is to give you online tracking and order histories - ETA August 2011.

Of the 35 million hectares of organically managed agricultural land globally, Australia accounts for about 12 million hectares :-)
AND - organic farming has been touted as the NUMBER ONE Australian growth industry for 2011.

Free PDC Course

Kombu is supporting the development of a free Permaculture Design Course.



In their words: *"This project is all about creating open sourced resources for the world in this time of great transition. Motivated by a desire to be of benefit to as many people as possible with the minimum effort, we could not think of a better way to officially launch the project than create a beautiful High Definition professional recording of a full 72 hr PDC course and make it available online as a free resource for the world!"*

www.impermanencefilm.org

Food News

→ There is evidence suggesting that genetically modified pesticide-producing corn, soybean and canola continues to produce pesticide once it's inside you, colonizing your gut bacteria and genetically altering it to also produce pesticide within your own cells.

→ Fresh from his oldest son's wedding, Prince Charles came to Washington to slam today's conventional agricultural system as unsustainable because of its reliance on biotechnology and chemicals. "Capitalism ultimately depends on capital but our capital ultimately depends on the health of nature's capital," the prince stated at Georgetown University today.

→ We are BIG fans of Permaculture and it is great to see all back issues of Permaculture Magazine now available for affordable download.

→ An allergy expert says Australian children have the highest recorded rate of food allergies in the world and warns the statistics could translate into a wave of chronic diseases.

For the full stories join us on Facebook



Bellingen Store Open Mon - Fri 9.00am - 5.30pm, Sat 8.30am - 3pm

Online store open 24/7 @ www.kombu.com.au, delivery across Australia

Information used in this newsletter from a number of sources. Please ask for more information. E&OE.