

Spring 2018

Welcome

Spring is in the air! The days are getting longer, the weather a bit warmer, the trees are filled with blossom and new life is all around us.

As I watch the herbs in our garden emerge after the wet winter I am reminded of the importance of these amazing plants to our products.

We talk about our skincare products being 'Farm to Face' Beauty and I love this concept of growing and harvesting our own herbs which are then included in our beautiful products made on-site in small batches.

We put care and love into all our products and we feel it is special for our customers to be able to visit our destination, where the products are made – traceability and authenticity at its best!

Our 25th anniversary year is drawing to a close but we still have our Limited Edition Anniversary Body Lotion available through to the end of the year – it would make a beautiful Christmas gift.

We were very excited to launch our highly anticipated Hydrating Overnight Face Mask which was a huge hit with our external trial group. This has been flying off the shelves since it launched in August and it leaves your skin amazingly soft and hydrated – if you haven't tried it yet then give it a go – it will give your skin its own spring renewal.

Enjoy all the beauty and new life Spring brings and we hope to see you at The Herb Farm soon.

Sarah Cowan (Managing Director)



Botanical Simplicity

I just love being able to go out into the garden to pick herbs for our first aid needs, herbs are our original medicines and in their purist form (straight from the plant) they are incredibly powerful.

Here are my Top Seven

Aloe - open the leaf to reveal the clear gel inside and apply it to soothe burns, bites, and inflammation. Great for pimples and acne too as it has an astringent action.

Calendula - the leaf wrapped around a cut stops the bleeding immediately. Infused flower heads can be used for eyewash for red sore eyes. The petals are edible so sprinkle in salads or soups for a healthy and eye catching addition.

Comfrey - a leaf dipped in boiling water briefly and then wrapped around a strain or sprain will speed the healing process. Comfrey contains allantoin which accelerates the healing of bones, muscles and skin.

Lavender - pick a bunch of English type lavender and keep by the bed to squeeze and inhale, this will help you relax and this variety encourages a deep sleep. French lavender, (Lavender dentata), flowers all year and has a fragrance with a camphor overtone.

Menthol Mint - chew a leaf for easing a sore throat. Squeeze and inhale to unblock sinus congestion. Coat the leaves in chocolate for herbal after dinner mints.

Plantain - this weed will bring splinters or boils to the surface when a leaf is wrapped around the problem area - no more poking with needles and less weeding in the garden too.

Thyme - pizza thyme works wonders as a gargle for sore throats, as a tea for coughs and a bath infusion is used for colds, flu and exhaustion. Adding it to pizzas and other Mediterranean dishes adds vitamins as well as flavour to your meals.

Lynn Kirkland (Founder & Herbalist)



Introducing Our Hydrating Overnight Face Mask

A creamy face mask that deeply hydrates overnight so you wake up to soft, radiant and nourished skin. Powerful natural extracts help to prevent moisture loss and provide collagen support as your skin repairs while you sleep.

OUR HYDRATING OVERNIGHT FACE MASK IS GREAT FOR:

- Skin needing a boost of hydration
- Dry skin or skin showing signs of ageing where collagen and elastin support is needed
- Travellers feeling the effects of flights, dehydration and climate changes
- People who spend a lot of time outdoors
- Dull or tired skin

Our amazing Hydrating Overnight Face Mask is available at The Herb Farm Retail Store, online at herbfarm.co.nz, Health 2000 stores and other selected stockists nationwide. RRP \$32.90 (50ml).



100%
OF TRIALISTS*
SAID THEIR SKIN WAS
SOFTER AFTER USING
THIS MASK

Sunday Roast Sides

Take your Sunday roast to the next level with these simple accompaniments, tasty and quick to make.

Honey Roasted Carrots

6 Side Serves

600 grams Multi Coloured Baby Carrots (peeled and trimmed)

¼ cup Olive Oil

50mls Runny Honey

6 Garlic Cloves

Sea Salt and Cracked Black Pepper

Few Sprigs of Thyme

Pre-heat your oven to 200 degrees, line your oven tray with baking paper.

Add the prepped carrots, drizzle olive oil and honey over, add salt, pepper and thyme, then toss through.

Put in the oven for 10 minutes to gain colour then turn oven down to 180 degrees and cook until just tender. Serve and enjoy.

Balsamic and Rosemary Brussel Sprouts

6 Side Serves

500 grams Brussel Sprouts (peeled, cut into quarters, washed and dried thoroughly)

2 Sprigs Rosemary

6 Tbsp Balsamic Vinegar

4 Tbsp Olive Oil

3 Garlic Cloves Crushed

Salt and Black Pepper

Pre-heat oven 180 degrees.

Whisk together olive oil and 4 Tbsp of the balsamic vinegar, crushed garlic, salt and cracked black pepper. Pour over the prepared sprouts and toss through.

Roast in the oven for approx. 15-25 minutes or until tender and crisp. Drizzle with the remaining vinegar and serve.

Megan Pirret (Head Chef)



DIY Infused Water

Infusing your own water is easy to do, it makes your water naturally taste great and encourages you to drink more and keep hydrated.

Believe it or not, you can infuse water with fruit, veges, herbs and spices. You can get creative with your infusions – the possibilities are endless. Once you have sorted your ingredients place into your water bottle (slice/dice/squeeze/shake) then put into fridge or let the water sit for a few hours to allow the flavours to infuse.

The longer it is infused for the more flavour the water will have. You can refill the water a few times and let it infuse again, bearing in mind the flavours won't be as strong.

We have tried and tested 3 for you to kick-start your water infusing journey. Give them a go and get creating more of your very own – Enjoy!

Mexican Marigold & Pineapple - for a tropical hit

Mint, Strawberries & Frozen Raspberries - for a colourful berry blast

Cucumber, Mint & Lemon - for a classic detox

