



APRIL
2020

ISSUE
03

PIKO NEWS

Easter approaches as New Zealanders stay at home in the Covid-19 lockdown

The entirety of New Zealand's schools and non essential workforce stay at home in the Covid-19 lockdown.

Piko Wholefoods decided to close the shop for the level 4 lockdown period and offer an "Essentials" delivery service. This decision was a difficult one, we have many local suppliers, and customers, who rely on us to be open. However, we do not want to be a place where transmission of Covid-19 could occur.

In March we had several weeks of increased sales with the threat of a lockdown hanging over us all. During these weeks we became aware that our shop has some potential transmission points.



Easter eggs will be on special after the lockdown.

Of course our cleaning schedule has been upgraded to ensure these are safely dealt with. When we reopen to the public, after the level 4 lockdown is complete, we will be managing this so you can shop with confidence. It will be different shopping at Piko but then again, it's different everywhere!



Hannah is working in the shop putting deliveries together for lockdown orders.

In this challenging time, we know you will be doing your very best to look after yourselves and each other by respecting the 2m physical distancing and self isolation rules.

We look forward to seeing you all when we open our doors again.

How to Order with us

Our delivery service is working at a limited capacity. We have the basics available such as rice, beans, lentils, flour, eggs, avocados, fruit, seeds, nuts etc. We have limited dairy and fresh produce available. If you need to place an order with us please email orders@pikowholefoods.co.nz. This service is for essential food items for our vulnerable customers, those with specific dietary requirements or people who cannot make it to the supermarket.

For fresh produce delivery boxes, please contact **Cultivate Christchurch** (<https://cultivate.org.nz/pages/contact-us>) or **Ooooby Christchurch** (christchurch@ooooby.com or 022 687 3925) who have fabulous fresh delivery systems for organic produce.



Seeds and grains come from plants; pictured here are the botanical plants that many of our seeds and grains come from.

Delicious recipes to try....

Nut Butter Quinoa Flake Cookies



Recipe from Canterbury Quinoa at Avonmore Farm

INGREDIENTS

- 1 cup dates
- 1 ripe banana
- 1/4 cup smooth peanut butter or other nut butter
- 2 teaspoons vanilla
- 1 cup ground almonds
- 1 cup Canterbury Quinoa flakes
- 1/2 teaspoon salt
- 1 teaspoon baking powder

Preheat oven to 190°C. Line a baking tray with baking paper. In a food processor, combine the dates, banana, peanut butter, and vanilla. Add 1/4 cup of water.

Blitz until smooth, scraping down the sides as needed. Add the almond meal, quinoa flakes, salt, and baking powder. Process until combined. Put about 2 teaspoons of mix onto the tray, leaving about 2 cm between cookies. Wet your fingers with a little water and gently push down the cookies to flatten. Bake for 15-18 minutes, turning the tray halfway through cooking.

The cookies will be golden brown on the bottom when done. Remove and let cool for 10 minutes before removing from the tray. Store in an air-tight container in the fridge for up to a week or freeze for longer storage.

Hot Cross Buns

INGREDIENTS

- 1 cup dates
- 1 heaped tsp active dried yeast
- 1/4 cup warm water and 1/2 cup warm milk (or 3/4 cup warm plant based milk)
- 2 tbsp raw sugar
- 2 tbsp softened butter or margarine
- 1 tsp vanilla
- 1/2 tsp salt
- 2 tsp ground nutmeg
- 3 tsp cinnamon
- 2 tsp ginger
- 2 eggs
- 1/2 cup dried currants and raisins
- 3 1/2 cups flour (wholemeal or for gluten free option use 2 cups rice or quinoa flour plus 1 1/2 cups buckwheat flour or corn flour plus 1 tsp baking powder)
- 2 tbsp water
- 1 egg yolk

In a large mixing bowl, dissolve the yeast in the warm water. Add the warm milk, sugar, butter, vanilla, salt, nutmeg, cinnamon and 1 1/2 cups of the flour (+ baking powder for gluten free buns). Beat until smooth.

Add the eggs, one at a time, beating the mixture well after each addition. Stir in the dried fruit and enough flour to make a soft dough. Knead until smooth and elastic, about 6 to 8 minutes.

Cover with a damp towel and let rise in a warm place until doubled in size (about 1 hour). Punch the dough down and shape into 12 - 15 balls. Place the baking paper on a baking tray. Cover and let rise until doubled (about 30 minutes). Using a sharp knife cut a cross on the top of each roll. Beat the water and egg yolk together and brush over rolls.

Bake at 190 C for 12 to 15 minutes. When rolls are baked, cool on wire racks.

Optional: drizzle an icing over the top of each roll following the lines of the cut cross.

Support your immune system

Eating a healthy diet, and getting daily exercise, is the best way to strengthen your immune system. Plenty of a variety of fresh fruit and vegetables, soups, salads, grains, pulses, nuts, seeds, wholefoods and fresh water. Limit added sugar and highly processed foods to ensure your immune system functions at its peak performance.

