

OAK & THISTLE

Newsletter Spring 2016

Spring
2016

Preparing you for a fresh Summer



Red Cabbage Sauerkraut

Our family loves Sauerkraut, especially the sweet red cabbage

with apple. Really yummy. There's so many varieties that you're only limited by your imagination. Understanding and practicing the process of making this nutritious, [gut restoring food](#) is what we teach in this Spring time class. Take some time out from your familiar kitchen routine and learn how to produce a food best eaten as a cold salad (as we do) but can also be warmed gently and eaten with sausages and mash. We also learn how to make preserved lemons—an absolute must for every kitchen. Of course you will need to know what to use these for—but Don't panic — I'll show you that too!

Restore Your Gut with Kefir & Kombucha - All you need to know

Milk Kefir... the real story. A behind the scenes look at the raw data. "It's more than just a gut feeling - it's a movement!" Take a [sneak peek](#). Oh my

goodness, it's the bees knees I tell you or is it the cows toes? Kombucha gets a mention too don't you know! Righto, on to production.

Image: Milk Kefir Grains



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Laundry & Bathroom—Make your own

Have you ever tried to make your own laundry products? Worried about the toxic build up on your precious little ones, or yourself?

Never fear! We have the solution to your woes. In our household there are no commercial sprays or manufactured chemical bottles. Oh no! We've been using natural products for cleaning for some time now and the house has never been in better shape. Fresh, pure scents are all we use. So we've put together a class to help share our recipes and impart the knowledge we have built while experimenting, creating and generally having fun with the whole process. [Look here.](#)



Begin with Pure Products

Home Workshops

Registering for a consult isn't just for your garden. We can work with you in your home. This means you can have a class designed just for you and your friends.

Talk to us today about [booking](#) an afternoon of fun, learning how to make all kinds of kitchen and household products in your own home.

Soft Cheese—Made Super Easy!



Mascarpone and Feta

are two of the most versatile and easy to make cheeses there are. Understanding the science of soft cheese making and how to make a meal with only a few essential ingredients will leave you with a life time skill. A workshop that is beneficial to every kitchen! Click [here](#) to see more.



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Frugal Abundance with Nutrition



Be the Change you wish to See

Made any promises to yourself when you're "up" and things are going well,

only to be demotivated the next day? Haven't we all. It's a human trait to be a little complaisant and to find that things don't always seem as easy as you first considered them to be—don't you think? Of course, I hear you say. You'll be very happy to know that anything you wish for is in fact possible. Is it wishing though? Simply, No. You just have to decide that it is more important than what you're doing now. Simple really. So does it seem to be so hard? In truth, from my small perspective of the world, it's two things. First, it is our lack of imagination that prevents us from seeing and reaching our potential and secondly, it's our lack of community that could support and inspire us to make change. So be the change you want to see. You'll thank yourself one day.

**Check us out
on social Media**



Jams & Jellies - Know Your Food

When you make your own food from scratch you have the satisfaction of knowing exactly what is in it. So it is with preserving and jam making. Using only the best quality fruits and vegetables to create your own masterpieces is easy when you know how to do it. Come along and see how quick and easy it is to feed

your family good old fashioned whole food.



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Frugal Abundance with Nutrition



An Abundant Life with Frugal Living

Being frugal isn't about skimping on quality for a good price, it's about

being discerning about what you eat, how much of it you use and of course, how best to use any raw product you purchase. So what do you do next? You create highly nutritious and interesting meals that will nurture your families health and improve their gut condition by eliminating inflammatory foods. There is so much information available to achieve this and many people are living proof it works. If you need any help with beginning to be the change you want to see, contact Julie and organise a mentoring appointment. Occasionally we organise classes that you can be a part of too. If you don't want to wait and you have a group of likeminded friends, you can organise a workshop in your own home. Take a [look here](#) to see what to do.

Seedling Potters

These tools are a brilliant aid for anyone planting their own seeds or seedlings. They make the most sturdy pots from old newspaper which you can plant directly into the ground.

They come in two different sizes. We love them so much we've decided to sell them. The Small is \$25 and the Large is \$35. The perfect Christmas Present! [Purchase here](#)



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Educate - Empower - Transform



Thanks for checking us out

An Attitude of Gratitude

We have found the most beautiful rooms to have our classes in. The Onehunga Community House, 83 Selwyn Street, Onehunga is one of the few remaining old Kauri School houses (1903) which has been restored to it's original glory. We have room 8, a large, bright and sunlit space that is a real reflection of the heritage and lost arts that we teach. The committee running the

community house are wonderful . We are so grateful for their careful and loving consideration.

We have been working hard to provide you with an authentic and well planned series of classes and really appreciate your ongoing support. Should you know anyone who may be interested in our workshops or mentoring, please share this small newsletter with them. xxx