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NEWSLETTER

December 2019

Christmas is coming fast and you still need a present for a family member or a good friend, who has animals? Why not support them with something that helps them to look after their animals for a change?

Essentials for keeping animals healthy are access to clean water, an offer on quality feed and minerals like salt. Shelter during the hot summer months is most useful as well as a dry clean environment for the animals to rest. We stock a large range on products from feed pellets, bedding options to Diatomaceous Earth, fly repellent and sunblock for sensitive horse and donkey noses.
 To get a useful present that doesn't end up in the corner see us in store.

*Merry Christmas and a Happy New Year
 from the team at Kiwi Seed*

Christmas Trading hours

Closed—Wednesday 25th – and Thursday 26th December 2019

Open Friday 27th, Saturday 28th, Monday 30th and Tuesday 31st December as usual

Closed— Wednesday 1st and Thursday 2nd January 2020

Open Friday 3rd January as usual



Vet pro sunblock powder, is made of natural minerals, which can be applied to face, legs and around nostrils of horses and donkeys.



Vet pro natural fly repellent is a deterrent to the flies and biting insects that annoy horses and other animals.



It contains: Tea Tree Oil, Citronella Oil, Rosemary Oil, Lemon Tea Tree Oil, Lemon Oil.

Shake the bottle before use.

Kiwi Seed "Pullet Pellets" has been specially designed by a nutritionist with a specific balanced formulation that ensures a best quality product. Made right here in Marlborough to guarantee the freshest product. High in protein Pullet Pellets promote optimum health and weight at onset of lay.



Feeding rate: Feed ad-lib from 6 to 8 weeks of age until point of lay.



**New Zealand's
 Natural Salt Block**

New Zealand Fine Grade Sea Salt containing AgriSea Seaweed and AgriSea Animal+ (seaweed extract).
 Suitable for Dairy, Beef, Sheep, Deer, Goats & Horses.

Kiwi Seed have various Dunstan Horsefeeds products available in store

Dunstan Staggers Nuggets are a low intake, extruded nugget containing toxin binders

Dunstan Multi Ultra are a concentrate Vitamin and mineral pellet ideal for maintaining condition



Weeding, feeding, mulching, irrigating are the main tasks this time of the year together with light pruning of spelt rose flowers to encourage new blooms.

Re-sow some more lettuces, carrots, and beans for continuous supply.

Enjoy strawberries, cherries and your new potatoes together with family and friends in the shade outdoors.



What is Spelt?

Spelt is a cereal grain in the wheat family which has been used for centuries in the northern Hemisphere. Spelt has a mild nutty flavour and is very nutritious (Spelt contains Mg, Ca, Se, Fe, Zn, Mn and Vitamin E and B Complexes). It's naturally high in protein, lower in calories than wheat and easy to digest.

Spelt contains gluten but has a different composition of the protein molecules than wheat. Because of this people that are sensitive to wheat may still be able to enjoy Spelt. Please try a small amount first.

If you have got severe allergic reactions to wheat gluten or celiac disease you need to avoid Spelt.

Spelt can be used to make any baked goods, as well as an alternative to rice in soups and salads.

Bread can be made with yeast or sourdough. **Wholegrain for milling is available at our store now.**

The Recipe below is easy and will provide an excellent bread for the festive season.

Makes: 1 loaf **Takes:** 1 hour (including proving) **Bakes:** Under 1 hour

Ingredients: 500g spelt flour, 300 ml water, 5g yeast, 10g salt, 40 ml oil (vegetable, sunflower, even light olive) Handful of sunflower seeds (optional)

Method

1. Mix the dry ingredients together by hand.
2. Add the water and oil, and bring the mixture together by hand until you have a cohesive lump of dough. If you are using wholegrain flour (including the bran) you will need to add a little bit more water. Try and pick up as much of the material on the sides of the bowl as possible, as this will stop you getting dry crusty bits later.
3. Rub a little bit of oil onto your hand and smooth onto the orb of dough, cover the bowl with a clean tea towel or cling film and leave in a warm place for 20 minutes.
4. Flour a work surface and turn the dough out onto it. Knead the dough by pushing it away from you with the heel of your hand, and then folding it back on itself. Do this for a couple of minutes and the dough will be noticeably smoother and slightly springier. If you want to add seeds, do it now, and work them through the dough by continuing to knead until they are (roughly) evenly distributed.
 - If you're baking inside a loaf tin, put the dough into the loaf tin now, and leave to rise for about an hour.
 - If you're baking inside a casserole dish, and have a proving basket, flour the proving basket liberally and place the dough in it. Cover and leave for an hour.
 - If you're baking inside a casserole dish, and don't have a proving basket, flour the base of the casserole dish, shape the dough into a cob shape, and place in the dish. Cover and leave for an hour.
5. Pre-heat your oven to 220°C. If you are proving your bread in a banneton (proving basket) or loaf tin you can place your casserole dish in the oven to pre-heat. Don't do this if there's already a loaf inside it.
 - If you're proving inside a loaf tin, remove the casserole dish from the oven, slash the top of the loaf a couple of times with a sharp knife and carefully place the loaf tin in the casserole dish. Put the lid on the casserole dish and place in oven.
 - If you're proving in a proving basket, flour the base of the (hot!) casserole dish, turn your proving basket over the dish in one smooth movement, and let the bread fall heavily into the dish. Slash the top carefully, making sure you don't burn your wrists. Put the lid on the casserole dish and place in oven.
 - If you're proving in the casserole dish, slash the top of the loaf with a sharp knife in whatever pattern you want. Put the lid on the casserole dish and place in oven.
6. After 20 minutes, remove the lid from the casserole dish, and turn the oven down to 200°C. Bake for another 20-30 minutes. The crust should be firm and a deep brown. Allow to cool completely before re-moving from the dish.



Recipe by Olivia Potts

We would like to do our bit for the environment by sending out our accounts and newsletters via email.

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You can also use the same address to unsubscribe from the newsletter if you wish.

Thank you from all at Kiwi Seed.