

# Wild Earth Organics Café

From humble beginnings over 23 years ago as a roadside stall, Wild Earth Organics has evolved into a thriving organic shop. In early 2014 they moved to new, larger premises in Tauranga's Cameron Road, and incorporated a café.

The original stall was one of the first providers of organic fruit and vegetables in Tauranga, selling fresh produce grown by the stallholders. It serviced a small customer base of passionately health-conscious people. Rachel Miller was involved from the beginning, and continues as co-owner and manager of Wild Earth Organics today, along with her very good friend and fellow vegan, co-owner Jan Hearn.

Rachel's journey towards health and organics started 30 years ago, out of the need to address years of health problems as a result of unrecognised food allergies. Her grandmother had the strongest allergy reaction ever recorded in New Zealand, suffering a near-death experience from a tetanus injection. She also had allergies to grasses, pollen, moulds, vaccinations and various food groups. The reactions included hayfever, itchy eyes, breathing problems, running nose, so she started to look at healthy alternatives. She turned to organic food, gave up dairy products, became vegetarian and cured herself naturally. Rachel and her four children inherited these health problems and she was inspired to follow in her grandmother's footsteps to cure themselves naturally.

Fast forward to 2015 and Wild Earth Organics is now one of New Zealand's most comprehensive organic stores, stocking organic fresh fruit and vegetables delivered daily, bulk dry goods, organic grocery lines, dairy products and dairy alternatives, super foods, sprouting and growing seeds, non-irradiated teas, herbs and spices, juice, raw honey, health books, natural skin and beauty products



**Above:** Rachel Miller and Jan Hearn, co-owners and managers of Wild Earth Organics.

**Left:** A delicious selection of fresh salads.

and more. The dedicated staff of 14 have a huge knowledge of – and passion for – health and organics.

After recognising that a number of their customers and people in the Bay were looking for a place to eat out that offered organic, healthy food and catered to their many special dietary requirements such as vegan, vegetarian, raw, paleo and gluten-free, they decided to include a café in the shop.

The café is vegetarian, and specialising in organic, vegan and gluten-free food. Over 90% of café fare is organic, including the coffee and milk, and water is filtered and mineralised. Juices, salads, soups and smoothies are all made with freshly harvested organic fruit and vegetables and as much locally grown produce as possible. Kitchen staff grow all the sprouts and make all salads fresh daily, with homemade dressings and chutneys. In the sweet department the focus is on raw cakes and slices, using nuts and natural sweeteners instead of sugar.



## Creamy butternut squash soup

### with smoked kelp and dulse garnish

Thanks to Louise Fawcett of Pacific Harvest for the recipe.  
Serves 4-6.

#### Ingredients

1 large butternut squash  
1 head of garlic  
olive oil to roast the squash  
500 ml vegetable stock  
1 T smoked kelp  
kelp salt and freshly ground black pepper to taste

#### Garnish

1 small tin of coconut cream  
dulse flakes (1 t per person or to taste)  
black sesame seeds to garnish  
chopped parsley and chopped macadamia nuts (optional)

#### Method

1. Heat the oven to 200°C.
2. Cut the squash in half lengthwise, sprinkle with oil and bake in the oven with the garlic for 30 minutes or until golden and tender.
3. Cool for a few minutes so it can be handled. Spoon the golden flesh out, squeeze the cooked garlic cloves out of their skin and transfer both into a food processor.
4. Add some of the stock, the smoked kelp and puree until smooth. Adjust the thickness of the soup to your liking by adding more stock and check seasoning.
5. To assemble, ladle the soup into warm bowls. Drizzle with coconut cream and garnish with dulse flakes, black sesame seeds, macadamia nuts (if using) and parsley.




Wild Earth Organics uses biodegradable packaging and utensils for any takeaway food and drinks, and the business recycles and composts everything possible.

After many years of dedication and persistence, all the hard work is now paying off.

“We have experienced huge growth in the past three years. After 15 to 20 years of struggling to make this work, we are delighted that the rest of the world has caught up with us!” say Rachel and Jan. “The new premises are in a great location and the business is highly successful and growing daily.”

One customer commented that having the café in the shop has provided a great, non-threatening way of introducing organic food to other people. Her friends rave about the taste and freshness of the café food, and also see the products available and the bustling atmosphere in the shop as they walk through it to their lunch date.

The latest addition to the business is the recently opened Wild Herbs Natural Health and Herbal Dispensary next door, which is New Zealand's first completely vegetarian health shop, focussing on food-derived, natural and organic supplements, with qualified practitioners offering customers help and guidance.

Wild Earth Organics is also renting out space behind Wild Herbs to individual practitioners offering a range of healing modalities, in order to encourage the growth of natural health and practice in Tauranga. 

#### Wild Earth Organics Café

777 Cameron Road, Tauranga

Open Mon-Fri: 9 am – 5.30 pm; Saturday: 9 am – 3 pm

Phone 07 578 7211

[wildearthorganics.co.nz](http://wildearthorganics.co.nz)

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