

Hapī healthy food

By Anissa Ljanta

Magic happened when two dynamic health practitioners who share a passion for good food got together last winter. Gretta Carney and Fleur du Fresne met last June through Fleur's sister. Six months later, in December 2015, they opened Hapī's doors on Hastings Street in Napier.

No one goes hungry at Hapī. No matter what your food preferences or allergies, staff at Hapī can make a recommendation. Gretta says, "We have both been organic for as long as we can remember. As health practitioners, quality of food is so important. We see so many cases of chemical toxicity so it makes sense to avoid ingesting chemicals in our food. Providing organic is important. Providing vegan, vegetarian and paleo foods is important."

Taste is also of vital importance. Nothing goes out without being tasted. Even smoothies are sampled to ensure they are at peak taste before they are served. Hapī's menu is impressive. Their acai and raw granola bowls with superfood toppings are popular, as are their home-baked crunchy paleo breads topped with a stunning range of spreads including their signature cultured cashew cheese. Hapī offers organic drinks, sandwiches, sushi rolls, noodle boxes and salad plates. For those with a sweet tooth, the cabinets are bursting with a selection of raw slices, cheesecakes, bliss balls and tarts.



Above: Raw vegan salad plates



Above: Fleur and Gretta selling their nut milks

Using packaging that is environmentally sound is important to Gretta and Fleur. Customers are welcome to bring their own cups and all the café's compostable packaging (forks, spoons, cups, lids, plates and lunchboxes) is now commercially composted locally by Biorich. Gretta and Fleur have a takeaway license for Hapī so there are no sit-down meals. They do external catering and take their range of nut

cheeses and nut milks to the Blackbarn and Hawke's Bay farmers markets.

Great care is taken to source fresh organic ingredients, locally wherever possible. Gretta and Fleur estimate their total use of organics to be over 95%. This is a stellar effort and one they are rightly proud of.


Beyond their sourcing of local organic produce and attention to waste, I think

the most exciting thing about Hapī is their love of potentiating foods with medicinal substances. Fleur is a practicing naturopath and Gretta is a classical homeopath, so integrating their health knowledge into the café's menu was a natural extension of their work. Providing food as a form of healthcare puts the business in a class of its own. This might involve adding herbal tinctures to juices, superfoods and desserts to enhance nutritional value. "We are really interested in the food combinations that enhance bioavailability and kickstart metabolic processes," Gretta explains.

"A kai is a rongoā and a rongoā is a kai. [Food is medicine and medicine is food.] And a kōrero is a kai. [And a conversation can be food.] So a kōrero can be a rongoa. The intent behind our business is to enhance health and wellbeing in our community. We try to give customers mini consults on a daily basis. We really care about their health. Food is the thing we have to do everyday anyway so it is the *best* place to start." Hapī specialises in gluten-free, sugar-free and dairy-free foods because gluten, sugar and dairy are the foods the two women see affecting people's health most in their health practices.

Setting up Hapī has not been without its challenges. The journey from idea to reality was a speedy one, and practical necessities like learning Xero and doing payroll were hurdles mastered along the way. Gretta identifies the balance between being creative and the everyday zen work like mopping floors a big initial challenge. Their current biggest challenge is maintaining personal balance and ways to manage their own health with their new life as hospitality business owners. Fleur used to bike and run. Gretta had a daily morning yoga and meditation practice that is impractical now that they get up so early to start work. "Finding things that work for us now is becoming a priority," says Gretta.

You can often describe the clientele of a café or takeaway business in a few words. This is not the case with Hapī. "Everyone is welcome and everyone comes," says Gretta. "The lovely nanny, the ladies from the bank and Mr McClurg from the jewellery shop down the road. Mums, kids, teenagers, travellers and retirees. There are loads of people with allergies and on special diets for myriad reasons, as well as those who just want to eat organic and delicious so we get everyone. It's great. We love it. Beyond our wildest dreams!"

People know they're onto something good at Hapī. It's making waves, of the best sort. 

Hapī campers' bread

Recipe adapted from the 'life-changing loaf of bread' recipe from mynewroots.org blog.

Makes 1 very large loaf or 2 smaller loaves.

2 cups sunflower seeds
 1 cup flax seeds (linseed)
 1 cup almonds
 3 cups sprouted buckwheat (or 3 cups rolled oats)
 4 T chia seeds
 ¾ cup psyllium seed husks (or ½ cup psyllium husk powder)
 2 t fine grain sea salt
 100 g extra virgin coconut oil, melted
 2 cups water

1. In a food processor grind the buckwheat into a meal (not a mush – there should still be some whole groats remaining).
2. In large bowl mix ground buckwheat well with all dry ingredients.
3. Line and/or oil your loaf tin.

4. Whisk coconut oil and water. Add to dry ingredients. With your hands mix well until the mix feels like thick mud. Work quickly, adding more water if it feels too thick.
5. Pack the mix into your tin and smooth the top with your hands.
6. Let the mix sit on the counter for at least 2 hours, or overnight. The bread is ready to bake when it retains its shape even when you pull the sides of the loaf pan away from it.
7. Preheat oven to 175°C.
8. Bake on the middle rack of the oven for 60 minutes or more. Bread is done when it comes away from the sides and sounds hollow when tapped.

Slice when thoroughly cooled. When made with sprouted buckwheat the bread is good for sandwiches for 1–2 days and then refrigerated for toast for up to 5 days, or slice and freeze the bread for toast.



Above: Hapī campers' bread canapés with cultured cashew cheese.

Photo: Rakai Karaitiana @houseofaroha

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