



KoruKai
H E R B F A R M

Banks Peninsula, New Zealand

Product Catalogue 2023

Transforming herbs grown at KoruKai Herb Farm into natural, chemical free products for daily skin care, skin healing and health support.

We stock an extensive range of

- ✓ Natural Skin Care – Range of face, foot and hand cream, body lotion, insect repellent and sunscreen
- ✓ Hair and Hygiene Products – deodorants, hair conditioner bar, shampoo bar, body wash bar, Men's bar, face bar
- ✓ Herbal Health Remedies for the whole family – cold and flu remedies, immune and allergy support, digestion and sleep aid and stress relief
- ✓ Skin Repair and Wound Healing – After injury and operation, for open wounds, rashes and burns, acne products, cold sores and animal treatments
- ✓ Herbal Teas – stress relief, sleep support, pregnancy, digestion, cramps, menopause, energising and immune boosting
- ✓ Pregnancy, Birth and Baby Care – postnatal healing, breastfeeding, baby wash, nappy rash, sunscreen for sensitive skin and stretch mark products
- ✓ Fermentation Equipment and cultures: sourdough, milk kefir, water kefir, probiotic yoghurt, heirloom yoghurt
- ✓ Sourdough Baking Equipment: Proofing baskets, wax cover, scoring knives, dough whisk and scraper
- ✓ Culinary Herbs and Food Seasonings – to bring your food to another level – Moroccan, Mexican, Indian, Italian, Chicken and Fish, range of culinary herbs and fennel seeds

About KoruKai Herb Farm

At KoruKai Herb Farm we grow around 100 medicinal herbs and harvest and process well over 50 of them to be used for our product range.

We are farming in a biological and regenerative way by actively building soil, testing for nutrient density of plants and sequestering carbon with the aid of the soil food web. Our inputs are made right on the farm: Compost, compost extract, vermicast and fish hydrolysate. They inoculate our seeds, bring vitality to the soil and introduce vital soil microorganisms to cycle nutrients for our plants.

Harvesting of herbs is done at the peak when they are full of volatile oils and potency to achieve the best possible results. The harvest starts in spring with leafy crops like plantain and ends in winter with medicinal roots like echinacea, elecampane, marshmallow and valerian, giving us a total harvest of well over a ton of plant material per year. The plants are harvested by hand and dried on racks in a solar ventilated drying shed. This method retains the colour, potency and constituents of the herbs and we achieve an outstanding quality. The herbs are then used in our various product ranges – blended into herbal teas, extracted for the health remedies and incorporated into our skin care products.

As soon as herbs are fully dry and ready for processing, we make tinctures, infusions,

decoctions, syrups and glycertracts to harness the herbs' healing powers in liquid form. Those form the base for our Herbal Health Remedies. The herbs are blended without any additives for our range of flavourful and healing herbal teas.

For our natural skin care products we choose herbs for their skin calming, anti-inflammatory and beautifying properties. Those herbs are then infused in cold pressed and certified organic sunflower seed oil over a 6-week cold infusion period. All other ingredients are chosen with great care and most of them are certified organic.

The customer feedback and the many happy, returning customers prove that our skin care and herbal products are among the best of the best and we are proud to supply such high quality products for our customers. We believe that our health is anchored and directly related to the health of the soil. Chemical-free, seasonal, local and nutrient-dense food makes and keeps us healthy and strengthens our immune system.

Through our workshops we get to share our knowledge of organic horticulture, herbalism, wild medicinal plants and fermentation.

Please have a look at our upcoming workshops, where we share our passion for health, gardening and slow food and help you on your journey to wellbeing.



Meet the Team

Cornelia Holten - Herbalist and Founder



Cornelia is an herbalist and slow food educator with a passion for simple living, DIY, herbs, soil and self-sufficiency. A certificate in Organic Horticulture, Soil Food Web Consultancy, an Apprenticeship in Herbal Medicine, Permaculture Design, and living on a farm in Pigeon Bay equip her with a lot of knowledge and experience with growing herbs, food and living a healthy life.

She is teaching workshops on sustainable food systems, whole foods, fermentation, biological/regenerative gardening as well as compost making. A thirst for knowledge and a passion for new scientific studies keep her well informed on those topics.

Kai Holten - Permaculture Designer and Co-Owner



Kai has a passion for permaculture and regeneration of landscapes by clever design. He holds a Permaculture Design Certificate with Geoff Lawton and is very practical oriented. Observing nature and letting nature get on with things makes him happy. He oversees all tree planting projects on the farm as well as the food forests. He manages the website with his amazing computer and software skills and does all fencing and building projects. He is also our top customer service manager and is on the other end when you send inquiries via email.

Rebecca Hammond - Landscape Architect and Herb Farm Assistant



Rebecca is a Landscape Architect by profession who has a passion for all things horticulture and rural living. At KoruKai Herb Farm she is planting trees in winter and propagates herbs in spring. She does harvesting and processing of herbs throughout the year. She also packs orders, labels products and helps out wherever needed. Rebecca is overseeing our native planting project at KoruKai Herb Farm.

She has done the architectural design for our resource consent of extending the herb farm and establishing two large growing terraces as well as a series of ponds.

Testimonials

"What I love about KoruKai products is that I know I am buying top quality natural products, at a reasonable price, which taste and smell great. Having visited the farm, I am confident that what I order is chemical free and organic." JL

"Just wanted to drop you a quick note to say thank you for the beautiful dried nettle. As an herbalist I have been using dried nettle infusions for many years but have never had nettle as good as this before! Thanks for all you do" KB

"I have very sensitive skin and sensitive sense of smell and there isn't one product that offends either. I really love the Avocado Face Cream for use on every part of my body but particularly my face, the Kanuka hand cream at night and the lavender hand cream for during the day. The Injury Healing salve is like a miracle in a jar, I have had incredible results with it. And to top it off the personal customer service is 5 star." SK

"When my one year old was constipated he developed a very nasty and raw rash on his bottom. After trying a few different creams with no success a friend recommended this bottom balm to me. It cleared his rash up within a couple of days and he also didn't cry when it was being applied! You don't even need to use much so it lasts quite a while too. Thanks so much KoruKai, it's such an amazing product and I totally recommend it!" AH

"Thank you so much for opening your doors at your open day. I was absolutely blown away by your beautiful and productive gardens. You are so knowledgeable when it comes to organic growing and you have such an in depth knowledge of healthy soil, the basis for all that you do. I have been following you for some time and now that I have visited I know for sure that you walk the talk." AM



Update: 1st January 2023

Please note that this catalogue gets updated once a year only. For up to date information about our products, prices and new arrivals please see our website www.korukai.co.nz.

Herbal Teas

Herbs are 100% organic and all grown on KoruKai Herb Farm in Pigeon Bay.

Herbs are hand picked and carefully dried providing outstanding flavour and potency for our teas.

Packs contain loose leaves, flowers and roots. A strainer is required to strain plant material once tea has steeped.

The paper bags are compostable and biodegradable in a home composting system.

The window and lining is made with starch. Simply throw into your compost along with your food scraps or put into the green bin.

Rest & Relax Tea



Size: 30g, compostable eco packaging

This tea is blended with herbs to calm the nervous system, promote sleep and uplift the mood. It is a great tea to enjoy in the evening after work.

Ingredients: Lemon Balm, Tulsi, Skullcap, Chamomile, Lavender

Testimonial:

"I've been having the Rest & Relax herbal tea from KoruKai Herb Farm for the past several evenings and it is fantastic. It makes me realise just how much of a difference there is between mass-produced herbal teas and those that are handmade. Not only is the taste superior, the herbs look and smell fresher, and I've such had a deep and peaceful sleep each night, waking and feeling completely refreshed for the day ahead." OW

Kids Calm Tea



Size: 30g, compostable eco packaging

It's a tough world our kids grow up in. High expectations, peer pressure, fear not to fit in and exams can result in tension, anxiety, depression and panic attacks. There is no instant answer to those problems, but a remarkable number of herbs can reduce the symptoms and by supporting the nervous system, gradually restore health.

Ingredients: Skullcap, Lemon Balm, Catnip, Chamomile, Lemon Verbena

Tummy Soother Tea



Size: 30g, compostable eco packaging

Upset stomach, diarrhoea, vomiting and stomach flu may be relieved with this herbal blend.

Suitable for children and adults.

Ingredients: Meadowsweet leaves and flowers, Kawakawa, Chamomile, Peppermint, Fennel seeds

Energising & Refreshing Tea



Size: 30g, compostable eco packaging

This tea is blended with herbs to calm the nervous system, promote sleep and uplift the mood. It is a great tea to enjoy in the evening after work.

Ingredients: Chamomile, Lemon Balm, St John's Wort, Lavender

Immune Boost Tea



Size: 30g, compostable eco packaging

This tea fights bacterial and viral infections and boosts your immune system. It is soothing to inflamed and painful mucous membranes.

Ingredients: Tulsi, Kanuka, Elderflowers, Lemon Balm, Yarrow, Lemon Verbena

Lung Support Tea



Size: 30g, compostable eco packaging

This tea contains herbs that have been used for chest complaints for centuries. It may reduce inflammation, soothe irritated mucous membranes and create a productive cough.

Use it when your lungs need support - be it a cough, asthma, shortness of breath or tightness.

Ingredients: Mullein leaves, Hyssop, Marshmallow leaves, Kanuka, Licorice root, Plantain, Thyme

Digestive Aid Tea



Size: 30g, compostable eco packaging

This is a delicious tea containing leaves, flowers, seeds and roots. It combines herbs to treat all sorts of digestive ailments. It improves digestion, reduces gas, eases nausea and soothes cramping. It helps relieve excess gas as well as relax spasms in the digestive tract.

Ingredients: Meadowsweet, Kawakawa, Peppermint leaves, Dandelion leaves, Fennel seeds, Chamomile flowers

Pregnancy Tea



Size: 30g, compostable eco packaging

This tea is formulated to strengthen and nourish your body throughout pregnancy. It contains important nutrients for your baby and supports your body in preparation for labour.

Ingredients: Raspberry leaves, Lemon Balm, Nettle, Yarrow

Mum & Bubs Tea



Size: 30g, compostable eco packaging

This tea is calming and soothing for baby's digestive tract, reduces bloating and promotes sleep. It is formulated to help the new mother through anxiety and worries.

Ingredients: Lemon Balm, Chamomile, Lemon Verbena, Fennel seeds

Moon Flow Tea



Size: 30g, 60g, compostable eco packaging

This tea can help women to go with the monthly flow more easily.

The combination of herbs may soothe frazzled nerves, reduce tension, irritability, discomfort, depression, mood swings, cramps and bloating.

Ingredients: Skullcap, Yarrow, Lemon Balm, Calendula flowers, Raspberry leaf, Lady's Mantle

Women's Transition Tea



Size: 30g, compostable eco packaging

This tea is formulated with well-researched herbs to treat some of the most common symptoms of menopause. It will bring relieve for hot flushes, night sweats, moodiness, irritability and poor sleep.

Ingredients: Sage, Skullcap, Yarrow, Motherwort, Lavender, Hops, St John's Wort

Hay Fever Tea



Size: 30g, 60g, compostable eco packaging

The herbs in this tea may help your body to be less reactive to airborne irritants and, at the same time, to clear the sinus passageways. It provides seasonal and year-round support.

Ingredients: Eyebright, Elderflowers, Hyssop, Kawakawa, Nettle, Marshmallow leaves and flowers, Lemon Verbena, Golden Rod, Licorice root

Testimonial:

"I'm a sheep and beef farmer on Banks Peninsula and have suffered from airborne allergies all my life, especially in Spring and Summer months due to increased pollen, grasses and dust. I recently approached Cornelia asking if she could suggest any remedies for relieving my hayfever allergy symptoms. She suggested I try her hayfever tea. Within the first day of drinking the tea I had no hayfever, even while working in dusty sheep yards where I would usually be sneezing all day. I have been symptom free for a week now. I am really pleased with the hayfever tea and would encourage any other hayfever allergy sufferers to try it." RC

Herbal Health Remedies

Our health remedies are very potent due to the freshness of the herbs we grow on the farm.

The children's remedies are deliciously blended and taste great even for picky little ones.

Elderberry Syrup - Kids



Sizes: 100ml, 200ml glass packaging

Rich in vitamin C, immune enhancing and anti-viral, elderberries have been used as a winter remedy for centuries. This syrup is enhanced with ginger and cinnamon. Ginger is warming and soothing for coughs, colds and flu, and cinnamon is a traditional remedy for nausea, vomiting and diarrhoea. Aching muscles and other symptoms of viral conditions will be relieved. This formula is a great tasting remedy for children over 12 months.

Ingredients: organic elderberries, ginger, organic cinnamon, honey, water

Testimonial:

"My children aged 4 and 8, have their dose of Elderberry Syrup every morning through the Winter/ Spring months. They love the taste of it and it's kept them healthy and happy through the coldy months. Fabulous." MA

DIY Elderberry Syrup Kit



With this kit you can craft your own elderberry syrup at a fraction of the cost. It gives you peace of mind as you know that you are using high quality, organic ingredients and you get the satisfaction of creating something very healthy for your own family.

Kit Contents:

- 50g organic dried elderberries grown on Banks Peninsula, NZ (equivalent to 200g of fresh berries)
- 1 big certified organic cinnamon quill
- instructions on how to make it

Optional: 2x 200ml amber glass bottles with wadded tamper lid

Ingredients:

Herbal extracts of echinacea, sage, kawakawa, lemon, elderberries and rosemary. In a base of water, glycerine (plant based), apple cider vinegar and honey.

Golden Turmeric Milk



Original 100g and 300g bulk pack
Sweet with Carob 100g

A delicious and nutritive health and wellbeing tonic to support your immune system every day.

It's a perfect replacement for coffee in the morning and makes a great drink hot or cold for late afternoon or in the evening. A very healthy hot drink to be enjoyed any day of the week.

It contains spices with powerful antioxidants and anti-inflammatory compounds, which have been used for thousands of years in India and ancient Egypt for food and medicine.

Organic, vegan, free from caffeine, refined sugar, gluten, dairy and preservatives

Ingredients:

Organic turmeric, cinnamon, ginger, black pepper, cardamom, cloves, nutmeg, sea salt (sweet with carob has all of those ingredients plus rapadura, carob powder and extra cinnamon)

Gut Cleanser & Detoxifier



This is a cleansing and detoxifying blend for your digestive tract.

Our special blend contains fiber, clay, charcoal and herbs to gently cleanse your digestive tract.

The fiber acts like a broom to sweep the walls of the colon; the bentonite clay and activated charcoal act like sponges to soak up toxins and waste materials so they can be eliminated.

Anti-inflammatory, prebiotic and soothing herbs support a gentle detox and help improve colonic health.

200g makes 21 cups for a 7-day cleanse when taking it 3 times per day.

Ingredients:

Bentonite clay, flax seeds, psyllium husks, activated charcoal, citrus pectin, slippery elm powder, turmeric, elecampane root, dandelion root, cinnamon, ginger, marshmallow root

Throat Spray - Kids



Size: 30ml glass packaging with spray pump

This Throat Spray is an effective treatment for sore throat. It is antibacterial and provides an instant pain relief. It stimulates the immune system to counter both bacterial and viral infections.

It has been formulated for children's constitution and taste buds.

Use as soon as first signs of illness becomes apparent. For children from 12 months of age.

Ingredients:

Herbal extracts of echinacea, sage, kawakawa, lemon, elderberries and rosemary. In a base of water, glycerine (plant based), apple cider vinegar and honey.

Chest Ease - Kids



Size: 100ml glass packaging

Chest Ease clears the chest and airways of mucous and supports relaxed breathing. It relieves dry, unproductive coughs and bronchitis due to its inflammation and pain relieving properties. It soothes and protects the mucous membrane tissue of the nose, throat and mouth.

It helps to loosen the mucous in airways which brings up phlegm. It helps to relax bronchial spasms such as wheezing and shortness of breath, commonly experienced in asthma.

For children over 12 months.

Ingredients:

Water, glycerine (plant based), thyme, hyssop, plantain, marshmallow root, liquorice root, elecampane root, honey

Throat Spray - Adults



Size: 30ml glass packaging with spray pump

This Throat Spray is an effective treatment for sore throat. It is antibacterial and provides an instant pain relief. It stimulates the immune system to counter both bacterial and viral infections.

Use as soon as first signs of illness becomes apparent. For adults and children over 12 years of age.

Ingredients:

Herbal extracts of echinacea, kawakawa, kanuka, sage, elderberries and peppermint. In a base of water and alcohol.

Testimonial:

“Throat pain is immediately dispersed on application, it will be a staple in our medicine kit now.” KG

Health Elixir - Adults - For immune and lung support



Sizes: 100ml, 200ml glass packaging

This elixir is packed with antimicrobial, antiviral and antiseptic herbs to support your body through bacterial and viral infections. Herbal extracts of echinacea, elecampane, ginger, garlic, elderberries, horseradish and marshmallow support your body's immune response to infections.

The herbs strengthen the immune system and are soothing to the respiratory system. They gently stimulate the clearing of mucus from the chest and calm inflamed mucus membranes. It is a great remedy for hay fever in combination with our Hay Fever Tea and Eye Compress. For adults and children over 12 years of age.

Ingredients:

Herbal extracts of echinacea, elderberries, horseradish root, garlic, ginger, elecampane and marshmallow root. In a base of apple cider vinegar, tincture, water, honey

Testimonial:

“Your Health Elixir has been amazing, every time I feel even the slightest sore throat I take an extra spoonful and it's instantly gone!” JM

“I would like to take this chance to say how much I have enjoyed the positive results from taking the Health Elixir. A cold that had been hanging on for weeks got "encouraged" to go whilst taking this product. It was really nice to know I was boosting my body's own immunity with this wonderful natural product. And my two children have enjoyed taking the Elderberry syrup with equally successful results. Thank you KoruKai very much appreciated.” MJ

Digestive Tonic



Size: 100ml and 200ml glass bottles

AIDS DIGESTION, RELIEVES HEARTBURN, PREBIOTIC

This tonic with raw, organic apple cider vinegar aids in digestion and relieves occasional heartburn. The addition of dandelion root, fennel seeds and elecampane make it a great tonic for a healthy gut flora

Ingredients:

Apple cider vinegar (raw, organic), elecampane root, dandelion root, fennel seeds

Herbal Eye Compress / Eye Bath



Sizes: 10g in sealed paper bag

For swollen, red and irritated eyes caused by allergies like hay fever, infections or sinusitis.

Directions:

Steep 1 tsp. of the herbs in 200ml boiling water for 10 minutes, strain and cool down until lukewarm. Submerge a soft cloth and wring lightly. Press gently on your closed eyes. Repeat a few times.

Ingredients: Eyebright, chamomile flowers

Mullein Ear Drops



Size: 10ml glass packaging with dropper

Mullein flowers provide a powerful remedy for ear infections. Mullein flowers act to resolve swelling, ease the accompanying pain and therefore speeds up the recovery time. We have combined it with garlic and onion, which are antibacterial and antiviral and have been known to relief earaches for centuries.

It would be hard to find a more powerful, natural treatment for earache and ear infections.

Ingredients: Sunflower seed oil, mullein flowers, garlic extract, onion extract

Chest Rub



Size: 25g glass packaging

This Chest Rub promotes deep breathing and relaxation and is safe for the whole family to use. It is used to soothe and ease minor coughs, colds and stuffy noses.

Directions: Rub on chest, back and neck before bedtime or use ½ teaspoon in a pot of hot water as a steam inhalant.

Ingredients: Sunflower seed oil, cocoa butter, beeswax, St John's wort flowers, wintergreen, eucalyptus, thyme, rosemary and ginger essential oil

Testimonial:

"Both my daughter and husband love using the Korukai Chest Rub – it smells beautiful, is calming, and "just amazing". We use it on the chest and the back." JL

Sleep Elixir



Size: 200ml glass packaging

This elixir is filled with herbs used for hundreds of years in sleep remedies. Valerian is a well-known and effective sedative herb especially useful as a gentle aid to fall asleep.

An unsettled and agitated mind often prevents a restful sleep. Hops relaxes the nervous system and calms the body.

Lemon balm and chamomile reduce nervous tension and help to calm the mind and therefore aid your sleep. A relaxing evening rhythm combined with this elixir will support a good night's sleep.

For adults and children over 12 years of age.

Ingredients:

Herbal extracts of valerian root, hops, chamomile, lavender and lemon balm. In a base of tincture, water infusions, honey

Natural Skin Care Products

Our skin care products are made with oils that are carefully sourced with the preference for certified organic, cold-pressed, natural and unrefined oils. We infuse herbs grown at KoruKai Herb Farm for their certain properties

over a 6-week cold infusion in certified organic sunflower oil and blend them to provide a wide range of skin care products – natural and chemical free to nourish your skin.

Avocado Face Cream – Regenerating



Size: 40g glass packaging

Made with extra virgin Avocado oil (NZ grown). Avocado oil is widely renowned for being an effective treatment for various skin conditions. The oil is an extremely good moisturising and nourishing compound, which makes it an ideal treatment for dehydrated, sun-damaged, and climate-damaged skin. This rich cream is packed with regenerating and rejuvenating ingredients. It is an ideal treatment to reduce the presence of age spots, heal sun damage and scarring, as well as moisturising and softening the skin.

Ingredients:

Water, avocado oil, sunflower seed oil, jojoba oil, coconut oil, avocado butter, aloe vera extract, calendula flowers, vitamin E, emulsifier O (derived from olives), microcare db (0.5%), blend of natural essential oils (lavender, lemon verbena, frankinsense, patchouli, ylang ylang)

Rose Face Cream – Rejuvenating



Size: 40g glass packaging

This luxurious face cream contains the most exquisite ingredients to provide nourishment and hydration. Rosehip oil is known for its anti-aging and repairing properties. It replenishes, rebuilds and hydrates the skin making wrinkles less visible and improving the skin tone and elasticity. It is blended with almond oil and natural vitamin E to maintain cell integrity and to soften the skin.

Ingredients:

Water, rosehip oil, sunflower seed oil, shea butter, vitamin E, emulsifier O (derived from olives), calendula flowers, microcars db, blend of natural essential oils (rose, geranium, palmarosa, niaouli, ylang ylang)

Elderflower Face Cream – Softening



Size: 40g glass packaging

We have captured the beautifying and softening properties of elderflowers and have created a light and silky smooth day cream, which is easily absorbed by the skin. It provides instant hydration and nourishment without any greasy residue.

It can be applied before putting on make-up

Ingredients: Water, jojoba oil, sunflower seed oil, elderflower extract, emulsifier O (derived from olives, ecovert approved), shea butter, microcars db, blend of natural essential oils (geranium, lavender, palmarosa) organic

Testimonial:

The perfect face cream for my sensitive skin, moisturising but easy absorbed so you can apply make up straight away. I love the "lemony" smell and appreciate that only natural ingredients have been used to make this cream. ST

Kanuka Hand Cream – Repairing



Size: 40g glass packaging

This hand cream has been formulated to be very soothing to rough and dry hands. It hydrates the skin and stimulates cell growth and recovery. As with its close relative Manuka the key aspect of Kanuka is its anti-microbial properties. Maori used the herb for a variety of ailments such as skin infections. This hand cream is great after gardening, climbing, farming and other outdoor activities.

Ingredients:

Water, sunflower seed oil, coconut oil, cocoa butter, aloe vera extract, seaweed agar, kanuka, kawakawa, calendula, emulsifier O (derived from olives), microcars db, blend of natural essential oils (sage, orange, lemongrass)

Peppermint Foot Balm – Reviving



Size: 40g glass packaging

This balm is packed with natural ingredients that revive and soothe tired and achy feet. A combination of four skin healing herbs treats dry and cracked heels and helps to eliminate skin conditions.

Ingredients: Sunflower seed oil, coconut oil, beeswax, cocoa butter, extracts of kanuka and calendula, aloe vera extract, seaweed agar, peppermint and sage essential oil preservative free

Testimonial:

“This is so yummy for your feet!! Recharge tired feet and softens my dry skin. I found best to rub on in the evening, socks on and feet up!” VM

Rosehip Body Lotion – Nourishment and Hydration



Size: 125g, recyclable plastic packaging

This Body Lotion is easily absorbed by the skin and can be used in the morning as well as overnight. Rosehip oil is full of beauty-boosting vitamin A, vitamin C and the essential fatty acids omega-3 and omega-6. Avocado oil with its regenerating and rejuvenating qualities is a useful agent in relieving dryness and itching.

Please recycle container or return to us. Thank you.

Ingredients:

Floral infusion of calendula and rose geranium flowers, rosehip oil, avocado oil, coconut oil, jojoba oil, shea butter, emulsifier O (derived from olives), microcare db, essential oils of geranium and lavender, bergamot, niaouli, may chang, ylang ylang

Face & Body Balsam



Size: 40g glass container

This Balsam is free from preservatives, fragrances and even essential oils, making it ideal for very sensitive skin and dry skin conditions.

We have crafted it with customers in mind that struggle with conventional skin care products, either because of lack of nourishment or oversensitivity to preservatives or fragrances.

Available in floral scent with lavender, calendula and kanuka and a masculin scent with kawakawa, rosemary and kanuka

Ingredients: Jojoba oil, avocado oil, rosehip oil, sunflower seed oil, avocado butter, cocoa butter, beeswax, (women: calendula, kanuka, lavender; men: kawakawa, rosemary, kanuka, calendula) and aloe vera extract

Men's Lotion – Healing and Hydration



Sizes: 40g glass packaging

This non-greasy lotion hydrates the skin. It is formulated to heal, soften and soothe irritated skin making it ideal after shaving or a shower. A wonderful woody scent is derived from natural essential oils.

Please recycle container or return to us. Thank you.

Ingredients:

Kanuka infusion, coconut oil, sunflower seed oil, shea butter, aloe vera extract, seaweed agar, calendula flowers, witch hazel distillate, glycerine (plant based), emulsifier O (derived from olives), microcare db, essential oils of rosemary, pine needle, cedar wood

Baby SunArmour – sunblock for sensitive skin



Sizes: 60g glass packaging, 15g glass tester pot

This SunArmour for babies and for people with very sensitive skin is made with non-nano zinc oxide and natural botanical oils.

It is free from chemicals, preservatives and fragrances (incl. essential oils).

It is easily applied, effective and provides UVA and UVB protection. Baby SunArmour is a sunblock, therefore has no SPF rating. It can be compared to a SPF 40+ sunscreen.

Ingredients:

Coconut oil, jojoba oil, zinc oxide (non-nano, uncoated), raspberry seed oil, sunflower oil, beeswax, cocoa butter, calendula flowers, aloe vera extract

SunArmour – natural sunblock



Sizes: 75g glass and 150g recyclable plastic packaging

Safe for the whole family to use. Effective UVA and UVB protection.

Apply liberally and evenly onto clean and dry skin prior to sun exposure. It is effective straight away as the zinc oxide forms a protective layer on your skin. Reapply every 4 hours, also after swimming, exercise, excessive perspiration or towel drying.

Please recycle container or return to us. Thank you.

Ingredients:

Water, zinc oxide (non-nano, uncoated), coconut oil, raspberry seed oil, jojoba oil, emulsifier O (derived from olives), shea butter, microcare db, lemon verbena essential oil

Testimonial:

“We have been using this sunscreen on our children and it is perfect, I'm so happy to have a natural sunscreen for my sons sensitive skin, he is now happy for me to put it on! It's both protective and pleasant with the lemony fragrance.” AD

“I just love this sunscreen. The first sunscreen that is not greasy and does what it promises. My kids and husband are fair skinned and they never got a sunburn when this is applied.” JW

BugStop – Natural Insect Repellent



Sizes: 60g glass packaging

A cocktail of eight tested and proven insect repellent essential oils like lemongrass, lavender, lemon eucalyptus and geranium give BugStop an amazing smell for us 2-legged humans. The 6-legged insects on the other hand hate those fragrances and stay away.

Made with high quality oils and shea butter this lotion is easily applied and nourishes your skin.

Please recycle container or return to us. Thank you.

Ingredients:

Water, coconut oil, sunflower seed oil, shea butter, emulsifier O (derived from olives), microcare db, blend of 9 insect repelling essential oils (lemon eucalyptus, lemongrass, lemon, sage, rosemary, lavender, eucalyptus, cedar wood, geranium)

Hair and Hygiene Products

Our hair and hygiene products focus on eco-friendly packaging, a high quality standard and a fair price. They are all formulated to suit people with

sensitive skin and are gently perfumed with natural essential oils. Products are moisturising and cleansing without stripping the skin from its natural oils.

Contain NO chemical colorants, parabens, artificial fragrances, aluminium or baking soda.

Packaged in recycled, biodegradable cardboard, paper and glass containers.

Remineralising Toothpowder



Sizes: 12g (6 weeks) and 50g (6 months) glass jars

Toothpowder is a natural alternative to toothpaste without fillers, artificial flavours, colours, chemicals or water.

This powder is made with ingredients so safe you could eat them.

It is rich in minerals to build tooth enamel, whitens teeth and removes stains. It works against oral bacteria and may help to reduce and prevent cavities. It is flavoured with cinnamon powder, peppermint and sweet orange essential oil. The flavour is beautifully balanced like all our KoruKai products and not overpowering. Therefore it is suitable for sensitive people.

Ingredients:

Bentonite clay, calcium carbonate, baking soda, xylitol, cinnamon, peppermint and sweet orange essential oil

Customer Review: "Fabulous product. After 2 uses I could see the staining on my teeth was reduced significantly. My teeth feel really clean and that lasts till I next eat. I used it on my interdental brushes and it took the staining on the sides of my teeth off in one use. I like the feel of it both on my teeth and mouth. It dissolves so well I usually don't rinse. I like that the mint and cinnamon are not overpowering, just a hint."

"I love it! I enjoy the mouth feel and the flavour. It seemed to brighten my teeth and makes them feel really clean. Powder is such an easy product to use."

Deodorant



Sizes: 50g cardboard push-up tube

Our natural deodorants combat odor and wetness without harmful chemicals. They neutralize perspiration odor and absorb wetness with organic oils and plant butters, essential oils, plant powders and natural clays.

Suitable for sensitive skin.

Available in Citrus Orchard, Flower Garden and Totara Grove.

Push up deodorant in recycled, biodegradable cardboard tube.

Ingredients:

Sunflower seed oil, coconut oil, arrowroot powder, cocoa butter, beeswax, diatomaceous earth, bentonite clay, vitamin E, herbal extracts of calendula, kanuka and sage, blend of natural essential oils (3 blends to choose from, please see website for the individual blends)

2-in-1 Men's Bar – Glacial Ice



Size: 6x8x2cm

With Eucalyptus and Cedarwood

Made with botanical oils, shea butter and a masculine, refreshing blend of essential oils, this Men's bar is perfect for the shower. It gently cleans hair and body and leaves the skin nourished and refreshed.

All our soaps and shampoo bars have a pH of around 7, which is the same as water and this neutral pH is super gentle for skin and hair.

The scent is a refreshing herbaceous, woody, icy scent.

Ingredients:

Coconut oil, grape seed oil, castor oil, shea butter, lye (used up in the process), blue mica, blend of natural essential oils (bergamot, rosemary, thyme, pine needle, sandalwood, may chang, eucalyptus, cedar wood, peppermint)

Hair Shampoo Bar - Hydrating



Size: 6x8x2cm

With Rosemary and Aloe Vera

Made with botanical oils and cocoa butter, this shampoo bar is cleansing **for normal and oily hair**.

All our soaps and shampoo bars have a pH of around 7, which is the same as water and this neutral pH is super gentle for skin and hair.

The scent is a refreshing herbaceous, citrus scent.

Packaged in recycled, biodegradable cardboard box.

Ingredients:

Coconut oil, sunflower oil, cocoa butter, castor oil, rosemary infusion, aloe vera powder, lye (used up in the process), mica, blend of natural essential oils (lavender, bergamot, lemongrass, rosemary, may chang, eucalyptus, cedar wood, patchouli)

Body Wash Bar - Moisturising



Size: 6x8x2cm

With Kanuka and Honey

Made with botanical oils and honey, this body wash bar is moisturizing leaving your skin nourished, soft and refreshed.

The scent is a refreshing minty, lemony, herbaceous scent.

All our soaps and shampoo bars have a pH of around 7, which is the same as water and this neutral pH is super gentle for skin and hair.

Packaged in recycled, biodegradable cardboard box.

Ingredients:

Coconut oil, grape seed oil, olive oil, cocoa butter, sunflower seed oil, castor oil, kanuka infusion, lye (used up in the process), honey, mica, blend of natural essential oils (lavender, bergamot, sage, kanuka, may chang, peppermint)

Hair Conditioner Bar



Size: 25g

All natural hair conditioner for sensitive scalp without any nasties or irritants.

For normal hair as well as locks and dry frizzly hair.

Made with organic coconut oil and cocoa butter to leave your hair nourished, soft, detangles and tames your mane.

Available in Citrus Orchard and Flower Garden.

Packaged in recycled, biodegradable cardboard box.

Ingredients:

Cocoa butter, coconut oil, cetearyl alcohol (from rapeseed oil), behentrimonium methosulfate (from rapeseed oil), mica, blend of natural essential oils (2 blends to choose from floral and lemony, see website for details), microcare db

Face Bar - Detox



Size: 4cm x 4cm x 2cm in recycled cardboard box

With Avocado & Charcoal

It draws impurities and toxins out of the skin, improves cell metabolism and contributes to regeneration and restoration of skin. It helps to relieve acne and other skin problems.

Face Bar (4cm x 4cm x 2cm) in recycled, biodegradable cardboard box. Gentle for you and the environment.

Ingredients:

Coconut oil, olive oil, avocado oil, shea butter, cocoa butter, lye (used up in the process), activated charcoal (from coconut shells), sea salt, Dead Sea mud, bentonite clay, natural essential oils of bergamot, tea tree, NZ kanuka, may chang, lavender and peppermint

Bamboo Soap Dish



Bamboo Soap Dish to keep your shampoo and body wash bars nice and dry between uses.

Made with natural bamboo - plastic free, durable and biodegradable

Hemp Soap Mesh



This mesh is very versatile and is not only great for leftover soap pieces.

- It is gently exfoliating for face and body care
- It increases the lather of the soap inside
- Small bits of soap can be used up with ease

Made with natural hemp fibre and a wooden stopper on a string.
Fully biodegradable.

Wash about once a month to keep it clean and hygienic.

Household & Cleaning Products

Natural, chemical free cleaning products to freshen up your home.

Waste free and effective.

Dishwash Bar



Size: approx. 8cm x 6cm x 2cm

Wrapped in paper. Comes with full instructions on how to use it. It can also be turned into a liquid soap (optional).

With Coconut Oil and Lemon

This bar cuts through grease and is gentle on your hands. Can be used as is to wash your dishes or turned into a liquid dish soap (directions below and on the back of the label).

Gentle for you and the environment.

Ingredients:

Coconut oil, castor oil, spring water, lye (used up in the process), blend of natural citrus essential oils (lemon scented the tree, lemon verbena, may chang)

Stain Remover Stick



Stain Remover Stick and Laundry Bar

This powerful stick is easy to use and works wonders on all sorts of stains. It can also be used to DIY laundry powder (see below for the recipe).

Stain Remover Sticks are approx. 8cm x 3cm x 2cm.

Made with 100% biodegradable ingredients, coconut oil, pure essential oils and kaolin clay. Free from palm oil, fillers, preservatives, colours and chemical fragrances.

Gentle for you and the environment.

Ingredients:

Coconut oil, spring water, lye (used up in the process of soap making), kaolin clay, blend of natural essential oils (tea tree, lemon, eucalyptus, lavender)

Hand Sanitiser



Use anytime when soap and water are unavailable, especially outside of your home. Use sparingly and only when absolutely necessary. This can also be used to disinfect surfaces. Simply squirt a bit on a paper towel and wipe unclean surfaces. This works great for public toilets.

Active Ingredient: 65% ethyl alcohol

Ingredients: Ethyl alcohol (65%), aloe vera gel (aloe vera powder, spring water, agar), rosemary, tea tree and lavender essential oils

Pregnancy, Birth & Baby Care Products

A beautiful selection of natural products for new mums and babies.

Chemical free, preservative free, simply the best for sensitive baby skin.

Postnatal Healing Cream



Sizes: 15g and 25g glass packaging

This amazing Healing Cream has a big range of actions and uses. It relieves painful haemorrhoids, softens, soothes and repairs the skin and speeds up the healing process after giving birth. Witch Hazel is an excellent astringent causing the tightening of haemorrhoids and restoring their normal structure. Calendula has healing and anti-inflammatory properties. Comfrey contains allantoin, a cell proliferate that helps repair damaged skin and is very valuable in the treatment of wounds, scars and bruises.

Ingredients:

Sunflower seed oil, beeswax, cocoa butter, calendula flowers, comfrey leaf and root extract and witch hazel distillate, lanolin, emulsifier O, microcare db

Testimonial:

“Women who have used this postnatal healing cream have told me of the soothing relief from pain and fast healing. Great product.” SJ (Registered Midwife)

“I had terrible, painful haemorrhoids after the birth of my 2nd and 3rd children - I had this cream to use after the birth of my 3rd and it was incredible - worked very quickly to heal them (compared to after the 2nd baby), took away the pain, took away the fear of going to the loo :) Highly recommend this product.” SJ

Nipple Balm



Size: 15g glass packaging

Wonderful balm to sooth pain and irritation after breastfeeding. It speeds up the healing process in order to relieve and revitalise nursing nipples. Made with food-grade ingredients –no need to wipe off before nursing.

Ingredients: Sunflower seed oil, calendula flowers, kanuka leaves and flowers, beeswax

Testimonial Nipple Balm:

“This nipple balm has been used by many of my clients and they all say it is really soothing and healing, assisting recovery from nipple damage to improve their breastfeeding experience. Thank you.” SJ (Registered Midwife)

“I was given this balm by my midwife as I've had a lot of difficulty latching and suffered some damage. I've found it quite soothing and believe it has really helped with healing. I'm buying more for myself and for pregnant friends.” K

Mum & Bubs Massage Oil



Size: 50ml glass packaging

Mum & Bubs Massage Oil enhances the skin's elasticity, helping to prevent stretch marks and perineal tearing. It is deeply nourishing and relieves dry and irritated skin making it a great massage oil for baby. Packed with herbs to promote relaxation and to soothe mum and baby. With anti-inflammatory properties it eases eczema, cradle cap, rashes and skin irritations.

100% organic and natural. No preservatives, artificial colours or fragrances. The best for you and your baby.

Ingredients:

Sunflower seed oil, rosehip oil, herbal extracts of calendula flowers, st john's wort flowers, kanuka, lavender, beeswax

Baby Soap



Size: 4cm x 4cm x 2cm in recycled cardboard box

Gentle & Soothing with herbal extracts of calendula, lavender and NZ Kanuka

This natural baby soap is soothing, extra gentle and moisturising. It is an excellent choice for babies and folks with sensitive or dry skin.

Baby Soap (4cm x 4cm x 2cm) in recycled, biodegradable cardboard box. Gentle for your baby and the environment.

Ingredients:

Olive oil, coconut oil, avocado oil, sunflower oil, castor oil, jojoba oil, lye (used up in the process of soap making), calendula and kanuka extract, honey, oats, lavender essential oil

Baby Bottom Balm



Sizes: 50g glass packaging

This natural balm has been formulated to nurture, sooth and protect your baby's delicate skin. It provides a barrier to prevent nappy rash, reduces inflammation and heals the skin.

Chamomile and Calendula flowers give this balm its healing properties and Aloe Vera gel forms a protective layer. Beeswax reduces inflammation, softens skin, and has antioxidant properties. This balm helps to prevent skin irritation and restores sensitive baby skin.

Ingredients:

Sunflower seed oil, calendula flowers, kanuka, st john's wort flowers, cocoa butter, beeswax, aloe vera extract, seaweed agar

Testimonial:

"When my one year old was constipated he developed a very nasty and raw rash on his bottom. After trying a few different creams with no success a friend recommended this bottom balm to me. It cleared his rash up within a couple of days and he also didn't cry when it was being applied! You don't even need to use much so it lasts quite a while too. Thanks so much KoruKai, it's such an amazing product and I totally recommend it!" AH

Skin Repair & Wound Healing

Highly potent herbs grown on KoruKai Herb Farm are extracted in organic oils and ethanol for a 6-week period and blended for certain conditions.

Their healing qualities are outstanding and the products are chemical free, natural and preservative free.

Skin Healing Salve



Sizes: 25g glass packaging

This salve unlocks the healing powers of nature. This potent herbal salve provides an effective treatment for most skin conditions - a must-have in every first aid kit. Its antiseptic, antimicrobial, anti-inflammatory, anti-fungal and antiviral properties make it a powerful all-rounder for open wounds, cuts, eczema, red and inflamed skin, acne and rashes.

Calendula, Self-Heal, Kawakawa, Yarrow and Kanuka give this salve its healing properties.

Ingredients:

Sunflower seed oil, beeswax, calendula, kanuka, yarrow, self-heal, kawakawa preservative free

Testimonial:

Amazed and delighted with this magic salve!

I burnt my arm getting something hot out of the oven and the burn was pretty nasty. I bathed it in saline etc but it started to look infected and was inflamed and painful. It was looking like I might have to see the doctor and take antibiotics as the redness was tracking up my arm. Then I saw your Skin Healing Salve that my husband uses for his eczema and put some on the burn. Within 2 hours the redness had reduced and there was no pain in the burn. I wish I had taken before and after photos as the result was so fast and dramatic!! Within 3 days and putting the salve on twice a day the area was looking pink and new skin was growing. Amazed and delighted! It has been two weeks now and you can't even see where the burn was and I was sure I would have a scar. Thank you so much for your magic salve!! JT

Injury Healing Salve



Sizes: 25g glass packaging

This potent salve is a must-have after injury, surgery and overexertion. The herbs speed up the healing process, reduce inflammation and pain, reabsorb internal bleeding, soothe irritated and damaged nerves, and reduce the appearance of scars. Use on bruises, sprains, fractures, strains, tired and aching muscles, scars, injured nerves and damaged discs.

Ingredients:

Sunflower seed oil, beeswax, herbal extracts of arnica, comfrey, st johns wort preservative free

Burn & Bite Cooling Gel



Size: 30ml glass packaging

Fast relief for insect bites, burns and sunburn.

This gel is cooling, soothing and healing for burns of all types, including sunburn. It brings fast relief for itchy insect bites, reduces swelling and inflammation.

Ingredients: Water, seaweed agar, aloe vera leaf powder, herbal extracts of plantain and lavender, microcare db free from chemical colorants

Herbal Facial Steam and Toner



Sizes: 10g in cardboard envelope

For problem skin, acne and blocked pores

This herbal blend makes a facial steam or toner to help open and deeply clean pores.

10g of herb blend to be used for 5x facial steam treatment or turned into 2 litres of toner (comes with full directions).

Ingredients: Kanuka, calendula flowers, elderflowers, rose geranium

Face Bar - Detox



Size: 4cm x 4cm x 2cm in recycled cardboard box

With Avocado & Charcoal

It draws impurities and toxins out of the skin, improves cell metabolism and contributes to regeneration and restoration of skin. It helps to relieve acne and other skin problems.

Face Bar (4cm x 4cm x 2cm) in recycled, biodegradable cardboard box. Gentle for you and the environment.

Ingredients:

Coconut oil, olive oil, avocado oil, shea butter, cocoa butter, lye (used up in the process), activated charcoal (from coconut shells), sea salt, Dead Sea mud, bentonite clay, natural essential oils of bergamot, tea tree, NZ kanuka, may chang, lavender and peppermint

Lip Balm Healing



Sizes: 15g and 25g glass packaging

This natural lip balm contains herbal extracts from KoruKai Herb Farm. It has been formulated to treat herpes blisters like cold sores.

Kanuka and St John's Wort are our go to herbs for viral infections. They are combined in this healing lip balm with calendula flowers and provide a great natural solution for herpes blisters around the lips.

This balm can also be used for dry and cracked lips and for other skin conditions caused by a virus like shingles and chickenpox.

Ingredients:

Sunflower seed oil, calendula and st john's wort flowers, beeswax, kanuka essential oil free from chemical colorants

Facial Cleanse & Healing Pack



This is a fantastic pack - not just for teens!

The facial steam opens pores and cleans them thoroughly. It softens and helps release dead skin cells, dirt, bacteria and other impurities that can cause breakouts.

The Face Bar draws impurities and toxins out of the skin and the Skin Healing Salve is soothing and heals acne spots and skin inflammations.

Culinary Herbs & Food Seasonings

Our culinary herbs are grown on KoruKai Herb Farm. They are enjoying dry and sun kissed areas of the farm and are thriving. The aroma is strong and a little goes a long way. Because they are harvested and dried with care and away from direct sunlight, they contain and concentrate their flavour. The green look proves that they are far superior than their grey counterparts in supermarkets.

All our KoruKai seasonings are made with love and blended with care to bring your food to another level.

The salt is certified organic New Zealand sea salt.

Additional spices are certified organic and sourced within New Zealand where possible.

Free from preservatives, artificial colours and fragrances.

Suitable for vegetarians and vegans.

Culinary Herbs



Available herbs are:

Oregano (15g)
Rosemary (20g and 50g)
Sage (10g)
Tarragon (French) (10g)

Bulk packs are available for wholesalers. Please contact us for details.

Fennel seeds



Fennel has a sweet, warm, anise, liquorice aroma. The taste is slightly sweet with a hint of mild anise.

Available in 30g bags.
Packaged in biodegradable paper packaging.

Transfer to an airtight container after purchase. Keeps for 2 years when stored properly.

Ingredients: organic fennel seeds grown at KoruKai Herb Farm, New Zealand

Indian Seasoning



Size: 60g glass packaging

This Indian herbs and spices blend is packed with flavour and is great in curries, on eggs, for potatoes, in a stir-fry or as a meat rub.

It is mild for everyone's taste.

Ingredients: New Zealand sea salt, turmeric, fennel, coriander, fenugreek, mustard, cumin, cinnamon, ginger, black pepper, cloves, nutmeg

Moroccan Seasoning



Size: 60g glass packaging

This exotic and flavourful herbs and spices blend is packed with flavor and is a fabulous seasoning for lamb, moroccan stews and tagines, BBQ chicken or beef, sprinkled over popping corn or wedges.

Ingredients: New Zealand sea salt, rosemary, coriander seeds, cumin seeds, fennel seeds, chilli flakes, cinnamon, black pepper, garlic, ginger

Italian Seasoning



Size: 40g glass packaging

This mediterranean herb blend is great for pasta sauces, pizza, bread, as a meat rub or on new potatoes.

Ingredients: New Zealand sea salt, rosemary, thyme, oregano, sage, marjoram

Mexican Seasoning



Size: 60g glass packaging

This spicy Mexican herbs and spices blend is packed with flavor and is a perfect seasoning for chilli con carne, as a meat rub on a BBQ steak, sprinkled over popping corn or wedges. Mix with sour cream for a spicy Mexican dip.

Ingredients: New Zealand sea salt, oregano, cumin seeds, coriander seeds, chilli powder, paprika powder, garlic, onion

Chicken Seasoning



Size: 50g glass packaging

This flavourful chicken seasoning is packed with flavor and is perfect for a roasted chicken. Also great as a rub for BBQ beef or lamb or sprinkled over potatoes.

Ingredients: New Zealand sea salt, oregano, rosemary, paprika, marjoram, smoked paprika, garlic, onion, black pepper, mustard seeds

Fish Seasoning



Size: 50g glass packaging

This lemony blend is perfect for any fish dish. Simply rub seasoning all over the fish and cook to your liking. Also great as a dip mixed in sour cream or sprinkled over new potatoes.

Ingredients: New Zealand sea salt, oregano, lemon peel, dill leaves, rosemary

Grated Horseradish Root



Size: 100g and 190g jars

Available every winter only.

Fresh horseradish root grated in certified organic apple cider vinegar.

Nothing else. No additives, no flavours, no fillers.

Organic horseradish root from KoruKai Herb Farm, Banks Peninsula, New Zealand. Certified organic apple cider vinegar from Good Health Organisation.

Cinnamon Quills



Ceylon cinnamon quills
Cinnamomum verum

The use of cinnamon as an aromatic spice can be dated to as far back as ancient Egypt. Popular in spice mixes, sweet or savoury recipes, and hot or cold beverages.

30g packed in a home compostable ziploc bag.

Store in a dry and cool place for maximum flavour retention.

Certified organic from India, packed at KoruKai Herb Farm, Banks Peninsula, New Zealand

Ginger



Ground ginger is essential in much Western baking including cakes, biscuits, and traditional gingerbread. It is widely used in many cuisines, including a variety of stir-fry and curry dishes in India and Oriental countries.

20g in a sealed pouch. Once opened transfer to a sealed container for best results.

Certified organic from India, packed at KoruKai Herb Farm, Banks Peninsula, New Zealand

Fermentation Equipment, Milk and Water Kefir Grains, Heirloom Yoghurt Cultures and DIY Packs

We offer a range of fermentation and yoghurt making equipment and cultures to get you started on the journey for better health, nutrition and well-being.

Fermentation Pack



We have put together this pack for anyone wanting in making delicious ferments at home, but unsure where to start and how to go about it.

The KoruKai Herb Farm "Lacto Fermentation" booklet will guide you along step by step to make your own probiotic lactic-ferments at home.

Pack contents:

- 1x instruction and recipe ebooklet "Lacto-Fermentation"
- 1x wooden pounder
- 1x 1 litre glass jar with lid
- 1x glass weight
- 1x airlock

Fermentation Jar with airlock and weight



One thing that should be in just about everyone's diet are fermented or cultured foods. Not only are they packed with flavor, but they're positively brimming with probiotics. Those little microorganisms support your immune system and help to revive and maintain gut health. Fermented foods are also rich in B vitamins, food enzymes and key antioxidants that support healthy cells.

Contents:

- 1x 1 litre glass jar with lid
- 1x glass weight
- 1x airlock
- Brief instructions for using this set as well as cleaning and fermenting tips.

Fermenting Airlock with stainless steel ring



These silicone fermentation airlocks and stainless steel bands are perfect for keeping lacto-fermented pickles and drinks under an airlock during fermentation and storage. As pressure builds up gas pushes out the top of the spout without letting air in.

Use together with glass fermentation weights and glass jars.

Made from FDA approved, food-grade silicone and stainless steel the lids can be washed in the dishwasher and reused.

Fermenting Airlock without ring



Diameter: 8.4cm

This silicone fermentation airlock is perfect for keeping lacto-fermented pickles and drinks under an airlock during fermentation. As pressure builds up gas pushes out the top of the spout without letting air in.

Use together with glass fermentation weight and glass jar.

Made from FDA approved, food-grade silicone and stainless steel the lids can be washed in the dishwasher and reused.

Fermenting Weight



This glass fermentation weight is just what you need to make ferments successfully at home. Place it over your shredded vegetables and fit a fermenting airlock on the jar.

Diameter is 70mm, depth 25mm
Weight: 170g +/- 10g

The weight fits most wide mouth preserving jars. Always measure the top diameter of the jars before placing an order. Make sure that the diameter does not get narrower further down the neck of the jar.

Wooden Pounder



We have made a great amount of ferments over the years at KoruKai Herb Farm and used a fair bit of pounders. We know what makes a pounder fabulous. This one is made to our measurements and is well-designed for pounding vegetables and tightly packing them into jars or crocks for best fermentation. The wood is untreated beech.

Measurements: length 30cm, top diameter 4cm, bottom diameter 6.1cm. Easy and comfortable grip with a tapering of 3.5cm diameter.

DIY Apple Cider Vinegar Kit



We have put together this kit for anyone wanting to make their own apple cider vinegar.

Apple cider vinegar is easy and satisfying to make at home and the health benefits are numerous.

A lot of cider vinegar in the supermarkets are pasteurised and filtered. This removed the microbiome of the vinegar and you won't get the maximum health benefits from it.

Pack contents:

- full instructions with images to make it super easy for you (excerpt below)
- 1 litre glass jar with compound lid
- 1 square cloth
- 1 pack with starter vinegar and a piece of vinegar mother

Milk Kefir Grains



Active and alive!

1 portion of active milk kefir grains to culture 1-2 cups of milk in 12-24 hours.

Buy once and use over and over again and if you look after them, they will look after you.

Milk kefir comes from the Caucasus. It's here that milk kefir earned its reputation as an elixir of long life and a medicinal tonic.

Milk kefir grains are a gelatinous mass harboring a generous variety of bacteria and yeast. They are used to make continual batches of milk kefir. Kefir is closely related to cultures found in raw milk and our digestive tract, making it an excellent probiotic.

Testimonial: "The best kefir grains anyone could ever buy. Received the kefir grains a few weeks ago, they are so healthy and growing beautifully, I am so happy with your product it is a real credit to you and we are so lucky to have someone who is passionate about producing quality." (RJ)

Milk Kefir Making Kit



This kit contains all the basic equipment that you need to make healthy probiotic kefir at home.

This kit comes with active and healthy kefir grains, that can be used over and over again.

All you need do is add fresh milk and you are ready to ferment.

Pack contents:

- 1x 500ml jar with white plastic lid, wide mouthed for optimum fermentation
- 1x Stainless Steel Strainer
- 1x Kitchen Thermometer
- 1x Milk Kefir Grains Starter Pack
- 1x Instructions booklet via email

Water Kefir Grains



Active and alive!

Make your own fizzy, probiotic drink to benefit your digestive tract.

Vegan cousin of milk kefir and caffeine-free friend of kombucha.

2-3 Tbsp of active organic water kefir grains to make 1 litre of fizzy, probiotic drink in 48 hours.

Come with our comprehensive guide and recipes for lots of inspiration.

Water Kefir Making Kit



We have put together this kit for anyone wanting in making delicious water kefir at home.

The KoruKai Herb Farm "Water Kefir Guide" will guide you along step by step to make your own probiotic, healthy, fizzy water kefir sodas at home.

Pack contents:

- 1x instruction and recipe booklet "Water Kefir eGuide" sent via email
- 1x 1 litre glass jar with compound lid
- 1x silicone airlock for first ferment
- 1 pack with 3 Tbsp of fresh water kefir grains
- 100g of Complete Water Kefir Food

Complete Food for Water Kefir



Certified organic water kefir food containing sugar, molasses and micronutrients to feed your water kefir grains optimally. This pack contains the food for water kefir grains only, you need to have your own grains or buy them from us.

This way they stay healthy and produce a better probiotic fizzy drink for you and your family.

Available in 100g, 500g and 1kg bulk pack in a home-compostable, biodegradable pouch.

Kefir Strainer



10 cm diameter

Small round stainless steel sieve with a fine wire mesh. Perfect for use when straining the kefir grains out of the finished kefir. Can also be used for sieving flour or draining food.

High quality stainless steel, will never rust and is very durable.

Stainless steel mesh is easy to clean with soapy hot water and a brush or sponge.

Dry well after washing and store in a kitchen drawer or hang on a hook on the kitchen wall.

Kitchen Thermometer



13.5 cm long with clip

This thermometer is an accurate way to ensure you are heating your milk up to the right temperature. It has saved the life of kefir grains more than once and is essential to make probiotic yoghurt.

This thermometer has a clip to attach the thermometer to a pot or jar.

Fermentation Flask / Yoghurt Maker



This Fermenting Flask / Yoghurt Maker from Culture Cupboard is perfect to keep your kefir at a steady temperature without the nightly lows in winter and the mid day highs in summer.

It is also amazing to make your own yoghurt without the need for an electric yoghurt maker.

The flask comes with a glass jar and a recipe book to make your own dairy and dairy-free yoghurts.

Heirloom Perpetual Probiotic Yoghurt



Available twice a year only.

We are excited to share this starter culture with you that will make endless amounts of yoghurt. No need to buy again and again as with most other yoghurt cultures.

Comes with clear instructions and a video via email to make Probiotic Yoghurt and recipes for Greek Yoghurt, Simple Yoghurt Cheese (labneh) and Shankleesh (Lebanese cheese balls marinated in olive oil).

Taste and texture of this yoghurt:

It makes a thick and creamy yoghurt, slightly sour and mild. A beautiful yoghurt loved by everyone who visits the farm. It can be mixed with honey, fruits and berries of all kinds. It has a great texture, too.

Probiotics in this yoghurt: *Lactobacillus Acidophilus*, *Lactobacillus Bulgaricus*, *Bifidobacterium Bifidus*, *Streptococcus Thermophilus*

Heirloom Caspian Sea / Matsoni Yoghurt



Available twice a year only.

This dairy yoghurt is super easy to make and cultures at room temperature - no need for a yoghurt maker.

Very forgiving and a great start into making your own yoghurt at home.

This works even for the busiest of schedules.

Taste and texture of Matsoni:

It makes a semi-thick, drinkable, slightly sweet, smooth pourable yoghurt. Caspian sea yoghurt doesn't have a texture like regular yoghurt - it is delicate and has a slightly jellylike consistency. It has a milder acidic flavor than store-bought yoghurt and is therefore popular with kids. It can be mixed with honey, fruits and berries of all kinds.

Probiotics in Matsoni:

Lactobacillus acidophilus, *Lactobacillus delbrueckii* subsp. *bulgaricus*, *Streptococcus thermophilus* and *Lactococcus lactis* ssp. *cremoris*

Vegan Yoghurt Culture



Make your own fresh dairy-free yoghurt from your choice of plant milk.

Just add your favourite nut or seed milk and follow the recipes provided.

Makes: 5 x 1-litre batches of yoghurt

Ingredients:

Base: Organic Rice Starch, Agar

Culture: *Streptococcus thermophilus*, *Lactobacillus acidophilus*, *Lactobacillus delbrueckii* subsp. *bulgaricus*, *Bifidobacterium*

Contains: 5 Packs

Probiotic Dairy Yoghurt Culture



Make your own fresh probiotic yoghurt from your choice of milk.

Makes: 10 x 1-litre batches of probiotic yoghurt

This culture is best if you make yoghurt infrequently.

Ingredients:

GMO free Maltodextrin, *Streptococcus thermophilus*, *Lactobacillus acidophilus*, *Lactobacillus delbrueckii* subsp. *bulgaricus*, *Bifidobacterium*

Organic Cotton Cheese Cloth



Must have for cheesemaking, kefir cheese and yoghurt cheeses.

Made with certified organic cotton.

Size: 1.5m x 1m

Probably the best cotton cheesecloth you'll ever use. A bold claim but after many years, Country Trading has a GOTS certified 100% organic cotton cheesecloth that they are very proud to offer you in plastic-free packaging.

Sourdough (Regular and Gluten-Free) Bread Starter and Equipment

Nothing better than a house filled with the aroma of homemade bread. The satisfaction of making an artisan sourdough loaf yourself connects you to your ancestors who have probably made bread for centuries along with butter to go with it. We have made our own sourdough bread for over 10 years now and still enjoy every loaf produced. We have been exploring sweet baking recently and love making hot cross buns and cinnamon rolls. With the right tools and a helping hand, you can succeed making bread.

Rye Sourdough Starter for Baking Bread



Sourdough starter in a base of certified organic rye flour and spring water.

This is a well established and cared for starter that has been with us for around 12 years. We use it 2-3 times per week to bake fresh bread.

Rye starters are very robust and can tolerate a bit of neglect. The starter can be bought as is or with an e-booklet containing recipes and tips and tricks for great bread.

We use the rye starter for loaves of wheat, rye and spelt bread, buns, for pizza dough, ciabatta and so much more. We even go on holiday taking the culture with us to bake fresh bread.

More info about equipment and ingredients can be found on our website.

Testimonial:

“Healthy starter! I have baked sourdough bread a lot 10 years ago and now have found time in my life to get back into it. This is a great starter and the resulting bread is nice and soft inside with lots of yeast activity present (holes, airy). The crust is divine and the flavour excellent.” (BF)

Gluten Free Sourdough Starter for Baking Gluten Free Bread



Our KoruKai gluten-free organic sourdough starter is very flexible and works with quinoa, millet, brown rice, sorghum and buckwheat flours and potentially more, but we haven't tried more than those 5.

Contains 100% certified organic gluten-free flours and filtered spring water. You will get the starter sent via courier and our comprehensive Sourdough eGuide will be sent to you via email.

Ingredients: Gluten-free sourdough starter in a base of certified organic brown rice, sorghum and buckwheat flour and filtered spring water.

Bread Proofing Basket, Banneton



Proofing baskets help your bread to keep its shape while it does its final rise.

We find a banneton an essential tool when making sourdough bread at home.

Size A: Round big banneton for 750g-1kg loaves. 25cm diameter and 8cm height

Size B: Rectangular big banneton for 550-850g loaves. 28cm length, 14cm width and 8cm height

Size C: Round small banneton for 350-450g loaves. 16cm diameter and 6cm height

Size D: Rectangular small banneton for 350-450g loaves. 17cm length, 12cm width and 6cm height

Wax wraps for Bannetons



Size: Round big: 30.5cm diameter

Rectangular big: 34cm x 19.5cm

These wax wraps are perfect to cover your big bannetons once the bread dough has been shaped and is retarded in the fridge.

Plastic free, reusable, environmental friendly.

Made from repurposed cotton fabric, beeswax from hives at KoruKai Herb Farm and coconut oil.

Diastatic Malt Powder



Sizes: 100g and 500g bulk pack in a home-compostable, biodegradable pouch.

Diastatic malt is made from certified organic barley grains which are sprouted and then dried at a low temperature before being milled into a powder.

We get the barley malt from a Canterbury grower and mill it to order to provide you a very fresh powder for your baking.

Use it within 6-9 months of purchase.

Ingredients: certified organic freshly milled diastatic malt powder made from barley

Danish Dough Whisk



Sturdy dough whisk made with an oak handle and stainless steel head. It is perfect for bringing the dough together at the very start when mixing the water with the flour. Dough won't get caught in the wires, and won't clump in the center.

Perfect for everything from artisan sourdough loaves, pasta, muffins and biscuits.

Length: 33cm
Head diameter: 8cm
Wire thickness: 3mm

Dough Scraper



Size: 15cm x 11cm

This stainless steel dough scraper is perfect for all sorts of baking at home. It is the perfect tool to pick up, turn and portion dough. It is also great to clean the work surface afterwards.

We love it to shape high hydration, sticky sourdoughs and also use it for portioning pizza and other items.

Bread Lame



Size: 15cm x 11cm

Bread lame with 5 stainless steel razor blades.

Attractive wooden handle and stainless steel tip to hold the blade. Also includes a wee leather pouch to protect the blade and your fingers during storage.

We also sell replacement razor blades separately.

Grow Your Own

This is for the gardeners and the DIYers that want to grow medicinal herbs in their plot of land and maybe want to start making their own herbal preparations.

All plants are organically grown at KoruKai Herb Farm, Banks Peninsula. Free from chemical fertilisers, pesticides, herbicides and fungicides.

Our Grow Your Own category is very dynamic and changes frequently depending on the availability of medicinal herbs, cuttings, roots, seeds and other perennial plants from our herb farm. Please check on our website what is available and sign up for product updates.

Medicinal and Culinary Roots / Crowns



Medicinal root seedlings and crowns are dug in autumn every year.

We have available for purchase:

Horseradish
Elecampane
Echinacea
Valerian
Marshmallow
Comfrey Russian
Evergreen Comfrey (dwarf)
Yacon
Meadowsweet
Golden Rod
Lovage

Please check our website for updates and new products.

Medicinal and Culinary Bulbs and Rhizomes



We dig and multiply dormant plants every winter.

We have available for purchase:

Galangal
Jerusalem Artichokes
Seed Potatoes Purple Urenika
Seed Yams

Please see our website for more details and growing conditions.

Seed Garlic



Available in March.

We have a few varieties available for purchase. Please check the website for details and to sign up for product updates.

Demand is high every year for our organic seed garlic and we usually sell out within just a few hours/days. Most people receive the email notification once it is back in stock and it generally sells out through this. It rarely makes it into our newsletter.

Elephant Seed Garlic



Our elephant seed garlic is organic and spray free.

We have limited stock of seed garlic available each year. Please see our website for details. We ship them in March.

Plants and Seedlings



Most plants are shipped during their winter dormancy. Please check the website for details.

Available are:

Sorrel

Peppermint

Chocolate Mint

Lemon Balm

Welch Bunching Onions

Red Bunching Onions

Arnica (meadow)

Multiplying Perennial Leek (available Autumn - Spring)

Skullcap

Apple Mint (available year round)

Burn Jelly Plant (available year round)

Multiplying spring onions/ Giant Chives



We love those spring onions and find them so much easier than growing spring onions from seed. No more successive sowing and making sure to have a continuous supply. They keep on giving for 8-9 months of the year.

There are about 10 shoots in each clump to give you a great start. With this starter clump you will have spring onions to pick from September until May. No more successive sowing, no more pricking out. Simply plant and cut off as much as you need for 9 months of the year.

Please see our website for details.

Egyptian Walking Onions Topsets



1 bag with 10 bulbil/topsets. One bulbil can grow in good conditions 2-4 small to medium sized onions.

Plant between mid May until mid June in well drained, rich soil in full sun and protect from birds.

We love those onions and find them so much easier than growing onions from seed and the success rate is a lot higher. Onions store well for about 1 year in a cool and dry place.

Please see our website for details.

Seeds - Herbs



We have a growing number of seeds available for purchase.

Please see our website for details and new additions.

- **Calendula, calendula officinalis**
- **Mullein, verbascum thapsus**

Seeds - Vegetables



We have a growing number of seeds available for purchase.

Please see our website for details and new additions.

- **Bush tomatoes**
- **Tangella tomatoes**
- **Riesentraube tomatoes**
- **Kale Cavolo Nero**
- **Carrots**
- **Leek**
- **Capsicum**

Composting Equipment

At KoruKai Herb Farm we produce 2-3 tonnes of compost per year, so we know what tools are necessary and handy to have on hand. We offer them

here so you can make great compost as well.

Compost Thermometer



Stainless steel thermometer with long probe to measure the temperature of compost and soil.

Improved version of the KoruKai thermometer. Now hermetically sealed to withstand the weather and prevent fogging. We still advise to not leave it sticking in the compost for long periods of time.

50 cm long

Comes with a thorough leaflet to explain the colour coded temperature ranges.

Compost Cover



ComposTex Compost Covers (also known as "compost fleece") is a completely breathable, non-woven fabric made of 100% UV-resistant polypropylene that sheds rainfall and snow melt from compost piles and covered windrows.

At KoruKai Herb Farm we even use it for a fast to install, low-tech worm farming system straight on the ground.

Workshops, Farm Tours and Open Days

At KoruKai Herb Farm we offer workshops that reconnect you to your primal being and teach you how to grow your own, organic produce, filled with nutrition and love. We help you to create wholesome, nourishing food and bring back health and wellbeing to the home garden and kitchen where it belongs.

"Let food be your medicine and medicine be your food." Hippocrates

Workshop Topics

- Foraging: Wild Edible and Medicinal Plants workshop
- Fermentation, Microbiome and Gut Health Workshop
- Medicinal Herbs for Winter Wellbeing
- Traditional Sourdough Bread Making
- Gluten-free Sourdough Bread Baking
- Natural Cheese Making with wild cultures
- Make your own natural cleaning products
- Organic, biological and regenerative gardening with the soil food web
- Thermal compost making, bokashi composting and worm farming
- Growing range of online workshops, courses and lectures
- KoruKai Herb Farm Tour and Open Days

For upcoming workshops, more info and to book please visit our website.
www.korukai.co.nz

KoruKai Herb Farm Newsletter

Our newsletter is sent out to customers and subscribers about once a month. This is a place where we can share our passion for health, herbs, nutrition, organic gardening, soil, compost, microbiome, self-sufficiency and much more. Receive exclusive offers and be the first to learn about new products and happenings on the farm. You can sign up at the footer of our website.
www.korukai.co.nz

KoruKai Facebook Page

Our KoruKai Herb Farm Facebook page is a place for us to share photos from the farm, update you on scheduled events and new products as well as share important information with you.

Like our page today and be informed 😊

www.facebook.com/korukai

A few visual impressions of KoruKai Herb Farm, New Zealand





Meaning of “KoruKai” and our logo

The koru in our name and emblem is a symbol for new life and harmony. It is often found in nature and represents the spiral of the unfurling new leaf of the NZ tree fern. It symbolises new beginnings and the dynamic life force that leads to Health, Wellbeing, Tranquility and positive personal growth.

It is a continuum as it unwinds and new spirals appear; like the unfurling of life itself.

We have chosen to interconnect the koru with a stinging nettle leaf in our logo, representing the "Kai" (food) part of our name. Kai is also the co-owners first name.

The stinging nettle leaf symbolises the interconnectedness of medicinal herbs and nourishing foods to make us healthy and to keep us healthy. Incorporating medicinal herbs (garlic, onion, artichoke, herbal teas) and nourishing herbs with anti-inflammatory, antioxidants, phytochemicals and detoxifying properties into our daily diet is key for our health and well-being.



We offer edible weeds workshops, where you will learn about the range of wild edibles around you, how to prepare them and their range of nutrients and amazing medicinal properties.

Fermentation workshops and organic gardening workshops are here to help you on your journey of wholesome foods and self-reliance in terms of food and medicine.

We truly believe that the right food can make us healthy and that there are a lot of foods that can make us sick and are responsible for a lot of diseases in the Western world.

“The natural healing force within each one of us is the greatest force in getting well.

Our food should be our medicine. Our medicine should be our food.”

Hippocrates

For secure online shopping, please visit our website

www.korukai.co.nz

Delivery and Shipping Costs within New Zealand

- Packages are generally dispatched within 1 working day after receipt of payment and are shipped via NZ Post. Cultures and plants are shipped at the start of the week only. Please see guidelines on the individual product pages.
- We use recycled cardboard shipping boxes and pack everything with newspaper - waste free!
- Please allow up to 5 working days for delivery of your goods with standard post and 2-3 working days with courier post. Allow an extra two working days for rural deliveries.
- Our shipping rate calculates automatically with the weight and volume of the products you choose.
- Shipping starts at \$5.50 for standard postage within NZ and \$7.50 for Courier. Rural delivery surcharge is \$4.80.
- All parcels are tracked.
- Rural delivery surcharge is \$4.80. Please select rural delivery if you live rurally to avoid an unnecessary hold up of the delivery of your parcel.
- We advise you to group your items in one order. If you have forgotten an item and you have already paid for your order, you can choose "Collection from KoruKai Herb Farm" and no shipping fee will be added to your additional order. Please advise us asap via email (info@korukai.co.nz) so that we can group your separate orders to one and advise you of the total shipping costs.
- We take extra care to protect fragile items for shipping. If a breakage during shipping happens please let us know and we will send you a replacement as soon as possible. Please let us know by sending an email with a photo of the broken item to info@korukai.co.nz

Delivery and Shipping Costs outside of New Zealand

- All international orders are sent by International Air.
- Delivery times vary depending on destination, please allow up to 3 weeks for delivery.
- Shipping starts at \$25 and is calculated automatically with the weight and volume of the products you choose.

Return of Containers

We believe single-use glass containers are not the solution to our waste problem, but they are sturdier than plastic and can be washed and reused many, many times.

We are now taking containers back to get reused as we believe that this is the best way to really make a difference. Most plastic containers can also be reused a few times, especially the SunArmour, BugStop and Body Lotion containers are suited as they can be sterilised with boiling water.

To return containers please:

- Rinse container with boiling water (warm water first to prevent glass from breaking) a few times to melt away all the left over bits of cream, salve etc.
- Remove the best before label while container is still hot
- Remove stained or dirty labels
- Leave other labels intact (especially the glossy ones stay nice and can be used again)
- Let container dry without lid
- Ship your clean and dry containers to: KoruKai Herb Farm, PO Box 88015, Pigeon Bay, Akaroa 7550

Prices

For prices please visit our website or the separate price list.

We reserve the right to change prices without notice.

Wholesale

- We sell our products to retailers. If you have a health shop, pharmacy or a souvenir shop we would like to hear from you. We also support co-ops, organic whole food stores and internet sites.
- Simply inquire to info@korukai.co.nz or fill out our contact form and we are happy to send you a wholesale price list and discuss the way forward.