



“ORGANIC” ORANGES

Farmer offers local grown “organic” oranges and bananas.

“Vitamin C is a very powerful antioxidant and plays a key role in the formation of collagen,” says Gloria Camilleri. “Interesting fact is that vitamin C helps the body absorb dietary iron.”

Sustainable ecological and fully-certified organic farm produces a range of organic vegetables and processed vegetarian products such as olive oil and preserves.

Deliveries are made Tuesdays for south areas and Thursdays for north areas.

Farm is located in Zebbieh in Mgarr.

For information, contact:

Vincent’s Eco Farm on 9958 7661



“LELI’S”

Locally produced honey, “Leli’s” is now available across Malta.

“Autumn honey, collected by our honey bees from September till October from two main flower sources, carob and eucalyptus blossoms,” says a rep.

Produced in Malta, honey is gluten free, preservative free, 100 percent pure

No added ingredients. 350 gram jar.

Found at local health shops.





“SEA MAGIK” SALTS

Sea Magik’s “salt” range is now available.

“We’re passionate about the ingredients we use and proud to produce vegan products, all of which use one or more of just four key ingredients of salt, seaweed, mud and water,” says a rep.

Salt-infused mineral range includes Dead Sea, Himalayan, Epsom, Charcoal and Magnesium, as shown above.

Fully recyclable. Made with reduced plastic, 25 percent less than regular pouches.

Ask your massage therapist or health shop for details.



“LATTE” BLENDS

Maker of organic teas launches a herbal “Latte” range.

“Superfood latte blends for a convenient, indulgent and delicious way to enjoy herbal benefits,” says a rep.

Made by Pukka, the organic latte flavours include matcha, cacao maca, turmeric and ginger.

Caffeine free. Dairy, soya and gluten free. No added sugar.

Suitable for vegetarians and vegans.

Found at health shops around Malta and Gozo.



“NUTRITIONIST”

Specialist in “Integrative Nutrition” is now available by appointment.

“Weigh the strengths and weaknesses of many popular diets and cleanses,” says Sandra.

“Release your dependency on restaurant food, fast food and processed food.”

Appointment hours are Monday to Friday 3pm to 6pm, Saturday 9am to 12pm.

Office is located in St. Julian’s.

For information, contact:

Sandra Integrative Nutrition on 9917 3166

“RECIPES”

Nutrition health coach is offering “healthy” recipes on Instagram.

“My approach is not to dwell on calories, carbs, fats, and proteins. Develop a deeper understanding of food and lifestyle choices,” says Laura Peischl.

Recipes include step-by-step preparation.

Experienced with Ayurveda, gluten-free, Paleo, raw, vegan, plant based, whole foods and macrobiotics diets and lifestyles, she offers a free one hour consultation.

For information, contact:

Responsible Eater on 9995 6858