

Sage is easily grown, needing little encouragement or care. It can, of course, be

just the sage to hang in the oven. Goes well over the top of fish or fresh cooked pasta.



week before I go grocery shopping. I sit down and work out a menu plan for the week ahead. The items required then go onto the grocery list and I buy only what is on the list without deviating. It means that fruit,

early through fall.

This has worked for me for many years. No need to go to the supermarket each day and be tempted to buy several other items. **GILVAE MCELROY**



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christchurch



Rutherford and Meyer's new Wine & Cheese are a useful partner for Friday night drinks without the fuss. They are small but do much good. Our favourite is the Three Flavours: Garlicy goodness, The Wine and Cheese Cheese. Set in conjunction with Rutherford and Meyer has two Friday night parties to give away. Each contains three bags of

## WIN★WIN

Wine & Cheese, a box of original Gourmet Wines, two Rutherford and Meyer fruit packs and two bottles of wine from Adams Wines. Each pack valued at \$110.  
To enter this lucky draw, email [win@thegeorge.com](mailto:win@thegeorge.com) with winners and wife in the

subject line and name, age, address and contact details in the body. Or write your name, age, address and contact details on the back of an envelope addressed to Ross Lucky Draws, PO Box 1066, Christchurch 8141. Entries close Monday, 3 June 21 and winner's name will be published in *Zee* on June 23. Entrants must be over 21 years of age.

# thingswe love

Looking for inspiration? Here are new products, ideas and innovations we've found this month.



## ZESTY CUPPA

Dilmah Green Tea with lemongrass and lemon is a zingy blend that's lovely after dinner. It's a lovely change from regular green tea.

\$2.99, [www.dilmah.co.nz](http://www.dilmah.co.nz)

## MIX IT UP

Alexandra's Israeli Couscous is lighter than regular couscous and makes a lovely change. Cook it just like pasta and serve with stews or grilled meats.

\$4.00, [www.alexandrafinefoods.co.nz](http://www.alexandrafinefoods.co.nz)



## BACK IN BALANCE

Blackmores Digestive Bio Balance are chewable probiotic tablets containing a researched dose of *Lactobacillus reuteri*. Unlike many probiotics, these don't have to be kept in the fridge, making them super convenient.

\$9.90, [www.blackmoresnz.co.nz](http://www.blackmoresnz.co.nz)



## DAINTY BITES

Rutherford & Meyer Waferbites are a light and crunchy cracker alternative that works well with dips and cheeses or just on their own.

\$3.60, [www.rutherfordandmeyer.co.nz](http://www.rutherfordandmeyer.co.nz)



## WHAT DO YOU LOVE?

We want to feature your favourites, too. Tell us about the products you love using, and we may feature them here. Email us at [editor@healthyfood.co.nz](mailto:editor@healthyfood.co.nz) with 'Things we love' in the subject line.

## HEART YOUR BREAKFAST

Heart 1st cereal is a substantial breakfast high in fibre and wholegrains, so it's a healthy start to the day. It also tastes nice.

\$7.49, [www.goodnesssuperfoods.com](http://www.goodnesssuperfoods.com)

'Things we love' is an editorial feature. Inclusion is at the discretion of the editor and is not paid for. If you have products you would like to be considered for this page, please email us at [editor@healthyfood.co.nz](mailto:editor@healthyfood.co.nz) or courier your product to Healthy Life Media, Level 3, 152 Beaumont Street, Westhaven, Auckland.