



News ...

from the Sun Country on the Murray Region

Keep Healthy This Winter With Hot Tips from the Sun Country on the Murray Producers

Winter is certainly here. There is nothing worse than planning a holiday and then coming down sick right before you head off. We want to make sure you keep in good health on your next trip to Sun Country on the Murray. Check out these ideas for super healthy products;

Boost Your Vitamin C Levels

Kick those sore throats to the curb with Rich Glen Olive Estates' Vitamin C Tea. This tea is one of the many products passionately made on the property at Rich Glen Olive Estate.

Persimmons are sourced from a local farm in Barooga, dried and then added to the healthy tea mix adding to its health benefits. With a combination of olive leaves, lemon balm, Echinacea, ginger, rosehip and persimmon it is full of Vitamin C (hence the name). It's tasty, yet a little bit sweet and you only need to add a teaspoon to a teapot of water and you can keep topping it up over and over again! The olive leaves make it full of antioxidants too. For an extra hint of sweetness and goodness you can add a little bit of olive blossom honey.

Just while you're stopping in to grab your tea, sneak into the gorgeous room of natural beauty and skin products where you can boost your skin's levels of Vitamin C with the recently launched Vitamin C elixir.

We suggest you plan your visit around lunch time as you can enjoy a light lunch, or homemade cake and coffee in the Rich Fields Café.

Talk to the wonderful team and find out about the product range and its other amazing health benefits.

Rich Glen Olive Estate

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YARRAWONGA • MULWALA • COBRAM • BAROOGA • NUMURKAH • NATHALIA • BARMAH

For more details visit www.suncountryonthemurray.com.au



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