



# CHOICES'

Monthly Newsletter | July 2016

## The Dish On Raspberries

Botanically Brewed **Beverages**

**Yoga** for Spinal Health

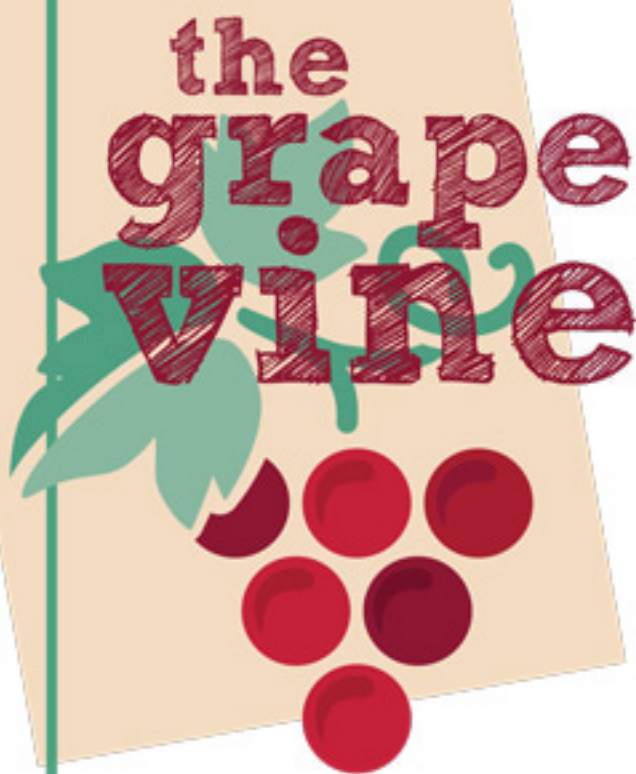
**Save** Food, Money and the Environment

**Hints** for Hydration

IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K5







## Celebrating Choices Yaletown

Sixteen years, that's how long Choices Yaletown has been around! And we've enjoyed every year of being part of this unique community. Thanks for supporting our small family store and helping us grow. We hope you've enjoyed having us in your community. We look forward to being part of this community for many more years.

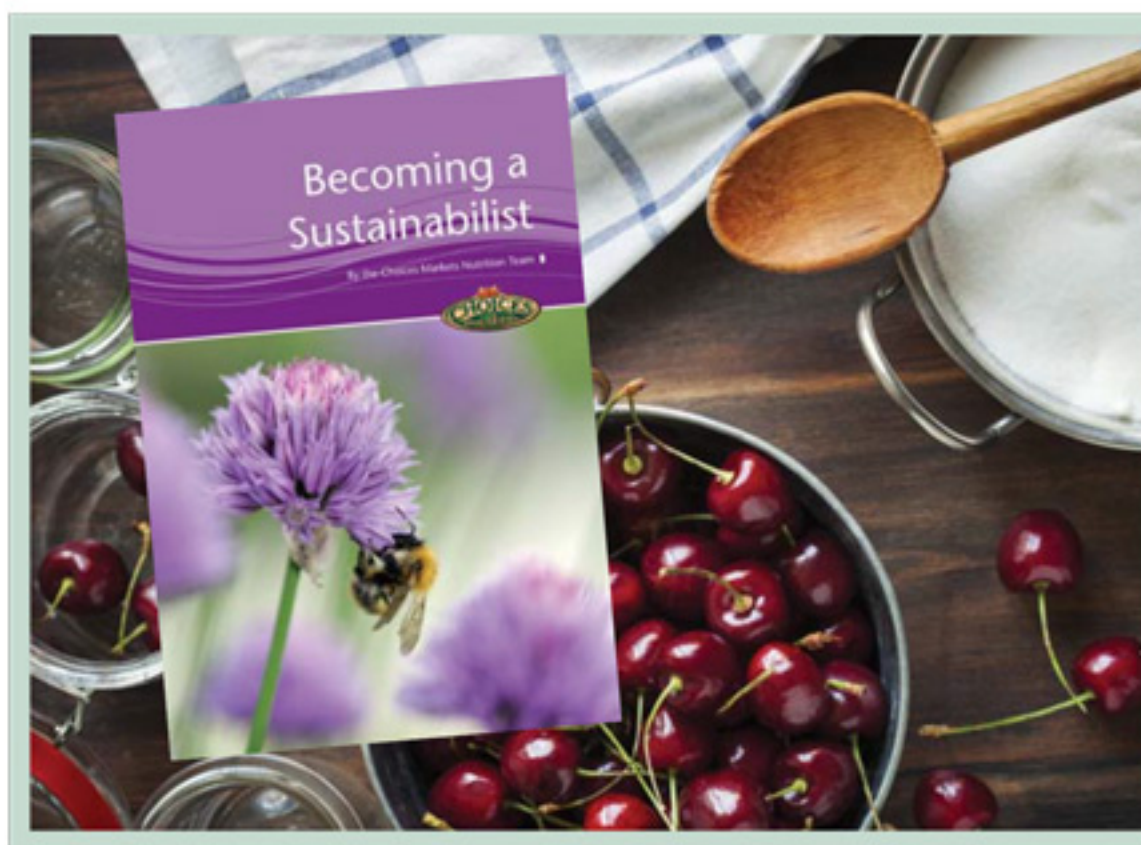


## Missing Something?

You may have noticed that for the summer months we don't have our usual line up of workshops or seminars. Don't worry—they're not gone for good. In the summer, when everyone in BC is enjoying the outdoors, we wind down our seminar and events program. Come September, however, we will have exciting cooking classes to offer and informative seminars on a variety of healthy-living topics. So when the kids go back to school, check out our events calendar in the newsletter or visit our website [choicesmarkets.com](http://choicesmarkets.com) to see what's happening in our stores.



## Maximizing Your Summer Bounty



Make the most of the locally grown treasures you bring home from the grocery store this summer. *Becoming a Sustainabilist* is the latest installment in Choices' series of wellness guides. In this guide we share our secrets for storing your summer bounty and ensuring that nothing goes to waste. We arm you with delicious recipes that will make local ingredients shine. In this helpful resource, you'll also learn about trying out different diets to suit a more sustainable lifestyle. *Becoming a Sustainabilist* is available at all Choices locations for \$13.95 plus applicable taxes.



**ENTER TO WIN**

# Mountain Equipment Co-op Gift Card Giveaway

Courtesy of Endangered Species Chocolate

Make all of your outdoor adventure dreams a reality with the help of Endangered Species Chocolate. This July, one lucky Choices customer will win a \$1000 gift card for Mountain Equipment Co-op courtesy of Endangered Species Chocolate.

Endangered Species Chocolate is committed to providing premium, natural chocolate products. Even better—10 percent of net profits are donated to support conservation efforts. Indulge in a cause.

**Skill Testing Question:**  $(56 - 18) \times (25 - 13) =$  \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Choices Location: \_\_\_\_\_

Contest open from July 1 to 31, 2016. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes. Entries can be dropped off at any Choices location. There can be no repeat winners for throughout 2016.



## Calling All Job Seekers!

We need talented people like you to fill key management roles at all of our Metro Vancouver locations—including our newest store in North Vancouver, Capilano Village. We are in search of individuals who share our vision of sustainability, healthy living and supporting local growers and communities. If this sounds like the right opportunity for you, please send your resume and cover letter to [jobs@choicesmarkets.com](mailto:jobs@choicesmarkets.com) or visit [choicesmarkets.com](http://choicesmarkets.com) for more details and a complete list of all available positions. We look forward to hearing from you!



# Botanically Brewed Beverages

PRODUCER FEATURE ON FENTIMANS



In 1905, Thomas Fentiman, an iron puddler from Cleckheaton, England was approached by a fellow tradesman for a loan. A deal was struck and a recipe for botanically brewed ginger beer was provided as security. The loan was never repaid, so Thomas became the owner of the unique recipe.

Thomas began using the recipe and producing botanically brewed ginger beer, which he delivered door-to-door using a horse and cart for transport. His ginger beer was stored in handmade

Ordinary carbonated drinks are relatively quick to make. This genre of drink typically takes only a few hours to produce from start to finish. Fentimans drinks are different.

Thomas Fentiman's time-honoured approach hasn't changed much in over 100 years. The knowledge and expertise have been passed on from generation to generation, and the Fentimans still follow the same multi-stage small-batch botanical brewing technique first used by Thomas Fentiman in 1905.

Quality cannot be rushed; the process of making each flavour of Fentimans takes 7 full days. The technique involves using a combination of infusion, skilful blending and fermentation of natural ingredients. This care and attention results in superior beverages that stand apart in both taste and quality from other soft drinks.

stone jars, which were stamped with an image of Thomas' pet dog named Fearless. Fentimans botanically brewed ginger beer quickly became very popular and the family business grew into several brewing and production facilities that were stationed in the North of England. Today, the Fentimans company still remains in the family and is owned by Thomas Fentiman's great grandson.







## Mixing with Fentimans

Whether you're making simple cocktails at home or mastering mixology, Fentimans sodas allow everyone the opportunity to experience the most delectable drinks. Try these mixes this summer:



### Moscow Mule

2 oz Vodka  
4 oz Fentimans Ginger Beer  
splash of lime juice

Build over ice in a rocks glass and garnish with lime wedge.

### Curious Rummy

2 oz Rum  
1 bottle Fentimans Curiosity Cola

Build over ice in a tall glass and garnish with a lime wheel.

### Gin Gin Rose

2 oz Gin  
1/2 bottle Fentimans Rose Lemonade

Build over ice in a rocks glass and garnish with a lemon wheel.

### The Everyday MANhattan

2 oz Bourbon  
2 oz Fentimans Cherry Cola

Garnish with a bourbon-soaked cherry.

### Almost Negroni

2 oz Gin  
2 oz Fentimans Dandelion & Burdock  
Dash of Bitters

Garnish with an orange peel twist.

### White Wine Seville Sangria

4 Bottles Fentimans Mandarin Seville Orange Jigger  
1 Bottle White Wine like Chardonnay  
6 oz Peach Schnapps  
Chopped seasonal fruits  
(oranges, peaches, strawberries,  
grapefruit, cut into 1-inch pieces)

Combine everything in a large pitcher.

### The Victorian Lemon Drop

2 oz Vodka  
1/2 bottle Fentimans Victorian Lemonade

Build over ice in a rocks glass and garnish with a lemon wheel.

### G & T

2 oz Gin  
4 oz Fentimans Tonic Water

Serve over ice in a rocks glass and garnish with lime or cucumber.





# preferred shopper club specials



## Stahlbush Island Farms Frozen Fruits and Vegetables

Assorted Varieties

**3<sup>19</sup>**

Frozen Vegetables

**5<sup>99</sup>**

Frozen Fruit

Assorted Sizes • Product of USA

Stahlbush frozen fruits and vegetables are ideal when you're in a pinch and out of fresh produce. This produce is biodynamically farmed. Plus it's picked and frozen at its peak, retaining the majority of vitamins and minerals.

## La Tortilla Wraps

Assorted Varieties



**3<sup>29</sup> to 5<sup>99</sup>**

Assorted Sizes  
Product of USA

The best-tasting wraps and tortillas that contribute to a healthy lifestyle.



## Kuehne Yogurt Dressing

Assorted Varieties

**2<sup>99</sup>**

250 ml  
Product of Germany

Simply pour your favourite dressing over your salad and enjoy.



## Maison Orphee Oils

Assorted Varieties

**8<sup>49</sup> to 15<sup>99</sup>**

250 to 500 ml  
Product of Argentina, France, Spain

Use for making dressings and marinades, sautéing, baking, braising and more.



## Kikkoman Sauces and Seasonings

Assorted Varieties

**2<sup>99</sup> to 6<sup>49</sup>**

Assorted Sizes  
Product of USA

Kikkoman has a seasoning or sauce to suit just about any dish.



## Que Pasa Thin and Crispy Tortilla Chips

Sea Salt or Lime

**NEW AND DELICIOUS**

**3<sup>69</sup>**

300 g  
Product of Canada

Dig in to Que Pasa's NEW cantina-style chips.



## Bucha Organic Kombucha

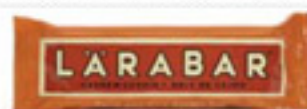
Assorted Varieties

**4<sup>39</sup>**

+Deposit +Eco Fee  
473 ml  
Product of USA

A smart alternative to the other nutritionally empty sugary beverages.

## Larabar All Natural Energy Bars



Assorted  
Varieties

**1<sup>79</sup> to 1<sup>89</sup> ea**  
**27<sup>99</sup>**

16 pk • Product of USA

Each Larabar contains no more than 9 whole food ingredients.

## Blue Monkey Coconut Water With or Without Pulp



**1<sup>89</sup>**

330 ml

**1<sup>299</sup>**

6pk

+Deposit +Eco Fee  
Product of Thailand

A natural balance of electrolytes to hydrate and replenish the body's fluids.



## GH Cretors Popcorn Snacks

Assorted Varieties

**4<sup>69</sup>**

Assorted Sizes  
Product of USA

Healthier, wholegrain snacks with a healthy dose of flavour.



## Steaz Iced Tea

Assorted Varieties

**2<sup>39</sup>**

+Deposit +Eco Fee  
473 ml  
Product of USA

Lightly sweetened with organic cane sugar and with other natural ingredients.





### Blue Diamond Fresh Almond Breeze Beverages

Assorted Varieties

**5<sup>99</sup>**

1.89 L  
Product of USA

### Blue Diamond Nut Thins

Assorted Varieties



**3<sup>99</sup>**

120 g

### Blue Diamond Artisan Thins

Assorted Varieties



**3<sup>99</sup>**

120 g

Blue Diamond items are great to have on hand as pantry staples or handy snack foods. Use Almond Breeze as a dairy alternative to milk and satisfy your snack cravings with Blue Diamond Nut and Artisan thins.

### Manitoba Harvest Hemp Bliss Beverages, Hemp Heart Bites and Bars



Assorted Varieties

**2<sup>49</sup> to 5<sup>99</sup>**

Assorted Sizes • Product of Canada

Hemp imparts a nutty taste similar to sunflower seeds or pine nuts.



### Happy Lithia Water

Assorted Varieties

**1<sup>59</sup> to 1<sup>399</sup>**

+Deposit +Eco Fee  
Assorted Sizes  
Product of Canada

Canada's award-winning, naturally alkaline lithia water.

### McVitie's Biscuits

Assorted Varieties



**3<sup>49</sup>**

Assorted Sizes • Product of Great Britain

Crafting the most delicious biscuits since 1830.



### Dairyland Organic Milk

Assorted Varieties

**8<sup>59</sup>**

4 L  
Product of Canada



### Dairyland Organic Half and Half

**3<sup>49</sup>**

1 L

Choosing Dairyland Organic Milk and Cream means you're choosing to drink a product that puts the environment first. One that comes from farmers dedicated to sustaining the health of the soil, plants and animals through organic farming practices.

### Greek Gods Yogurt

Assorted Varieties



**5<sup>29</sup> to 5<sup>59</sup>**

500 g  
Made in Canada

Thick, creamy Greek-style yogurt with 7 active and live cultures.

### Endangered Species Chocolate Bars

Assorted Varieties



**4<sup>49</sup>**

85 g  
Product of USA

Ten percent of net profits is donated to support conservation efforts.

### Made Good Granola Minis

Assorted Varieties



**3<sup>99</sup>**

100 g bag

**4<sup>29</sup>**

4 pk  
Product of Canada

Organic snacks that contain the nutrients found in one serving of vegetables.



### Kiju Organic Juice

Assorted Varieties

**2<sup>99</sup>**

+Deposit +Eco Fee  
1 L  
Product of Canada

Organic juices with natural goodness and great taste.



# YOGA

## for Spinal Health

**N**orth Americans sit—a lot. All this prolonged sitting strains the lower back, decreases circulation in the legs and feet and increases fatigue. The continuous pressure of sitting can wear on the spine more quickly and lead to bulging herniated discs. Here are a few basic yoga postures to help promote spine health and counteract the effects of prolonged sitting.

**NOTE:** modify these poses as necessary and always remember to breathe to maximize the benefits of the poses.

### Cow and Cat Poses:



1. Start on all fours. Line up hands under shoulders and knees under hips.
2. Find a neutral or relaxed spine. On an inhale, initiate movement from your tail bone and sink the belly towards the earth. Soften the shoulders and lift the heart and head towards the sky for cow pose.
3. Exhale and, again, initiate movement from your tail bone. Round the spine up towards to sky, push into your hands to broaden the shoulders and look down towards your belly for cat pose. Repeat sequence.

### Cobra and Upward Facing Dog:

1. Lie on your stomach. Place hands under shoulders and gently pull elbows in to your rib cage.
2. Draw shoulders together and back, down and away from your ears. Press your pubic bone and tops of the feet to the mat and relax your glutes.

3. Inhale and lengthen the crown of your head forward, then slightly upward. Stay here in Cobra for a few breaths.

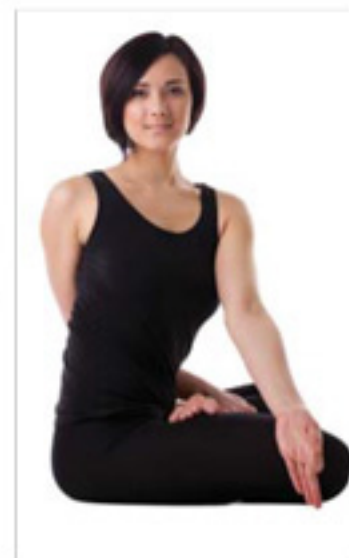


4. To move into Upward Facing Dog, straighten elbows and lift the thighs from the ground. Hold for a few breaths then lower.

### Seated and Lying Down Twists

#### Seated Twist

1. Sit comfortably in a chair or on a cushion on the floor.
2. Inhale and lengthen the spine. Exhale and twist over to one side. Line up your head with your chest and breathe. Repeat on opposite side.



#### Lying Down Twist

1. Lie flat on your back. Keeping them on the floor, stretch your arms to your sides, palms face upwards.
2. Inhale and draw knees into your chest. Exhale and slowly lower knees to one side. Keep the opposite shoulder on the ground and breathe. Repeat on opposite side.



Shae Savage is a practicing Kinesiologist and Registered Yoga Teacher (200-RYT). Through her company, Savage Yoga, Shae offers community, corporate and private yoga classes in various styles. Visit [savageyoga.ca](http://savageyoga.ca) to learn more or follow Shae on Twitter and Instagram: [ssavage\\_yoga](#).

This article is meant for educational purposes only. The information here is NOT meant to replace consultation with a trained and qualified professional.



# Save Food, Money and the Environment

By Nicholas Scapillati, Executive Director, FarmFolk CityFolk

Q

**I've heard cutting down on food waste is a great way to save money on my grocery bill. What are the first steps I should take?**

A

Forty percent of food produced in North America never gets eaten. From farm to folk—at every step along the supply chain—food is wasted. When food is wasted so too are the resources used to grow, harvest, package, ship and prepare that food. For example, 1.4 trillion litres of water per year are used on food crops that never make it to market.

Astonishingly, over 50 percent of food waste happens at home! However, with a few small changes to shopping habits, a better understanding of best before dates, and some tips to help care for, store and preserve food, Canadian families could save up to \$1,500 per year!

How we shop is just as important in reducing food waste as what we do in our kitchens. As your family changes, be sure your grocery cart adequately changes, too. Before shopping, ask yourself three important questions:

1. What do I already have at home?
2. How long can I store the food I'm about to buy?
3. When will I use this up?

After the best before date, products may lose some of their freshness or nutritional quality—but don't mistake best before

dates with expiry dates as this date isn't an indication of when the food is unsafe to eat. Instead of throwing the food out, freeze it for another day.

Properly caring for your food will maintain its taste, texture, and nutritional value longer. Make the most of your fridge, freezer, cupboards and cold room to ensure your groceries' freshness. When it comes to food storage, the freezer is your most important asset; use it to preserve the freshness of anything and everything from nuts to cheese to herbs.

For tips on shopping, cooking and food storage that will help reduce your food waste or for more information on the resources mentioned in this article please visit [www.farmfolkcityfolk.ca/projects/foodprint/](http://www.farmfolkcityfolk.ca/projects/foodprint/).



**Nicholas Scapillati is the Executive Director of FarmFolk CityFolk a not-for-profit organization cultivating local sustainable food systems across BC.**

## Hints for Hydration

By Jess Pirnak, RD, A Choices Dietitian

Contact Jess at [jpirnak@choicesmakets.com](mailto:jpirnak@choicesmakets.com)

Staying well hydrated when it's hot is definitely a must to prevent dehydration. Fluids help us stay healthy and energized by controlling our body temperature, aiding digestion, carrying nutrients around our bodies and cushioning our organs and joints. Here are my 3 top hydration tips for this summer.

1

### **Nothing satisfies thirst better than a tall glass of cold water.**

It's refreshing—and sugar free! Add a slice of lemon, lime, cucumber and mint or frozen berries to make it more refreshing. You can also turn water into a nutritional goldmine by adding chia seeds for extra fibre, protein and heart healthy omega-3s.

2

### **Enjoy a beautiful bowl of local produce.**

Items like cucumbers, lettuce, celery, radishes, tomatoes, green pepper and watermelon are more than 90 percent water. Snacking on these foods is a terrific (and delicious) way to supplement your water intake. Besides keeping you hydrated, these fruits and vegetables also provide lots of fibre, vitamins, minerals and antioxidants.

3

### **If you're still craving something carbonated, grab some kombucha!**

Kombucha is a cold, fermented tea that can satisfy any pop drinker's craving for sweet and bubbly beverages. Although it's made with tea, kombucha is caffeine free because the cultures consume the caffeine during fermentation. Even better is that this fizzy drink is also way lower in sugar than soda pop. It also provides us with good-for-your-gut probiotics, digestive enzymes and B vitamins for energy.





## Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.

### Choice Produce Picks

#### BC Zucchini:

Zucchini are prolific vegetables that belong to the cucurbit family along with cucumbers and winter squash. Some may call zucchini by alternate names: courgettes or elongated vegetable marrows. By any name, they are rich in cancer-fighting carotenoid antioxidants. Zucchini are sweetest when freshly harvested, so dish them up raw in salads or roasted.

#### BC Organic Stone Fruits:

BC's Okanagan is the perfect spot to grow stone fruits. First of the season fruits include apricots, peaches, and nectarines, and they all hail from South Okanagan in the Similkameen Valley. These fruits are delicate, boasting the best flavours when freshly picked. Be sure to stock up on these local gems when they're in season from July through August. Try them fresh sliced in salads, desserts or with yogurt. Freeze for future use by slicing and freezing flat on a baking sheet before bagging up tight.



### TASTY TOP CHOICES RECIPE

#### Zucchini Salad with Fromage Blanc

Julienne 2 zucchini or spiralize with a Spirooli and put in large mixing bowl. Mix in the zest and juice of 1 lemon along with 2 tablespoons olive oil and a pinch salt and pepper. Toss the zucchini in the dressing and plate, topping each portion with 2 tablespoons of fromage blanc, fresh basil and halved cherry tomatoes.

#### Grilled Apricot & Arugula Salad

Heat a barbecue on medium-high. Make a marinade by mixing the juice from 1 lime with 1 teaspoon of maple syrup, 1 tablespoon of olive oil and pinch of salt and pepper. Halve 4 apricots, and toss with the marinade. Place on the hot grill and sear each side on for about 30 seconds or until you see grill marks. Toss the remaining marinade with 2 cups of arugula and arrange on a plate. Top with 2 tablespoons with fromage blanc, the freshly grilled apricots and fresh torn basil.





## Grocery Gossip

### Prima Energy Bars:

Locally handcrafted in North Vancouver, Prima Energy Bars were inspired by a competitive cycling trip in France. The founder of Prima noticed the French racers relied on REAL food for fuel. And so, Prima was born to fuel your active needs with real-food ingredients like almonds, hemp, and sunflower seeds for protein. Delight your taste buds with flavours like Ginger Pistachio, Salted Chocolate and Peanut Butter, and Cherry Coconut.



### Dare to Dairy



### Riviera Fromage Blanc:

Fromage blanc? Think Greek yogurt crossed with crème fraîche. Fromage blanc is made similar to the way crème fraîche is made but contains more milk than cream, which creates a decadently soft 2.8 percent milk fat cheese with a fraction of the calories; a 1/2-cup serving has just 70 calories! Made with simple ingredients—just milk, cream and bacterial cultures—Riviera fromage blanc is a versatile cheese that can be substituted in recipes for cream cheese, sour cream or paired perfectly with fresh veggies in a salad, or fruits in either savoury side dishes or sweet desserts.

## COOK IT UP



# Chocolate Summer Berry Smoothie

Courtesy of  
Amazing Grass

– Serves 1 –

**1 scoop Amazing Grass Chocolate Green SuperFood**

**1 1/4 cup apple juice**

**1/2 cup Blue Diamond Unsweetened Original Almond Breeze**

**1 cup of frozen Stahlbush raspberries**

**1 cup of frozen Stahlbush blueberries**

Combine all ingredients in a blender, mix until smooth.  
For a thicker consistency, try adding a few ice cubes.  
Garnish with fresh raspberries and enjoy!





# wellness centre monthly specials

**20% OFF**  
All Lorna Products\*



\*until July 31, 2016

## I have no energy, peeling fingernails and hair loss. Help!

Iron deficiency is the reason for your symptoms—and you don't have to be anemic to have these issues. Dark under-eye circles, heart palpitations, dizziness, cold hands and feet, and poor concentration are also symptoms of iron deficiency. We should be getting 20mg of iron per day from our diet but most of us are only getting 8mg so we now see iron deficiency in men, women and children. Hair loss occurs because hair follicles contain iron. Doctor recommended iron pills cause terrible constipation. IRONsmart vegetarian iron is available in a delicious caramel-flavoured liquid or capsules. IRONsmart does not constipate and increases iron and ferritin fast. Simply taking 10mg of elemental iron per day will improve memory and test scores, increase energy and improve your fingernails and hair fast.



**LORNA'S CORNER**

Canada's leading women's natural health expert

[www.hormonehelp.com](http://www.hormonehelp.com)



Bulletproof XCT Oil, Brain Octane, Whey Protein, Collagen and Upgraded Coffee

**20% Off**

Assorted Sizes

Boost metabolism, reduce fat storage, and maintain healthy cholesterol levels. Up to 18 times stronger in quality MCT fats for better brain function and supporting energy metabolism at cellular level. Heat stable and flavourless, ideal for Bulletproof Coffee, smoothie, or even salad dressing!

Genuine Health Fast Joint Care+



**24<sup>99</sup>**

30 caps

**47<sup>99</sup>**

60 caps

Made with the patented and proven ingredient Bioaflex® to improve mobility and range of motion.



Innovite Magnesium Citrate 250 mg

**15<sup>99</sup>**

100 caps

**27<sup>99</sup>**

200 caps

Quickly restores magnesium levels in the body to healthy levels.



Innovite Krill Oil

**33<sup>99</sup>**

45 softgels

Carries omega-3s in phospholipids, building blocks that help regulate cellular transport.



Beyond Silver Structured Silver

**46<sup>99</sup>**

16 oz 10 ppm liquid

**21<sup>99</sup>**

2 oz 25 ppm gel

Remarkable anti-bacterial, anti-yeast, and anti-viral benefits.



New Roots Curcumin

**24<sup>99</sup>**

90 caps

Premium extract of curcumin standardized to 95% curcuminoids.

New Roots Exotic Skin Oils Assorted Varieties



**15% Off**

Assorted Sizes

Organic oils that offer unrivaled protective, therapeutic, and regenerative properties.

Moringawise Organic Moringa Superfood Powder



**9<sup>99</sup>**

113 g

**16<sup>99</sup>**

227 g

A digestive aid with over 90 nutrients and 40 antioxidants, calcium, potassium, iron and protein.





## Bach Flower Remedies

Assorted Varieties

# 20% Off

Assorted Sizes

All-natural formulas, Bach Flower Remedies allow peace and happiness to return to the sufferer so that the body is free to heal itself. Each remedy is made from wild flowers and are safe for the whole family, including pets.



## Bio-Strath Original Elixir

# 26<sup>99</sup>

250 ml, 100 tabs or 100 ml drops

# 59<sup>99</sup>

750 ml or 300 tabs

Bio-Strath Original Elixir helps promote well-being by decreasing fatigue and supporting the body during periods of physical and mental stress. It's a source of antioxidants.

## Amazing Grass Green Superfood Powder or Bars



# 15% Off

Assorted Sizes

A daily dose of nutritious whole greens with all of the necessary vitamins and minerals.



## A. Vogel Prostate 1

# 26<sup>99</sup>

30 caps

# 42<sup>99</sup>

60 caps

Prevents and relieves benign prostate hyperplasia symptoms.

## A. Vogel Absolut Arnica



# 13<sup>99</sup>

50 ml

# 24<sup>99</sup>

Duo Pack, 2 x 250 ml - WHILE SUPPLIES LAST

Relieves osteoarthritis pain. Efficacy without side effects.

## Advanced Orthomolecular Research (AOR) Supplements

Assorted Varieties



# 20% Off

Assorted Sizes

Featuring B Complex, which contains all the B vitamins in their most available forms.

## Progressive VegEssential Vanilla or Chocolate Only



# 54<sup>99</sup>

1080 g BONUS SIZE

Each scoop has plant-based protein, fibre, 6 to 8 servings of vegetables and more.

## Progressive OmegEssential Cardio



# 26<sup>99</sup>

60 softgels

# 44<sup>99</sup>

120 softgels

High potency fish oil from wild caught, cold water fish to support heart, brain and skin health.

## Sisu Ester-C Energy Boost



# .59<sup>ea</sup> 14<sup>99</sup>

30 pk

Enhanced with 1000 milligrams of Ester-C® vitamin C and nourishing vitamins, minerals, and electrolytes.



# wellness centre monthly specials



## NOW Amino Acids

Assorted Varieties

### 15% Off

Assorted Sizes

With over 40 premium quality amino acid products at affordable prices, NOW® Aminos can help combat many complicated health concerns. Look to NOW® to help with weight control, low energy, managing stress, brain health, anti-aging, immunity, and sports performance.



## Natural Factors Rich Concentrates

Garlic, Cran, Cherry, Acai, Maca or Curcumin

### 15% Off

Assorted Sizes

Curcumin, from the spice turmeric, has powerful anti-inflammatory, antioxidant, and antimicrobial properties that support neurological, cardiovascular, and joint health. Natural Factors CurcuminRich Theracurmin uses proprietary dispersion technology to create microscopic particles dispersed in a colloidal suspension for superior absorption.



## Weleda Arnica Body Care Products

Assorted Varieties

### 15% Off

Assorted Sizes

Ideal for relieving fatigue, tiredness and soreness with re-energizing scent of lavender and rosemary.

## Natural Factors Multivitamins

Select Varieties

### 15% Off

Assorted Sizes

A broad spectrum of vitamins, minerals, lipotropic factors, and synergistic nutrients.



## Natural Factors Whey Factors Protein

Assorted Varieties

### 39<sup>99</sup>

1 kg

A high-quality, low-carbohydrate protein powder drink mix, essential for physically active individuals.



## Goddess Garden Natural Sunscreen

Assorted Varieties

### 20% Off

Assorted Sizes

Wearing sunblock daily can protect against aging effects of the sun and dangers like skin cancer.



## Flora Udo's Choice Probiotics

Assorted Varieties

### 15% Off

Assorted Sizes

Increases healthy gut bacteria and supports a healthy digestive system.



## Flora Organic Non-GMO Flax Oil

### 7<sup>99</sup>

250 ml

### 13<sup>99</sup>

500 ml

### 20<sup>99</sup>

941 ml

Flax is the richest plant source of the essential omega-3 fatty acid alpha-linolenic acid (ALA).



## Dr. Bronner's Fair Trade

Peppermint Scented Products

### 20% Off

Assorted Sizes

A mild yet mighty soap that's effective, ecological, versatile, vegan and cruelty-free.





# the Dish on Raspberries



**R**aspberries are one of summer's jewels. Some of BC's farmers have been growing and harvesting these treasures for 4 generations. The more common red raspberry varieties are incredibly easy to love. If you happen to come across them, you'll find golden and black raspberry varieties are just as delicious.

As if their flavour isn't enough, raspberries also contain a host of health benefits. They are a source of iron, potassium, vitamins C and A and a bounty of other phytonutrients and antioxidants that help guard against inflammation. Even the leaves of the raspberry plant are healthy and have been used in traditional medicine for all sorts of ailments.

Common raspberry uses are jams, jellies, compote, chutney and syrups. They're also great for beverages like lemonade, mojitos, even healthy lassis and smoothies. Then there are desserts and baked goods, muffins, puddings and pies. Raspberries can star solo in these sweet treats or you can mix them with other ingredients like rhubarb, blueberries, strawberries or blackberries.

Breakfast dishes are the perfect place for raspberries. Pancakes and crepes are the more obvious options. But did you know you can also make a sweet omelet with raspberries? Mix up the eggs the same you would for a regular omelet then just before you

fold it over, add in fresh raspberries that have been tossed in a sweetener.

On those hot summer days when cooking with heat seems like a crime, try your hand at a chilled coconut soup with raspberries. Use the berries to make a vinaigrette for your summer salads as well.

Other uses include infusing simple syrups or vinegars (apple cider or wine) with raspberries. Even experiment with infusing booze with raspberries; vodka, gin or grappa will work fine. Think glazes for savoury sauces for meat, fish or vegetables or sweet glazes for cheesecake, ice cream and sorbets. You can even make raspberry salsa. Don't forget about risotto, either! Fresh raspberries paired with Manchego cheese are heavenly in a risotto.

Even though the applications for raspberries are endless, nothing quite beats eating raspberries by the handful when they've just been picked.



**This August, come and meet Antonio at Feast of Fields Okanagan. He'll be there with his sunglasses on and smile on his face. In the meantime, visit [choicesmarkets.com](http://choicesmarkets.com) for some of Antonio's finest recipes.**



*Feast of Fields*

Okanagan Feast of Fields  
Sunday, August 14th | 1 to 4pm

Off The Grid Organic Winery,  
3623 Glencoe Road, West Kelowna

**Tickets only available on Eventbrite (search Okanagan Feast of Fields). Adults: \$95; Children: \$15; Return Bus: \$15 to \$20. NOTE: Ticket prices do not include purchasing fees.**



Feast of Fields is a wandering gourmet harvest festival that highlights the connections between farmers and chefs, field and table, farm folks and city folks. With a wine glass and linen napkin in hand, guests stroll across a farmers field, traveling from tent to tent (sometimes through the barn, past the tractor or around the chicken coup) listening to live music, and tasting gourmet creations from BC's top chefs, farmers, fishers, ranchers, food artisans, vintners, brewers, distillers and other beverage producers.

This year marks FarmFolk CityFolk's 50th Feast! Funds raised from this event support FarmFolk CityFolk's work to cultivate local, sustainable food systems across British Columbia.





comments@choicesmarkets.com

/Choices\_Markets

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## Choices Markets Locations

### Kitsilano

2627 W 16th Ave, Vancouver  
604.736.0009

### Cambie

3493 Cambie St, Vancouver  
604.875.0099

### Kerrisdale

1888 W 57th Ave, Vancouver  
604.263.4600

### Yaletown

1202 Richards St, Vancouver  
604.633.2392

### Commercial Drive

1045 Commercial Dr, Vancouver  
604.678.9665

### Floral Shop & Annex

2615 W 16th Ave, Vancouver  
604.736.7522

### Gluten Free Bakery

2595 W 16th Ave, Vancouver  
604.736.0301

### Kelowna

1937 Harvey Ave, Kelowna  
250.862.4864

### South Surrey

3248 King George Blvd, Surrey  
604.541.3902

### Burnaby Crest

8683 10th Ave, Burnaby  
604.522.0936

### Burnaby Marine Way

8620 Glenlyon Pkwy, South Burnaby  
778.379.5757

### Abbotsford

3033 Immel St, Abbotsford  
604.744.3567

### North Vancouver Summer 2016

801 Marine Dr, North Vancouver

## Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

**Tree(s):** 27

**Waste:** 1,199 kg

**Water:** 97,773 L

**Greenhouse Gas Emissions:** 3,932 kg CO<sub>2</sub>

Smog: 5 kg NO<sub>x</sub>

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator



# Enjoying Summer Nights in Kelowna

Summer nights in the Okanagan just got better with the Choices Kelowna Night Market. Select Fridays between 4 and 8 pm, taste the best from local food and beverage vendors and find something unique like upcycled jewellery, boutique clothing and more. There will even be live music and a charity barbecue (proceeds support Red Cross Canada Fort McMurray wildfire relief).

### Dates

July 1st

July 29th

Aug 26th

Sept 23rd

July 15th

Aug 12th

Sept 9th



Supporting the Red Cross  
Canada Fort McMurray  
Wildfire Relief Efforts.



# Summer 2016

## More Local Choices for the North Shore



### Choices North Vancouver, 801 Marine Drive

Our family-owned grocer is expanding to North Vancouver this year. We're thrilled to be bringing North Shore residents the very finest in organic, local goods.