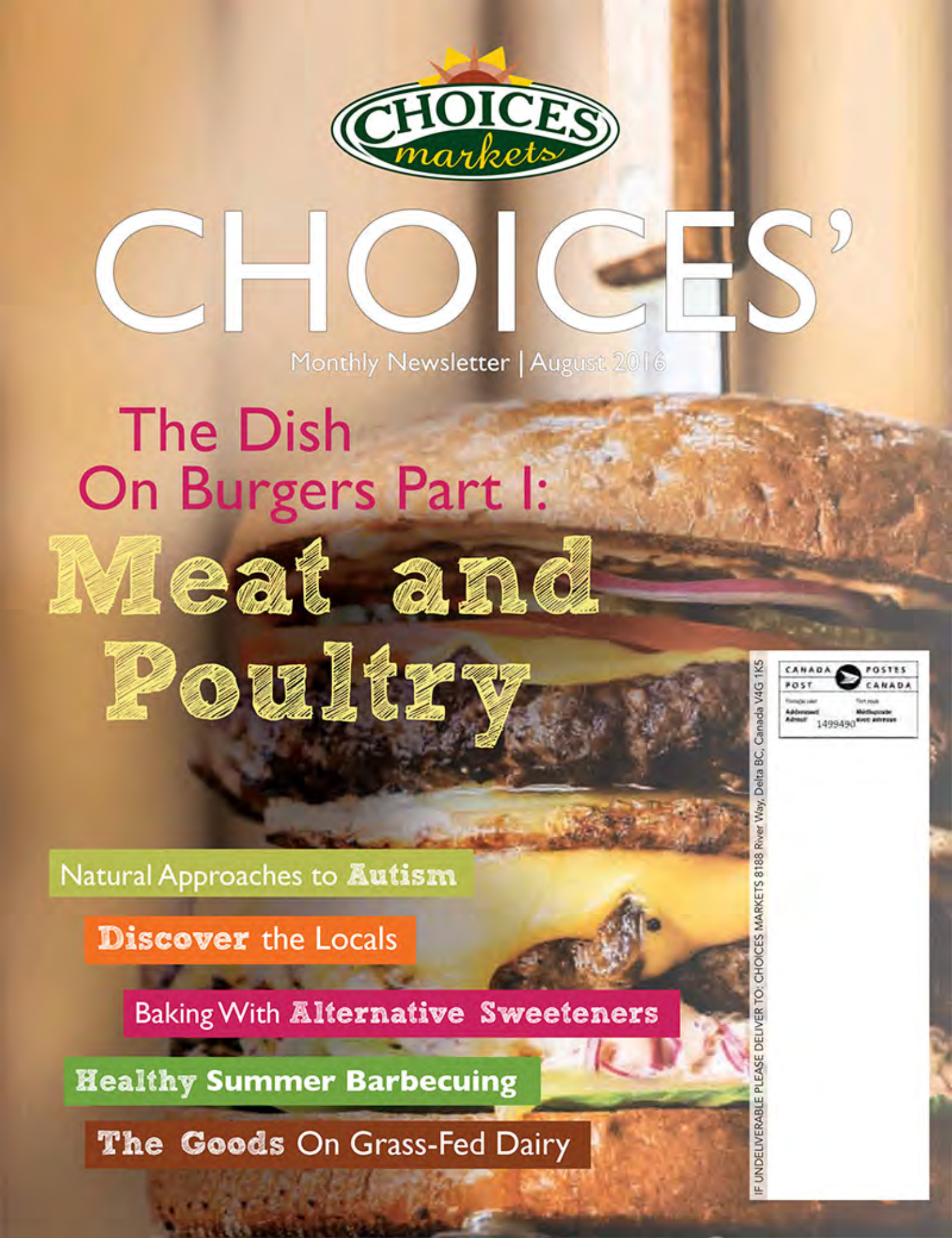

CHOICES'

Monthly Newsletter | August 2016

The Dish On Burgers Part I: Meat and Poultry

Natural Approaches to **Autism**

Discover the Locals

Baking With **Alternative Sweeteners**

Healthy Summer Barbecuing

The Goods On Grass-Fed Dairy

CANADA POST POSTES CANADA
1499490
IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K5

the grape vine

Autism Awareness

Autism spectrum disorder (ASD) and autism are both general terms for a group of complex disorders of brain development. These disorders are characterized, in varying degrees, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors. At Autism Speaks Canada, it's their mission to change the future for all who struggle with autism spectrum disorders. Again this year, help us help Autism Speaks Canada. Between August 1 and 12 you can donate to the cause at any Choices Markets location. If you'd like to find out more about Autism Speaks Canada and the work they're doing, visit autismspeaks.ca.

Job Openings Available at this Local Grocer

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 or visit choicesmarkets.com for more details and a complete list of all available positions. We look forward to hearing from you!

Plants Proceeds at Work in Local Schools

Back in the spring, you (our customers) were kind enough to support Choices' bedding and vegetable plant program, and we've been able to pass the benefits on to the community. Every year, we donate a portion of our plant sale proceeds to local secondary schools. We're thrilled to say that this year we're donating nearly $9,000 to 10 different schools! Some will be using the funds to benefit their music programs, others will put it towards dry grad celebrations. In short, thank you customers for continuing to support our plant sales and, in turn, supporting students in your communities.

ISMAILI
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FOR MENTAL HEALTH
LIVE ENTERTAINMENT
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WORLD CLASS CUISINE+MORE!
JOIN US AS WE WALK
TO END THE STIGMA
OF MENTAL HEALTH
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2016
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UBC
hospital
foundation
10% of the proceeds are assisting the Canadian Mental Health Association BC Division's "Living Life to the Full" program
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MEDIA SPONSOR

Baking With Alternative Sweeteners

NEW Items from Choices Bakery

We recognize people's dietary needs and flavour preferences are individual. In response to customer requests, Choices' bakers have been innovating with alternative sweeteners.

For the consumers seeking lower calorie, lower glycemic-index sweeteners in their treats, we have created a carrot cake, oatmeal raisin cookie, apple pie, and muffin sweetened with xylitol.

Xylitol is a sugar alcohol that naturally occurs in certain fruits and vegetables and birch trees. It's kind of a hybrid between a sugar and an alcohol molecule, so it has a more neutral effect on blood sugar levels, and it has 40 percent fewer calories than regular sugar.

For the sustainablists out there, our bakers have also created chocolate cake with mocha whipped cream and wholegrain blueberry muffin sweetened with coconut sugar.

According to the United Nations Food and Agriculture Organization, coconut palm sugar is an incredibly sustainable sweetener. Farmers benefit, as coconut palm sugar can be tapped from coconut palm trees, while still allowing coconut fruits to be produced. All of this means that farmers benefit more, as their crop can produce two products. Plus, producing sugar also requires less labour than harvesting coconut fruits. Coconut palms also thrive in soils that are otherwise uninhabitable for many other crops because of draught or lack of soil nutrients. Nutritionally, coconut palm sugar also has a lower glycemic index of about 35 compared to the glycemic index of regular sugar, which is closer to about 60 to 65.

Look for these new fresh baked goods in Choices Markets Bakery Departments.

ENTER TO WIN

A Year Of Laundry Detergent

Courtesy of V.I.P Soap Products Ltd.

One lucky Choices customer will win an amazing prize pack from V.I.P. Soap Products. The prize is a one-year supply of V.I.P. laundry detergent. Approximate value is $500.

V.I.P. is the next generation in all-natural cleaning solutions developed especially for the discerning customer. Made in BC since 1951, V.I.P. Soap produces biodegradable, non-toxic, plant-based cleaning products. A healthier choice for you, your family and the environment.

Skill Testing Question:
(56 - 18) x (25 - 13) = _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from August 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.

Discover the Locals

LOCAL SUPPLIER FEATURE ON DISCOVERY ORGANICS

More than fifteen years after very humble beginnings, Discovery Organics now operates from a large warehouse on Malkin Avenue (also known as produce row) in Vancouver. Discovery Organics is run by owners Annie Moss and Randy Hooper with the help of their staff of fifty

passionate individuals. Together they all work hard to promote organic and fair trade produce by building relationships with small-scale farmers and developing sales and marketing programs with hundreds of retail store customers across Western Canada.

Starting in 1999 with a mission to bring small scale BC organic farms into the marketplace, the business now supplies a complete year-round selection of organic fruit and vegetables. Their sourcing work continues across BC, down the Pacific Coast through the U.S. and across Mexico, Peru and Ecuador. Through their fair trade work, Discovery Organics brings bananas, avocados, mangos and other tropicals directly to Vancouver by sea—and purchases directly from owner or grower cooperatives.

Discovery Organics works hand-in-hand with retail stores developing information, displays and promotions for small scale farmers supplying fair trade fruit and vegetables to increase consumer loyalty and brand recognition to the Fair Trade logo. Learn more about dozens and dozens of growers close to home and across the world in South America by visiting discoveryorganics.ca/growers/.

What's new and exciting at Discovery Organics?

REBEL FOOD!

Discovery Organics has been working hard to launch its Rebel Food program to promote sales for blemished fruits and vegetables that don't meet fancy standards. Look for wonky looking fruit and vegetables in specially branded Rebel Food bags, giving consumers a chance to reduce their food costs, and help provide farmers with a better income.

preferred shopper club specials

CLUB PRICE

Maison Orphee Salad Dressings

Assorted Varieties

4.29

250 ml
Product of Canada

Check out the Maison Orphee App for over 100 recipe ideas.

Rizopia Brown Rice Pasta

Assorted Varieties

3.79 to 4.39

Assorted Sizes

Ideal foods for everyone, everywhere. They're nutritious, easy to digest and very tasty.

Bragg Liquid Aminos

Assorted Varieties

3.99 to 8.99

Assorted Sizes and Formats • Product of USA

A non-GMO liquid seasoning derived from soybeans.

Green Cuisine Tofu and Tempeh Products

Assorted Varieties

3.79 to 3.99

Assorted Sizes
Product of Canada

Wholesome vegan food suitable for busy lifestyles.

Brianna's Salad Dressings

Assorted Varieties

6.99

355 ml • Product of USA

Simply pour your favourite dressing over your salad and enjoy.

Happy Planet Organic Juices

Assorted Varieties

2.99

946 ml • +Deposit +Eco Fee • Product of Canada

You'll smile when you sip on a glass of wholesome Happy Planet juice.

Bob's Red Mill Flax

Whole Flaxseed or Flaxseed Meal

4.79

Assorted Sizes
Product of USA

Flaxseed (or linseed) contains omega-3 fatty acids, dietary fibre and protein.

Olympic Krema Greek Yogurt

Assorted Varieties

3.69

500 g
Product of Canada

Experience locally made wholesome Olympic yogurt.

Baby Gourmet Organic Baby Food Purees

Assorted Varieties

2.39

128 ml • Product of Canada

Only the best for when your little one is ready for new tastes and textures.

Seventh Generation Diapers

Assorted Varieties

13.49

Assorted Sizes
Product of USA

Seventh Generation Bathroom Tissue

3.99 to 9.99

Assorted Sizes

For over 25 years, Seventh Generation has been creating products for healthy homes and babies by using plant-derived ingredients. They figure that since nature never stops evolving, neither should we.

Cascades Paper Towel

Assorted Varieties

2.59 to 7.49

Assorted Sizes
Product of Canada

Fifty years of recycling experience and ongoing research are the driving forces behind these sustainable products.

GT's Raw Organic Kombucha

Assorted Varieties

3.99

480 ml • +Deposit +Eco Fee • Product of USA

Kombucha is tea that has been fermented. During the fermentation period the tea becomes naturally rich with probiotics, antioxidants, amino acids, polyphenols and active enzymes. GT's makes these hand-crafted, cultured beverages using batch-to-bottle production, which results in the freshest, most active kombucha available.

Kettle Brand Potato Chips

Assorted Varieties

3.19

Assorted Sizes
Product of USA

Kettle Brand uses the finest ingredients. One crunch will render you speechless.

Coconut Bliss Frozen Coconut Desserts

Assorted Varieties

7.99

473 ml
Product of USA

Organic, dairy-free, soy-free, gluten-free. This is the ice cream revolution.

Clif Kids Zbars

Assorted Varieties

3.99 5 pk • Product of USA

Carbohydrates, fibre, protein, and fat to keep kids zipping and zooming along.

Coco Libre Organic Coconut Water

Assorted Varieties

2.69 to 5.99 330 ml or 1 L
+Deposit +Eco Fee

Enjoy the delicious hydrating power of organic coconut water.

One Degree Breads and Cereals

Assorted Varieties

5.79

Assorted Sizes • Product of Canada

One Degree Organic Foods is going back to basics: Real foods grown by farmers you can trust. No tricks. Just delicious organic ingredients, traceable to the source.

Blue Diamond Almond Breeze Beverages

Assorted Varieties

3.39

946 ml • Product of USA

Take a sip and you'll see these are deliciously easy to love.

Ecover Dish Washing Products

Assorted Varieties

4.49 to 6.99

Assorted Sizes
Product of USA

Ecover makes cleaning easy and lets us live in better harmony with the world.

So Nice Organic Soy Beverages

Assorted Varieties

4.59

1.75 L • Product of Canada

What you feed your body changes the way you feel.

VIP Liquid Laundry Detergent

Assorted Varieties

6.99

2.95 L • Product of Canada

Not tested on animals, these biodegradable, all-natural laundry products work.

Healthy Summer BARBECUING

With summer warming up, spending more time outdoors is on everyone's mind. For many, barbecuing often goes hand-in-hand with outdoor summer activities. After the announcement from the International Agency for Research on Cancer (IARC) this past fall, which classified processed meat as a definite cause of cancer and red meat as a probable cause, healthy barbecuing strategies are naturally up for discussion.

The IARC's classification is based on how likely something is to cause cancer—not how potent it is or how many cases of cancer it causes. To illustrate this, processed meat is in the same category as smoking, since the evidence is equally strong that they both cause cancer. However, the risk from smoking is much greater, in that far more cases of cancer are actually caused by smoking.

Over the years, evidence has been growing that people who eat more red and processed meat are more likely to develop bowel cancer. Red meat includes beef, lamb, and pork. Processed meat is meat that has been preserved: bacon, hot dogs, lunch meat, sausage, etc. But how exactly do these meats increase cancer risk, and how great is the risk?

In the digestive tract, a component of the hemoglobin found in red meat known as heme is metabolized to N-nitroso compounds (NOCs). There, NOCs can damage cells, which results in increased cell replication in order to promote healing. If anything goes wrong during this extra cell replication, it can lead to cancer. Preservatives such as nitrites are added to processed meats, which form NOCs once ingested and metabolized in the body. Additionally, the preparation method of meat is important. High temperature cooking such as grilling and barbecuing can generate compounds that increase cancer risk, especially in red and processed meats.

Meat, however, is just one factor in bowel cancer risk, and the amount consumed affects risk. In the context of an overall healthy diet and lifestyle, having red or processed meat occasionally is generally not cause for concern. That being said, individuals need to recognize their risk by considering factors such as family history, smoking, alcohol consumption, physical activity, weight management, and other dietary habits. For instance, a diet rich in fruits and vegetables is found to be protective, as formation of NOCs in the body is inhibited by certain compounds found in fruits and vegetables.

Cutting down on meat, rather than eliminating it, makes sense for most people. For some, red meat is an important source of protein, iron, zinc, and vitamin B12. Therefore, when choosing what to barbecue this summer, focus on variation. Add more fresh vegetables to the menu, and choose fish and chicken more often. Wrapping food in tin foil will add protection and prevent charring while on the barbecue. Lastly, if you do choose red or processed meat occasionally, be sure to enjoy it and allow it to nourish your mental and emotional well-being.

Dr. Scarlett Cooper is a licensed naturopathic doctor practicing at Bodhi Tree Wellness Centre in Surrey. Dr. Cooper has a general family practice with particular interest in digestive and skin conditions, children's health, stress and weight management. To learn more, please visit www.drscarlettcooper.com

ASK THE EXPERTS

Natural Approaches to Autism

By Charlene Chan, ND, RAc

Q **My child with autism has recently started counselling and behaviour therapy. What are some natural treatments that can also help support his health?**

A Since autism is described as a neuro-developmental disorder, balancing brain and nervous system function may be useful in regulating symptoms like social non-contact, repetitive behaviours, and self-injury. Research has shown some people with autism have serotonin imbalances in the brain. Serotonin is a neurotransmitter that communicates messages in the brain, which helps regulate breathing, sleeping, learning and mood. So improving levels of serotonin naturally may be beneficial. Certain herbs, homeopathics, B vitamins (particularly B6 and B12), vitamin C, magnesium, folic acid, zinc, and probiotics may also be considered as part of this treatment plan.

Diet and nutritional intake are also important for children with autism. It is recommended to avoid processed foods and those with additives and pesticides and follow a healthy diet with appropriate amounts of water, whole grains, protein, fruit and vegetables. Some people have difficulty breaking down certain foods like dairy or gluten, leading to increased gut permeability (or leaky gut) and food sensitivities. These food sensitivity reactions affect brain chemistry, which can lead to behavioural changes like those seen in autism. Identifying, avoiding, and treating these sensitivity reactions will help rebalance the digestive system and assist with optimal brain function. In addition, assessing and minimizing levels of environmental chemicals and heavy metals can also reduce the burden on the brain and nervous system. An IgG blood food allergy test and heavy metal testing may be recommended by your naturopathic doctor.

Factors affecting children with autism vary widely. Any treatment needs to be individualized to the child and should be discussed with your naturopathic doctor and team of health care providers.

Dr. Charlene Chan, naturopathic physician and registered acupuncturist, is Co-Director of Ray Clinic in Port Moody. She has an active practice helping children and families reach their health goals. www.rayclinic.ca

NUTRITION NEWS TO USE

The Goods On Grass-Fed Dairy

By Nadine Mross, BSc, RHN, A Choices Nutrition Consultant

Contact Nadine at abbotsfordnutrition@choicesmarkets.com.

You walk into the grocery store to grab a carton of milk, and you notice an option sourced from grass-fed cows. What this grass-fed claim on the label means is that the cows have been fed a grass-based diet rather than just grain. Extensive research shows that this grass-based diet positively impacts the nutritional makeup of the dairy products produced. Milk, cream, yogurt, butter and cheese sourced from grass-fed cows provide a larger dose of the following nutrients compared to products coming from grain-fed cows.

1. ### Omega-3 Fatty Acids

Western diets are low in omega-3s, which help reduce inflammation the body. In conjunction with an overall healthy lifestyle, omega-3s promote healthy cholesterol levels and lower the risk of heart attacks and cardiovascular-related diseases. Omega-3s are also important for healthy brain development and function.

2. ### CLA (Conjugated Linoleic Acid)

CLA supports the immune system and provides anti-inflammatory support. CLA isn't something the body can produce, so it's considered an essential part of our diet. A dose of grass-fed dairy can quickly provide you with a kick start of CLA. It's as easy as adding grass-fed milk to your morning cereal, smoothie or coffee.

3. ### Vitamins E and A

Let's not forget the presence of these powerful antioxidants. Both of these fat-soluble vitamins will support a healthy immune system. And vitamin A will give an added boost to vision, bone and skin health. It's also the reason why grass-fed butter has that richer golden colour.

It's important to note, however, that the term *grass-fed* is NOT regulated by the Canadian Food Inspection Agency (CFIA). We at Choices advise getting to know the producer or farmer to ensure the cows are 100 percent grass-fed.

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 Tomatoes:

The varieties of tomatoes are plentiful in BC. Choose from cherry, vine, Roma, field, heirloom and more. Whatever their variety, tomatoes are all a great source of lycopene, an antioxidant that helps quell inflammation in the body. Research even suggests it may help ease asthma. Buy ripe tomatoes in large quantities, freeze whole on baking sheets, then package in freezer-friendly containers for use throughout the year. Or you can turn them into tasty sauces or soups and freeze for warm winter dinners.

Organic BC Grapes:

Finally—BC-grown organic grapes have arrived! Coronation grapes are a common type of local grape. They're smaller and rounder than your average green, black or red grape. Coronation grapes have a beautiful purplish-blue hue and are distinctly fragrant with a mild flavour. Himrod grapes are green and slightly smaller with a sweeter honey-like flavour. Both are seedless and pair nicely with goat cheese and fresh arugula in a salad. Or you can enjoy them by the handful for a snack that's loaded with antioxidants including polyphenols to fend off certain cancers and support a healthy heart.

TASTY TOP CHOICES RECIPE

Peachy Tomato Salsa

Chop up 2 peaches, 4 Roma tomatoes, 1 jalapeno (seeds removed if you like less heat), 1/2 red onion, and 1/4 cup cilantro and combine in a large bowl. Add the juice of 1 large lime, add 1/4 tsp salt to taste. Toss ingredients together and let stand or chill for at least 10 minutes before serving to let the flavours mix all together. To be truthful, this salsa is even better if you can wait until the next day. Serve as an appetizer or snack with organic corn chips, with refried beans on a tortilla, or with freshly cooked fish in a fish taco.

Smart Snacking

PRANA Kilimanjaro Deluxe Chocolate Mix:

Yes, the dietitian gave the green light for chocolate! What's the caveat? This snack mix contains small amounts of dark chocolate that is 70% cocoa. Dark chocolate contains polyphenol antioxidants and flavonoids to support heart health. This mix also has almonds, walnuts, cashews, raisins and cranberries for protein, healthy fats and carbohydrates to get you to the next meal.

Naturally Yours

MS+ (Mandarin Skin Plus):

MS+ or Mandarin Skin Plus is a natural approach to easing digestive symptoms like gas, bloating and diarrhea often associated with irritable bowel syndrome (IBS). Research at UBC has shown that Mandarin orange peels have anti-inflammatory properties that help heal the cells lining the gastrointestinal tract, improving leaky gut. The little capsules can be taken after a meal or opened up and stirred into liquids like smoothies or water. Now you can eat freely and soothe digestion after meals that often cause digestive upset.

Grocery Gossip

Pure Bone Broth:

Beef broth made from grass-fed and grass-finished bones from small scale local farms. The bones are slow simmered for 30 hours to extract the protein and nutrients, producing a flavourful broth with 9 grams of protein in 1 cup serving. A pouch of broth simmered with broccoli florets, sliced carrots and topped with microgreen sprouts makes a nutritious meal in under 30 minutes.

COOK IT UP

Kettle Chip Crusted Sockeye Salmon

Courtesy of
Kettle Brand Potato Chips

– Serves 6 –

1 side (approx. 1 to 1.5 kg or 3 lbs) wild sockeye salmon filet

dash of salt

dash of freshly ground black pepper

one 220 g bag of Kettle Brand Salt and Pepper Krinkle Cut Chips (use approx. 2/3 of the bag)

zest of 1/2 lemon

1/3 cup chopped fresh dill

olive oil

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lay the salmon skin side down in the centre of the baking sheet. Season it lightly with salt and pepper.

2. In a bowl, crush the Kettle Brand potato chips and add lemon zest and dill. Mix until the chips resemble coarse crumbs. Mix in 1 to 2 tablespoons of oil until incorporated.

3. Coat the salmon with a thin even layer of the crumb mixture. Pat them on the fish gently so they stay put. Bake the fish for about 20 to 25 minutes or until the chip coating is nicely browned.

4. Using 2 spatulas, transfer the salmon to a serving platter. Be sure to place the spatulas at either end of the salmon so that it transfers all in one piece. Serve immediately.

Take a picture of your beautiful creation and share it on Instagram with @kettlebrand using the hashtag #mykettlecookoff for your chance to win a free case of chips! Last tag accepted on September 1st, 2016. No purchase necessary.

wellness centre monthly specials

Natural Factors Whole Earth & Sea

Assorted Varieties

20% Off

Imagine getting the benefit of a whole growing season in one tablet. Whole Earth & Sea formulas use Farm Fresh Factors and other whole food sources. The nutrient-dense plants are processed raw to create a vital bioenergetic blend vitamins, minerals, enzymes, and phytonutrients.

SAVINGS FROM SISU

Sisu Integris Probiotics

34.99
20 Billion 30 caps

49.99
30 Billion • 30 caps

High-potency, single-strain probiotic providing targeted, clinically-proven results from a bacterium that possesses unique therapeutic properties.

Sisu Full Spectrum Curcumin

29.99 30 softgels

49.99 60 softgels

Provides maximized anti-inflammatory and antioxidant support.

Ascenta NutraSea Omega-3 Fish Oil Liquid

Assorted Varieties

20% Off
Assorted Sizes

A clean, light tasting omega-3 fish oil available in lemon, mango and chocolate flavours.

Ascenta Spark

20% Off
150 ml

Ascenta Spark helps keep your brain healthy and your mind sharp.

Prairie Naturals Organic Green Superfoods

Assorted Varieties

15% Off
Assorted Sizes

SuperFood concentrates and vegan protein sources perfect for smoothies.

Ergogenics New Zealand Whey Protein Powder

Assorted Varieties

39.99 910 g

Ergogenics New Zealand Whey Protein Isolate

Assorted Varieties

54.99 910 g

Isolated whey yields a high percentage of protein and contains NO fat or lactose. It's rapidly absorbed by the body because it's water soluble, making it ideal for athletes and seniors who break down muscle proteins at a quick rate.

Progressive Multivitamins

Assorted Varieties

15% Off
Assorted Sizes

Progressive Multivitamins aids in proper physical and mental development.

SAVINGS FROM NEW ROOTS

New Roots Strong Bones

23.99 90 caps

39.99 180 caps

Calcium, plus 24 essential nutrients to ensure proper utilization

New Roots Vitamin E8

16.99 60 caps

29.99 120 caps

All 8 forms of Vitamin E, for superior antioxidant protection.

New Roots Candida Stop

36.99 90 caps

Natural ingredients to treat candida overgrowth and restore balance.

Vega One Nutritional Shake

Assorted Varieties

34.99 414 to 438 g

54.99 827 to 874 g

Made from real whole food, non-GMO ingredients, Vega One is a serving of "I've totally got this." With everything you need, Vega One gives you plant-based protein, greens, food-based vitamins and minerals, fibre, omega-3s, antioxidants and probiotics.

Vital Reds and Greens Duo Pack

29.99

1 x Greens 200 g AND 1 x Reds • 200 g

Raw, organic, just 6 Simple ingredients in each.

Innovite Probiotics

Assorted Varieties

15% Off

Assorted Sizes

Innovite Probiotics have been shown to produce enzymes, B vitamins, lactic acid and other antimicrobial agents. This hardy human-sourced strain can be room temperature stable for 2 years and is naturally 97% acid- and bile-resistant.

Salome Premium Moringa

22.99 240 g

27.99 225 caps

A nutritional powerhouse in capsules or powder.

Salus KinderVital Multivitamin for Children

24.99 250 ml

42.99 500 ml

A pleasant tasting liquid supplement for children, Kindervital is a unique balanced herbal tonic that supplies bone- and tissue-building vitamins and minerals such as calcium and magnesium that are important for growing children.

Sun Force Plant Minerals

29.99 60 caps

Boosts energy and blood sugar levels and improves overall wellbeing.

wellness centre monthly specials

ESTROsmart Every Woman Every Day®

Balanced hormones are the key to feeling great. When our hormones are out of balance endometriosis, heavy periods, polyps, cellulite, uterine fibroids, ovarian cysts, breast lumps, PMS, abnormal PAPS, acne, PCOS and more develop. **ESTROsmart** works fast to restore hormone balance. **ESTROsmart** contains plant nutrients that keep hormones healthy from teens to seniors. **ESTROsmart** taken every day quickly normalizes periods, halting PMS, and clearing acne – making hormone problems a thing of the past.

150 v-caps **20%Off**

www.hormonehelp.com

LORNA'S CORNER
Canada's leading women's natural health expert

MegaFood Daily Foods Blood Builder

23.99 30 tabs
39.99 72 tabs
49.99 90 tabs

Delivers whole food nutrients to help maintain healthy iron levels.

MegaFood Daily Foods Balanced B Complex

42.99 72 tabs

Balanced ratio of B complex vitamins delivered in nourishing whole foods.

Everyone Liquid Hand Soap

Assorted Varieties

5.99
377 ml

Non-GMO certified product with pure essential oils and herbal extracts.

Organika Plant Enzymes

25.99
120 caps

One capsule per meal digests carbs, dairy, fats, protein, and fiber.

Organika Organic Gelatinized Maca

32.99
454 g

Gelatinized for easy digestion. Nourishes the body and enhances vitality.

Graham's Natural Sunscreen, Bath Oil, or Skin Cream

Assorted Varieties

20% Off
Assorted Sizes

Products to treat sensitive skin and eczema and psoriasis flare-ups.

NEW TO CHOICES

Acure Body Care Products

Shampoo, Conditioner, Lotion, Skin Oils and Face Care

20% Off
Assorted Sizes

Acure for your skin, for the planet. Organic personal care.

NEW TO CHOICES

Mad Hippie Face Care Products

Assorted Varieties

15% Off
Assorted Sizes

Anti-aging actives formulated to complement one another and work in synergy.

the Dish

On Burgers Part I: Meat & Poultry

The first literary reference of burgers dates back to the early 1800s. However, it wasn't until 1904 that burgers first made their appearance at the Louisiana World Expo. Since then, North Americans haven't looked back. Burgers are a Western staple; every fast food chain has its own version. But I'm here to talk about the best kind of burger there is: the homemade one.

Beef is a popular choice for burger meat. A simple mixture can be made by taking a handful of finely chopped onions, a dollop of mustard and ketchup and salt and pepper and mixing it with your ground beef. It's surprising flavourful.

I should stress here that I am against using any form of binder in my meat-based burgers. Save the breadcrumbs and eggs for your meatloaves and meatballs. But remember to avoid making the mixture too wet, otherwise you'll have a scramble on your hands instead of a solid patty.

Going beyond beef gets good, too. Although beef hits the spot, I'm here to tell you that your patty has more potential. Bison, turkey and lamb are all tasty options. Each imparts a unique flavour and will give your homemade burger a boost if you're looking for a departure from regular beef.

Season your ground lamb with roasted garlic, mint and a splash of balsamic vinegar. Take that turkey and add finely chopped bacon to it along with a bit of maple syrup and cracked pepper. Of course, fresh herbs are always a good idea in any burger mixture.

No matter what masterpiece mixture you've created, always test it before forming and cooking the patties. Fry up about 1 tablespoon of your mixture then taste to see if you need to add anything else. Never taste a raw ground meat mixture.

Once the meat mixture is perfected, you burger needs garnishes. These can go a million ways. Go with classic cheddar, bacon and roasted onions or experiment with different kinds of cheeses and grilled or pickled vegetables. Think smoked provolone with grilled zucchini, blue cheese with fig compote, sautéed mushrooms and Brie, roasted tomatoes and fresh boconcini.

Here are a few last words of burger wisdom for you: spice up your mayo to complement your meat and cheese choices, put relishes and pickles to good use and always use fresh burger buns.

That ought to be enough to get you firing up (over wood or charcoal is best), grilling, frying or broiling those homemade burgers. Check back next month where we'll feature Burgers Part II: Fish and Vegetarian.

This month, meet Antonio at the Okanagan Feast of Fields. He'll be there in his shades with a smile on his face. You can talk burgers and discuss all sorts of other foods. In the meantime, visit choicesmarkets.com for great recipes by Antonio.

FARM FOLK CITY FOLK

Feast of Fields

Okanagan Feast of Fields
Sunday, August 14th | 1 to 4pm
Off The Grid Organic Winery,
3623 Glencoe Road, West Kelowna

Feast of Fields is a wandering gourmet harvest festival that highlights creations from BC's top chefs, farmers, fishers, ranchers, food artisans, vintners, brewers, distillers and other beverage producers.

Tickets available at Choices Markets Kelowna or online through Eventbrite.

Adults: $95
Children: $15
Return Bus: $15 to $20

comments@choicesmarkets.com
/Choices_Markets
/ChoicesMarkets
@ChoicesMarkets

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_2
Smog: 5 kg NOx
Energy: 23 GJ

Results based on the Rolland Environmental Calculator

AUTISM SPEAKS CANADA
It's time to listen.
Il faut écouter.

Speaking Up Fundraising for Autism Speaks Canada

August 1 – 12

Autism Speaks, along with Autism Speaks Canada, has grown into the world's leading autism science and advocacy organization and has dedicated over $200 million to funding research and innovative programming for individuals and families impacted by autism spectrum disorder.

This summer, Choices is helping to raise funds for Autism Speaks Canada. You can donate at any Choices Markets location by purchasing an Autism Speaks puzzle piece for $1 during our fundraising campaign, which will take place between August 1st and August 12th. Be sure to stop by various Choices locations for fundraising barbecues (ask in store for details). Finally, join Autism Speaks Canada on Sunday, October 23 at Pacific Autism Family Centre for Walk Now for Autism Speaks Canada. Visit walknowforautismspeaks.ca for full details.