CHOICES markets
CHOICES'
Monthly Newsletter | October 2016
The Dish on Thanksgiving
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CANADA POST
POSTES CANADA
IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K5

# the grape vine

## Choices Markets Garlic Fest

This October, Choices celebrates the stinking rose with a festival dedicated to garlic. Local garlic growers will be visiting our stores, offering up knowledge, taste tests, and old family recipes for the many different varieties of delicious garlic grown in BC. We'll also have a donation BBQ, with 100% of proceeds benefiting local charities. This travelling festival will be visiting Choices Kitsilano on October 1st and Choices South Surrey on October 2nd from 11-3pm.

## Non-GMO Week

This October, Choices will be celebrating Non-GMO month with a special week of sale prices on Non-GMO Project Verified foods from October 20th to 26th. At Choices, we believe as consumers we should all have the right to know whether the food we eat is genetically engineered. So, we've teamed up with the Non-GMO Project to help our customers know what they're buying. There will be special signage on our shelves indicating which items are Non-GMO Project verified, and as always you can book a store tour with one of our knowledgeable Nutrition Team members to learn more about this complicated topic. See choicesmarkets.com for more details.

## West Coast Women's Show

Head out to TRADEX Abbotsford from October 21st to 23rd for Western Canada's largest women's trade show, the West Coast Women's Show. This three day event is a shopping dream come true with hundreds of booths catering to women's unique interests, plus seminars, demonstrations, celebrity speakers and more. Choices will be on location with a special booth providing free coffee and chocolate samples in our bistro area, as well as complimentary nutrition consults from our Nutrition team.

## JD Farms Turkeys

Looking to up your turkey game this year with an ethically raised, hormone-free, locally sourced, free-run bird? JD Farms is a family-run specialty turkey producer operating out of Langley. Contact your local Choices Markets meat department staff today to book your J.D. Farms turkey. Deadline for ordering is October 5th.

COOK IT UP

# GIVE THANKS

**Looking to elevate your game this Thanksgiving long weekend and create a meal that's truly memorable? Choices is here to help make your Thanksgiving delicious.**

## Delectable Desserts

Baking to please a crowd is hard work and time consuming. Let the Choices Bakery help you out this Thanksgiving with our plethora of pastries, pies and more. Get your pumpkin fix with our made in-house pumpkin pies in regular and vegan styles, plus fruit pies, vintage cakes and shortbread cookies for a dessert spread that's sure to please. We haven't forgotten our savoury side either! Premade stuffing mix, bread crumbs and dinner rolls are also freshly made by our team for your enjoyment.

### Whipped Coconut Cream

If you want to add a special touch to our baked goods (or your own family recipe), look no further than this recipe by the Choices' Nutrition Team for Whipped Coconut Cream. Vegan friendly and dairy-free, it will add a unique flavour to your dessert plates and is simple to make.

**1 can fair trade full-fat coconut milk**

**1 Tbsp maple syrup (or more to taste)**

**1 tsp vanilla extract (or more to taste)**

1. Place can of coconut milk in the refrigerator overnight to chill.
2. Open can upside down, pour off liquid and reserve for use in smoothies, soups or sauces.
3. Using a chilled bowl and beaters, place the remaining cream in a bowl and beat on high speed for 3-5 minutes. Whip the coconut cream until it becomes light and fluffy with soft peaks.
4. Mix in maple syrup and vanilla extract.

## To-Die-For Turkey

You've already picked up a phenomenal JD Farms Turkey from the Choices meat department, but now you're wondering how to make that turkey one your family will talk about until Christmas. Choices Meat Manager, Rob Hunt, knows the secret: brining! Brining poultry and meats before cooking is an age-old technique that makes for a moist and flavourful end product. Don't fret over the amount of salt added to the brine, the result is not an overly salty bird but rather increased juiciness and fuller flavour. The optimum soaking time for a large turkey is 24 hours, but even a shorter time in the brine will make a delicious difference.

### Brined Turkey

**2 cups sea salt**

**2 litres hot water**

**6 litres cold water**

**1 turkey (save the giblets for soup stock!)**

**1 yellow onion, coarsely chopped**

**1 carrot, coarsely chopped**

**1 celery stalk, coarsely chopped**

Add salt to the warm water in a container large enough to hold a whole turkey. Add cold water, carrot, celery and onion to the container. Add whole turkey and let sit for 16-24 hours for the best results.

# Upcoming Events

MARK YOUR CALENDAR

## Vegetarian Entertaining

with Choices' Executive Chef Antonio & the Choices Nutrition Team

**Saturday, October 29 | 2:00– 4:00 pm**
Choices Floral Shop & Annex

**Saturday, Nov 5 | 2:00– 4:00 pm**
Choices South Surrey

Simplify your entertaining menu this holiday season with the help of Chef Antonio and the Choices nutrition team.

*Cost is $20 plus tax. Register and prepay online. See top of page 5 for registration information.*

## Turn on Brain Health

with Dr. David Wang, ND, Pranin

**Tuesday, October 18 | 6:30 – 8:00 pm**
Choices Abbotsford

**Thursday, October 25 | 7:00 – 8:30 pm**
Choices Burnaby Crest

Learn how to: prevent & slow down the progression of Alzheimer's, depression & dementia; adopt a mind-body lifestyle to improve energy, mood, memory, mental performance and learning; support brain health with pure food nutrition.

*Free event. Register online. See top of page 5 for registration information.*

## Tuesday, October 18
## 6:30 – 7:30 pm

# Healthy Cooking Demo: Kid-Approved Recipes

with Choices Nutrition Consultant Bonnie Chung, RHN

**Choices Kerrisdale**

Learn and taste healthy recipes for picky eaters and their families, as well as tips and tricks to make mealtime stress-free.

*Free event, preregistration required. For full details and to register visit choicesmarkets.com/events.*

## Sunday, October 23
## 11:00 am – 12:30 pm

# Creating a Bee-Friendly Tea Party

with Madame Beespeaker Lori Weidenhammer

**Choices floral Shop and Annex**

Using herbs and flowers that feed humans and bees, Lori will lead a hands-on workshop on how to celebrate pollinators in the garden and in the kitchen with herbal teas and cookies with flower power.

*Cost $10 plus tax. Children under 12 can attend for free when accompanied by an adult. Register and prepay online. See top of page 5 for registration information.*

## Tuesday, October 25
## 7:00 – 8:30 pm

# The Heart of Healthy Living

with Dr. Miranda Wiley, ND, Sage Clinic

**Choices Floral Shop & Annex**

Learn the role of diet, lifestyle, herbs, and medications in supporting a strong heart, good circulation, and healthy cholesterol levels throughout the years.

*Free events, online registration required. See top of page 5 for registration information.*

## Saturday, October 15
## 1:00 – 2:30 pm

# Clean Living: Home and Body

with Lisa Aschenbrenner, RNCP, InspireHealth and Choices' Nutrition Consultant Emile Boses, BNatMed

**Choices Kelowna**

Learn which beauty and cleaning product ingredients may be of concern and how to choose safer and cleaner products, and other ways to decrease your toxin load.

*Free event, online registration required. See top of page 5 for registration information.*

**To register for events, visit choicesmarkets.com/events.**
**For inquiries, please call 604.952.2256 or email eventsregistration@choicesmarkets.com.**

Please note: these seminars and events are for information purposes only. For any health-related seminars or events, no diagnosis or specific treatments will be prescribed.

## Wednesday, October 19
## 7:00 – 8:30 pm

# Everything You Need to Know About Hormones

with Lorna Vanderhaeghe

**Choices Floral Shop & Annex**

When hormones are disrupted, you gain belly fat, have no sex drive, you're tired and suffer mood swings and so much more. Lorna will help you discover how to solve your hormone problems.

*Free events, online registration required. See top of page 5 for registration information.*

## Thursday, October 20
## 7:00 – 8:30 pm

# Omega-3 101: Pain and inflammation

with Karlene Karst, RD, Sealicious

**Choices South Surrey**

Join author and Registered Dietitian Karlene Karst while she reveals the science behind the inflammatory response and how omega-3 fats can help fight pain and inflammation.

*Free event. Register online. See top of page 5 for registration information.*

## Saturday, October 22
## 2:00– 4:00 pm

# Healthy Fast Food

with Choices' Executive Chef Antonio & the Nutrition Team

**Choices Kelowna**

Looking to simplify healthy eating and meal planning? Join Chef Antonio and the Choices Nutrition team as they share a selection of delicious recipes and helpful tricks to make help make cooking easier and healthy eating more enjoyable.

*Cost is $20 plus tax. Register and prepay online. See top of page 5 for registration information.*

## ENTER TO WIN

# EchoClean Laundry Suite

Courtesy of
EchoClean and V.I.P. Soap Products Ltd

One lucky customer will win this incredible washer and dryer, courtesy of EchoClean and V.I.P Soap Products Ltd.

**EchoClean and V.I.P. Soap Products Ltd:**

- A family owned and operated company that supports BC jobs and economy
- Creators of plant-based products that WORK and are packed in containers made from the recycled content from your blue bins
- A heathier choice for you, your family and the environment

**Skill Testing Question:**

**(56 - 18) x (25 - 13) =** _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from October 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 throughout 2016.

# preferred shopper club specials

CLUB PRICE

## Maison Orphee Organic Oils

Select Varieties

**7.49 to 15.99**

Assorted Sizes
Products of Canada, Mexico, Argentina and Philippines

Maison Orphee presses only the best fruit and nuts.

## Lundberg Organic Rice

Assorted Varieties

**6.99 to 9.49**

907 g
Product of USA

An excellent source of whole grains and full-flavour.

## Nutiva Coconut Oil

Assorted Varieties

**10.99 to 31.99**

Assorted Sizes
Product of USA

Nutritious tropical creaminess, perfect for baking and more.

## Simply Organic Spices and Extracts

Assorted Varieties

**5.29 to 12.99**

Assorted Sizes
Products of USA

Elevate your foods with simply the best premium organic spices.

## Stahlbush Island Farms Frozen Vegetables

Assorted Varieties

When quality matters, you know you can trust Stahlbush.

**3.29**

Assorted Sizes • Products of USA

## TruRoots Organic Quinoa

Assorted Varieties

**7.99 to 21.99**

Assorted Sizes
Products of USA

Add colour and earthy flavour to your meals with TruRoots.

## Pacific Foods Organic Broth

Assorted Varieties

**5.39**

946 ml to 1 L
Products of USA

Celebrating the everyday natural goodness of food.

## Farmer's Market Purees

Assorted Varieties

**3.39 to 4.29**

397 to 425 g
Products of USA

Pure, fresh flavour, grown organically.

## Amy's Soups

Assorted Varieties

**3.39 to 4.49**

398 ml
Products of USA

Even non-vegetarians agree that Amy's soups are the greatest.

## VIP Soap Products

Assorted Varieties

**2.39 to 7.99**

Assorted Sizes
Product of Canada

Cleaning products that are locally made from natural ingredients.

## Holistic Choice Pet Food

Assorted Varieties

**19.99 to 69.99**

Assorted Sizes
Product of Canada

For those who are passionate about their pet's health.

## Alexia Frozen Foods

Assorted Varieties

**3.29 to 4.49**

Assorted Sizes
Products of USA

Quality ingredients and bold flavours, that's the Alexia way.

## Blue Diamond Almond Breeze

Assorted Varieties

**5.99**
1.89 L
Product of USA

**2.99**
946 ml
Product of USA

You don't have to be lactose intolerant to enjoy Almond Breeze, but if you are, you're in for an extra special treat. The creamy smooth texture and hint-of-almond taste make this non-dairy beverage a stand out taste.

## Blue Diamond Nut Thins

Assorted Varieties

**4.49**
120 g
Product of USA

A crunchy cracker made from nutritious almonds, baked to perfection.

## Stash Organic Teas

Assorted Varieties

**3.39**
18 bags
Product of USA

Top quality specialty teas made with natural ingredients.

## Elias Honey

Assorted Varieties

**7.99 to 9.99**
500 g
Product of Canada

Western Canada's premium honey since 1972.

## Prana Organic Dried Fruits

Assorted Varieties

**4.29 to 12.99**
Assorted Sizes
Product of Canada

Dried fruits inspired by global traditions.

## Wholesome Sweeteners

Assorted Varieties

**5.49 to 10.99**
Assorted Sizes
Product of USA

Make life a little sweeter with Wholesome Sweeteners.

## Kettle Foods Krinkle Cut Chips

Select Varieties

**5.19**
397 g
Product of USA

Nice and thick for the most satisfying of crunches.

## GT's Organic Kombucha

Assorted Varieties

**3.89** + Dep + Eco
480 ml
Product of USA

GT's has been making kombucha for over 20 Years.

## Coconut Bliss

Assorted Varieties

**7.99**
Assorted Sizes
Product of USA

An iced treat that starts with just coconut milk and agave.

## Alter Eco Chocolate

Assorted Varieties

**3.39 to 7.99**
80 to 120 g
Product of Bolivia

A delicious chocolate bar with a focus on sustainability.

## GH Cretors Popcorn

Assorted Varieties

**1.39 to 4.49**
Assorted Sizes
Product of USA

Gluten-free, non-GMO and loaded with flavour.

# GIVING THANKS

## for Plant-Based Foods

The topic of plant-based diets has been on an upswing. Experts have always recommended eating more vegetables and fruit to keep your body functioning at its best. Plus, having a more plant-centered diet and relying less heavily on animal-based products reduces your environmental footprint drastically. Any small change you can make helps, you don't need to fully convert to vegetarian or veganism to make positive changes for yourself and the planet. But what about during the holidays? It can be challenging to be mindful of a plant-based diet while still enjoying your holiday feast with friends and family. Here are a few ways to show your appreciation for plant-based foods this Thanksgiving.

### Start with Snacks

Leave out bowls of raw chopped veggies on the kitchen counter, dining room table or even the coffee table in the family room. If you're a guest, arrive early at your host's with a tray of fresh veggies for everyone. Serve one or two vegetable-based dips alongside those colourful veggies. Try hummus, white bean, pumpkin seed, roasted beet, root vegetable or butternut squash dips to liven up the veggies and provide a bit of sustenance before dinner. When whipping up the dips, employ lots of warming spices, hearty fresh herbs, tahini and even feta or soft goat cheese. These will make your dips sing and impress your guests with your cooking skills.

### Prioritize Plants on Your Plate

When sitting down to dinner, plates are often heaped with turkey, mashed potatoes, stuffing and gravy, with only the smallest space reserved for one sad spoonful of vegetables. This Thanksgiving, transform your dinner dish into a work of art and reach first for vibrant orange sweet potatoes and carrots, golden squash and turnips, crimson cranberries and beets or emerald leafy greens and green beans. Roast your Brussels sprouts and cauliflower instead of boiling for amazing flavour. I promise that after eating side dishes of this caliber, you'll feel less sluggish after dinner and have ample energy to visit with friends and family.

### Shift the Focus of Fats

Animal fats can easily be swapped out for plant-based fats—and you don't even have to sacrifice flavour. Have your bottle of olive oil handy and drizzle it into your mashed sides or over your roasted vegetables. You can even bring coconut oil into play if you're looking to mix up the flavours. Surprise your guests by mixing up a batch of rich, savoury mushroom gravy instead of the traditional turkey kind.

With all of this said, it's still OK to give yourself permission to enjoy the foods you love this Thanksgiving—turkey and all. The main thing to remember is to enjoy yourself! Experiment and maybe a few more plant-based options might end up on your Thanksgiving table every year. Happy Thanksgiving, everyone.

**Shannon Smith is a registered dietitian and Choices' Nutrition Operations Manager. Through her years of practice, Shannon has adopted a gentle and understanding approach to nutrition practices. She meets her clients right where they're at, and works to help them rediscover the joy of eating nourishing foods in ways that suit their lifestyle. To contact Shannon, email nutrition@choicesmarkets.com.**

ASK THE EXPERTS

# The Buzz on Fall Gardening

## By Lori Weidenhammer

**Q** **What is the best way I can help bees in my garden this fall?**

**A** We are lucky to live in a bee-rich province with over 453 species of native bees in British Columbia. The best thing you can do for bees of all stripes is to provide nesting sites and access to food. Create a pile of undisturbed leaf mulch as a safe haven for queen bumblebees. Take the time to create some bare soil in your garden to make space for ground nesting bees and drill some holes in a few logs for leafcutter and mason bees.

As we are into the fall and winter gardening seasons it's good to start planning and planting for next year's bee forage. Before the ground freezes you can plant wildflower seeds for bees that will bloom next spring. Coreopsis, blanket flower and California poppy are easily sown in a garden patch, ideally at least one metre in diameter, but a large pot will do in a pinch. If your lawn has been ravaged by chafer beetle larvae predators, just seed in some low-growing wildflowers to make your lawn pretty and feed the bees at the same time. The non-stinging ground-nesting bees that take up residence in your yard will reward you with a glittering display in early summer as they fly off to provision their nests.

You can also put in some native blue camas bulbs and evergreen huckleberries in your garden which will feed blue orchard mason bees and bumblebee queens. Furthermore, the winter veggies that you've planted can also feed bees if you let them bloom next spring, including kale, leeks, onions and even garlic. Make sure you take advantage of the organic veggies, seeds and herbs sold by Choices and avoid any pesticide use in your garden, especially neonicotinoids, which are harmful to bees. Happy bee gardening!

OCT 23

Join Lori for a bee inspired tea party at the Floral Shop and Apiary **Sunday October 23.** See page 5 for details.

**Lori Weidenhammer, AKA Madame Beespeaker is an artist and educator and author of Victory Gardens for Bees: A DIY Guide to Saving the Bees published by Douglas and MacIntyre.**

NUTRITION NEWS TO USE

# Please Picky Eaters

## By Choices Nutrition Consultant Bonnie Chung, RHN

**Chat with Bonnie about all of your picky eater problems at Choices Kerrisdale Tuesdays, Thursdays and Saturdays and Fridays at Choices Cambie.**

It's common for children to develop food preferences at young ages. Most children show some level of pickiness simply because eating solid foods and trying new textures, colours and tastes are new experiences. Pickiness might also develop at different stages when their growing bodies have different nutritional needs. To please the picky eaters and ease stress at mealtimes, try these tips:

### 1 Keep Mealtimes Regular

Feeding children constantly throughout the day could mean they are not hungry once mealtime comes around. Instead, schedule 3 regular meals and 2 to 3 snacks at the same time every day.

### 2 Give Peas a Chance

Sometimes a picky eater is just overwhelmed. To ease the pressure of offering new foods, test out one new food in a very small portion along with other familiar foods. A favourite doesn't happen overnight; children may need to be offered the same food up to 20 times before they are ready to try it. Allow your kids to simply touch the foods and don't force them to clean their plates. To peak their interest and keep servings small, try using a silicone muffin cup as a plate.

### 3 Make Food More Fun

Involve kids in the meal prep: decorating the plate, washing the vegetables and fruit, measuring and mixing ingredients or even turning on a blender. Make a game out of the meal by exchanging foods from parents' plates; this may encourage them to try new foods.

OCT 18

Join Bonnie in-store on **Tuesday, October 18** for her in-store cooking demo aimed at helping you to encourage healthy habits in even the pickiest eater.

These articles are meant for educational purposes only. The information here is NOT meant to replace consultation with a Registered Dietitian or qualified healthcare professional.

## 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

**Brussels Sprouts:**

Roasted or sautéed Brussels are sure to turn adamant skeptics into Brussels sprout lovers. The distinct bitter cabbage flavor comes from the plants' natural defense mechanism against predators. These bitter compounds are mainly glucosinolates which are most concentrated in the center of the sprout. The glucosinolates are also potent antioxidants, helping to protect against cancer development. Cut down on the bitterness simply by cutting the sprout in half and roasting.

### TASTY TOP CHOICE RECIPE

**Sautéed Brussels Sprouts with Walnuts and Cranberries**

Heat a large skillet on medium heat, add 1 Tbsp avocado oil. Once hot add 2 cups halved and trimmed Brussels sprouts, 1 clove of crushed garlic, and sauté for 7 minutes. When the sprouts have started to brown, add 1/2 cup fresh or frozen cranberries and continue sautéing for 2 more minutes. Watch for outer leaves becoming crispy and dark brown, and cranberries wilting. Season with a pinch of salt and fresh ground pepper, and sprinkle with roasted walnuts. Serves two large sides. Double or triple this recipe for serving guests at Thanksgiving dinners.

## Grocery Gossip

**Quesava Veggie Popper Dough**

Made from manioc (also called cassava) flour, this dough bakes at home in just 15-30 minutes, filling your home with the aroma of freshly baked bread without all the fuss. This grain and gluten-free dough produces a tender home-baked bun. Customize to your taste, try adding rosemary and parmesan, or apples and stilton cheese.

**Olympic Kefir:**

If you're new to kefir, this is a great place to start as its non-effervescent and available in plain, vanilla or strawberry. Kefir is similar to a drinkable yogurt but with different probiotics—2 billion in a cup serving. Starting with organic milk plus 10 active bacterial culture strains means happy digestive tracts. Use kefir where yogurt normally goes; try it with granola topped with hemp and chia seeds, or add 1/4-1/2 cup to a smoothie.

## Naturally Yours

**Innovite Bone Health Cal-Mag:**
Innovite Bone Health Cal-Mag is a synergistic blend of the nutrients your bones need to stay strong and healthy. Yes, we need calcium, but by having Vitamin D in the same supplement, the absorption is much more efficient.

**Ecoideas Maca:**
Ecoideas Maca sources only organic, ethically and sustainably grown maca. This perennial tuber is native to the Peruvian Andes. Choose from green, black and red varieties or a mix of the three, all touting adpatogenic properties to balance the hormonal system. It's delicious in smoothies, yogurt, or used in baking—especially chocolate.

**Prairie Naturals Citrus Soother:**
Prairie Naturals Citrus Soother is a calming blend of lemon, honey, ginger that can be simply mixed with hot water for when the cold fairy comes knocking. This mix also has Echinacea, elderberry and lemon balm to offer a hot cup filled with natural antibacterial, antimicrobial plant power. Plus, it has zinc to help boost the immune system and get you back to health faster.

## COOK IT UP

# Garlic Prawn Mistra

### Courtesy of Elam's Organic Farm

Elam's Organic is an organic garlic farm from Cawston, BC. They will be one of the garlic farmers on site at Choices Garlic Fest this year. Check out The Grapevine on page 2 for more info.

**– Serves 4 –**

**Olive Oil**

**3 cloves Royal Red Russian garlic (or any good quality garlic)**

**3 cups chopped Roma tomatoes (drained, juice put aside)**

**1 small can organic tomato paste**

**1 large white onion (chopped fine)**

**1/2 cup white wine**

**1 Tbsp fresh mint or basil (minced)**

**1 Tbsp fresh oregano (minced) or ½ Tbsp dried oregano**

**100 grams feta**

**400 grams large raw prawns (defrosted)**

**Kale leaves or other greens for serving**

Sauté chopped onion for about 3 minutes (until translucent). Press garlic or mince finely and add to pan and cook for about 1 minute. Add the tomato paste and stir. Add freshly chopped and drained tomatoes and wine and simmer for 1-2 minutes. Add salt, fresh ground pepper and oregano to taste. Sauté for another minute, then turn heat up and bring to boil, stirring often (add cayenne pepper if desired). Cook, stirring often for about 5 minutes. Reduce the heat to medium and add crumbled feta cheese and large prawns with tails on. Cook until prawns are opaque pink. Add minced mint right before serving and garnish with a mint or basil sprig on top of each dish. Serve with crusty fresh bread or roasted potatoes and carrots.

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Renew Life Ultimate Flora Critical Care 50 Billion Probiotics

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**31.99** 30 Capsules

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Ultimate Flora Probiotics delivers 50 billion probiotic bacteria from 10 strains. You would need to eat over 50 servings of yogurt to equal the probiotic power in just one capsule.

Nature's Way Sambucus Cough Syrup or Gummies

Assorted Varieties

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Immune 7® is one of the most comprehensive immunomodulating formulas available today. Our strictly controlled organic methods of mushroom cultivation ensure that our products are of the highest possible quality.

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New Chapter delivers the wisdom of nature with supplements that are Non GMO Project Verified and Certified Made with Organic Ingredients. New Chapter aims to deliver Nature's whole wisdom in our supplements from Herbal Extracts to Fish Oil to Multivitamins.

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Helps naturally deliver the 8 hours of sleep you need.

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### Manitoba Harvest Hemp Hearts

**2/5.00** 56g **13.99** 454g
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Hemp foods taste great, are easy to use, and nutritious too! Sprinkle Manitoba Harvest Hemp Hearts over salad, cereal, or yogurt.

### Divine Essence Organic Essential Oils

Select Varieties

**15% Off**

Assorted Sizes

100% genuine, lab tested, certified organic essential oils.

### Progressive Organic Whey Protein

Select Varieties

**37.99 to 67.99**

Assorted Sizes

### Progressive Organic Rice Protein

Select Varieties

**19.99 to 35.99**

Assorted Sizes

Progressive Organic Proteins are made entirely from organic, non-GMO ingredients. The protein itself is derived from only organically farmed sources held to strict organic standards.

### Natracare Feminine Pads

Assorted Varieties

**15% Off**

Assorted Sizes

Soft, certified organic cotton and totally chlorine and plastic free.

# the Dish

## On Thanksgiving Side Dishes

Whether the star of your Thanksgiving feast is turkey, ham, veggie loaf or another meat alternative, your thanksgiving plate simply won't be complete without side dishes. Mashed potatoes, carrots and peas, and Brussels sprouts are all Canadian staples, though every family has their own repertoire of special dishes. Grandma's green bean casserole, Uncle Bill's famous candied yams or Mom's roasted turnip and rutabaga are only a few examples.

This year, perhaps you'd like to update an old favourite or bring something new to the table. Starting from mashed potatoes, here are a few fresh ideas:

It's easy to dramatically change the flavours in mashed potatoes with just a few additions or substitutions. Try adding roasted garlic or freshly chopped chives to create a more complex flavour. If you're looking for a lighter dish, try subbing out butter for extra virgin olive oil. Conversely, replace butter with mascarpone cheese to make your potatoes extra rich and creamy. No matter what, don't forget the salt and pepper!

A root mash can be a simple and effective way to make a truly unique side dish. Prepare and boil potatoes as you normally would, but in addition try adding a combination of roasted yams, sweet potatoes, celeriac and carrots to the mash to create something one-of-a-kind. Make sure to roast the roots so that they are tender to your fork before you combine with your potato and mash. A touch of brandy or rum might be your secret weapon here.

Brussels sprouts are a bit notorious as a side dish that has always needed a little love. Let's roast them instead of plain old boiling. Olive oil, salt and pepper are where to start, following that the combinations are endless. Diced bacon, pancetta or prosciutto could be the discoveries that makes your older relatives happy and make those Brussels sprouts disappear. Don't stop there! Glaze them with balsamic vinegar, teriyaki, or sweet and sour sauce. You could even try kebab-ing them and grilling them on the BBQ.

Squash is in season and they're another easy thing to cook. Combine them with the previously mentioned roasted root mash, or enjoy them on their own to add colour and flavour to your plates. Other quick cooking methods are grilling or sautéing.

The multitude of seasonal side dishes is endless. Try to add a new one or a variation to an old standby to your Thanksgiving table every year, and you might be surprised to find you've started a new family tradition. Happy Thanksgiving!

**Antonio can't wait to try some new recipes for his family this Thanksgiving. If you want to learn some of his tips and tricks, visit him at his Vegetarian Entertaining workshops this fall. See page 4 for more info.**

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## Choices Markets Locations

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3033 Immel St, Abbotsford
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**North Vancouver** Now Open!
801 Marine Dr, North Vancouver
604.770.2868

## 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 CO2
Smog: 5 kg NOx
**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator

# prairienaturals®

Prices Valid from October 1st to October 31st

## CognitiveHealth

- Promotes clear thinking
- Feeds the brain nootropics
- PQQ, Baccopa Extract, Alpha GPC & Vinpocetine
- Boost oxygen supply to the brain

**SALE PRICE**
**Available in**
60 Softgels
**$34.99**

## AlkalineHealth

- Starts your day the alkaline way!
- Lemon & aloe instant drink mix
- Balances body pH
- Pharmacist-formulated
- Alkalizes & cleanses
- Promotes bone health

**SALE PRICE**
**Available in**

| 126 g Powder | 252 g Powder | Single Packet |
|---|---|---|
| $19.99 | $36.99 | 3 for $3.99 |

## EnzymeHealth

- No more digestive upset
- Activated Coconut Charcoal
- Ginger Extract
- Relieves diarrhea
- Controls gas & bloating

**SALE PRICE**
**Available in**

| 60 V-Caps | 120 V-Caps |
|---|---|
| $11.99 | $21.99 |

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# ORGANIC VEGAN PROTEINS

## Organic, Sprouted Brown Rice Protein

- 100% vegan & raw
- Made from organic, sprouted brown rice
- Complete protein with all essential amino acids
- Same protein quality as whey, egg white & milk
- Makes great whole food protein shakes for the whole family!

**SALE PRICE**
**Available in**
360 g Powder **$22.99**

- Simply Natural & French Vanilla Flavours

## Organic HempProtein

- 100% vegan & raw
- Eco-friendly
- Complete protein with all essential amino acids
- Naturally balanced omega fats
- Reduces inflammation
- Strengthen hearts
- Promotes resilient skin
- Supports flexible joints
- Enhances immunity

- Blueberry Pomegranate, Organic Dark Chocolate & Natural Flavours

**SALE PRICE**
**Available in**
400 g Powder **$18.99**

# ORGANIC SUPERFOODS

## Organic Chlorella

- Broken Cell Wall
- Rich in chlorophyll
- Fresh-water phytoplankton
- Nature's green energy power cells
- No fillers, binders, excipients or carriers

**SALE PRICE**
**Available in**
200 g Powder **$32.99**
180 Tablets **$20.99**

## Organic Spirulina

- High B12 & protein
- Ideal for vegetarians
- Instant appetite control
- Stimulates internal cleansing
- Promotes optimal immune function

**SALE PRICE**
**Available in**
200 g Powder **$25.99**
180 Tablets **$14.99**

## Organic, Fermented Wheat/Barley Grass

- Fermented & organic green superfood concentrate
- Contains juice & fibre
- Rich source of chlorophyll, vitamins & minerals
- Easily digested & supports bowel regularity
- Promotes healthy pH & immunity
- Refreshing & energizing green drink
- Gluten-free

**SALE PRICE**
**Available in**
150 g Powder **$31.99**

## Organic Aqua Greens

- Perfect for smoothies
- Vegan protein source
- Natural antioxidants
- Appetite controller
- Organically grown

**SALE PRICE**
**Available in**
200 g Powder **$33.99**
180 V-Caps **$22.99**

## Prairie Grasses

- Gluten-free & Non GMO
- Promotes skin health
- Reduces inflamation
- Promotes healthy gut microbes
- Mineralizes and alkalinizes the body

**SALE PRICE**
**Available in**
150 g Powder **$26.99**
300 g Powder **$45.99**
180 V-Caps **$39.99**

# PIERCE PERFORMANCE

POWER pH

## Zip Fuel

- Buffered Creatine Energy Drink
- pH Balanced
- Quickly & safely boost energy
- For people of all ages & fitness levels
- Highly absorbable
- Fuels physical activity

**SALE PRICE**
**Available in**

300 g Powder
**$19.99**

## L-Glutamine

- Buffered Glutamine Drink
- pH Balanced
- Excellent recovery formula
- For people of all ages & fitness levels
- Highly absorbable
- Fuels physical activity

**SALE PRICE**
**Available in**

200 g Powder **$16.99**
400 g Powder **$29.99**

## BCAA Fuel

- Vegan
- Non-GMO
- Supports mitochondrial production
- Speeds exercise recovery
- Promotes muscle growth

**SALE PRICE**
**Available in**

315 g Powder
**$28.99**

# CREATING BEAUTIFUL HAIR *Naturally*

## Ultra-sil

- Gluten-free & Non GMO
- Promotes skin health
- Reduces inflamation
- Promotes healthy gut microbes

**SALE PRICE**
**Available in**

90 V-Caps **$12.99**
Bonus 200 V-caps **$24.99**

## Hair-Force

- Counteracts stress, illness, hormonal imbalances
- Stimulates maximum growth of hair follicle
- Minimizes hair loss

**SALE PRICE**
**Available in**

90 Softgels **$24.99**
Bonus 200 Softgels **$44.99**

## Argan Smoothing Serum

**SALE PRICE**
**Available in**

120 mL Serum **$16.99**

## Moonshine serum

**SALE PRICE**
**Available in**

120 mL Serum **$16.99**

**SALE PRICE**
**Available in**

Shampoo **$9.99**
Conditioner **$9.99**

# ORGANIC SUPERFOOD SNACKS

## Raw Organic Seeds

- Hemp, Chia, Flax & Buckwheat
- Nature's original raw SuperFood
- Ready-to-eat snack food
- Gluten-free & non-GMO
- Deliciously nutritious
- Non-irradiated

**SALE PRICE**
**Available in**

230 g Shaker Jar **$9.99**

## Organic Coconut Chips

- Organic & Non GMO
- Ready-to-eat snack foods
- Gluten-free
- Lightly toasted
- Organic Coconut Sugar
- Organic Sea Salt

**SALE PRICE**
**Available in**

60 g Organic Coconut chips **$3.99**
60 g Organic Coconut chips with organic dark chocolate **$4.49**

# IMMUNE SYSTEM SUPPORT

## Vitamin D3 1000 IU

*** DOORCRASHER**
**Liquid 15 mL**
**50% OFF**
**$7.99**

**SALE PRICE**
**Available in**
500 Softgels
**$13.99**

- Vitamin D3 form for best absorption
- Helps strengthen bones
- Protects against dementia
- Prevents depression
- May prevent & improve MS symptoms

## Citrus Soother

**SALE PRICE**
**Available in**
150 g Powder
**$18.99**
Single Packet
**3 for $3.99**

- Hot lemon, honey and ginger drink
- Natural cold & flu prescription
- Soothing & protective effect
- Contains vitamins C & D
- Includes immune-boosting zinc
- Formulated by Holistic Pharmacist RoseMarie Pierce

## Probiotic Gum

**SALE PRICE**
**Available in**
12 g
(8 Gum tablets)
**$3.99**

- Oral probiotic for your mouth
- Clinically researched
- Controls & eliminates bad breath
- Prevents sore throats, ear infections & sinus problems
- Supports health of upper respiratory tract

## Germforce Sanitizer

- Instant hand sanitizer
- Germ protection on the go
- Great for work, travel, picnics, school, play
- Tested gluten-free
- Paraben-free

**SALE PRICE**
**Available in**
60 mL **$3.99**
250 mL **$9.99**

# LIQUID IONIC SOLUTIONS

## B Complex

- Contains all eight B vitamins
- Supports adrenal function
- Combats depression
- Enhances immunity
- Calms & energizes
- Improves mood
- Relieves PMS

## Magnesium

- Alleviates anxiety & irritability
- Relief from muscle cramps
- Promotes better sleep
- Supports heart health
- Regulates muscle & nerve impulses

**SALE PRICE**
**Available in**
500 mL Liquid **$29.99**

# CUTTING EDGE COGNITIVE WELLNESS

## Ocu-Force

- Reduce free radical damage
- With Benfotiamine, Lutein, Astaxanthin & Taurine
- Improve night vision
- Soothes eye strain

**SALE PRICE**
**Available in**
60 Softgels **$23.99**
120 Softgels **$44.99**

## Vinpocetine

- Antioxidant-rich brain nutrients
- Promote Circulation
- Boosts brain power
- Improves memory
- Reverses aging

**SALE PRICE**
**Available in**
60 Softgels
**$16.99**

# DIGESTIVE HEALTH

## Betaine HCL

- Natural digestive aid
- Relieves burning, indigestion, reflux, gas, bloating
- Prevents fatigue after eating
- Naturally derived from beets
- Non-GMO

**SALE PRICE**
**Available in**
60 V-Caps **$8.99**
120 V-Caps **$13.99**

## Enzyme-Force

- Prevents Gas & Bloating
- Promotes regularity
- Gluten-free
- Non-GMO
- Vegan

**SALE PRICE**
**Available in**
60 V-Caps **$17.99**
Bonus 140 V-Caps **$31.99**

## Gluten Digest-Zyme

- Supports gluten-free diets
- Promotes dairy protein digestion
- Rapid & reliable constipation relief
- Contains Acatzin, kiwi extract
- Prevents gas & bloating
- 100% vegan & Non-GMO

**SALE PRICE**
**Available in**
60 V-Caps
**$18.99**

# CLEANSE

- 7-Day whole body detox
- Safe, quick, easy, effective
- Eliminates toxins
- Promotes healthy weight loss & includes delicious meal plan

**SALE PRICE**
**Available in**
7 Day kit
**$17.99**