



# CHOICES'

Monthly Newsletter | June 2017

## Italian Heritage Month

Stay Hydrated This Summer

What is **SIBO**?

The Dish on Parmesan Cheese

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





## Father's Day



On June 18th, it's Dad's special day! If you're looking to say thanks with a little special something, Choices has all sorts of stuff to help you. For the grill-master dad, Choices' meat department has many varieties of premium organic cuts of meat, as well as grass-fed beef and Ocean Wise seafood options. Does dad love to cook with unique ingredients? Why not try specialty oils like walnut, sesame, avocado or flax? Our wellness department is also home to some great men's personal care products, like deodorants and aftershaves made from natural ingredients.

## Italian Heritage Month



Though there may be some other worthy contenders, Italian food is likely the most universally loved cuisine on the planet. There's just something about pizza, pasta, parmesan and olive oil that leads to a love of Italian food that you'll find in just about every community.

Choices' has always been about offering up the best of the best when it comes to food, so that's why we sell some truly great imported Italian items. So how do you know what to look for when you're looking for the highest quality Italian products on our shelves? Look for one of these two logos:



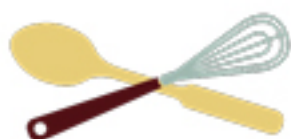
They indicate that a product has been certified to be of the utmost quality, and is guaranteed to originate from a region of Italy specific to the product. The blue logo stands for Protected Geographical Indication. This means that the food is guaranteed to be crafted in a certain region through time honored techniques. The red logo indicates Protected Designation of Origin. These foods are both grown and produced in specific and strictly defined regional zones. By looking for these labels you know that you are not purchasing an imposter, but the real deal sourced all the way from Italy.

## Italian Day on the Drive



This year, Choices celebrates Italian Day on the Drive on Sunday, June 11th. Italian Day on the Drive is a vibrant and exciting street festival that respects the heritage of immigrant cultures on Vancouver's Commercial Drive. This fourteen-block street festival is huge and exciting, a true feast for all the senses. Choices will have a tent outside of our Commercial Drive location where we'll be offering up a barbeque with free samples off a freshly cracked open wheel of Italian parmesan cheese.

## COOK IT UP



# Kombucha Chicken

*a modern take on a classic recipe*

Courtesy of RISE Kombucha

**20 MINUTES PREP  
+ 12 HOURS MARINATING**



**1 chicken**  
**414ml RISE Ginger**  
**125ml (1/2 cup) soya sauce**  
**1 tbsp finely chopped ginger**  
**2 tbsp chopped thyme leaves**  
**1 tbsp fennel seeds**  
**Salt & pepper**  
**Olive oil**

Combine ginger, soya sauce, RISE & chicken. Marinate for 12 hours. Finally, time for that Lord of the Rings marathon!

Preheat oven to 400°F.

Remove chicken from marinade, and place on baking sheet lined with parchment paper. Add olive oil, thyme, fennel, salt & pepper.

Bake on the centre rack of oven for about 1 hour or until the internal temperature of the thickest part of the chicken reaches 165°F. Let sit for 5 minutes before serving.



## ENTER TO WIN

# Win a Membership to the Vancouver Aquarium

Courtesy of Raincoast Trading

Win one of 4 Family Memberships or one of 10 General Admission Passes to the Vancouver Aquarium.



Name: \_\_\_\_\_

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

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

### Skill Testing Question:

**(56 - 18) x (25 - 13) = \_\_\_\_\_**

Contest open from June 1 to 30, 2017. 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. Winner is responsible for picking up their prize from the Choices location of their convenience. There can be no repeat winners for Choices contests throughout 2017.

# Upcoming Events

MARK YOUR CALENDAR

## Electropollution

with Farren Lander, Health Homes Environmental

**Wednesday, June 14 | 7:00 – 8:30pm**

Choices South Surrey

**Tuesday, June 20 | 6:30 – 8:00pm**

Choices Abbotsford

**Thursday, June 22 | 7:00 – 8:30pm**

Choices Kitsilano Floral Shop & Annex

Learn more about natural occurring earth energies, manufactured energies and the risks associated with them. Plus, learn how you can protect yourself.

*Free seminar, registration required. See top of page 5 for registration info.*

**Monday, June 19**

**7:00 – 8:15 pm**

## Wellness with Plant Medicine

with Laynah H. Lafond, Medical Herbalist

**Choices Kelowna**

Learn why choosing plants over artificial chemical compounds to restore wellness may be right for you.

*Free seminar, registration required. Register online or call 250-862-4864.*



## You Can Brew Kombucha

with the Choices Nutrition Team

**Tuesday, June 6 | 6:30 – 7:30 pm**

Choices Kerrisdale

**Thursday, June 15 | 6:30 – 7:30 pm**

Choices Abbotsford

**Wednesday, June 21 | 6:30 – 7:30 pm**

Choices South Surrey

Ever wondered how to make your own deliciously bubbly probiotic kombucha? The Nutrition Team will share their secrets for a perfect brew, plus a few of their favourite flavour combinations and the secret to growing your own SCOBY.

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

**Tuesday, June 6**

**7:00 – 8:00 pm**

## The 3 Secrets of Stress

with Dr. James Whillans, DC, LifeWorks Family Chiropractic

**Choices Kelowna**

Learn about the detrimental effects of stress! Dr. James will share the three secrets of stress and how to ensure it does NOT affect your health.

*Free seminar, registration required. Register online or call 250-862-4864.*



## REGISTRATION DETAILS

To register for events, visit [choicesmarkets.com/events](http://choicesmarkets.com/events).

For inquiries, please call 604.952.2266 or email [eventregistration@choicesmarkets.com](mailto:eventregistration@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.

**Tuesday, June 13**

**7:00 – 8:30 pm**

## Stop the Digestive Madness!

with Dr. Juliet Ghodsian, ND, Sage Clinic

**Choices Kitsilano Floral Shop & Annex**

Learn more about the role of small intestine bacterial overgrowth (SIBO) in digestive dysfunction.

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



**Wednesday, June 7**

**7:00 – 8:30 pm**

## Healthy Skin from the Inside Out

with Dr. Heidi Lescanec, ND

**Choices Kitsilano Floral Shop & Annex**

Learn about how skin is a reflection of your overall health. We will also cover the naturopathic approach to treating various health conditions.

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



## Talk & Tastes: Kefir

**Thursday, June 15 | 3pm or 4pm**

Choices South Surrey | 604-541-3902

## Talk & Tastes: Healthy Hydration

**Saturday, June 10 | 1pm, 2pm or 3pm**

Choices Abbotsford | 604-744-3567

**Monday, June 19 | 2pm, 3pm or 4pm**

Choices North Vancouver | 604-770-2868

**Thursday, June 29 | 3pm or 4pm**

Choices South Surrey | 604-541-3902

Sign up for a FREE 30 minute group session with our in-store nutritionists and dietitians to learn more about the healthiest ways to hydrate this summer.

Free events, registration required. To register for your 30 minute time slot call the number listed with the host store. For more information visit [choicesmarkets.com/events](http://choicesmarkets.com/events).



# preferred shopper club specials



GT's  
Kombucha  
Assorted Varieties

**3<sup>79</sup>**

480 ml • Product of USA  
+deposit +eco fee

The original bottled Kombucha brand that began the craze.



Que Pasa Tortilla  
Chips and Salsa  
Assorted Varieties

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

Chips

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

Salsa

Assorted Sizes  
Product of Canada

Organic, Non-GMO chips and salsa made from fresh quality ingredients.

Zevia All-Natural Soda  
Assorted Varieties



Simply sweetened by 100% natural stevia.

**5<sup>49</sup>**

6 Packs • Product of USA • +deposit +eco fee



Chapman's Ice Cream  
Assorted Varieties

**6<sup>99</sup>**

2L • Product of Canada

Canada's largest independent ice cream maker. Made by starting with fresh cream and an ever expanding selection of tasty frozen flavours. Enjoy a scoop with your next dose of summer sunshine!



Kettle Brand  
Baked Potato  
Chips

Select Varieties

**2<sup>79</sup>**

113 g • Product of USA

When you need the best crunch in the most exciting flavours, you can't go wrong with Kettle Brand.

Stahlbush Island Farms  
Frozen Fruit  
Assorted Varieties



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

227-300g  
Product of USA

Frozen at the peak of freshness so that you can enjoy fresh from the field flavour all year round.

Riviera Organic &  
Goat Yogurt  
Assorted Varieties



**5<sup>49</sup>**

4 Pack  
Product of Canada

Silky smooth and delicious yogurt in attractive reusable glass bottles.

Patience Fruit & Co  
Dried Fruit  
Assorted Varieties



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

Assorted Sizes  
Product of Canada

Bigger, softer and tastier dried berries, perfect for baking or eating by the handful.



Echoclean Liquid  
Dish Soaps  
Select Varieties

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

Assorted Sizes • Product of Canada

Ethical cleaning products, locally made in BC.

Cascades Bathroom Tissues  
and Paper Towel  
Assorted Varieties



**5<sup>99</sup> to 6<sup>99</sup>**

Assorted Sizes  
Product of Canada

Recycled paper products you can feel good about using while you clean.

Seventh Generation  
Fabric Softeners  
Select Varieties



Softens and reduces static cling, leaving your clothes feeling extra cozy.

**6<sup>49</sup>**

Assorted Sizes • Product of USA



## Raincoast Canned Seafood

### Assorted Varieties

Raincoast Trading was proudly the first retail package to bear the Ocean Wise® symbol and in honour of World Oceans Day on June 8th we're giving away 4 Family Memberships and 10 General Admission Passes to the Vancouver Aquarium. Membership to the Vancouver Aquarium directly support their conservation, research and education initiatives while members receive numerous benefits and unlimited admission. See page 3 for contest entry form.

**3<sup>79</sup> to 7<sup>99</sup>**

Product of Canada

vancouver aquarium



## San-J Sauces

### Assorted Varieties

**3<sup>49</sup> to 6<sup>49</sup>**

296 ml • Product of USA

An assortment of the best Asian-inspired sauces for your pantry.



## Rocky Mountain Gourmet Frozen Pizza

### Assorted Varieties

**7<sup>49</sup> to 10<sup>49</sup>**

370-420g • Product of Canada

Enjoy selections from Vancouver's favourite pizza place by baking them fresh in your own home. Handcrafted and delicious.

## Daiya Dairy Free Greek Yogurt

### Select Varieties



**1<sup>79</sup>**

150g  
Product of Canada

Mornings are sweeter when you have this delicious dairy free snack to wake up to.

## Annie's Crackers and Cookies

### Assorted Varieties



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

Crackers

**4<sup>99</sup>**

Cookies

assorted sizes  
product of USA

The perfect snack for little hands, these treats are a kids favourite.



## Love Child Organics Baby Food

### Assorted Varieties

**1<sup>49</sup>**

128 ml  
Product of Canada

Wholesome, organic ingredients, served up in easy to squeeze pouches. Perfect for baby.

## Elias Honey Jars

### Select Varieties



**10<sup>99</sup> to 16<sup>99</sup>**

1 KG • Product of Canada

Local honey made by hard-working BC bumble bees.

## Nuts To You Almond Butter

### Select Varieties



**9<sup>99</sup> to 14<sup>99</sup>**

365 g • Product of Canada

Simple and delicious, just what you need for a great almond butter.



## Silk Almond Beverage

### Assorted Varieties

**1<sup>59</sup> to 2<sup>79</sup>**

236-946 ml • Product of USA

Delicious over cereal, in coffee, in your baking recipes or just ice cold in a big glass.

# Cool Family Health

## How to hydrate and keep your family cool this summer

**S**ummer is here in BC, and if your family is anything like mine you've been waiting for the sunshine all year. In summer we spend plenty of time hitting the local beaches here in Vancouver and on the North Shore. My boys and I love swimming, skipping rocks, climbing logs, finding treasures, and enjoying picnics at the beach.

Here are my top 5 tips for keeping your family cool this summer:

### Bring Water Wherever You Go

Make sure to always pack a water bottle for each child and one for yourself on any hike, day at the beach, or even a quick stop at the park. We sometimes underestimate how hot it can get here during our West Coast summers

### Hydrating Food and Drinks

While drinking water is especially important on a hot summer day, balancing electrolytes is essential. A rehydrating drink such as coconut water, fresh pressed veggie or fruit juice, an electrolyte powder added to water, or a combination drink (see my recipe for a Rehydration Drink below) will ensure you and your kiddos can keep your energy levels high all day long.) Some foods that keep our electrolytes balanced during a heat wave are fresh cucumber, celery sticks, juicy berries, and sliced watermelon. These make great choices to keep snacking kids cool and hydrated and they are easy to pack for a picnic or day at the beach.

### Electrolyte Rich Foods from the Mediterranean Diet

Other snacks that keep our salts and sugars balanced might include foods that are considered part of the Mediterranean Diet. Foods such as olives, seaweed snacks, trail mix, and hummus and grainy crackers. These foods aren't just great for the health of your heart, they also readily keep your blood sugars balanced and contain healthy amounts of salt to keep blood pressure normalized. The people of the Mediterranean experience warmer temps much more often than we do here on the West Coast so it only makes sense to draw from their experience.

### Shelter, Shade, and Sun Shirts

Us West Coasters are so excited to see the sun and to finally amp up our vitamin D levels that we can occasionally forget that we've been under a cloud for 9 months. Your body needs time to adjust

to this heat so make sure to take breaks from the sun by snacking under a tree, going indoors for a break, and definitely keeping your skin protected. My favourite sun protection for kids is a sun shirt and hat. Even the best sunscreen can't protect skin 100%, so keeping sensitive skin covered is the best way to keep kids cool and to prevent sun damage.

Happy summer everyone! It's a beautiful time of year for family fun and social events, and getting your vitamin D. Stay cool out there.



## Rehydration Drink Recipe

This combination of ingredients is rich in magnesium, potassium, sodium, plenty of micro minerals, fruit sugars, vitamin C, water, and it is alkalizing. Great for post-exercise rehydrating and drinking on a hot summer's day at the beach.

*Adults – Drink 2 cups post-workout and 1 cup as needed to rehydrate after sweating.*

*Kids – Drink 1/2 cup to rehydrate after sports, activities, or beach play.*

**Combine in 500mL bottle:**

- Coconut water 250 ml
- Water 250 ml
- Natural Calm magnesium powder 1/2 tsp
- Baking soda 1/4 tsp
- Himalayan rock salt 1/4 tsp
- Juice of 1 lemon or lime



**Dr. Julie Durnan ND** is a naturopathic physician and owner of Restoration Health Clinic in North Vancouver, BC. The clinic provides natural medicine and acupuncture treatment for hormone balance, children health, food allergy, complementary cancer support, and pain relief. Dr. Durnan is dedicated to delicious medicine and raising vibrant children. [www.restorationhealthclinic.com](http://www.restorationhealthclinic.com)

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

## SIBO: The Missing Link

By Dr. Juliet Ghodsian, ND

Q

What is SIBO and how does it relate to my IBS symptoms?

A

Irritable Bowel Syndrome (or IBS) is a commonly used diagnosis for a collection of chronic digestive problems including: constipation, abdominal cramping, bloat, gas, indigestion, etc. Over the years, there have been many approaches to managing these problematic symptoms including fiber, probiotics, stress management and food elimination. More recent findings have led to the development of a new understanding of the underlying cause of problematic or irritable digestion. This new understanding involves the concept that irritability or disruption of digestive function is actually being created by the very bacteria that colonize your intestinal tract.

The acronym SIBO stands for Small Intestine Bacterial Overgrowth. SIBO is a label for a constellation of changes that can take place in the upper part of the digestive tract. These changes are the direct result of over-colonization by bacteria in any part of the small intestine, but most commonly the upper portions. These bacteria upset the balance of your immune system, disrupt normal intestinal movement, and release large amounts of gas as they metabolize carbohydrates in food. Once the digestive process has been destabilized, the immune system follows closely behind. SIBO, once initiated in the small

bowel, has broad impact on the overall physiology of your body and is challenging to rehabilitate, especially if it has been in place for years to decades. Thankfully our understanding of this disruption has grown dramatically over the past 5 years and effective protocols are available to restore balance to your system. Find a practitioner today that is trained in SIBO treatment that can help you find the answers you need!



Join Dr. Ghodsian at the Kitsilano Floral Shop and Annex on Tuesday, June 13 for her seminar Stop the Digestive Madness. See page 5 for more details.



Dr. Juliet M Ghodsian has been practicing naturopathic for 13 years. The process of living with and healing herself from an inflammatory bowel disease has provided her with many insights into underlying causes, and complicating factors in digestive disorders, autoimmunity and chronic inflammatory conditions. Book an appointment Dr. Ghodsian at Sage Clinic for more information visit: [www.sageclinic.com](http://www.sageclinic.com)

## Nothing Fishy About This...

By Choice Nutritionist D'Arcy Furness, RHN

Making the healthiest seafood purchasing decisions for ourselves and the planet have typically pointed to wild, sustainably caught fish. Yet, with steadily increasing demand, how long will our wild stocks last? What if we could choose a locally farmed fish that was Certified Organic and Ocean Wise endorsed?

Northern Divine Aquafarms in Sechelt, BC, is now giving us that choice, and is now available at most Choices Markets locations.

1

### Local, Clean, Ethically Raised and Committed to Conservation

Northern Divine is Canada's only producer of certified organic, farmed Fraser River white sturgeon. Using large, outdoor, land-based tanks equipped with scrubbing towers and filters, this proud BC company ensures the cleanest and most ethical product by using certified organic feed (free from antibiotics, pesticides, added hormones or GMOs.), recovery of waste for compost and 99% recirculation of water.

2

### The New "White" Steak

The buttery, mild flavour and firm texture of sturgeon are unmatched and combine to give this fish a delicious, meaty mouthfeel – perfect for those who may shy away from fish because of texture or flavour. As a good source of omega-3 fatty acids, protein, vitamins A and B12, calcium, selenium and iron, and at a fair price for a gourmet fish, sturgeon might just become your new favourite!

3

### Steam it, Bake it or Grill it

Use sturgeon in any recipe calling for a firm, white fish. My favourite way to prepare sturgeon is to simply grill it. Rub all sides with a garlic clove, brush on some olive oil and season with sea salt and freshly ground black pepper and then grill it for about 3 minutes for each inch of fish. You can also see a great way to prepare sturgeon with Chef Antonio's recipe on page 11.



## 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

#### Radishes:

This cruciferous vegetable is packed with vitamin C. Did you know the green radish tops contain nearly six times as much vitamin C as the root? Add the fresh tops to a salad or try roasted radishes to take on the go as a snack. Plus, their crisp, spicy bite can clear any palette.



#### TASTY TOP CHOICES RECIPE

##### Roasted Radishes

Trim the top and stem ends off, then slice the radishes in half. Toss them with about 1 tablespoon of avocado oil and some salt and pepper. Arrange them cut-side down on a cooking sheet and roast at 450°F for about 10 to 12 minutes.

Take them out when their white faces have browned a little, but they're still firm inside. Sprinkle with a little more salt, a finely chopped garlic clove, and some minced parsley.



### Naturally Yours



#### Gardener's Dream Cream:

Gardener's Dream Cream was founded on Salt Spring Island and is made with love and 100% pure essential oils. This cream is the ultimate go-to for any gardener or hand cream lover. Gardener's Dream Cream is now the winner of over 28 National Awards of Excellence!

### Bulk Basics



#### Walnuts:

Walnuts are the only nut to contain a significant amount of the plant-based omega-3, alpha-linolenic acid. One ounce of walnuts also offers 4 grams of protein, 2 grams of fibre, and is a good source of magnesium. Maintain the fresh taste of walnuts by keeping them cold as walnuts go rancid when exposed to warm temperatures for long periods of time. Enjoy as a snack, in a salad or granola.

## Grocery Gossip



### Wedderspoon Honey KFactor:

Wedderspoon Honey was founded in 2005 by a Canadian husband and wife team with a passion to bring Manuka honey to the North American market. Today they are the first Non-GMO Project verified Manuka honey in the world! Manuka honey is a special kind of honey that comes from the Manuka flower nectar gathered by bees in New Zealand. Wedderspoon's KFactor trademark guarantees a specific percentage of the pollen grains are Manuka pollen grains.

### Veggemo:

Veggemo has the smoothness and creaminess of 2% dairy milk, but is made from veggies. Veggemo is rich in calcium, vitamin D, and is an excellent source of vitamin B12. Peas provide protein, nutrition and flavour, tapioca from cassava gives Veggemo a creamy texture, while potatoes make the non-dairy beverage smooth and milky-white. Enjoy on its own and use it instead of cream in soup or smoothies.

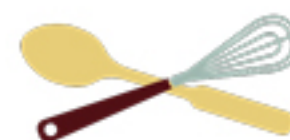


### Wize Money Tea:

The coffee plant's best kept secret! Coffee leaf tea has been traditionally consumed for hundreds of years in Ethiopia and Indonesia and thanks to two local Vancouverites this tea is now being enjoyed in over 35 countries. A great source of the antioxidant chlorogenic acid and the rare polyphenol mangiferin, this lightly caffeinated tea will provide a clean clarity and focus without the crash.



## COOK IT UP



# Can-Asian Northern Divine Organic White Sturgeon Salad

By Chef Antonio

– Serves 4 –

Sturgeon is mildly flavoured with a firm texture, making it a great alternative to meat. Sturgeon is rich in heart healthy omega-3 fatty acids, as well as calcium, vitamin A, B12, E, selenium & iron.

- 400 grams sturgeon fillets**  
**cut in 1/2 inch thick medallions**
- 3 cups Napa cabbage, shredded**
- 2 1/2 tbsps tamari**
- 3 tbsps freshly squeezed lime juice**
- 2 tbsps toasted sesame oil**
- 2 tbsps maple syrup**
- 1 small fresh chili, chopped (optional)**
- 1 tbsp cilantro, chopped**
- 1 tbsp mint, chopped**
- 1 tsp ginger, grated**
- 1 tbsp brown sugar**

Place sturgeon medallions on a lightly oiled baking sheet. Sprinkle with brown sugar and a pinch of salt. Place under broiler on high for approximately 10 minutes, on a middle shelf until brown, ensuring no burning occurs. Remove and set aside.

In a bowl mix all ingredients except for cabbage. Lightly whisk to combine and then add cabbage. Toss medallions in salad cold or warm, based on your preference and when you will be serving the salad. If you wish to serve later, allow fish to cool prior to tossing with all other ingredients

# wellness centre monthly specials



## Restless legs, twitching eyelids, not sleeping? You need MAGsmart.

Headaches, high blood pressure, leg cramps and muscle pain all have one thing in common and that is magnesium. Magnesium controls over 300 reactions in the body, but not all magnesium is created equal. Most magnesium supplements are poorly absorbed and cause diarrhea when taken in optimal doses. Magnesium bisglycinate found in **MAGsmart** aids sleep, reduces anxiety, eliminates headaches and provides the highest level of absorption without diarrhea.

**MAGsmart** is a delicious lemon-lime powder you can add to hot or cold water, juice or your smoothie for a great tasting drink that works fast. For kids, the elderly, athletes – everyone!

200g **\$22<sup>99</sup>** 400g **\$41<sup>99</sup>**



**LORNA'S CORNER**

Canada's leading women's natural health expert

hormonehelp.com  

## Prairie Naturals Vitamins & Supplements

Assorted Varieties



Vegan SuperFood protein concentrate, perfect for smoothies.

**15% off**

**Regular Retail Price**

Assorted Sizes

## AOR Bone Basics



**29<sup>99</sup>**

120 Capsules

**42<sup>99</sup>**

240 Capsules

**54<sup>99</sup>**

360 Capsules

Increases calcium absorption and stimulates bone building cells.

## AOR Lysine, Vitamin C, and Hyaluronic Acid



**36<sup>99</sup>**

60 Capsules

Ideal formula for hair, skin and nails and helps cushion joints and support healthy cartilage.

## Hyland's Homeopathic Remedies

Assorted Varieties



**15% off**

**Regular Retail Price**

Assorted Sizes

Committed to creating safe and natural homeopathic medicines.



## Salus Red Beet Crystals

**19<sup>99</sup>**

200g

Helps support blood pressure and circulatory health.



## Flora Udo's Choice Beyond Greens

**31<sup>99</sup>**

255g

Powdered blend of organic greens, fermented grasses, green vegetables, superfood algae, fiber and probiotics.

## Manitoba Harvest Hemp Oil



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

355ml

946ml

Manitoba Harvest  
Organic Hemp Oil

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

500ml

Drizzle hemp oil over salad or popcorn. Hemp foods offer protein and omegas. Try some today!



## New Roots Prostate Perform

**35<sup>99</sup>**

30 Capsules

**59<sup>99</sup>**

60 Capsules

A natural and effective way to improve your prostate health in just 7-10 days.



## New Roots Chill Pills

**19<sup>99</sup>**

30 Capsules

**34<sup>99</sup>**

60 Capsules

Natural treatment for day-to-day stress and chronic anxiety.

## Natural Factors Whey Factors or Vegan Protein Powder

Assorted Varieties



**15% off**  
Regular Retail Price

Assorted Sizes

Provides a balanced profile of the amino acids needed for healthy bones, muscle, and cartilage.

## Natural Factors Probiotics

Assorted Varieties



**15% off**  
Regular Retail Price

Assorted Sizes

Probiotic supplementation provides live microorganisms that improve digestion and immunity.

## Natural Factors Amino Acids

Assorted Varieties



**15% off**  
Regular Retail Price

Assorted Sizes

Natural Factors 5-HTP can help support emotional well-being, improve sleep quality, and relieve pain.



## Whole Earth & Sea Whole Food Vitamins & Supplements

Assorted Varieties

**15% off**  
Regular Retail Price

Assorted Sizes

Whole Earth & Sea formulas use farm fresh factors and other whole food sources. We process nutrient-dense plants raw to create a vital bioenergetic blend vitamins, minerals, enzymes, and phytonutrients.



## Think Sunscreen

Assorted Varieties

**20% off**  
Regular Retail Price

Assorted Sizes

Free of biologically harmful chemicals.



## Sea-licious Omega-3 Fish Oil

Assorted Varieties

**20% off**  
Regular Retail Price

Assorted Sizes

Sea-licious is the best tasting omega-3 oil on the market with zero fishy taste or burp-back. Each teaspoon provides 1500mg of omega-3 with powerful astaxanthin antioxidants. All natural ingredients and third party IFOS 5-star certified for purity, potency and freshness.

## Andalou Naturals Beauty-2-to-go Face Care

Assorted Varieties



Soothing rosewater instantly hydrates to nourish sensitive skin.

**25% off**  
Regular Retail Price

Assorted Sizes



## Vega One All in One Nutritional Shake

Assorted Varieties

**49<sup>99</sup>**

- 20 grams protein
- Veggies and greens
- Vitamins and minerals
- 1 billion CFU probiotics
- 1.5 grams Omega-3
- 6 grams fiber
- Antioxidant vitamins, C & E

## Divine Essence Organic Essential Oils

Select Varieties



**15% off**  
Regular Retail Price

Assorted Sizes

Relax mind and muscles, soothe colds, and breathe better with Divine Essence.



### Thinksport Insulated Water Bottles

Assorted Colours

**27<sup>99</sup>** 500ml Bottle  
**29<sup>99</sup>** 750ml Bottle

Insulated stainless steel construction. Durable powder coated finish. Stays hot or cold.

### Purple Frog Outdoor Patch



**6<sup>99</sup>**  
12 Patches

100% all natural plant based insect repellent. Great for the outdoors.



### Beekeeper's Naturals Bee Powered Raw Honey With Propolis, Royal Jelly, & Bee Pollen

**33<sup>99</sup>** 330g

Bee Powered combines all of the superfoods from the hive to fuel your life.

### My Magic Mud Activated Charcoal Toothpaste



**9<sup>99</sup>**  
113g

The first toothpaste to combine activated coconut shell charcoal and bentonite clay.

### My Magic Mud Whitening Tooth Powder

**19<sup>99</sup>** 30g

### I Luv It Natural Deodorant



**14<sup>99</sup>** 100g

Finally! A Natural deodorant that really keeps you smelling clean ALL day!

LOCAL  
Mission, BC

### Power Plant Raw Whole Food Bar

Assorted Varieties



**2/6<sup>00</sup>**  
50g Bar

**33<sup>99</sup>**  
Box of 12

100% BC made energy bars, powered by pumpkin seed protein.



### Flora Cran-Essence

**17<sup>99</sup>**  
500ml

A blend of 9 herbs in a base of cranberry juice concentrate that promotes and maintains normal urinary tract health.

### New Chapter Turmeric Night Time



**29<sup>99</sup>**  
48 Capsules

Traditionally used in herbal medicine as a sleep aid, also used as an anti-inflammatory to help relieve joint pain.

### Living Alchemy Fermented Supplements



Assorted Varieties

**20% off**  
Regular  
Retail Price

Assorted Sizes

Living Alchemy uses a kefir-kombucha fermentation transforming organic whole foods and herbs.

### AOR Curcumin Ultra



**59<sup>99</sup>**  
60 Capsules

High dose optimized curcumin from turmeric. The most absorbable effective curcumin on the market. Free from rapid breakdown in the body. Remains in the bloodstream for up to 24 hours.

### Progressive Sport Products

Before, During, After  
Assorted Varieties



**45<sup>99</sup>**  
320g

Helps to elevate your body and mind to bring out your best workout.

### Prairie Naturals Reds Superfood Powder



**33<sup>99</sup>**  
210g

Organically grown super food concentrate perfect for smoothies and more.

# the Dish on Parmesan

**P**armigiano Reggiano, with its distinctive taste and texture, is the undisputed king of artisanal cheese. The history of parmesan goes all the way back to the 14th century. It was originally produced to be able to help with preserving product longer. It's aged a minimum of 12 months and produced in large wheels so that it can be stored in natural cellars and travel safely without fear of spoilage.



The first legal document regulating parmesan production dates back to 1612, and the most recent was written in 1952. Parmigiano Reggiano can only be produced in five designated Italian provinces, but there are some other interesting restrictions. Parmesan can only be made with a mixture of skim milk from an evening milking and fresh whole milk that is collecting in the morning. It must be aged for a minimum of twelve months, but can be aged for as long as ninety months. All wheels are clearly marked by their origin, and can be traced back to the farm, dairy and cheesemaker accurately.

Whether as your starting appetizer or all the way to desert, parmesan can surprise you at any point of your meal. A few ways you might start out could be a simple appetizer of rough chunked parmesan with slices of fresh prosciutto, drizzled with aged balsamic vinegar, dipped in roasted tomato

reduction or parsley oil and fresh bread. Try shaving fresh parmesan on fish or carpaccio or, of course, in a crisp Caesar salad. Make melted parmesan crisps into cheesy baskets for serving and snacking on. Most risottos, soups and pasta dishes simply wouldn't be the same without a finishing touch of parmesan. Cheese fondue, vegetable gratin and savoury crepes are just a few more ways you can enjoy it. There's a million ways to experiment with this amazing cheese.

When preparing your parmesan dish, always wait till the last moment to dice, shred or grate your cheese. This will ensure you get the most flavour and fragrance. Tightly wrap your cheese piece when you're done with it to preserve the quality and fragrance. When you think you've finished your cheese and have just the rind remaining, don't even think about throwing it out! Save the rinds and add them to soup broths to impart an amazing flavour. Once the broth has softened the cheese, go right ahead and enjoy it as a flavourful treat. One way that I like to use the rinds is to stick them on a hot BBQ until the rind has doubled in size and starts bubbling. I slide that onto a piece of crusty bread and enjoy it once it's cooled down enough for my mouth to handle it.



As an Italian chef, I recognize that Parmigiano is just one type of delicious cheese; however nothing comes close to the flavour and versatility of Parmigiano Reggiano, the one true king.



Like parmesan as much as Chef Antonio? Stop by Choices on the Drive in Vancouver this Italian Day (June 2nd) for a free sample of parmesan cheese from a freshly cracked open wheel. You won't want to miss this event!



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

### 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

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 CO<sub>2</sub>

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

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator

## Kids Summer Cooking Camp



# Kids in the Kitchen with Project CHEF

**Kitsilano Floral Shop and Annex**

**Camp runs July 10 – 14 or July 17 – 21**

**for Kids Aged 7 to 11  
9:30 am – 1:30 pm**

In this hands-on summer camp kids will learn to cook multiple seasonal recipes each day from trained chefs, teachers and nutritionists and dietitians

Cost is \$325 plus tax. Fee includes instruction, lunch and snacks and a recipe booklet. To register and prepay for this camp, visit [choicesmarkets.com/events](http://choicesmarkets.com/events).

**To learn more about Project CHEF visit [projectchef.ca](http://projectchef.ca). All proceeds from this camp will benefit Project CHEF a non-profit organization dedicated to bringing real food and cooking skills to Vancouver schools.**