



CHOICES'

Monthly Newsletter | July 2017

a **berry** good
summer

Tea Time Cocktails

The Dish on Goji

Win a Year's Supply of Coffee!



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



What Produce is in Season?



Seminars on Hold

You may have noticed that our events and seminars listings have taken a little summer vacation. Fear not, they will return in September. In the summer, when British Columbians are enjoying the great outdoors, we wind down these programs so you don't have to worry about missing any of our fun and informative events. When the kids are heading back to school be sure to check back for information on upcoming seminars and events, and you can always check choicesmarkets.com/events to see what's happening in store.



July Veggies

Beans, Beets, Broccoli
Carrots, Chard, Corn
Kale, Leeks, Lettuce
New Potatoes, Radish, Spinach
Shallots, Tomatoes, Zucchini

July Fruits

Apricots
Blackberries, Raspberries,
Gooseberries, Strawberries
Cherries
Currants

Kelowna Summer Market



Vacationing in the Okanagan this summer? Why not stop by Choices Kelowna on July 16th, August 20th or September 10th from 2-6pm for our afternoon outdoor market? We'll be featuring local artists and crafters, have samples from local food vendors, health and wellness information booths as well as kids' activities and live music. It's a great time to enjoy some sunshine with friends and family and support local producers.

COOK IT UP



Summer Berry Salsa

Courtesy of
The Choices Nutrition Team

- 1 1/2 cups fresh blueberries**
- 3/4 cup fresh raspberries**
- 1/2 cup fresh goji berries (optional)**
- 1 pint (approx. 2 cups) heirloom cherry tomatoes, chopped**
- 1 small sweet yellow pepper, diced**
- 1/4 cup red onion, diced**
- 1/4 cup fresh cilantro, minced**
- 1/4 cup basil, minced**
- 1 jalapeno pepper, seeded and minced (optional)**
- 1 tablespoon apple cider vinegar**
- 1 tablespoon olive oil or camelina oil**
- 1 tablespoon lime juice (juice of 1/2 fresh lime)**
- zest from 1 lime**
- 1 teaspoon honey or maple syrup**
- 1/4 teaspoon salt**

In small bowl, combine vinegar, oil, lime juice and zest, honey and salt.

In a large bowl, combine all other ingredients.

Pour dressing over salsa and combine well.

Serving Suggestion:

Serve with cucumber slices, tortilla chips, or as the perfect topper for grilled fish, an organic steak or baby greens.



ENTER TO WIN

Enter to Win a Year of Kicking Horse Coffee!

Courtesy of
Kicking Horse Coffee

Win a year of Kicking Horse Coffee plus a Bodum 1L (34oz) pour over and two mugs to share the love.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from July 1 to 31, 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.





COOK IT UP



It's Tea Time!



Elevate your patio offerings by making these amazingly delicious tea infused cocktails for your guests this summer.

Blackberry Basil Margarita

- 4 basil leaves
- 4 fresh BC blackberries
- 1-2 tsp organic cane sugar
- 1 oz of lime juice
- 2 oz tequila
- 2 oz Wize Monkey Coffee Leaf Tea

In a cocktail shaker, muddle basil, berries and sugar. Add tequila and tea and shake well. Strain over ice into a lowball glass and garnish with a basil leaf.

Blackberry Mint Julep

- 5-8 fresh BC blackberries
- 4 mint leaves
- 1 tsp organic cane sugar (optional)
- 2 oz bourbon
- 2 oz RISE ginger kombucha



In a cocktail shaker, muddle berries, mint and sugar (optional). Add ice, bourbon and kombucha and shake well. In a short glass, strain over crushed ice and garnish with a stalk of mint and blackberry.

Raspberry Mint MoTEato

- 8-10 fresh BC raspberries
- 1/2 lime, juiced
- 1-2 tsp organic cane sugar
- 4 mint leaves
- 3 oz Mighty Leaf Tea Mint Melange
- 2 oz rum

In a tall glass, muddle berries, lime juice, sugar and mint. Add ice, rum and tea and stir well. Garnish with a stalk of mint and wedge of lime.



Strawberry Gin Crush

- 2 fresh BC strawberries
- 1 oz lemon juice
- 1 tsp organic strawberry jam
- 2 oz gin
- 3 oz RISE hibiscus kombucha

In a tall glass, muddle berries, lemon juice and jam. Add crushed ice, gin and kombucha and stir well. Garnish with a lemon slice.



LOCAL PRODUCT SPOTLIGHT

Wize Monkey Coffee Leaf Tea

Hello Choices community!

How many of you drink coffee every day? Did you know that the coffee bean can only be harvested for three months a year? This creates a very seasonal and challenging industry for growers and their families. But what if we told you that we could make a delicious and healthy tea from the coffee plant's leaf, what would you say?

There are 25 million coffee farmers worldwide. The vast majority of them live off the 3-month harvest and then 90% of them are laid off during the off-season, creating heavy migration and disrupting families and communities. Many of the workers illegally cross the border through the mountains into Costa Rica for construction jobs - it's actually quite common and very dangerous.

During the 9-month off-season, the remaining staff are pruning off extra leaves and tossing them away. So, as a master's thesis, my friend and I decided to create a project to solve major socioeconomic issues in coffee regions by making coffee leaf tea. After falling in love with the concept at school, he and I went backpacking to Nicaragua in 2013 and started knocking on doors to find coffee farmers willing to try this out. We had no idea what coffee leaf tea would taste like, and sure enough, it was amazing!

The last 4 years have been hectic, enriching, educative, and endlessly engaging. Not only have we discovered a delicious new tea, we've also created long-term impact at the same time. Now, being sold nationally in Canada and customers in over 35 countries, we've employed over 110 workers to stay throughout the off-season. These folks are mostly mothers who are keen to learn and make extra money for their kids to stay fed and stay in school. This isn't a marketing cliché, this is the straight up raw truth. Our next goal is to create 1,000 jobs, and we're well on our way thanks to the support of customers like you.

There are other small companies starting up across the globe that are now following our lead, so we're no longer the only ones in the space (see mom! I wasn't crazy!!). Just look up #coffeeleaftea on Instagram and see who else is jumping in around the world.

The best part is that coffee drinkers and tea drinkers are enjoying it equally. You can oversteep it and it won't get bitter, always staying silky smooth (no need for sugar or milk!). Teed tea season is around the corner and our Coffee Leaf Tea is so easy to cold-brew. If you're feeling adventurous, you can always try our cocktail recipes, too ;)

We have a 3-part documentary (plus a condensed 2min version) on our website [link: <https://wizemonkey.com/coffeeleafquest>]. It was filmed at the farm, so you can see where it all comes from, who makes your coffee leaf tea, and how it's revolutionizing the coffee industry forever.

We invite you to think outside the bean and try Coffee Leaf Tea.

Happy steeping!

Max, Co-founder and CEO of Wize Monkey



preferred shopper club specials



Nature's Path Organic Superfood Bars

Assorted Varieties



1 19
each

16 99
12 Pack

Delicious plant based protein superfood bars.

Brew Dr. Kombucha

Assorted Varieties



3 59

414 ml
Product of USA
+deposit +eco fee

100% raw
and organic
kombucha with
no added juices
or flavouring.

Clif Organic Nut-Butter Filled Bars

Assorted Varieties



1 79 **6 49**

each 4 Pack
Product of Canada

Delicious energy bars
perfect for keeping you
zipping with energy!



Happy Planet Daily Squeeze Juices

Select Varieties

4 69

900 ml • Product of Canada
+deposit +eco fee

Squeeze more goodness
into your day with these
fruit and veggies juices.



Happy Planet Organic Lemonade

3 99

1.5 l • Product of Canada
+deposit +eco fee

There's nothing quite
as special as an organic
lemonade on a hot
summer day!



Kettle Brand Family Size Potato Chips

Select Varieties

4 99

397 g • Product of USA

Perfectly crunchy and
incredibly tasty, these
chips are a family
favourite.

Farmhouse Sauerkraut and Gut Shot

Assorted Varieties



10 49

Krauts

7 99

Gut Shot

Assorted Sizes
Product of USA

Loaded with gut-healthy probiotics, these are
our fermented favourites.

Kind Bars

Assorted Varieties



1 99

40g • Product of USA

23 49

24 pack

Wholesome snacks filled with ingredients
you can see.

So Delicious Frozen Non-Dairy Desserts



Assorted Varieties

5 29 to

6 79

Assorted Sizes
Product of USA

A diverse array of dairy free delights for your
summer savouring.



Rico'n Lalo Frozen Treats

Assorted Varieties

5 29

4 pack • Product of Canada

Traditional Mexican frozen fruit bars, now available in BC!
Made with traditional recipes in the artisan fashion with simple
ingredients like fresh fruit and coconut milk.



Prana Trail and Nut Mixes

Assorted Varieties

3 29 to

5 69

150 g

More than your average nut mix, Prana makes
exotic and mouth watering snacks.



Chosen Foods Avocado Oil

8⁹⁹ to 23⁹⁹

Assorted Sizes



Chosen Foods Chia Seeds

4⁹⁹ to 7⁴⁹

227g



Chosen Foods Avocado Mayo

7⁴⁹

454g

The mission of Chosen Foods is to support true nourishment through the rediscovery and accessibility of real food. At a time when food is often fast and convenient, we encourage people to slow down. We want to inspire folks to get in the kitchen and put real food back on the table. We believe the act of cooking and the time spent around the dinner table should be savored.

Gardein Meat Alternatives

Select Varieties



4⁵⁹

Assorted Sizes
Product of USA

Elevating the vegetarian option, Gardein makes meatless offerings exciting and tasty.



Maison Orphee Cooking Oils

Select Varieties

8⁹⁹ to 16⁹⁹

250 ml • Products of France, Spain, Argentina

These high quality cooking oils deserve a place of honour in your pantry.

Stahlbush Island Farms Frozen Vegetables

Assorted Varieties



3³⁹

284 - 400g
Product of USA

Picked at the peak of freshness and frozen for you to enjoy all year round.

Silk Fresh Non-Dairy Beverages and Creamers

Assorted Varieties



2²⁹ to 4²⁹

Assorted Sizes • Product of USA

Delicious soy, almond and coconut beverages, perfect for your healthy lifestyle.

Blue Diamond Nut Thins and Artisan Thins

Assorted Varieties



4³⁹

120 g • Product of USA

Gluten-free snacking is never boring with Blue Diamond thins.

Earth's Own So Fresh Cold Brew

Select Varieties



4⁰⁹

946 ml • Product of Canada

Authentic Arabica cold brew coffee blended with cashew beverage!

NEW TO CHOICES

IOGO yogurt

Select Varieties



3²⁹

Assorted Sizes
Product of Canada

It's truly important to be as natural as possible, especially when it comes to yogurt!



Silver Hills Sprouted Grain Buns, Bagels and Breads

4⁹⁹

Buns

3⁷⁹ to 4⁹⁹

Bagels

3⁷⁹ to 4⁹⁹

Bread

Canada's original sprouted grain, non-GMO breads are loaded with fibre and great nutrition.

The Proof is in the Probiotics: Beyond Better Digestion

Probiotics are being packed into everything from protein bars to vegetable juice as of late – but what are they and why all the fuss? Probiotics are helpful bacteria that live in or on our bodies and work symbiotically with our cells to keep us healthy. Remarkably, bacterial cells outnumber our human cells by a factor of ten to one. Every person's microbiome (the community of bacteria living in our gut) is as unique to them as their fingerprint and they all have different needs to keep them functioning at their best.

It seems like every week researchers are uncovering yet another vital function that these bacteria play in our body – everything from digestive function to body composition to mental wellness to cardiovascular health. This is because so much of the action inside of our body is centralized in the gut. These bacteria are even responsible for synthesizing important nutrients like B vitamins and vitamin K.



Over 100 million of our neurons (the smaller components of nerves) are localized in our gut – that's more than are found in the spinal cord – so it's no surprise that the gut is often referred to as the second brain. Also, a large amount of our neurotransmitters are made in the gut. Neurotransmitters are brain chemicals that help to transmit nerve impulses. For example, the neurotransmitter serotonin is important for regulating our mood and a whole host of other bodily functions, and almost ninety five percent of what our body needs is produced in the gut. With so much neural action happening in the gut, it's easy to see the connection that the bacteria living here would have to our thoughts and feelings.

The digestive system is also home to about seventy percent of our immune system. During digestion you are actually absorbing things from the outside environment; so it's a good idea to have your first line of immune defenses housed here. Getting a daily dose of probiotics is so important because having a thriving microbiome of healthy gut bacteria means there is less room for bad bacteria to gain a foothold.



We live in a world that is increasingly too clean – with antibiotics in everything from our meat to our toothpaste and chlorine in our drinking water, our microbiome takes a beating almost every time we put something in our mouths. That being said, it's a good idea to replenish daily (maybe even twice!) to make sure your microbiome is flourishing and keeping your whole body functioning at its best. If you have taken antibiotics recently or feel like your immune system, digestion or brain could use a boost taking a probiotic supplement may be a good idea for you. Don't fall into one of those categories? Get your probiotics by incorporating fermented foods like kombucha, kefir, sauerkraut and kimchi into your meals at least once a day.



As one of Choices Holistic Nutritionists, Elizabeth always has something tasty fermenting on her kitchen counter. Want to dive into eating fermented foods or even making your own? Get in touch with Elizabeth by email nutrition@choicesmarkets.com to discover just how easy it is.

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.

5 ways to tackle weight loss

By Dr. Sarah Wulkan, ND, Marine Drive Naturopathic

Q

Are there factors other than calorie intake and exercise that make weight loss difficult?

A

Yes, here are five other contributing factors to weight loss issues:

Thyroid Dysfunction

Using a simple blood test, we are able to assess various thyroid hormones to determine how all areas of the thyroid gland are functioning. A healthy thyroid revs up our metabolism!

Insulin Resistance & Blood Sugar

Insulin controls the amount of sugar in our blood, and keeps levels in check. Simple blood testing can determine if you are insulin resistant, meaning your body doesn't know whether to store fat or burn it.

Chronic Stress

Using salivary hormone testing, we can measure cortisol (stress hormone) levels, sampled throughout the day. Elevated cortisol causes our bodies to "hold on" to weight particularly in the midsection, and can increase inflammation.

Hormone Imbalances

Salivary or urine testing is used to measure the amount of estrogen & progesterone. Increased amounts of estrogens are

found in areas with higher fat tissue, especially in the abdomen, and can negatively interfere with metabolism.

Digestive issues

Food sensitivities can increase inflammation and weight, and cause symptoms such as gas, bloating, headaches and eczema. From a blood sample, we can test 95 or more foods to determine if the foods you are eating are causing water retention and weight gain.

If you are experiencing any of those issues, why not treat yourself to a thorough health intake and diagnostic laboratory testing? Dr. Wulkan can create a customized plan to forever conquer your battle with weight!



Having years of personal and professional experience in the health and fitness industry, Dr. Sarah Wulkan, ND is grateful to help individuals optimize their health. Practicing at #101-1277 Marine Drive in North Vancouver as a Naturopathic Physician, she values patient-centered care and provides a general practice for families.

It's a Berry Good Time of Year!

By Choices Nutritionist Bonnie Chung, RHN

There are numerous benefits to including berries of any kind in your diet. Most berries are a great source of fibre and vitamin K, and due to high amounts of antioxidants like quercetin and vitamin C, they help to fight free radical damage which can lead to premature aging and certain cancers. They are also packed full of anthocyanins which can help improve eyesight and give berries their red and purple hue. Plus, these tiny fruits are packed with lots of water for summer hydration.

Besides the usual suspects like blueberries, raspberries and strawberries, check out your local Choices Markets for an assortment of more unusual berries, like;

1

Blackberries

Blackberries are particularly high in fibre and help to maintain brain functions thanks to their healthy dose of manganese. Wild blackberry plants are rampant throughout the Lower Mainland - stock the freezer while they are in season which starts as early as this month.

2

Gooseberries

Gooseberries, a tart berry related to the currant, are only available a short time in summer. Their papery husks make them the perfect garnish for any show stopping dessert. Have a sour tooth? Goldenberries, the dried form of the gooseberry, are a deliciously tart addition to any trail mix.

3

Golden Raspberries

Golden Raspberries are a varietal of the common red raspberry - the taste and health benefits are similar making the only real difference their bright and cheerful colour. These berries add the perfect pop of yellow to round out any healthy breakfast.



Grocery Gossip

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.



Manitoba Harvest Hemp Hearts:

Manitoba Harvest Hemp Hearts (a.k.a. shelled hemp seeds) are at the heart of all hemp foods! This annual crop has a broad leaf that naturally suppresses weeds, meaning no pesticides or herbicides are needed to successfully grow hemp. Hemp foods are rich in protein, omega-3 & omega-6 fats, magnesium, fibre, iron, zinc and phosphorous. Sprinkle them anywhere you would add nuts or seeds like smoothies, salads, oatmeal or yogurt for a big nutritional boost.



Sea Tangle Kelp Noodles:

Kelp is a sea vegetable rich in iodine and calcium and is also a source of iron. These noodles are a great substitute in traditional Asian dishes as they have a mild flavour and can retain sauces well. For a great quick easy meal mix up the noodles with thinly sliced carrots and bell pepper, julienned dark leafy greens, garlic and soy sauce—no cooking required!



Karthein's Organic Kimchi:

Karthein's Organic first began producing unpasteurized sauerkraut on a small organic farm in BC in 1999, now owned by an organic farmer in Quebec. The sauerkraut is obtained through the natural process of fermentation that creates beneficial probiotic bacteria with no vinegar or preservatives, and no destructive heat processing. A staple in any diet to optimize gut bacteria, improve digestion, boost the immune system and increase nutrient absorption.

Naturally Yours



Routine Natural Deodorant:

Founded by two sisters at the base of the Rocky Mountains. Routine contains only clean, wholesome ingredients—no aluminum, zirconium, parabens, triclosan or propylene glycol. This rub on natural deodorant actually works. Plus, they have a new line of baking soda free deodorants for sensitive skin.

Latest and Greatest



Choices Own Garlic Gnocchi:

Why did the pasta get locked out of the house? Because it had gnocchi! Locally made at the Choices Markets Commissary in Burnaby with Choices' Chef Antonio's seal of approval. Easy cooking instructions and simple ingredients make this pasta the base for a great family dinner. Pair with a simple tomato sauce and lots of parmesan cheese.

Choice Produce Picks

BC Beets:

In-season from June to December, enjoy some local southwest BC beets this time of year. Packed with fibre, potassium, folate and Vitamin A, beets are a great addition to smoothies (see our tasty top choice recipe), burgers or salads. Beets also add a delicious pop of colour to any dish.



TASTY TOP CHOICE RECIPE

Beet Red Velvet Smoothie



In a high powered blender combine a 1/2 medium raw beet (fresh or frozen), washed, 2 pitted medjool dates, 2 Tbsp raw cacao powder, 3/4 cup frozen strawberries, 3/4 cup almond milk, 1/2 tsp vanilla extract and 2 Tbsp hemp seeds. Blend on high until smooth and enjoy immediately.



wellness centre monthly specials

Natural Factors Digestive Enzymes



Assorted Varieties

15% off
Regular
Retail Price

Assorted Sizes

A blend of vegetarian sourced enzymes to assist and enhance normal digestion.

Natural Factors Big Friends Children's Supplements



Assorted Varieties

15% off
Regular
Retail Price

Assorted Sizes

Tropical fruit and cherry flavours provides little ones with optimal amounts of the vitamins their bodies need for good health.

Natural Factors Multi-Vitamins



Assorted Varieties

15% off
Regular Retail
Price

Assorted Sizes

Supplies a broad spectrum of vitamins, minerals, lipotropic factors, and synergistic nutrients for the normal chemical processes that occur in the body.

Natural Factors CoQ10 Supplements



Assorted Varieties

15% off
Regular
Retail Price

Assorted Sizes

Known to support cardiovascular health and cellular vigour.

Natural Factors Herbal Supplements



Select Varieties

15% off
Regular
Retail Price

Assorted Sizes

Milkthistle has been used for thousands of years as a digestive aid.

SISU Ester-C Energy Boost

Assorted Varieties



.59
9.2g single

16.99

30pk

Daily rehydrating vitamin drink mix enhanced with 1000 mg of Ester-C® vitamin C and nourishing vitamins, minerals, and electrolytes.



Bioforce Bio-Strath Fermented Multivitamin

15% off
Regular Retail Price

Assorted Sizes

Improve your physical and mental efficiency at work or at home.

SISU Magnesium



15.99

100 capsules + 25 capsules free

Magnesium helps to maintain proper muscle function.



Flora Organic Non-GMO Flax Oil

7.99

250ml

13.49

500ml

20.99

941ml

Flora™ Organic Flax Oil is the superior choice for both vegetarians and non-vegetarians, it is made from flax, the richest plant source of the essential omega-3 fatty acid alpha-linolenic acid (ALA). Certified gluten-free and non-GMO through independent laboratory testing. Free of ocean-borne contaminants.

Prairie Naturals Green Super Foods

Assorted Varieties



15% off
Regular
Retail Price

Assorted Sizes

Made without fillers, binders, excipients or carriers, Aqua Greens powder is perfect for adding to smoothies and shakes.



Stop Hot Flashes and Night Sweats with MENOsmart plus

MENOsmart plus contains 300mg of sage to ensure rapid reduction of night sweats and hot flashes. Along with the right type and dose of sage, MENOsmart plus also contains black cohosh, dong quai, gamma oryzanol, vitex and hesperidin to provide relief of menopausal symptoms fast. Black cohosh is so safe that it has been used in women with estrogen receptor positive breast cancer who are taking the drug Tamoxifen. Vitex helps to enhance progesterone levels and reduces male facial hair growth in menopausal women. If you are on hormone replacement therapy (HRT) and still get hot flashes and night sweats, take MENOsmart plus along with your HRT to ensure that you never have to suffer again.

Use MENOsmart plus along with SLEEPsmart for deep, restful sleep.

20% off

120vcaps



LORNA'S CORNER

Canada's leading women's natural health expert

hormonehelp.com



New Chapter Wholemega



15% off
Regular
Retail
Price

Assorted Sizes

Wholemega contains 100% wild-caught salmon oil—delivering the whole profile of vital fatty acids and beneficial nutrients found naturally in Wild Alaskan Salmon.

New Chapter Bone Strength



Provides key nutrients like Vitamin D3, which helps in the absorption of calcium, and Vitamin K.

15% off Regular
Retail Price

Assorted Sizes

Organika Maca Superfood Powder



17.99 200g

Maca helps to balance the effects of major hormones like testosterone, estrogen and progesterone.

Organika Vegepro Protein Powder



39.99 660g

Vegan, plant-based protein powder blend comprised of organic sprouted brown rice, organic hemp and 8 different medicinal mushrooms.

Dr. Formulated Probiotics

Assorted Varieties



15% off
Regular Retail Price

Assorted Sizes

A unique refrigerated "just one capsule a day" potent probiotic designed specifically to support a healthy microbiome with added powerful colon support.

Andalou Age Defying Skincare & Hair Treatments

Select Varieties



20% off
Regular
Retail Price

Assorted Sizes

Argan oil nourishes hair and conditions for flexible strength and smooth manageability.



New Roots Skin Oils

Assorted Varieties

15% off
Regular Retail Price

Assorted Sizes

- An exotic collection of certified organic oils that offer unrivaled protective, therapeutic, and regenerative properties.
- Includes Argan, Rosehip, Seabuckthorn, Tamanu, and Skin Lovers blend. Gift set also available.

wellness centre monthly specials

AOR Vitamins and Supplements



Assorted Varieties

15% off
Regular
Retail Price

Assorted Sizes

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

Botanica Perfect Protein Powder



Assorted Varieties

43⁹⁹

760-820g

A certified organic plant based protein blend of coconut, fermented brown rice, and nutritionally dense quinoa.

Genuine Health Omega-3 Supplements

Assorted Varieties



20% off
Regular
Retail Price

Assorted Sizes

Superior source of Omega 3 with 1000 IU Vitamin D.

Ultima Electrolyte Drink Mix

Assorted Varieties



19⁹⁹

30 serving tub

39⁹⁹

90 serving tub

Replace electrolytes and hydrate healthy with Ultima Replenisher.

Enerex Serrapeptase 120,000SU



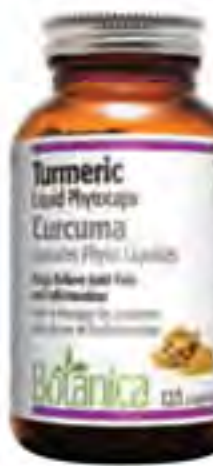
**BONUS
BOTTLE**

47⁹⁹

120 capsules + 30 capsules free

Benefits arthritis, joint pain, muscle pain and sport injuries.

Botanica Turmeric Liquid Phytocaps



29⁹⁹

60 caps

53⁹⁹

120 caps

Deliver a concentrated dose of whole turmeric root to help relieve joint pain.

Genuine Health Sleep+ Time Release



12⁴⁹

30 Capsules

Highly effective in achieving high quality sleep without the side effects.

Carina Shampoo, Conditioner and Baby Care Select Varieties



10⁹⁹

each

Made with sustainably sourced, certified organic and carefully harvested ingredients.

Gardener's Dream Body Care Products



Assorted Varieties

20% off
Regular
Retail Price

Assorted Sizes

Your Body is a Garden. 100% pure essential oils for healing & beauty.

Harmonic Arts Superfoods

Assorted Varieties



**NEW TO
CHOICES**

With tonic herbs and super foods, this delicious health enhancing drink will nourish your body and mind.

15% off
Regular
Retail Price

Assorted Sizes

Dr. Gifford-Jones Vitamin K2+A+D3



25% off

Regular
Retail Price

Assorted Sizes

**NEW TO
CHOICES**

Dr. Gifford-Jones Vitamin K2+A+D3 Maintains eyesight, skin, immune function, bones, teeth and night vision. Non GMO, in tasty vanilla cream flavour.

Genestra Probiotic Supplements



**NEW TO
CHOICES**

10% off
Regular
Retail Price

Assorted Sizes

Professional probiotics, designed to meet any individual's unique health needs.

the Dish

On Goji Berries

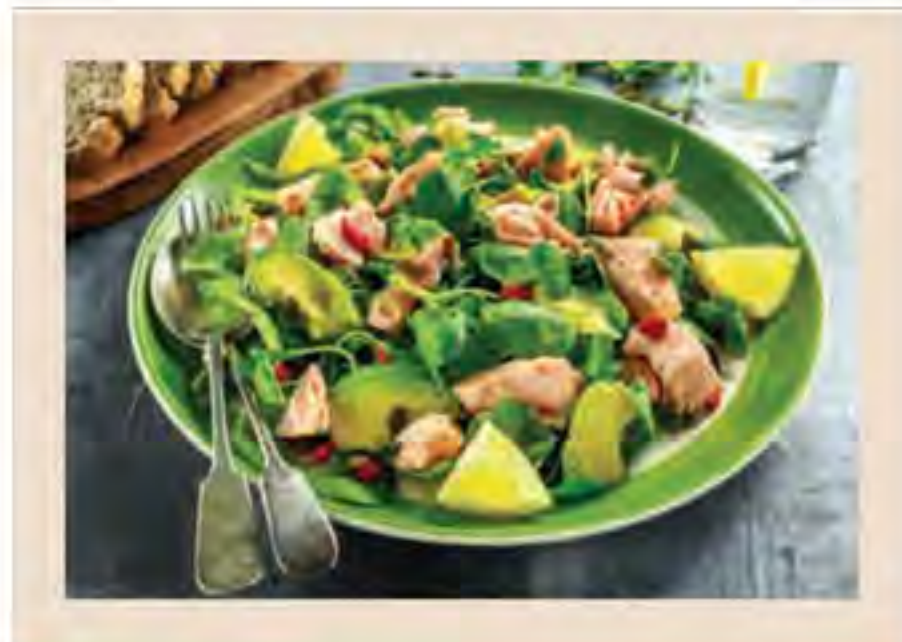
While strawberries, blueberries and raspberries are flavour classics, goji berries are a fruit you likely only heard about in the past decade or so. Superfoods became increasingly popular in North America and Europe in the new millennium, and goji berries were one of the first to explode in popularity. Used in traditional Chinese medicine for centuries when it was more commonly known as wolfberry, goji is now a regular item on smoothie bar menus across Canada.



Mainly found as dried fruit or powder in the past, goji production has recently moved to the Fraser Valley, giving us British Columbians access to fresh, frozen and juiced goji berries. This little berry packs a loaded nutritional profile, and a very nice sweet and sour zing. So how can you use goji to your advantage in your kitchen?

If buying dried fruit, always check the ingredients. There should not be any added sugar, oils or preservatives, and you should buy organic if available. Smoothies are easily the most popular and common

use of goji as it adds a zesty nutritional boost, but many people also enjoy them sprinkled on breakfast cereal, oatmeal or yogurt parfaits.



As flavour adventurers we can't just stop there. Toss some dried goji berries into your trail mix instead of dried cranberries or raisins, or add them to nut bars and cookies. Make a delicious grain or green salad with almonds and saffron, then top with goji berries for a spark of flavour. Fresh and frozen fruit is delicious on its own, but is great tossed in with other mixed berries as part of a salsa, fruit salad or chutney.

Experiment with pairing goji and citrus together by making refreshing drinks or sorbets. You can also turn them into a coulis or syrup. Drizzle this onto ice cream, frozen yogurt, cheesecake or even panna cotta. Summer is here, so why not just toss a few frozen or fresh berries into your sparkling water for a new and healthy taste? Buono appetito!



Chef Antonio knows that it doesn't get much better than a hand picked, sun ripened BC berry. With all sorts of unique berry flavours joining the various old favourites in recent years, Antonio is excited to experiment with new flavour combinations and applications. You can try the results of his culinary experimentations every day at the Choices Deli.



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

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 CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator



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