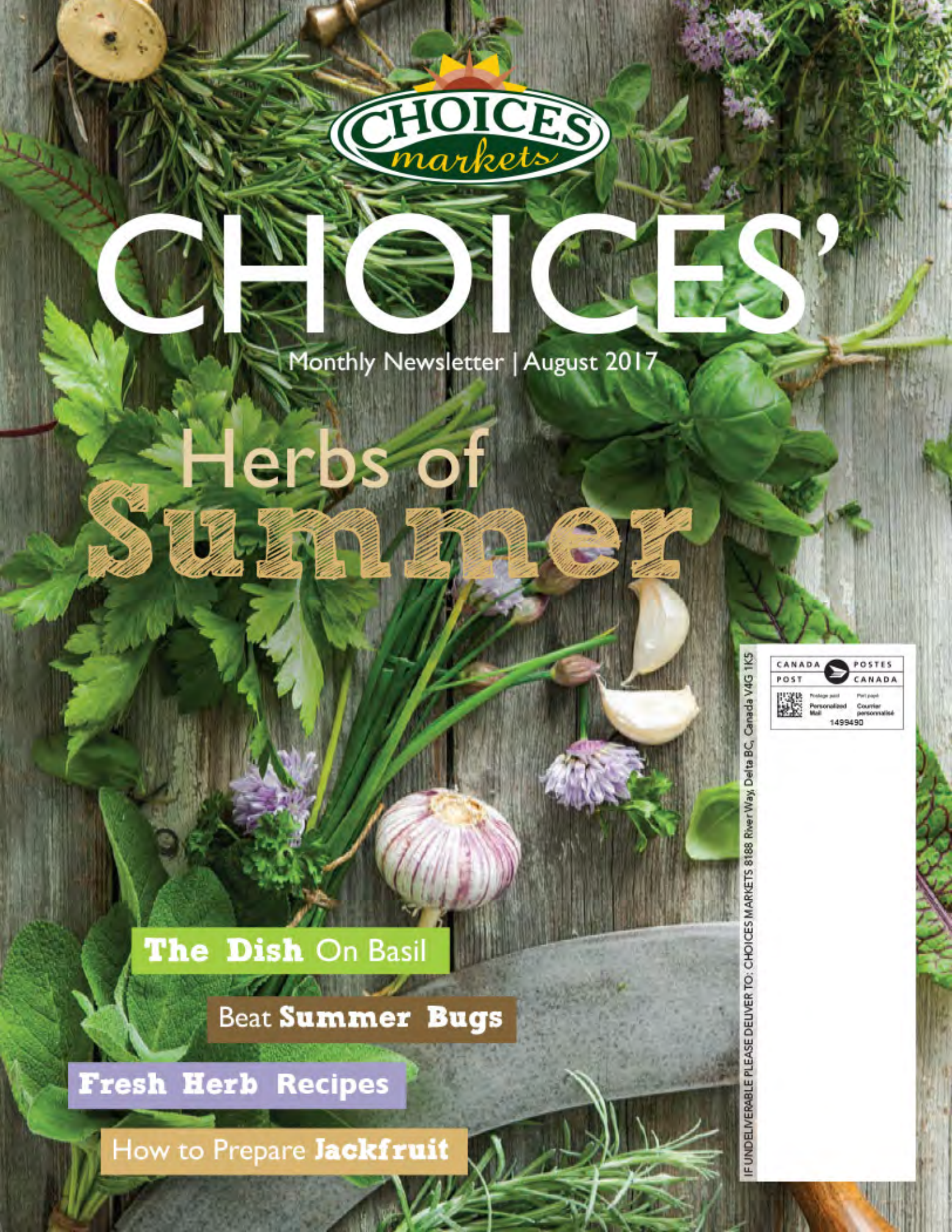
CHOICES markets
CHOICES'
Monthly Newsletter | August 2017
Herbs of Summer
The Dish On Basil
Beat Summer Bugs
Fresh Herb Recipes
How to Prepare Jackfruit
CANADA POST POSTES CANADA
Personalized Mail
Courrier personnalisé
1499490
IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K5

the grape vine

Summer Aromas

August is typically a month of sunshine, beach days and deliciously ripe fruit here in BC. One lovely thing that also comes with the sunshine is the bouquets of freshly grown BC herbs you can find in your local stores and farmers markets. Great green bushels of mint, basil, tarragon, chives and more arrive to enhance the flavours of your favourite fruits, meats and vegetables. This month, to celebrate these aromatic delights, we decided to write all about them to show our love. We hope you enjoy!

Choices: Supporting Communities Both Local and International

Choices has always strived to support the communities we're involved in, and recently we ran two campaigns to help both a great local charity and an international relief effort.

In April, we ran a promotion to help Peruvian farmers rebuild after a devastating flood. Many of the avocados, bananas and mangoes that we import here to BC come from Peru, so we felt that we needed to give back for all the hard work they do. By donating a share of our profits raised by sales of Fairtrade produce and our bakery's own banana bread, we were able to raise $3000 for flood relief.

In June, Choices on the Drive participated in Italian Day. During this celebration of Italian culture on Commercial Drive, we held a by donation charity BBQ, raising money for CLICK (Contributing to the Lives of Inner City Kids). CLICK helps the youth in our community by providing low income inner city kids with educational, cultural and recreational programs and activities that they might not otherwise have access to. Our BBQ was a rousing success and we raised $3500 for CLICK!

A special thank you to our customers and community members who help make our charity efforts an incredible success.

AUTISM SPEAKS CANADA

Autism Speaks Canada Fundraiser

July 29th – August 12th

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

This summer, Choices is helping to raise funds for Autism Speaks Canada. You can donate at any Choices Markets location by purchasing an Autism Speaks puzzle piece for $1 during our fundraising campaign, which will take place between July 29th and August 12th. We'll also have charity BBQ's at most Choices locations on July 29th to support fundraising (ask in store for details).

What's the Buzz on: JACKFRUIT

Have you heard about jackfruit? Its' rising popularity as a vegan meat substitute is creating a lot of buzz in recent months. So, what's so special about it?

Jackfruit grows in South Asia, and is the largest tree-growing fruit in the world (up to 40 pounds!) It's from the same fruit family as mulberry, and is a great source of protein, fibre, potassium and vitamin C.

Depending on how ripe jackfruit is, you will see it used in both sweet and savoury recipes. It has been compared to tasting like artichokes or green bananas when it is slightly ripe and as it ripens it begins to taste more like pineapple, and will change in colour from light green to yellow.

Jackfruit's current claim to fame is as a great vegan substitute for pulled pork. To start, get some fresh or water canned young jackfruit, cut it up and toss it with some of your favourite spices, give it a nice sauté, then toss it in your favourite sauce and enjoy!

COOK IT UP

Pulled Jackfruit Salad

From our Nutrition Team

– Serves 2 to 4 –

1 can of young jackfruit packed in water or equivalent fresh

4 cloves garlic, sliced

1 in fresh ginger, cut into matchsticks

1 tbsp avocado oil

2 + 1 tbsp tamari

2 tbsp sesame oil

2 tsp maple syrup

Juice of 1 lime

Sriracha chili sauce to taste

1/4 cup fresh mint, chopped

1/4 cup fresh cilantro, chopped

4 stalks green onions, chopped

1/2 red onion, diced

1 red pepper, diced

If using fresh jackfruit, rinse jackfruit under cold water. In a small slow cooker, cover with water and cook on low for about 4 hours. Remove from slow cooker and gently break up the fruit with a fork – it should be stringy and come apart easily. Dry off by blotting with a paper towel.

In a large frying pan, heat oil over medium heat. Add garlic and ginger and sauté for about a minute. Then add jackfruit and 1 tbsp tamari and sauté for another 2 minutes and remove from heat.

In a large bowl, add remaining tamari, sesame oil, syrup, chili sauce and lime juice and whisk well. Add the cooled jackfruit along with mint, cilantro, onion and red pepper and toss until well combined.

Serve topped with toasted sesame seeds and a lime wedge.

LOCAL GROWER SPOTLIGHT

International Herbs

There's nothing better than fresh, locally grown herbs! We thought you might like to learn a little bit more about one of our local herb suppliers you'll find in our produce department, so we sat down for a quick interview with Dave Lluncor from International Herbs Ltd. in Surrey, BC.

Q How long has International Herbs been growing produce in BC?

A International Herbs has been growing locally in Surrey for over 40 years.

Q You've been a part of the community for a long time then. Why do you think it's so important to support local produce growers?

A It's important to support your local communities and economies. If we don't have local producers then we rely on outside food sources which create risk for our own food security. Agricultural land continues to become scarce and what is available has high values per acre, making it almost unattainable for most local growers to continue buying land to grow crops on. At the end of the day we need our local food supply to make sure we can feed our own communities. Look at countries that rely heavily on imports. Many of them right now are in a tight position and only the super wealthy can afford to buy food. There is no food security for the middle and lower class customers and people are starving. We absolutely need local growers. As a local grower we are proud of growing a top quality crop of herbs and vegetables for Canadian consumers.

Q That's certainly a great reason to support our local growers. Why do you choose to grow organically on top of all that?

A Organic agriculture is cleaner than conventional growing, which helps to reduce the use of chemicals and pesticides, and improves soil health and promotes biodiversity. We are proud to grow organic fresh herbs for Choices Markets and for the organic community.

Q We're certainly proud to carry you in our stores as well. So, why in your opinion should customers choose fresh herbs over dried?

A Fresh herbs contain more oil content and are more aromatic than dried herbs. Most dried herbs come from overseas such as India, Asia, etc. versus fresh herbs which are grown within a closer range to home. Understanding the growing methods, and conditions that the dried herbs went through is important to try and understand as well especially for customers who want clear vision of where there food is coming from.

Q It's really hard to beat that aroma that fresh herbs bring to your kitchen. Can you think of any ways to use fresh herbs that our customers may not be familiar with?

A Use fresh herbs for desserts, like a mint and berry bowl. Put mint in a watermelon salad for a punch of flavour. Herbs are also great to make your own herbal remedies with to fight the cough and cold seasons. TV and magazines have definitely helped drive consumption on fresh herbs and given customers great ideas on how to use them for dinners, deserts and snacks. Fresh herbs create a lot of creativity and excitement in cooking at home again.

Thanks for taking the time to talk with our customers, Dave. Have a great summer!

Meet Your Best Friend in the Kitchen,

Fresh BC Herbs

Elevate your home cooking to restaurant quality dishes with the delicious pops of flavour that fresh herbs bring. These tender leaves add lots of flavour without added salt or fat. Bonus, they make any plate look beautiful.

Pineapple Basil Smoothie

1 1/2 cups frozen pineapple
1 cup spinach
2 tbsp coconut milk
1/4 cucumber
8 fresh basil leaves
1 medjool date (optional)
Juice of half a lime
1/2 - 1 cup water as needed
Optional: 1 scoop of your favourite unflavoured protein powder

Combine all ingredients in a high powered blender and blend until smooth. Serve immediately.

Dill-icious Pesto

3 Tbsp sunflower seeds, toasted
2 cups fresh dill, roughly chopped
3 cloves garlic
Juice of 1 lemon
1/2 tsp lemon zest
1/4 cup extra virgin olive oil
1/2 tsp sea salt

Combine sunflower seeds and garlic in a food processor and pulse to chop garlic. Add remaining ingredients and process until you have a grainy consistency.

Serving Suggestions: Blend 2 Tbsp dill pesto together with 1 can of rinsed chickpeas for a twist on traditional hummus. Drizzle over grilled or baked fish. Toss with warm roasted veggies or potatoes.

Grilled Peach and Corn Salad

2 ears corn, shucked
1 red onion, peeled and halved
2 red peppers, cored and halved
1 large peach, diced
1/4 cup basil, minced
1/4 cup cilantro, minced
2 tsp cumin,
1 clove garlic, minced
3 tbsp olive oil
Juice of 1 lime
2 tsp maple syrup
1/2 tsp sea salt

Preheat your grill to 350˚ and grill corn, peppers and onion for 3 minutes a side. While your veggies grill whisk together oil, lime juice, salt, garlic and cumin in a large bowl. Remove kernels from corn cob and chop onion and peppers into bite size pieces. Add grilled veggies, peaches and herbs to your dressing and toss until well combined. Season to your taste and serve warm.

***Option:** You can eat delicious BC corn raw! Try this recipe with raw corn and red peppers, but just use half a red onion, finely chopped.

preferred shopper club specials

CLUB PRICE

Coconut Bliss Organic Frozen Desserts

Assorted Varieties

6.99 3 or 4 Pack Bars

7.99 473 ml

Product of USA

It's difficult to just have one of these divinely creamy dairy-free desserts.

Olympic Yogurt

Select Varieties

8.79 to 10.99

1.75 kg

Product of BC

Taste the freshness of this BC yogurt made with 100% natural ingredients.

Nature's Path Organic Eco-Pac Cereal

Assorted Varieties

8.99

Assorted Sizes

Product of Canada

Delicious cereals in economically sized and sustainable packaging.

Maison Orphee Condiments

Assorted Varieties

3.29 Mustard

4.49 Dressing

7.99 Vinegar

Assorted Sizes • Product of Canada and Italy

Delicious salad dressings made with the quality you expect from Maison Orphee.

Kettle Brand Potato Chips

Assorted Varieties

2.99

170g - 220g

Product of USA

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

So Nice Organic Fresh Soy Beverages

Select Varieties

4.49

1.75 L • Product of Canada

Tasty non-dairy products for your coffee, cereal and more.

Wholesome! Organic Sweeteners

Assorted Varieties

5.99 to 20.49

Assorted Sizes

Product of USA

Comitted to providing the best in Fair Trade, Organic and Non-GMO sweeteners.

Nuts to You Almond Butter

Smooth or Crunchy

9.99

365 g • Product of Canada

Almond butter is high in protein and heart healthy mono-unsaturated fats.

Tree Island Grass Fed Yogurt

12.99 1.5 kg • Product of BC

Cream-top yogurt made in the heart of Vancouver Island's Cowichan Valley.

Glutenull Breads, Cookies and Bars

Assorted Varieties

6.29 to 7.29 Breads

8.49 Bars or Cookies

Assorted Sizes • Product of Canada

Glutenull is a Vancouver based certified gluten & yeast free wholesale bakery dedicated to bringing you fresh, premium quality, organic & non-GMO foods that are wholesome and delicious.

Fresh is Best Tortilla Chips

Select Varieties

4.99

325g

Product of Canada

Fresh, tasty tortilla goodness with no additives or preservatives.

Clif Kid Organic Z Bars

Select Varieties

4.29
5 pack
Product of USA

Clif Builder Bars

Select Varieties

1.79 Each
Product of USA

Clif Bars

Select Varieties

7.99
6 Pack Energy Bars
Product of USA

Feed your adventure with Clif Bar's line of high quality energy bars. Both delicious and totally energizing, Clif Bars are made with wholesome ingredients and are found in dozens of flavours and varieties to suit you.

Bob's Red Mill Wheat Free Rolled Oats or Thick Cut Oats

Select Varities

8.99
907 g
Product of USA

Stone milled, high in fibre and free of GMO's.

V.I.P Ultra Liquid Laundry Detergent

Select Varieties

6.99
2.95 L • Product of BC

Locally made in Mission, BC, these laundry detergents clean your clothes with natural ingredients. Enter our contest on page 11 to win a years' supply of detergent!

Seventh Generation Bathroom Tissue

Assorted Varieties

Made with human health and the environment considered in equal measure.

3.99 4 Roll
Product of USA

9.99 12 Roll

Granola King Granola

Assorted Varieties

8.99 454g
Product of BC

12.49 750g

29.99 2kg

Premium granola, handcrafted in small, fresh batches every week. Granola King began from humble origins, first produced in a small facility on Vancouver's Commercial Drive. Today, they're a nationally recognized brand, well known for being nutritious and extremely tasty.

Seventh Generation Diapers

Assorted Varieties

13.99
Assorted Sizes • Product of USA

Trusted diapers made without lotions, fragrances or chlorine bleaching.

GT's Organic Raw Kombucha

Assorted Varieties

3.79
480 ml • Product of USA
+deposit +eco fee

GT's Kombucha is a living food for the body, handcrafted with living probiotics to help you live healthy and happy.

Herbal Medicine for
Stress Support

In today's society, almost everyone experiences forms of stress that affect their mood, quality of life, or health. Stress can manifest in a variety of ways, such as: anxiety, depression, insomnia, fatigue, poor memory or concentration, weight gain around the midsection, feeling burnt out or getting sick frequently.

Herbal medicine has been used for thousands of years to help improve resilience to stress. One particular class of herbs called adaptogens is specifically used to help the body manage the physiology of stress. I often suggest adaptogenic herbs to my patients to prevent burnout, improve energy, mental clarity, and overall response to stress. The following are a few of my favourite adaptogenic herbs that I frequently recommend:

Ashwaganda (Withania somnifera)

Ashwaganda is a traditional Indian herb that has been used for centuries to alleviate fatigue and improve general wellbeing. It is used to restore health to the nervous system, and reduce exhaustion by enhancing mental clarity, memory and stamina. Ashwaganda is particularly indicated for people experiencing exhaustion due to prolonged mental or physical stress. It can help seniors enhance their stamina and resilience, support recovery from illness, or improve athletic performance. It can also be used medicinally in certain types of chronic inflammatory disease.

Arctic Rose (Rhodiola rosea)

Arctic Rose, more commonly known as rhodiola, can be either stimulating or sedating, depending on the dose. It increases the body's resilience to stress and is helpful for neurotransmitter function, particularly serotonin and dopamine. It is helpful for people who feel burnt out with difficulty concentrating and poor memory, and is also used to help lift the mood.

Korean or Chinese Ginseng (Panax Ginseng)

Ginseng has been an important part of Chinese and Tibetan medicine for thousands of years. Panax ginseng is a stimulating herb used to improve mental and physical stamina and performance. In men, it has also been traditionally used to enhance fertility and improve low libido. Due to its stimulating effects, it should be used with caution in people with arrhythmias, high blood pressure, or ADHD.

Siberian Ginseng (Eleutherococcus senticosus)

Siberian ginseng is much less stimulating than its cousin, Korean/Chinese ginseng, so it can be taken throughout the day. It is useful for alleviating chronic stress, fatigue, and recovery from chronic illness. It is also helpful for those dealing with emotional or physical stress and adrenal fatigue, and has been shown to enhance mental alertness and physical endurance.

Licorice (Glycyrrhiza glabra)

Licorice is a powerful herb that helps with severe burnout, exhaustion and low blood pressure. It can be taken as a tea, capsule or liquid extract. Licorice can also be used for stomach ulcers, acid reflux, lingering coughs, and certain inflammatory conditions. People with high blood pressure should not use licorice, because it has been shown to increase blood pressure over time.

Herbs are a lovely and effective form of natural medicine. Because of their range of actions on the body, I recommend consulting a Naturopathic Physician to help you choose the best herb to support you in feeling better and enhancing your ability to manage stress.

Dr. Kathleen Mahannah, ND is a naturopathic physician with a focus in women's health, located at Restoration Health Clinic in Lynn Valley, North Vancouver. She takes an integrative approach to treating hormone imbalances, stress resilience, fertility and female wellness. Learn more at www.drkathleenmahannah.com or www.restorationhealthclinic.ca.

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.

ASK THE EXPERTS

Beating the Summertime Bugs

By Dr. Lynn Klassen, ND

Q **Summer weather means insect season. How can I protect myself?**

A Most of us are familiar with the most common of all insect repellents, DEET. While effective, it may not always be an option. If you are looking for natural alternatives there have recently been some studies showing that herbal essential oils can be very effective.

For example, Oil of Lemon Eucalyptus (OLE) has been shown by the US Centre for Disease Control (CDC) to provide up to 6h of protection against insects. This is because the active compound, p-menthane-3,8-diol (PMD), blocks insects from being able to sense your presence.

Often I recommend using a combination of herbal essential oils because some products act as repellants (meaning that insects find the scent offensive and will not bite you) while others make insects unable to recognize your scent (such as OLE mentioned above). Some other herbs that can help prevent insect bites include: Artemisia, Citronella, Tea Tree and Geranium. Make sure to talk to your healthcare practitioner before using these essential oils, especially in pregnancy and on children.

Keeping insects off is about more than just reducing irritation. Insects can spread dangerous diseases as well. In BC mosquitos are capable of carrying West Nile virus and ticks have been shown to carry multiple varieties of viruses and bacteria including Borrelia, Babesia and Epstein Barr virus. If you notice a tick bite you should seek a trained healthcare provider to help with removal and treat the bite. Do not try to remove the tick on your own.

Dr. Klassen is a Naturopathic Doctor who has undergone training in infectious diseases spread by insects and is a member of ILADS. Visit her clinic's website www.tandemclinic.com for more information or to book an appointment

NUTRITION NEWS TO USE

Chew that Smoothie?!

By Choices Dietitian Jess Pirnak, RD

A cool, refreshing smoothie is a convenient meal replacement or snack, especially during these hot summer months. Here are the need-to-knows of smoothie drinking:

1 Only put in your smoothie what you would eat on a plate.

We tend to go smoothie crazy and add everything we can to the blender. But don't forget, even too much of a good thing can be bad. Adding 1000 calories of fruit, orange juice and yogurt to a smoothie before getting to the office is still 1000 calories. This casual addition to your breakfast can quickly turn into a whole dinner's worth of calories. Next time you're making that smoothie ask yourself if you would eat all this food in one meal – if yes then go smoothie crazy!

2 Skip the protein powder and add real food.

I'm a big believer in eating real whole foods. So to give your smoothie some added protein skip the powder and add soft tofu for a smooth texture or add a nut butter such as almond or cashew butter for delicious nutty flavour.

3 Chew your smoothie.

To stimulate the digestive enzymes in your mouth you need to chew your smoothie for at least two 'bites.' Otherwise, this nutritional gold mine will hit your gut too quickly and you could be missing out on absorbing all the nutrients. Maybe stay away from public places when doing this… Now get chewing!

Are you looking for healthy variety in your diet?
Let the Choices Nutrition Team help.

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

Choice Produce Picks

BC Blueberries:

Local blueberries are here! These beautiful tasty berries are rich in phytonutrients such as resveratrol, anthocyanins and quercetin, which help boost your defenses. They are also packed with fibre, making them a great snack wherever you are this summer.

Parsley:

More than just a garnish, this herb packs an unexpected nutritional punch! Parsley is loaded with vitamin A carotenoids for eye health and vitamin K for bone and blood health. Substituting herbs for table salt in dishes is a great way to lower sodium intake without sacrificing flavour. Parsley pairs nicely with poultry and fish and is an excellent addition to pizzas and pastas.

Basil:

This king of herbs is a rich source of calcium, potassium and iron. 1 tbsp. supplies 85% of your daily recommended vitamin K intake and is a powerful antioxidant. Basil is one of the easiest herbs to grow in your garden – try growing sweet basil which is best for Italian dishes. Use this versatile herb to make your own pesto.

Grocery Gossip

Alligga:

Flaxseed oil is often considered one of the healthiest edible oils on the market for its high omega-3 content. Harvested from only organic Canadian flaxseeds and processed in the Canadian Prairies, Alligga Flaxseed Cooking Oil is a high quality, natural, gluten-free, 100% Canadian edible oil with no added chemicals, artificial ingredients or preservatives. With its nutty flavour, flaxseed oil is great used as a dip, salad dressing, or topping

Latest and Greatest

Chosen Foods Cooking Oil Sprays:

By using a unique air pressure technology Chosen Foods cooking oil sprays are free from chemicals, propellants, emulsifiers and added ingredients.

New on the shelf: Coconut oil spray! Without a strong taste or scent, it can be used on just about anything…even your skin! With this easy to use new technology, try using as a deep-moisturizing hair mask, skin moisturizer or as a gentle makeup remover.

Wellness

Thinksport Sunscreen:

With a focus on social responsibility, Thinksport's mission includes creating products with the least impact possible on the environment, and being safe for consumers. Free of biologically harmful chemicals (no avobenzone, oxybenzone or UV chemical absorbers) and non-nano zinc oxide formulation, this sunscreen is a strong sun protector with few health concerns without the white residue!

ENTER TO WIN

A Year of Laundry Detergent

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

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

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

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from August 1 to 31, 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. There can be no repeat winners for throughout 2017.

Get Rid of Varicose Veins with VEINsmart

Varicose veins are lumpy, bulging, bluish veins that appear mainly on the legs. Varicose veins affect women four times more often than men, and fifty percent of women over the age of 50 have some type of varicose vein (including hemorrhoids, a type of varicose vein). Legs can feel tight, or heavy, ache or cramp, swell and be painful. **VEINsmart** contains powerful herbs shown to reduce edema and swelling and the feeling of heaviness in the legs while eliminating hemorrhoids fast.

VEINsmart helps to heal leg ulcers, lymphadema, and spider veins. The uglier your varicose veins are the faster **VEINsmart** works. If you want to have beautiful legs this summer and/or extend the life of cosmetic vein treatments start **VEINsmart** today.

90 vcaps **25% off regular retail price**

hormonehelp.com

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

Pure Creations

20% Off Regular Retail Price Assorted Sizes

Our professional aesthetician formulates our products using ingredients sourced directly from BC & Alberta Farmers.

Salus Floradix and Floravit

20% Off Regular Retail Price

Helps to prevent iron deficiency (anemia) and to maintain good health. Assists the formation of red blood cells and their proper functions. Supports tissue formation and normal growth.

Zorah C Nature & Mascara

Select Varieties

15% Off Regular Retail Price Assorted Sizes

Organic argan oil based Canadian skin care and make up.

Manitoba Harvest Hemp Hearts

6.99 227g
11.99 454g
49.99 2.27kg

Hemp foods taste great, are easy to use, and nutritious too! Sprinkle Manitoba Harvest Hemp Hearts over salad, cereal, or yogurt. Blend your favourite Hemp Pro protein powder into a smoothie. Drizzle hemp oil over salad or popcorn. Hemp foods offer protein and omegas. Try some today!

Seventh Generation Feminine Hygeine

Select Varieties

Protection you can feel good about. Organic tampons, chlorine-free pads & pantiliners.

15% Off Regular Retail Price Assorted Sizes

Genuine Health Fermented Coconut Protein

NEW TO CHOICES

Fermented for up to 40% better absorption. Strengthens gut & digestive health.

20% Off Regular Retail Price

Genuine Health New Turmeric Pain Relief

NEW TO CHOICES

Treat the Root of Your Pain. Get fast joint care+ with fermented organic turmeric.

20% Off Regular Retail Price

wellness centre **monthly specials**

Whole Earth and Sea Herring Gold Omega

15% Off
Regular Retail Price

60 Softgels

A natural source of omega-3 DHA and EPA in an easily absorbed phospholipid form.

Whole Earth and Sea Women's Prenatal

15% Off
Regular Retail Price

60 Caps

Comprehensive, whole-food-based supplement designed specifically for pregnant women.

Whole Earth and Sea Deep Ocean Minerals

15% Off
Regular Retail Price

Over 70 essential minerals and trace elements, including magnesium, which catalyzes over 300 enzyme and hormone reactions.

Natural Factors Curcuminrich & Joint Inflamation Theracurmin Rich Muscle Recovery and Joint Optimizer

15% Off
Regular Retail Price

Combines high-absorption Theracurmin with a micronized form of the amino acid L-glutamine. The convenient unflavoured drink mix promotes muscle and immune system recovery after periods of intense physical stress by helping to restore blood glutamine levels and support antioxidant defence.

Hero Yummi Bears

Select Varieties

The full spectrum multivitamin and mineral for children.

15% Off
Regular Retail Price

Assorted Sizes

New Roots Strong Bones

Select Varieties

20% Off
Regular Retail Price

Assorted Sizes

Provides the ideal form of calcium, plus 24 essential nutrients to ensure proper utilization. Generates new healthy bone mass and stronger bones.

New Roots Vitamin E8

Select Varieties

Contains all 8 forms of Vitamin E, for superior antioxidant protection for cardiovascular health, skin health.

20% Off
Regular Retail Price

Assorted Sizes

Purica Magnesium Bisglycinate

A delicious raspberry-flavoured drink that will ensure you obtain the optimum daily dose of this magnesium.

20% Off
Regular Retail Price

Purica Complete 360

Helps you manage stress, while improving your immunity, sleep and brainpower. It's the perfect formulation for a balanced lifestyle and optimized health.

20% Off
Regular Retail Price

Sealicious Omegas

Select Varieties

20% Off
Regular Retail Price

Assorted Sizes

Start your day with a delicious spoonful of the best tasting omega-3 oil.

wellness centre **New to Choices**

Lorna Vanderhague BEAUTYsmart

Reduce deep wrinkles by 20% in 28 days with BEAUTYsmart: a hormone and antibiotic-free whey protein isolate containing clinically-researched active collagen.

NEW! **20% Off**
Regular Retail Price

Organic Traditions Probiotic Smoothie Mix

Select Varieties

1 billion healthy probiotics per serving + prebiotics.

NEW! **20% Off**
Regular Retail Price

SierraSil Joint Formula Curcumin

20% Off
Regular Retail Price
90 caps

NEW! Contains a half dose of Sierrasil with curcumin to keep you pain free.

Nature's Way Calcium Magnesium with Collagen

Select Varieties

High absorption complete liquid bone formula featuring collagen. Available in blueberry and chocolate raspberry.

NEW! **20% Off**
Regular Retail Price

SilverWings Colloidal Silver

15% Off
Regular Retail Price
120ml

NEW! SilverWings offers the highest quality pharmaceutical grade of colloidal silver at 50PPM.

Platinum Total Liver Care

Give your liver some TLC – boosts detoxification and protects against free radical damage.

NEW! **20% Off**
Regular Retail Price

Vega Greens Drink Powders

Getting your nutrition from greens has never been easier. Made with real, plant-based food ingredients.

NEW! **20% Off**
Regular Retail Price

Aura Cacia Essential Oil Blends

Select Varieties

Each blend offers unique and pointed aromatherapy benefits and takes advantage of the inherent aromatherapy synergies among certain oils.

NEW! **15% Off**
Regular Retail Price

Clef des Champs Organic Comfrey Salve

NEW! Traditionally used in Western herbalism to heal sprains, bruises and fractures.

20% Off
Regular Retail Price 50mL

Oneka Hair Care

Select Varieties

20% Off
Regular Retail Price

NEW! Effective, eco and socially responsible brand, made in Canada with organic plants grown on our family farm.

AnneMarie Borlind Energy Nature Face Care

Select Varieties

Annemarie Börlind's care system ranges offer sophisticated daily natural skin care for every skin type.

NEW! **10% Off**
Regular Retail Price

Radius Organic CoconutT oothpaste

15% Off
Regular Retail Price

NEW! Revolutionizing the oral health from iconic toothbrushes to organic toothpastes.

the Dish
On Basil

With summer here, we should all have a few plants of basil growing in our garden or windowsill pots. Though there are dozens upon dozens of exotic basil cultivars, most of us just grow the familiar sweet basil we all know and love. For that reason, let's focus on the similar tasting sweet basil varieties for this issue of the Dish.

When growing your own basil plant, make sure to trim off any flowers that may start budding. This will promote the growth of more of those wonderfully aromatic leaves, at least until the weather turns cold. Basil loves sunlight and well-drained soil to mimic the Mediterranean climate that it grows so well in (though the plant is originally an Asian import). It's good for everyone to keep a basil plant, because basil should always be used fresh, and added to your dish at the last possible minute to keep that wonderful aroma intact. Dry basil is really no substitute for fresh, since it tastes more like dried hay than actual, aromatic fresh basil.

Fresh made pesto, made with parmigianno reggiano, fresh garlic and good extra virgin olive oil tossed on fresh pasta is one of life's greatest joys for me. I love to put pesto on everything, to be honest. I mix it with mayo for my sandwiches, or as a dressing for salad. I especially love it on a hot or cold potato or rice salad as a dressing. I'll marinate fish or seafood in it as well. And there's nothing quite as wonderfully delicious as a slice of fully ripe heirloom tomato with a leaf of basil, extra virgin olive oil and salt and pepper. Add fresh bocconcini, buffalo mozzarella or burrata for a complete Italian meal.

When adding basil to your sauces and soups, always wait for the last minute to get the most of the aromatic oils in the leaves. Make refreshing chilled vegetable soups with fresh basil for an unexpected

summer delight. Why not experiment with basil in drinks? Swap out mint for basil in your mojito or bellini, or throw a leaf in your martini. If you love the taste of fresh basil as much as I do, you could even try adding it to a sorbet or salsa.

In the unlikely event you don't use all your summer harvest of basil, its easy to stock it up and keep it easily accessible through the fall and winter. Simply portion it out into an ice cube tray in small amounts, fill it with olive oil, and put the frozen cubes in an airtight container in the freezer. Pop a cube out whenever you need to cook up a reminder of that summer freshness.

Enjoy the summer sun everyone, and make the best of basil!

As you're reading this, Chef Antonio is probably enjoying a basil mojito in a hammock in the sun. If not, he's creating amazing recipes for you to try every day in our Choices delis. He's also getting excited for his cooking seminars to start up again this fall. Stay tuned for details to come.

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Eco Audit

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

Tree(s): 27
Waste: 1,199 kg
Water: 97,773 L
Greenhouse Gas Emissions: 3,932 kg CO_2
Smog: 5 kg NOx
Energy: 23 GJ

Results based on the Rolland Environmental Calculator

COOK IT UP

Kettle Brand Chips Spicy Popcorn Chicken Bites

Courtesy of Kettle Brand Chips

– Serves 2 to 4 –

3 cups Kettle Brand potato chips (suggested: Buffalo Bleu)
1 1/2 cup flour
Pinch of cayenne (about 1/4 tsp to start, more if desired)
2 eggs
1/4 cup half and half (or milk)
1 lb boneless skinless chicken breasts
Olive oil, salt, and pepper
Honey mustard dipping sauce

Preheat oven to 425°F

Crush the chips in a food processor until fine crumbs form. Add 1 cup flour and cayenne and pulse again until incorporated into an even crumb-like mixture.

Place remaining 1/2 cup flour in a shallow dish.

Whisk eggs and half and half together in a shallow dish.

Cut the chicken into bite-sized pieces.

Rub a baking sheet with olive oil to coat or place a wire rack on the baking sheet if you have one.

Set up an assembly line of: flour, egg mixture, Kettle chip mixture. Dip each chicken piece in each bowl, moving through the assembly line and making sure it gets coated at each step starting with flour, then egg, then crumbs. Place on the baking sheet.

Bake chicken for 5 minutes, flip if needed, and bake another 5 minutes. Total time varies between 12 and 18 minutes to get the right amount of crisping and browning. These go perfectly with honey mustard dipping sauce and a cold IPA or pilsner!