



CHOICES'

Monthly Newsletter | July 2018

Sustainable Veganism

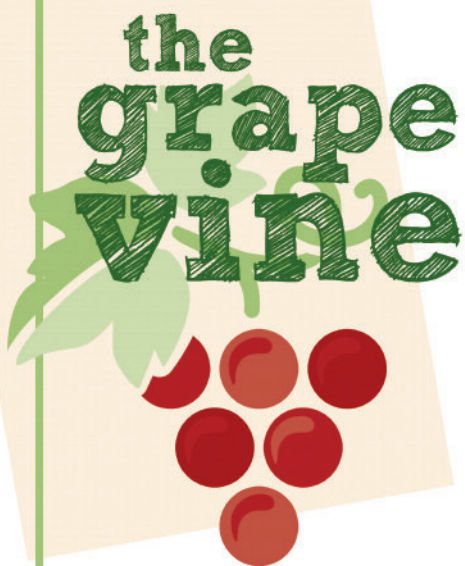
The Dish on Cherries

What's the Keto Diet?

Grill Your Veggies!



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

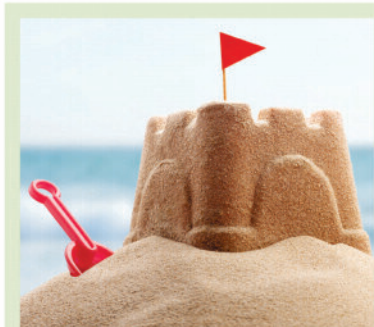


Canada Day



Come by Choices Yaletown on July 1st for our annual Canada Day celebration. We'll be throwing a birthday bash filled with prizes, a charity BBQ and some delicious Canadian cake. It's the perfect lead up to some fireworks and festivity, so be sure to stop by.

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.

What Produce is in Season?

BC is home to some of the greatest fresh produce in the world! So what's in season this month for those of us who love to eat local?

July Veggies	July Fruits
Beans, Beets, Broccoli	Apricots
Carrots, Chard, Corn	Blackberries, Raspberries, Gooseberries, Strawberries
Kale, Leeks, Lettuce	Cherries
New Potatoes, Radish, Spinach	Currants
Shallots, Tomatoes, Zucchini	



Visit us at
the Abbotsford
Berryfest!

July 7th
in Downtown Abbotsford

Fun activities for the whole family,
local artisans and everything berry!

Abbotsford
Berryfest
2018

ENTER TO WIN

Enter to Win Some Summer Fun!

Courtesy of Zevia



Get an amazing package for sunny weather activities
courtesy of Zevia!

Featuring a scooter, bike, and longboard, you'll be travelling
in style all summer long. We'll also throw in a cooler to
keep your drinks cold at the beach.

Skill Testing Question:

$(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from July 1 to 31, 2018. 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 2018. Winners must arrange pick up of prize from the Choices Markets location of their convenience.



Veggie Grillin'

Just because you're on a plant-based diet doesn't mean
Try bringing these recipes to

COOK IT UP



Grilled Vegetable Salad

1 zucchini
1 red onion
2 red pepper
2 portobello mushrooms
2 Tbsp avocado oil
1 Tbsp fresh rosemary, minced
3 cloves garlic

1/3 cup extra virgin olive oil
1 Tbsp Dijon mustard
1/4 cup balsamic vinegar
4 cups mixed greens
Optional: 1/4 cup goat cheese
Salt and pepper

Slice all of the vegetables in large bite sized pieces and in a large bowl toss together sliced vegetables, 2 cloves of minced garlic, rosemary, avocado oil and salt and pepper to taste. Using a grill basket place seasoned veggies on a preheated 375 degree grill and cook for about 10 minutes, tossing halfway through.

Meanwhile, make the balsamic vinaigrette by combining 1 clove crushed garlic, olive oil, balsamic vinegar, mustard and salt and pepper to taste in a jar. Shake to emulsify.

Once veggies have cooled assemble the salad by tossing veggies and greens with vinaigrette and top off with crumbled goat cheese if desired.



ng Favourites

you can't enjoy the smoky flavours of the summer grill.
o your next summer party!

COOK IT UP



Sundried Tomato Lentil Burger

– Makes 4-6 Burgers –

1/2 cup sprouted lentils

2 Tbsp avocado oil

2-3 mushrooms

1/2 yellow onion

2 cloves garlic

1/2 cup rolled oats

1/4 cup sundried tomatoes, packed in oil

**1 tsp each dried thyme, oregano,
rosemary**

2 tsp tamari

Cook sprouted lentils according to package and strain.

Finely dice onions, garlic and mushrooms. Heat oil on medium heat in a frying pan, add onions, mushrooms and garlic and sauté until translucent.

In a food processor, process oats into coarse flour. Add cook lentils and tomatoes. Pulse until mixture begins to come together. Add onion mixture, herbs, tamari and pulse until combined.

Form mixture into 6-8 patties and arrange on a parchment lined baking sheet. Bake for 20 minutes at 350°F, flipping once.

Enjoy immediately or store in the freezer for easy weeknight meals that come together in a snap. Throw a frozen burger on the grill for the ultimate veggie burger experience.



preferred shopper club specials



Rise Organic Raw Kombucha Assorted Varieties

8⁹⁹

1L
+deposit +eco fee

Rise is the uniquely Canadian Kombucha! This Montreal crafted, organic, fair trade and vegan kombucha is brewed with the best possible ingredients to help fill your belly with all the benefits a glass of kombucha can offer.

Simply Protein Chips & Bars Assorted Varieties



1⁵⁹ to 2⁵⁹
20g - 40g

Light and crunchy, Simply Protein snacks are delicious protein that can fill you up without weighing you down. High in protein and fibre while being low in sugar!



Prana Organic Nut & Trail Mixes

Assorted Varieties

3⁴⁹ to 7⁴⁹
150g

Vibrant and exotic sweet and salty mixes.



Barbara's Cheese Puffs

Assorted Varieties

3⁴⁹
155g - 198g

Light as air and packed with cheesy flavour.

Fresh Is Best Tortilla Chips, Salsa, and Taco Shells

Assorted Varieties

4⁹⁹
325g Chips
156g Taco Shells
375ml Salsa

Great crunch and fresh taste that'll keep you coming back for more.



Que Pasa Flavoured Tortilla Chips

Assorted Varieties

3⁴⁹
156g

Delicious flavours made with all whole food ingredients.



Kiju Organic Juice

Assorted Varieties

2⁹⁹
1L or 4 Packs

Get the big flavour that's great for any occasion with Kiju.



Sapsucker Organic Maple Water

Assorted Varieties

2²⁹ to 4⁹⁹
250ml
1L
+deposit +eco fee

Pure water with a delicate and nutrient rich flavour, filtered by trees.

La Croix Sparkling Water

Assorted Varieties



A gentle bubbly flavour, perfectly refreshing on a hot day.

.79 to 5⁷⁹
355ml Singles
8 Pack
+deposit +eco fee



Cape Herb & Spice Table Top Spices

Select Varieties

5⁷⁹

36g - 130g

Grind a little spice fresh on to your plate with these great spices.



Blue Top Hot Sauce

Assorted Varieties

5⁹⁹

255g

Creamy hot sauces that you'll want to squeeze on to just about everything.

Sunpic Mayo & Dipping Sauce Assorted Varieties



4⁷⁹

450ml

The final touch on the perfect sandwich comes from a Sunpic Mayo!



Maison Orphee Gourmet Oil

Select Varieties

**9⁴⁹ to
16⁹⁹**

250ml / 500ml

Cold-pressed oils that follow a tradition of quality and taste.



Spectrum Culinary Oils

Assorted Varieties

**5⁴⁹ to
20⁹⁹**

Assorted Sizes

These specialty oils are a great choice to stock your pantry.

Big Mountain Frozen Veggie Burgers



5⁹⁹

Original

6⁴⁹

Cauli Crumble

360g

Fresh food products for flavourful vegetarian options without soy.

Liberte Greek Yogurt

Assorted Varieties



5⁹⁹

750g

Simple and deliciously thick and creamy.

Liberte Organic Yogurt

Assorted Varieties



3⁹⁹

650g - 750g

Made with care using just milk and fruit for delicious yogurt.

Choices Markets Gourmet Pasta Sauce

Assorted Varieties



8⁹⁹

750ml

Only at Choices!
Handcrafted locally in small batches.

Mapleton's Organic Ice Cream

Assorted Varieties



6⁹⁹

473ml

Delicious cold treats for hot Canadian summers.

Rico 'N Lalo Frozen Fruit Bars or Coconut Bars

Assorted Varieties



4⁹⁹

4 Pack of Bars

Tasty frozen treats made with nothing but the good stuff.

Stahlbush Island Sustainable Frozen Vegetables

Assorted Varieties



2⁹⁹

284g - 400g

Sustainably sourced frozen veggies for convenient nutrition.

THE KETO DIET:



IS IT RIGHT FOR ME?

What is it? The Keto Diet, also known as the Ketogenic Diet or Nutritional Ketosis is a dietary approach where the body goes from burning glucose as energy to burning fat for fuel.

When you switch into nutritional ketosis, the body breaks down fats into ketone bodies that can be used efficiently as fuel. This can be achieved by following an eating style of high-fat, low carb and moderate protein intake, also known as keto.

Though the Keto Diet has become a popular fad over the past several years, it has a solid foundation rooted in evidence and clinically it can be a powerful tool for helping people to lose weight, improve mental focus, boost mood, increase energy, stabilize blood sugar, and balance hormones.

Impressive Benefits:

Weight Loss

If you're trying to lose weight, then a ketogenic diet is one of the best ways to do it. In one study, obese test subjects were given a low-carb ketogenic diet and a low-fat diet. After 24 weeks, researchers noted that the low-carb group lost more weight (9.4 kilograms) compared to the low-fat group (4.8 kilograms).

Anti-inflammatory

The human body can use either sugar or fat as fuel sources. Fat releases fewer reactive oxygen species (ROS) which turn up inflammation in the body.

Increasing Muscle Mass

We have been so conditioned to eat carbohydrates before a workout and eat protein immediately after, that it can feel counterintuitive to depend on fat for fuel. But ketones can spare the use of amino acids, leaving higher levels of them around, which can help promote muscle mass.

Reducing Appetite

Reducing carbohydrate consumption can reduce hunger symptoms. Studies have shown that patients who reduce their carbohydrate consumption have fewer hunger sensations.

Improved Biomarkers

Many studies show that low carbohydrate and high fat diets improve important health or biomarkers including cholesterol, blood glucose, insulin levels, and blood pressure. Improving these markers has profound impacts on the risk of developing chronic disease.

Balancing Female Hormones

Female hormones are incredibly dependent on dietary intake of fats, sugar, and insulin levels. This is especially true for women who suffer from Polycystic Ovarian Syndrome (PCOS) and Premenstrual syndrome (PMS). The keto diet has been shown to regulate menstrual cycles, stimulate ovulation, increase a scanty flow, relieve pms-related depression, anxiety, and insomnia.

What to eat to achieve nutritional ketosis:

Foods to include on a keto diet are meat, fish, eggs, nuts, seeds, veggies, oils, and berries.

Foods to avoid are: starches such as breads, pasta, sugar, milk, corn, beans, and rice.

This diet is best adopted under the watchful support of a qualified health care professional who can help to monitor your intake of macronutrients, side effects, muscle mass, hydration status, mineral levels, and to give you pep talks every step of the way.



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

Chiropractic and the accumulation of STRESS

By Dr. Pavin Rakha, DC

Q
A

I heard Chiropractors can help with pain, but can I still benefit if I'm feeling "fine"?

Most people have a sense when they're not feeling or functioning at 100%, yet it's often ignored and never given a second thought. Why is that?

In today's society, productivity has become a top priority and everything seems to revolve around it. We typically feel the need to get tasks done and put all else on the backburner, pushing past our capacities, burning out, and losing a sense of self-care. Our health becomes neglected until we start expressing symptoms, and only then we decide to take action.

Chiropractic is commonly associated with aches, pains, and posture. Simply worded, chiropractic restores our brain-body communication allowing our bodies to function the way they were designed too. The nerve system acts as a high processing computer allowing our body to communicate and adapt to everyday stresses; physical, mental, and emotional.

As we accumulate stress through various ways, it impacts how our bodies function and hinders our communication. We begin

to notice areas of tension in our body, and this is typically experienced as a symptom.

Through the chiropractic adjustment, which is not always a cracking or popping sound, it restores motion in the spine allowing our nervous system to communicate freely. Movement is life, and the better our bodies move, the better our bodies function.

Just like taking your car for a wheel alignment, chiropractic helps promote the longevity and function of our spine which houses majority our nervous system. It ensures optimal movement and awareness which allows our body to communicate and function at its best.



Dr. Pavin Rakhra, DC is a Vitalistic Chiropractor focused on shifting our communities towards proactive and health conscious lifestyle. For more info call 604 922 9299 or visit www.optimal-living.com

Top Tips for Sustainable Veganism

By Choices Dietitian Jess Pirnak, RD & Choices Nutritionist Elizabeth Whalley, RHN

There are lots of great reasons to switch your diet to a more plant centred one – it's better for your health and shows compassion to animals – but have you thought about how it affects your carbon footprint? Here's what to consider when filling your plant-based grocery cart to keep its environmental impact at its very lowest.

1

Forget Fruits from Afar

Exotic fruits and vegetables travel thousands of miles before landing on our dinner plate. Think about how many times coconuts, avocados and jackfruit are incorporated into vegan recipes. For example coconut, the main source of saturated fat in a vegan diet, is transformed into everything from butter to sugar to soy sauce substitute. The bottom line is we can't rely on these exotic foods that travel from afar as everyday staples long-term if we want to think sustainably. Cutting them out entirely is very difficult, so just be vigilant on how much you're consuming.

2

Canadian Plant-Powered Protein

Good news; your best protein sources grow right here at home. Whole grains can be a great source of protein, just a cup of wheat berries gives us 24g of protein. That's the equivalent of a whole chicken breast. Not only are they a great source of protein but also fibre, B vitamins and plenty of minerals.

Legumes are another great example of a Canadian grown plant-based protein - Canada is a world leader in producing both lentils and dried peas. They're another great vegan protein option that actually offers tons of fibre and minerals that animal-based protein sources do not.



Produce Picks

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.



Strawberries:

All berries are good foods for hydration, but vibrant red strawberries are easily the best of the bunch, with a water content of over 90%. Plus, strawberries are a great source of vitamin C, folate and potassium. Delicious in both sweet and savory dishes, strawberries are a versatile fruit that can be enjoyed in every meal of the day - cooked, frozen, blended, or fresh from the farm!



Watermelon:

With watermelon packing over 90% water, this juicy fruit is the perfect snack on a warm summer day! Plus, watermelon is a rich source of the antioxidant lycopene (the same one found in tomatoes). Shopping tip: look for a heavy, firm, symmetrical watermelon that is free from bruises, cuts or dents with the underside having a creamy yellow spot from where it sat on the ground and ripened in the sun.



Grapefruit:

What we know today as the grapefruit was actually first known as the forbidden fruit and then the paradise fruit and then finally the magical fruit, but despite all these name changes, one thing has been consistent – grapefruit is full of nutrients. Packed with the antioxidant vitamin C, plus high in fibre and water, grapefruit contributes to a healthy digestive tract. Enjoy whole or added to smoothies.



Grocery Gossip



Karthein's Kraut:

This delicious sauerkraut not only tastes amazing but it is also packed with naturally occurring digestive enzymes and beneficial probiotic bacteria to support digestive health. Karthein's Kraut is made in small batches to preserve the old fashioned way of fermenting cabbage – no vinegar, no preservatives and never subjected to heat. Enjoy in a sandwich or as a side to any meal.



COCO5:

Meet the latest hydrating sports drink developed by a team of sports nutritionists and NHL professional medical experts. COCO5 has less sugar per bottle compared to other sports drinks with no added dyes, sweeteners or flavors. Reach for a sports drink over water when participating in intense exercise for over an hour or are exercising in hot, humid weather with lots of sports equipment on.



SoFresh Oat Beverage:

Enjoy Canada's only oat beverage on its own or as a base for any smoothie. Just one serving of SoFresh Oat gives you a nice boost of calcium, and vitamins B12, and D. Try our Tasty Top Choice Recipe for inspiration!



TASTY TOP CHOICES RECIPE

Apple Pie Chia Pudding courtesy of SoFresh

- | | |
|--|------------------------------------|
| 3 tbsp chia seeds | 1/8 tsp allspice |
| 2/3 cup SoFresh Oat Beverage, regular or vanilla | 1/2 tsp vanilla |
| 1/3 cup plain unsweetened apple sauce | Pinch of salt |
| 1/2 tsp cinnamon | 1-2 tsp maple syrup, to your taste |
| 1/8 tsp nutmeg | 1/2 apple, diced |
| 1/8 tsp cardamom | |

1. In a mason jar or resealable container, whisk together all the ingredients, except for the chopped apple, vigorously for about a minute.
2. Wait a few minutes and repeat stirring session for chia pudding perfection. You do this to ensure that the chia doesn't clump together as it hydrates.
3. Place in the fridge, covered for at least two hours or overnight. Top with the chopped apple and you've got breakfast to go!

wellness centre monthly specials

Natural Factors Digestive Enzymes

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

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

Natural Factors Big Friends Childrens Supplements

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

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

Assorted Sizes

Contains nutrients that are important for the maintenance of good health, plus iron.

Vega Proteins and Greens

Assorted Varieties



20g complete protein and two servings of greens—for only 110 calories.

20% Off
Regular Retail

Assorted Sizes

Natural Factors CoQ10 Supplements

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

CoQ10 helps maintain cardiovascular health and offers antioxidant protection for the maintenance of good health.

Natural Factors Herb and Plant Extracts

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

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

MegaFoods Blood Builder

Assorted Varieties



26⁹⁹ 30 tabs
44⁹⁹ 72 tabs
53⁹⁹ 90 tabs

This easy to digest whole food formula helps maintain healthy iron levels.



Renew Life Ultimate Flora

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Ultimate Flora probiotics are enteric coated to protect the probiotics from harsh stomach acid and deliver them directly to the intestines where they are needed and utilized by the body.

New Roots Juicy Immune Energy

Assorted Varieties



38⁹⁹
305g

Powerful anti-oxidant nutrition from herbs and organic berries. Now loaded with prebiotics.

Santevia

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Santevia® pure ALKALINE Water recreates the earth's natural process of filtering regular tap water into pure mineralized and alkaline water.



LORNA
vanderhaeghe
Health Solutions

Stop Hot Flashes and Night Sweats with MENOsmart plus

MENOsmart plus ensures rapid reduction of night sweats and hot flashes. MENOsmart plus contains sage, 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.

29⁹⁹
120 caps



Manitoba Harvest Hemp Oil



9⁹⁹ 23⁹⁹
355ml 946ml

Manitoba Harvest
Organic Hemp Oil

16⁹⁹
500ml

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

Manitoba Harvest Hemp Proteins

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Customize your nutrition with one of Manitoba Harvest Hemp Foods' protein powders.

Flora Gandalf Hawaiian Spirulina and Astaxanthan

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

A source of the essential fatty acid gamma-linolenic acid (GLA) for the maintenance of good health.



Organic Traditions SuperFood Powders and Smoothie Mix

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Delicious sweet and tart berry taste, 1 billion probiotics per serving. Great source of Fiber and Manganese. High in Omega 3 fatty acids. Rich in antioxidants.

Flora Flax Oil



8⁹⁹ 14⁹⁹ 22⁹⁹
250ml 500ml 941ml

Flora™ Flax Oil is the superior choice for both vegetarians and non-vegetarians.



Incrediwear

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Our active pain relief & recovery products do not focus on compressing in order to work; instead all our products are embedded with elements (Carbon and/or Germanium) that are stimulated by body heat to increase circulation. Incrediwear anti-inflammatory wear works to reduce swelling, alleviate pain, muscle fatigue and soreness by increasing circulation to accelerate recovery.

Badger Sunscreen

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Badger's certified organic sunscreens provide broad spectrum protection with the mineral zinc oxide.

wellness centre monthly specials



New Roots Exotic Skin Oils
Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Protective, regenerative, and therapeutic, these exotic oils offer a pure, organic, never diluted way to healthy, beautiful skin.

Happy Gut Water Kefir
Home Brew Kit and Water
Kefir Grains

NEW to CHOICES



Water Kefir is a fermented probiotic beverage ready to drink in 48 hours.

16⁹⁹

Grains

39⁹⁹

Kit

Beekeeper's B.LXR Brain Fuel



47⁹⁹

single

384⁹⁹

6 pack

NEW to CHOICES

A powerful nootropic formula containing natural compounds to help enhance memory, performance, and cognition. Contains Royal Jelly for energy, plus plant based adaptogenic herbs for busy lifestyles.

Nature's Way Primadophilus
Optima Probiotics

Adult 50+



NEW to CHOICES

33⁹⁹

30 caps

Reduces the duration of upper respiratory tract illnesses in physically active adults.

Natural Calm -
Calmful Sleep

Assorted Varieties



23⁹⁹

113g

NEW to CHOICES

A naturally relaxing nighttime drink, for extra sleep support.

Terry Willard
Flower Essences

Assorted
Varieties



17⁹⁹

50mL

NEW to CHOICES

Flower Essences are a form of Vibrational Medicine that Dr. Terry Willard uses in his own life, and has prescribed to tens of thousands of patients over the past four decades.

Ener-C Sport
Electrolyte Drink

Assorted Varieties



NEW to CHOICES

.99

single

10⁹⁹

12pk

Perfect for pre/post workout to support muscle function and re-hydration.

I Luv It Deodorant



NEW to CHOICES

19⁹⁹

Regular, 100g

24⁹⁹

Baking Soda Free, 100g

A totally baking soda free natural deodorant, that works all day.

Citrobug Natural
Insect Repellent

Kids + Adults



8⁹⁹

120ml cream

9⁹⁹

125ml spray

NEW to CHOICES

Citrobug is a good and complete protection time with a mixture of essential oils.

the Dish

on Cherries



Named after the Turkish town of Giresun (known to the ancient world as Cerasus, or 'place of the cherries'), cherries have been nourishing humans and animals alike since Zeus ruled from Mount Olympus. Nowadays, Cherries are one of the most romantic foods I can think of. Just think of how beautiful BC becomes every spring thanks to the pink cherry blossoms. Beyond their good looks, cherries are some of



the most wonderfully tasty fresh fruits that I look forward to each year. No joke, I'll eat about a pound of them a day while they're in season. Cherries are cultivated in two main varieties, sweet and sour, but today we'll just talk about the sweet ones.

Grown extensively in the interior of BC, you'll start seeing local cherries for sale as early as June, but peak season tends to be late July and August, extending into September. Even though dozens of unique varieties are cultivated, the differences between them are rarely advertised. Ranier cherries have a gorgeous yellow-pink colour, while Lapin are big, juicy and deep ruby red.

So, what can you do with fresh cherries if you manage not to eat them all out of the bag on your way home? First of all, I like to make jams. Either traditionally, or freezer style, making preserves from your cherries

will let you enjoy the flavour well into the winter months. It can be a bit of a labour intensive process, as pitting all the cherries is a tedious task, but the results are well worth it. Baking your cherries into pies, crumbles, turnovers, or flans is a classic application. Steeping your cherries in simple syrup is another great method. Use some syrupy cherries as a topping for crepes, pancakes, cheesecake, parfait or



trifle with a side of mascarpone, whipping cream or Devonshire cream to create an absolutely decadent dessert. If you've still somehow got any leftover cherries at this point, whip them into a luscious gelato or refreshing sorbet.



Savoury applications of cherries are underutilized, and quite a discovery if you've never had the pleasure. Chicken, pork, fish and even tofu can be great with a cherry sauce or marinade. Need a quick appetizer? Serve some cherry halves with a small dollop of goat cheese on a crostini for a unique finger food your guests will remember.

Nutritionally loaded and fantastically delicious, it would be a real pity if you didn't try some this summer!



Chef Antonio loves the plethora of fresh ingredients that come into our store every summer. Be sure to check our produce department for the freshest local and organic produce you can find outside of a farm stand.



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



JULY 14 & 15 2018



Tour de WHITE ROCK

Festival de Tour WEEKEND

PRESENTED BY LANDMARK PREMIERE PROPERTIES

SATURDAY JULY 14



CRITERIUM

- 3:00pm (Kids Bike Parade & Bike Race)
- 3:30pm (Kids U12 Criterium)
- 4:00pm (U-15 Criterium)
- 4:30pm (Men's Cat 3/4)
- 5:30pm (Women)
- 6:30pm (Men)

YOUTH CRITERIUM

SUNDAY JULY 15



ROAD RACE

- 9:00am (Youth)
- 10:00am (Men)
- 10:05am (Women)

**+ DON'T MISS THE ACTION
AT FIVE CORNERS**

Family Fun Zone
2:30-6:30pm
Saturday

Post-race Concert
8pm Saturday
featuring
Big City Soul

WHITE ROCK
City by the Sea!

TOURDEWHITEROCK.CA