



CHOICES'

Monthly Newsletter | August 2018

The Magic of Mushrooms



Homemade Herbal Healing

The Dish **on Nectarines**

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





Plant Sales

Each spring Choices donates a portion of the proceeds we generate from our weekend bedding plant sales to local schools. By growing your own garden, you're helping us fundraise for local youth. How great is that? This year, we raised over \$6000 that we're happy to donate to schools in the communities that you live in.

CLICK

This Italian Day on Commercial Drive we supported the great people of CLICK with a by donation BBQ. CLICK is a local organization dedicated to helping disadvantaged inner city children have access to programs that will help them enrich their lives. We were able to raise over \$5000.

Supporting Local Communities

Choices is always looking to make a difference to the local communities where you find our stores. Over the past few months we've done some great campaigns to support some local organizations that are doing amazing things in the community.

World Partnership Walk

This June we held a till fundraising campaign for the World Partnership Walk. The World Partnership Walk is a yearly charity walk that seeks to raise funds for people in impoverished areas of the world gain education to help them improve their lives through hard work and determination. Our campaign was able to raise \$5000 thanks to your generosity.

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?

August Veggies	August Fruits
Artichokes, Beets, Broccoli	Apples, Apricots
Cabbage, Carrots, Cauliflower, Corn	Blackberries, Blueberries, Cherries
Cucumber, Fennel, Garlic, Kale	Pears, Plums, Peaches
Potatoes, Radish, Shallots, Spinach, Summer Squash	Nectarines, Strawberries
Tomatoes, Zucchini	



COOK IT UP



Maple Strawberry & Cream Popsicles

Courtesy of Sea-licious

– Makes 10 popsicles –

1 lb strawberries, hulled and halved

5 tbsp maple syrup

1 tbsp lemon juice

1 to 2 tbsp Sea-licious Natural Maple Flavour

1 1/2 cups coconut milk

1 1/2 tsp vanilla extract

-In a medium saucepan stir together strawberries and 3 tablespoons maple syrup over medium heat. Cook, stirring occasionally, until soft and have released some juice, about 5 minutes. Remove from heat and stir in lemon juice. Set aside and allow cool to room temperature.

-Meanwhile, in a bowl or large measuring cup, whisk together coconut milk, remaining 2 tablespoons maple syrup and vanilla extract.

-Once strawberry mixture has cooled, stir in Sea-licious Natural Maple Flavour before mashing mixture with a potato masher or a fork. Mixture should be well combined but still a bit chunky, with small bits of fruit throughout.

-Spoon a tablespoon of strawberry mixture into bottom of popsicle molds. Top with some of the cream mixture and continue layering until molds are evenly filled.

-Freeze for 30 minutes before placing a popsicle stick in center of each mold. Continue freezing popsicles until set, at least 4 hours. Unmold popsicles and enjoy!

ENTER TO WIN

Stay Summer Fresh All Year Long With a Year's Supply of Cleaning Products

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

Two lucky Choices customers 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 \$600.

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, 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.

Homemade Healing Remedies

Give new life to your herbs with these soothing and healing recipes from our Nutritionist, Emily. Read her article on page 9 for more info.

COOK IT UP



Calm Your Belly & Your Mind Tea

- 1 cup Lemonbalm leaves (*Melissa officinalis*)
- 1 cup Peppermint leaves (*Mentha x piperita*)
- 1/2 cup Chamomile** leaves and flowers (*Matricaria chamomilla* or *Matricaria recutita*)

Let the plants dry on a screen in an area with good air flow. Chop or crumble up and mix together in a bowl and store in a paper bag or a tin.

Use 1 tsp of the mix per cup of hot water and enjoy as an after-dinner digestive helper (bonus – it may also help to relax you before bed and is great for kids).

**Chamomile is one of those plants that are easy to confuse if just going by common name, as many of us call everything that looks like a small white daisy “Chamomile”. Use the Latin name to buy the right Chamomile in a garden centre or when ordering seeds.

AUG
23

Want to learn how to make more plant medicines?
Join Emily for a DIY Plant Medicine Workshop at
Choices South Surrey on Thursday, August 23.
Register at choicesmarkets.com/events.



A note on foraging or wildcrafting: NEVER pick any plant unless you are 110% sure it is the correct one. Many plants look similar or have similar common names, and you could inadvertently poison yourself! Also, it is your responsibility to ensure that the plant you are harvesting is not protected or endangered. Over-harvesting of many medicinal plants has led to them being severely endangered in the wild. Check out the United Plant Savers or CITES for info on specific plants (unitedplantsavers.org cites.org)

COOK IT UP



Dandelion Whole Plant Tincture

- Pick/dig up and clean 2-3 beautiful young Dandelion plants (*Taraxacum officinalis*) before or during flowering (not once they have gone to seed)
- Chop up the roots and let everything wilt overnight
- Chop up the leaves and put the leaves and roots into a clean jar
- Fill the jar up with vodka so that the plants are all immersed. Label and put the lid on and leave it out of direct sunlight
- Let the plant soak for up to 6 weeks
- Strain and discard the plant material
- Use 1-3 mls of your Dandelion tincture, diluted in water, daily to support digestion and detoxification



COOK IT UP



Calendula Ointment



- Pick the Calendula flower-heads (*Calendula officinalis*) and let wilt overnight
- Place the Calendula into a heat-proof glass jug and cover with a cold-pressed oil such as almond, apricot, or even olive oil
- Put the jug in a pot of water on the stove and turn the heat on low
- Let the oil warm gently for 2-4 hours. Keep the heat low and don't let the oil boil or simmer
- Allow to cool and strain the oil through muslin or cheese cloth into a clean/sterilized jar
- You can use the oil as is or continue to make an ointment
- To make 100ml of ointment, use 15gm of beeswax with 85ml of the Calendula oil
- Heat gently in the jug over water; just like you did to extract the oil
- Pour into a jar and let cool
- Calendula is a great healing plant for cuts and scrapes, rashes (including diaper rash) and eczema

preferred shopper club specials



**Kettle Brand
Potato Chips**

Select Varieties

2⁹⁹

200g - 220g

Delicious flavours combined with a hearty crunch for the ultimate chip.

Zevia Stevia Sweetened Soda
Assorted Varieties



Get your soda sweetness without the sugar.

.99

355ml | +deposit +eco fee

5⁴⁹

6x355ml



**GT's Raw Organic
Kombucha**

Assorted Varieties

9⁹⁹

1.4L
+deposit +eco fee

If you really love kombucha, make sure to try this larger bottle!

Clif Protein Bars

Assorted Varieties



1⁷⁹

Builder Bar 68g

2¹⁹

Whey Bar 56g

Delicious protein on the go!

**Nature's Path Envirokidz
Organic Crispy Rice Bars**

Assorted Varieties



4⁴⁹

168g

Perfect for a snack on the beach.

**Choices
Glacier Water**

Assorted Varieties

1⁴⁹

1L Sportcap
+deposit +eco fee



Always be sure to have a sealed bottle of water in your emergency kit.

**Coconut Bliss Organic Non
Dairy Frozen Dessert**

Assorted Varieties



7⁴⁹

473ml Pint

This dessert is proof that non-dairy is beyond delicious.

**Sambazon
Frozen Acai Fruit Puree**

Assorted Varieties



8⁹⁹

400g

Perfect for your morning smoothie bowl.

Organic Traditions Lattes
Turmeric or Matcha



15⁹⁹

150g

Try something new this morning with these herbal lattes.

**Nutiva Coconut Spread,
Hazelnut Spread or
Red Palm Oil**

Assorted Varieties



9⁹⁹

Assorted Sizes

Great for pairing with fruit, adding to smoothies or simply spreading on toast.

Nuts to You Nut Butters
Assorted Varieties



4⁴⁹ to

10⁷⁹

250g

Scrumptious whether spread on toast or straight on a spoon.

Olympic Yogurt
Assorted Varieties



The freshest BC milk makes these tasty yogurts.

8⁹⁹ to 9⁹⁹

1.75kg



Plethore de goûts

Plethore de goûts offers artisanal viennoiseries and french pastries made by Faubourg, with premium quality ingredient, exclusively for Choices Vancouver. The product line includes croissant, pain au chocolat, apple turnover, berry turnover, macaron, madeleine and financier.

2⁴⁹ to 2⁹⁹

Available only at the following locations:

16th Ave. Vancouver
Yaletown
South Surrey.

Green Cuisine Frozen Tempeh or Tempeh Burgers

Assorted Varieties



4²⁹

170g - 227g

Look no further for your next meat alternative.

Green Cuisine Frozen Wheat Cutlet



5⁷⁹

227g

These seitan cutlets are great in stirfrys or veggie burgers.

VIP Natural Laundry Detergent

Assorted Varieties



6⁴⁹

2.95L

Specialty cleaning products, made in BC.



Maison Orphee Salad Dressing or Vinegars

Assorted Varieties

4⁴⁹

Dressing 250ml

7⁹⁹

Vinegar 250ml - 500ml

Hand crafted salad dressings and vinegars.

Maison Orphee Organic Mustard

Assorted Varieties



3⁴⁹

250ml

Essential for a delicious sandwich.



Tree Island Cream Top Yogurt

Assorted Varieties

4⁷⁹

500g

Tree Island yogurt is made in the heart of Vancouver Island's Comox Valley. Made using classic techniques, you'll find a rich layer of heavy cream on top of every batch cooked yogurt you open.



Echoclean Natural Dish Liquid

Assorted Varieties

2⁹⁹

740ml

Get the clean with a clear conscious with Echoclean.

FIGHT CANCER WITH FUNGI



Although mushrooms have been highly esteemed by humankind for thousands of years in the realms of gourmet cuisine and Oriental medicine, their medicinal potential has only sparked the interest of the scientific community in the last decade. Researchers have discovered that many mushroom species contain hundreds of bioactive ingredients with miraculous biological properties. Studies show that mushrooms exhibit pharmacologically active ingredients that are anti-oxidant, anti-diabetic, hypocholesterolemic, anti-tumoural, immunomodulatory, anti-allergic, nephroprotective, and anti-bacterial in nature. Their anti-cancer compounds have especially intrigued researchers, as cancer continues to be a global problem with an unwavering rise in incidence.

Hundreds of clinical trials have been conducted to assess the benefits of using mushroom extracts in cancer treatment. Mushroom supplements must be extracted to provide maximum therapeutic benefit, as raw mushrooms have poor bioavailability (the degree to which a nutrient is available for absorption).

Researchers have discovered their potential uses both individually and as adjuncts to conventional cancer treatments. Mushroom extracts complement chemotherapy and radiation therapy by mitigating the side effects of both, including nausea, bone marrow suppression, anemia, and lowered immunity. Studies also show that certain mushrooms work synergistically with chemotherapeutic agents, suggesting that this may be an excellent approach for treating drug-resistant cancers in the future.

Researchers have identified several bioactive cancer-fighting molecules that are present in specific mushrooms, and mushroom extracts have shown to inhibit cancer growth in petri dish and animal studies. In human studies, the intake of mushroom extracts is associated with a reduction in cancer death and lower cancer recurrence.

The most studied anti-cancer compounds in mushrooms are polysaccharides, which possess both anti-tumour and immunomodulating properties. One specific polysaccharide, known as beta-glucan, displays the most broad-spectrum activity and can stimulate the immune system. Another compound, called hispolon, and has been shown to have potent anti-cancer properties and to enhance the effectiveness of chemotherapy.

Ensuring the intake of a variety of mushrooms in the diet is key, but an extract of mixed mushrooms can increase the bioavailability of the bioactive ingredients. If you are preparing fresh mushrooms, be sure to cook them in order to increase bioavailability.

Examples of mushroom products you can find at your local Choices:

- Mushroom extract powder (loose, in capsules or in tablets)
- Mushroom tinctures (water and/or alcohol based)
- Dried chunks / strips of mushrooms (used to make tea or soup)

Given the immense amount of scientific data demonstrating the presence of anti-cancer bioactive compounds and their mechanisms, mushroom extract products are likely to transform the realm of cancer treatments.



Hanna Rakowska is a Registered Holistic Nutritionist and Certified Holistic Cancer Practitioner. Hanna works as a nutrition facilitator at CHANGEpain clinic in Vancouver, where she both developed and teaches a nutrition program for pain management. She maintains her own private practice, Back to Balance Nutrition, which specializes in nutrition for cancer prevention and suppression. Hanna also works with clients with other chronic diseases. For more information, visit www.backtobalancenutrition.com or email Hanna at info@backtobalancenutrition.com.

Everyday Plant Remedies for Herbal Healing

With the right ingredients, a good recipe and a little practice, you can soon have your own herbal first aid kit at home – for a fraction of the cost of buying pre-made products. Luckily, many common plant remedies grow easily in pots on your balcony or backyard, or are weeds which your neighbours will be happy you are taking away.

Please see our note about wild foraging and wildcrafting on page 4.

Turning Plants into Medicine

Once you have your plants, you can dry them to make your own tea, tinctures, or syrups for internal use; or turn them into oils, salves and creams to use topically.

If you are on any medication or have a serious or chronic health condition, then I recommend that you do not self-prescribe plant remedies, but instead see a medical herbalist who can safely recommend specific plants for you and monitor your health.

1

Tea

Making tea is probably the easiest plant medicine to start with – and it is such an effective treatment! When you infuse plants in hot water you pull out their water-soluble constituents, making them super absorbable and easy on your digestive tract.

2

Tinctures

A tincture is another great plant medicine as it preserves the plant by extracting a variety of both water and fat-soluble compounds. While making tinctures can get very precise and scientific, for home use all you need are some clean jars, your plants, and a bottle of the best quality vodka you can afford.

3

Oils & Ointments

Oils, ointments/salves and creams are also good ways to use plant medicines. With topical use you also have less concern about interactions with medications.

Oils, ointments and creams are great for injuries, aches and pains, as well as other first-aid situations.



Want to learn how to make more plant medicines?
Join Emily for a **DIY Plant Medicine Workshop** at Choices South Surrey on **Thursday, August 23**.
Register at choicesmarkets.com/events.

The Power of Edible Mushrooms

Mushrooms belong to their own separate group of life form: the fungi kingdom. This means they are organisms that contain no roots, no leaves, flowers or seeds. Although they lack the pop of colour found in many other plants and vegetables, they do not lack in the nutrition department, providing us with many health benefits.

1

Rich in Vitamins and Minerals

Mushrooms are low in calories, fat and cholesterol, and high in fibre. They also contain a variety of vitamins and minerals such as the B vitamins, copper, potassium, selenium, magnesium, iron and zinc. Being rich in B vitamins is important for turning our food into glucose, which is the fuel needed to give us energy.

Did you know that mushrooms are the only natural vegetarian source of vitamin D? Similar to us humans, they make vitamin D when exposed to the sun's ultraviolet light.

2

Polysaccharide Benefits

Polysaccharides are long chain carbohydrates that provides us with more than just sources of energy. The many polysaccharides found in mushrooms are anti-inflammatory and stimulate the immune system by improving communication between immune cells. In addition they also provide anti-tumor and anti-viral properties, enhances our metabolism, and are also anti-aging due to it being high in antioxidants.

3

Consume a Variety

Different types of mushroom provides various levels of nutrition. Crimini or button mushrooms are most commonly consumed but try incorporating other types. They are super versatile and can provide an additional texture and flavour to your dishes. Add them to your stir fry, soups, stews, wraps, or salads, process them into burger patties, or stuff them to make a great appetizer. The possibilities are endless.



Produce Picks



BC Stone Fruits:

With a fairly short growing season, consuming fresh stone fruits like peaches, apricots, or plums is such a nice summer treat.

These juicy and sweet fruits are high in dietary fibre, in antioxidants like vitamin A and C, and also great sources of calcium and potassium.

Eat them as is or add them to parfaits, pancakes, or salads. They can also be made into jams, frozen and added to smoothies, or used in pies and crumbles.



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.

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 avobenzene, oxybenzone or UV chemical absorbers) and non-nano zinc oxide formulation this sunscreen is a strong sun protector with few health concerns and without the white residue!

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 non-GMO Canadian flaxseeds and processed in the Canadian Prairies, Alligga Flaxseed Cooking Oil is a high quality, natural, gluten-free, Canadian edible oil with no added chemicals, artificial ingredients or preservatives.

With its nutty flavor, flaxseed oil is typically used as a dip, salad dressing, additive or topping



FreeYumm Bars:

All FreeYumm products are made in a dedicated allergen-free bakery close to home in North Vancouver and are entirely free of the top 8+ priority allergens. These safe treats make a great addition to any summer camp lunch box or back-to-school prep.



Chaser's Juice:

Chaser's has grown from an operation based out of Toronto- to then opening their Yaletown, Vancouver location, where they process hundreds of litres of juice a day!

The juice is made from real, natural ingredients and delivered to you that the same day – talk about fresh!

Try our Tasty Top Choice Recipe that highlights Chaser's fresh lemonade.



TASTY TOP CHOICES RECIPE

Hibiscus Chia Fresca

- 1 litre water, boiled
- 4 hibiscus tea bags
- 1.5 litres Chaser's Juice lemonade
- 8 tbsp chia seeds

Brew the hibiscus tea in 1 L of water for 5 minutes, let cool and add in ice to make 1 L of tea.

In a large pitcher, add the chilled hibiscus tea and add in the chia seeds. Stir well with a whisk every 5 minutes so that the chia does not stick to the bottom of the pitcher. Let sit for 10-20 minutes in the fridge.

Serve cold.

wellness centre monthly specials

AOR Ortho Adapt and Vegan



34⁹⁹

90 caps

42⁹⁹

120 caps

Mobilizes internal energy stores and activates whole-body defenses.

AOR Ortho Bone



57⁹⁹

300 caps

Improves bone growth and bone density while reducing bone loss.

AOR Magnesium Supplements



15% Off

Regular Retail

Assorted Sizes

Supports muscle function, bone health and heart health.

Dr. Bronner's Toothpaste



6⁴⁹

140g

Vegan, fluoride-free, non-GMO certified, NSF certified, and contains no synthetic foaming detergents or synthetic flavors.

Salus Floradix & Floravit



24⁹⁹

250ml

42⁹⁹

500ml

54⁹⁹

700ml

Helps to prevent iron deficiency and to maintain good health.

Flora CircuVein



21⁹⁹

60 caps

Clinically proven to reduce the visible signs of varicose veins. Supports veins by reducing inflammation

Herban Deodorant



7⁹⁹

80g

No animal ingredients, phthalates, aluminum or parabens. Non-greasy, goes on clear & dries quickly.



Flora Omega Sport+ Oil

18⁹⁹

250ml

32⁹⁹

500ml

Want to step it up? Omega Sport+™ contains Medium-chain triglycerides (MCTs) that can enhance energy and metabolism. They're a form of cholesterol-free saturated fat the body can easily burn and use as fuel. MCTs are rapidly absorbed and readily metabolized, so the body can use them as energy instead of storing them as fat.



Herbatint Permanent Hair Colour

16⁹⁹

Kit

Herbatint is the permanent ammonia-free colouring, containing 8 organic herbal extracts.



NewCo Natural Technologies

20% Off

Regular Retail Assorted Sizes

Safe, high-quality, and eco-friendly natural skin care, body care, supplements and food products. All of our natural products are made with the finest ingredients from around the world and are extracted with care and precision.

Whole Earth & Sea Organic Vegan Greens Protein Bars



The whole-food answer to healthy on-the-go nutrition.

41⁹⁹ 12pk
2/7⁰⁰ bar

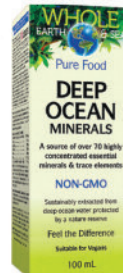
Whole Earth & Sea Multivitamins



32⁹⁹ 60 tabs
61⁹⁹ 120 tabs

The 100% organic, non-GMO, nutrient-rich plants grown on Natural Factors farms are harvested at their peak and immediately raw processed.

Whole Earth & Sea Deep Ocean Minerals



22⁹⁹ 100ml

A source of over 70 highly concentrated essential minerals and trace elements.

Purica Recovery Extra Strength



15% Off
Regular Retail

Assorted Sizes

Beyond pain relief, helps to heal the body.

Purica Magnesium



18⁹⁹ 150g
33⁹⁹ 300g

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

Andalou Brightening and Quenching Face Care



Our signature innovation in every product, a super antioxidant defense system, multilayered and synergistic for the ultimate protection.

20% Off
Regular Retail Assorted Sizes

withUs True Marine Collagen

44⁹⁹ 20pk
71⁹⁹ 250g



withinUs TruMarine™ Collagen is an Ultra-Pure, premium select grade collagen peptide that is non-GMO Project Verified & Health Canada Approved. It offers a high concentration of amino acids clinically proven to improve joint health, hair & nail growth and glowing skin.

All Good Sunscreen



15⁹⁹ 89ml
21⁹⁹ 177ml

80 minute water resistant and bio-degradable coral reef friendly!

Oneka Organic Natural Hair Care

11⁹⁹ 500ml

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



Lily Aloe Gelly



54⁹⁹ 114g

11⁹⁹ 348g

Instantly cools the skin while hydrating at least 3 epidermal layers.

wellness centre monthly specials



Lorna Vanderhague PROTEINsmart Women's Whey with CLA

Chocolate or Vanilla

63⁹⁹

908g

Our body requires protein to rebuild, repair and regenerate the body's tissues. Of the 20 amino acids required to support protein production, 12 are made by the liver and the remaining eight must be obtained from our food and that's why they are called essential amino acids. The richest source of these amino acids is whey protein.

Natural Factors Plant & Fruit Concentrates



15% Off
Regular Retail

Assorted Sizes

Curcumin, from the spice turmeric, has powerful anti-inflammatory, antioxidant, and antimicrobial properties.

Natural Factors Joint Inflammation



15% Off
Regular Retail

Assorted Sizes

Relieves joint pain naturally by helping the body form healthy connective tissue in joints and muscles.

Ecoideas Moringa Powder



8⁹⁹

113 g

15⁹⁹

227 g

A Natural energy booster! Moringa is one of the most nutrient rich plants on earth.



Amazing Grass Greens and Protein Superfood

20% Off
Regular Retail

Assorted Sizes

Amazing Grass greens are USDA organic, Non GMO, kosher pareve, vegan and gluten free. Containing a plethora of vitamins, minerals, plant based protein and phyto-chemicals, leafy greens assist the body in maintaining healthy organ function, detoxification and immunity.

New Roots Vitamin E8



16⁹⁹

60 cap

31⁹⁹

120 cap

Helps maintain cardiovascular health, skin health, and a youthful appearance.



Sproos Enhanced Collagen Supplements

20% Off
Regular Retail

Assorted Sizes

Collagen is the protein that holds us together – it's essential for a healthy gut, glowing skin and strong joints, but as we age, our bodies produce less of it. Adding hydrolyzed collagen peptides to our diet is an easy, natural way to help fight against and repair the damage done to our bodies over time and protect against it in the years to come.

Natures Way Probiotics



29⁹⁹

30caps

Shelf stable probiotics with clinically studied strains.

the Dish

On Nectarines

The domestication of nectarines first started thousands of years ago in continental China, where over time they spread west through Persia, and to the Mediterranean. If you think nectarines and peaches are similar, you're not wrong! Nectarines and their arguably



more popular cousin are nearly identical from a genetics standpoint. You can even have nectarines growing on a peach tree. Despite this, they're more different than you think. Other than the lack of fuzz, nectarines have a far deeper colour, more tart flesh, and higher sugar content than peaches.

Of course, a fresh, local, in season nectarine is best enjoyed by biting right in to the plump, juicy flesh. You already knew that though! Now that we've enjoyed some nectarines au naturel, how can we expand their consumption and explore their versatility?



Nothing says summer like a salad with some fresh local fruit, and slices of nectarines can really bring some bright flavour. Nectarines are also great on top of a yogurt parfait or as a topping for pancakes,

crepes or waffles. Add a little whipped cream and you're starting your morning with an amazing treat. Nectarines can truly be baked with endless ingredients and different recipes. For a dessert, nectarine pies and crumbles are scrumptious. For something a little more unique, try the Piedmont approach. Halve a nectarine, then mix some crushed amaretto cookies, sugar, cocoa and eggs and spoon it on top. Bake it in the oven and enjoy warm or cold. Of course, for a cooling desert a nectarine gelato or sorbet sounds like just the treat.



As versatile as nectarines are for a dessert, they're also delicious to include in your entrees. Grill them up as a side dish to your favourite protein. Add them in to a spicy salsa for a delicious topping. Nectarine salsa on a fish or shrimp taco sounds like a favourite in the making. Stir fry some nectarine with pork or chicken for an Asian inspired taste that contrasts sweet and tart. Nectarine in mixed drinks is also a no brainer, with or without alcohol. Why not start with nectarines for your red wine sangria?

Nectarine jams, jellies, compotes and coulis are great ways to enjoy ripe nectarine flavour well into the fall and winter. If you have some option paralysis, why not do some canning and spread the wealth to your friends and family?

So there you have it! Nectarines may not get the spotlight from their peachy cousin often, but maybe it's time for them to star in a leading role in your kitchen.



Chef Antonio makes fresh and inspired recipes for our deli every day. If you'd like to learn some of his kitchen wisdom first hand in a fun environment, stay tuned for upcoming events we'll be hosting in the fall.



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

Donate to the Canadian Heart & Stroke Foundation August 9 to 22



Did you know that heart disease and Stroke is the number one cause of premature death in women in Canada? Help promote the Heart & Stroke Foundation's efforts with a \$1 donation with your grocery purchase. We'll also be holding charity BBQ's to help raise funds and awareness.

Together, we can do more to prevent heart disease and stroke.