



CHOICES'

Monthly Newsletter | September 2019

Magnificent Mushrooms

Recipe: Plant-Based Mushroom Gravy

Back to School **Nutrition**

The Dish on Lobster Mushrooms

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



the grape vine



What's in Season in September?



September Veggies	September Fruits
Artichokes, Beans, Beets	Apples, Blueberries, Cranberries
Brussels Sprouts, Corn, Celery	Grapes, Melons
Cucumbers, Fennel, Kale, Leeks	Plums, Pears
Pumpkins, Peppers, Tomatoes	

Store Anniversaries

Choices South Surrey is our biggest store, and will be turning 14 this year. We'd like to thank our customers for supporting us and letting this store become the successful story it is today.

On September 14th, our Kelowna store will be turning 12! We'd like to thank all of our loyal customers for shopping at our first ever location outside of the Metro Vancouver area. Without you, our store wouldn't have become the flourishing centre of the community it is today.

Our youngest store, Choices North Vancouver, will be turning 3 on September 21st! Our store on the beautiful north shore is a star, and an active member of the community.

It wouldn't be an anniversary without a party! Stay tuned to our social media and website for more info on how we'll be celebrating at each of these locations.

COOK IT UP



Oktoberfest German Schnitzel with Red Cabbage

Courtesy of Hengstenberg

**4 Pork Cutlets or Boneless Skinless
Chicken Breast**

1 cup flour

2 eggs – well beaten

1 cup of unseasoned bread crumbs

3 Tbsp vegetable oil for frying

3 Tbsp Butter

Salt and pepper to taste

1 pouch Hengstenberg 3 min Red Cabbage

Pound cutlets flat with a meat mallet until about 1/4 inch.
Salt and pepper cutlets to taste.

Place three shallow bowls on the counter. In the first, put flour with salt and pepper to taste. In the second, put 2 eggs beaten well. In the third, place bread crumbs. Coat schnitzel first in flour; then egg and then bread crumbs.

Heat oil and butter in a skillet on medium heat. Fry cutlets until golden brown about 3 min per side.

At the same time, heat the 3 min Red Cabbage.

Serve with your favourite Spaetzle recipe, a Knax Crunchy Pickle and some Hot Hengstenberg Mustard.



FARMER FOCUS

West Coast Wild Foods



Known as a forager's paradise, British Columbia is home to dozens of unique species of edible wild foods. West Coast Wild Foods was born out of a passion for exploring the wilderness of this beautiful province, learning about and harvesting the many types of wild foods that the old-growth forests have to offer.

We source our wild mushrooms directly from local foragers in dozens of locations across BC, working with people that know the area and forage for these foods each season. A typical day for a harvester will often see them hiking many kilometers into the backcountry, spending their day exploring and foraging for wild mushrooms, then packing them back out to our field buyers who provide positive identification and quality assurance upon purchase. This truly is an adventure for anyone who takes part in the harvest, as well as for anyone with the opportunity to cook with and taste these incredible ingredients.

September is the beginning of the best season to get out there and forage, and this Fall we've partnered with Choices Markets to bring these local foods from the forests of BC to stores around the Lower Mainland, with 8 different varieties of local wild mushrooms on rotation from September through November.

Our fresh wild mushrooms are all available in backyard compostable packaging, and we've partnered with the Recycle BC Stewardship program to take responsibility for the parts of our packaging that need to be recycled rather than composted. More details on this program, including harvester bios, day-in-the-life snapshots and wild mushroom recipes can be found on our website, westcoastwildfoods.com.

Upcoming Events



Wednesday, September 4
11:30 am – 1 pm

Low Carb/Keto/ Intermittent Fasting Support Group

with D'Arcy Furness

South Surrey

Receive monthly support as you implement this way of eating.

Free to attend, register online.

Wednesday, September 11
7 pm – 8 pm

The Science of Breath

with Dr. Joshua Kortzen

Kelowna

Discover the scientific importance of optimal breathing on your stress filled, slumped over, oxygen-poor smoky Okanagan Summer!

Free to attend, register online.

Wednesday, September 18
7 – 8 pm

Eating for Vision Wellness

with Dr. Daniel Walker

Kelowna

Learn about harnessing the power of diet and lifestyle in the prevention of five of the most serious and prevalent eye conditions that lead to vision loss

Free to attend, register online.

Tuesday, September 24
6:30 – 8 pm

Heal your Gut & Reduce Inflammation Recipe Demonstration

with Liesel St.Arnaud, Nutritionist at Narrative Health

Kitsilano

Liesel specializes in teaching clients living with chronic conditions how to maximize their health through nutrition, lifestyle and mindset.

Free to attend, register online.

Thursday, September 26
7 – 8:30 pm

Pain and Gentle Movement

with Dr. Jag Sandhu

South Surrey

Join us in learning how to use gentle movement and relaxation to treat chronic pain. Dr. Sandhu will provide education and exercises to improve your quality of life.

Free to attend, register online.

Wednesday, October 2
2 – 5 pm

Stress Relief with Bach Flower Remedies

with Heike Walker, BFRP

South Surrey

The Bach Flower Remedies is a natural system of healing that helps to gently restore emotional balance. Drop-in to learn how it can help you.

Free to attend, drop-in event.

REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604.952.2266 or email eventregistration@choicesmarkets.com.

Please note: these seminars and events are for information purposes only. For any health-related seminars or events, no diagnosis or specific treatments will be prescribed.

Thursday, September 12
6:30 – 8 pm

PMS: A Naturopathic Perspective

with Jayelle Haavaldsen and Emma Sheehan

Crest

Jayelle Haavaldsen and Emma Sheehan are 4th year naturopathic medical students at the Boucher Institute of Naturopathic Medicine discussing women's health, at their talk "PMS: A naturopathic perspective".

Free to attend, register online.

Tuesday, September 17
6:30 – 8 pm

Brain Health and Vital Longevity

with Dr. Heidi Lescanec

Kitsilano

Current scientific research on the brain and wisdom from traditional cultures tell us that our lifestyle and diet choices can positively impact our quality of life even as we get older.

Free to attend, register online.

Wednesday, September 25
7 – 8 pm

How Mindfulness Reduces Chronic Stress

with Dr. Iwona Sienko

Kelowna

StressSmart workshop introduces participants to the impact chronic stress has on our lives and how to tap into the power of the mind with scientifically proven techniques to relieve stress and build resiliency.

Free to attend, register online.

Thursday, October 3
7 – 8:30 pm

Invasion of the Body Snatchers: SIBO and Your Digestive Health

with Dr. Navnirat Nibber

South Surrey

We will explore what SIBO means, how it impacts your health and what you can do about it

Free to attend, register online.

Healthy Eating For Parkinson's

A Three Part Series with IMPACT Parkinson's Founder Robyn Murrell, Dr. Caroline Coombs, BScH, ND and Wendy Wells, Dietitian, BSc, MSc, RHN

Part 1 - Learning About the Parkinson's Diet
Saturday September 28th | 10am - Noon
Impact Parkinson's New Westminster

Part 2 - Shop With a Nutritionist
Various dates and times throughout October
Choices Burnaby Crest

Part 3 - Creating Simple Healthy Dishes
Thursday November 21 | 6-8 PM
Amaranthus Restaurant, New Westminster

Cost: \$115 (for parts 1 and 3, part 2 free to attend.)

To register email info@impactparkinsons.com



SEPTEMBER 1-15 ONLY

club specials

NEW!
Lower Prices

Earth's Choice Organic Rainforest Alliance Certified Coffee



Assorted Varieties

New Look!

8⁹⁹

400g

Certified organic,
satisfying and flavourful coffee.

Dream Alternative Beverages



Select Varieties

2⁴⁹

946ml

No matter what dairy-
alternative you love,
Dream beverages are
always delicious.

Nature's Path Organic Cereal

Assorted Varieties



**3⁹⁹ to
4⁹⁹**

284g- 400g

Wholesome grains, nuts
and fruits lead to these
healthy cereals.

Wedderspoon Manuka Honey

K Factor 12

22⁹⁹

250g

34⁹⁹

500g



K Factor 16

24⁹⁹

250g

39⁹⁹

500g

The finest Manuka honey comes from
New Zealand.

Liberte Greek Yogurt

Assorted Varieties



2⁹⁹

2 & 4 Pack Multipacks

These smooth and creamy yogurts now have a
crunchy topper, perfect for breakfast-on-the-go.

Coconut Bliss Frozen Dessert Bars and Sandwiches

Assorted Varieties



4⁹⁹

Assorted Sizes

Rich coconut milk
make these frozen
treats a delight.

Little Northern Bakehouse Sprouted Bread



Honey Oats or
7 Grains 482g

4⁹⁹

Fluffy and chewy gluten-
free loaves made with
healthy sprouted grains.

Mary's Gluten Free Organic Crackers

Assorted Varieties



5⁴⁹

155g - 184g

Enjoy these gluten-
free crackers for
an earthy flavoured
crunch.

Alter Eco Fair Trade Chocolate Bars



Assorted Varieties

2⁹⁹

80g

Indulgent chocolate bars
made from sustainability
focused cocoa.

Annie's Homegrown Classic Pasta & Cheese Side Dishes



Select Varieties

1⁹⁹

149-170g

Every bunny loves the
cheesy goodness of
Annie's!

Simply Natural Organic Dressing, Salsa, and Pasta Sauce



Assorted Varieties

**4⁴⁹ to
5⁷⁹**

454g

Delicious sauces and more.

Gold Rush Frozen Organic Potato Products

Assorted Varieties



**3⁹⁹ to
4⁴⁹**

454 g

Gold Rush brings good
old fashioned natural
ingredients to your
table.

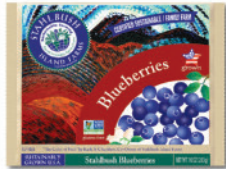
SEPTEMBER 16-30 ONLY

club specials

NEW!
Lower Prices

Stahlbush Island Sustainable Frozen Fruit

Assorted Varieties



4⁹⁹
227g - 300g

Picked at the peak of freshness and fast frozen for your baking and smoothies.

Earths' Own Almond, Coconut, & Cashew Beverages

Assorted Varieties



3⁷⁹
1.89L

Smooth and creamy, cashew milk is a great beverage alternative.

MaraNatha Nut Butters

Assorted Varieties



6⁹⁹

Peanut Butter, 500g

9⁹⁹

Almond Butter, 340g/368g

With these artisanal small-batch roasted nut butters, toast is just the beginning.

Ritter Sport Premium Chocolate Bars

Assorted Varieties



2⁴⁹ to 2⁹⁹
100g

Snap off a piece for a snack, or to share with a friend.

GT's Organic Raw Kombucha

Assorted Varieties



2⁹⁹

480ML
+deposit +eco fee

The original kombucha brand that took age old recipes and started a craze.

Kettle Brand Organic Potato Chips

Assorted Varieties



2⁴⁹

142g

With dozens of flavours, everyone can find a crunch to love.

Lundberg Organic Thin Stackers

Assorted Varieties



2⁹⁹ to 6⁹⁹
Thin Stackers, 167g
Sprouted Rice, 454g
Quinoa, 454g

Perfect for loading up with toppings.

Bubbie's Pickles and Sauerkraut

Assorted Varieties



7⁹⁹

Assorted sizes

Probiotic pickles for your sandwiches, burgers and charcuterie trays

Anita's Mill Organic Flour

Assorted Varieties



4⁹⁹ to 8⁹⁹

1 Kg - 2Kg

Anita's flours make it easy to bake healthier and happier.

San Zenone Gluten Free Pasta

Assorted Varieties



2⁴⁹ to 2⁷⁹
Rice or Corn Quinoa 340g

Go gluten-free this spaghetti night with these delicious pastas.

Naam Vegetarian Gravy & Sauces

Assorted Varieties



4⁹⁹

350ml - 355ml

The sauces you love from the venerable Kitsilano eatery.

Nutiva Organic Virgin Coconut Oil

Assorted Varieties



8⁹⁹

444ml

14⁹⁹

860ml

24⁹⁹

1.6L

Use coconut oil for baking, frying and everyday kitchen use.

Brain-Boosting

Nutrition for Back to School Fuel



By Heidi Lescanec, ND

What foods supply kids' brains with the optimal fuel?

The most important building blocks for nourishing a child's brain and nervous system are proteins and fats. More specifically, these are the amino acids found in healthy protein sources, the good fats (essential fatty acids, monounsaturated and medium chain triglycerides) like those found in nuts, seeds and cold-water fish, avocados, and coconut oil). Our brain function is also optimized with anti-oxidant rich fruits and vegetables like berries and beets.

So, class, let's review these nutritional building blocks.

Protein – Neurotransmitter Power

Most of us are aware that an adequate intake of protein is essential for proper childhood growth and physiological development. What you may not know is that the amino acids in proteins are

the building blocks of enzymes, antibody and immune compounds as well as our neurotransmitters.

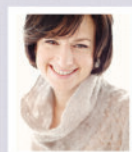
Neurotransmitters are chemicals like serotonin, melatonin, dopamine, epinephrine which affect energy levels, mood, sleep and appetite, focus, concentration and memory. A continual delivery of these amino acids through the day is critical for smooth and steady brain and nervous system function. Sadly, the majority of typical kids meals and snacks primarily deliver simple carbohydrates and sugar that cause abrupt mental and emotional spikes and drops.

Many of us have likely had visceral experiences with the food-mood connection ourselves when we have run on empty or carbohydrate fumes; low blood sugar often results in irritability, fatigue, feeling shaky, sweaty, and having brain fog. For this reason, it is important to provide children with protein and good fats for optimum concentration and focus, at every meal.

Fats – Slow-burning Fuel

The essential fatty acids like the anti-inflammatory omega-3's promote healthy nervous system and brain function. Recent studies show that kids with behaviour problems have low blood levels of omega-3 fatty acids. Good dietary sources of omega-3's include: nuts and seeds (like walnuts, chia seeds, flax (uncooked/un-heated), cold water fatty fish (like wild salmon, cod, halibut, herring and mackerel).

Additionally, because fats take the longest to digest (compared to quick-burning carbohydrates, and medium burn proteins) their slow burn means they lead to longer satiation; nature's way of attaining the even amount of energy distribution key for brain health. Good fats will also help kids feel full and energized and for longer periods in between meals!



Dr. Heidi Lescanec is a naturopathic doctor and nutrition counselor who operates out of Vancouver. To book an appointment with her, visit www.heidilescanec.com

Prostate cancer: risk types and risk reduction

By Dr. Jessica Moore, ND of Sage Clinic

Q
A

I've heard prostate cancer can be high or low risk. What foods or habits could reduce risk?

Approximately 1/7 Canadian men are diagnosed with prostate cancer (PCa) in their lifetime. In low-risk PCa, treatment may not be needed right away or, in some cases, at all. If a man develops an intermediate or high-risk PCa, it could spread to other tissues, impact quality of life or become fatal. High-risk prostate cancer requires treatment and an oncologist may consider surgery, radiation or other therapies.

There are a number of PCa-related risk factors that are not modifiable like age, race, and family history. However, there are also evidence-supported diet and lifestyle factors that may impact risk. Dietarily there is some research to suggest potential risk reduction by limiting refined grains, sugars, processed meat, meat cooked at high temperatures, saturated animal fats, eggs, and dairy, while emphasizing a wide variety of plant-based foods and fish.

One study in men with PCa found a nearly 50 percent lower chance of "high-risk" PCa (vs low-risk) in those who ate cauliflower or broccoli at least once per week, compared to men who ate them less frequently. Other studies suggest dietary

intake of curcumin, flaxseed, soy, pomegranate, tomatoes or green tea could also assist in reducing inflammation or cancer formation in the prostate.

In addition to a healthy diet, other actionable healthy living goals should include avoidance of cigarette smoke, maintaining a healthy body composition, regular and safe exercise, adequate vitamin D levels, managing stress and sleeping well. If you are overwhelmed with where to start, choose one goal and then build additional goals into your long-term routine as you feel comfortable. Talk with your medical care professional for guidance and before making any diet or life-style changes.



Dr. Jessica Moore is one of Canada's only hospital and residency-trained naturopathic physicians. Her practice is highly focused in integrative cancer care support. She is currently seeing patients out of two locations: Sage Clinic www.sageclinic.com and Tandem Clinic www.tandemclinic.com.

Healthy Choices for a Plant-Powered Lunch

By Pauline Wong, RHN

Make your classmates or coworkers jealous this back to school season by taking your lunches to a new level by using whole plant-based foods! Your kids will love their healthy lunches, too, while receiving abundant nutrients to fuel their growing brain and bodies.

1

Buddha bowls

These are versatile, nutrient-dense, colourful and flavourful! Start by adding a healthy base, such as brown rice or a lower carbohydrate alternative like cauliflower rice. Then add your favourite veggies, such as fresh raw greens, baked sweet potatoes or steamed Romanesco broccoli. Next, add your choice of protein, such as tofu, tempeh, or black beans. Top it all off with superfoods by sprinkling on some hemp, chia or pumpkin seeds. Lastly, add your favourite dressing, such as a garlic tahini dressing or miso gravy.

2

Collard wraps

Collards are basically a mix between cabbage and lettuce with large leaves that allow for stuffing and rolling into wraps. High in vitamins and minerals including calcium, they make for a nutritious alternative to traditional wheat or corn tortillas. Fill them with quinoa, raw or cooked veggies (such as shredded beetroot and zucchini), your choice of protein (such as tofu or beans), and spread on a delicious sauce (such as hummus, salsa, or guacamole).

3

Buckwheat noodle salad

Not feeling like your typical leafy green salad? Try this satisfying and simple dish. Simply cook buckwheat or soba noodles according to the package, let cool, and stir in your choice of ingredients and toppings. Make it Asian-inspired by adding bean sprouts, daikon, carrots, lotus root, sesame seeds and drizzling with a ginger sesame dressing.

While you're packing a healthy lunch, up your snack game as well! There are so many healthy snack options available nowadays. However, don't be fooled by the packaging- make sure to read your labels! This is particularly important for snacks that are school safe. Try Made Good or FreeYumm, which are both Canadian brands, top allergen free, and delightful for all ages!



Grocery Gossip



Sea Tangle Kelp Noodles:

These guilt-free noodles are fat-free, gluten-free, and low in carbohydrates and calories. Surprisingly, they're made from only three ingredients- kelp, sodium alginate, and water. Their neutral flavour allows them to be enjoyed in a variety of dishes, such as soups, stir-fry's, salads, and bowls. Kelp noodles are also a healthy alternative to traditional pasta, being a rich source of minerals, such as iodine. To prepare, simply rinse the noodles and add them to your dish. With available varieties such as Green Tea, Mixed Sea Vegetable, Regular, and Konaberry, there is an option for every palate!

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.



Naked Coconut Sauces:

Dress your dishes to impress with Naked Coconut sauces! These flavour-packed seasoning sauces are not only the ultimate crowd pleaser but are also one of the healthiest sauce options on the market. Naked Coconut products are raw (made from fermented coconut sap), soy-free, non-GMO, and gluten-free. Additionally, products contain 65% less sodium than traditional sauces and do not have a coconut taste. Varieties include Naked Coconut Organic Seasoning Sauce, Naked Coconut Sesame Ginger Teriyaki Sauce, and Naked Coconut Chili-Garlic Teriyaki Sauce. Use them to boost the flavour of your favourite dishes and hear your taste buds roar!



Wise Bites:

Wise Bites products live up to their name for numerous reasons! Not only a delectable treat, they're also as local as they come, being made in Richmond, BC. These treats are certified gluten-free, vegan, non-GMO, and kosher. They are also powered up with protein, fibre, and iron, while being low in refined sugar (sweetened with dates), fat, and sodium. Additionally, they are nut-free, making them an excellent snack to take to school. Choose from various delicious options, such as Oat & Quinoa Chocolate Chip Cookie Bars, Oat & Quinoa Fudge Cookie Bars, Oat & Quinoa Maple Seed Cookie Bars, and Oat & Quinoa Fruit & Seed Cookie Bars.

Choice Produce Picks



Mushrooms:

While often thought of as plants, mushrooms actually aren't plants at all and belong to a separate biological classification known as the fungi kingdom. Shockingly, humans are more closely related to fungi than to any other kingdom on a genetic level. It's no wonder they're so healthy for us to consume! Besides being a rich source of vitamins, such as B and D, mushrooms are packed with protein, fibre and antioxidants. Studies also show their incredible health benefits, including boosting immune function, reducing inflammation, and triggering a dramatic increase in antibody production. In fact, research shows that over 200 health conditions may benefit from mushroom consumption. Enjoy them in a variety of dishes, such as soups, stews, stir-fry's, or use them as meat substitutes in burgers or tacos.



TASTY TOP CHOICES RECIPE

Easy Plant-Based Mushroom Gravy

- | | |
|---|-----------------------------------|
| 16 ounces Cremini mushrooms | 1/4 cup whole wheat flour |
| 1/2 onion, minced | 2 Tbsp nutritional yeast |
| 4 garlic cloves, minced | 4 cups low sodium vegetable broth |
| 2 Tbsp avocado oil (or sub low-sodium veggie broth or grass-fed butter) | 1/2 tsp thyme |
| 3 Tbsp low-sodium soy sauce or coconut aminos | |

On medium heat, sauté onion and garlic in the avocado oil until onions are translucent

Add the mushrooms and soy sauce and sauté until the liquid has evaporated (approximately 15 minutes)

Add the flour, nutritional yeast, and thyme and stir well

One cup at a time, add vegetable broth and mix well until there are no flour lumps and the sauce has thickened (approximately 5 minutes)

Add salt and pepper to taste

Serve over rice, mashed potatoes, biscuits, or pasta

Gluten-Free Goodness



Choices Gluten-Free Bread:

Following a gluten-free diet doesn't mean that one of life's simple pleasures has to be compromised. Choices gluten-free bread is an excellent option for those who avoid gluten but also want to enjoy a satisfying slice of bread. It is also a great option for children who are transitioning from eating white bread to gluten-free bread, as it is very similar in taste and texture. It holds together well when used for sandwiches in comparison to many gluten-free breads on the market, making it an ideal choice for school lunches. Additionally, it is a source of fibre and is available in both white and whole wheat varieties. Enjoy it toasted and untoasted. Best of all, it's made in BC!

SEPTEMBER 1-15 ONLY

wellness centre

NEW!
Lower Prices



withinUs
TruMarine
Collagen

42⁹⁹ 20pack
64⁹⁹ 250 grams

Minimize fine lines
and deep wrinkles and
repair sun damage.

withinUs ReHydrate



21⁴⁹
144 grams

Replenish essential electrolytes and
maximize hydration.

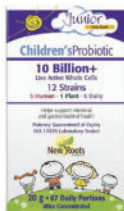
withinUs Coconut Creamer



39⁹⁹
274 grams

The perfect
combination of
ingredients provides
healthy fats and MCTs
for sustained energy.

New Roots Children's Vitamins and Supplements



Children's Probiotic

18⁹⁹ 120 softgels **23⁹⁹** 20 grams

Children's Vitamin D3

9⁹⁹ 30 mL

Children's Probiotic – 67 daily servings of 10 billion CFU, containing specific children's probiotics from 12 different strains. Children's Omega-3 - Clinically proven ratio of EPA : DHA to help children maintain mental focus, concentration, and mood. Children's Vitamin D3 – Critical for childhood development, immune system performance, and mood.

Living Alchemy Alive Series



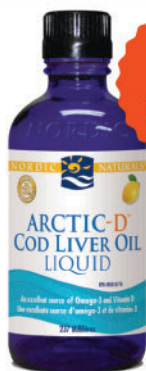
Maca Alive

29⁹⁹ 60 caps

Rhodiola Alive, Turmeric
Alive, Holy Basil Alive

31⁹⁹ 60 caps

Kefir-kombucha fermented and activated
whole herbs with complete and full spectrum
of nutrients.



**More
Savings
instore!**

Nordic Naturals Cod Liver Oil

23⁹⁹ 90caps **29⁹⁹** 237 mL Orange or Lemon+D **53⁹⁹** 473 mL

Nordic Naturals Arctic Cod Liver Oil™ (CLO) is made from 100% wild Arctic cod. No fish body oils or synthetic vitamins or additives are ever used. All Nordic Naturals formulas are produced in true triglyceride form to ensure optimal absorption and results.

Bullet Proof Products

Includes Whey Protein, Collagen,
Brain Octane, XCT, Coffee and More



20% Off

Assorted Sizes

Boost metabolism, reduce
fat storage, and maintain
healthy cholesterol levels.

Salus Kindervital Children's Multivitamin



23⁹⁹
250mL

39⁹⁹
500mL

Kinderlove/Kindervital is a delicious fruity
tonic children love.

Nature's Way Probiotics

Assorted Varieties



20% Off Assorted Sizes
Helps support intestinal/gastrointestinal health.

Dr.Gifford Medi-C + Lysine

Assorted Varieties



21⁹⁹
300 grams

39⁹⁹
600 grams

Helps support/maintain cardiovascular health
and helps reduce the recurrence of cold sores.

SEPTEMBER 16-30 ONLY

wellness centre

NEW!
Lower Prices

New Roots Probiotics

Assorted Varieties



20% Off

Assorted Sizes

New Roots offers advanced probiotic products for a wide variety of needs. All include a natural enteric coating for 100% delivery past stomach acids, resulting in higher intestinal colonization.

Mineral Fusion Hair Care and Mineral Cosmetics

Assorted Varieties



25% Off

Assorted Sizes

Nourishing, high-performance cosmetics that are clean and cruelty free.



MegaFood Vitamins and Supplements

Assorted Varieties

20% Off

Assorted Sizes

MegaFood goes out of their way to source fresh and local foods, crafting these into wholesome supplements that deliver authentic nourishment — far more than vitamins and minerals alone.

Manitoba Hemp Harvest Hemp Seeds, Hemp Protein and Hemp Oil

Assorted Varieties



20% Off

Assorted Sizes

These versatile seeds will add nutrition and a rich nutty taste to any meal!

Alba Botanica Hair Care and Facial Care



Assorted Varieties

Hair Care

749

355ml

Facial Care

20% Off

Assorted Sizes

Our face-friendly formulas promise pore-perfection. Yup, we woke up like this.

Nature Clean Hand Soap

Assorted Varieties



599

500 mL

899

1L

Nature Clean products are made with 96%-100% naturally derived ingredients.

Natural Factors Big Friends Children's Vitamins and Supplements

Assorted Varieties



20% Off

Assorted Sizes

You'll appreciate that these supplements contain no artificial colours, flavours, preservatives, or aspartame.

SISU Bone & Joint Supplements



Assorted Varieties

25% Off

Assorted Sizes

Reduces joint pain in as little as 7 days, one capsule, once daily.

Natural Factors Immune Support Supplements



Assorted Varieties

20% Off

Assorted Sizes

Natural Factors ECHINAMIDE Anti-Viral Potent Fresh Herbal Tincture harnesses the power of nature to help you fight viruses.

Basd Body Care



1399

Bodywash 450mL

1699

Coffee Scrub 180grams

2099

Lotion 450mL

Natural ingredients like organic aloe and organic green tea will leave you feeling soft, smooth and sexy.

wellness centre month long specials

Vega Sport Protein and Sports Nutrition Supplements

Assorted Varieties



20% Off

Assorted Sizes

Sport Protein



39⁹⁹

801-837 Grams

Level up your protein for next-level performance. Made from real, whole food, non-GMO ingredients, Vega One is like a serving of "I've totally got this" in a glass. With everything you need, Vega One helps you repair strong muscles and reduce recovery time

Innovite Vitamins and Supplements

Assorted Varieties



20% Off

Assorted Sizes

Reduces the risk for cardiovascular disease.

NutraSea Omega-3 Fish Oils

Assorted Varieties



20% Off

Assorted Sizes

Beneficial for brain function, cardiovascular health, healthy bones and teeth.

NutraVege Omega 3



28⁹⁹

200mL

39⁹⁹

Extra Strength, 200mL

54⁴⁹

500mL

Vegetarian Omega-3 Supplement. It's the EPA/DHA that matter.

Lorna Vanderhaeghe Vitamins and Supplements

Assorted Varieties



20% Off

Assorted Sizes

Lorna's product line provides women with innovative natural health products specifically designed for their needs.

Natural Factors Vitamin A, Vitamin D and Vitamin K Supplements



20% Off

Assorted Sizes

Natural Factors K & D provides two major fat-soluble vitamins for bone and vascular health.

Natural Factors CurcuminRich Theracurmin



19⁹⁹

60caps

34⁹⁹

120 caps

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

Sproos Collagen

Assorted Varieties



Collagen Powders

20% Off

Assorted Sizes

Collagen Bars

2/6⁰⁰ bars **35⁹⁹** box of 12 bars

Our lifestyle-focused supplements and functional beverages are easy for busy individuals.

Organyc Feminine Hygiene Products

Assorted Varieties



20% Off

Assorted Sizes

This tampon is ideal for women who want to avoid any contact with synthetic materials and for sensitive skin.

Weleda Body Care

Assorted Varieties



20% Off

Assorted Sizes

Skin Food is a universal savior of dry, rough skin on faces, elbows, hands and feet.

Nutiva MCT Oil & Powders

Assorted Varieties



19⁹⁹

476mL

32⁹⁹

946mL

21⁹⁹

300g

Organic MCT Powder is a quick and simple dietary supplement concentrated with MCTs.

the Dish

On Lobster Mushrooms



With foraging for wild foods becoming more popular among city dwellers recently, fresh wild mushrooms have gained attention. They've become less of a rarity on restaurant menus and grocery store shelves.



A word of caution: if you have decided to venture off into the wilderness to pick mushrooms, do so with extreme caution. Don't go out by yourself. Find someone who truly knows and recognizes edible species, or check with a mycological society. They often offer introductory walks and talks. It is also very important that if you decide to pick mushrooms, you do it safely and in respect of basic foraging etiquette. You may have good intentions, but inadvertently be causing damage to natural ecosystems.

If you have never eaten one particular species of wild mushrooms, start with a small amount and don't gorge yourself. Most wild mushrooms, even the safe to eat ones, contain toxins that are neutralized when cooked. Always cook wild mushrooms, do not attempt to eat raw. Start with cleaning well, with a dry brush. Remove any blemishes with a small knife if needed. Spray individual mushrooms with water to remove remaining dirt. I strongly recommend

not to soak mushrooms. Once they're nice and clean you can slice them up and get ready to cook.

Our focus will be on one particularly delicious wild fungus, called Lobster Mushrooms. These mushrooms have no relation to sea-dwelling crustaceans. This unique mushroom gets its common name from its bright orange colour on the outside and dense white flesh on the inside. They can be purchased dried year round and, depending on the season, fresh from late August to November.

In my opinion, the best way to enjoy any wild mushroom (including lobsters) is to add the least amount of ingredients possible. Start with your choice of fat, butter or olive oil, and simply pan fry. Cook them slowly at a low temperature to caramelize the natural sugars and then finish with a bit of salt and a small amount of pepper. The longer the cooking process, the most intense flavour you will get. Of course, you could also add some basics like small amounts of chopped shallots, onions or garlic. Finish with a splash of wine and some fresh herbs to bring it to the next level. This method will lead to some lobster mushrooms worthy of a main course, but they are great as a side dish or as an ingredient in soups, sauces, stews or fillings.

You will find all kinds of recipes for this meat-like fungi from deep fried battered to filling for dumplings and pasta. Artisan cheese tarts are great topped with the mushrooms and dark wine reduction sauces are delicious paired with your favourite protein. If I just have a few lobster mushrooms, I personally enjoy them included into a risotto or oil based pasta. I consider myself very fortunate to have reasonable seasonal access in our stores to this natural and highly nutritional fresh bounty. Slice it, fry it, sauté it, stew it, as long as you're serving mushrooms, you'll be a fun guy.



Join Chef Antonio this month for a fun cooking class based around seasonal mushrooms and fragrant garlic. See our back cover for more details.



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Choices Markets Locations

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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

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604.522.0936

Burnaby Marine Way

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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

Garlic and Mushrooms: A Choices Cooking Class

Choices Kitsilano, September 21st

Garlic and mushrooms are aromatic ingredients famed for intense flavour and potent health benefits. Learn to use these local delicacies in delicious recipes crafted by Choices Executive Chef Antonio Cerullo and Choices Nutritionist Hanna Rakowska.

Register online at choicesmarkets.com/events

