



CHOICES'

Monthly Newsletter | July 2020

The Dish on Cucumbers



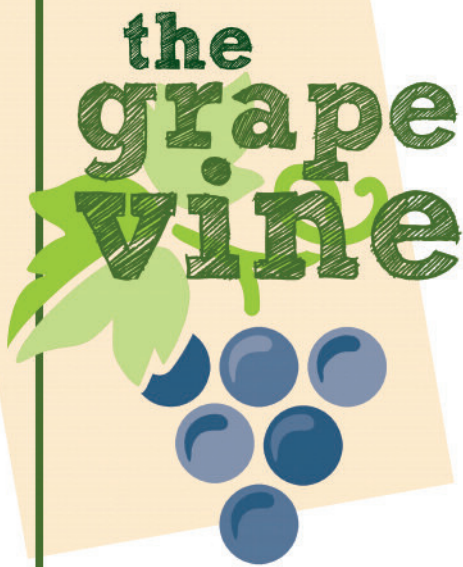
Say Cheese! Gorgonzola

Vitamin D

Win a Paddleboard

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





Canada Day

Canadians across the country have had a difficult year, but we've all endured the worst and come out stronger. On July 1st, let's all celebrate our resilience and strength as Canadians. This year's Canada Day may be reserved compared to celebrations of past years, but that doesn't mean we don't have reason to celebrate how lucky we are to be Canadian. Happy Canada Day from the Choices family to yours!



Supporting Local



Right now, it's more important than ever to support the local producers in our communities. Our friends, neighbours and community members need help more than ever to stay on their feet and provide for you. Choices Markets has always been a staunch supporter of local producers, and we're asking you now to help in any way you can. Pick BC grown fruits and vegetables when choosing produce. Choose seafood harvested in BC waters. Find out which of your favourite foods and wellness items are Canadian made. Every little bit we can do to help goes a long way towards our sustainable future.

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, Radishes, Spinach	Currants
Shallots, Tomatoes, Zucchini	



COOK IT UP



Morel Mushroom Cream Sauce

Courtesy of West Coast Wild Foods

Prep Time: 15 minutes • Cook Time: 25 minutes • Serves: 4

Known as the 'king of wild mushrooms', the mighty morel is one of the strongest tasting yet versatile wild mushrooms in the world. Morel mushrooms are picked in areas of wilderness that have experienced a forest fire the previous year, often growing in the most remote areas of British Columbia. Enjoy a taste of the wild with these world-famous gems!

1 tbsp butter

**150g fresh BC Grown Morel Mushrooms
(alternatively, 15g dried Morel Mushrooms
can be used)**

1/2 cup chopped onion

1/3 cup finely chopped shallots

1 tbsp crushed garlic (fresh BC if available)

1 1/2 tsp salt

1/4 tsp ground black pepper

1/4 cup dry white wine

2/3 cup heavy cream

**1/2 cup grated fresh Parmigiano-Reggiano
cheese**

2 tbsp chopped fresh BC parsley

Melt the butter in a large non-stick skillet over medium-high heat

Add fresh morel mushrooms to the pan with the onion, shallots, garlic, 1 tsp salt and pepper (if using dried mushrooms, soak them in a bowl of lukewarm water for 15 minutes, then strain and add to the pan)

Cook for 12 minutes or until the liquid evaporates and mushrooms are tender, stirring occasionally

Add the wine, cook for 5 minutes stirring occasionally

Remove from heat and add the cream, cheese, and 2 tbsp parsley, stirring gently for 5 minutes

Add the remaining 1/2 tsp salt, and serve immediately

Serving suggestion: Tagliatelle



ENTER TO WIN

Win a Paddleboard!

Courtesy of Neal Brother's Foods



Get out on the waves with this cruise-ready paddleboard! Finish off your summer fun with some Neal Brothers tortilla chips and salsa and you've got the makings for a perfect summer day.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from July 1-31, 2020. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes. Entries can be dropped off at any Choices location. Winner is responsible for picking up their prize from the Choices Markets location of their convenience. There can be no repeat winners for Choices contests throughout 2020.

SAY CHEESE!

Gorgonzola



Gorgonzola is a tantalizing cow's milk blue cheese from Northern Italy's Piedmont and Lombardy regions. Production of this blue cheese dates back to the 9th century and has a pretty great origin story. As the tale goes, a young dairy maker in love was distracted at the end of his work day (either due to a breakup or an impending date, depending on who is telling the story) and left a bundle of curd out in the cellar overnight. In the morning he added the old curd to the day's fresh batch instead of admitting to his mistake. After a few weeks of ageing, he noticed the distinct green mold growing and found the cheese to be outstanding!

This "two-curd" process used in making the cheese has largely stopped being used in favour of a one-curd method that is easier for producers to control. However, some artisans are still doing things the traditional way. Gorgonzola is a Protected Designation of Origin (PDO) cheese with production overseen by the Consortium for the Protection of Gorgonzola Cheese since 1970.

There are a few main styles of Gorgonzola to try: the sweet and creamy Gorgonzola Dolce, and the mountain style Gorgonzola Piccante which is firmer and spicier. Both pair well with fresh fruits like pears, apples, and strawberries. It's also excellent with dried fruits, nuts, and cooked vegetables like zucchini, squash, and

potatoes. The versatility of Gorgonzola can turn almost anything into an extra special meal. Try it melted into a creamy pasta sauce or risotto, or crumble it over a burger, grilled veggies, or polenta. Paired with fruit, it also makes an excellent dessert tart or cheesecake.



COOK IT UP



Flatbread with Grilled Peaches, Honey, and Gorgonzola

Grilling the peach halves before cutting them up to top the flatbread gives some extra smoky flavour to balance out the sweetness of the fruit and honey and the salty notes of the Gorgonzola.

Using leftover flatbread, pita, or naan means you can quickly throw this together on a weeknight. Top it with a few slices of grilled steak for an irresistible sweet savoury combo. Swap out the Gorgonzola for a milder cheese like Provolone to make a few for the little ones.

2 medium sized flatbreads
100 gr Gorgonzola Piccante, crumbled
2 peaches, halved and pitted
1/2 pint cherry tomatoes, sliced
2 Tbsp. honey
2 cups arugula
2 Tbsp. olive oil
Salt and pepper to taste

Brush the cut sides of the peaches with olive oil and place on the grill cut sides down. Grill for a few minutes undisturbed over medium heat until they start to caramelize. Remove from grill and slice when they are cool enough to handle. Brush flatbread with olive oil and grill for a minute on each side. Off the grill, top each flatbread with the arugula, sliced peaches and cherry tomatoes. Top with crumbled Gorgonzola Piccante, and drizzle with honey. Finish with flakey salt and pepper to taste and cut into wedges to serve.



Lauren MacLean is Choices Cheese Specialist. When she isn't daydreaming about the perfect cheese plate or brainstorming cheese puns, she is cooking for her family. Stay tuned for more cheesy recipes.

JULY 1-15 ONLY

club specials



GT'S Organic Raw Kombucha
Assorted Varieties

2⁹⁹

480ml
+deposit +eco fee

The original kombucha brand that began the kombucha revolution!



San Pellegrino and Perrier Sparkling Water
Assorted Varieties

1⁶⁹

750ml - 1L
+deposit +eco fee

The best tasting sparkling water from natural springs.

Righteous Gelato
Assorted Varieties



2⁴⁹

106g

These Canadian made gelatos are the perfect snack size.



Hardbite Natural Potato Chips
Assorted Varieties

1⁹⁹

150g

Chips made from the finest and freshest ingredients.



Simply Natural Organic Salad Dressing
Assorted Varieties

3⁹⁹

354ml

You know it's simply great when it's from Simply Natural.



L'Ancetre Organic Cheese
Assorted Varieties

3⁰⁰ off

Regular Retail 325g

Perfect for everything from cooking to grilling to cheese boards.



Earth's Choice Organic Rainforest Certified Coffee
Assorted Varieties

7⁹⁹

340g

With our biodegradable bag, you can feel good about our great tasting coffees.

Earth's Choice Organic Virgin Coconut Oil



8⁹⁹

350ml

1^{4⁹⁹}

675ml

Try it for baking, frying and more!

Sol Cuisine Meatless Burgers and Appetizers



Assorted Varieties

Fire up the grill and enjoy these plant-based foods.

3⁹⁹

Appetizers 288g-333g

2⁹⁹ to 3⁴⁹

Burgers 226g - 284g

Liberte Skyr & Greek Yogurts
Assorted Varieties



3⁹⁹

500g

Skyr is an Icelandic style of yogurt that's protein rich and creamy.

Fatso High Performance Peanut Butter
Assorted Varieties



7⁹⁹

500g

Nutrient dense peanut butter for high performance diets.

Seventh Generation Natural Auto Dish Detergent

Assorted Varieties



3⁹⁹

Powder, Gel - Assorted Sizes

4⁹⁹

Dish Pacs - Assorted Sizes

Stuck on food won't stand a chance against these natural cleaners.

JULY 16-31 ONLY

club specials

La Croix Sparkling Beverages Assorted Varieties



549
8 x 355ml - +deposit +eco fee

Refreshingly sparkling with just a hint of flavouring.



Remedy Kombucha and Coconut Kefir Assorted Varieties

299

330ml
+deposit +eco fee

Healthy drinks done up
the Aussie way!



Beyond Meat Beyond Burgers and Sausages Assorted Varieties



599

Burger - 226g

999

Sausages - 400g

The biggest name in plant-based foods is here at Choices at a great price!



Kettle Brand Potato Chips Assorted Varieties

249

170g - 220g

With so many crunchy flavours, you'll be sure to find your favourite.

Neal Brothers Organic Tortilla Chips



Assorted
Varieties

449

300g

These tasty chips
will have you coming
back for more.

Island Farms Premium Ice Cream Assorted Varieties



499

to

599

1.65L

A scoop of Island Farms is the perfect accompaniment to a summer sunset.

Bakery Department Silver Hills Sprouted Power Buns



Assorted
Varieties

399

520g

Made with sprouted
grains for superior
nutrition.

Nuts to You Organic Peanut Butter



Smooth or
Crunchy

499

500g

Nothing but the
good stuff goes into
a jar of Nuts To You.

Uncle Luke's Organic Maple Syrup Assorted Varieties



2099

1L

Sourced from Canadian
trees for an iconic
Canadian product.



Seventh Generation Natural Hand Soap Assorted Varieties

449

354ml

Get clean the natural
way with these plant and
mineral based hand soaps.



Tree Island Grass Fed Greek + Fruit Yogurts Assorted Varieties

449

325g - 350g

Made with 100% whole BC milk. These yogurts may be made in the French cream-top style, but they're produced in the Comox Valley. Give them a try today and you'll taste the freshness.

Awakening the Body's Innate Healing Potential

by Debra Winter, CAIEHP



Oh, what hectic lives we lead. People feel the pressures of work, family responsibilities, community commitments and, in recent months, the added challenge of social distancing, financial hardship and alternate work arrangements. In an April 2020 survey from Nanos Research for the Mental Health Commission of Canada, Canadians reported an increase in feeling stressed regularly or all the time now compared to one month before COVID-19.

With the distraction of keeping all the balls in the air, we may ignore cues from our bodies that stress is mounting and taking a toll. Eventually, we become aware of anxiety, depression, or physical pain but often we suffer for far too long before we notice the impact of stress upon ourselves.

Biofield therapies have been found to be effective in reducing anxiety, pain, trauma and other ailments. Advanced Integrative Energy Healing™, is a holistic (Whole Person) approach to health that works with the biofield of the body. The biofield is made up of subtle energy fields that are in and surround the body. They are a living intelligence containing information that when accessed can help guide our health. These energy fields can become out of balance through injury, illness and everyday stress. Balancing the biofield can support the physical, emotional, and mental healing process of the person. Through collaborative work, practitioners empower clients to take a higher level of responsibility for their personal wellness and healing processes. Advanced Integrative Energy Healing™ does not make medical diagnoses and does not replace medical treatment but is to be used in conjunction with it.

During a session, the client's health history will be discussed and an intention for the session will be established. The client, fully clothed, can either lie on a massage table or sit in a chair as the practitioner places their hands directly above the body to scan and assess the patterning of the biofield. The hand scan helps to identify possible areas of disruption in the field. Based on this energetic assessment, the practitioner will either place their hands gently on the body or use a non-contact approach to shift the field into a balanced state. A treatment can take from 60 to 90 minutes. The practitioner may dialogue with the client during the session – and the client may choose to share his/her insights. Self-care is of primary importance and a self-care plan will be discussed at the conclusion. Through this process, clients gain self-understanding and conscious awareness of their outer expression and how to bring forth their inner wisdom.

Trauma has touched most of us in one way or another. It can impact us either directly through the personal experience of accidents, interpersonal relationships, losses, and workplace stress, or indirectly through the experiences of those close to us. Exposure to trauma can have a profound impact on the health of our mind, body and spirit. It can lead to issues of depression, substance abuse, and physiological disease. Biofield therapies can facilitate resilience to meet life's challenges as people develop an ability to attune to the body and make sense of the information it is conveying. Through the therapeutic relationship, clients have an opportunity to connect deeply with the wisdom of their body, develop self-awareness and self-finding.

1. https://www.mentalhealthcommission.ca/sites/default/files/2020-05/nanos_covid_may_2020.pdf

2. <https://www.chi.is/biofield-science-and-healing-special-issue/>



Debra Winter, Advanced Integrative Energy Healing Practitioner™, CAIEHP, BSc, has practiced Integrative Energy Healing™ since 2011. She has a Vancouver based practice supporting clients with mental health issues, addictions and chronic pain. Debra has studied Integral Yoga Psychology for the past 12 years and teaches the theory within the Advanced Integrative Energy Healing™ program at Langara College.

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The Sunshine Vitamin and You

By Dr. Olisa Mak, Naturopathic Physician, Inspirit HealthGroup

Q
A

Am I getting enough vitamin D?

Living in British Columbia, most of us are vitamin D deficient, but just how deficient? Research suggests that optimal vitamin D levels are 100-150nmol/L, and while vitamin D levels fluctuate throughout the year with sun exposure, it is important that vitamin D levels are maintained in this optimal range. This can be done by starting or increasing supplementation in the winter months and stopping in the summer. This and other lifestyle modifications can help prevent seasonal illnesses such as influenza, and respiratory tract infections in the winter months when vitamin D levels are lowest.

Levels as low as 25 or 50nmol/L, are not uncommon, and often associated with mental health issues, hormonal imbalances (ex. thyroid and PCOS), gastrointestinal issues, and immune health. Addressing low vitamin D levels can often be the key to your optimal health.

Before supplementing high levels of vitamin D, speak to your doctor and ask to get your baseline vitamin D tested. Knowing your vitamin D levels will help your Naturopathic Doctor determine the safest, most efficient, daily dosage to increase

your levels the fastest. Under medical supervision, and for an appropriate amount of time, dosages of up to 10 000 IU can be safe. Excess vitamin D can result in hypercalcemia or high calcium levels.

Annual vitamin D testing is especially important for those who are most likely to have low vitamin D levels - pregnant women, the elderly, individuals with chronic health concerns and individuals who are obese. Vitamin D requirements can vary significantly from person to person, depending on lifestyle factors such as stress, past and current medical concerns, travel history, and genetics.



Dr. Olisa Mak is a licensed Naturopathic Doctor with special interest in digestive and mental-emotional health. She practices in Downtown Vancouver at Inspirit Health Group, where she uses natural modalities such as botanical medicine, injections, hydrotherapy, nutrition & diet. Patients can expect long-lasting results and the highest standard of care from Dr. Mak.

Healthy Picnic Baskets for the Family

By Shelby Lewis, Choices Nutrition Team

Picnics are undeniably one of the best things about summer. Fortunately you and your family can safely partake in this fun activity if you're still maintaining physical distancing practices. I think of building a picnic menu in the same I would any meal, with less fuss and more portability in mind. Here are some simple family-friendly ways to incorporate more nutrition into your picnic baskets this summer!

1

Homemade dips or spreads

These are a wonderful way to pack in a lot of nutrition. Look for recipes that combine vegetables, nuts, herbs, and spices. Use them in a wrap with collards, mound on top of avocado, cucumber, or tomato slices, scooped into a salad or served alongside crackers or sourdough

2

Fermented foods

Fermented foods offer probiotics, protecting the body's microbiome and supporting the growth of healthy bacteria in the gut. Look for labels that include live cultures in their ingredients list. Pickles, sauerkraut, kimchi, kombucha, and sourdough are all great examples of these nutrient rich foods

3

Seasonal organic fruit

- Keep in mind, the fresher the fruit, the more nutrients and antioxidants it will contain
- Check out your local Choices to see what's in season

4

Make it fun

- Use toothpicks to make mini kebabs – kids love these
- Make sandwiches and use a cookie cutters to make them into fun shapes
- Forget slicing your melon. Bring spoons to eat it right from the skin
- Blackberries are everywhere in summer – bring a container and gather some en route to the park



Bakery



Shokingly Healthy Bakery:

A healthy dessert- could it be true? With Shokingly Healthy Bakery products, the answer is YES! Dessert really can be decadent and healthy at the same time. These indulgent treats are gluten-free, vegan, non- GMO, and made entirely from whole foods (even the sweeteners!). At Shokingly Healthy Bakery, values guide everything. Brownies are made from a base of chickpea puree and dates, and products are sweetened with dates, coconut sugar, and unsweetened apple sauce. Health-promoting ingredients like cocoa, fibre, and protein are used to keep blood sugar spikes at bay, to stabilize energy levels, and to keep your mood elevated! Choose from delicious goods like Double Chocolate Brownie, Coconut Chocolate Chip Blondie, and Salted Peanut Blondie.

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.



Choices Vegan Morning Glory Muffins:

The Bakery Department at Choices Markets is excited to launch their brand new Vegan Morning Glory Muffins! Made with stone ground whole wheat, whole grains, mixed seeds, walnuts, as well as carrots, bananas, and apples, these muffins raise the bar! Full of gut-healthy fibre, brain-boosting omega-3 fats, and plant-based protein, your mornings will feel better than ever! Available in regular and mini varieties, they make the perfect breakfast or afternoon snack. They also pack a nutritional punch - one muffin boasts 5 grams of fibre and 5 grams of protein!

Grocery Gossip



Olympic Organic Kefir:

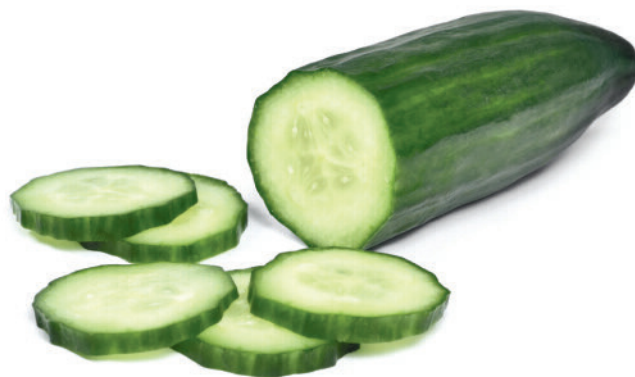
Olympic dairy products are made from organic milk from grass-fed cows and contain no gluten, gelatin or preservatives. Kefir is a fermented milk product, containing cultures of live bacteria called probiotics. These healthy bacteria help repopulate our gastrointestinal tract, providing us with a multitude of health benefits. These include improved digestion and bowel regularity, immunity, and mental health. Kefir contains approximately three times the amount of probiotics as yogurt, as it is made from 10-20 different types of probiotic cultures. In addition to probiotics, Kefir is also a rich source of protein, calcium, B vitamins and potassium. Enjoy Olympic Organic Kefir its own (available in plain, strawberry, or vanilla varieties!) or add to fresh fruit, muesli, oats, vanilla extract, natural sweeteners, or nuts and seeds.

Choice Produce Picks



Cherries:

Cherries are a red-hot superfood, packed with superior nutrition and flavour! These little guys are a good source of vitamin C, potassium, manganese, as well as polyphenols, which are plant compounds with antioxidant and anti-inflammatory properties. Studies have shown that cherries (especially tart cherries) can help reduce inflammation, lower triglycerides, and boost exercise performance and recovery. Moreover, cherries are the only natural source of the hormone melatonin, which helps regulate the sleep-wake cycle. Therefore, cherries may also help improve sleep quality. Being as delicious as they are, warding off inflammation and improving sleep never tasted so great! Cherries can be added to smoothies, oatmeal, baked goods (of course), marinades, or simply enjoyed as a satisfying snack.



Cucumbers:

Did you know that cucumber is actually a fruit? Native to India, cucumbers have become one of the most popular garden vegetables. While low in calories, they are high in soluble fibre and water. In fact, cucumbers are about 95% water! They contain small amounts of vitamin K and A and are a good source of flavonoids and tannins, which are phytochemicals with antioxidant properties that help fend off free radical damage. The soluble fibre in cucumbers helps with bowel regularity, helps to keep you feeling full longer, and feeds our healthy gut bacteria. Cucumbers are extremely versatile and easy to add to your daily diet! Besides adding them to sandwiches, try making a cucumber salad with a creamy dressing, roasting slices to make cucumber chips, or pairing them with hummus as a light in-between-meal snack. Infusing your water with cucumber slices is also a refreshing way to stay hydrated in the summer months!

Chocolatey Cherry Oatmeal



- 1/2 cup large flake oats
- 1 cup water
- 1 small banana, mashed
- 1 Tbsp. hemp seeds
- 1 Tbsp ground flax seed
- 1 Tbsp unsweetened cocoa powder
- 1/2 tsp. ground cinnamon
- 1/4 cup milk (cow's milk or plant-based)
- 3/4 cup fresh or frozen cherries
- 2 Tbsp. chopped walnuts
- 1/4 cup Olympic Organic Kefir (optional)

Add oats, water, cocoa powder and cinnamon to a small pot and cook until oats are tender (about 7 minutes).

Mash the mashed banana and cherries. If cherries are frozen, cook until fully thawed.

Add hemp hearts and flaxseed and stir into oatmeal.

Remove cooked oats from pot and stir in 1/4 cup or more of milk and kefir (if using).

Sprinkle with walnuts (or other nuts or seeds) and enjoy!

**Be sure to use gluten-free oats if you are sensitive or allergic to gluten.*

JULY 1-15 ONLY

wellness centre



Smart Solutions
Lorna Vanderhaege
Hormonal Support

Assorted Varieties

20% Off

Assorted Sizes

Maintains healthy estrogen-to-progesterone balance. Supports the production of desirable estrogen metabolism.

Smart Solutions Lorna
Vanderhaege Magnesium

Assorted Varieties

19⁹⁹ 35⁹⁹

200g

400g

25⁹⁹

90 caps

Supports the heart, nervous system and cellular energy. Relieves muscle cramps, twitching eyelids, restless legs.

Salus
Organic Red Beet Crystals



20⁴⁹

200 grams

Add the goodness of red beets to breakfast, lunch, dinner, and even snacks.



Nature's Aid Healing
Gel and Moisturizing
Skin Gel

Assorted Varieties

20% Off

Assorted Sizes

One product, dozens of uses!



Nature's Aid Shampoo Bars
& Conditioner Bars



8⁹⁹

60 gram Bar



Nature's Aid true natural solid shampoo bars provide a great lather and no waxy residue.

New Chapter Multivitamins
Assorted Varieties



20% Off

Assorted Sizes

From quality ingredients to vitamins formulated for any health need, these aren't your basic multivitamin.



Genuine Health
Clean Collagen
Marine or Bovine

28⁹⁹

210-301 grams

Help your skin and joints, recover from injuries more quickly and improve your physical performance and bone density.

Genuine Health
Clean Collagen Bars

Assorted Varieties



2/54⁹⁹ 21⁴⁹

8 pack

Each clean collagen bar provides your daily dose of collagen, with an added boost of satiating protein and healthy fats.

New Chapter
Perfect Plant Protein +
Vanilla or Chocolate



37⁹⁹

423 - 435 grams

- 20 grams of Organic Plant Protein
- Pea, Soy, Dairy and Gluten Free
- Zero Added Sugar



Earth Science
Facial & Body Care

Assorted Varieties

20% Off

Assorted Sizes

Gentle daily wash for perfectly clean skin with bilberry, black oat and hyaluronic acid.



SierraSil Joint
Formula 14

Assorted Varieties

29⁹⁹

90 caps

Helps to flush out inflammation and gently detoxify the body.

Flora Sleep•Essence & Flora
Cardio•Essence

Assorted Varieties

16⁹⁹

Sleep•Essence 500 mL

22⁹⁹

Cardio•Essence 500mL

Eases restlessness, allowing you to fall asleep more easily and stay asleep all night.

JULY 16-31 ONLY

wellness centre



Renew Life
Vitamins and Supplements
Assorted Varieties

20% Off

Assorted Sizes

Probiotics contain friendly bacteria that work in harmony with your body, playing an important role in our overall health and wellness.

Garden of Life Proteins
Assorted Varieties



20% Off

Assorted Sizes

Every ingredient we use is fully traceable back to the seed and farm it was grown on.

Santevia Mina Water Pitcher
Black or White



49⁹⁹

- Pitcher

45⁹⁹

3pk filters

This premium, made in Canada pitcher brings you and your family clean, mineralized alkaline water while removing harmful contaminants.

Santevia Shower Filters
& Bath Filters

Assorted Varieties



20⁹⁹

Bath Filter

41⁹⁹

Shower Filter

This filter protects skin from tap water irritants, such as chlorine, that aggravate diaper rash, eczema and, dry and itchy skin.

Routine. Natural Deodorant
Select Varieties



22⁹⁹

58 grams

Life changing natural deodorants and more made at the base of the Canadian Rocky Mountains.



Dr. Bronner's
Pure Castile Soap
Assorted Varieties

6⁹⁹

236mL

Dr. Bronner's 18-in-1 Pure-Castile Soaps are good for just about any cleaning task.

Keto Nutrition
Ketoplex Supplements

Canadian Made!



Assorted Varieties

35% Off

Assorted Sizes

Promotes rapid ketone production and faster transition into ketosis.



Purple Frog
Wild Relief Spray

34⁹⁹

15 ML

7⁹⁹

120ML

Local!

All in one outdoor skincare for cuts, burns, bug bites and poison ivy/oak.

Organic Traditions Wheat or Barley Grass Juice Powder



22⁴⁹

150 grams

High vibrancy instant greens, source of potassium and iron.

Nourish Organic
Facial Care & Body Care
Assorted Varieties



20% Off

Assorted Sizes

Clean, safe, luxurious, and high-performing skincare products that nourish you, your natural beauty



Acure Hair Care
Assorted Varieties

12⁹⁹

236mL

Performance driven hair care free from parabens, sulfates and animal testing.

wellness centre month long specials



New Roots Seabuckthorn Seed Oil

24⁹⁹

30mL

Our certified organic Seabuckthorn Seed Oil is ideal for topical use to support supple, resilient skin.

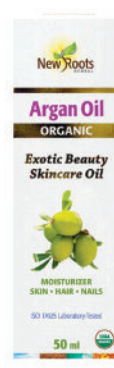


New Roots Skin Lovers Oil Assorted Varieties

16⁴⁹

15mL

Skin Lovers' Oil features a blend of our exotic oils which will protect you on all fronts.



New Roots Skin Argan Oil Assorted Varieties

17⁹⁹

50mL

Hand-picked by a women's cooperative in Morocco, our organic argan oil provides fast-absorbing nourishment for your hair, nails and skin.

Natural Factors Lutein



26⁹⁹

Lutein - 20mg 120 softgels

25⁹⁹

Lutein - 40mg 60 softgels

Helps protect your eyes from damage caused by toxic free radicals and exposure to sunlight.

Natural Factors Astaxanthin Plus



Assorted Varieties

17⁴⁹

60 softgels

A cardioprotective, supports the immune system, and protects the skin from other health risks.

DivaCup

Assorted Varieties



20% Off

Assorted Sizes

100% medical grade silicone Latex, BPA, plastic, dye and chemical free. Made in Canada.

Nutiva MCT Protein Powders



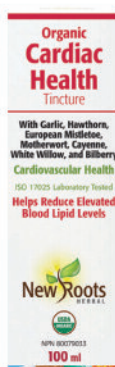
Vanilla & Chocolate

22⁹⁹

390g

NEW!

Nutiva Organic MCT Protein is made with organic MCT Powder from coconut and organic plant protein powder with probiotics.



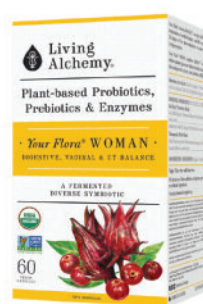
New Roots Organic Cardio Health Tincture

34⁹⁹

100mL

Used in herbal medicine to help maintain cardiovascular health in adults.

NEW!



Living Alchemy Your Flora WOMAN

33⁹⁹

630 caps

NEW!

Vaginal Balance & UTI, 35-Strain Plant-based Probiotics, Prebiotics & Enzymes.

VIVA Collagen & Kojic Acid Radiant Cream



NEW!

43⁹⁹

30mL

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the Dish

on Cucumbers

You would never think that when you bite into a fresh, crunchy cucumber, you're technically biting into a gourd, would you? But that's just the facts! Biohistory tells us that the cucumber originated in India, where endless varieties you've likely never seen before are still grown today. From India, the cucumber made its way to the Middle East, where it further propagated to Europe and became a staple in the diets of the Greeks and Romans. At the same time, give or take a century, the humble cucumber travelled East to China. Today, China is the biggest global producer of cucumbers, cultivating over 2 million hectares and producing over 70% of the world's supply.



The cucumber is truly a favourite vegetable around the globe. Just take a look down the pickle aisle of your local Choices Markets to see all the different ways this vegetable is enjoyed all over the world. Depending on your ethnic background, simply enjoying a cucumber salad may take dozens of forms. In Japan you'll find thin slices dressed with rice vinegar and sugar. Over in Greece and Italy you'll get big chunks tossed with wine vinegar and olive oil. Head east and the Turks and Eastern Europeans prefer yogurt and fresh herbs. North in the Scandinavian countries they like to toss cucumber in cider vinegar, water and sugar.

Circle back to India, where it all began, and you'll find endless varieties of cucumbers served up in a multitude of styles. One of my favourites is a cucumber salad with spicy pepper, lime and roasted peanuts.

There are dozens of varieties of green gourds around the world, but here in BC you're likely most familiar with just three: the field cuke, the long english, and

mini pickling cukes. When choosing a cucumber, make sure you get firm, dark fruits. Yellow on cucumbers indicates ripeness, and ripe cucumbers are actually less desirable. The skin gets thicker, the seeds get larger, and the flesh turns more bitter. Remember, especially with field cucumber, you may wish to peel part or all of the cucumber's skin and possibly remove the seeds to help ease digestion.

One thing that's great about cucumbers is how much they love to be paired with other vegetables. There's something about them that just lets them compliment other flavours very well. Just think about Greek salad. It wouldn't be the same without the crunchy cukes. I personally love in season cucumbers with just one or two other ingredients. I've discovered a love of cucumbers dressed with a peanut and herb dressing. It's fresh and satisfying. But how else can we use cucumbers?

Why not blend cucumber into your avocado for a lighter tasting guacamole? Dice them up small for some freshness in your salsa or yogurt based dips. Tzatziki is a favourite, but just the start of your cucumber dip journey. How about trying a chilled summer soup? For reference, just look up the classic gazpacho. Just remember that raw chilled soups should always be consumed within 24 hours.

Looking for more exotic applications? Look no further than your bar. From coolers to gin and tonics, none of these drinks are quite as good as when they have a cucumber garnish. Want it to be the star of the show? Hydrate yourself with a Mexican aquafresca, literally Spanish for fresh water. Cucumbers are technically a berry, so why not make a dessert with them? A cucumber popsicle is about as refreshing as it gets!


If you're fortunate enough to grow your own cucumbers, you know just how good they are. I'd say they're the real dill.




Chef Antonio's summery salads are a great quick and healthy meal option you'll find in our deli. Inspired by flavours from all over the world, you'll be sure to find a favourite.



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Eco Audit

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

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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



New From the Choices Bakery

Choices Artisan Buns

Italian Cheese • Pesto
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Our team of artisan bakers is at it again, this time creating a new series of inspired buns!

Whether you're looking for the perfect sandwich bun, the ultimate compliment for your freshly grilled burger, or just something to sop up your pasta sauce, these buns come in four different flavours to satisfy any craving.

