



CHOICES'

Monthly Newsletter | August 2020

The Dish on Eggplant

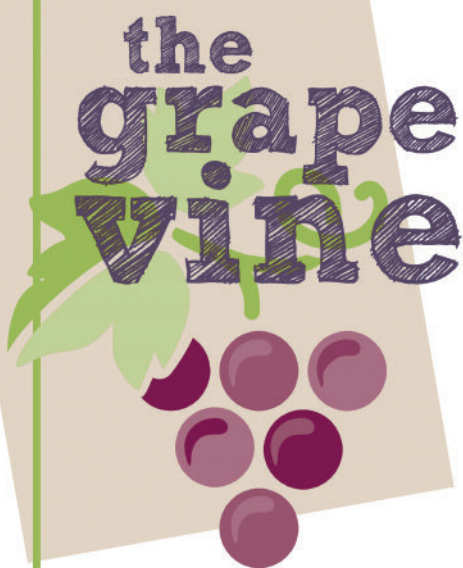
Say Cheese! Burrata

Iron and a Vegetarian Diet

Back to School Snacks

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





Buying Local. What's 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	

Plant Sales + Buying Local

At Choices, we've always been big on buying local and supporting the communities we live in. More than ever, we're looking to help out the growers and producers who live in our communities. Help out your friends, neighbours and family members by buying BC and Canadian made products, and we'll all be better off for it.

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.



ENTER TO WIN

Win a Year's Supply of Cleaning Products

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

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.



One lucky Choices customer will win an amazing prize pack from V.I.P. Soap Products and EchoClean of a year's supply of cleaning supplies. Approximate value of each pack is \$695.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from August 1 to 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. There can be no repeat winners for throughout 2020.

COOK IT UP



Cauliflower Steaks with Chermoula Sauce

Courtesy of the Choices Nutrition Team



- 1 head cauliflower**
- 3 small garlic cloves, crushed and minced**
- 3/4 cup parsley, coarsely chopped**
- 3/4 cup cilantro, coarsely chopped**
- 1/4 teaspoon ground turmeric or 1 inch fresh turmeric root**
- 1 teaspoon white miso paste**
- 1/2 teaspoon ground coriander**
- 1/2 teaspoon ground cumin**
- 1/2 teaspoon smoked paprika**
- 1/4 teaspoon ground ginger**
- 1/4 teaspoon cayenne pepper**
- 1 tablespoon lemon juice**
- 1/4 cup water**
- Optional: 1 tablespoon extra virgin olive oil**
- Optional: 1/2 teaspoon sea salt**

Preheat the oven to 425°F.

Remove the green leaves from the head of cauliflower and cut off any excess stem.

Cut the cauliflower into one inch thick 'steaks', right through the center of the stem. You should be able to get 3 steaks per large head of cauliflower. Feel free to use any remaining pieces of cauliflower.

Arrange the cauliflower steaks on a baking sheet lined with parchment paper and if using oil, drizzle them lightly with oil both sides.

Roast the cauliflower in the oven for 15 minutes. Once the timer goes off, use a spatula to flip over each steak, and then return to the oven for another 15 minutes. The steaks should be lightly browned on both sides.

Using a food processor, combine the garlic, parsley, cilantro, and turmeric and process until finely minced. Add the miso, coriander, cumin, paprika, ginger, cayenne, lemon juice, and water. Process until smooth and set aside.

Remove the roasted cauliflower from the oven, transfer it to shallow serving platter, and top with the sauce. Serve hot. Can be served over quinoa or brown, red, or black rice for an amazing meal.

SAY CHEESE!

Burrata



Legendary food writer M.F.K. Fisher famously said of eggs; “Probably one of the most private things in the world is an egg before it is broken.” That’s exactly how I feel about burrata.

Burrata, the delicate and delectable fresh cheese from the Puglia region along Italy’s southeastern coast, is the most show-stopping fresh cheese. Made from cow or buffalo milk, production dates back to the early 1900s. The name comes from the Italian word for butter which aptly describes the creamy flavour. It starts off in the same manner as mozzarella, with the hot curds being kneaded and stretched to develop its signature elasticity. Then a pouch of mozzarella is formed and filled with cream and stracciatella (little shreds of the cheese).

Burrata should be served as fresh as you can get it, so it is best not to purchase it too far in advance. It pairs well with all the classic flavours of the Mediterranean like capers, artichokes, and sundried tomatoes. With some heirloom tomatoes and freshly torn basil, burrata makes a wonderful Caprese salad. It’s best to keep things as simple as possible when eating this cheese, so all you’ll really need is some fantastic extra virgin olive oil, a pinch of salt, and fresh crusty bread to enjoy it. The best part of serving is cutting the pouch open to reveal the magic inside. It’s always a crowd-pleaser.



COOK IT UP



Prosciutto Pizza with Burrata

As with all cheese, it is especially important to bring burrata up to temperature before serving in order to really let its flavour shine. Very gently remove the cheese from the liquid and leave in a bowl at room temperature for a half hour. This will ensure you are going to taste the sweet creaminess of the cheese in all its glory. This fun pizza is a great dinner for four when served with a simple salad.

Dough:

200 g all purpose flour

50 g whole wheat flour

10 g salt

5 g active dry yeast

180 g warm water

Toppings:

1 large ball burrata (250 g)

1.5 cups crushed tomatoes

2 cloves garlic, minced

75 g pizza mozzarella, grated

4-5 slices Prosciutto di Parma

Extra virgin olive oil for serving

Mix dry ingredients for the dough together in a large bowl then add in the warm water. Mix well with your hands (it is a very wet dough), and let rise for a few hours until at least doubled in size. You can use the dough now or refrigerate for up to 3 days to develop extra flavour. If using later, take out of the fridge for at least a few hours before you plan on making dinner.

To form the dough, pour out onto a well-floured counter. Imagine the dough is a square and pull each corner out and over itself onto the center of the dough pinching the seams together. Flip over so the seams are now on the counter. Oil the ball and place on a baking sheet. Let rest for at least 30 minutes.

Preheat oven to 500 degrees or as hot as possible.

Make a simple pizza sauce by adding the minced garlic to the crushed tomatoes. Add salt and pepper to taste.

Start to stretch out the dough, letting it rest another 15 minutes if it is too elastic. This will make one large pizza, about 16 inches. Top with the sauce and pizza mozzarella. Drape the prosciutto over the cheese and bake till crust is golden, about 5-10 minutes depending on your oven temperature.

To serve, cut the pizza into wedges then place the ball of burrata in the centre. Bring to the table and have guests watch as you cut open the cheese. Finish the pizza with a drizzle of olive oil and a pinch of salt. Cut and spread the cheese over each slice so nobody is left out!



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.

AUGUST 1-15 ONLY

club specials

Coconut Bliss Non Dairy Frozen Dessert

Assorted Varieties



5⁹⁹

473ml

One of the best dairy-free treats out there to enjoy on a hot summer day.

The Good Drink Organic Sparkling Water or Iced Tea Beverages

Assorted Varieties



1⁶⁹

Sparkling Water 355ml

+deposit +eco fee

1⁹⁹

Iced Tea 473ml

Refreshing, thirst quenching, and bottled in BC!

BC Made!

Hardbite Natural Potato Chips

Assorted Varieties



BC Made!

2⁴⁹

128-150g

All natural, all delicious, all crunchy!

Organic Traditions Golden Berries or Goji Berries

Assorted Varieties



1⁶⁹⁹

Golden Berries, 454g

1⁹⁹⁹

Goji Berries, 454g

The perfect healthy addition to any trail mix!

Gardein Frozen Vegan Meat Alternatives

Assorted Varieties



4⁴⁹

to 5⁴⁹

190g - 390g

With plant-based alternatives for anything you could crave, going vegetarian is easier than ever.

BC Made!

Field Roast Vegan Meat & Cheese Alternatives

Assorted Varieties



Artisanal, whole-food based meatless products filled with bold flavour.

4⁹⁹ to 6⁹⁹

200g - 368g

VIP Natural Laundry Liquid

Assorted Varieties



BC Made!

Buy One Get One Free

Regular Price 12.49 each

Feel like a VIP with these locally made cleaners.



Tree Island Cream Top Grass Fed Yogurt

Assorted Varieties

3⁹⁹

500g

These grass-fed yogurts feature a distinctive French-style cream-top. The taste of France, produced right here on Vancouver island. Perfect for breakfast or whatever recipe you might have in mind!

BC Made!

Cascades Fluff Ultra Bathroom Tissue

Assorted Varieties



8⁹⁹

12 Roll Double

You'll never believe these incredibly soft tissues are made from 100% recycled fibres!

BAKERY DEPARTMENT

Silver Hills Sprouted Tortillas

4 Varieties



4⁹⁹

255g

Sprouted grains make for a healthier lunch wrap, taco or huevo's rancheros breakfast!

BC Made!

BAKERY DEPARTMENT

Artisan Bakeshoppe Cookies

3 Varieties

6⁹⁹

300g

Locally baked in a olde style hearth oven for amazing flavour.



BC Made!

AUGUST 16-31 ONLY

club specials

Nora's Cashew Based Frozen Dessert

Assorted Varieties



6⁹⁹

473ml

These frozen treats are 100% plant based and 110% yummy!

BC Made!

Deebee's Organic Frozen Tea Pops & Organic Superfruit Freezies

Assorted Varieties



3⁹⁹

Tea Pops
4 Pack

5⁹⁹

Freezies
12 Pack

Organic freezies and tea pops made without artificial flavourings!

BC Made!

Kettle Brand Potato Chips

Assorted Varieties



2⁴⁹

170g - 220g

With dozens of flavours, you'll be able to find the perfect crunch to suit your taste.

Nuts to You Organic Almond Butter

Smooth, Crunchy, or Raw



12⁹⁹

365g

Freshly roasted almonds are ground into the best almond butter you'll ever try!

Barbara's Puffins Cereal

Assorted Varieties



3⁴⁹

285g - 312g

Bring smiles to the breakfast table with these whole-grain cereals.

Liberté Organic Kefir & Yogurt

Assorted Varieties



3⁷⁹

650g - 750g Yogurt
1L Kefir

Kefir is the drinkable yogurt that is loaded with gut-healthy probiotics.

BAKERY DEPARTMENT

La Tortilla Wraps and Tortillas



Assorted Varieties

3⁴⁹ to 6⁹⁹

240-496g

Made the old fashioned way, these tortillas have a rustic taste.

Spectrum Organic Canola Oil

8⁹⁹

750 mL

With a neutral flavour, this oil is great for baking or whipping up salad dressings.



Seventh Generation Natural Laundry Liquid

Assorted Varieties



12⁹⁹

4x Concentrate, 1.47L
2x Concentrate, 2.95L

Formulated to remove even the toughest stains.



BAKERY DEPARTMENT

Wendel's True Foods Cookies

Assorted Varieties

7⁴⁹

310g

Wendel's True Foods is a family owned company crafting great tasting, certified gluten free baked goods made with high quality ingredients. Wendel's only buys raw materials from carefully selected producers who are able to provide allergen information about their ingredients. All products are made in their 100% dedicated Gluten Free Certified bakery in small batches to ensure quality and to maintain a hand-crafted look and taste. This attention to detail and outstanding taste makes Wendel's True Foods baked goods stand out

BC Made!

Can You Get Enough Iron on a Plant-Based Diet?



By Dr. Matthew Nagra, ND

The most common nutrient deficiency in the world is iron deficiency, which is the primary cause of anemia, resulting in fatigue, hair loss, and other nasty symptoms. The World Health Organization statistics are staggering with approximately 25% of the world's population and 5.6% of the US population being anemic, although not all of those cases are due to iron deficiency. Furthermore, anemia seems to predominantly affect women and children, but what about vegans and vegetarians? Do you need meat to get your iron?

With these statistics, iron deficiency is clearly not just a problem for plant-based folks. Surprisingly, strict vegans are not at a higher risk of iron deficiency than non-vegetarians. Vegans tend to consume up to twice as much iron as their meat-eating counterparts, and non-vegetarians usually get most of their iron from plant sources! In addition, research comparing vegans, vegetarians, and omnivores in Switzerland found that there was no statistically significant difference in iron levels or rates of anemia between the three groups.

But isn't the iron in red meat more absorbable? Heme iron, found in animal-based foods, is very consistently absorbed, while non-heme iron, found in plants, varies in its bioavailability. If your body is low in iron, you absorb more non-heme iron, but if your iron stores are topped up, then you absorb less. This is important because you don't want too much iron! It can be oxidative and inflammatory, which is one reason why excess heme iron intake is linked to multiple cancers and other health issues. However, if you are deficient and consume iron-rich plant foods along with vitamin C-rich foods like citrus, broccoli, or bell peppers, then

you'll absorb a very similar amount of iron to what you would get from red meat.

In addition to including high vitamin C foods, here are 5 tips to help ensure you get enough iron in your diet:

1. Eat legumes every day! This can include beans, chickpeas, lentils, split peas, tofu, and tempeh.
2. Don't skip out on dark leafy green vegetables. However, limit high oxalate greens (spinach, Swiss chard, and beet greens), as the oxalates prevent iron absorption.
3. Avoid consuming tea or coffee with iron-rich foods because they can also block absorption.
4. Avoid consuming calcium supplements or dairy products (if you are not strictly plant-based) with iron-rich foods since calcium can compete with iron for absorption.
5. Use blackstrap molasses as a sweetener when possible, as it is one of the highest iron sources on the planet!

To sum up, it is important to design your diet to contain adequate amounts of iron, but you should know that meat is not necessary to get enough of this essential nutrient. And of course, please get your levels checked and discuss with your healthcare provider before making any significant diet changes

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Hallberg, L. Calcium: Effect of Different Amounts on Nonheme- and Heme-Iron Absorption in Humans. *Am J Clin Nutr*. 1991;53(1):112-119.



Dr. Nagra is a Naturopathic Doctor in Vancouver, BC, who is a passionate advocate for plant-based nutrition. After seeing remarkable improvements in his own health by adopting a healthier diet, he began learning all he could about the science behind why this diet works so well. He is a public speaker, author, graduate of the T. Colin Campbell Center for Nutrition Studies Plant-Based Nutrition program, and volunteer for the non-profit Nutritionfacts.org.

Your Microbiome

By Dr. Joel Kailia

Q
A

What is the microbiome and what role does it play in human health?

The word 'microbiome' comes from the combination of the Latin words for small and habitat. The microbiome of our gastrointestinal system is a sophisticated collection of bacteria, fungi, viruses, and other tiny organisms that regulate our digestion and health. The number of organisms that make up this habitat is staggering. A healthy human microbiome can have up to 100 trillion microorganisms- that's more than the number of cells in the body.

Not all of the microorganisms that make up this complex system are beneficial. Antibiotics, processed foods, environmental toxins, and other factors influence this balance, increasing the pro-inflammatory relative to the anti-inflammatory bugs. The accumulation of pro-inflammatory organisms causes the release of inflammatory chemicals, increases chronic illness and weight, and produces a state sometimes referred to as 'leaky gut.'

A healthy microbiome is essential for the proper digestion of food and for the regulation of our immune systems. So, what can you do today to improve the balance of your microbiome and start feeling better? Many people have heard of probiotics: yogurt, kefir, sauerkraut, and other fermented foods can provide your digestive tract with 'good' organisms. These are very important to consume daily. Less well known are prebiotics: the food that the anti-inflammatory bugs love. Eating a rainbow of fresh vegetables is the best way to feed your microbiome, keep it in balance, and feel great.



Dr. Joel Kailia
RISE BC Wellness Centre.
Risebc.com

Check out our new Virtual Pain Clinic
Riseabovepain.ca

Stress-less Snacks for Back to School

By Kate Young, RHN, Nutrition Consultant at Choices Markets Kelowna

As back to school approaches, we may suddenly feel the pressure to create meal plans for our kids that keep them healthy and happy at the same time. This can definitely be a challenging task! Here are some nutritious, kiddo-pleasing snack ideas:

1

Top fresh fruit and veggies with other nutrient dense foods!

Try Sunflower/Pumpkin Seed Butter on apples, pears, bananas, celery, or rice crackers (sprinkled w/cinnamon and honey for extra fun); Hummus with carrots, snap peas or cucumber; or avocado mash for crackers or veggies, or even mixed with chickpeas.

2

Homemade muffins are an amazing way to add in extra nutrition!

Look for sugar-free recipes and use fruit like bananas and applesauce to sweeten. Puree in fresh leafy greens (spinach and chard work very well) or a greens powder. You can also add grated veg like carrots or zucchini!

3

Homemade energy balls are fun for little fingers

Pure maple syrup and local honey are excellent sweeteners for these while oats, dried fruit, coconut, seeds (sunflower, pumpkin, hemp, chia), seed butter, dark chocolate chips or cacao nibs all add varying arrays of nutrients.

4

Yogurt & fruit can be a meal or a snack- bonus!

Just use your kid's favourite fruit, plus nutrient-dense toppers such as coconut, seeds (sunflower, pumpkin, hemp, chia), granola (watch sugar content/make your own), goji berries, or cacao nibs add a nutritional punch and help kids feel fuller for longer.

Focus on a balanced DAY or WEEK instead of a balanced meal. Kiddos can be tough to get nutrition into...some days all they want is muffins while other days they're happy with all the veggies! Try to go with THEIR flow as much as possible while still maintaining control over the quality of the options available.



Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

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

Choice Produce Picks



Garlic:

Garlic belongs to the Allium family of plants and is related to onions, shallots, and leeks. Although it is highly valued for its distinct flavour in the culinary world, its powerful health properties make it an exceptional addition to one's daily diet. Research shows that these health benefits are due to sulfur compounds that are formed when garlic is crushed and minced. The most widely studied compound is allicin, which has been shown in studies to destroy cancer cells. In fact, the World Health Organization recommends the intake of one garlic clove per day to help reduce the risk of cancer development. Garlic is easily added to stir fries, pasta sauces, marinades, dips, and salad dressings. When cooking with it, it is critical to crush, mince, and wait at least 10 minutes before cooking in order to allow the allicin compound to fully form.



Plums:

This delicious fruit is a nutrient powerhouse! Plums can be consumed fresh or dried, as prunes. Their health benefits are plentiful, however prunes and prune juice are best known for their ability to relieve constipation. Studies also suggest that plum intake may help with blood sugar regulation due to their high fibre content and ability to reduce the hormone adiponectin. Studies show that prunes have properties that may benefit bone health by preventing or reversing bone loss, which helps reduce the risk of osteoporosis. Lastly, plums may also help to promote heart health due to their ability to help lower cholesterol and blood pressure. Plums are easily incorporated into the daily diet, such as by adding them to smoothies, salads, oatmeal, or sauces.



Eggplant:

Did you know that eggplant is technically a fruit? Also known as aubergines, the eggplant belongs to the nightshade family of plants. With varieties that range in colour and size, the most common eggplants are those with deep purple skin. While their unique texture and mild flavour compliments numerous recipes, they also have an abundance of health benefits. Eggplant is rich in the antioxidants anthocyanins, which research suggests may help reduce the risk of heart disease. Additionally, their high fibre content helps to slow the rate of sugar absorption into the blood stream, therefore helping to stabilize blood sugar levels. This incredibly versatile and low-calorie food is easily incorporated into any dietary pattern, including plant-based and low-carb. Eggplant can be grilled, baked, or sautéed. The options are endless!

Tasty Top Choices Recipe



Baingan ka bharta

by D'Arcy Furness, RHN Choices Nutrition Consultant

Medium sized eggplant –approx 12 oz
2 garlic cloves, crushed and quartered
2 tbsp ghee or grass-fed butter (vegan-use coconut oil or a combo of avocado and coconut oil)
1 medium red onion, chopped
1-2 tbsp Earth's Choice Turmeric Paste with Ginger & White Pepper or 1 inch fresh ginger minced and 1/2 tsp turmeric
1 green chili pepper, chopped (optional if looking for less spice)
1 medium tomato, chopped
1/2 tsp turmeric (eliminate if using the Earth's Choice turmeric paste)
1/4 -1 tsp red chilli powder or paste
1 tsp coriander powder
1 tbsp butter (vegan – use coconut oil)
1/2 tsp salt and more to taste
fresh cilantro, for garnish

Make a few slits in the eggplant and stuff the slits with the garlic cloves. (Don't forget this part because it may explode if you don't!)

Ideally, you'll roast the whole eggplant over an open flame using tongs, approx 8-10 minutes until the skin is blistered all over but if gas isn't available, you can roast it in your oven at 450 degrees for about 15 minutes. Either method will work but the flame roasting will impart a smoky flavour while the oven will not. You can also roast in on a BBQ grill to get the lovely smoked flavour. Turn often to make sure it's evenly roasted. When done, cover with foil and let cool.

Once cool, peel off the skin and chop roughly then mash slightly and place in bowl.

Heat the ghee, butter or oil of choice in a pan and add onion. Add salt, chilli and chilli powder or paste, chopped tomatoes and turmeric.

Add eggplant mash, and cook for 3-5 minutes with the lid on so flavours can meld together.

Garnish with cilantro and serve!

Grocery Gossip



The A2 Milk Company:

Milk proteins are not created equal. The main difference between ordinary milk and A2 Milk™ is in the protein portion of the milk. Cow's milk is made up of water and solids. The solid components within milk are the sugar lactose, fat, minerals, and protein. Casein is the main protein found in milk, and the type of casein present is what sets A2 Milk™ apart from regular cows' milk. There are two types of casein: A1 and A2. Most cows' milk

available on grocery store shelves contains a combination of these two proteins. A2 Milk™, however, comes from cows that naturally only produce the A2 protein and does not contain any A1 protein. Although the difference between the two proteins is very small, this variance may make a big difference in the way the protein is digested. Research suggests that some people may avoid digestive discomfort when drinking milk that is free from A1 protein. To find out whether A2 Milk™ is right for you or your family, give it a try today and love milk again! Find it in a Choices Markets near you.

Bakery Department



Wendel's True Foods Gluten-Free Cookies:

Everyone loves milk and cookies. Gluten-free baked goods are all the rage these days, and Wendel True Foods has you covered! This local, family-owned bakery has been open since 1997 and specializes in delicious, gluten-free baked goods that are made from the highest quality, natural, and organic ingredients. Their gluten-free cookies highlight

their commitment to taste and quality, with varieties including Almond Butter, Chocolate Chip, and Ginger that are sure to satisfy any sweet tooth! They make the perfect mid-day snack, dessert, or picnic treat!

AUGUST 1-15 ONLY

wellness centre



Nuun Sport
Assorted Varieties

849

10 tabs

Nuun Sport provides a great balance of ingredients for mineral replenishment and hydration.



Nuun Vitamins
Assorted Varieties

849

10 tabs

Hydrate and revitalize with 11 of the most under-consumed vitamins and minerals + electrolytes.

ThinkSport Water Bottles



26⁹⁹

500mL

28⁹⁹

750mL

Double-walled and vacuum-sealed stainless steel. Keeps contents hot or cold for hours

Andalou Naturals Hair Care



Assorted Varieties

9⁹⁹

340mL

Effective, natural Hair Care, without the sulphates and silicones—because you deserve it!

Andalou Naturals Face & Body Care

Assorted Varieties



20% Off

Assorted Sizes

Harness the power of Fruit Stem Cell Science and innovative ingredients.

NutraSea Arthritis Omega-3



32⁹⁹

240mL

NutraSea Arthritis helps to reduce the pain of Rheumatoid Arthritis in conjunction with conventional therapy.



Junglista
Natural Insect Repellent

949

60mL

Special formulated from natural ingredients for the outdoor enthusiasts who are simply exhausted from non-stop flailing.



Epsom Gel

829

30mL

25⁹⁹

150mL

Epsomgel™ pain relief solution effectively relieves pain and inflammation to keep you active.



Natural Calm Magnesium



Assorted Varieties

26⁹⁹

226grams

43⁹⁹

454grams

Natural Calm is the better-tasting, better-absorbing, best-loved magnesium drink.

Newco BroccoFusion Sulfuraphane Lotion



27⁹⁹

50mL

44⁹⁹

150mL

BroccoFusion® Sulfuraphane Lotion provides deep-down moisture for trouble spots.

Tints of Nature Natural Henna Hair Cream



Assorted Varieties

16⁹⁹

per kit

Free from ammonia, parabens and other nasty chemicals.

Enviro Glass Straws & Lids



Assorted Varieties

25% Off

Assorted Sizes



Free of BPA's, phthalates, and other toxic chemicals. Handmade from 100% clear borosilicate glass.

AUGUST 16-31 ONLY

wellness centre

Genuine Health Greens + Assorted Varieties



Canadian
Made!

20% Off

Assorted Sizes

Greens+ gives you the nutrition your body needs for vibrant health, in one convenient serving per day!

New Roots Wild Omega 3



18⁹⁹

60 softgels

34⁹⁹

120 softgels

Wild Omega 3 fish oil helps improve cognitive function, supports heart health and reduces inflammation.

Herbaland Vitamins and Supplements



Assorted Varieties

20% Off

Assorted Sizes

Delicious, natural, nutritional vitamins and supplement gummies.

BC
Made!

Enerex Serrapeptase

Assorted Varieties



BC
Made!

20% Off

Assorted Sizes

Serrapeptase is a natural enzyme that effectively reduces pain, inflammation, as well as mucous build-up.

New Roots Ultra Zinc



13⁴⁹

90 caps

Formulated with L-taurine, B vitamins, and nutraceuticals, which enhance assimilation of this critical trace element in human nutrition.

Purica Aztec Nopal and Purica Fiberlicious



12⁹⁹

250grams

BC
Made!

Eliminates sugar cravings. High fiber content aids digestion and elimination.

Purica Magnesium Bisglycinate



17⁹⁹

150grams

32⁹⁹

350grams

BC
Made!

Reduces muscle cramps, anxiety, osteoporosis and lowers blood pressure.

Prairie Naturals



Ocu-Blue

24⁹⁹

60softgels

Revolutionary, super-antioxidant supplement. Combines water & fat-soluble antioxidants. Promotes healthy eyes & vision.

BC
Made!

Island Essentials Natural Castile Soap



16⁹⁹

946 mL

BC
Made!

Be kind to your skin! Island Essentials is BC's premium soap maker with 4 all natural scent choices.

Island Essentials Natural Shampoo



11⁹⁹

336 mL

BC
Made!

Be kind to your hair! Our sulfate-free herbal shampoo & conditioner uses only Organic & Natural ingredients in 3 amazing scent choices.

Innotech Vitamins and Supplements



Assorted Varieties

20% Off

Assorted Sizes

Free of genetically modified ingredients, herbal stimulants, fillers, sugar, fructose, artificial sweeteners and flavours.

wellness centre month long specials

withinUs ReHydrate



BC
Made!

21⁹⁹

144 grams

Take withinUs ReHydrate™ + Collagen to fuel an intense workout, help alleviate jet-lag, recover after sweating or illness.

withinUs Matcha Misto



BC
Made!

57⁹⁹

280 grams

Matcha Misto is an antioxidant powerhouse, and provides a natural, stable energy boost.

withinUs Coconut Creamer



BC
Made!

41⁹⁹

274 grams

A delicious and nutritious, dairy-free boost for your hot beverage or smoothie.



MegaFood Baby & Me with Free Blood Builder

75⁹⁹

prewrapped products

This comprehensive prenatal formula is made with real food and added nutrients. Can be taken any time of day, even on an empty stomach. Includes a FREE 30 tab bottle of Blood Builder to help maintain healthy iron levels!



Om Organic Mushroom Superfoods



Assorted Varieties

15⁹⁹

60 grams

26⁹⁹

75 caps

Health food for your brain to inspire clarity, creativity & mood.

Bach Rescue Remedy

Assorted Varieties



20% Off

Assorted Sizes

Rescue Remedy helps us relax, get focused and get the needed calmness.



Bach Flower Remedies

12⁴⁹

20 mL

The Bach Flower Remedies allow peace and happiness to return to the sufferer so that the body is free to heal itself.

Healthology Supplements

Assorted Varieties



20% Off

Assorted Sizes

SLEEP-GREAT is a complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep.

Natural Factors Total Body Collagen

BC
Made!



Assorted Varieties

47⁹⁹

500 grams or 180 tabs

Total Body Collagen is a unique formula with essential nutrients that promote healthy skin, muscles, and connective tissue.

Natural Factors Big Friends Vitamins

BC
Made!



Assorted Varieties

15% Off

Assorted Sizes

A fun and delicious way for children to keep their antioxidant intake up and their bones, cartilage, teeth, and gums healthy.

Nutracleanse Omega 3

Assorted Varieties



BC
Made!

26⁹⁹

1 kg

A delicious, organic flaxseed blend rich in fibre & nutrients for a healthy inside.

the Dish

On Eggplant

Lets get this out of the way to start. If you've ever wondered why an oblong purple vegetable is called an eggplant, wonder no more. What you find in the grocery store today is a modernized hybrid that journeyed over from Asia, to the Middle East, and then eventually Europe. Originally, eggplants were small white globes, and it's



our modern varietal that has taken on the purple form we all know. To make things more confusing, sometimes eggplants are referred to as aubergines. That word originates from Arabic, and it's the Arabs we have to thank for the spread of eggplant around the Mediterranean. It's a good thing to. Without those aubergines we never would have gotten French ratatouille, Italian eggplant parmigiana or Greek moussaka, to name a few.

Eggplant is a spongy vegetable that can be cooked in dozens of ways. Steamed, battered and deep fried, sliced and grilled, baked, whole, halved, you name it. Before you start cooking though, pick an eggplant that has firm, bright skin. Always try and cook eggplant when it's as fresh as possible, as it can get bitter with age. If you can't cook it right away, I recommend the following method;

Cut your eggplant in half or into thick slices. Sprinkle with coarse salt and let sit for at least 30 minutes. The salt will draw out moisture from the eggplant.

Pat it dry, then use it for your dish. This process of removing liquid can help remove any bitterness, and by taking out some water you'll allow the eggplant to absorb the flavours of your dish.

This absorption of flavour is why the use of eggplant in vegetarian dishes as a meat alternative has long been popular. The list of recipes is endless, and is globally inspired. China and India are home to dozens of eggplant varieties you may never have seen before thanks to this popularity, some even better for certain applications than others. Eggplant is great in stews, sauces and as a base for dips. Stuff it, put it into your salad, or eat it as a main course. Miso grilled Japanese eggplant anyone? How about spicy Korean style? Ever tried a Philippine eggplant omelet? I can't even list all the great Middle Eastern and Indian dishes where eggplant is the star of the show, but I do love baba ganoush. This vegetable has an amazing array of uses that take advantage of its adaptable texture and flavour.



Here at Choices, our produce team will often bring in heirloom varieties of eggplant for you to try. I recommend taking some home when available for a colourful dinner plate. Maybe with enough tastes you'll be able to figure out what came first, the chicken or the eggplant.





Visit the Choices Deli for a healthy taste of foods inspired by every corner of the world. Interested in something new for lunch? We've just released a trio of amazing dips by Chef Antonio for you to try! Visit the Choices Deli to find out more.



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Eco Audit

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

Tree(s): 27

Waste: 1,199 kg

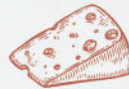
Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator



New From the Choices Deli

Gourmet Bean Dips

Jalapeno Black Bean
Cilantro Edamame
Green Olive Cannellini

Do lunch differently with our new line of Gourmet Bean Dips. Try a taste of the Mediterranean and savour our tangy Green Olive Cannellini dip. Our creamy Jalapeno Black Bean has a sweet and spicy kick you won't be able to resist. Tired of the same old guacamole? Cilantro Edamame is the refreshing taste you're looking for. Slice up some bread, make some veggie sticks, or break out the crackers and you'll have everything you need for a lunch deserving of your cravings.

