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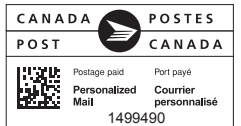
Monthly Newsletter | September 2020

The Dish on Onions

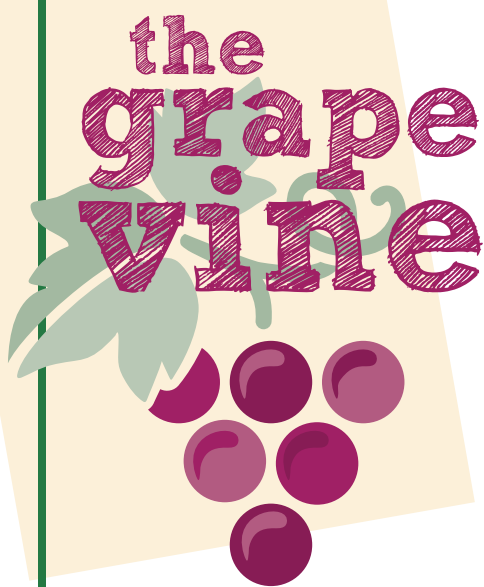
Say Cheese! Oka

More Greens in Your Diet

Managing Acne



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



What's in Season in September?



September Veggies

Artichokes, Beans, Beets
Brussels Sprouts, Corn, Celery
Cucumbers, Fennel, Kale, Leeks
Pumpkins, Peppers, Tomatoes

September Fruits

Apples, Blueberries, Cranberries
Grapes, Melons
Plums, Pears

Store Anniversaries

September is a big month for many of the Choices Markets in your communities.

Choices South Surrey is our biggest store, and will be turning 15 this year. We'd like to thank our customers for supporting us and letting this store become the successful story it is today.

Our Kelowna store will be turning 13! 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 4! This store on the beautiful north shore is a star, and an active member of the community.

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



Keto Gazpacho With Bone Broth

Courtesy of Connor Meakin,
founder of Bluebird Provisions Organic Bone Broth

If you want a delicious dish for your next BBQ or picnic, then look no further than gazpacho. There's no easier way to make a tasty, keto friendly meal that's full of vegetables and protein. Best yet, it's easy to make, travels well and packs a serious zesty punch.

Summer is for refreshing on-the-go meals. You won't find an easier recipe that packs the flavour and nutritional punch of gazpacho.

You can take your gazpacho to the next level by adding bone broth. Bone broth is full of collagen protein, natural electrolytes and amino acids. It adds a satiating richness to your typical tomato based gazpacho.

- 2 cups spinach**
- 2 large tomatoes**
- 1 cup organic chicken bone broth**
- 1/4 cup avocado oil (or olive oil)**
- 2 tablespoons freshly chopped basil**
- 2 tablespoons freshly chopped parsley**
- 1 medium cucumber, chopped**
- 1/4 medium yellow onion, chopped**
- Salt, to taste**
- Lemon wedges, for serving**

Combine all ingredients in a food processor or blender (except for the lemon).

Purée until smooth.

Refrigerate until chilled (1-2 hours).

Portion gazpacho in bowls and serve with lemon wedges.



SAY CHEESE!

Oka



Washed rind cheeses made in the Trappist tradition have been produced by monks to sustain themselves since the eighteen hundreds, carrying on centuries of monastic cheese making heritage. With the recipes passed down from each generation of monk to the next, this style of cheese has a history as rich as its taste. Typically made from cow's milk, the small wheels of cheese are bathed in a brine (which can include beer) and flipped over every day or two during the aging process. This labour of love has produced some outstanding cheese like Port Salut from France, Belgium's Chimay, and of course Canada's beloved Oka from Quebec.

Oka got its start in 1893 in the Trappist settlement of Deux-Montagnes in Oka, Quebec. Created by cheesemaker Brother Alphonse Juin from France, this semi-firm washed rind delicacy has become a Canadian classic. Now there are several different styles of Oka to choose from. Try out Oka L'Artisan Smoke with some Bartlett pear in your next grilled cheese or melt some Oka with mushroom into your next fondue.

Oka and other washed rind cheeses can be pungent and overwhelming for some. Don't let that discourage you from trying it! Pair it with some classic fruits like pear, apples, and grapes or try with pineapple or mango if you're feeling adventurous.

It would be great as a melted cheese sauce for your next get together (fancy nachos, anyone?) or as a topping for an ultra-luxurious cheese burger.



COOK IT UP



Oka L'Artisan Mac and Cheese

As summer ends, I am always excited to turn my oven back on and whip up some classic comfort food. There is no better dish to fit that bill than Mac and Cheese! This one pairs earthy mushrooms and sticky, sweet caramelized onions with the funky Oka L'Artisan cheese. Pair with an apple tart for dessert for a fantastic fall meal. Fully caramelizing the onions might take a little extra time, but it's worth it!



- 6 Tbsp. unsalted butter, divided**
- 2 cups dried macaroni**
- 2 large yellow onions, thinly sliced**
- 8 oz mushrooms, chopped**
- 1/4 cup white wine**
- 2 Tbsp. all purpose flour**
- 2 cups milk**
- 1 1/2 cups grated Oka L'Artisan cheese**
- 1/2 cup grated Parmigiano Reggiano**
- 1 tsp. sweet paprika**
- Salt and pepper to taste**
- 1/4 cups chopped fresh parsley**

Over medium heat, melt 2 Tbsp. butter in a large skillet and cook onions until caramelized by stirring and deglazing with water as needed, about 45 minutes and set aside. In a clean pan, melt 2 Tbsp. butter and cook mushrooms until crisp. Season with salt. Add wine and cook until reduced then set aside with the onions.

Meanwhile, cook pasta according to package directions until al dente.

Preheat oven to 350°F

Melt 2 Tbsp. butter, add flour and cook for 1 minute, whisking continuously. Add milk and continue cooking until sauce thickens. In batches, add the Parmigiano Reggiano and the grated Oka and stir to fully incorporate. Add in the reserved onions, mushrooms, and pasta. Stir to combine and season to taste. Transfer to a baking dish and top with sweet paprika. Bake for 25 minutes. Top with fresh parsley 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.

SEPTEMBER 1-15 ONLY

club specials



GT's Organic Raw Kombucha

Assorted Varieties

2⁹⁹

480ml
+deposit +eco fee

GT's is the original kombucha brand that started the movement.



Choices' Own Glacial Water

.99

1L
+deposit +eco fee

We source our water from the very best BC has to offer.

Earth's Choice Organic Rainforest Alliance Certified Coffee



Assorted Varieties

7⁹⁹

340g

Robust flavour coffees sourced from ethical farming operations.

Kind Fruit & Nut Bars

Assorted Varieties



1⁶⁹

35g - 40g

With whole ingredients, you know you can trust Kind to be wholly delicious.

Coconut Bliss Frozen Dessert Bars and Sandwiches

Assorted Varieties



4⁹⁹

Assorted Sizes

A great way to beat the heat, without the dairy.

Riviera Coconut Milk Vegan Yogurt & Goat Yogurt

Assorted Varieties



4⁴⁹

500g

French style yogurts made to bring pleasure to your palate.

Nature's Path Organic Cereal

Select Varieties



4²⁹ to 4⁹⁹

Boxes, Assorted Sizes

Nature's Path has been making organic cereals since 1985.

Bakery On Main Ready to Serve Gluten Free Oatmeal

Assorted Varieties



4⁹⁹

300g

Get delicious oatmeal that's gluten-free and easy to take on the go.



A2 Milk

5⁹⁹

2L

A2 milk lacks the A1 protein that can cause gastric issues in lactose intolerant people.

Annie's Pasta & Cheese Side Dishes

Select Varieties



1⁹⁹

149g - 170g

Every bunny loves the taste of pasta and cheese!

Bragg Organic Apple Cider Vinegar



3⁹⁹

473ml

5⁹⁹

946ml

With a zesty flavour, this vinegar is made from organic apples.

Anita's Organic Whole Wheat Stoneground Flour or Unbleached White Flour



Assorted Varieties

7⁹⁹

Whole Wheat, 2 kg

8⁹⁹

Unbleached, 2 kg

Milled locally in Chilliwack, BC.

SEPTEMBER 16-30 ONLY

club specials

Love Good Fats Bars

Assorted Varieties



1.99

39g - 40g

7.79

4 Pack

Loaded with healthy fats to boost energy.

Made Good Gluten Free Bars, Squares, Cookies, and Granola Clusters

Select Varieties



.69 to 5.99

Assorted Sizes

Free of the most common allergens so you can feel good about including them in lunches.

Ritter Sport Chocolate Bars

Assorted Varieties



2.49 to 2.99

100g

European chocolates made with fun flavours and premium ingredients.

Stalbusch Island Farms Sustainable Frozen Fruit

Assorted Varieties



4.49

227g - 300g

Frozen at the peak of freshness so that you can always have fruit flavour on hand.

Gimme Organic Seaweed Snacks

Assorted Varieties



4.99

6 Pack

These crispy snacks are both nutritious and delicious.

Que Pasa Tortilla Chips & New Grain Free Cassava Tortilla Chips

Assorted Varieties



2.99

300-350g

Freshly stone milled for the ultimate in crispy, fresh crunch.



Manitoba Harvest Hemp Bliss Beverages and Hemp Yeah Granola

Assorted Varieties



2.99

Beverages, 946ml

4.99

Granola, 283g

High in protein, these are perfect for breakfasts and smoothies.

Wedderspoon Manuka K Factor

Assorted Varieties



34.99

K Factor 16, 500g

Manuka honey is exclusively harvested from New Zealand bees.

Ethical Bean Organic Fair Trade Coffee

Assorted Varieties



6.99

Ground, 227g

8.99

Whole Bean, 340g

100% certified fairtrade coffee, roasted in Canada.

Amy's Frozen Burritos & Wraps

Assorted Varieties



2.49

Regular, 170g

2.99

Gluten Free, 156g

The perfect vegetarian snack in a hurry.

Pacific Organic Soup

Assorted Varieties



3.99

472 ml

4.99

1L

Organic soups made with the best ingredients available for your kitchen.

Earth's Choice Organic Coconut Milk

Select Varieties



2.99

400ml

Coconut milk is a great dairy-free alternative for baking.

Online Video Seminars



Wednesday, Sept 9 | 7:00-8:30pm

Change Your Beliefs for Greater Health

with Marie Martin

ONLINE ONLY

Discover how your beliefs are affecting your health and what you can do about it!

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.

Tuesday, Sept 15 | 6:30-8:30pm

Probiotics Made Simple

with Andrew Munaweera, Natren Probiotic Specialist

ONLINE ONLY

Join Andrew Munaweera of Natren Inc. to learn about the importance of gut health and choosing the right probiotic supplement.

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.

Wednesday, Sept 16 | 6:30-7:30pm

Natural Remedies for Healing

with Mona Niebergall, Balance Well-Being

ONLINE ONLY

Learn about how to keep your family's health protected during these challenging and uncertain times through the practice of homeopathy.

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.

Tuesday, Sept 22 | 7:00-8:30pm

Nutrients and Your Immune System

with Erica Kubanek, IV Health Centre

ONLINE ONLY

Discover how to support your body with the most current dietary and nutrition science with Dr Erica Kubanek, ND.

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.

Wednesday, Sept 30 | 7:00-8:30pm

Resolve Energy Imbalances Mindfully

with Bonita Kay Summers, Balance Well-Being

ONLINE ONLY

Discover ways to maintain vitality, increase energy flow and resolve imbalances in your energy field that affect your well-being.

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.



REGISTRATION DETAILS

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

Choices Markets Nutrition Department Disclaimer Statement: The views and opinions expressed by the presenter do not necessarily represent those of Choices Markets and its employees. Choices Markets is not responsible for and does not verify the accuracy of any of the information presented. The information presented does not constitute medical or other professional advice and is for education purposes only. Seminar schedules are subject to change. For the most current schedule, please visit www.choicesmarkets.com/events/

Managing Acne with Naturopathic Medicine

By Dr. Felicia Deo, ND, Crescent Health Clinic

Discovering the root cause of skin issues

The basis of what Naturopathic medicine prides itself on is discovering what the contributing factors are for an individual's chief concerns. The most common causes of acne: Hormonal imbalances, PCOS, age-related changes, Gut dysbiosis, skin hygiene, cosmetic products, stress, diet, or a combination. Unsure of the root cause? Consult with an ND to help discover it.

Diet Modification

Supporting digestion and gut health---the 'gut-skin connection'. There is a growing amount of scientific evidence that confirms the depth of the connection between skin and gut as well as studies linking gastrointestinal health to skin health, particularly inflammatory skin conditions.

Try taking out inflammatory foods such as nightshade vegetables and all forms of dairy, and adding in probiotics and increasing your intake of whole foods.

Topical Treatment

Products containing salicylic acid, retinol and benzoyl peroxide are used to help combat acne by providing exfoliation, increasing cell turnover and killing the p.acnes bacteria, a major player in acne prone skin. Depending on the severity of acne, a prescription product may be warranted---check with your health care professional.

Professional treatments to try; chemical peels, micro-needling, laser therapy or facials

Internal Treatment

ND's focus on building an inside-out approach to dermatological concerns. Focusing efforts on addressing potential food allergies and sensitivities, mitigating inflammation pathways, and balancing detoxification pathways. This is done based on the individual and utilizes diet changes, herbs, supplements and lifestyle modifications.

Hygiene

An at-home skin care routine is important. Using products that compliment your skin concerns, understanding ingredients, directions for use, and sun protection are crucial to consider.

What can you do now? Change your pillowcase and face towels every 2-3 days (they accumulate dirt and bacteria), wash make up brushes regularly, and avoid touching your face!



As a graduate of the Canadian College of Naturopathic Medicine Dr. Felicia Deo, ND, believes that women can achieve health at any age. She is passionate about empowering women in all avenues of life, from pre-conception and fertility to diminishing discomfort during menopause.

How to Incorporate More Greens in your Diet

By Dionne Legge, CNP

Dark leafy greens are the leaves of plants that we consume as food. These nutritious plants are low in calories, but they can also be high in a number of important vitamins, minerals, and antioxidants. In particular, they tend to be rich in fibre, folate, manganese, iron, magnesium, and vitamins C, A, and K. Pair them with a healthy fat for better nutrient absorption. Try mustard greens, chard, dandelion, or microgreens.

1

Sauté or Wilt

Serve your morning protein on a warm bed of sautéed greens. Have a poached egg on watercress. Add your favourite green vegetables to sauces or soups towards the end of cooking by cutting the leaves into tiny ribbons or chiffonade and let them steam or wilt before serving.

2

Wrap or Stuff

Collard greens, chard, cabbage, or large romaine leaves can make an excellent vessel for other foods and become like taco shells, tortillas or sandwich wraps. To roll them easier you can cut out the stem.

3

Blend or Puree

A green smoothie can taste delicious. If your salad greens look like they are almost ready to go off transfer to a container in the freezer and save them for your morning smoothie. To make a smoothie taste sweeter try adding half a banana or a dash of cinnamon. To hide the colour try adding dark-coloured berries and reap the benefits of even more antioxidants! Purees can be added to baked goods or made into a delicious pesto.

**Food Saving Tip: If you have some lifeless looking green leafy vegetables or herbs in the refrigerator you can revive them in an ice bath. Fill a bowl with water and ice cubes. Add the vegetables (cut as you plan to use them) and let them sit for 15 minutes or longer.*



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.

Produce Pics

Sweet Apples:

Does an apple a day really keep the doctor away? This public health message has been around since 1866, however is not evidence-based. What is evidence-based, however, are the benefits of apple consumption, which include improved mental health, weight loss facilitation, cancer suppression, improved cardiovascular health, and reduced asthma symptoms. The health benefits of cardiovascular function are thought to be due to flavonoids, which are concentrated in the peel. Flavonoids help with improving arterial function and helping to lower blood pressure.



Grapes:

This little fruit is technically a berry, belonging to the flowering plant genus *Vitis*. Grapes grow in temperate climates across the world, including Southern Europe, Africa, Australia and North and South America. They offer a wealth of health benefits due to their high nutritional value, being especially high in vitamins C and K. Grapes are consumed fresh or made into jam, juice, wine, grape seed extract, raisins, vinegar, and grape seed oil. Studies have shown certain phytonutrients in grapes, such as resveratrol, may help to lower cancer risk. They may also help with protecting joint cartilage and reducing inflammation, reducing asthma symptoms, and improving mood.

Broccoli:

This cruciferous vegetable belongs to the Brassica genus of plants, and is actually a type of flower. Raw broccoli is made up of almost 90% water, 7% carbs, 3% protein, and almost zero fat. It is exceptionally low in calories at 31 calories per cup. Moreover, more than one third of its carbohydrates come from fibre. Its health benefits are extensive. It is an incredibly rich source of vitamin C and vitamin K, which is important for bone health and healing. Studies have demonstrated that cruciferous vegetables like broccoli can potentially help prevent DNA damage and cancer metastasis, activate our defenses against pathogens and pollutants, boost liver detoxification enzymes, target and destroy breast



Bakery



Purple Yam Bread:

This uniquely beautiful and delicious bread is perfect for the fall. Made with unbleached wheat flour, purple yams, and organic chia seeds, it is also a great source of antioxidants and plant-based

omega 3 fats. Purple yams are a starchy root vegetable. They are an excellent source of fibre and complex carbohydrates, helping to increase satiety, while also being high in antioxidants. Chia seeds are an excellent source of omega-3 fatty acids as well as soluble fibre, supporting brain health, helping to reduce inflammation, and promoting gut health.



Jack's Paleo Kitchen:

If you think choosing paleo baked goods means compromising on taste, think again! Let Jack's Paleo Kitchen show you that not all paleo cookies are created equal. This family-owned

company takes their ingredients and your taste buds seriously! Their Paleo-Friendly Cookies and Trail Mix Bites are soft, delicious, and free of the most common allergens (with the exception of coconut). Their products are grain-free, gluten-free, dairy-free, egg-free, non-GMO, nut-free (except coconut), and free of refined sugar. 7 delectable varieties to choose from, such as Snickerdoodle and Lemon Zing.

Grocery Gossip



Naked Coconut Seasonings:

These flavour-packed seasoning sauces are the ultimate crowd-pleaser and 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. They contain 65% less sodium than traditional soy sauces and do not have a coconut taste. You can use them to boost the flavour of your favourite stir fries, sauces, and soups, or as a substitute for soy sauce with sushi! There are several delicious varieties to choose from.

ENTER TO WIN

Win a KitchenAid Stand Mixer

Courtesy of Garden of Life

At Garden of Life, whether we're making a vitamin, or a probiotic, or a protein powder, we always start with real foods to provide our formulas the power to be their best.



One lucky Choices customer will win the ultimate in kitchen tools, the KitchenAid Stand Mixer!

Skill Testing Question:

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

Name: _____

Phone Number: _____

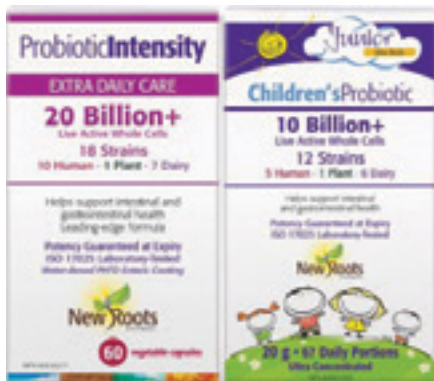
Choices Location: _____

Contest open from September 1 to 30, 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.

SEPTEMBER 1-15 ONLY

wellness centre



New Roots Probiotics

Assorted Varieties

25% 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.



St. Francis Herb Farm Deep Immune

1749

50mL

2599

100mL



An all-around protective tonic for anyone looking to boost the body's natural defenses.



Organika Vitamins and Supplements

Assorted Varieties

25% Off

Assorted Sizes

Grown naturally by our chosen suppliers and processed to our high standards, Our Blue-Green Algae Spirulina Powder is of the highest plant-based proteins per serving in the world. Add this clean, single-ingredient broth powder to your kitchen arsenal for a high protein, high collagen alternative to conventional bouillon.

Renew Life Vitamins and Supplements

Assorted Varieties

20% Off

Assorted Sizes



Perfect everyday fibre supplement to help maintain good health and keep your digestive tract running smoothly.

Sproos Collagen & Collagen Bars

Assorted Varieties



25% Off

Assorted Sizes

Canadian owned company focusing on functional collagen products.

NutraVega Plant Based Omega-3

Assorted Varieties



20% Off

Assorted Sizes

A great tasting, plant-based liquid omega-3 for the maintenance of good health.

Host Defense Mushroom Supplements

Assorted Varieties



20% Off

Assorted Sizes

Comprehensive immune support. With a blend of 17 potent mushrooms,

Manitoba Harvest Hemp Yeah! Proteins, Hemp Oil and Seeds

Assorted Varieties



25% Off

Assorted Sizes

Raw shelled hemp seeds that taste great, are simple to use – no need to grind!

Acure Face and Hair Care

Assorted Varieties



20% Off

Assorted Sizes

Get glowing with this super gentle, nutrient-packed cleanser.

Emerald Health Bioceuticals

Assorted Varieties



25% Off

Assorted Sizes

Naturally address your body's response to stress and anxiety by supporting your endocannabinoid system.

SEPTEMBER 16-30 ONLY

wellness centre



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.

Salus Floradix Kindervital Assorted Varieties



24⁹⁹

25mL

42⁹⁹

500mL

A delicious fruity tonic with vitamins A, B, C, D, and E, as well as key minerals.

Vega Protein and Energy Vanilla or Chocolate



25⁹⁹

510g-513g

With MCT oil, plant-based protein, and caffeine from organic coffee fruit.

New Roots C8 Assorted Varieties



18⁹⁹

90 caps

34⁹⁹

180 caps or 250 grams

Formulated with eight forms of buffered vitamin C, and additional nutraceuticals.

Flora Probiotics Assorted Varieties



20% Off

Assorted Sizes

Supports the gastrointestinal health of the small intestine and helps maintain a healthy yeast balance.



Now Solutions Body Oils and Butters Assorted Varieties

20% Off

Assorted Sizes

NOW® Solutions' natural carrier oils are a gentle, natural way to maintain smooth, radiant skin. Natural shea butter has a rich, luxurious texture that is well absorbed by the skin to condition and moisturize every type of skin.

Everyman Jack Men's Care Assorted Varieties



35% Off

Assorted Sizes

We make Men's Grooming Products using naturally derived & plant-based ingredients while still delivering on performance.



Radius Toothbrushes and Oral Care Assorted Varieties

25% Off

Assorted Sizes

The RADIUS Big Brush's iconic design won it a spot in the permanent collection of the Smithsonian Institute National Design Museum.

Weleda Facial Care & Body Care Assorted Varieties



30% Off

Assorted Sizes

Skin Food hydrates skin to give you a healthy-looking glow.

Purica Zensations Assorted Varieties



24⁹⁹

150 grams

Strengthen your life force with this cacao blend of eight mushrooms and ashwagandha.

wellness centre month long specials

Vitality Glow Collagen & Cranberry

Assorted Varieties



61⁹⁹

200 grams

Indulge your senses and support healthy skin, hair, nails and urinary tract.

Vitality Power Iron

Assorted Varieties



20⁹⁹

30 caps

31⁹⁹

60 caps

Improve your energy and mood with Power Iron + Organic Spirulina.

Vitality Kids Magnesium with Camomile

Assorted Varieties



31⁹⁹

120 grams

Uniquely combines calming properties of magnesium and German chamomile in a convenient and tasty powder that children will love to drink.

Genuine Health Kids Vitamins & Supplements

Assorted Varieties



19⁴⁹

Superfood Greens
88 grams

22⁹⁹

Probiotics, 30 tabs
Omega -3, 150mL

Boost, build and balance your child's nutrition with Genuine Health-y kids in partnership with Joyous Health.

SISU Vitamin B Supplements

Assorted Varieties



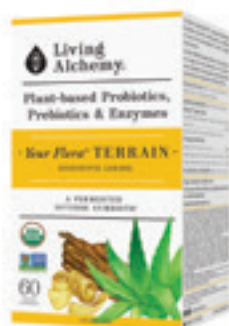
20% Off

Assorted Sizes

Full-spectrum B vitamin formula plus rhodiola to support overall health, particularly in people under physical or mental stress.

Living Alchemy Flora Series

Select Varieties



32⁹⁹

60 caps

Made with diverse strains of microorganisms to help you balance and protect your own unique microbiome.

Healthology Vitamins and Supplements

Vitamins & Supplements



35⁹⁹

180 grams

20% Off

Vitamins & Supplements

The ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.

Aura Cacia Essential Oils

Assorted Varieties



30% Off

Assorted Sizes

Our highly trusted essential oils are globally-sourced and are quality tested for impurities.

Botanica Superfood Beverages

Assorted Varieties



18⁹⁹

80 grams- 150 grams

A modern take on a traditional ayurvedic beverage. Whole food blend of turmeric, dates, coconut, cardamom, ashwagandha, black pepper and cinnamon made in small batches. Organic, non-GMO, vegan.

Goli Nutrition Apple Cider Gummies



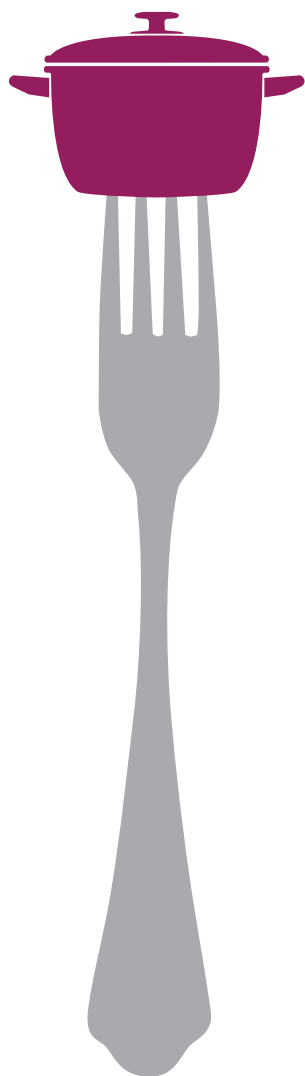
25⁹⁹

60 gummies

Each and every gummy contains some of our favourite superfoods.

the Dish

on Onions



What would we do without the humble onions? It's such a ubiquitous ingredient, found in so many recipes from around the world. Raw, diced, brined, sautéed, pickled, dried, fried or turned into powder, onion is a culinary superstar.



Directly related to leeks, chives and shallots, humans have domesticated, cultivated and farmed the onion for over 7000 years. The durability of the crop is likely one of the main reasons for its success. We've stored them more or less the same way forever, in a cool, dark, well ventilated space, often hanging in braids. You likely keep your onions at home in a similar fashion.

There are too many modern varieties of onions to list, but in general I like to group them in to two categories: cooking onions and salad onions. All onions can be cooked or eaten raw, but I like to group onions by how spicy the bulb of it is. Your standard yellow onion is strong flavoured, far better suited for roasting and sauteeing than eating raw. On the other hand, a red onion has a much more mild flavour, and that's why they're more often found in salads or on sandwiches. If you only have a strong flavoured onion handy and want to enjoy it fresh, you can mellow out the flavour simply. Dice or slice it up, then soak it in water and a bit of vinegar for 10 to 15 minutes. Strain, then pat dry and you can then use the onion in the raw preparation without all the bite.

My personal recommendation for cooking onions is to slowly stew large amounts of sliced bulbs for hours. Reduce the onions at a low temperature until they are reduced to about a quarter of your initial volumes. This will lead to a superb dish on its own with a little salt and pepper, but it's even better used as a base for other recipes. Sauces, soups, stews and curries are great options. Your tomato sauce will truly be elevated if you start with this method.



Now, while I enjoy a roasted onion or perhaps a warm onion soup as much as anyone, a fresh onion adds a delightful bite and sweetness into many fresh applications. New onions, spring onions, or garden fresh cipollini onions are available from late spring to early fall. They're delicious raw with garden tomatoes, fresh cheeses, lettuces, grains, rice dishes, and are a must in salsas. It's also worth noting that raw onion is more nutritious, and you'll get more of onion's many health benefits when consuming raw instead of cooked.


After nearly forty years working in kitchens, probably the question I get asked the most is how to stop the tears while preparing onions. I haven't found any sure-fire methods, but peeling under running water or refrigerating the onions before preparing are two of my most used methods. To be honest, I think repeated exposure might be the best option, second only to getting someone else to do the chopping for you.




Chef Antonio's decades of cooking experience comes straight to our deli every day. Try one of his dozens globally inspired creations in our deli and you'll be sure to find a new favourite.



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Choices Markets Locations

Kitsilano

2627 W 16th Ave, Vancouver
604.736.0009

Cambie

3493 Cambie St, Vancouver
604.875.0099

Kerrisdale

1888 W 57th Ave, Vancouver
604.263.4600

Yaletown

1202 Richards St, Vancouver
604.633.2392

Commercial Drive

1045 Commercial Dr, Vancouver
604.678.9665

Kelowna

1937 Harvey Ave, Kelowna
250.862.4864

South Surrey

3248 King George Blvd, Surrey
604.541.3902

Burnaby Crest

8683 10th Ave, Burnaby
604.522.0936

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



Boost Your Immunity, Naturally

There are many natural ways to help boost your immunity system and stay healthy this Fall. Speak to a Wellness Consultant in your local Choices Markets to find out more.

