



# CHOICES'

Monthly Newsletter | October 2020

## The Dish on Apples

**Diet** and Breast Cancer

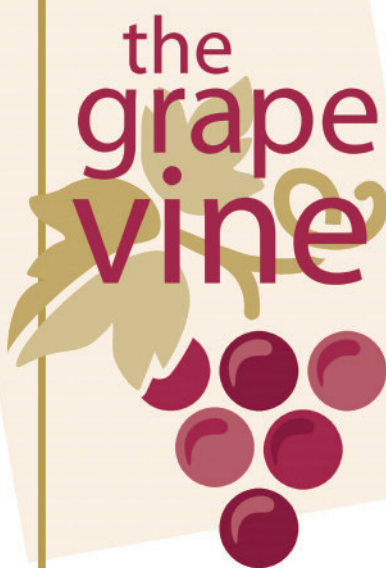
Say Cheese! **Brie**

**Win a Year of Clean**

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







## Haunted House Cancellations

For many years, we've had the pleasure of inviting kids, parents, ghosts, goblins and other assorted ghouls into our Kerrisdale and Burnaby Crest stores to enjoy some much needed spooks on Halloween. It is with heavy heart that we must regretfully cancel our annual haunted house tradition due to safety concerns surrounding COVID-19. These haunted houses have always been amazing community events that truly bring the neighborhood together for a fun night and we are sad to see them go. We hope that you will be able to enjoy a spooky Halloween without us this year, but most importantly, a safe one.



## New faces at Choices



Welcome to our new Nutrition Operations Manager, Kelsey! Kelsey graduated from UBC, with honours, with a Bachelor's of Science degree majoring in dietetics. Kelsey is a Registered Dietitian and is currently

licensed with the College of Dietitians of British Columbia. She completed her dietetic internship with Interior Health, which focused on areas such as diabetes management, renal, medicine and sport nutrition. She has worked as a Sport Dietitian helping youth, recreational and pro athletes meet their nutrition needs for their sport and overall health. Kelsey's areas of interest in nutrition include Low FODMAP diets, disordered eating, sports nutrition and public health. With the rise of nutrition misinformation online, Kelsey believes in providing evidence

based nutrition information grounded in science to empower individuals to make informed choices about their health. Kelsey prioritizes normalizing food and steering clear of fad diets to help individuals create a positive image around food. In her spare time Kelsey enjoys learning new recipes and trying new foods from around the world.

Catch Kelsey writing articles for the Choices Newsletter and hosting free online seminars on various trending nutrition topics at [choicesmarkets.com](http://choicesmarkets.com)!

## ENTER TO WIN

# Win a Year's Supply of Cleaning Products

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



Win 1 of 11 amazing prize packs 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 October 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



# Blueberry + Sage Sheet Pie

Courtesy of IfYou Care

### Crust

- 3 cups flour**
- 1 tbsp sugar**
- 3/4 tsp fine sea salt**
- 2 1/2 sticks butter, cubed**
- 1 to 2 cup cold water**

### Filling

- Blueberries**
- 5 tbsp fresh sage, finely chopped**
- 1/2 cup sugar**
- 1/2 cup tapioca**
- Juice from 1 lemon**
- 1/4 tsp freshly grated nutmeg**

### Topping

- 1 cup flour**
- 3/4 cup rolled oats**
- 1/2 cup granulated sugar**
- 1/2 cup brown sugar**
- 1/4 tsp salt**
- 1/4 tsp nutmeg**
- 1 1/2 sticks of butter, cubed**

Preheat oven to 400 degrees F.

In a large food processor, mix together flour, sugar and sea salt, then add butter cubes and pulse until it resembles peas.

Add the crust mixture to a large bowl and add the water, kneading until dough comes together and then form into a disc. Wrap the dough in parchment paper and refrigerate for at least 30 minutes.

Meanwhile, add blueberries, sage, sugar, tapioca, lemon juice and nutmeg to a large bowl and set aside.

In another large bowl, make the topping by combining flour, rolled oats, granulated sugar, brown sugar, salt, nutmeg and butter cubes, then combine by hand until they look like crumbs.

Line a half sheet pan with IfYou Care Parchment Paper. Remove the pie crust disc from the refrigerator and press into the pan, making sure to cover everything, including edges.

Pour blueberry and sage filling into the crust and top with the topping and bake in the oven for 45 minutes.





# Thanksgiving Menu

Let us help you make your holiday easier. Our gourmet creations are here to help you out with a few side dishes, dessert, or the whole thing.

## Start it Off

Brie for Baking  
Pre-topped, just warm in your oven

**12<sup>99</sup>**



Goat Cheese Medallion Trio  
Cranberry, Dill and Pumpkin Seed  
Almond flavours

**10<sup>99</sup>**

## The Main Event

Stuffed Roast Specialty  
Turkey Breast

**3<sup>99</sup>/100gm**

Maple Dijon Glazed Ham

**2<sup>19</sup>/100gm**

Roast Turkey Meal

Roast turkey with all the fixings

**10<sup>99</sup>**

## Scrumptious Sauces

Cranberry Sauce

**4<sup>49</sup>** tub

Turkey Gravy

**5<sup>99</sup>** 16oz tub **7<sup>99</sup>** 24oz tub

Shitake Mushroom Gravy  
made with miso

**5<sup>99</sup>** 16oz tub

## Savoury Sides

Homemade Cranberry Stuffing

**1<sup>99</sup>/100gm**

Roasted Caramelized  
Brussel Sprouts

**2<sup>49</sup>/100gm**

Steamed Green Beans

**2<sup>49</sup>/100gm**

Garlic Mashed Potatoes

**1<sup>29</sup>/100gm**

Roasted Root Vegetables

**1<sup>49</sup>/100gm**

## Sweet Surrender

Pumpkin Pies

Classic, Vegan or Alternative flour

**6<sup>99</sup> to 11<sup>99</sup>**

Choices Fruit Pies

Apple, Cherry Rhubarb  
and Peach Medley

**6<sup>99</sup>** 6" **12<sup>99</sup>** 9"



Pecan Pies

8" Pecan

**8<sup>99</sup>**

Pumpkin Spice Loaf

**7<sup>49</sup>**

Pumpkin Chocolate Brownie

**6<sup>99</sup>**

Don't forget we've got artisan buns, fresh made soups, bread crumbs, stuffings and more to make this year's feast as special as possible!



# Online Video Seminars

MARK YOUR CALENDAR



**Thursday, October 15th**  
**7:00-8:30 pm**

## Don't Panic!

with Dr. Elias Markou, CanPrev

### ONLINE ONLY

Join Dr Elias Markou to learn about advanced supplementation for dealing with chronic stress and enhancing your immune system. Get the tools you need to feel better, stronger and less stressed!

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

**Tuesday, October 20th**  
**6:30pm – 7:30 pm**

## Sleep & Stress

with Rhiannon Lytle, RHN

### ONLINE ONLY

Rhiannon Lytle, RHN and Organika Brand Ambassador will offer stress management techniques & accessible ideas to improve sleep for a better immune system.

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

**Wednesday, October 21st**  
**7:00-8:30 pm**

## Tired of Feeling Tired?

with Judy Holt, Balance Well-being

### ONLINE ONLY

Join Judy Jolt, Certified Holistic Life Coach, to learn about how to detoxify your body and mind with a healthy cleanse daily nutrition and a healthy lifestyle.

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

**Tuesday, October 27th**  
**7:00-8:30 pm**

## Yoga Therapy to Quiet Anxiety

with Leila Stuart

### ONLINE ONLY

A short talk on the ways Yoga Therapy can calm the nervous system and quiet anxiety, followed by a gentle class (on chairs and standing) using breath, alignment, movement and mindfulness tools for healing anxiety.

**Free event.** Register online at [choicesmarkets.com/events](https://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](https://choicesmarkets.com/events).**  
**For inquiries, please call 604.952.2266 or email [eventregistration@choicesmarkets.com](mailto: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/](https://www.choicesmarkets.com/events/)



# SAY CHEESE!

# Brie



**B**rie is one of the most popular and recognizable soft cheeses in the world. And for good reason! The delectable gooey paste and pillow-like white bloomy rind makes for a fantastic treat whether you eat it straight from wedge on a picnic or bake it into a wonderfully warm and luscious treat.

Production of brie goes back to 8th century France, about one thousand years before the appearance of its cousin camembert. Brie, made from whole or partially skimmed cow milk, is made by ladling cut cheese curds into round molds using a perforated ladle. The cheese molds sit on top of mats traditionally made using reeds from a river. These mats act as a strainer so the whey can drain from the cheese. After the whey drains from the molds overnight, the cheese is ready to age for about four weeks. The cheese is inoculated with mold (*Penicillium camemberti* or *Penicillium candidum*) which develops into the fluffy white rind as the cheese ages. The rind is edible and can be enjoyed with the rest of the cheese.

Brie is a great appetizer or dessert cheese. The fruity flavour pairs nicely with figs, apples, cranberries and blueberries. It also does very well when given a more savory treatment. Try it with sundried tomato pesto or chili infused honey and sage. For wine, go with crisp whites like Riesling, or light and fruity reds like Pinot Noir. At Choices you'll find a great selection of imported, domestic, and local brie to try, made with cow or goat milk depending on your preference. If using to make a cheese platter, I recommend buying wedges. If you are going to bake it, grab a mini wheel. The Choices Deli team will help you find exactly what you're looking for!

## COOK IT UP



## Apple Pie Baked Brie

With Thanksgiving finally here, it's time to celebrate with our loved ones and give thanks for the bounty of wonderful foods we are so lucky to enjoy. This apple topped baked brie is the perfect thing to share with your family this fall. If you have some pastry left over from your Thanksgiving pie baking sessions, this would be a great way to use it. Blind bake a little bit of pastry into a small tart shell big enough to fit the brie wheel, and continue with the recipe as follows. Serve with some great crackers and fresh baguette.

- 1 mini wheel (300 gr) of Brie**
- 2 medium apples, cored and diced**
- 1 Tbsp. butter**
- 2 Tbsp. brown sugar, packed**
- 1 sliced baguette for serving**
- 2 medium apples, cored and sliced for serving**
- 1/2 cup roasted pecans for serving**

Preheat oven to 350. If using a pastry shell, place brie into pre-baked shell. If not, place brie into a small oven-safe dish brushed with butter. In a small pot, cook the apples down with the sugar and butter until softened. Pour mixture over the brie and top with a few pecans. Bake for 15 minutes. Serve with crackers, baguette, pecans, and apple slices.



**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.**



OCTOBER 1-15 ONLY

# club specials

## Stahlbush Island Farms Sustainable Frozen Vegetables

Assorted Varieties



**249**  
284g - 400g

Flash frozen at the peak of freshness.

## Alexia Frozen Fries, Wedges or Onion Rings

Assorted Varieties



**299 to 499**  
340g - 567g

Oven baked side dishes for a healthier dinner.

## Simply Organic Gravy Mix Assorted Varieties



**149**  
24g - 28g

Give your gravy a  
deserved flavour kick  
with these great mixes.

## Gardein Frozen Meatless Entrees & Bowls

Assorted Varieties



**449**  
190g - 390g

Convenient,  
meat free and  
delicious.

## Beyond Meat Meatless Sausages

Mild or Hot



**799**  
400g

Perfect for enjoying with pasta dishes,  
currywurst, or right on a bun.

## Simply Organic Vanilla Extract

Assorted Varieties



**1799**  
118ml

Get a boost of flavour for  
your baking.

## Riviera Organic Yogurt & Goat Yogurt

Assorted Varieties



**499**  
4x120g

Yogurts made in the French style for a quality  
that only tradition can bring.

## Liberté Méditerranée Yogurt

Assorted Varieties



**299**  
500g

Yogurt in classic and unique flavours to wow  
the senses.

## Cha's Organic Coconut Milk

Assorted Varieties



**399**  
400ml

For a tropical flavour and  
creaminess that can't be  
beat.



## Green & Black's Organic Fair Trade Chocolate Bars

Assorted Varieties

**349**  
90g

A wide variety of  
expertly handcrafted  
premium chocolates.

## Clif Nut Butter Filled Bars or Whey Protein Bars

Assorted Varieties



**149**

Nut Butter Filled, 50g

**179**

Whey Protein, 56g

A favourite pick me up for office workers and  
hikers alike.

## Eco-Max Natural Liquid Laundry Wash

Assorted Varieties



**1299**  
3L

Take your sustainability  
to the max with these  
cleaning products.



OCTOBER 16-30 ONLY

# club specials

## Nature's Path Organic Eco Pac Cereal



Assorted Varieties

**7<sup>99</sup>**

650g - 907g

These larger size cereal packs are great for feeding a busy family.



## Blue Diamond Almond Breeze

Assorted Varieties

**2<sup>29</sup>**

946ml

A deliciously creamy alternative to dairy!



## Bakery Dept

### Silver Hills Sprouted Breads

Assorted Varieties

**3<sup>99</sup>**

510-675g

Sprouted grains lead to better nutrient absorption for a healthier you.

## Terra Bread Permium Granola



**6<sup>99</sup>**

454g

**12<sup>99</sup>**

1KG

Small batch.  
No preservatives.  
Non-GMO ingredients.

## Liberté Greek Yogurt

Assorted Varieties



**4<sup>99</sup>**

750g

Thick, sweet and creamy, just as a yogurt should be!

## Sunrise Soyganic Tofu



Made in Vancouver for decades of quality.

**2<sup>49</sup>**

Medium Firm, 454g

**2<sup>79</sup>**

Firm, 350g

## Lotus Foods Organic Pad Thai Rice Noodles or Organic Rice Ramen Noodles



Assorted Varieties

**4<sup>79</sup>**

Pad Thai Noodles, 227g

**7<sup>99</sup>**

Ramen Noodles, 283g

Made healthier with rice for a healthier life.

## Fody Foods Bars, Sauces, Salsa, Marinades and Dressings



Assorted Varieties

**1<sup>49</sup> to**

**4<sup>99</sup>**

Assorted Sizes

Fodmap diets shouldn't mean you don't get to enjoy your favourites!

## Amano Miso



Assorted Varieties

**4<sup>99</sup>**

400g

Since 1939, the Amano family name has stood for quality in naturally brewed soy sauce and miso.

## Echoclean Natural Dish Liquid & 2x Concentrated Liquid Laundry



Assorted Varieties

**2<sup>79</sup>**

Dish Liquid, 740ml

**10<sup>99</sup>**

Laundry Liquid, 2.95L

Locally made and all natural cleaning products.

## Hardbite Natural Potato Chips and Root Chips



Assorted Varieties

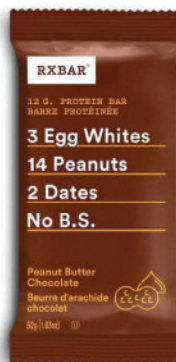
**2<sup>49</sup>**

Natural Chips, 128-150g

**3<sup>99</sup>**

Root Chips, 150g

All-natural chips made from the finest, freshest ingredients.



## RX Protein Bars

Assorted Varieties

**2<sup>49</sup>**

52g

A whole food snack made with nutritious ingredients and great flavour.



# Breast Cancer



## 3 simple dietary practices to consider for reducing risk

Only a small subset of breast cancer cases are thought to be hereditary (approximately 5-10%). That leaves 90-95% of cases linked to diet, lifestyle and environmental exposures. While there are many important modifiable dietary factors to consider, reducing alcohol, optimizing dietary fiber, and including intake of dietary polyphenols are some of the lowest cost and most actionable ones.

### Reduce Alcohol

The more alcohol you drink, the more you increase your risk. It is estimated that the relative risk for breast cancer may increase by 7-10% with each 10 g/day intake of alcohol (a "standard" drink has ~13.6g of alcohol). However, even less than one drink per day may modestly increase risk. Women in menopause and on hormone replacement therapy may be at an even higher risk compared to other women. Red wine might not confer the same risk; however, studies are limited and conflicting. Alcohol can negatively impact blood sugar, inflammation and metabolism. These changes can increase risk for various cancers and, conditions that predispose to cancer like obesity and diabetes.

### Optimize Fiber

Researchers looking at cancer prevention have suggested that for every 10g of fiber consumed daily, there might be an associated 7% reduced risk for breast cancer. Health Canada suggests Canadian women need a minimum of 25 grams of fiber daily. Meanwhile, most Canadian women are getting only 1/2 of that daily minimum recommendation. Fiber may reduce breast cancer risk by several mechanisms including but not limited to improving insulin and insulin growth factor (IGF-1) levels, reducing inflammation, reducing estrogen levels via changes in the gut microbiome and increasing excretion of estrogens. Improved fiber intake is also associated with lower risk of colon cancer and many other chronic diseases.

### Include polyphenols

Polyphenols are a broad category of micronutrients found in fruits, vegetables, spices, nuts, grains, tea, coffee or wine. They have a wide range of protective anti-inflammatory, antioxidant, immune supportive and anticancer effects. Green tea for example contains polyphenolic catechins, which have been shown to reduce breast cancer risk in clinical studies. Other well recognized examples of dietary preventive polyphenolic compounds include, but are not limited to, soy isoflavones, curcumin, resveratrol and quercetin. The Mediterranean diet (MD) is a plant-centric diet, particularly rich in polyphenols. In both pre and post-menopausal women, a MD has been associated with a reduced risk for breast cancer by up to 20%.

Optimal primary prevention for breast cancer should be comprehensive including appropriate screening exams, nutrition, management of chronic diseases, lifestyle, sleep, stress, physical activity and education on environmental wellness. For women who have been diagnosed with cancer, specific secondary prevention can be reviewed by a health care provider. Please also see my website, [drjessicamoore.com](http://drjessicamoore.com) to find my blog titled: "Diet after breast cancer: spotlight on sugar and fiber."

*\*\*The information in this article should not be taken as medical advice. Please talk with your healthcare provider before making any changes to your diet or lifestyle.*

#### References:

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2. Shufelt C, Marz CN, Yang Y, et al. Red versus white wine as a nutritional aromatase inhibitor in premenopausal women: a pilot study. *J Womens Health (Larchmt)*. 2012;21(3):281-284.
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4. Ginsburg ES, Mello NK, Mendelson JH, et al. Effects of alcohol ingestion on estrogens in postmenopausal women. *JAMA*. 1996;276(21):1747-1751.
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8. Wu AH, Yu MC, Tseng CC, et al. Green tea and risk of breast cancer in Asian Americans. *Int J Cancer*. 2003;106(4):574-579.
9. Turati F, Carioli G, Bravi F, et al. Mediterranean Diet and Breast Cancer Risk. *Nutrients*. 2018;10(3):326.



**Dr. Jessica Moore one of the few hospital and residency-trained naturopathic doctors in Canada. You can contact Dr. Moore at her practice locations: <http://www.sageclinic.com> and <https://cancercare.tandemclinic.com>**



# Internal Scar Tissue

By Amneet Virk, Solaj Laser & Physiotherapy Clinic

**Q**  
**A**

**Why am I still in pain after an injury or surgery?**

Internal scar tissue is a common, yet often undiagnosed or misunderstood condition causing significant pain and mobility limitations. Internal scar tissue is a condition impacting many individuals with significant pain and resulting mobility limitations. But it is often not recognized as that even by healthcare professionals. Diagnosis is hampered by the fact that the internal scar tissue does not typically show up as different from surrounding normal tissues in X-rays, MRI and CT scans. However, it can be seen during surgery and if it is close enough to the surface, it can be felt to the touch by practitioners specifically trained in internal scar tissue detection.

Internal scar tissue is the body's "emergency cellular structure" that builds in response to an injury or surgery. This tissue is made from a minimalist, tough, inflexible and fibrous kind of material. Compared to regular tissue, scar tissue is not as flexible and does not contribute to strength and mobility. To use a simple analogy, scar tissue is a bit like our body's natural duct tape. It's a quick emergency fix, not a good permanent repair. In the short term, scar tissue is helpful, since it creates a quick reconnection between cut or torn tissues. However, after short term benefits, scar tissue ends up becoming a significant

long term problem, getting in the way of a full return to normal flexibility and strength after an injury (or surgery). Due to its stiff, inflexible nature, internal scar tissue even increases the likelihood of future injury! Fortunately, scar tissue cells can make room again for healthy cells. This often occurs very slowly or hardly at all, but with a little help, our body can break up and get rid of much internal scar tissue.



Amneet Virk is a Physiotherapist at Solaj Laser & Physiotherapy Clinic. She has extensive experience with composing realistic exercise programs that may be done at home to strengthen muscles in the body as well as neuromuscular connections, leading to optimized recovery after surgery or injury. Amneet has undergone training and certification in Bioflex Cold Laser Therapy. Solaj Laser & Physiotherapy Clinic is located next to Choices in South Surrey. [www.solaj.ca](http://www.solaj.ca).

## October is Vegetarian Awareness Month

By Choices Nutritionist Sharan Malhi

October 1st is annual Vegetarian Awareness Month. Make a difference this October by following a few key steps in your diet to help create a healthier lifestyle.

**1**

### Dried or Canned Beans

Dried or canned beans are a great way to add fibre, iron, and protein. They can be added to dishes like soups and salads.

**2**

### Nuts and Seeds

Nuts and seeds are versatile and full of healthy fats. They can be included to dishes such as stir-fries, vegan sauces or eaten as a snack.

**3**

### Fresh or frozen vegetables

Fresh or frozen vegetables can be used to create hearty sauces and stir-fries. Pair with whole-grains like quinoa or brown rice and a source of protein like tofu or tempeh for a well-balanced meal.

**4**

### Sliced Mushrooms, Eggplant and Cauliflower

Sliced mushrooms, eggplant and cauliflower can be seasoned, grilled, roasted, stewed, marinated or sautéed and serve as the central component to a dish. If you are choosing a vegetable as the central component make sure you add a source of protein like 3/4 cup lentils or beans to ensure you are getting enough protein.

Like any healthy lifestyle, vegetarianism is all about balance, and you can reap the benefits of a plant-based diet without necessarily eliminating meat. We encourage you this October to include several vegetarian meals throughout your week. Challenge yourself to use fruits, vegetables, whole-grains, legumes and beans to create high-fibre, high-protein meals. You may not miss the meat at all!





## 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.

### Tasty Top Choices Recipe



#### Gluten Free Apple Oat Muffins

By Kelsey Moore, RD Nutrition Operations Manager Choices Markets

**Prep time 45 minutes, Makes 12 standard muffins**

- |   |  |
|---|--|
| 4 large eggs                                    | 2 tsp. ground cinnamon   |
| 1 tbsp. vinegar or lemon juice                  | 1 tsp. salt  |
| 2/3 cup plus 1 tbsp. virgin coconut oil, melted | 1 large sweet apple of choice (recommend Honey Crisp or Fuji) about 8 oz. grated |
| 2/3 cup plus 1 tbsp. pure maple syrup           | 3/4 cup (98 g) crushed walnuts   |
| 1 1/2 cups (145 g) gluten free oat flour        | 3/4 cup (80 g) gluten free old-fashioned oats                                    |
| 1 cup almond flour or meal                      |  |
| 2 tsp. baking powder                            |  |

Preheat oven to 350F.

Line each muffin cup with muffin liners. Whisk eggs, lemon zest, lemon juice (or vinegar), 2/3 cup maple syrup and 2/3 cup oil in large bowl. In a large bowl, whisk oat flour almond flour, baking powder, cinnamon and salt in a medium bowl until there are no clumps. Slowly add wet mixture to dry mixture and mix until combined, do not over mix. Add in apple, 1/2 cup oats, and walnuts. Divide batter among the muffin cups, filling each to the top.

Mix remaining 1/4 cup crushed walnuts, 1/2 cup oats, 1 tbsp. maple syrup and 1 tbsp. oil in a small bowl. Combine and coat over each muffin top.

Bake muffins until tops are golden brown (about 25 - 30 minutes). Test doneness with a fork or tooth pick, if the center comes out clean the muffins are ready!





## Grocery Gossip



### Blender Bites:

Making smoothies could not get easier with Blender Bites. Save time with no mess, no prep and no waste by simply adding a pre-portioned blender bite puck into a blender, along with your choice of liquid and protein powder. Smoothies can be extremely nutrient-dense and it is a great way to consume many of our daily essential vitamins and minerals. When life gets busy and we are under more stress, it becomes even more crucial we get in the nutrients to build our immunity.



### Greek Gods Yogurt:

Greek Gods Yogurt is made from organic milk and cream and is a rich source of protein, calcium, vitamin D, and gut-healthy probiotics. It is made by straining out extra whey, which yields a creamier and thicker texture than regular yogurt. It also contains less sugar and more protein than regular yogurt. Greek Gods Yogurt is enriched with seven gut-healthy probiotic cultures, providing 1 billion colony-forming units of active cultures per 125 gram serving. It is delicious in oatmeal, smoothies, cereals, dressings, fruit salads, and dips.



### Greenhouse Juice Co:

I'm super smitten lately with a little Canadian beverage company whose mission is "to offer widespread, sustainable access to plant-based nutrition and wellness of the highest quality." This company is Greenhouse Juice Co. out of Toronto. They use all organic, non-GMO produce, use up the 'seconds' from farms that no one wants to sell and even use the fibre scraps from juicing to make healthy dog biscuits... now that's sustainability!

## Choice Produce Picks



### Beets:

Beets are packed with essential nutrients. Beetroots are a great source of fiber, folate ( vitamin B9), manganese, potassium, iron, and vitamin C. Beet roots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increase exercise performance. Beetroots are delicious raw but more frequently cooked or pickled. Their leaves known as beet greens-can also be eaten. Beets can be juiced, roasted, steamed or pickled. Also they can be bought precooked and canned for convenience. Lastly, beets are delicious and versatile, fitting well into a healthy and balanced diet.



### Butternut Squash:

Butternut squash is quite versatile. It sautés quickly and is specially delicious when roasted, best of all, it mashes and puree smoothly, with no thick strands or fibrous bits, making it perfect into a delicious soup or used in casseroles, breads, muffins, and pies.

This versatile food is low in calories, yet high in a host of essential nutrients. It is a good source of fibre, vitamin C, vitamin A, Magnesium, potassium. This creamy, delectable gift of nature is a nutrient powerhouse that helps protect the eyes, fight obesity, strengthen bones, and regulate blood pressure and cholesterol levels.



## Organika Mylk Lattés

Assorted Varieties


**27<sup>99</sup>** 200grams

Beat the grind without losing your shine with Organika's Turmeric Mylk Latté + Prebiotic, made with turmeric which is known for its anti-inflammatory properties. Or, take the time to ease your mind with Organika's Blue Mylk Latté + Prebiotic, featuring caffeine-free Butterfly Pea Flower. There's many other varieties to try!

## Genuine Health+ Greens

Assorted Varieties


**20% Off**

Assorted Sizes

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

Smart Solutions  
Lorna Vanderhaeghe  
Vitamins and Supplements

Assorted Varieties

**20% Off**

Assorted Sizes

A line of natural supplements provides effective solutions to common health concerns including hormone imbalance, nutrient deficiencies, weight management, sleep issues, stress, and more.

## Bio-K Plus Probiotics

Assorted Varieties


**20% Off**

Assorted Sizes

Available in two different forms; Bio K+ Fermented Drinkable Probiotic and Bio K+ Probiotic Capsules.

Bulletproof Upgraded Collagen,  
Brain Octane, Coffee and More!

Assorted Varieties

**20% Off**

Assorted Sizes

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

New Chapter Vitamins  
& Supplements

Assorted Varieties

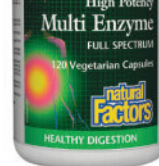

**20% Off**

Assorted Sizes

New Chapter's woman's multivitamin is made with organic, non-GMO ingredients.

Natural Factors  
Digestive Enzymes

Assorted Varieties


**20% Off**

Assorted Sizes

The enzymes help the body to break down proteins, carbohydrates, and fats while improving nutrient absorption.

Santevia Alkaline Water Pitchers,  
Filters & Shower Filters

Assorted Varieties


**20% Off**

Assorted Sizes

From countertop units to 'on-the-go' options, Santevia filters and restores your tap water to its mineral-rich state, just like nature intended.

## Le Comptoir Aroma Diffusers

Assorted Varieties


**20% Off**

Assorted Sizes

A line of various eco-inspired diffusers. The perfect gift!

## Jason Hand Soap

Assorted Varieties


**5<sup>99</sup>**

473mL

Gently cleanse and nourish your skin with JASON Soothing Aloe Vera Hand Soap.



### Flora Organic Elderberry+ Liquid Formula


**11<sup>99</sup>**

250ml

Can be taken daily to maintain a healthy immune system or at the onset of symptoms.

### Flora Organic Elderberry Crystals


**16<sup>49</sup>**

50g

Flora's organic Elderberry Crystals can be taken daily to help maintain a healthy immune system or at the first sign of seasonal symptoms.

### OM Organic Mushroom Superfoods



Assorted Varieties

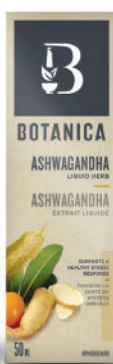
**15<sup>49</sup>**

60 grams

**25<sup>99</sup>**

75 caps

Focus and spark your mind for brilliant cognitive function.



### Botanica Organic Herbs and Superfoods

Assorted Varieties

**20% Off**

Assorted Sizes

Discover Botanica's curated collection of finely-crafted herbs & superfoods. All Botanica products are rooted in herbal traditions, made of whole plant ingredients – never isolates or synthetics – and produced in small batches for the greatest purity and potency.

### Natural Factors Vitamin A, D & K

Assorted Varieties


**20% Off**

Assorted Sizes

Helps in the development and maintenance of bones and teeth and helps your body absorb calcium and phosphorus.

### Platinum Naturals Vitamins and Supplements



Assorted Varieties

**20% Off**

Assorted Sizes

Our Superior Nutrient Absorption delivery system allows you to absorb more to help you feel your best every day.

### Genuine Health+ Collagen & Collagen Bars



Assorted Varieties

**21<sup>49</sup>**

Collagen Bars, 8pack

**28<sup>99</sup>**

Marine or Bovine Collagen, 210-300grams

Clean collagen makes it easy to get your daily dose of collagen. Also available in bars!

### Trophic Chlorophyll


**11<sup>99</sup>**

100mL

**23<sup>99</sup>**

250mL

Chlorophyll is known to enhance the effects of vitamins and minerals and plays an important role in digestion.

### New Roots Omega Jolly


**19<sup>99</sup>**

60 softgels

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



### Basd Body Care

Assorted Varieties

Basd is a range of organic, plant-based, cruelty-free body care products to make you feel good, look good and do good.

**12<sup>99</sup>**

Body Wash, 450mL

**15<sup>99</sup>**

Coffee Body Scrub, 180g

**19<sup>99</sup>**

Body Lotion, 450ml

### Marseille's Remedy


**10<sup>99</sup>**

Remedy Balm, 25mL

**21<sup>99</sup>**

Traditional Remedy Oil, 30ml

Ancient remedy for many antifungal, antibacterial and antiviral uses, personal and household.



# wellness centre month long specials

## CanPrev Healthy Lungs

Assorted Varieties



**31<sup>99</sup>**

90caps

Multi-antioxidant protection to help prevent cellular damage to lung tissue. Provides 1200mg of NAC daily, a respiratory detoxifier and mucolytic agent.

## CanPrev Collagen Beauty

Assorted Varieties



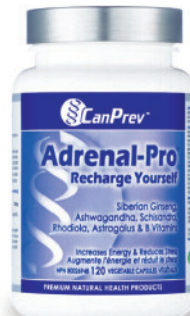
**15% Off**

Assorted Sizes

By supporting skin elasticity and healthy collagen production, Collagen Beauty helps improve the appearance of skin, reduces wrinkles and diminishes fine lines.

## CanPrev Adrenal Pro

**31<sup>99</sup>**  
120caps



Adrenal-Pro is a blend adaptogenic herbs and nutrients that help regulate cortisol release.



## Prairie Naturals Digestive Enzymes

Assorted Varieties

**15% Off**

Assorted Sizes

Enzyme-Force does more than treat the symptoms; it helps to correct one of the underlying causes of indigestion – poor enzyme activity! Get quick relief and activate good digestion with Digest-Force™ Activated Coconut Charcoal & Ginger Root Extract.



## Renew Life Cleanses & Fibre Supplements



Assorted Varieties

**20% Off**

Assorted Sizes

Promotes regularity and works in harmony with your body's natural detoxification process.



## Viva Organics Facial Care

Assorted Varieties

**15% Off**

Assorted Sizes

Viva Organics is a handmade, natural skincare line made right here in Richmond, BC!



## NutraSea Omega-3 Fish Oil Supplements

Assorted Varieties

**15% Off**

Assorted Sizes

Premium quality liquid omega-3, in a delicious grapefruit-tangerine flavour, with no fishy burp-back.

## Weleda Plant-Crafted Baby Care



Assorted Varieties

**15% Off**

Assorted Sizes

Gentle in the bath and shower, for a happy clean baby.

## Healthology Vitamins and Supplements



Assorted Varieties

**20% Off**

Assorted Sizes

STRESS-FX is formulated to lower cortisol levels and promote a state of calmness and relaxation.

## Honibe Lozenges

Assorted Varieties



Canadian Honey!

**4<sup>49</sup>**

10pack

Honibe Honey Products are sourced from the highest quality honey, no artificial flavours.



# the Dish

## On Apples

It's not hard to see that humans and apples have grown together for a very long time. From the Garden of Eden to other mythological stories from around the world, it seems that apples have always been an important fruit. With over 86 million tonnes of apples being produced every year, in over 7,000 different varieties, we can see that a love of the apple has carried through to the present day. And that's not even counting the many apple trees you'll find in back yards and private orchards.



Apples are a temperate climate crop that can produce 40 to 200 kilos of fruit per tree when mature. Because they are grown all over the world (including South American and New Zealand), and have a long growing season, we can get apples year round. When you want to buy local though, the first varieties of apple begin to show up on produce shelves in August, with a season that runs late into the fall. While apples first showed up on Canada's east coast in the early 1600's we can trace the first BC apples back to Father Pandosy, a missionary who settled in the Okanagan, now a world class orchard region.

Apples are also great because they store so well. Properly stored in a controlled atmosphere and temperature, apples can be prevented from ripening and becoming soft. However, keep in mind that apples in storage will produce ethylene gas. Ethylene gas given off by the apples will actually ripen other fruits and vegetables faster, so keep them away from other things that you want to last!

Whether you bite them or slice them, most of us have a favourite apple variety. One of mine is the Ambrosia. Named for the nectar of the gods, Ambrosia is actually a BC native. Grown from a chance seedling in the Similkameen in the 90's, this sweet and crunchy apple is now grown all over the world.



In the kitchen you can truly use apples anywhere. Crumbles, crisps and pies are just the beginning. Jams, jellies, compotes and butters are another application. Include sliced apple in your salads, or even salsas for a sweet, fresh bite. Expand your flavour horizons even further by combining apples with other fruits, like cherries, or even rhubarb. They're also a great compliment to many meat dishes, like roast pork or chicken. To be honest, just baking an apple is one of the best ways to enjoy this versatile ingredient. Of course, apple juice is another classic. Just make sure that you enjoy your fresh made apple juice as soon as possible. It tends to ferment fast.

Speaking of fermented apples, if you get a chance to visit Father Pandosy's old stomping grounds, (or are lucky enough to live there), visit one of the many emerging artisan cideries in Kelowna and the surrounding towns. They're world class, and you can taste the subtle variations that different apple varieties can make in cider flavour.

However you want to slice it, an apple a day may or may not keep the doctor away, but I think that all of our amazing BC apple farmers are worthy of some serious apple-ause.



**Chef Antonio is excited for fall and all the new flavour it brings. Check out our deli for new seasonal dishes to bring that great taste home with you.**





comments@choicesmarkets.com

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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 CO<sub>2</sub>

Smog: 5 kg NO<sub>x</sub>

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator

**CHOICES markets**

# New Dinner Ideas

## EXPLORE LOCAL CHOICES FROM OUR DELI

Never wonder what to have for dinner again with our new fall line of healthy and flavourful ready-to-go meals from the Choices Deli. Explore your neighbourhood Choices to find locally made, simple to prepare and incredibly tasty meals for you and your family.

Illustrations include: ROAST CHICKEN, CHEESES, QUICHE, KALE SALAD, DELI MEATS, SUSHI, ARTISAN SANDWICHES, HOT SOUP, PASTA DINNERS, SAMOIS, and NOODLE BOWL.