



Sunnyside Natural Market is a locally owned, family operated, community focused, small business. Operating in Kensington since 1997.

Our Plans in the New Year

Welcome to the first of many newsletters brought to you by Sunnyside Natural Market. We've aimed our sights high for the New Year, and what better way to get the news out than a good old-fashioned literary publication? It's officially been one year since our unassuming little store expanded into the modestly robust market you see now. With the physical aspects of settling into our new space nearly complete, it's time we sat down, look over how we got to where we are, and fine-tune and polish how we approach the most fundamental aspect of our market: food.

Sunnyside Market was opened in August of 1997 by Scott Clements and Linda Grandinetti. Long-time customers Patty Nowlin and Pat Guyn bought the store in 2005, keeping the same location and commitment to local, organic and ethical food. Since the Market's beginnings, the belief has always been that food production and distribution can have a significant environmental and social impact on communities both locally and globally.

During the upcoming year, we plan to continue our focus on what defines good food, and how it relates to the health of not only our physical selves, but our community as well. With this in mind, a policy that has been several years in the making is ready to be

unveiled: Sunnyside Natural Market's purchasing policy. In it, we outline the strict expectations we place on the ingredients and production methods of products coming into our store. As has always been the case, the focus on local family farms is a top priority. Our purchasing policy in its entirety can be



found on our website, www.sunnysidemarket.ca.

In the near future, Sunnyside Natural Market is proud to be co-sponsoring the documentary play SEEDS, which runs at the Grand Theatre from January 15th to the 18th. SEEDS depicts Saskatchewan farmer Percy Schmeiser's infamous battle with Monsanto. The play adds to a growing concern and question: who controls our food?

This concern has certainly been at the forefront of the food community with the GMO issue steadily rising over the last few years. At the Market, we've decided to take a step towards making sure that you, the customer, are able to make an informed choice when picking something off our shelves, instead of worrying that a GMO may be hiding in the ingredients. Sunnyside Natural Market has joined the Non-GMO Project. The Non-GMO Project is a non-profit organization and North America's only third party verification and labeling for non-GMO food and products. Visit their website, www.nongmoproject.org, for more details.

In 2014, Sunnyside Market will be unveiling a non-GMO policy. In the meantime, there are a few ways to avoid GMO food. The simplest trick: if it's organic, it is guaranteed to be non-GMO. Another easy way to avoid GMO's is to stay away from food that contains the following in the ingredients: corn, soy, or canola. These three crops are among the most likely to be genetically modified if they aren't organic.

Why I like it:
Organic, high quality, and brew a great tea!

Dried Nettles

Tyla's Pick



Seasonal Recipe

Roast them Roots (Serves 4)

- 5 Cam's carrots cut lengthwise
- 5 Lund's parsnips cut lengthwise
- 2 large turnips cut into wedges
- 1 Meyer lemon
- ¼ Cup of extra virgin olive oil
- ½ clove of minced garlic
- A sprinkle of cumin
- Fresh or dried rosemary to taste
- Salt and pepper to taste.

Cooking Instructions:

1. Preheat your oven to 450 degrees and prepare a large baking sheet.
2. Take all the root vegetables and toss them into a bowl with the herbs and spices.
3. Spread out the vegetables evenly on the baking sheet and place them in the oven.
4. Leave them in the oven for 40-50 minutes, tossing periodically.
5. Remove from the oven and squeeze some meyer lemons onto the meal.

This Season at the Market

A new year is here, and it's time to detoxify after a few weeks of saying "I'll just have one more, it is the holidays after all!" You might be thinking a box-cleanse is the easiest way to cleanse. But, there are other options that are just as simple if you incorporate them into your daily life. Here are just six examples:

Lemons: Warm lemon water helps digestion by stimulating enzyme production, flushing the liver, and stimulating hydrochloric acid. This tonic is best consumed when you first wake up.



Chlorella: Helps chelate heavy metals by binding to toxic metals and flushing them out. This should be supported with a soluble fiber source like apples or flax. This supplement also supports the adrenals due to its high vitamin B content.

Aloe: Aloe Vera's gelatinous properties help absorb toxins along the digestive tract. Whole leaf aloe also

acts as a mild laxative.

E3 Live: E3 live is an algae from Klamath Lake in Oregon. It comes frozen or freeze dried, and also possesses the power of chelation. This source has the benefit of mood boosting phenyl-ethyl alanine and a high vitamin B content.

Bitters: Bitters help to detoxify the liver and curb sugar cravings. They can be taken as a tincture or consumed as bitter salad greens in the diet

Castor Oil: Ricinoleic acid in castor oil prevents the growth of bacteria, yeast, and viruses. To create a Castor Oil Pack, take a cotton flannel or cloth and soak with castor oil. Apply to the skin that you wish to detoxify and, cover with plastic or additional cloth and then lay on a hot water bottle or heat pack for 20 minutes to an hour. Castor oil packs soaked through the skin and improve the body's ability to assimilate nutrients, eliminate toxins, and stimulate circulation.

If you're still looking for a box cleanse, we do offer three options: Botanica Restorative Cleanse kit (a 14 day cleanse), Wild Rose D-tox (12 days), and Recleanse Herbal Cleanse (7 days). With any cleanse, it is useful to prepare with a few days of clean eating, and maintain healthy eating habits beyond the end of your cleanse.



Who's Your Farmer?



Although winter is still very much around us, the sun has begun to hang in the sky just a little bit longer. The darkest days are behind us, and this means the countdown has begun: fresh, local produce is just a season away – if, like me, you know that Calgary only has two seasons. At Sunnyside Market, we're eagerly awaiting the return of fresh produce from Blue Mountain Biodynamic Farms. In anticipation of the local growing season, here's a little bit about Kris and Tamara Vester, and what their farm is all about: Blue Mountain Biodynamic Farms is a highly diversified family farm operating just southwest of Carstairs, Alberta. It is certified to the biodynamic standard of production by Demeter Canada. They produce vegetables, herbs, grains, legumes and forage which sustain not only their family, herds of pigs and goats and flocks of meat and egg producing poultry, but also many consumers in the Calgary area.

The farm began as the homestead for the Vester family in 1977 and later became a certified organic Community Shared Agriculture venture that Kris began upon his return to the farm in 1998. It has always been based on the premise that the

combination of a great learning environment and an emphasis on building solid relationships will result in healthy and positive outcomes – whether the goal is raising a family or producing good food. The farm is ran according to biodynamic guidelines, and in accordance with sound agro-ecological principles, minimizing external inputs (especially fossil fuels), conserving water resources, (re)cycling nutrients, minimizing soil erosion, building



healthy active soil, maximizing biodiversity (of both domesticated and wild species), and respecting the flow of energy both terrestrial and cosmic in nature.

While the farm is a place of diverse and almost constant activity, a place is always made to accommodate the spirit of human inquiry, and the human need for love and

joy are never neglected. After all – all work and no play makes for a rather dull existence. If Blue Mountain Farms is anything, it is certainly not dull! Every summer, Sunnyside employee's head out to Blue Mountain for a day of working on the farm, and listening to the insight Kris and Tamara have to share.

Blue Mountain has been available at Sunnyside Market for 15 years and counting! Their wide selection of produce can be found seasonally, and their pork products are available year-round in our frozen meats section. For more information on Blue Mountain Biodynamic Farms, visit www.bluemountainbiodynamicfarms.com

Why I like it:

Ethically raised, no added hormones, and delicious!

**Blue Mountain
Bratwurst Sausage**



Matt's Pick