



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

This Season at the Market

The trees are budding, and the sun is hanging around more and more each day – certain signs that spring is upon us – one of the most anticipated seasons at SNM! Unfortunately, it looks like it's going to be another brutal season for farmers in the southern U.S. The California drought still hasn't eased up, and despite hopes that the winter months would begin refilling the states water reserves, 2014/15 ended up being the driest wet-season on record. Produce is going to be increasingly sparse from California in the upcoming months, and scientists estimate there is only one year left in the state's water reserves. There is no better time to buy and grow your produce locally.

Towards the end of May, we'll be getting in our annual selection of Blue Ridge Greenhouse plants from Blackie, AB, so keep an eye out! Although Blue Ridge can't always use organic seeds, they only use Organic Material Review Institute certified products for fertilization and pest control. If you're looking to get your garden started right now, we've currently got local seeds from Harmonic



Herbs (Barrhead, AB), and Blue Mountain Biodynamic Farms (Carstairs, AB). Both are untreated, open-pollinated, and guaranteed non-GMO. We've also got organic seeds from a great

company out of Iowa, Seed Savers Exchange. Pro-Mix Soil is also available now. It's the same stuff Blue Mountain uses to get their seeds going on the farm, so you know it's high quality dirt. We've also got rabbit manure available. Rabbit manure is a great source of nitrogen, phosphorus, potassium, and many trace minerals and nutrients. It's also one of the few types of manure that won't burn plants when added directly into the garden.

We're happy to report that with the increasing sunlight, Alberta's greenhouses are up and running! Tomatoes and greens have begun trickling in from Hotchkiss Farms (Rockyview, AB), Mans Organics (Coaldale, AB), and Gull Valley (Gull Lake, AB). We're also excited to add two new (very) local vendors to our produce counters: Micro YYC and Greenberry. Micro YYC provides us with delicious, sustainably grown mixed micro-greens – available in both mild and spicy. Greenberry provides us with sunflower shoots, pea shoots, and mixed bean sprout blends. This produce is so local

that it's grown right here in the community of Sunnyside by two long-time customers! Urban farming is alive and well in Calgary, and we're proud to support it. We're also bringing in a new B.C. vegetable supplier, Season's Harvest. Check out our produce section for organic spinach, black radishes, potatoes, and Thumbelina carrots from them!

Our produce purchasers will be heading out to B.C. in May for a tour of all the amazing farms we deal with, and to see how this year's fruit crop is shaping up. Don't get too excited yet though, there are still a few months to wait. We'll be getting the first pickings of B.C. cherries in mid-June! For now, get out into your garden, and get your hands in the dirt. There's no better feeling than re-connecting with nature after months of being trapped indoors trying to remember what a fresh tomato tastes like. Oh, and keep an eye out for our bees in ContainR park. They are scheduled to return at the end of May – just in time to start pollinating your garden.

Why I like it:
The best veggie burger & it's made by a great local company!

People Food Know-Meat Patty

Rich's Pick



Tomato, Lettuce, and Rustic Sourdough Bread Salad

What you'll need:

- 3 slices of sourdough bread, toasted
- 6 tbs. extra-virgin olive oil, divided
- coarse salt and freshly ground pepper
- 1 large ripe tomato, cut into 1-inch pieces
- 1 small zucchini, thinly sliced
- 1 head tender red leaf lettuce
- 1/4 cup pitted Kalamata olives
- 1/2 cup packed fresh basil leaves
- 1/2 cup packed fresh mint leaves
- 1/4 teaspoon minced garlic
- 1 tbs. white wine vinegar
- 1 tbs. water

Directions:

1. Brush toasted bread with 2tbs. oil; season with salt and pepper. Break into 1-inch pieces. Transfer to a large bowl and add tomatoes, zucchini, lettuce, and olives; season with salt and pepper.
2. Combine herbs, garlic, vinegar, water, and remaining 4 tablespoons oil in a food processor and pulse until smooth; season with salt and pepper. Drizzle salad with 1/4 dressing and toss. Serve with remaining dressing on the side.



GMO Arctic Apple Approved in Canada

The genetically modified Arctic Apple was approved for sale in the U.S. in mid-February. This made us even more vulnerable to the deregulation and approved sale here in Canada. The Arctic Apple is modified to prevent the apple from 'browning' for up to 15 days after it has been sliced. The Canadian Organic Growers Association has called it a "solution to a problem that doesn't exist." Both the BC Fruit Growers Association and the Federation of Quebec Apple Growers (which contain both organic and conventional farmers) are adamantly against introducing the apple in Canada. Studies in 2014 showed that 55% of Albertan's, and 66% of B.C. residents, were opposed to GMO foods. Most recently, a survey of B.C. residents showed that 69% were against the Arctic Apple itself.

In the hopes of making public opinion known, SNM began a petition against the Arctic Apple to send to Minister of Health Rona Ambrose. In only 2 weeks we gathered around 250 signatures. Unfortunately, on March 23rd, only a month after public discussion began in earnest, the Arctic Apple was approved for sale in Canada. No public inquiry was completed

before the apple's approval. Our petition has been mailed, along with letters to the Minister of Health and the Minister of Agriculture stating our disappointment on the issue. We will update you with a response.

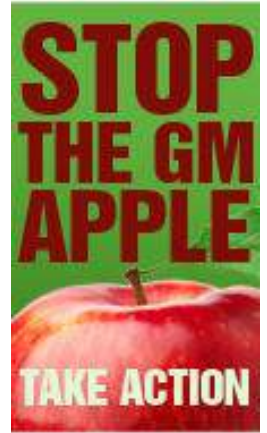
Health Canada claims the apple was approved because GMO's have been found to have no greater risk to human health than non-GMO's. This is a pervasive myth that is incredibly damaging to the GMO debate. The truth is, science is largely undecided on the issue. A massive international study published in January that included scientific research from universities around the world (including the University of Guelph) found that it is still far too early to assert if GMO's are safe or unsafe. At the heart of this debate it should be recognized that there is no consensus in the scientific community as to how safe GMO's are for human health. The uncertainty surrounding GMO's should be more than enough to question why they are being pushed onto Canadian consumers. Potential health issues still haven't been determined, and public opinion polls show the majority of Canadian's don't want them, so why are they being introduced into our food system more and more?

Another common misconception surrounding GMO's, is that because all modern agriculture has been meddled with by humans in some way, genetic engineering is simply a continuation of this. This misconception is incredibly prevalent in the Arctic Apple debate. When it comes down to it, there is a

huge difference between apple hybridization and a genetically modified apple. The process of hybridization can (and does) happen in nature when wind or pollinators such as bees cross-pollinate two apple species. Of course with human assistance, the process can occur much faster. The Honeycrisp apple, for example, was developed by the University of Minnesota through the cross-pollination of the Macoun and Honeygold apples. The Arctic Apple, on the other hand, was created through a very different process. GMO's are the result of splicing or removing DNA molecules and engineering them in way that alters the original genes. In the case of the Arctic Apple, technology from a non-browning potato currently approved in Australia was "perfected and expanded" in order to silence the polyphenol oxidase enzyme – the enzyme responsible for the browning of apples. This manufactured gene was then inserted into the DNA of the apple creating a new gene sequence that doesn't allow the polyphenol oxidase enzyme to activate enough to cause browning. Very often the DNA in GMO's doesn't even come from a related species. It would be impossible for the Arctic Apple to occur naturally.

It's not too late to take action against the Arctic Apple. We have signed a pledge to not sell the apple, and we urge you to pressure any of the other grocery stores you support to do the same. Write or email the Minister of Health, and the Minister of Agriculture and let them know your opinion. Visit the Canadian Biotechnology Action Network website (www.cban.ca) for prepared letters, and information on how and who you can contact to voice your concern.

Now is not the time to be complacent, but to speak up and let the government know that this is an issue Canadian's care about. March Against Monsanto is a great event to let your voice be heard. To join in the march, meet at Calgary City Hall at 12:30pm on May 23rd. Get out there and voice your opinion! If you have any questions about the Arctic Apple, or what SNM is doing to combat GMO's, don't hesitate to ask our incredibly knowledgeable Assistant Manager Tyler Doucette.



Why I like it:
Salubrious, with just the right amount of spice.

Spragg's Mexican Chorizo Sausage

Kye's Pick

sunnyside NATURAL MARKET

Parking at Sunnyside

We know that trying to find parking around the store can be a real pain. We have minimal street parking in front of the store, and we ask that customers don't park in our loading zone as well. With all the construction that's been happening on the street in front of us, we'd like to remind customers that we do have several parking spaces available behind the store, and there is often at least one or two free!