

Sunnyside Quarterly

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

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www.sunnysidemarket.ca

This Season at the Market: Sunnyside Verified

Happy New Year! We're looking forward to another year of sharing good food with good people. We decided to start the new year off with a new way of looking at GMO labelling.

With the New Year comes new approach to in-store GMO labelling. We're excited to announce Sunnyside Verified - our very own labelling initiative that represents the integrity of our store's purchasing policy and assures customers a product is free of genetically modified organisms.

We believe GMO labelling is all about choice: the right to know what is in our food, and the right to choose non-GMO.



In order to meet our Sunnyside Verified standards, products must be certified organic, third-party non-GMO verified, or verified by us. After two years of research we're confident in the products we label as GMO-free. The label is our assurance to customers that we've contacted the company or producer, asked about specific ingredients, and received documentation to confirm the product is non-GMO. Look for the logo (pictured above) on shelf tags starting next month to indicate Sunnyside Verified.

Another way we're committed to helping our customers make food choices is through the posting of "Buying Guides." Our "Egg Buying Guide" is already posted, providing you with details on all the farms that provide us with eggs. We'll be unveiling additional buying guides about our meat, dairy, cheese, and seafood sections. These guides provide you with detailed information about producers feed, animal treatment, and certification.

Make sure to visit our [website](#) and sign up for our monthly blogs as we'll be sharing more information on the Sunnyside Verified Project in addition to other advocacy work we our doing.

Canadian-Grown Bulk Foods

**left coast
NATURALS**

We get most of our bulk products from [Left Coast Naturals](#), a company out of Burnaby, BC that specializes in organics and sustainability - all the way from farming to transport practices. They were the first distributor in North America to have a formal non-GMO policy, and recently switched from overseas suppliers on many crops to farms located right here in Canada. We're excited to announce that dried split yellow peas, all dried lentils, flax seeds, and hemp seeds are now coming from

Canadian farms, and are certified organic as well as domestic Fair Trade under Farmer Direct Co-op.

This Co-op is the first North American organization to achieve domestic Fair Trade certification while being entirely farmer owned and operated. Due to the direct relationship with the farmers, prices have also dropped!

Seasonal Recipe: Turmeric Paste

Turmeric is one of the more well-known and regarded spices in Ayurvedic cooking. Many look to quick detoxes in the New Year to cleanse after a particularly epicurean holiday season, but some small changes in diet might be better for your body in the long run. Adding turmeric paste to your diet is an easy first step.

An Ayurvedic diet aims to create a balance through food - to heal and harmonize the mind, body, and soul. Turmeric is known to be beneficial in supporting blood, liver, joint, and digestive tract functions. It also gives a boost to our immune systems. Below is a simple recipe for turmeric paste. It can be taken as is (about 1-2 tsp/day), or can be mixed with warm milk, added to soups or curries, or mixed with honey to make a delicious tea.



What you'll need:

- 1/2 cup organic turmeric powder
- 1 cup water, & 1 cup water in reserve, if needed
- 1/3 cup raw or cold pressed coconut or olive oil.
- 1 tbsp grated fresh organic ginger
- 2 teaspoons freshly ground black pepper

Directions:

1. Place turmeric, water, and grated ginger in pan, stirring over gentle heat until you have a thick paste. This should take about 7-10 minutes.
2. While stirring, add additional water if needed.
3. Turn off heat, and add fresh ground pepper and oil. Whisk to incorporate oil and allow to cool.
4. Transfer paste into storage container.

Turmeric paste will last about two weeks, refrigerated.

** We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.*

We source our organic turmeric powder, and many of our other spices, from [Mountain Rose Herbs](#), a fantastic company based in Eugene, Oregon. They are dedicated to organics, soil health, clean watersheds, and non-GMO



Winter Farming in Alberta



It's been a demanding winter so far: multiple days below -20°C, biting winds, and plenty of snow. Yet we still have local greens, peppers, cucumbers, and tomatoes. 'How?' you might be wondering, 'surely there's been some sort of mistake.'

We get locally-grown kale from [Schipper Farms](#), located near Bow Island, AB, and peppers, cucumbers, and tomatoes from Gull Valley, located near Blackfalds, AB. Both farms operate hydroponic greenhouses that are able to operate year round because of assimilation lighting.



Levi Tiemstra of [Gull Valley Greenhouse](#) admitted that growing in the winter is certainly more challenging than in the summer, even with a greenhouse. He pointed out that grow lights are required due to significantly lessened daylight during the winter months. Without the added lighting, tomato plants would have a very difficult time flowering and producing fruit. At Schipper Farms, Dee Schipper said that even with assimilation lighting, kale just seems to grow slower during the winter.

Sunlight isn't the only issue. With the cold winter days piling up this year, there is more demand to heat the greenhouses, which means more energy is required. This can be a tough pill to swallow in an organic industry that aims at being more sustainable. For their part, Gull Valley uses LED technology as a more efficient method for



supplemental lighting. They also use energy curtains to reduce heating needs as much as possible when temperatures dip. Both farms are hydroponic because it allows them to produce more in a smaller space, and recycle water.

Levi sees more greenhouses moving to year-round production in Alberta, due to the ever-growing demand of fresh local food - even in the winter. Currently, there is very little fresh local produce available in the winter months, and the greens and tomatoes that come from California or Mexico just aren't as desirable. A big thanks to Gull Valley Greenhouses and Schipper Farms for all the hard work they do. It allows us to enjoy delicious vine-ripened Alberta tomatoes, and fresh, crisp local kale even when our own gardens are covered in a blanket of ice and snow.

Vegetables aren't the only thing that are hard to grow in winter: check out our website for more information on how our ranchers keep their animals healthy throughout the winter season.

Fighting Food Waste

Approximately one third of all food produced in the world is wasted. In Canada alone, the annual cost of food waste is \$31 billion. Retail stores make up roughly 10% of this number.

At Sunnyside Natural Market, we're always trying to minimize our food waste. This is the reason we keep some of our produce in plastic bags. Yes, at first glance it does seem odd that a store such as ours would use plastic, but the



amount of produce it saves from spoilage is worth it. Keeping leafy greens in bags keeps them crisp and fresh for much longer, ensuring the energy that went into getting it onto our shelves in the first place isn't wasted.

Because reducing food waste has always been a goal for the store, it made sense for us to get involved with [LeftOvers](#).

In Calgary, 23,165 households live in poverty. LeftOvers provides service agencies such as the Calgary Drop-In Centre, the Calgary Interfaith Food Bank, Alpha House, Making Changes Association, and Inn from the Cold with donated perishable food items. This work alleviates stress and fills these kitchens with fresh food that would otherwise be thrown out.

We've been supporting LeftOvers Calgary for a year this January. Anytime we have food that is nearing its expiration date, or produce that is slightly past its prime, we call up LeftOvers, and they send someone over. In this first year we've donated 1,682 pounds of food.

We're also happy to announce that through your donations this December, along with our Bring Your Own Bag initiative, we raised \$410.75 for the Calgary Inter-Faith Food Bank, as well as plenty of customer food donations. Thank you for your generosity!



LEFTOVERS

Nama-stay Healthy

We've decided to start 2017 off right by collaborating with our good friends at [The Yoga Shala](#). If you bring your receipt from Sunnyside Natural Market you will receive 1 free class at The Yoga Shala. This offer lasts from January 1st through the 31st.



If you are already a member of The Yoga Shala, they will be giving out 10% off coupons that can be used at Sunnyside Natural Market or Sidewalk Citizen Bakery throughout the month of January.

Start off the year by nourishing the mind and the body.

Visit our website & subscribe to our mailing list to receive the latest news, updates, events, promotions, recipes, & newsletters.
www.sunnysidemarket.ca