



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

This Season at the Market

2016 has been declared the year of the pulse! Pulses are part of the legume family; the dried seed to be specific. Lentils, peas, chickpeas, and beans, to name a few, have stepped into the spotlight. Pulses are high in both soluble and insoluble fibre, and also provide several necessary vitamins and minerals including iron, potassium, magnesium, zinc, and B vitamins such as folate, thiamin, and niacin. They're a great option for a more affordable protein in your diet. Lentils, for example, have 18g of protein per cup! They're also a protein source with a much lower carbon and water footprint than meat products. Beef, for example, has a water footprint nearly 50 times higher per kilogram than that of pulses.



The year of the pulse will have a huge benefit on Canadian agriculture. Canadian farmers account for more than a third of the pulses grown worldwide each year. Most of these pulses are grown right here on the Prairies, and are known to have a low environmental impact, and promote sustainable agricultural practices. Much like legumes, pulses are nitrogen-fixing crops that contribute to improved soil health and sustainable agricultural practices. Conventionally, pulses are a low carbon footprint food, and use half the non-renewable energy inputs of other crops. When grown organically, or on small bio-diverse farms, the environmental benefits are exponentially better. The positive biochemical soil composition that pulses leave behind means that with good crop rotation, pulses provide other crops protection against disease-causing bacteria and fungi without the use of harmful pesticides and fertilizers. SNM provides several dried pulses in our bulk section.

Buying pulses is not the only way to have a positive environmental impact while saving money. Reducing food waste makes a huge difference. Canada is one of the worst offenders for wasting food, with households wasting an

estimated \$14.6 billion per year! Beyond the sheer waste of money, this is also incredibly unsustainable for the planet. Make sure you're using all the food you buy. Get creative and add ingredients you may have in your fridge that the recipe doesn't call for – or create your own concoction altogether.

We'd also like to remind you that we provide several ways to get a discount on your grocery bill. If you special order items by the case, we offer 10% off, or 20% if it's a bulk item! We're also proud to provide a 5% discount to those with a membership to the Hillhurst-Sunnyside Community Association. By supporting the HSCA, you're also supporting the educational, recreational, and social services that make this community great. You can also get a 5% discount if you have a Friends of CJSW card.

Seasonal Recipe

In honour of the year of the pulse, here is a great recipe that features lentils provided by www.ohsheglows.com. Bon Appétit!

Spiced Red Lentil, Tomato, and Kale Soup

What You'll Need:

- 1 tsp coconut oil
- 2 large garlic cloves, minced
- 1 sweet onion, diced
- 3 celery stalks, diced
- 1 bay leaf
- 1 & 1/4 tsp ground cumin
- 2 tsp chili powder
- 1/2 tsp ground coriander
- 1/4 - 1/2 tsp smoked paprika
- 1/8th tsp cayenne pepper
- 14-oz can diced tomatoes
- 5-6 cups vegetable broth
- 1 cup red lentils, rinsed and drained
- sea salt & pepper, to taste
- 2 handfuls torn kale or spinach



Cooking Instructions:

1. In a large pot, sauté the onion and garlic in oil for about 6-5 minutes over medium heat. Add in the celery and sauté for a few minutes more.
2. Stir in the bay leaf and the spices (cumin, chili powder, coriander, paprika, cayenne). You can add half the spices and add more later if you prefer.
3. Stir in the can of tomatoes (including juice), broth, and lentils. Bring to a boil, reduce heat and then simmer, uncovered, for about 20-25 minutes, until lentils are tender and fluffy.
4. Stir in kale or spinach and season to taste adding more spices if you wish.



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Staff Education Night

In January we held a staff education night, and were honoured to have Kris Vester of Blue Mountain Biodynamic Farm provide his insight and wise words on farming, the food system, and its environmental impact. Our relationship with Blue Mountain goes all the way back to 1999 when we first began selling their produce at the store. We're grateful for the inspiration Kris and his wife Tamara have provided over the years. Here's a little bit of the information Kris shared with us that night:

Diversity is an important survival strategy, and this applies to the food system as well. Through diversity the earth has an abundance of ecosystems that are able to evolve and adapt into a place where life can thrive. The farm itself should be thought of no differently, yet the modern agricultural system finds itself on the opposite end of diversity. The majority of food today comes from massive monocultural systems that lack the diversity necessary to produce a flourishing ecosystem.

As Kris pointed out, in the last 100 years we've gone from having copious varieties of seeds to privileging a select few. Think of the apple: before the turn of the 20th century, there were 1000's of apple varieties being actively cultivated.

Today, you'll only find four or five in most grocery stores. The downside of apple orchards existing in a monoculture is that the trees lose the genetic diversity they rely on to survive disease. Thus, they become prone to viruses and pests, and require more and more pesticides to survive. For the last 5 years, conventional apples have been the number one offender for the crop that requires the most pesticides. This monocultural system of agriculture simply isn't sustainable.

The small farm occupies the other end of the spectrum – the haven for the diversity that is lacking in modern agriculture. For Kris, it's "important to have pockets of resilience" against this monolithic system. The small farm provides an area of diversity that allows for genetic exchange and a natural resilience to disease. For their part, in addition to raising chickens and pigs, Blue Mountain Biodynamic Farms grows an abundance of crop varieties on their farm. It is a system that contributes positively to soil health and water health, creating an ecosystem that doesn't rely on outside energy such as synthetic fertilizers and



pesticides for production.

Their farm is Demeter Certified Biodynamic, a designation essential to Kris's own philosophy. Biodynamic farming requires diversity in crop rotation, crop species, and to address disease and insect control. When asked why he first decided to go biodynamic, he replied that it was a system that allowed productive room for energy. He sees this approach to agriculture as "the sweet spot between scientific advancements and human spirituality."

It was an engaging and inspiring Staff Education Night. A big thank you to Kris for taking the time to come speak with us. We know every minute is valuable for a farmer!



Schipper Farms

Harm & Dee Schipper have been running their small family farm near Bow Island, Alberta, for two decades. They run a herbicide and pesticide free greenhouse with the help of their daughters, Colleen and Lia. Lia was awarded the Alberta Greenhouse Grower of the Year in 2014!

Schipper Farms is bio-diverse, growing lettuce, strawberries, flowers, as well as raising chicken. They run their greenhouse hydroponically because they like the control it affords: water and energy can easily be recycled and reused. They use biological control (insects) to prevent diseases, and with the use of assimilation lights they're able to grow plants year-round – although the kale does grow much slower in the winter!



After decades of farming, Harm & Dee are proud to be food producers. They take the saying 'healthy body, healthy soul' to heart, and this starts with good food.

Ewe-nique Farms Grass Finished Lamb

We're excited to be teaming up this season with Ewe-nique Farms to offer a farm-box of fresh grass-fed & finished lamb. Normally, Ewe-nique finishes their lamb on a supplement that is mixed with homegrown barley and hay. We asked about grass finishing when we visited the farm, and decided to work together to offer this grass fed & finished box.

Each box will contain a half-lamb, prepackaged into a variety of cuts. The lamb will be kept on pasture throughout the summer, and your box will be available for pick up in late-September.

Ewe-nique Farms is located just south of Champion, Alberta, and operated by Bert and Caroline Vande Bruinhorst. Their lamb is naturally raised with no growth hormones or antibiotics.

To ensure a box, please sign up at the store by no later than March 18th. Boxes will cost \$250.00, including a deposit of \$50.00 to be paid upon signup. For full details, or if you have any questions, please ask our friendly staff next time you're in the store!

