



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

Our Story

By Patty Nowlin & Pat Guyn Proprietors, Sunnyside Natural Market

One of our staff recently asked us, “What motivated you to buy Sunnyside Natural Market?” The path that led to our purchase of the store is really the culmination of both our family histories and personal life experience. Nine years ago, we were working corporate jobs, but were actively seeking a change in lifestyle. We had developed a keen passion for organic and local food and wanted to participate and contribute to Calgary’s thriving local food community. As well, both of us have strong familial links to farming and ranching in Alberta. We wanted to reconnect with this history. Ultimately, the biggest reason was that we had both experienced first-hand the Hippocratic Oath: let food be thy medicine and medicine be thy food.

The story begins back in 1996. Our first born son had some health issues that appeared when he was just under one year. It was suggested by a pediatrician that he follow a prophylactic antibiotic regime during the flu season, from November to April. This approach seemed very aggressive considering his ailments weren’t life threatening. After doing some research and meeting a variety of health care providers we chose a different method: a multi-faceted approach that included some radical changes to our diet. At this time, an opportunity relocated our family from Calgary to Berkeley, California. It would prove to be an important and influential year and a half of being immersed in a dynamic local & organic food culture – with the added pleasure of eating nutrient-dense, delicious food daily!

When we moved back to Calgary, our son – who had been on a diet that would now be classified as a strict paleo diet – was on the road to recovery. Our passion and interest in supporting local farms and producers had been ignited in Berkeley. Right away, we started a meat-purchasing group from home. TK Ranch delivered hormone and antibiotic free meat to our door and friends would then come collect their portion. We were fortunate to have Gert Lund deliver his delicious carrots and root vegetables to our home in West Hillhurst when the outdoor Blackfoot Farmers Market was closed for the winter.

We were thrilled when we discovered Sunnyside Market! It quickly became our favourite grocery store in Calgary. It reminded us of the small neighbourhood stores in Berkeley, where we knew the owners & staff and would run into friends and neighbours while shopping. Finally, in 2005 the opportunity arose, and we made the big decision to purchase the store. The journey has led beyond the health of the body to the health of a community (whether that be friends, family, neighbours, or farmers). The heart of SNM will always be the simple passion that started it all – great food!

Why I like it:
Pesticide free, Alberta grown, juicy and delicious!

Gull Valley Cocktail Tomatoes

Patty's Pick

The ABC's of Bees

SNM has decided to add beekeeping to its resume. We've joined the A.B.C. (Apiaries and Bees for Communities) program, and will be setting up two hives on top of the containeR park on 2nd avenue. To celebrate our foray into beekeeping, SNM is holding a '**Name the Hive**' contest. The winner gets a free bike tour for two of Calgary's urban hives, a bottle of Fallen Timber mead, and a jar of the honey produced from the hive you name! Stop by the store for details!

In joining with A.B.C., we hope to further our understanding, and teach the important role pollinators play in our food system. By contributing two healthy hives into the area, a better breeding pool can be attained for the local honeybee population, and this will lead to better pollination and a sustainable and thriving ecosystem for the many gardens in the community. A.B.C. is currently trying to get CFIA approval to jar the honey produced at the urban hives they have set up throughout the province, and we hope to be able sell it at SNM someday soon.

Seasonal Recipe

Caprese Skewers (Makes 20 servings)

What you'll need:

- 20 Gull Valley cocktail tomatoes
- 1 container of Bocconcini di Bufala
 - In our cheese section you have your choice of Alberta's own Wild West Buffalo Mozzarella, or Natural Pastures (B.C.).
- 1 large bag of fresh basil
- Extra virgin olive oil
- Balsamic Vinegar
- Sea salt
- Cracked pepper
 - Whole peppercorns are available in our spice section in both black and variety

Instructions:

- Using a skewer, put 1/2 a tomato, followed by a piece of buffalo mozzarella, basil, another piece of buffalo mozzarella, and then finish with the other 1/2 tomato.
- Season the skewers with salt, pepper, olive oil, and balsamic vinegar. Bon Appétit!

This Season at the Market

Is it safe to call it a new season yet? Has winter packed its bags and gone south for the summer? Here at SNM, fresh local produce has started trickling in, and we're taking that as a sign that spring has officially arrived. We are excited to say that Gull Valley



Greenhouse's (Gull Lake, AB) is fully up and running, and we're receiving tomatoes, peppers, mint, cucumbers and eggplants. We've also got organic mini

cucumbers from Mans Organics (Coaldale, AB).

Hotchkiss Farms (Rockyview, AB) has also started delivering carrots and fresh greens, including radish & mustard microgreens - great for a garnish!

If you're looking to get your garden going, our seed selection is stocked and eager to sprout. This year we've got seeds from High Mowing, and Seed Savers. Both are organic and open pollinated. If you're looking for something a little more local, we also carry seeds from Harmonic Herbs (Barrhead, AB) and Blue Mountain Bio-Dynamic Farm (Carstairs, AB). Neither are organic, but they are untreated, open pollinated, and guaranteed non-GMO.

There's no better sign that spring has sprung than when plants and soil start gracing the sidewalk in front of the market. This year we've got bags of organic vegetable and herb soil mix from ProMix. This soil was recommended to us from Blue Mountain farmer and all around good guy Kris Vester, so it's sure to be high quality dirt.

We've also got worm castings (or vermicast) in this year. Tyler Doucette, Sunnyside employee and permaculturalist, shared his thoughts on why vermicast is beneficial for gardens:

In short, vermicast is the manure of earthworms. It is a highly sought after fertilizer because earthworms break down complex organic material so that it can be easily integrated into soil and plant systems. Vermicast is an excellent amendment for any soil type as it contains beneficial microorganisms that rapidly increase soil fertility. It is also high in humates, carbon, and other organic matter. There are many ways to utilize worm castings. You can simply plant your seeds or seedlings in a mix of soil and vermicast, but my personal favourite is to create a compost tea or extract using the casings. Essentially, compost tea is cold-brewing and aerating the worm castings to extract the beneficial microorganisms. Check out our worm castings for instructions on how to use a compost tea or extract.

Don't hesitate to ask Tyler any questions you might have on using worm castings.

Our herbs, tomato plants, flowers, and hanging flower baskets come from Blue Ridge Farms (Blackie, AB). No chemicals are used to control pests or fungus,

and organic seeds are used whenever possible. Only Organic Material Review Institute certified products are used for fertilization and pest control. Check out www.omri.org for more information. Give spring a warm welcome: get your hands in the garden and some local produce on your plate!

Ask Sunnyside Why is the Produce in Plastic Bags?

We get this question a lot. At first, it does seem at odds with what we're about, however the main reason we put some of our produce in plastic bags is to reduce waste. Keeping produce sealed in bags keeps it fresh much longer. This reduces the amount of spoiled produce we have to throw out, and saves a lot of energy that not only SNM employees put into getting produce on the shelf, but the farmers as well.

Yes, we are looking into biodegradable plastic, but we need to make sure how it is produced makes sense first. A lot of biodegradable plastic produces a much larger carbon footprint to manufacture compared to regular plastic. If we can find the right biodegradable bags, we'll certainly make the switch.

If you have any questions you've wanted to ask, submit them to info@sunnysidemarket.ca. We'll answer the most common question in the next issue!

Why I like it:
No caffeine, bitterness or acidity. I think it's just dandy!

Dandy Blend Coffee Substitute

Jacqueline's Pick

We know everyone's patiently awaiting the arrival of delicious B.C. fruit. Although it's still a few months away, here's a chart of when we expect certain fruits to start showing up on our produce counter. Keep in mind, of course, that Mother Nature can change her mind on a whim.

Apricots	July 7 th – August 10 th
Peaches	July 10 th – September 25 th
Cherries	July 18 th – August 25 th
Gold Plums	August 1 st – September 25 th
Sunrise Apples	August 7 th – September 7 th
Nectarines	August 15 th – September 15 th
Early Italian Prune Plums	August 18 th – September 7 th
Bartlett Pears	August 19 th – October 25 th
Honey Crisp Apples	August 31 st – October 31 st
Royal Gala Apples	September 8 th – March 31 st
Spartan Apples	September 18 th – March 31 st
Ambrosia Apples	September 30 th – March 30 th

