



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

This Season at the Market

Well folks, things are starting to cool off and the tans are starting to fade. But the end of summer is not without its hidden perks. As the temperatures dip, the cooler weather in the night brings out the sugars in root vegetables making them sweeter! We've got Alberta grown carrots from Lunds Farm and Cam's Carrots. The bright orange Nantes variety are a great table carrot, while the coloured variety from Cam's are a better cooking carrot. We've also got potatoes coming in from Poplar Bluff farms in Strathmore, and expect other Alberta root vegetables to be available any week now!

While we're on the topic of cooler weather, a wealth of new B.C. apple varieties continue to arrive at SNM, and - thanks to autumn temperatures, we can expect a steady supply throughout the winter. Quite a few varieties of apples require cooler evening temperatures to ripen properly. Once these apples have ripened, they are available for winter storage, and can be kept refrigerated for long periods without spoiling. This is why we can enjoy B.C. apples for months after they're picked. You can even pick up a case of your favourite variety and store it in a cold-room or root cellar for most of the winter. Just remember to check for bruised or spoiled apples every now and then - one bad apple ruins the whole bunch! We've already got a few varieties of apples, as well as B.C. pears available, and in the next few weeks we expect

Ambrosia, Winesap, Jonagold, Granny Smith, and Pink Lady apple varieties to come in, so check back regularly!

September 20th to 28th is Organic Week. SNM will have in store specials on organic produce, and delicious recipes posted on our Facebook page, so be sure to check that out.

Last, but certainly not least: it's not autumn without squash! Honest Food Farms from Cawston, B.C. will be sending us many different varieties of palatable squash. Considering the first snowfall happened early this year, perhaps it's time to start collecting ideas for tasty squash-based soups. Here's a simple recipe to get you started:

Red Curry Squash Soup (Serves 6)

What you'll need:

- 2 small pumpkins or acorn or butternut squash
- 3 tbs butter, softened
- 1 14oz can coconut milk
- 1 tsp red curry paste
- 2 tsp fine grain sea salt
- 2 cups vegetable stock or water

Directions:

Preheat oven to 205°C. Cut each pumpkin in half and remove seeds. Rub with butter. Sprinkle generously with salt. Place on a baking sheet skin side down. Place in oven. Roast for 40-60 minutes or until tender. Scoop pumpkin into a large pot over medium-high heat. Add coconut milk and curry paste. Mash to combine. Add water 1 cup at a time pureeing between additions until the soup is a preferred consistency. Simmer. Add salt and more curry paste to taste. Top with roasted pumpkin seeds.

Why I like it:
Creamy and smooth organic goat cheese made right in Alberta!

Fairwind's Farm Goat Chèvre Cheese

Makenna's Pick



Non-GMO Month

October is non-GMO month. Our customer survey came back overwhelmingly in support of SNM taking an active non-GMO position, and our first mission is to focus on education within the store and the community as well. Lucy Sharratt of the Canadian Biotechnology Action Network (www.cban.ca) will be at the University of Calgary to talk about GMO's and their future in Canada on Thursday October 2nd from 4:00-5:30pm. We're proud to be co-sponsoring this event with Blush Lane Organic Market and UCalgary Greens. Admission is free, and the talk will take place in room ST-145, located in the Science Theatre building on campus.

When shopping, look for the non-GMO certified label, and remember: organic certification is the only non-GMO standard currently overseen by the government. Organic standards forbid the use of GMO seeds and ingredients. If you have any questions regarding GMO's don't hesitate to ask our friendly staff.

Halloween Candy Buy Back

Dr Evans, at Evans Dental Health, has started a yearly tradition that encourages both parents and children to refrain from eating candy made with high fructose corn syrup. On November 1st, for every pound of Halloween candy that kids bring in, Dr Evans will pay \$1 and give them an entry to win some cool prizes.

So what happens to all that candy? In order to further cultivate discussion and awareness surrounding health issues, the collected candy is not donated to others. Instead of passing on this terrible food to charity, Evans Dental Health donates the weight of candy collected in apples. SNM will be donating apples to this worthy cause, which will help out those in need through The Calgary Inter-Faith Food Bank's Fresh Food Program. For more information check out www.evansdentalhealth.com



Alberta Farm Tours

When it comes to meat at SNM, we strive to offer something that is both healthy to eat, as well as something that came from an animal that was raised and slaughtered humanely. As a culture, we're definitely heading in the right direction with our food. More and more, people are building relationships with the people that grow, produce and supply them with food. But as we reconnect with where our food comes from, the slaughter of an animal is an act that many of us are still uncomfortable with. How can we reconcile our desire for the humane treatment of an animal with the fact that it's ultimately dying for our consumption? This summer we toured quite a few farms in Alberta and found some truly inspiring farmers that treat animals with the respect they deserve in life and death. **Warning**, some people may find the following descriptions uncomfortable, please avoid reading by moving on to the Bee Update below.

TK Ranch: We awoke early in the morning after spending a night on the ranch, and Dylan and Colleen Biggs invited us out to watch the process of loading up cattle to bring in for slaughter. Dylan spoke proudly as he pointed out how calm and relaxed his cattle were in these final moments. He said it was the result of treating them with respect and compassion throughout their lives. This respect is carried on right up to the moment of slaughter. The Bigg's insist on having a member of their ranch with the cattle at all times, including at the abattoir, to make sure they are calm and treated with care. Dylan stated that it happens all too often that cattle are treated humanely their entire lives, but then neglected when it comes time to slaughter. All the farmers we visited mentioned that the quality of the meat is degraded by the release of stress hormones. Even farmers can have a disconnect between the live animal and a packaged cut of meat. Because of this, TK Ranch insists on being present at the abattoir.

Prairie Roots Organic (Sunworks Farm): Ron and Sheila Hamilton explained that the current method of humane chicken slaughter in the organic industry is electrocution. While the process is certainly quick, they

An Update On Our Bees

In the spring we joined with Apiaries and Bees for Communities and set up two hives in the neighbourhood. We're proud to say our bees are still

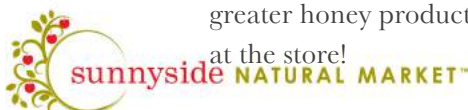


buzzing over at ContainR Park and storing up honey and pollen to get through the winter.

Unfortunately, due to the bees deciding to elect a new queen in one hive, as well as a mid-summer move, our hives were set

back and will not be producing a surplus of honey to harvest this year.

Both of our hives, Villa Mellifera and



point out that the black clots that occur in some chicken breasts are evidence that there is tension and perhaps some pain from this method. So Prairie Roots is building a new facility on their farm that will be entirely unparalleled in North America for humane poultry slaughter and processing. They explain that the chickens will enter a pitch-black room on a conveyer belt to calm them. Then, carbon dioxide levels in the room are increased slowly until the chickens calmly pass away. They hope to have this facility up and running in the next year.

Broek Pork Acres: Allen and Joanne Vanden Broek have a truly unique way of making their hogs calm and relaxed before slaughter. They use a school bus. During



the two days prior to slaughter, the selected hogs have complete access to the 'Hog Bus.' The bus provides a sheltered area that the hogs enjoy using during both day and night. They become so comfortable in the bus over the weekend, that instead of having to load up stressed

hogs to take to slaughter, Allan wakes up early on Monday morning, and simply drives the bus away with the pigs already loaded in the back. Allan also rents time and space at a slaughterhouse nearby so that he can do that slaughtering himself. This allows him to make sure the killing is done properly and with care. The carcasses are brought back to the farm and on Tuesday and Wednesday the meat processing occurs at their own provincially inspected facility on their farm.

The farmers we deal with at SNM are truly fantastic, and we enjoyed getting out to their farms this summer. The act of slaughtering may always be an uncomfortable part of re-connecting with our food, but knowing the farmers we deal with treat their animals with respect certainly makes it easier.

Why I like it:
Delicious Alberta made kefir that keeps your gut happy!

Vital Green Farm Organic Kefir

Tyler's Pick

sunnyside NATURAL MARKET

Sunny Honey, have been working hard and have managed to store 75lbs of honey each. They were also able to produce a lot of wax, which is crucial to honeybee productivity as it's used to raise brood and to store honey and pollen.

The surplus of honeycomb will give our bees a good head start next spring, and if all goes well we hope for a greater honey production so we can harvest some to sell at the store!