



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, the sun doesn't stick around very long these days, and the long underwear has become part of the morning routine again. It might not look like the best season for local Alberta produce, but there's a lot more going on than you'd expect. Having a greenhouse also helps when the temperatures drop. Gull Valley (Blackfalds, AB) and Hotchkiss (Rocky View, AB) are still delivering fresh produce every week! We expect to have them until the end of December, but they will have to close down briefly in the new year to give the greenhouses a good clean.

We're also getting lots of delicious local root vegetables right now. Cam's Carrots (Carseland, AB) is still dropping



off juicy and colourful carrots. Lund's Organics (Innisfail, AB) has also been delivering carrots as well as parsley root on a regular basis. Poplar Bluff (Strathmore, AB) is sending lots of different root

vegetables our way, including organic beets, parsnips, potatoes, and even sunchokes every now and then. Root vegetables just have a way of warming up Canadian winters. There are lots of great recipes out there (including one in this very newsletter), so pick out your favourite dirt dwelling vegetable and get cooking!

We also have mandarins and Cara Cara oranges coming in. Meyer lemons will also be a regular item in the coming weeks. They may not be local, but they are organic. Oh, and one last thing: we'll have B.C. apples available throughout the winter!

Why I like it:
Perfect for avoiding embarrassing moments at holiday gatherings!

Blaine Andrusek
Fart-B-Gone
Room Spray

Julia's Pick



Holiday Hours

Even grocers need a break every now and then. Here are our holiday hours this season:

December 24th: 9am-4pm.

December 25th: Closed.

December 26th: Closed.

December 31st: 9am-4pm.

January 1st: Closed.



Seasonal Recipe

This issue, Erin Gionet has been kind enough to offer us a recipe that is a perfect fit for the cold winter months. Erin is a certified Culinary Nutrition Expert based here in Calgary. Whether your goal is to boost energy levels, feel better about yourself, or transition toward a plant-based diet, she can help you create a plan of action. Visit www.freshstartwellness.ca for more details. Without further ado, here's a recipe for a comforting winter salad that makes a great addition to any holiday table:

Turkish-Spiced Roast Vegetable Salad

(Serves 4-6)

What you'll need:

- 3 large carrots, sliced into 1/2" rounds
- 2 large yams, cut into 1" cubes
- 1 large red bell pepper, sliced
- 1 large red onion, quartered and sliced
- 1/4 cup extra virgin olive oil
- 2tsp. Turkish Baharat (a spice blend containing black pepper, paprika, cumin, coriander, cloves, mint, rose petals, nutmeg, cinnamon and cardamom) or substitute Garam Masala.
- 2 tsp. curry powder
- 1 tsp sea salt
- Freshly ground pepper to taste
- 1/3 cup dried cranberries
- 1/3 cup toasted pumpkin seeds
- 1/3 cup finely chopped fresh parsley
- Juice of 1 lemon

Directions:

Preheat oven to 375F. Line a large baking sheet with parchment paper and set aside. In a large bowl, combine carrots, yams, red pepper, onion, olive oil, spices, salt and pepper. Toss well, and spread evenly onto baking sheet in single layer. Bake vegetables until just tender – about 30-40 minutes. Remove from oven and allow to cool to room temperature. Transfer cooled vegetables to a large bowl, and add cranberries, pumpkin seeds, parsley and lemon juice. Toss to combine. If mixture seems dry, add a little more olive oil. Adjust seasoning to taste. Refrigerate for 2 hours before serving.

Need Gift Ideas?

SNM offers custom-made gift baskets that incorporate products from all over the store. Just give us one week's notice! Gift cards can also be included, and if you have a particular product you want to include, just let us know. The only items that are off limits are bakery, deli, and perishable goods.

We've also got plenty of last minute gift ideas: honey candles, mulling spices, gift certificates, and of course, chocolate. Just ask any of our friendly staff if you need a

hand finding something particular, or if you want to have a gift basket made.

Eating Right for the Season

The winter can be a tricky time for a lot of people. If you find your energy waning and your mood less sprightly than normal, the solution could be as simple as maintaining healthy eating habits. With the holiday season approaching, there are many indulgences of all kinds coming your way. After New Year's, you may be struck with the urge to 'cleanse' your system. But, before you take the plunge, consider the stress the winter months can have on your body. With the short daylight, and the rough weather, is it really a good time to add another stress into the routine? A cleanse can produce positive effects in your system, but for some the process itself may add extra stress on to organs. It may also weaken your immune system during a season in which colds and flus always seem just around the corner. If you want to do something special for the New Year, consider removing refined sugars from your diet, and cutting back on alcohol. Adding foods that promote healthy gut activity to your diet can provide your body with the nutrients it needs to cleanse without the harsher effects of many cleanses. Sauerkraut is a



great food for this roll.

One great way to stay healthy and warm during the winter is making homemade bone

broth. Bone broths are well known for their nourishing qualities, and are not only rich in minerals but also high in the amino acids glycine, proline, and glutamine. These amino acids are important for immune function, gut health, muscle recovery, skin, hair, and joint health, as well as much more. Bone broth has a protein sparing effect, in that it supplies supplemental amino acids, basically reducing the amount of protein required from other food sources. Beyond the nourishing aspects of bone broth, it is also an important step in consuming the whole animal. From a sustainability perspective it creates less waste and maximizes the food provided by each animal.

Here is a simple recipe for bone broth:

1. Get some bones! The same process can be used for chicken, lamb, beef, pork, bison, or any animal bones.
2. Place your bones on a baking tray, and brown them by using the broil function on your oven. You don't need to cook them thoroughly, just brown the meaty bits. This will impart a deeper and meatier flavour.
3. Put the bones in your stockpot, and add water to 1cm above the bones.
4. Keeping the lid off, turn the burner on high until the water starts to boil.
5. Once it boils, turn the heat down to low, cover the pot, and simmer for 8-10 minutes.
6. Discard the water, and add fresh water to start again.
7. Once your broth is simmering again, cover the pot.

You want your broth to be gently simmering, where the bubbles are lightly coming up around the bones. Try to avoid a rolling boil. You can leave your broth for anywhere from 5-48 hours, depending on your schedule or taste preference. The longer the time, the richer and more nutritious the stock!

8. For the last hour, add any vegetable discards you have on hand. Carrot ends, onion skins, leek ends, celery tops, or parsley stalks all work great. Vegetable discards can be collected over time and kept in a bag in the freezer until you make your stock.

9. Let the broth cool, and strain. Spoon off the layer of fat on top to use immediately for soup, or, pour into containers for storage.


10. Put your containers of broth in the fridge, and when the fat has hardened on the top, you can remove and discard it.

Et voila: a nutritious broth to make soups, stews, sauces, gravies, or even to drink as a nourishing tea. Just add a little salt and pepper and enjoy. Broths can be kept in the fridge for up to a week, and also keep well in the freezer. It's important to get high quality bones, as environmental toxins can concentrate in the broth. SNM carries a variety of different bones from great farms that reach our high standards. Check out our freezer or fresh meat section. Due to the small size of many of the farms we deal with, we won't always have a full variety available, but there will always be something! This winter, fuel your body and protect it by getting enough sleep, and making sure you are getting enough healthy fats. Follow the rhythms of the season, and see how seasonal foods can help get you through these long winters.

Why I like it:
Great for holiday baking,
and makes everything
delicious!

**Broek Pork Acres
Leaf Lard**

Chantal's Pick



Dry Skin? No Problem!

The winter months can be especially hard on your skin. So, we talked to our Health and Beauty expert, Jacqueline Stutz, and she provided the following tip:

The main things your skin cells thirst for during these dry winter months are fat and water. People with dry skin need hydration and usually the best way to get it is with a light serum that can really penetrate the pores to hydrate cells. Following this, use an oil based cream to provide the cells with fat and lock in the hydration from the serum. If you have oily skin, it's best to just use the hydrating serum on its own.

We've proudly carried Rae Dunphy's *True Essence* line for over 3 years now. *True Essence* provides a high quality skin care line made right here in Calgary that sources organic and wild crafted ingredients. SNM carries the borage and comfrey serum, as well as the almond and calendula repairing cream. *True Essence* has an extensive product line, and we can always special order another product in that fits your needs. If you have any questions about our skin care products, don't hesitate to ask!