



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

This Season at the Market

Summer is the most exciting season to shop for local produce at SNM. New veggies and fruit arrive every week from B.C. and Alberta farms. In May, we visited five farms that we're proud to support in B.C.'s lush Similkameen Valley. The first stop was the utopic Ven'Amour Organics, one of the oldest operating organic family farms in the valley. Since 1977, Steve & Kim Venable have been growing 60 varieties of sustainable tree fruits and grapes, all planted on virgin soils away from commercial farming areas.

Next, we visited Honest Food Farm. Each summer, they provide us with high quality organic fruits and vegetables such as heirloom tomatoes, eggplants, summer squash, and cantaloupe melons – to name a few. We also visited Food of the Sun Organic Farm, owned by former SNM employee Justene Wright & her partner Matt Lougheed. Look for their exceptionally tasty garlic after the fall harvest. Similkameen Apiaries was the next stop, where Blair & Cheryl Tarves have worked as beekeepers for decades, providing pollinators for the fruit trees in the Okanagan & Similkameen valleys. We carry both their liquid honey, and raw honeycomb!

The final stop on the tour was at Zebroff's Organic Farms, owned by the legendary George & Anna Zebroff. The Zebroff's have been farming organically for 40 years near Cawston B.C., and have become a household name



because of the incredible fruit, jams, juices, salsas, and honey they produce. Be sure to try their apricots and plums when they arrive this summer!

With the summer in full swing here in Calgary, SNM has been receiving great produce from local Alberta farms. One particular farm we're proud to carry is hyper-

local – less than 2km away! SNM employee, and local farmer extraordinaire Kye Kocher is the secretary of YYC Growers, a non-profit alliance of urban SPIN farmers here in Calgary. Within this collective, Kye contributes produce from his own farm, Grand Trunk Veggies. All of the produce from Grand Trunk Veggies has been grown in 8 yards he has rented in Hillhurst and

Sunnyside (he pays his rent with the veggies he grows!). In total, he farms a variety of veggies on only 8,000 square feet – the largest plot being his own backyard, 3,000 square feet.

Grand Trunk Veggies is in its second season, but Kye has been dabbling in urban farming for 4 years now. Kye farms because he believes in “reconnecting people with the plate.” This connection covers both the healthful and social aspects of food. Grand Trunk Veggies uses only organic seeds, and like the rest of YYC growers, is naturally grown and unsprayed. Urban farming also dramatically cuts down on the environmental impact of transporting food.



Grand Trunk Veggies certainly has the immediate community at its heart: the expertly drawn logo was crafted by none-other than local artist and SNM employee Celestial Payne! Even the name ‘Grand Trunk’ pays homage to the prior community name for West Hillhurst. Kye & the rest of YYC growers sell their produce at the HSCA Farmers Market, and the Marda Loop Farmers Market. Of course it can also be found on the produce counters of SNM! Look for the sticker ‘YYC Grown’ on our produce to indicate a local urban farmer. We recommend trying Grand Trunk Veggies arugula next time you have a salad – that’s Kye preparing his arugula in the picture on the left!

Why I like it:
A great snack for hiking!

TK Ranch Beef Jerky

Pat's Pick

Calgary Folk Music Festival

10 years ago, the Folk Fest decided the many hardworking volunteers that make the festival so great should be eating good organic food. SNM agreed to donate fresh organic produce from the Similkameen & Okanagan valleys, as well as other organic food from local farmers and suppliers. It's been a great way to expose lots of people to the farmers that we are proud to support, and the incredible food they grow.

In exchange, the Folk Fest generously provides tickets to all SNM employees. It's been a wonderful partnership, and we're honored to support such a fantastic event. Get your blankets and chairs ready, because this years Folk Fest runs from July 23rd – 26th. Be sure to stop in for some treats on the way to the festival!



Urban Beekeeping in Sunnyside

Last year, SNM purchased two beehives through Apiaries and Bee's for Communities (ABC), and started our foray into beekeeping. We're incredibly lucky to have SNM head purchaser Joey Brocke as our own apiarist. Joey has been a professional apiarist for three months now, but has been interested in beekeeping for years. He got into the trade because he recognized how "important bees are to the agricultural chain." Beekeeping is intimately connected with the ethical ethos SNM strives to promote in the food system. For Joey, bees are an integral part of moving farming and food away from the unviable monoculture of conventional food systems to a more sustainable practice. Urban beekeeping in particular provides the tools for a more diverse and sustainable local agriculture. The SNM hives alone provide pollinators for community gardens and urban farmers within 5km.

Both our hives are doing extremely well: early in June, a fifth box was added onto our 'Sunny Hunny' hive. This was the first time in ABC's history that a hive reached 5 boxes high! Our other hive, 'Villa Mellifera' isn't far behind, and Joey expects a fifth box will need to be added to this hive as well by mid-July. The success of these hives speaks to the richness and diversity of this communities



many gardens.

We are currently working on getting the proper certification to be able to sell the honey from our hives in the store. Should this happen, it will certainly be a distinct and varying honey! Joey notes that in commercial

beekeeping in Alberta, there are 4 major blossomings that effect the flavour of honey: early in the spring, the willow and apple blossom flow provides bees with their first chance to collect nectar. Following this, there is the dandelion flow, the clover flow, and later in the season, the alfalfa and canola flow. Each of these nectars provides a unique flavour. Honey produced primarily from dandelion nectar, for example, results in a light and golden honey, while fir honey (also a springtime nectar) produces a darker more flavourful honey. The honey from urban bees is much more unpredictable. The many different plants in all the varying gardens mean that there are many different flavour possibilities for each batch of honey.

Suffice it to say, urban beekeeping is an exciting and important part of promoting a healthy and sustainable local food system. We're glad we could be a part of it, and a special thanks to Joey for taking care of our hives! For more information on Calgary's urban beekeeping community, visit www.backyardbees.ca. If you're looking for something to do this summer, they offer excellent bike tours of the cities urban hives!



Why I like it:

A great local green for your big salad!



Blue Mountain Spinach

Corianne's Pick

Savoury Summer Tomato Salad

What you'll need:

- 1/2 red onion
- 1 pound tomatoes *
- 1 clove of garlic
- 1 red bell pepper *
- 1/4 pound cucumber *
- 1 cup pitted kalamata olives
- 2 tablespoons red wine vinegar
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh dill, roughly chopped *
- 1/4 cup fresh mint, roughly chopped *
- 1 cup crumbled feta cheese *
- Flaky sea salt and freshly ground black pepper

Directions:

1. Finely slice the red onion. Cut all other veggies into bite-sized chunks.
2. Place the garlic, a pinch of salt, and the vinegar into a large mixing bowl. Drizzle in the olive oil while whisking.
3. Add the red onion, red pepper, cucumber, olives, and herbs, and let marinate for 10 minutes. Add the tomatoes and feta, and toss gently. Add salt and pepper to taste. Lift out of the bowl with a slotted spoon, leaving the juices behind. Place on a large platter and serve immediately.

* Local Alberta product available! Ask our friendly staff for assistance.

It's Our Birthday!

This August, we're turning 18! Previous owners Linda Grandinetti and Scott Clements opened SNM in August 1997. From the fall of 1991, to the opening of SNM, Scott had operated The Eco Shop in the same location that SNM is found today. The Eco Shop specialized in environmental products such as recycled paper, refillable cleaning products, and health care items. The expansion into local & organic food in 1997 was a natural progression with the belief that food production & distribution can have significant environmental & social impacts on communities both locally and globally.

Regular customers Patty Nowlin and Pat Guyn purchased the store from Scott and Linda in 2005. They kept the same location and commitment to local, organic, and ethical food. Over the years, SNM has evolved into a community hub of good eats and social activism. In 2012 we joined forces with Sidewalk Citizen Bakery, a collaboration that has furthered the goal of fostering a vibrant local community and great food – in this case, really, really good bread in particular.

We'd like to thank all of those who have supported, and continue to support us over the years. Or, if you've just discovered us, welcome to our community. To celebrate this milestone, we're having a party! From 7pm-11pm on Friday July 10th, DJ Ry Ry will provide the tunes, and a cash bar serving seasonal cocktails by 'Sugar Water' will be at the store. Please RSVP to

info@sunnysidemarket.ca if you'd like to come.