

Sunnyside Quarterly

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

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www.sunnysidemarket.ca

This Season At The Market

A lot has changed since we last spoke. Autumn has arrived; the bounty is rolling in; the harvest is gracing our shelves. A special thanks to the bone-weary farmers that have put in so many hours this season to keep us nourished.

Here are some of the highlights: local pickins' from the *allium* genus are sweeter, more potent, and downright poetic. This includes shallots, onions, and garlic.

We've got squash up to our elbows. Several varieties already adorn our shelves, and with more arriving soon we can guarantee you won't be bored.

It's the best season for locally grown potatoes and carrots. We've got new stock from Poplar Bluff Organics, Lunds Carrots, and Carrots by Cam.

We'll also have locally grown greens from Schipper Farms throughout the winter thanks to their spray-free greenhouse facility and the bright winter sun in southern Alberta. Gull Valley Greenhouses will also supply us with tomatoes, cucumbers, and peppers throughout the winter months!

A lot has changed beyond our produce counter too. We've started working with several new local vendors and are happy to have them! Here's a preview of some new items you can find at the store:

Empire Provisions: You haven't truly tried a sausage until you've had one made by Empire Provisions. Dave & Karen run the small (read: tiny) family operation. All products are hand-made, with unique, and sometimes secret, family recipes (The Esposito!). They source meat from two vendors we've already had the pleasure of working with for several years: Broek Pork Acres, and Ewe-Nique Lamb.



Check out our fresh meat for four exceptional sausage flavours: Merguez, The Burmese, The Esposito, and The Korean. We will also be carrying three pâté varieties, made with lives from naturally raised ducks at Brome Lake Ducks and naturally raised chicken livers from Ewe-Nique Farms.

Supplies are limited, but don't worry, we'll get fresh deliveries of sausages and pâté every week!

Cultured Butter: Kristie Lee started making her own butter after trying deliciously creamy cultured butter imported from France. She realized there was nothing like it in Calgary, and Cultured Butter was born. Cultured butter is a delicately tangy butter made with cream and active bacterial cultures.



Kristie flavours her butter with a variety of intriguing herbs and spices, all inspired and sourced as locally as possible. She uses the same cream found on our shelves: organic Rock Ridge Dairy from Ponoka, Alberta.

Flavours change week-to-week, depending on what local goodies are in season, and what veggies or spices peak Kristie's Interest, so check back regularly!



Dancing Goats Cheese: We recently started carrying three goat cheese varieties from Dancing Goats Farm that come with intriguing names: the Waltz, the Gavotte, and the Two-Step. The Waltz is a soft, spreadable cheese - "simple and versatile, like a basic waltz." The Gavotte is a surface ripened cheese, with a tangy and goaty flavour. Finally, the Two-Step is quickly becoming an Alberta favourite. It's a semi-hard cheese, washed with local Village Brewery blacksmith ale.

They say every cheese has a story, and behind these delicious creations are Craig Sank and Paul Chambers, who started Dancing Goats Farm last year after both having successful careers as ballet dancers. Their cheeses are named after the dances that inspired them.

Craig and Paul currently milk 18 goats that are raised with the utmost respect: they have access to the outdoors year-round, are grass-fed through the summer, and fed hay grown at Blue Mountain Biodynamic Farm (you can find their produce and pork at our store!) and an organic grain ration in the winter. Oh, and each goat is lovingly named!

Fresh Fish: Fish lovers rejoice! We've added more fresh fish to our lineup. We will be receiving whole rainbow trout and arctic char fillets weekly. Both are farmed in closed containment systems, raised without the use of antibiotics or hormones, and, like all our fish, Oceanwise Certified. You can find it in our fresh meat cooler - deliveries will arrive every Wednesday!



Sign-Up For Your Chance To Win!

Subscribe to our online mailing list for your chance to win a box full of Alberta's autumn bounty. You'll be eligible to win a box filled with veggies from Blue Mountain Biodynamic Farms, Carrots By Cam, Gull Valley Greenhouses, Kohut Farms, Lund's Carrots, Poplar Bluff Organics, and Honest Food Farm (Okay, that last one isn't Alberta, but they just have such great squash).

You'll also receive the latest news, updates, promotions, recipes, and newsletters. Visit www.sunnysidemarket.ca, or stop by the store to sign up. The draw will take place on November 15th. Don't worry if you're already signed up, you've already been entered into the draw!

LOCAL HARVEST



Non-GMO Month: Glyphosate

October is non-GMO month, and we'd like to use it to talk about glyphosate - a herbicide that's use has run rampant with conventional crops, and especially genetically modified agriculture in the last few decades. You may be more familiar with glyphosate through its most popular trade name, Roundup.

Recent testing has found glyphosate residue in numerous food products, ranging from flour to infant formula. What's in our food is certainly in our bodies.

Last year, the World Health Organization (WHO) declared that glyphosate is "probably carcinogenic." Since then, there has been debate in Europe to ban the chemical, and in the U.S., the FDA has began routine testing food and water for excessive glyphosate levels.

Sunnyside Natural Market decided to conduct a little experiment of our own. We tested the urine of two individuals: one works at the store, and eats predominantly organic food; the other eats predominantly conventional food. You can find the disquieting results of this experiment on our website, under the 'articles' section.

The best way to avoid GMO's and the potentially harmful chemicals that are associated with them is to eat organic, or to know your farmer, and know they don't use



Honest Food Farm

Brandi and Yuri Zebroff run Honest Food Farm - located in the beautiful

Similkameen Valley near Cawston, B.C. They come from a long line of organic farmers, and their passion and devotion to farming certainly comes through in their produce.

The farm is certified organic, and grows a wide variety of fruits and vegetables. There are also turkeys and

chickens regularly roaming the fruit orchard. It is a highly diversified farm with a bustling ecosystem!

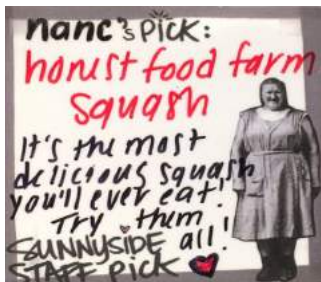
Some of the produce we receive each year from Brandi and Yuri include heirloom and cherry tomatoes, specialty

potatoes, onions, shallots, and eggplants.

They are currently sending us a variety of delicious winter squash - including delicata, butternut, spaghetti, and acorn.

We recommend experimenting with recipes for each squash - it makes the cold autumn

days a whole lot warmer. Check out the recipe in this newsletter for a good place to start! Be sure to follow @HonestFoodFarm on Facebook.



Season Recipe

Red Curry Squash Soup

Here's a warming soup to celebrate the harvest season. Sugar-pie pumpkin or acorn squash are just suggestions. Any squash - with the exception of spaghetti - will work just as well!

What you'll need:

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



Directions:

1. Preheat oven to 400°F
2. Cut pumpkin or squash into halves, scoop out seeds. Rub with butter and sprinkle generously with salt. Place on a baking sheet skin side down. Place in oven and roast for 40-60 minutes or until tender.
3. Scoop roasted pumpkin or squash into a large pot over medium heat.
4. Add coconut milk and curry paste. Mash to combine.
5. Add vegetable stock/water 1 cup at a time, pureeing between additions until soup is desired consistency.
6. Simmer. Add salt and more curry paste to taste.
7. Top with roasted pumpkin seeds. (optional)

We'd also like to provide you with this incredibly easy way to roast squash: simply prick your chosen gourd in a few places with a sharp knife, then bake uncovered for approximately 60-90 minutes at 400°F until tender. Remove it from the oven, let cool, then cut lengthwise and remove fibres and seeds. Viola! No difficult cutting or lost fingers!

Put the Chicken Before the Eggs!

Getting to know how food is produced is something we're passionate about. This is especially true when it comes to treating the animals that provide us food with respect.

We carry eggs from four producers: Lone's, 5 Grain, Mans, and J&M. Check out the egg buying guide on our cooler door to learn all about how each farm is run.

We'll let you know which farms are certified organic, which are free range, if the feed is GMO or not, and 'egg-citing' facts such as flock size, how the eggs are collected, and more.

Stay tuned for similar buying guides for all the wonderful suppliers that provide us with dairy, meat and cheese.



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