



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

## This Season At The Market

Another Earth Day has been celebrated, and each year it gives us a chance to reflect on the ways in which SNM has put environmental initiatives into action. We've decided to highlight our contributions to food culture education, GMO awareness, organics, local farmers and producers, and the sustainable food economy. At SNM, we treat every day like Earth Day, and here are just a few examples:

SNM believes that GMO labelling is all about choice - the right to know what is in our food and to choose Non-GMO. We're committed to helping our customers make that choice by posting 'Buying Guides' for key food groups in the store. We recently launched an 'Egg Buying Guide,' which provides detailed information on the local eggs we



carry, including feed, animal treatment, and certification. Check out our cooler door next time you're shopping for eggs.



SNM is committed to providing delicious, local and organic food to our customers.



When choosing local is unavailable, we will always deal with reputable certified organic wholesalers.



Our commitment to local and/or organic producers is based on our belief that these criteria are fundamental to supporting food security, and accessibility.

Did you know that every time you Bring Your Own Bag (BYOB) to the store we put 5 cents into our Community Donation Program? SNM supports initiatives that promote a local, sustainable food economy. For May 2016 we chose Enactus Calgary's Community Orchard Program as our recipient. We are contributing to help fund the cost of fruit trees and shrubs for developing orchards in the inner city. We will also be providing the opportunity to our staff to volunteer on planting days. We're grateful for the chance to assist the Community Orchard program in continuing to support a resilient urban food ecology and greater food sovereignty in our communities.

Follow us on social media, and stay tuned for a new website coming soon, where we'll continue to highlight the many ways that everyday is Earth Day at SNM.



## Seasonal Recipe

### Red Pepper Tomato Soup (Serves 4)

Gull Valley Greenhouse is one of the many amazing local producers we deal with. Phil & Carolyn Tiemstra and their son Levi, run the family operated hydroponic greenhouse near Blackfalds, Alberta. The entire greenhouse is herbicide and pesticide free, relying instead on beneficial insects such as ladybugs to control pests. This is a great operation with minimal environmental impact!

After a brief winter break, Gull Valley is back on our shelves, and here's a recipe that features both their tomatoes and their peppers:

#### What you'll need:

- 4 cups chopped fresh Gull Valley tomatoes
- 4 large Gull Valley red peppers
- 2 tbsp organic butter or coconut oil
- 1 large red onion, chopped
- 2-3 garlic cloves, minced
- 4 cups vegetable stock
- 1 tbsp lemon juice
- fresh basil for garnish
- salt & pepper to taste



#### Directions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Rub whole peppers in olive oil. Place on a baking sheet and roast until skins are blackened in spots and puffed. Move to a bowl and cover with a plate to steam the peels away from the flesh.
3. In a large soup pot, melt butter and sauté garlic and onions until soft.
4. Removed cooled papers from bowl and peel skins. Discard stems, seeds, and skin, saving only roasted flesh.
5. Add red pepper chunks to onions and garlic. Add stock and tomatoes, cover and simmer for 20 minutes.
6. Remove from heat to cool, and add lemon juice.
7. Whirl the cooled soup in a food processor until smooth.
8. Season with salt & pepper, garnish with basil.

## Celiac Awareness Month

May is Celiac Awareness Month. For those with a sensitivity to gluten, shopping can be incredibly challenging. At SNM, we try to make it a little easier. We carry a variety of gluten-free products, and we mark our shelf tags with an orange sticker reading 'gluten-free' to indicate it as such.

Remember to always double check ingredients, and if you have questions about any of our products, don't hesitate to ask one of our friendly staff.



## Alberta & B.C. Farm Tours

We're proud to work with so many great local farmers, and one of our favourite things to do is get out for a visit. SNM is committed to visiting as many of our local farmers as possible each year in order to create and foster relationships with the people and families growing our food. These visits enable us to become informed on questions you have regarding where and how your food is being grown, or how animals are being raised. Every year we hit the road in Alberta and reconnect with the inspiring farmers that grace our store. This is the 6th year we have helped organize *Come to the Farm*. Winter's Turkey, Heritage Grains, Poplar Bluff, and Cam's Carrots will open their doors to the public for a tour. This group of passionate farmers have hosted tours for several years now, and it's always filled with good food, good people, and plenty of lively, informative discussions. Circle it on your calendars: this year the *Come to the Farm* tour will be on Sunday, August 14th.



George & Anna Zebroff with Pat Guyn & Chantal Lafond

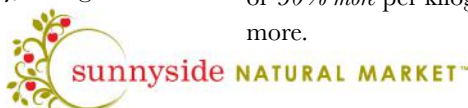
Follow us on Facebook, or visit our website where we'll provide more information in the near future.

While Alberta farmers just started getting their land seeded in late April, in B.C. the growing season was in full flight. We had a great time on our 11th annual B.C. Farm Tour. Owner's Pat & Patty, and produce purchaser Chantal headed out west in late April to visit several farms in B.C.'s verdant Similkameen Valley. The first stop was the Brown-Schneider Farm. It was our first visit, and this summer will mark the second season we've carried their produce. Shirlee Mae & Moses have been farming for decades, and with the help of their son Willis and his wife Bronwyn they run a certified organic greenhouse and orchard. The next stop was Similkameen Apiaries to catch



up with Cheryl & Blair, who have worked as beekeepers since 1981. SNM sells their sublime liquid honey, we recommend picking up a jar next time you're in.

Following this ambrosial stop, we visited the highly diversified Honest Food Farms. Yuri & Brandi run the farm, and both come from a long line of organic farmers in the Similkameen Valley. We'll be receiving their colourful soil-grown heirloom tomatoes in late July, along with delicious onions and peppers.



Food of the Sun's organic farm was the final stop of the day, where Justene and her partner Matt grow the most flavourful red Russian garlic. After a look around, Yuri & Brandi popped by and we enjoyed a home-cooked dinner of farm-fresh chicken and asparagus!



Day two began at JMJ Farms, a biodynamic orchard run by Martin & Jill. Jill cooked us a delicious quiche for breakfast before Martin and their son Jonathon spent two hours showing us the property and sharing their knowledge on biodynamic farming. Next, we visited Ven'Amour Organic Farm where Steve & Kim grow superb organic tree fruit, and run the unique Forbidden Fruits Winery. Steve & Kim are true stewards of the land, and grow many different types of fruit trees, including several exotic varieties of pears and apples. After an informative tour around the orchard we decided to enjoy the picturesque landscape, so we bought a bottle of wine and set out for a picnic.

The final stop on our tour was the illustrious Zebroff's Organic Farm. Zebroff's is rightfully considered a pinnacle of organic farming in Canada. George & Anna have been farming in the Similkameen Valley since the 1970's, and their land is highly diversified and steeped in compassion. Some of the fruit trees within their orchard are more than 70 years old!

We'd like to thank all the farmers for having us out year after year. Their passion and commitment to good food and sustainable farming are what keep us inspired.

Much like here in Alberta, the growing season in B.C. started early. We should start seeing the fruit of these farmers labour in the next few weeks. Here is a rough guideline for when you can expect these offerings to appear on our produce counter - but keep in mind that Mother Nature might have different ideas:

- Apricots:** late June to early August
- Peaches:** early July to mid September.
- Cherries:** early June to mid August
- Gold Plums:** late July to late September
- Nectarines:** early August to mid September
- Early Prune Plums:** early August to mid September
- Early Apple Varieties:** late July to late September
- Bartlett Pears:** early August to late October

### Newsletter Correction

Just like the high standard we have for our food, we also do our best to provide accurate information. In our previous newsletter we printed that beef has a "water footprint nearly 50 times higher per kilogram than that of pulses." Instead, beef has a water footprint of 50% more per kilogram when compared to pulses, not 50 times more.