

NOW OPEN!

IN COOK STREET VILLAGE



MOTHER NATURE'S MARKET & *Deli* *Be Healthy, Go Natural*



Blue Monkey
Coconut Chips
40 g
Reg. \$2.79

1⁹⁹



Preferred
Wild Greens
255 g
Reg. \$39.99

29⁹⁹



Annie's
Pasta
170 g, Assorted
Reg. \$2.69-3.89

1⁹⁹-2⁴⁹

Prices in Effect Until: Oct. 31, 2012



Thank you!

We wish to thank all of you who have come down to visit us. The response has been overwhelming and we appreciate all of the positive feedback; we are extremely happy that everyone loves the new store. A big "Thank You" to all of our shoppers! If you have not yet been in, come on down, check it out and experience what everyone is talking about.

NATURAL FOODS, ORGANIC PRODUCE AND LOCAL PRODUCTS

240 COOK ST.

250-590-7390

www.mothenaturesbc.ca



Be Healthy, Go Natural

PRODUCE

LOCAL, NATURALLY GROWN

Yukon Nugget Potatoes

\$1.74 /kg

.79 /lb



Saanich



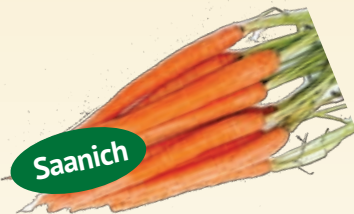
Saanich

LOCAL, NATURALLY GROWN

Spaghetti Squash

\$2.18 /kg

.99 /lb



Saanich

LOCAL

Organic Bunch Carrots

2²⁹ /bunch



Saanich

LOCAL, NATURALLY GROWN

Buttercup Squash

\$1.74 /kg

.99 /lb



BC

Organic Gala Apples

\$3.73 /kg

1⁶⁹ /lb



Organic Valencia Oranges

California, \$3.73 /kg

1⁶⁹ /lb



Organic Yams

California, \$3.06 /kg

1³⁹ /lb

HEALTHY RECIPE:

Quinoa Pumpkin Loaf

2 ¼ cups	(560 mL)	Quinoa flour
1 cup	(250 mL)	All-purpose flour
2 tsp	(10 mL)	Baking soda
1 tsp	(5 mL)	Ground cinnamon
1 tsp	(5 mL)	Ground nutmeg
½ tsp	(2 mL)	Salt
⅔ cup	(160 mL)	Milk
1 Tbsp	(15 mL)	White vinegar
2 cups	(500 mL)	Pumpkin puree
¾ cup	(185 mL)	Packed brown sugar
½ cup	(125 mL)	White sugar
½ cup	(125 mL)	Applesauce
½ cup	(125 mL)	Vegetable oil
4		Large Eggs

Method:

1. Preheat oven to 350°F (180°C). Lightly grease two 9 x 5 inch (2L) loaf pans or spray with cooking oil.
2. In a large bowl, combine the quinoa flour, all-purpose flour, baking soda, cinnamon, nutmeg and salt.
3. Combine the milk and vinegar in a small bowl and set aside. In a separate, large bowl, blend the pumpkin, brown sugar, white sugar, applesauce and vegetable oil together. Add the sour milk and eggs and blend well.
4. Distribute the batter equally between the pans. Bake for 55-60 minutes on the center rack.
5. Remove from oven and cool completely in the pan before slicing & serving.

Need a gluten-free version?

Substitute the 1 cup of all-purpose flour with:

- ½ cup of quinoa flour
- ½ cup Gluten Free Rice Flour Mix
- ½ tsp xanthan gum

Gluten Free Rice Flour Mix

This mix can be used 1:1 to replace whole wheat flour.

Note: for every cup of gluten free flour used in the recipe add 1/2 tsp xanthan gum.

- 3 cups brown rice flour
- 1 cup cornstarch or potato starch
- ½ cup tapioca starch or arrowroot starch

Mix well.

****Did you know?** Pumpkin not only tastes great... it is good for you, too! Pumpkin is low in calories (less than 50 calories per cup!), low in sodium and high in beta-carotene. On top of that they provide 3 grams of fibre per cup. Roasting the pumpkin seeds in oil, herbs and spices make for a crunchy snack that provides protein, iron and mix of B vitamins. Pumpkin is good stuff!*



Cindy

MEET THE TEAM

Hi. My name is Cindy and I am the Supervisor in the Healthy Living Department. I have worked in the health food and natural products industry since 1991. I have always had an interest in natural foods and a healthy lifestyle so when my children went to school I started working part-time at the local health store so I could learn more.

I am passionate about eating healthy. My way of eating is simple: I eat lots of raw foods, sea veggies, nuts, seeds, whole grains and always organic when possible. Occasionally, I eat fresh fish and when I feel I am not get-

ting enough protein in my diet I supplement with a vegan protein (sold at Mother Nature's Market). I make and enjoy a smoothie every morning with organic veggies and fruit and a powerhouse of super foods like gogi berries, maca root, chia seeds, spirulina and chlorella as well as vegan protein.

I am very happy and proud to be a part of Mother Nature's Market and Deli. It's very exciting to see all the local products our store is selling. It's so nice to see all the excitement and positive feedback from our customers as well.



Deli



Natural Pastures
Assorted Cheese

20% OFF



Woodstown
Sliced Pastrami
or Roast Beef
Reg. \$8.39

200 g **7⁸⁹**

Antibiotic, Nitrate & Gluten Free



McLeans
Virginia Ham
Free Run, Grass Fed
Reg. \$2.19/100 g

per 100 g **1⁷⁹**



Natural Pastures
Cherry Bocconcini
Reg. \$7.29

180 g **5⁹⁹**



Sesame Ginger
Tofu Snacks
Reg. \$2.29/100 g

per 100 g **1⁸⁹**



Old Country Edibles
Butternut Squash w/Pesto
Reg. \$5.79

450 g **5¹⁹**



Turkey Panini
Reg. \$7.49
Each

6⁴⁹



Renaissance Bakery
Skor Toffee Bar
Reg. \$3.99

2pk **3²⁹**



One Degree
Bread
Reg. \$6.39

544-625 g **5⁴⁹**

- Lentil Grain
- Sunflower
- Sesame
- Flax Spelt
- Ancient Whole Wheat

GROCERY



Turtle Island
Vegan Tofurky Roast

Reg. \$13.49

9⁹⁹
737 g



Amande
Cultured Almond
Assorted

1⁴⁹
170 g
Reg. \$2.29

3⁹⁹
680 g
Reg. \$5.99



GTS
Organic Kombucha
Reg. \$3.99

480 ml **2⁹⁹**



Mighty Leaf
Tea
Reg. \$11.19

15 pk Assorted **7⁹⁹**



Pamela's
Gluten Free Cookies
Reg. \$4.49

150 g Assorted **3¹⁹**



Simply Natural
Organic Salsa
Reg. \$3.59

470 ml **2/\$5**



Blue Diamond
Nut Thins
Reg. \$3.49

120 g Assorted **2⁴⁹**



Living Intentions
Raw & Sprouted Nuts
Reg. \$5.69

85 g Assorted **4⁹⁹**

GULF ISLANDS ROASTING CO: Vancouver Island's Own Roast

Mother Nature's Market and Deli is pleased to serve Gulf Islands Roasting Co. Coffee in our deli. One of the reasons we support Gulf Islands Roasting Co., among the other fine coffees in our selection, is our commitment to Mother Nature and the environment. Gulf Islands Roasting has recently introduced their new Bio Bag, a 100% biodegradable bag – which will compost in the backyard and will biodegrade in any landfill, river, lake or

ocean (although we suggest composting in the backyard). When they say, "this bag is dirt in three months", they mean it. But don't worry – it only breaks down in the presence of microbes in soil or water; not on the shelf.

Stop by the deli for a fresh cup of coffee and grab a bag from the shelf to take home with you today. We think you will enjoy it as much as we do!





HEALTHY LIVING



Prairie Naturals
Vitamin D
1,000 IU
Reg. \$17.99

14⁹⁹
500 softgels



SISU
Kid's Cold & Flu
Reg. \$12.49
60's

10⁹⁹



SISU
Vitamin D3
Reg. \$4.49
400 IU
90's

3⁹⁹



SISU
Kid's Mini Vits
Reg. \$15.29
90's

12⁹⁹



Jason
Mouthwash
Reg. \$10.59
473 ml

6⁹⁹

Seafresh,
Healthymouth



Jason
Deodorant
Reg. \$6.49
71-75 g

4⁹⁹

Lavender, Tea Tree,
Aloe Vera



Jason
Toothpaste
Reg. \$6.79
119-170 g

4⁹⁹

Seafresh, Powersmile,
Healthysmile

Ask Our Dietitians



Areli Hermanson

OUR DIETITIANS

Mother Nature's Market and Deli is proud to partner with local dietitians, Areli Hermanson and Lisa Diamond, of Eat it Up! Nutrition Counselling. Lisa and Areli will be holding in-store sessions, gluten-free tours and demos, as well as contributing Frequently Asked Questions to the monthly flyer. To see upcoming events or to submit a nutrition question, visit www.mothernaturesbc.ca. To learn more about Lisa and Areli visit www.eatitup.ca.

FAQ: I have just been diagnosed with a celiac disease. My aunt, who also has Celiac [disease], says that I shouldn't eat oats. Other people say that oats are okay. Who is right?

Oats, unless they are specially grown, harvested, and processed, are contaminated with barley and wheat. Only pure and uncontaminated oats are acceptable for people with celiac disease.

SHOPPING TIP:

Look for the Gluten Free shelf tags while shopping at Mother Nature's Market and Deli for quick identification of items that meet your needs.

Canada's new Allergen and Gluten labelling regulations are now in effect

and will make it easier (and safer) than ever before for people living with Celiac disease to know what is in the packaged foods they buy.

For more information visit the Canadian Celiac Association www.celiac.ca.

Demystifying Gluten-Free Flours: HANDS ON EXPERIENCE & TASTING

Tuesday, October 16th
7-8 PM

Saturday, October 27th
11 AM - Noon

Not sure which gluten-free flour to use? Whether you are a seasoned expert or just wanting to try it out, gluten-free cooking and baking can be as rewarding as it is delicious. Finding the right flour for the right product is the trick.

Mother Nature's Market and Deli is pleased to host two upcoming in-store learning sessions. Demystifying Gluten-Free Flours led by Lisa Diamond and Areli Hermanson, Registered Dietitians with Eat it Up! Nutrition Counselling.

Lisa comes with 18+ years of experience working with gluten-free flours, both for her own family as well as for others. See, feel and taste the difference gluten-free can make. Registration will be limited to 10 people per session.

MOTHER NATURE HEALTH TIP:

With fall approaching, now is an important time to stock up on vitamin D. Due to Victoria's latitude and the season, our bodies do not produce vitamin D from sun exposure between the months of October and April. Long known to support the health of bones and teeth, vitamin D has other roles in the body, including modulation of cell growth, neuromuscular and immune function, and reduction of inflammation. Despite natural food sources of vitamin D and fortification most Canadians do not have adequate intakes of vitamin D.

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COOK ST. VILLAGE

240 COOK ST., VICTORIA, BC V8V 3X3
250.590.7390 www.mothernaturesbc.ca



OPEN
9-9
7 days
a week

