

NATURAL FOODS, ORGANIC PRODUCE AND LOCAL PRODUCTS,
IT MAKES A DIFFERENCE.



MOTHER NATURE'S MARKET & Deli

www.mothenaturesbc.ca



24⁹⁹

Nutiva Organic
Coconut Oil
1.53 L



6⁹⁹

Earth's Herbal
Teas
Assorted



About Mother Nature's Market...

Welcome to Mother Nature's Market and Deli. Mother Nature's Market and Deli is proud to be a locally-owned and operated company. We are committed to support local farmers and suppliers and to offer our customers excellent customer service and the healthiest products available. We want to make every shopping experience a positive and happy

one. We will always do our best to be gentle on the environment and to have a positive presence in the community.

Mother Nature makes it easy! Find the best that Mother Nature has to offer: natural foods, local products and friendly, knowledgeable staff - all at our Cook Street Village store.

Be Healthy, Go Natural

NOW OPEN

COOK ST. VILLAGE, 240 COOK ST., VICTORIA, BC

Prices in
Effect Until:
Sept. 25, 2012



Be Healthy, Go Natural

PRODUCE



ORGANIC **Avocados**

1.29
each



Saanich

ORGANIC **Red Romaine**
Paris Island Heirloom Variety

1.89
each



Victoria

SUN WING **Tomatoes**
Beefsteak - Pesticide Free

2.29 /lb
\$5.05 per kg



BC

ORGANIC **Peaches**
Yellow Flesh

3.29 /lb
\$7.25 per kg



BC

ORGANIC **Mushrooms**
White Button

2.99 /lb
\$6.59 per kg



ORGANIC **Bananas**

.99 /lb
\$2.18 per kg

HEALTHY RECIPE:



Royal Jade Kale Salad

450 g Organic Black Kale* (2 bunches)

Dressing

- 60 ml Tamari
- 1 Tbsp Toasted Sesame Oil
- 1 Tbsp Toasted Sesame Seeds
- 1 Tbsp Minced Garlic
- 1 Tbsp Agave Nectar
- 1 Tbsp Apple Cider Vinegar
- 1/4 Tsp Pepper

Method:

1. Remove leaves from stem and wash kale, chop into 2 inch by 2 inch pieces.
2. Steam leaves until tender (about 1-2 minutes).
3. Remove kale and place on a tray to cool in the refrigerator.
4. Make dressing by placing all ingredients in a mixing bowl and whisk until blended.
5. Add kale and mix to distribute dressing evening.

Enjoy!

*Did you know? Black Kale (Cavolo negro) is also known as black cabbage, Tuscan Cabbage, Tuscan Kale, Lacinato and dinosaur Kale. So many names so much goodness.

Visit our deli for this and other tasty dishes, including;

- A fresh **Raw Food** dish: Basil Veggie Primavera
- Taste of the Mediterranean Orzo Salad
- Veggie Salad Rolls: **Raw Food! Rocco Approved!**
- Crunchy and delectable Pecan Encrusted Salmon: **Rocco Approved!**

... and much more! www.mothernaturesbc.ca



LILY FAWN AND EARTH'S HERBAL PRODUCTS

Mother Nature's Market and Deli is pleased to offer Earth's Herbal products in store. Using only the highest quality ingredients, owner and creator, Lily Fawn has been creating interesting and original blends since 1993. Lily produces teas, hot chocolates, medicinal ointments, therapy oils, sensual products, aromatherapy mists, massage oils and more. Trained as a Phytotherapist/Herbalist

and Holistic Consultant, she loves what she does and it shows!

Earth's Herbal Products will be featured at our Grand Opening on August 18th. Come in to the store to sample some Iced Study Buddy Energytea, as well as our very own signature tea blend. We are sure that you will be as delighted with Lily and her products as we are.

Energy Tea Iced: Goodbye Coffee!

Fill your "Go Cup" every morning and a spring in your step with this high mineral herbal iced tea.

Ingredients: peppermint, gotu kola, rosemary, alfalfa, green tea.

Instructions:

1. Brew a pot of tea as instructed on the label.
2. Place in the refrigerator and allow to chill.
3. Add fresh squeezed lemon and unpasteurized honey to sweeten. Keeps in the fridge up to 3 days.





DELI



Wendel's Cookies
Gluten Free, Vegan & Egg Free

Almond Butter
Chocolate Chip
or Ginger **7⁹⁹**
each - 300-310g



O'Doughs Gluten Free Bread
White or Flax

5⁹⁹
each - 700g



Woolwich Goat Cheese
Cheddar or Mozzarella

6⁹⁹
each - 190g



Sesame Kale Salad

1⁹⁹
per 100g



Two Rivers Heritage
Angus Ground Beef

11⁴⁹
per kg



Habibi's Assorted Homous

2⁹⁹
each - 200g

GROCERY



Real Brew
Soda
Assorted
1¹⁹
each



Natures Path Crunch
Granola Bars
200 g - Assorted
3⁴⁹
each



Mary's Gluten Free Crackers
184 g - Assorted
3⁹⁹
each



Organicville Salad Dressings
236 ml - Assorted
4⁹⁹
each



Organicville Gluten Free Ketchup
575 ml
5⁹⁹
each



Blue Diamond Almond Breeze
946 ml - Assorted
2⁹⁹
each



MEET OUR OWNERS

Started by five local Victoria residents, Mother Nature's Market and Deli was conceptualized in November 2011. After 10 months of extremely hard work, dedication and a whole lot of positive energy, the store opened August 9, 2012.

Each partner brings a special set of skills, abilities and passion to their work. The partners are (left to right): Mike Scholtens,

Huguette Barbot, Craig Hermanson, Brenda Tobin and Klaus Allerdissen.

To learn more about us; including which one of us owns 11 cats (that's right... eleven!) and who is so crazy about blueberries that he gets a stomach ache), visit us at the store or read all about us at www.mothernaturesbc.ca.



HEALTHY LIVING



Aubrey Suncare
Assorted

10⁹⁹
each



All Canadian Hemp Seeds

13⁹⁹
454g



Yummy Bear Multi Vitamins
90's

8⁷⁹
each



Kiss My Face Shave Cream
Assorted

2⁷⁹
each



ASSORTED PRODUCTS

11⁹⁹ - 22⁹⁹

Rubs, Lotions, Teas, Sprays

Ask Our Dietitian



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 be contributing Frequently Asked Questions to the monthly flyer. To see upcoming events or to submit a nutrition question, visit mothenaturesbc.ca. To learn more about Lisa and Areli visit eatitup.ca.

FAQ: HOW MUCH FLUID DO I NEED TO TAKE IN EACH DAY?

On average, women need 2.2 litres, or about 9 cups, of fluids each day (drink an extra cup if you are pregnant) and men need 3 litres, or about 13 cups, daily.

Fluid needs can be met with more than just water. All beverages, including water, milk and milk alternatives, 100% juice, coffee and tea, count. Yes, coffee and tea do count; science tells us that a moderate level of caffeine (less than 180 mg caffeine/day) from beverages like coffee and tea is unlikely to increase daily urine output or

cause dehydration. An average cup of coffee has around 135 mg of caffeine; tea has less at around 40 mg per cup.

The amount of fluid each person needs depends on age and fitness level, the type and amount of physical activity a person does, how much one sweats and the environment in which one works, plays and lives. The best way to know if you are getting enough is to drink enough fluids so that have to take a bathroom break every 2 hours and that your urine is pale yellow in colour.

MOTHER NATURE HEALTH TIP:

Dehydration is the #1 cause of daytime fatigue. Whether you quench your thirst with a glass of water, Santa Cruz Raspberry Lemonade, Blue Monkey Coconut Water or a refreshing cup of Earth's Herbal tea - Mother Nature's got you covered.

MOTHER NATURE'S MARKET & Deli

COOK ST. VILLAGE

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

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WHO IS ROCCO?

Rocco is Brenda Tobin's 4½ year old son and is Mother Nature's Market and Deli's (un)official taste tester. If it is Rocco Approved, it is kid-approved. Look for our "Rocco Approved" items in our deli case and throughout the store!



OPEN 9-9 DAILY
Yes, we are open Sundays!

Disclaimer: All material on in this flyer is provided for your information only and may not be construed as medical advice or instruction. Health science changes quickly, no action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. www.mothenaturesbc.ca