

WHAT'S

NG

THIS

MONTH?

Curbside Pick Up Orders

We've had many customer

inquire about ordering for

curbside pick up, and if

vou're also wondering, the

answer is ves! We're still

offering free

curbside/contactless pick

ups! It's very easy to do,

simply email us at

rootsnatural2@hotmail.com

with your order and be as

specific as possible if you

have a preference on

brands, as well as

quantities. Please keep in

mind orders should be

placed by 4pm for next day

pick up.

*Please include your phone

number so we can reach

you when it's time to

process your order.

Have you signed

up for our Loyalty

Program? Sign up in store

and start collecting

points and receive extra

savings.

rootsnatural.ca

ORGANIC NEWS YOUR SOURCE FOR HEALTHY LIFESTY August 2021

Hello Fellow Shoppers

We hope you're all enjoying the summer so far! We've had some gorgeous warm weather lately, perfect for getting outdoors and enjoying nature, just be sure to pack your sunscreen and bug repellent. If you've been getting eaten alive by mosquitos, you're not alone! It seems those little pests have been especially abundant this year. but we've got you covered with a wide variety of natural sprays and lotions that are safe for the entire family, including your fur babies.

During the summer months we receive regular shipments of beautiful, certified organic B.C. grown produce. Greens, berries, and juicy stone-fruits are wonderful right now! You may also notice signs for 'local, unsprayed' produce that comes from small farms right here in Maple Ridge! Look for our produce signs marked "BC", and support our local farmers.

With little ones making a return to school next month, it's more important than ever to start focusing on immune health, as well as emotional well-being as some may be dealing with anxiety in regards to heading back to class under the current circumstances. If you're looking to introduce immune supportive or stress reducing supplements, come chat to one of our knowledgeable staff in the vitamin department. We're here to help!

The Roots Crew **Eat Your Greens Chickpea Medley**

FOR THE CHICKPEA MEDLEY

5 1/2 cups chickpeas

1 (5-ounce) package baby spinach

1 1/2 cups cilantro, large stems removed (or parsley) 3/4 cup red onion, chopped finely

FOR THE DRESSING

1/4 cup fresh lime juice, 2 tablespoons extra virgin olive oil, 2 garlic cloves, minced, 1 tsp ground cumin, 1 tsp maple syrup (or other liquid sweetener), 3/4 tsp fine sea salt & ground pepper to taste.

Rinse and drain the spinach and cilantro (or parsley). Spin until dry in a salad spinner. In a food processor, add the spinach and cilantro and pulse until chopped very small. You can do this in a couple batches if your processor is smaller. Add the processed spinach and cilantro, chickpeas, and chopped onion into a large bowl and stir. In a small jar, whisk together the lime juice, olive oil, minced garlic, cumin, maple syrup, and salt.

Pour the dressing on top of the spinach chickpea mixture and stir well. Let stand for about 10 minutes (or overnight) to let the flavours develop. Will keep for a few days, or longer, in the fridge.

STAFF PICKS

Support Healthy Mood Balance With 100% Pure Saffron!

can negatively affect overall health and quality of life. Natural Factors Stress-Relax Saffron Extract features and nervousness. Daily use helps reduce symptoms of perceived stress, such as fatigue, weariness, and irritability.

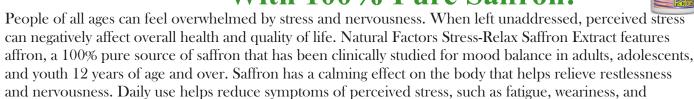
Affron is a premium saffron ingredient that is standardized to 3.5% Lepticrosalides, a complex of saffron's key active compounds. Multiple clinical studies with adults and adolescents support its effectiveness for improving mood balance and related symptoms, such as tension, nervousness, sadness, and fatigue. Affron is made from a certified source of genuine Crocus sativus L. from Spain. It is extracted using a proprietary AFF ON Cool-Tech process that preserves and concentrates saffron's key bioactives without the use of chemicals. Saffron Extract is delivered in convenient vegetarian capsules that contain a gentle 14 mg dose to be taken twice daily, alone or in combination with other Stress-Relax products. This is a great supplement for people age 12 years and up who perceive life as stressful and want to support feelings of relaxation naturally.

Filter Your Water On-The-Go, With New S'well Bottle Filters!

The Filter Cap lets you enjoy fresh-tasting tap water, wherever you bring your S'well! Simply fill from the tap, secure the cap, and sip for instant filtration. This leak-free cap features a protective cover and an ergonomic drink-through spout. Our premium carbon filter meets NSF standards to reduce chlorine and particulates, while improving taste and odor. The S'well Filter Cap fits our 9oz and 17oz Original bottles and comes with one filter.

- *Filters chlorine and particulates.
- *Improves taste and odor of tap water.
- *Independently tested to meet NSF-42 standards.
- *Leak-free, protective hygienic cap.
- *BPA/BPS-free.
- *One filter spans 3 months or 40 gallons of water, which is
- equivalent to 300 single-use plastic water bottles!
- *Also available: the Filter Replacement 2-Pack.







Digestive Support For **Sensitive Tummies!**

Flora COMFORT combines our fermented Diverse Strain Kefir-Kombucha Fermentation Symbiotic with organic chamomile and fennel seed specifically for those requiring gut flora support with digestive gas and bloating or cramping. An imbalance of digestive microflora can cause gas and bloating. Kefi-Soy helps create a natural harmony of microflora in the digestive tract by providing an optimal amount of micro-organisms within their own environment. This is the most productive way to create this balance and support digestive comfort. Living Alchemy's goal is to alleviate symptoms and provide a natural solution with the fermented organic whole food supplements. Always using 100% certified organic, non-GMO verified foods, herbs and mushrooms.





Store Hours: Monday- Thursday 9:30 to 6:00; Friday 9:30 - 6:30; Saturday 9:30 - 5:30; Sunday 11:00 to 5:00

