



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

August 2021



WHAT'S GOING ON THIS MONTH?

Curbside Pick Up Orders

We've had many customers inquire about ordering for curbside pick up, and if you're also wondering, the answer is yes! 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



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!



People of all ages can feel overwhelmed by stress and nervousness. When left unaddressed, perceived stress can negatively affect overall health and quality of life. Natural Factors Stress-Relax Saffron Extract features affron, a 100% pure source of saffron that has been clinically studied for mood balance in adults, adolescents, and youth 12 years of age and over. Saffron has a calming effect on the body that helps relieve restlessness 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.

August **FEATURED SPECIALS**

& MANY MORE IN STORE



Gluten Free Stuff'd Bites

Every bite harkens back to snacking care-free and flavour-full in Bobo's home kitchen. The secret? Home baked with 100% whole grains.

Reg \$4.99ea **\$4.49**



NON GMO VERIFIED



Dishwashing Soap

An all natural, plant-based, hypoallergenic dish washing liquid which uses only biodegradable, renewable and sustainable ingredients.

740ml Reg \$6.19 **\$4.99**




Organic Grain Cereals

One day you wake up, tilt a box toward your breakfast bowl, and suddenly the world is different: Sweetened by coconut palm sugar. Revitalized by sprouted grains.

Reg \$6.29 **\$5.49**



NON GMO VERIFIED



Meatless Meatballs

Filled with plant based Superfoods, Vegan, Kosher, Non-GMO. Makes a great snack, appetizer or add to any pasta dish.

300g Reg \$7.99 **\$6.99**



NON GMO VERIFIED



Cashew "Ice Cream"

These new cashew milk frozen desserts are smooth and most decadent non-dairy dessert ever created. Soy-free & gluten-free.

500ml Reg \$8.19 **\$6.49**



NON GMO VERIFIED



Organic Grain Breads

Great bread starts with great grain. We believe you'll thank our sprouted grain for adding generous measures of flavour and nutrition to each loaf we bake.

Reg \$5.99 **\$4.99**



NON GMO VERIFIED



Organic Peanut Butter

Made by Nuts to You Nut Butter Inc., a proudly Canadian company since 1989 - a small family-run business located in Paris, Ontario.

500g Reg \$8.69 **\$6.99**



NON GMO VERIFIED




Organic Fruit Freezies

100% organic with no refined sugars, artificial flavours, colours or preservatives. Available in Tropical, Strawberry and Grape.

14/12x53ml Reg \$8.99 **\$7.99**




NON GMO VERIFIED



Kombucha Drink

Traditional Kombucha delicately brewed and cultured for the one of the healthiest beverages available.

Reg \$4.99 **\$3.99**



NON GMO VERIFIED



Organic BBQ Sauce

BBQ sauce is a quick way to perk up your meals, and this certified organic, gluten free sauce has 3 tantalizing flavours.

460ml Reg \$7.49 **\$6.49**




Bamboo Paper Towel

Caboo paper towel is made from fast-growing, renewable bamboo instead of trees. Bamboo is a grass, not a hardwood, is extremely fast-growing and doesn't require replanting.

2 pk Reg \$6.29 **\$4.99**




Vegetarian Sausages

From our family to yours! Field Roast sausages are made using traditional, old-country, sausage making practices.

360g Reg \$8.99 **\$6.79**



NON GMO VERIFIED



Artisan Popcorn

Angie's has a simple belief: The best way to get out there and crush it every day is by making a snack you can feel good about eating.

Reg \$5.49 **\$4.99**



NON GMO VERIFIED



Organic Fruit Spritzers

Made from the goodness of pure sparkling water, delicious organic fruit juice, and a touch of organic cane sugar for a taste that'll have you smiling.

355ml Reg \$2.29 **\$1.69**



NON GMO VERIFIED



Organic Lemonades

A long time favourite summertime treat. Try Cherry, Peach, Mango, Raspberry, Half n' half, and Original Lemonade beverages today!

946ml Reg \$4.99ea **\$3.99**



NON GMO VERIFIED



GF Macaroni & Cheese

Made using brown rice to make these tasty shells, which are topped with 100 percent real creamy cheese from cows that have not been treated with growth hormones such as rBST.

453g Reg \$4.29 **\$3.29**



NON GMO VERIFIED