

The logo for Marlene's Market & Deli is presented in a white, rounded rectangular box with a thin black border. The name 'Marlene's' is written in a dark red, elegant cursive font. Below it, 'MARKET & DELI' is written in a clean, black, sans-serif font, flanked by horizontal lines. At the bottom of the box, the tagline 'shop local, eat organic' is written in a smaller, black, sans-serif font.

Marlene's™

— MARKET & DELI —  
shop local, eat organic

The title 'SOUND OUTLOOK' is written in a large, bold, white, sans-serif font. The text is positioned in the upper right quadrant of the page, partially overlapping a photograph of a peach and blueberry pie. The background of the entire page is a rustic wooden surface with various food items, including a whole pie in a wooden bowl, a slice of pie on a plate, and a small bowl of blueberries.

# SOUND OUTLOOK

August 2023

A semi-transparent white rectangular box is overlaid on the center of the page, containing text. The background of the page is a photograph of a peach and blueberry pie in a wooden bowl, with a slice cut out and placed on a plate. The pie is topped with sliced peaches and blueberries. The wooden surface is visible around the pie.

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Marlene Beadle, founder of  
Marlene's Market & Deli.

## A Letter From Us

**Breathe the sweetness that hovers in August.**

– Denise Levertov, American poet

To make the most of our summer adventures, let's not forget the importance of nourishing our bodies with wholesome foods! Whether you're hitting the hiking trails or lounging poolside, Marlene's is a one-stop shop for all your nutritional needs and delicious summer treats. We have the best organic goods and local produce, and our excellent sales this month are sure to put a smile on your face.

Let me also take a moment to remind you about the fantastic offerings we have that can keep you out of your hot kitchen tonight! Our deli staff has been putting together an array of irresistible dishes so the work is done for you. You can choose our salad bar with its crisp, fresh vegetables, wonderful sides dishes, and made-from-scratch dressings, or our heavenly smoothies, nutritious soups, and cold case entrees. Of course, we always offer an assortment of decadent items from the bakery, many of which are gluten-free and allergy-friendly.

Remember, good health is not just about what you eat, but also about the experiences you create. So as the last sweet weeks of summer unfold, may they be filled with laughter, joy, and memorable moments that nourish your soul. And when you need a little boost to keep the fun going, we'll be here, ready to help you find what you need!

Be well and take care of each other,

*Lisa*

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# Peach & Heirloom Tomato Bruschetta

Juicy peaches and vibrant tomatoes reaching their seasonal peak and paired with fragrant basil makes this recipe burst with flavor! It has been known to move from an appetizer to a main dish on many a hot summer evening, so be sure you have plenty on hand for gatherings.

- 
- 1 baguette
  - 2 cups heirloom tomatoes, diced (or 1 pint cherry tomatoes, quartered)
  - 2 Tbl olive oil + more for brushing
  - 2 tsp **Napa Valley Naturals Balsamic Vinegar**
  - ½ cup leeks, diced (or ¼ cup red onion, finely diced)
  - 2 large peaches, carefully diced
  - 1 avocado, diced\*
  - ½ cup basil leaves, sliced into ribbons
  - ½ tsp sea salt
  - ¼ tsp black pepper
  - 5 large garlic cloves



Preheat oven to 400°.

Slice baguette into ½ inch slices. Brush both sides with olive oil and place on a sheet pan in a 400° oven for 15 minutes, or until crisp. Set aside.

Toss tomatoes in a medium bowl with 2 tablespoons of olive oil, balsamic vinegar, sea salt and pepper.

Fold in leeks, peaches, avocado, and basil and toss to coat. Taste and adjust seasonings, adding more salt and pepper if needed.

Rub each toasted slice on one side with a halved garlic clove. Brush garlic-rubbed slices with olive oil. Top each slice generously with the bruschetta mix just before serving.

\*Avocado can be replaced with quartered **Buf Mozzarella Ciliegine** balls, or a generous spread of goat cheese or cream cheese on each toasted slice before topping with bruschetta mix.

# Premium, Sustainable Seafood at Marlene's



## Loki Fish Company

Loki Fish Company is a standout among seafood companies, owing to their commitment to quality and sustainability. They've been family owned and operated since their inception in 1979 when Pete Knutson and Hing Lau Ng purchased the Loki, a 38-foot 1959 wooden gillnetter.



The Loki Fish Co crew!

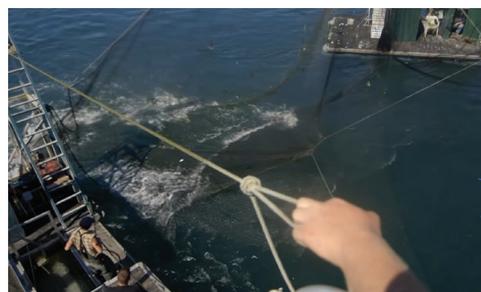
Based in Seattle, Washington, they source their seafood from local fishermen who use sustainable fishing methods that have a minimal impact on the ocean. Loki Fish Company is also dedicated to transparency and traceability, providing information to customers about the source of their seafood and how it was caught.

Moreover, Loki Fish Company is dedicated to supporting sustainable fishing practices through research and education. They

collaborate with local universities to study the health of fish populations and the impact of fishing on the environment. They also support local organizations that promote sustainable fishing practices. Their commitment to sustainability has earned them the Marine Stewardship Council (MSC) certification, an organization that recognizes and promotes sustainable fishing practices worldwide.

## Lummi Island Wild

In 2007 Lummi Island Wild began the process of fitting their fleet with solar power, making them the first solar powered wild salmon fishery in the world! This, combined with their reef netting fishing practices, allows Lummi Island Wild to have the lowest carbon footprint of any salmon fishery in the Salish Sea and almost zero bycatch mortality. In fact, Lummi Island Wild has been awarded the highest rating from Monterey Bay Aquarium's Seafood



The view aboard a Lummi Island solar-powered reef net boat!

Watch and is one of the ten most sustainable fisheries in the world.

In addition to their dedication to sustainability and quality, Lummi Island Wild is also committed to social responsibility. They work closely with local Native American tribes, supporting their fishing practices and promoting their cultural traditions.

## Misty Fjord Seafood

Misty Fjord Seafood is a sustainable, woman-owned seafood company based in Alaska that specializes in wild-caught salmon. They pride themselves on their commitment to responsible fishing practices and environmental stewardship. They use sustainable fishing techniques, such as gillnetting and hook-and-line fishing, to minimize their impact on the environment and ensure the health of fish populations.

Misty Fjord Seafood places a high priority on the quality and freshness of their seafood. They process and package their products quickly after being caught, ensuring that their customers receive seafood that is at the peak of freshness, flavor, and nutritional value. They also prioritize transparency, providing information about the source of their seafood and the fishing practices used.

Misty Fjord Seafood is committed to supporting sustainable fishing practices



The Misty Fjord crew!

through research and education. They collaborate with local universities and organizations to study the health of fish populations and the impact of fishing on the environment. They also work closely with local communities to promote responsible fishing practices.

### Wild Bay Seafood Company

Wild Bay Seafood Company traces its origins back to 1997, the year that Don and Nancy Gardner purchased the fishing vessel, “Maggie Lynn” named after their only daughter – Maggie. Located in Gig Harbor, Washington, they are a small family fishing operation with the crew comprised of only Captain Don, Maggie, and her brother Matt on deck. Every summer, they fish commercially for wild sockeye salmon in Bristol Bay, Alaska. When they began, they sold only to local restaurants and specialty grocers, but now that same high-quality fish is available to shoppers at Marlene’s!

Bristol Bay is the world’s largest sockeye salmon fishery, responsibly managed by the state of Alaska to maintain sustainability. No other fishery matches the standard of sustainability set by Bristol Bay. All of Wild Bay’s fish is flash frozen within 24 hours of being caught; so, once thawed, it has the same premium quality as a fish that was just pulled from the sea. All seafood that they offer is wild and sustainable, so you can take care of your health while benefiting the health of the planet. Their commitment to sustainability has earned them the Marine Stewardship Council (MSC) certification, an organization that recognizes and promotes sustainable fishing practices worldwide.



The Wild Bay crew performing maintenance on the Maggie Lynn!



## Salmon Nicoise Salad

by Nancy Gardner, Wild Bay Seafood Company

- 1 ½ lbs salmon fillets or portions
- 1 Tbl olive oil
- 1 tsp lemon pepper
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 lbs Yukon Gold potatoes, quartered
- 1 bunch asparagus
- 1 lb green beans
- 4 eggs hard boiled, quartered
- 1 cup assorted Greek olives, pitted
- 1 cup grape tomatoes, halved
- 4 cups mixed salad greens
- vinaigrette (your choice)

Preheat oven to 400 F. Season salmon with olive oil and lemon pepper, roast for about eight minutes. Remove from the oven and let it rest. Season potatoes and asparagus with olive oil, salt, and pepper and roast asparagus for 10 minutes, potatoes for 25 minutes or until fork tender. Steam green beans for about five minutes or until tender. Arrange salmon, potatoes, hard boiled eggs, Greek olives, grape tomatoes, green beans, and asparagus on top of a bed of mixed greens. Drizzle with your favorite vinaigrette, sprinkle with a little fresh ground pepper, and enjoy!

# Better Booch

## Life is Sweet, No Extra Sugar Needed



While lots of folks reach for kombucha because of its many health benefits, many brands are packed full of sugar.

Full of sugar? Doesn't that seem like it defeats the purpose of kombucha?

That's what the folks at Better Booch thought, too. And long before they were a company, they were a family working in a traditional English tea house. Over the years, their knowledge of blending grew, and they found

that the use of certain botanicals, loose-leaf teas and adaptogens can enhance the sweetness of a brew without adding sugar. So once the kombucha culture has finished the fermenting process, no additional sugars are needed!

If you're looking for all of the benefits and fantastic flavors of top quality kombucha without all of the sugar, it's time to make a trip to Marlene's and pick up a Better Booch!



*"WE'RE BREWING OUR KOMBUCHA FOR OUR PARENTS WHO'VE BEEN DRINKING DIET SODAS THEIR WHOLE LIVES AND WANT SOMETHING BETTER. WE'RE DOING IT FOR DUDES WHO LOVE THE CRAFT BEER LIFE, BUT WANT LESS ALCOHOL. WE'RE DOING IT FOR THE MOMS WHO WANT SOMETHING HEALTHY IN THEIR WINE GLASSES. FOR ADVENTURES, SUNSETS, PARK PICNICS AND DAYS AT THE BEACH. WE'RE DOING IT FOR THE QUALITY OF LIFE IN THE HERE AND NOW..."*

*-TREY LOCKERBIE, CO-FOUNDER & CEO OF BETTER BOOCH*

# Happiness is a Belly Full of Good Bacteria: The Mood-Boosting Benefits of Psychobiotics

You've heard of probiotics, but have you heard about *psychobiotics*? Psychobiotics are a type of probiotic bacteria that can have a positive impact on mental health and well-being. They are found in certain foods and supplements, and have been shown to have the ability to alter brain chemistry and improve mood. Here's how psychobiotics can affect mood:

**They can help reduce anxiety and stress.** Some studies have shown that certain types of probiotics can help reduce anxiety and stress by altering the levels of neurotransmitters in the brain, such as serotonin and dopamine. This can lead to an improvement in overall mood and well-being.

**They can improve sleep.** Many people struggle with insomnia or other sleep problems, which can have a negative impact on mood and overall well-being. Some psychobiotics have been shown to improve sleep quality and duration, which can help improve mood and reduce feelings of fatigue and irritability.

**They can boost immune function.** A healthy immune system is important for overall well-being, and some psychobiotics have been shown to boost immune function. This can help reduce the frequency and severity of illness, which can have a positive effect on mood.

**They can enhance cognitive function.** Some psychobiotics have been shown to improve cognitive function, including memory, concentration, and problem-solving skills. This can lead to an improvement in overall mood and well-being.

**They can help with weight management.** Weight management can be an important factor in overall well-being, and certain psychobiotics have been shown to help with weight loss and maintenance. This can lead to an improvement in self-esteem and overall mood.

To get the benefits of psychobiotics, it's important to incorporate them into your diet through fermented foods or supplements. Some examples of probiotic-rich, fermented foods include yogurt, sauerkraut, kimchi, and kefir. You can also consider taking a supplement, although consider speaking with your healthcare professional before starting any new supplement regimen. Marlene's carries many probiotics formulated to support specific issues like positive mood and healthy weight range, and our staff is happy to direct you to those supplements that may interest you.

Psychobiotics can have a positive impact on mental health and well-being by reducing anxiety and stress, improving sleep, boosting immune function, enhancing cognitive function, and helping with weight management. By incorporating these beneficial bacteria into your diet, you can take steps towards improving your mood and overall health and happiness.

MARLENE'S SOUND OUTLOOK



# August Events & Education

Online class registration available at: [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes).

## HEALTHY, YOUTHFUL, BEAUTIFUL SKIN



with Karen Masterson Koch, Clinical Nutritionist and Founder of Aloe Life

**Thursday, August 3 at 5 pm**

One in four adults has troubled skin – but relief is possible! Join the founder of Aloe Life to learn how to utilize an easy, five step process to master the basics of healthy skin using aloe. Karen will discuss how to naturally diminish scars, soothe irritation and support youthful skin in record time!

## LATE SUMMER TASKS IN AN EDIBLE AND ORNAMENTAL GARDEN



with Laura Matter, Garden Hotline Educator

**Saturday, August 5 at 10 am**

Learn how techniques and strategies to harvest the best produce, keep your summer garden hydrated even in dry weather and what plantings you should be fitting in for fall and winter. Learn about the next steps in seed saving and how to harvest your seed for next year.

## Super Senior Sunday

Sunday, August 6

10% off all purchases and free 8 oz. carrot juice for those 65 and above!

## UNDERSTANDING YOUR ANIMALS: CELEBRATE YOUR LIFE TOGETHER



with Lesia Alexander, MA, HTACP, Animal Communicator and Energy Healer of Heart and Soul with Animals

**Tuesday, August 8 at 5 pm**

In honor of National Dog month (August) and National Cat Day (August 8), learn how celebrate and appreciate your pets a little more each day! Cuddle up with your pets and tune in with Lesia to learn how to better connect with your animal companions.

## HONING YOUR PELVIC FLOOR HEALTH



with Ashlyn Nicole, PTA

**Thursday, August 10 at 5 pm**

A strong pelvic floor supports bladder and bowel control, prevents prolapse, enhances sexual function and aids in childbirth recovery. It reduces the risk of incontinence and improves core stability, posture and back health. Ashlyn will focus on treatments for people assigned female at birth experiencing incontinence, constipation and painful sex.

## Uniform Monday

Monday, August 14

10% off to all firefighters, police and military!

## WEIGHT LOSS AND THE LYMPHATIC SYSTEM



with Nicole Wirth, LMP, Lymph Drainage Therapist

**Tuesday, August 15 at 5 pm**

The lymphatic system plays a vital role in weight loss. When congested or inefficient, it can hinder the elimination of toxins, slow down metabolism and contribute to fluid retention. Join Nicole to learn how to optimize the lymphatic system for detoxification and efficient fat metabolism to aid in successful weight loss efforts.

## A STRONG MICROBIOME FOR YOUR BETTER LIFE

with Rachel Kilroy, Director of Innovation for Supplements at Better Being Co.



**Thursday, August 17 at 5 pm in TACOMA**

Rachel will discuss the microbiome's role in wellbeing and how to optimize your lifestyle for a healthy, balanced gut. Learn why the Better Being Co. family of wellness brands has been trusted since 1932! Get a glimpse into their mission to help people live healthier, better lives through exceptional health – and discover how you can benefit

today.

## HOMEOPATHY MEET AND GREET



with Lauri Grossman DC, CCH, RSHOM(NA) and President of National Center for Homeopathy

**Saturday, August 26 at 1:30 pm in TACOMA**

Learn how to create a natural first aid kit and help your family with homeopathy for common Pacific Northwest concerns! Join the president of The National Center for Homeopathy for an engaging discussion of homeopathy. Explore the principles of this natural healing system in a

friendly and interactive setting. Bring your questions! This will be a great event for beginners and advanced homeopathy users alike!

## BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

**Federal Way**  
**2 pm - 4 pm**

Friday, August 11

**Tacoma**  
**2 pm - 4 pm**

Friday, August 4  
Friday, August 18



# PUT SNORING TO REST FOR A BETTER QUALITY OF LIFE!

by Carla Yamashiro, DDS

Although snoring is common, it's not necessarily normal and may even adversely affect the health of people who snore. Fortunately, there are many lifestyle changes and effective practices to help you reduce snoring and live a healthier life.

## The Truth About Snoring

Snoring can be a result of various factors such as weight gain, age, and diet. Excess weight and aging may cause the tissues of the soft palate to become loose and flabby. As you breathe in, the air vibrates the flaccid tissue producing the sounds of snoring. Alcohol, gluten, and dairy may contribute to nasal congestion which promotes mouth breathing and snoring. These factors are why we emphasize the importance of adopting a healthy lifestyle to combat snoring naturally.

By making simple but impactful changes to your lifestyle, you can address these contributing factors to snoring and improve your overall health and well-being. A good night's sleep is vital for physical and mental rejuvenation, immune system function, and optimal cognitive performance.

## Sleep Related Breathing Disorder (SRBD)

Snoring not only disrupts your sleep impacting your overall health and quality of life, but it can also be a sign of a Sleep Related Breathing Disorder (SRBD). The American Dental Association encourages dentists to screen patients for SRBD by

examining oral structures such as the palate, tongue, jaw development and orientation. These factors can directly impact breathing and sleep. Addressing the oral contributions to SRBD can be equally if not more impactful than managing weight and diet alone.

## QuietNite® Laser Treatment

Are you or someone you know an adult grappling with the challenges of snoring? Consider the highly effective QuietNite® laser treatment. Designed specifically for chronic snorers, QuietNite® harnesses the power of leading-edge technology to combat this issue. By utilizing low-level laser energy, this treatment targets the vibrations in the soft tissues of your soft palate that are responsible for snoring.

QuietNite® stimulates collagen production and promotes a more restful sleep experience. With its effectiveness, safety, and non-invasive nature, QuietNite® is the ideal choice for individuals seeking relief from their snoring troubles.

## Childhood Snoring

Snoring in children may seem cute, but it's a sign of a potential breathing problem. See a doctor if your child snores, as they may have SRBD. Dental professionals may be able to help prevent further issues. For more information, see the article on page 7 of the May 2023 issue of Sound Outlook: *Signs Your Child May Have a Sleep Related Breathing Disorder.*

## Time to Put Snoring to Rest!

By addressing snoring, you can bid farewell to daytime sleepiness, fatigue, and the potential health risks associated with poor sleep. Dental professionals can help you achieve the restful sleep you deserve, enabling you to wake up refreshed and ready to tackle each day.

By seeking non-invasive treatment, you're taking a proactive step towards ensuring restful sleep and enhanced well-being.

Snoring can have different underlying causes and everyone's needs are unique. It's important to seek a professional who will identify the factors contributing to your snoring, ensuring that you receive the support, education, and treatment for achieving long-term success.

Don't let snoring deprive you of restful sleep and overall wellness any longer. Embrace a healthy lifestyle, explore the benefits of non-invasive treatments and seek professionals who can help you to identify the root of the issue.

Learn more, join our FREE bi-monthly presentations: Grow, Breathe, Sleep, Thrive!

*Dr. Carla Yamashiro is the principal Integrative Biological Dentist at Ecologic Dentistry located in Bonney Lake, WA. Please visit [ecologicdentistry.com](http://ecologicdentistry.com) for more information.*

# Herbs and Your Pregnancy



Pregnancy is a time of great change for the body! It is important to take care of yourself during your pregnancy by eating a healthy diet, getting regular exercise, and getting enough sleep. You may also want to consider taking herbs to help support your health and well-being during this time.

There are many herbs that have been used for centuries to help support a healthy pregnancy. Some of the most popular herbs include:

- *Red raspberry leaf* - Red raspberry leaf is a traditional herb that has been used for centuries to help support a healthy pregnancy. It is believed to help tone the uterus and prepare it for childbirth. Red raspberry leaf can also help to reduce morning sickness and constipation.
- *Fennel seed* - Fennel is an herb that has been used for centuries to help with digestion. It is also believed to help relieve nausea and vomiting. Fennel seed can also help to increase milk production after childbirth.
- *Chamomile* - The flowers of the chamomile plant are calming and can help to reduce stress and anxiety. Chamomile is also believed to help with insomnia. Also, a cup of chamomile tea has been traditionally used to soothe an upset stomach.
- *Ginger* - The root of the ginger plant is a warming herb that can help to relieve nausea and vomiting. It is also believed to help with morning sickness and motion sickness. Ginger can also help to improve circulation.
- *Dandelion root* - Dandelion root tea increases digestion and promotes bile to relieve constipation. It is one of the best herbs for cleansing and strengthening the liver, our main detoxifying organ. Roasted dandelion root's coffee-like flavor makes it an excellent morning beverage.

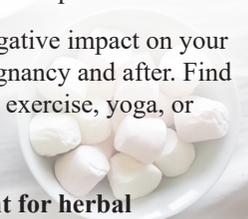
- *Stinging nettles* - The dried leaves of stinging nettles are rich in minerals and may help by combating fatigue. Sufficient iron levels are particularly important during pregnancy, and this herb is very rich in iron. Stinging nettles also have mild diuretic properties that may gently decrease fluid retention.

It is important to talk to your health care practitioner before taking any herbs during pregnancy. Some herbs may interact with medications or have other side effects. They can help you to choose the right herbs for you and to determine the right dosage.

In addition to herbal support, there are other things you can do to encourage a healthy pregnancy. These include:

- *Eating a healthy diet* - A healthy diet during pregnancy is important for both you and your baby. Make sure to eat plenty of fruits, vegetables, and whole grains.
- *Getting regular exercise* - Exercise is important for overall health, and it can also help to reduce the risk of complications during pregnancy. Talk to your doctor about what type of exercise is safe for you during pregnancy.
- *Getting enough sleep* - Sleep is essential for everyone, but it is especially important during pregnancy. Make sure to get at least 7-8 hours of sleep each night. Consider a cup of chamomile tea 30 minutes before bed to help wind down and soothe the nervous system in preparation for a good night's sleep.
- *Managing stress* - Stress can have a negative impact on your health and well-being, both during pregnancy and after. Find healthy ways to manage stress, such as exercise, yoga, or meditation.

Visit Marlene's supplements department for herbal combinations that are formulated *by women for women* from companies like Vitanica and Wishgarden!



# Methods for Indoor Composting

Composting is a great way to reduce your environmental impact and save money on fertilizer. It's also a fun and rewarding way to get back to nature. But if you live in an apartment or other small space, you may be wondering if you can compost with limited space.

The good news is that there are several different methods for indoor composting that are easy, effective, and virtually odor-free!



Here are a few of the most popular methods:

## Vermicomposting

Vermicomposting, also known as worm composting, is a great way to compost indoors. It's a relatively simple process that involves feeding worms your food scraps and other organic materials. The worms break down the materials into nutrient-rich compost that can be used to fertilize your plants.

To start a vermicomposting bin, you'll need a bin, bedding, and worms. You can buy bins specifically designed for vermicomposting, or you can use a plastic storage bin. The bedding can be made from a variety of materials, such as shredded paper, coconut coir, or peat moss. The worms can be purchased from a local bait shop or online.

Once you have your materials, simply add your food scraps and other organic materials to the bin. The worms will do the rest!

## Bokashi composting

Bokashi composting is another great way to compost

indoors. It's a fermentation process that uses a special bran to break down food scraps. The process is anaerobic, which means it doesn't require oxygen. This makes it a good option for people who live in apartments or other small spaces where it's not possible to have a compost bin.

To start a bokashi composting system, you'll need a bokashi bucket, bran, and a liquid starter. The bucket can be purchased from a local gardening store or online. The bran and liquid starter can also be purchased from a local gardening store or online.

Once you have your materials, simply add your food scraps to the bucket. Then, add the bran and liquid starter. The bran and liquid starter will ferment the food scraps, turning them into nutrient-rich compost.

## Aerobic composting

Aerobic composting is the traditional method of composting. It's a process that uses oxygen to break down food scraps and other organic materials. Aerobic composting can be done indoors, but it requires more space than vermicomposting or bokashi composting.

To start an aerobic composting bin, you'll need a bin, a lid, and a variety of organic materials. The bin can be made from a variety of materials, such as wood, plastic, or metal. The lid is important to keep the moisture in and the pests out. The organic materials can be anything that is biodegradable, such as food scraps, yard waste, and paper products.

Once you have your materials, simply add

them to the bin. Then, turn the bin regularly to aerate the materials. The materials will break down over time, turning into nutrient-rich compost.

## Which method is right for you?

The best method for indoor composting depends on your individual needs and preferences. If you have a small space and don't mind handling worms, then vermicomposting is a great option. If you're looking for a hands-off method, then bokashi composting is a good choice. And if you have a little more space and don't mind turning the bin regularly, then aerobic composting is a great option.

No matter which method you choose, composting is a great way to reduce your environmental impact and save money on fertilizer. So, get started today and start composting indoors!



Join us online!  
Learn how to wrap up your late summer garden and prepare for autumn with Laura Matter!  
Thursday, August 17  
at 5 pm, Online  
Details [atmarlenesmarket-deli.com/classes](http://atmarlenesmarket-deli.com/classes)



**THE HONEST COMPANY**  
**Hair & Body Care**  
Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**DR. BRONNER'S**  
**Castile Soap**  
16 oz Assorted varieties Reg. 12.99

**9<sup>29</sup>**

**Toothpaste**  
5 oz Assorted varieties Reg. 7.39

**5<sup>29</sup>**

In-store prices reflect discount. No additional discount at register.

*Fair Trade!*



**ALAFFIA**  
**African Shea Butter Body Care**  
Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**THE HONEY POT**  
**Feminine Care Products**  
Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**MINERAL FUSION**  
**Skin Care & Cosmetics**  
Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**SUKIN**  
**Skin, Hair & Body Care**  
Assorted sizes and varieties

**35% off**

In-store prices reflect discount. No additional discount at register.



**PLANTLIFE**  
**Aromatherapy Herbal Bar Soap**  
Assorted sizes and varieties

**15% off**

In-store prices reflect discount. No additional discount at register.



**COCOKIND**  
**Skincare**  
Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



*Marlene's*  
— MARKET & DELI —  
shop local, eat organic



**BOBO'S**  
**Oat Bars & Bites**

Assorted sizes and varieties



**25% off**

In-store prices reflect discount. No additional discount at register.



**NUTTZO**  
**Nut & Seed Butter**

12 oz Assorted varieties



**25% off**

In-store prices reflect discount. No additional discount at register.



**ANNIE'S KITCHEN**  
**Fruit Snacks,  
Cookies & Crackers**

Assorted sizes and varieties



**30% off**

In-store prices reflect discount. No additional discount at register.



**ARTISANA**  
**Organic Almond  
Butter**

14 oz.  
Reg. \$24.29

**17<sup>99</sup>**

In-store prices reflect discount. No additional discount at register.



**CORO**  
**Uncured Sliced  
Salami**

3 oz Assorted varieties  
Reg. \$5.99

*Local! Women Owned!*

**4<sup>99</sup>**

In-store prices reflect discount. No additional discount at register.



**BETTER BOOCH**  
**Organic Kombucha**

Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**VINA**  
**Organic  
Prebiotic Soda**

Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**HARMLESS HARVEST**  
**Organic Coconut  
Water & Smoothies**

Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**FLOW WATER**  
**Spring Water**  
Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**POPPI**  
**Prebiotic Soda**  
12 oz. Assorted varieties  
Reg. \$2.99

**1.99**

In-store prices reflect discount. No additional discount at register.



**VAN'S**  
**Gluten Free**  
**Frozen Waffles**  
Assorted sizes and varieties  
Reg. \$5.39



**3.89**

In-store prices reflect discount. No additional discount at register.



**SOVEREIGN SILVER**  
**Immune Support**  
Assorted sizes and varieties

**20% off**

In-store prices reflect discount. No additional discount at register.



**NATURAL**  
**FACTORS**  
**Blood Sugar**  
**Supplements**  
Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**SOURCE NATURALS**  
**Sleep Supplements**  
Assorted sizes and varieties

**35% off**

In-store prices reflect discount. No additional discount at register.



**SOLARAY**  
**Supplements &**  
**Probiotics**  
Assorted sizes and varieties

**35% off**

In-store prices reflect discount. No additional discount at register.



**DR. MERCOLA**  
**Fermented**  
**Supplements**  
Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**GARDEN OF LIFE  
Collagen**

Assorted sizes and varieties

**35% off**

In-store prices reflect discount. No additional discount at register.



**ENZYMEDICA  
Supplements**

Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**NORDIC NATURALS  
Fish Oil &  
Supplements**

16 oz. Assorted varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**RU VED & AYUSH  
Ayurvedic Herbal  
Supplements**

Assorted sizes and varieties

**20% off**

In-store prices reflect discount. No additional discount at register.



**KLEAN KANTEEN  
Reusable Stainless  
Steel Bottles**

Assorted sizes and varieties

**20% off**

In-store prices reflect discount. No additional discount at register.

**ALSO IN AUGUST, LOOK FOR SAVINGS ON:**

Ancient Nutrition  
Himalaya  
Mickelberry Gardens  
ION  
CV Sciences +PlusCBD  
Ener-C  
Flora

The Ginseng Company  
New Chapter  
Ridgecrest Herbls  
Bala Enzyme Hydration  
Four Sigmatic  
Lakewood  
Orgain

Assorted sizes and varieties.

In-store prices reflect discount. No additional discount at register.

**BODYWORK SCHEDULE**

**TACOMA**

Vitamin B and glutathione shots  
with Voda Health

Tuesday, 10 am - 2 pm

401.217.9902

Text "HERE" when you arrive.

You will be notified when it is your turn.

**Iridology & Sclerology with Nancy Seals**

4th Sunday, 11 am - 4 pm

360.556.3556

**FEDERAL WAY**

Vitamin B and glutathione shots  
with Voda Health

Wednesday, 11 am - 3 pm

401.217.9902

Text "HERE" when you arrive.

You will be notified when it is your turn.

**Seated Massage with Erica Seter**

Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm

Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

Reservations may be required.



**FEDERAL WAY**

2565 S. Gateway Center Place  
253.839.0933

Monday - Saturday 8 am - 8 pm  
Sunday 9 am - 7 pm

Deli Hours

Monday - Saturday 8 am - 4 pm  
Sunday 9 am - 4 pm

Grab and go options available until closing.

**TACOMA**

2951 S. 38th Street  
253.472.4080

Monday - Saturday 8 am - 8 pm  
Sunday 9 am - 7 pm

Deli Hours

Monday - Saturday 8 am - 6 pm  
Sunday 9 am - 6 pm

Grab and go options available until closing.

We value your suggestions and feedback!  
Write to us at: [feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com)



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July 2023

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# PB & Banana Frozen Dog Treats

- 2** ripe bananas
- 1 cup** unsweetened plain yogurt
- 1/2 cup** unsalted peanut butter (make sure it does not contain xylitol, which is toxic to dogs)
- 1/4 cup** water

In a blender or food processor, combine the ripe bananas, plain yogurt, unsalted peanut butter and water. Blend until smooth and well combined. Add a little more water if needed to achieve a pourable consistency. Pour the mixture into silicone molds or small paper cups, filling them about three-quarters full. Place the molds or cups in the freezer for at least 4 hours or overnight. When frozen or nearly frozen, you can add a dab of peanut butter mixed with yogurt as garnish! Once fully frozen, remove the treats from the molds or cups. If using paper cups, tear away the cup to reveal the frozen treat.

Serve to your pup and enjoy! Maybe have one yourself :)

