

A close-up photograph of a white ceramic bowl filled with various winter-themed items. The bowl contains several apples with red and green skin, several star-shaped cookies with white icing, a cinnamon stick, a star anise, and several walnuts and hazelnuts. The background is softly blurred, showing more of the same items and a warm, golden light.

Marlene's[™]

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

December 2022

**Winter wellness • Nourishing squash
Seasonal gifts from Marlene's • Dream fudge**

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

A Letter From Us

Kindness is like snow; it beautifies everything it covers.
- Kahlil Gibran

December has arrived!

This special month is a good time to reflect on the year and find ways to celebrate that are meaningful and satisfying for each of us. Marlene would encourage us to celebrate where we are in our lives, to always aim for kindness, and to enjoy the simple pleasure of family and friends together sharing good food that supports our health.

I remember that Marlene decided to start our business all those years ago because she believed that the simple abundance of what nature has to offer is what's best for our bodies, our minds, and ultimately, our lives. This way of seeing things was her gift. We are fortunate to have had her love, guidance and firm commitment to her principles lighting the way. Those memories and lessons are still inspiring me.

Whether you are planning vibrant gatherings all month long or tranquil winter evenings with a hot drink and a good book, we're here to help your holidays go as smoothly as possible! When you're shopping for those trusted staple goods, take some time to enjoy the beautiful displays, special gifts and fantastic treats that our buyers have fallen in love with and brought to our shelves for the season. It's a magical time in our stores!

We would also like to take this opportunity to sincerely thank you for another wonderful year serving our community. Taking care of each other is so important, and we are grateful to be a part of your wellness journey.

Wishing everyone a healthy and happy Holiday Season!

Lisa

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marlenesmarket-deli.com

Coconut Dream Fudge with Cookie Crust

Vegan and gluten free!

by Endorfin Foods and Rachael Gorjestani



Who doesn't love fudge? What if we told you that you can make your own healthy and delicious coconut milk chocolate fudge, with rich, fibrous coconut sugar and oil to support healthy digestion and beneficial flora? This creamy, crunchy vegan fudge is the perfect treat to enjoy after a day adventuring on the slopes or trails, a long day of work, or just out of pure self care and love, because you deserve it!

This recipe is fully vegan and gluten-free, and you can easily switch up the variety of spices or additions that please you (cinnamon, cardamom, cayenne). Coconut Cream yields a super dreamy and sweet fudge.



ENDORFIN
**Organic
Chocolate**
Assorted varieties
1.4 oz.
Reg. \$5.59

2 \$7
for

Crust

- 2 medjool dates, pitted
- 1/3 cup shredded coconut
- 1/3 cup walnuts, or another nut/seed of choice (you can also do a combination)

Filling

- 3 Coconut Cream chocolate bars (or other Endorfin chocolate bars of your choice)
- 1/2 cup coconut oil
- 1/3 cup sunflower butter, tahini, or cashew butter
- 3-4 tbsp of something crunchy (Totally optional! We love cacao nibs, pumpkin seeds, chopped almonds, and toasted coconut flakes. These can be mixed into the fudge or garnished on top, or both!)

In a food processor blend the dates for a few seconds, add in the coconut and walnuts. Blend until it becomes uniform, but not completely broken down (about 30-60 seconds).

Line a small loaf pan with parchment and press the crust dough into an even layer. Place in the freezer.

Next, break or chop the chocolate bars into chunks.

In a double-boiler, gently melt the chocolate over low-medium heat. Mix with a spoon frequently once the chocolate is melting. Add in the coconut oil and sunflower butter. Mix together until smooth. Mix in any crunchy ingredients at this time.

Pour the chocolate batter into the loaf pan and garnish! Place back in the freezer for at least an hour, or until it's set.

When you're ready to enjoy, gently pull up on the parchment to take out the fudge. If it gets stuck anywhere, rub your hand on the outside of the pan and it will heat the chocolate enough to get it loose.

Run a sharp knife under warm water, pat dry, and slice the fudge! Store in the fridge or freezer.

Enjoy!

This recipe is part of a collaboration between Endorfin Foods and Rachael Gorjestani, founder of The Cupboard SF and Goldmine, two companies with the purpose of reframing how we eat, feel and cope with stress through food and natural medicine.



Marlene's™

MARKET & DELI

shop local, eat organic

Enjoy the holidays

Enjoy a little bit of what with our special holiday

Holiday Catering at Marlene's

Place your order in-store or give us a call.

Federal Way 253.839.0933

Tacoma 253.472.4080

Holiday orders must be paid in advance and are on a first come-first served basis. Supplies are limited. Please note that we will sell out quickly!

Holiday orders are available for pick up after 10 am on December 23 and December 24 before 4 pm. We are closed Christmas day.

No changes or additional orders may be placed after Wednesday, December 16. Sorry, no substitutions on ingredients.



Meat and Cheese

All natural roast beef, ham and turkey are freshly sliced for you to create your own sandwich. A variety of cheeses included.

Small \$45.99 Serves 6-8

Large \$79.99 Serves 12-16



Party prep is a breeze

Crudités

This platter is prepared with fresh, organic vegetables including broccoli, cauliflower, baby carrots, celery, cucumber and tomatoes. Served with our exceptional homemade ranch dip.

Small \$29.99 Serves 6-8

Large \$54.99 Serves 12-16

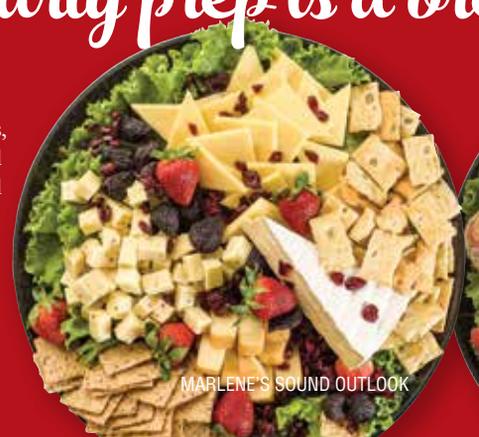


Cheese & Crackers

Our cheese selection includes Swiss, white cheddar, Brie and smoked provolone. Served with assorted crackers.

Small \$45.99 Serves 6-8

Large \$79.99 Serves 12-16



and leave the cooking to us!

Wholesome goodness Holiday desserts!

Enjoy our fabulous
made-from-scratch pies!
Most can be made gluten free!

Apple	Peach
Banana Cream	Pumpkin
Blackberry	Raspberry
Blueberry	Triple Berry
Chocolate Cream	Black Bottom*
Coconut Cream	Key Lime*
Lemon Sour Cream	Peanut Butter*

* not available in gluten free



Cheese and Fruit

Freshly diced fruits and berries served with bite-size morsels of savory cheeses.

Small \$39.99 Serves 6-8
Large \$75.99 Serves 12-16

Sandwich Platter

A deli favorite - sandwiches cut into halves, so everyone can try our popular turkey, ham, roast beef and chicken salad sandwiches.

Small \$55.99 Serves 6-8
Large \$99.99 Serves 12-14



Cherish with our platters!



Pinwheel Platter

Tortillas filled with an assortment of premium, all natural meats and cheeses, rolled and sliced.

Small \$35.99 Serves 6-8
Large \$65.99 Serves 12-16

Cookies and Brownies

An assortment of our freshly baked bars, cookies and brownies.

Small \$24.99 Serves 12-15
Large \$45.99 Serves 25-30



QUICK GUIDE TO STORING AND PREPARING WINTER SQUASH

All members of the squash family are from the genus Cucurbita and are indigenous to Central America. Cultivation of squash in North America dates back at least 8,000 years and has been an important staple food for indigenous tribes ever since.

Winter squash is versatile, nutrient-rich and stores well for long periods of time. If you're not eating squash, you're missing out! Even well into winter, gorgeous squashes keep rolling into our markets, so we encourage you to come in and try something new.

While a storage temperature of 45-55 degrees is ideal for virtually all squashes, the length of time different varieties can be kept varies quite a bit. Some squashes actually need time to mature or 'cure' after they're picked (to maximize flavor and texture) while others are ready for eating straight off the vine.

ACORN

The fruits of acorn types will have a dark-orange "ground spot" when mature. Fruits can be consumed at harvest, and eating quality is best within about 10 weeks.

SPAGHETTI SQUASH

Spaghetti squash can be consumed right away after harvest and will store only about 10 weeks. So when you see these tasty, butter yellow beauties in our markets, snatch them up while you can!

A note about prep: A spaghetti squashes holds a lot of moisture, so it is best baked or roasted rather than steamed. Slice squash in half either lengthwise or vertically, and scoop out and discard the inner seeds and pulp. Rub olive oil lightly around the interior and roast cut side down until a fork easily pierces the skin. Cool and separate the spaghetti-like strands before using in a recipe.

DELICATA & DUMPLING

The fruits of these types, like acorn squash, often have an orange ground spot when mature. Fruits can be consumed fresh from the vine, and eating quality is best within 3 months of harvest.

A note about prep: When preparing delicata, don't bother peeling them. They are one of the few winter squashes that have skins that are both edible and delicious!

RED-SKINNED HUBBARDS & SMALL KABOCHA

Hubbard varieties such as Red Kuri can be consumed at harvest and will store up to 4 months. Dry, corky stems are a good indication of fruit maturity.

BUTTERCUP & LARGE KABOCHA

Fruits are best after 1-1½ months of storage, but will also store 4-6 months. Dry, corky stems are a good indication of fruit maturity.

HUBBARD & BUTTERNUT

Fruits are best after 1-2 months of storage, and will keep 4-6 months.

A note about prep: If your hubbard or large kabocha seems too difficult to cut, simply drop them onto a hard surface until they split, and then roast or steam the pieces!



To Bake or Roast Winter Squash:

Using a whole 1 to 1 ½ pound winter squash, pierce the rind with a fork and bake in a preheated 350° oven for about 45 minutes.

Squash larger than 1 ½ pounds should be halved and cleaned, lightly coated with olive oil, and placed cut side down on a baking sheet. Squash is ready when the flesh can be easily pierced with a fork.

Squash can also be peeled and cut into ½ inch cubes, lightly coated in oil or butter and spread evenly across a baking sheet to roast in a 400° oven for about 15-20 minutes until tender.

To Boil or Steam Winter Squash:

Cut into quarters or rings and steam 20 minutes or until tender, checking every 10 minutes. Boil or mash winter squash just as you would potatoes. Add peeled squash cubes to your favorite soups, stews, beans, gratins and vegetable ragouts.

Visit our all-organic produce department and get the best of what's fresh and locally grown right here in the Pacific Northwest!



Winter Squash and Apple Chutney

Warming, sweet, savory and just a little spicy, this chutney adds a wonderful pop of flavor to a variety of foods! Pairs brilliantly with breads, meats and cheeses. Spread it on a sandwich or drop a dollop on a cracker with a smear of goat cheese for starters!

- 1 to 1 ½ lbs winter squash, skinned and diced (butternut, pumpkin and acorn work well here)
- 1 Tbl fresh ginger, grated
- 1 Granny Smith apple, peeled, cored and diced
- 1 white or yellow onion, diced
- 3 garlic cloves, minced
- 1 Tbl olive oil
- ½ cup apple cider vinegar
- ½ cup brown sugar, packed
- ½ cup raisins, dried cranberries or dried tart cherries
- 1 tsp sea salt
- 1 tsp cumin powder
- 1 tsp chipotle chili powder
- ½ tsp turmeric
- ½ tsp cinnamon
- ¼ tsp clove powder



In a heavy-bottomed sauce pan, heat olive oil over medium and saute onion about 5 minutes. Add squash, apples and salt, stirring frequently 10 minutes until squash becomes tender. Add garlic, chipotle, cumin, turmeric cinnamon and clove and heat until fragrant, about 3-5 minutes, stirring frequently. Add brown sugar, vinegar and raisins and heat until simmering. Reduce heat to low and simmer about 20 minutes, until mixture is thick and reduced (monitor consistency and add a couple of tablespoons of water if it seems that the chutney is becoming too dry).

When chutney is a jam-like consistency, allow to cool slightly and pour into a jar. Cover and refrigerate. Use within two months.

Winter Vegetable and Grain Stuffed Butternut Squash

by Pacific Foods

Serves 4

- 2 butternut squash, halved and seeds scooped out
- 1 Tbl avocado or olive oil
- 1 cup quinoa
- 2 cup Pacific Foods Organic Chicken Bone Broth or Pacific Foods Organic Vegetable Broth
- 1 Tbl olive oil
- ½ yellow onion, chopped
- 1 bunch kale, chopped
- ½ cup red cabbage, roughly chopped
- ½ tsp sea salt
- 1 tsp black pepper
- ½ tsp dried thyme
- 4 leaves fresh sage, thinly sliced
- ½ cup pomegranate seeds
- 2 Tbl fresh thyme, chopped
- 2 Tbl tahini

Preheat oven to 425 degrees and line a baking tray with parchment paper.

Drizzle cut butternut squash with oil and season with sea salt and pepper. Place squash cut-side down on lined baking tray. Bake squash for 30-40 minutes, or until squash are tender. Remove from oven and carefully flip over to let cool slightly.

While squash is roasting, prepare quinoa. Add broth to a saucepan over medium heat and bring to a boil. Stir in quinoa, reduce to a simmer and cover.

Cook quinoa for 15 minutes, or until fluffy. Remove from heat and set aside.

While quinoa cooks, prepare vegetable filling. Add olive oil to a large skillet over medium heat. Add chopped onions and sauté for 3-5 minutes, until softened. Stir in chopped kale and cabbage and sauté for 5 minutes. Sprinkle with sea salt, pepper, dried thyme and fresh sage. Stir to combine.

To a large bowl, add cooked quinoa and sautéed vegetables. Stir well. Gently spoon quinoa and vegetable mixture into roasted butternut squash halves.

Sprinkle squash with pomegranate seeds, fresh thyme and a drizzle of tahini. Serve and enjoy!



Holiday Gifts from Body Care



Badger - The folks at Badger blend the finest organic plant extracts, exotic oils, beeswax, and minerals to make the safest, most effective products possible to soothe, heal and protect.

Every classic lip balm by Badger contains certified organic ingredients including extra virgin olive oil, beeswax, aloe, sea buckthorn, and rosehip that moisturize, protect, and leave your lips feeling hydrated and happy.

The **green pack** features .15oz sticks of **Lavender Orange**, **Highland Mint** and **Unscented**.

The **red pack** includes .15oz sticks of **Tangerine Breeze**, **Vanilla Madagascar** and **Pink Grapefruit**.

For those folks who appreciate classic flavors, the **blue pack** has .15oz sticks of **Unscented**, **Highland Mint** and **Vanilla Madagascar**.

And last, but certainly not least, the **gold pack** contains four .15 oz sticks of favorite lip balms: **Tangerine Breeze**, **Lavender Orange**, **Vanilla Madagascar**, and **Pink Grapefruit**.

Zum by Indigo Wild - A unique ingredient, goat's milk, is a naturally homogenized, silky-soft moisturizer full of the good fats that help your skin's pH levels and lock in extra hydration. The **Holiday Zum Mini 3 Bar Box** includes three perfect little bars, each of which is full of festive **Zum Bar** favorite scents. Don't miss the liquid soaps for those who prefer their heavenly whiffs from a pump bottle!

Zum holiday scents:

Joy - Fresh and energizing peppermint pairs with woody fir needle for a merry mojo unlike any other.

Frankincense and Myrrh - Frankincense brings a woody scent and myrrh adds a dark, fruity scent with rich sweetness.

Winter Pine - One whiff and you'll feel like you're strolling through a Christmas tree farm! Refreshing, comforting and quintessentially the signature scent of 'the holidays'.



Naturulz - These wonderful products are designed to provide a topical remedy for body pain and inflammation. Choose from their original herbal formulations or feel the relief of their new **CBD Ugli Butter** formulations! So simple, clean, pure and effective, we've heard a rumor that Santa asks for these in HIS stocking!

Pacha Soap Co. - Since making its debut at Marlene's in 2019, Pacha Soap Co.'s products are at the top of everyone's wish list. Long lasting, all-natural, heavenly scents keep you smiling in the tub.

Try their incredible bath bombs, silky soaps and bath products for kids! The **Bath Crayons** in particular are sure to be big hits with the little ones!



Naked Bee - Bring the joy of the season to the Naked Bee fan in your life with this limited-edition holiday gift! The **Orange Blossom Honey Holiday Collection** includes:

- 1.5 oz. Orange Blossom Honey Nourishing Body Lotion
- Organic Orange Blossom Honey Lip Balm
- 3 oz. Orange Blossom Honey Ultra-Rich Body Butter



Soft hands & feet are on everyone's list this year! Be prepared for dry, winter weather ahead with this **Hand & Foot Repair Kit**:

- 3.25 oz. Orange Blossom Honey Serious Hand Repair Cream
- 2 oz. Orange Blossom Honey Restoration Foot Balm



Get ready to jet set after the Holidays with airline-approved sizes of travel necessities with an

Orange Blossom Honey On-the-Go Holiday Travel Kit! Includes:

- 1.5 oz. Orange Blossom Honey Nourishing Hand & Body Lotion
- 1.5 oz. Orange Blossom Honey Velvety-Smooth Body Wash
- 1.5 oz. Orange Blossom Honey Gentle



Dr. Squatch - Inspired by a love of natural products, Dr. Squatch founder Jack Haldrup began creating his own natural soap in his garage. He knew there must be other guys out there who also wanted better products with natural ingredients and manly scents. Millions of happy customers later, Dr. Squatch continues to raise the bar for natural products and change the way men approach their personal care.

Marlene's stocks five wonderful bar soap options, shampoos, conditioners, deodorants, beard oil and colognes from Dr. Squatch. We also have a **Star Wars™ Collection** gift set with four bars of 'the finest soap in the galaxy™'. The bars are inspired by legendary Star Wars™ masters and apprentices and made for manly men who are fanboys at heart.

And you can say goodbye to soap slippage for good with the Dr. Squatch **Soap Gripper!** The gripper also literally raises the bar to give it 360° circulation so that it dries quickly and lasts longer. No wasted suds, no gooey residue sliming all over the place, and no more dropping the soap!



Delightful treats to Fill

What's your favorite holiday? The one with the amazing snacks? Yes! Us, too!



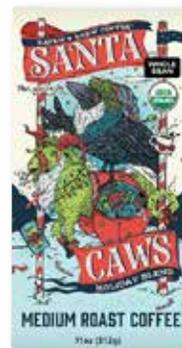
Boom Chicka Pop goes above and beyond for the holiday season by providing creative flavors of gourmet popcorn. **Dark Chocolate Drizzled Sea Salt Kettle Corn** was the hands-down favorite last year and it's back for more merry making!

The time is perfect for a little cup of cheer. Cozy up with a cup of premium holiday tea from the folks at **The Republic of Tea** and discover your new favorite tradition. Sip delicious holiday flavors like **Peppermint Bark, Comfort and Joy, and Cardamon Cinnamon**. Put the kettle on!



How about something crunchy? The folks at **Siete** have got you covered with **Siete Grain Free Mini Buñuelos!** Complete with everything nice, these gluten free mini cinnamon crisp tortillas chips are made with casava mesa, and sprinkled with a coconut-sugar, cinnamon, and vanilla seasoning.

The months and months of cold, wet days in the Pacific Northwest eventually turns all of us into coffee connoisseurs. The folks at **Raven's Brew** are here to meet the demand with their rich and roasty **Santa Caws Holiday Blend** organic coffee! Both the naughty and the nice agree that this excellent cup of joe captures the holiday spirit.



Made with swirls of peppermint and white chocolate ice cream dipped in dark chocolate with crushed peppermint candies, **Alden's Organic Peppermint Twist Bars** are heaven on a stick!

Hammond's Candies have been making sweet confections since 1920. We are so happy to bring their organic candy canes to our stores this season! With festive flavors like traditional mint, butterscotch, cherry, root beer and strawberry, there's a flavor for everyone on your list.

Your Cart with Joy!

Fantastic Seasonal Chocolates

Our favorite chocolatiers produce holiday delights that are now available at Marlene's!

We have a sweet selection of sugar-free bars and chips from **Lily's** for those folks who are limiting their sugar intake, but still want to enjoy seasonal treats and baked goods.

The folks at **Theo Chocolate** are here to make life a little sweeter for all of us with delicious bars in festive flavors. Joy to the world, indeed!



Women owned, locally made and fabulously decadent, **Seattle Chocolate** has the finest truffles and truffle bars imaginable! We're not sure these will make it into anyone's stocking. Wink, wink.

And don't miss seasonal the goodies from **Ocho** and **Chocolove**! Visit us to explore all of the bars, candies and treats that are available this time of year for a limited time!



Deck your halls with holiday scents!

'Tis the season to spread the scents of Snowdrop, Peppermint, Orange Clove and Iowa Pine throughout your home. **Mrs. Meyer's** has brought these wonderful whiffs to life in soy wax candles, dish soaps and (of course) air fresheners. Come see us soon, as these limited edition holiday scents will be gone in a flurry!

Mrs. Meyer's products are made with plant-derived ingredients, essential oils and thoughtfully formulated ingredients that are always cruelty-free.

Marlene's Gift Basket Service



Marlene's has developed a reputation for beautiful gift baskets. Let us help you package your gift choices for a personalized and polished look.

When you purchase items for your gift basket, let your cashier know you would like to add Marlene's Gift Basket Service to your order. Prepared gift baskets will be ready for pick-up within 48 hours! Marlene's Gift Basket Service is \$15. Price includes the basket, raffia, cellophane, bow, and assembly.

Bakery Catering



Marlene's has the treats! Pre-order a pan of scratch-made cupcakes for this year's gathering, and wow your friends and family without even lifting a finger. How easy is that?

Choose from several luscious cake and pie recipes, brownies and blondies, muffins, cupcakes and more; most are available for customization with gluten free or vegan options upon request. Stop in or give us a call!

Marlene's Gift Cards



Having a tough time deciding what to get a certain someone? When in doubt, gift card it

out! After all, the best gift is the one they actually want, right? With all the options that Marlene's has to offer, they'll have a hard time choosing too!

Must-Have Cheeses for the Season!



Castello Edam Cheese is a pleasantly mild and creamy cheese with a slightly nutty, buttery flavor. With a relatively low fat content, it has a softer texture than many cheeses. As Edam ages, its flavor becomes sharper and its texture firmer. Enjoy with pears and pinot noir.



Kerrygold Dubliner is complex, worldly, somewhat sweet and somewhat nutty. A robust aged cow's milk cheese with a bit of a hard texture similar to a Cheddar. In one bite you can taste a diversity of flavors well served alongside a full-bodied wine or melted between a few slices of crusty brown bread!



Daniel's Artisan Bonneville is a decadent double cream cheese, washed in Syrah over several weeks. Extra cream is added to an already rich milk, lending to the fudgy texture and deep yellow color. This cheese is a cheese for every occasion! Serve atop crostini with baked apples topped with a little honey.



Bûf Creamery has graced our shelves this year with the creamiest, most incredible mozzarella and burrata imaginable. Made from the rich milk of 100% grassfed water buffalo in the greenest and cleanest mountain valleys of Columbia! These award-winning cheeses are naturally lactose free and growth hormones are never used.



Miyoko's organic cashew milk artisan cheese wheels are crafted with traditional cheese making techniques such as culturing and aging. These award-winning vegan cheeses are a revolution the gourmet cheese world!



Nuts for Cheese offers creatively flavored wedges that are as decorative as they are delicious! These decadent, 100% dairy-free plant-based cheeses are handcrafted and aged to perfection with an artisan touch that's a cut above the rest. Your charcuterie board has just been upgraded!



Mountain Lodge Farm is a place that moves in step with nature and the timeless rhythms of rural life. Their Knapsack variety of goat milk cheese is an approachable salty, feta-style cheese with leading lemon and floral flavors. Crumble on pasta or vegetable dishes for an exciting burst of flavor!



Cypress Grove Fresh cheeses are tangy, bright and ready to groove. These fresh goat cheeses range in taste from fresh cream and citrus to lavender and wild fennel pollen, with unexpected and delightful flavors running the gamut in between. Look for PsycheDillic, Sgt. Pepper and Purple Haze.

Festive Sips and Spirits



Hither & Yon

Mataro Grenache - As pretty as it is tasty, this bright-purple blend is lively and succulent with plenty of grip and fresh acidity. Red berry fruits on Grenache Mataro 2021 take centre stage, complemented by a savory earthiness.

Carignan - A super fruity wine with some serious juice. Raspberries, blueberries and mulberries are balanced nicely by savoury notes of liquorice and dried herbs, with just enough sweetness and a lingering finish.



Iruai

Cosmic Cowboy - If there is a wine that can taste like an old West landscape, this is it. A Cabernet Sauvignon that drips with plums and blackberries, saddle leather, and wafts of tobacco pouch down to the last drop.

Sylvan Troussou - A wine that is dank and fruity on the nose, juicy and alive on the palate, and rounded out with a subtle hint of dried mushrooms, duck fat and cranberry sauce (in a good way). Buy the ticket, take the ride!

Bloom Phase - Bloom Phase is comprised primarily of whole cluster fermented Grenach and Pinot Gris, with Syrah with a splash of Muscat. Fresh and zesty, with a tropical and peppery nose, crunchy red fruits, and that smooth finish you've been looking for your whole life!

Samuel Smith

Variety pack - Featuring six flagship, style-defining beers, this distinctive variety pack includes one 12-ounce bottle each of: Organic Pale Ale, Nut Brown Ale, Oatmeal Stout, Taddy Porter, Imperial Stout, and Organic Chocolate Stout.

Perfect for celebration, or any occasion, this variety pack encapsulates the essence of the British beer experience and pays homage to their tradition of quality.



Scratch Distillery

Edmonds' Own Whiskey - This is a single-barrel straight whiskey made from organic Skagit Valley grains and aged in new American oak for two years. This results in an incredible complexity and richness with a smooth, balanced chocolate finish.

Chai Liqueur - One sip and you're completely transported! Scratch Chai Liqueur blends traditional masala chai spices with aromatic Darjeeling and Assam teas in Scratch's organic Wheat Vodka, along with a touch of simple syrup.



Eaglemount Mead

Cherry or Cranberry Mead - Honey and fruit juice enhance each other in the fermentation process, so instead of making a traditional mead from water and honey, Eaglemount fermenters add local Olympic Peninsula honey to freshly pressed juice and then add more honey to sweeten before bottling.

Cherry or Cranberry Mead will compliment most holiday meals and desserts beautifully. These award-winning ciders and meads make wonderful hospitality gifts!



Very Merry Mercantile



Andes Gifts

Warm, wooly and wonderful, knitwear from **Andes Gifts** is always a hit! Contributing indigenous artisans benefit from Fair Trade standards and ethical sustainable employment throughout rural communities in Peru and Bolivia. Not only will you feel good in these gorgeous handmade creations, you can feel good about them!

Maggie's Organics

Soft, warm, durable and cozy, they'll never want to take off **Maggie's Organics** socks! What better gift for a Pacific Northwest winter than a pair of these toasty creations? Cotton is one of the most pesticide-laden crops on earth so Maggie's insists on organically grown cotton for their clothing and butter-soft Marino wool. The company follows Fair Trade principles and proudly produces all of their luxurious socks in the USA.



Gorgeous Incense and Clean-burning Candles!

Shoyeido incense is considered the highest quality, most natural incense available on Earth. In the early 18th century, Rokubei Moritsune Hata began incorporating incense-making techniques he learned as an employee of Kyoto's Imperial Palace. Twelve generations later, the Hata family continue to create an amazing array of fragrances with compressed resins (and no stick!). You can find Shoyeido and other fine quality incenses from local companies like **Alchemia** and **Sea Witch Botanicals** at both Marlene's locations.



Who doesn't appreciate a beautiful, long burning candle to cozy up these winter nights? From stocking stuffer votives to full-sized pillars, we have some gorgeous options! And you needn't worry about paraffin or toxic additives, Marlene's only stocks clean-burning beeswax or plant-based waxes from sources like soy and coconut.



Big Dipper candles are infused with essential oils and come in a rainbow of colors! **Honey Beeswax** and **Sunbeam** provide classic, 100 % golden beeswax candles that burn slowly and evenly and emit a gentle, honey scent. Stop by to see all of our wonderful options.



Calendars

Time marches on, and we can all use an inspirational way to track the days. Wall calendars are as popular as ever and our selection travels all over the globe... and into outer space! We bet you can find a collection of images for yourself or that unique individual on your list that delight, fascinate and educate.



December Events & Education

All December classes will be held online. Register at: marlenesmarket-deli.com/classes

COLD WEATHER CUISINE: CLASSIC CHILI AND CORNBREAD



with Gracie Schatz, Founder and Chef of Marigold Cooking Collective
Saturday, December 3 at 2 pm - \$25

It seems everyone knows someone who makes an amazing chili. That legendary chili-maker could be you! Join Chef Gracie for great tips and guidance for a recipe that is simple and adaptable and can easily be made vegan or vegetarian. We'll also be making a moist, molasses cornbread to accompany it! Beginners welcome, please preregister.

FUNCTIONAL MEDICINE FOR COMPLEX OR CHRONIC ISSUES



with Ryan Bland, DC and Functional Medicine Practitioner
Tuesday, December 6 at 5 pm

Functional Medicine focuses on addressing the root cause of your illness, rather than just coping with the individual symptoms. This is especially important for chronic or complex patients, who are dealing with underlying issues that are preventing them from regaining wellness. Please join us for this informational webinar to discuss the nuances of laboratory analysis and the quest for optimum vitality!

BREASTFEEDING: UPS AND (LET) DOWNS



with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor
Thursday, December 8 at 5 pm

Beautiful pictures of mothers nursing their babies make it look so easy. Unfortunately, it's not unusual for many new moms have low milk supply and struggle to feed their babies. Learn how to improve your milk supply with simple diet changes and safe supplements you can find at Marlene's!

MAKING HOLIDAY EVERGREEN WREATHS



with Laura Matter, Garden Hotline Educator
Saturday, December 10 at noon

Evergreen plants play an important role in supporting wildlife and managing micro-climates in your garden. In the winter this is especially helpful as they shelter our overwintering birds and other animals, break up heavy rainfalls into smaller droplets reducing the effects of erosion, and even help warm up the air around them to keep frost at bay. Join us to learn about these beautiful and important plants and celebrate using them to make wreaths, swags and even winter crowns to wear! Each participant will be able to pick up evergreen boughs and supplies list provided by Marlene's Market and the Garden Hotline. Please preregister.



Holiday Hours

Christmas Eve 8 - 4 pm

Christmas Day Closed

New Year's Eve 8 - 6 pm

New Year's Day Closed

BEER, WINE OR SPIRITS TASTING
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Tacoma Location 2 pm - 4 pm Friday, December 9 Friday, December 23 3 pm - 5 pm Sunday, December 18	Federal Way Location 2 pm - 4 pm Friday, December 2 Friday, December 16 Friday, December 30
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TIPS TO BALANCE BLOOD SUGARS DURING THE HOLIDAY SEASON

by Adrienne Wilen, ND

The holidays are here, and along with holiday cheer comes an increase in holiday treats. While we indulge (in moderation!) there are things we can do to help balance our blood sugars and prevent blood sugar spikes. A 2018 Stanford study showed that 80% of non-diabetics experienced high glucose spikes from common foods. Frequent yo-yoing of blood sugars and excess glucose in the blood stream can impact many body systems, including the blood vessels, skin, hormones, and energy levels.

As your body goes between fed and unfed states throughout the day, your blood sugar levels will naturally fluctuate up and down. Blood sugar spikes are sharp rises in blood sugar levels. They can happen due to a variety of factors, but often occur when you eat too many simple carbohydrates that can be broken down and absorbed quickly. Examples of these are baked goods made with white flour, table sugar, fruit juice, soda, candy, and honey.

TIP 1: Start with vegetables. Veggies contain fiber which coat the small intestine and slow down gastric emptying, leading to glucose from the rest of your meal being absorbed slower creating a smaller glucose spike.

TIP 2: Have a savory breakfast. Starting your day with protein and healthy fats instead of sugars leads to smaller glucose spikes. This means steadier hunger hormones, no glucose crash, less insulin release, and more available energy so you stay full longer and avoid cravings the rest of the day.

TIP 3: Move your muscles after meals. By using your muscles after a meal, the glucose that was just consumed gets used immediately to fuel your muscles instead of creating a spike in the bloodstream. This could be a 10-minute walk, dancing around the kitchen, or some intense house cleaning. You may feel like you want to rest after a meal, but in reality, getting movement in will help stabilize your energy the rest of the day!



TIP 4: Dress up those carbs instead of eating them alone! Veggies should come first, followed by proteins and fats, then starches and sugars last. The fiber in vegetables coat the small intestine, leading to slower emptying of the stomach. Fats also slow down gastric emptying, meaning carbs are entering the small intestine, where they are broken down into sugars, slower, and creating a slower absorption of glucose into the bloodstream. Dressing up your carbs can also mean mixing them in. If you don't want to eat your carbs last, stir them in with your veggies, fats, and proteins!

TIP 5: Eat sweets as dessert, not a snack. Sugar is better eaten at the end of a meal, when your stomach is full of all the healthy things you just ate, instead of as a snack on its own. This goes for fruit as well! Always start with a healthy fat or protein (think a handful of nuts before eating strawberries) to help prevent glucose spikes.

TIP 6: Try adding some vinegar before meals, or to a veggie (like a vinaigrette on your salad!). Vinegar slows down how quickly starches break down into glucose during digestion, and tells our cells to burn more fat. It also tells our muscles to absorb more of the glucose from the bloodstream. Mixing 1 tablespoon into water 10 minutes before meals has been shown to lead to a steadier glucose curve, but ACV gummies do not have the same effect. Lemon juice is also acidic, but studies have shown that you need 3 lemons worth of juice to have the same impact as 1 tablespoon of vinegar.

Enjoy your holiday treats with these tips and tricks to maintain a healthy bloody sugar and overall well-being!

Dr. Adrienne Wilen has special interest in gastrointestinal and cardio-metabolic health. She sees patients in person and via telehealth at Federal Way Naturopathy, and is the creator of Biomi, a 10-week gastrointestinal optimization program for people who want to regain control of their digestive health.



Bring Vital Superfoods Back to the Modern Diet

by Ancient Nutrition

You've probably heard of the term "superfood." It conjures up images of nuts, seeds, exotic berries and mushrooms – but did you know that there's a rarely-discussed category of superfoods that our ancestors ate regularly... and that most of us now eat almost none of?

The #1 nutrient-filled superfood on the planet is actually...

Liver.

Liver is a nutritional powerhouse, as are most animal organs or glands. It's an incredible source of fat-soluble vitamins, essential minerals, iron, protein and amino acids. It can also supply organ-specific nutrients and enzymes. This means that eating a healthy liver can promote a healthy liver!

In fact, that's true of all organs and glands. Because the gland of the animal is reasonably close in composition to that of a human, animal organs can provide nutrients highly specific to that organ and promote that organ's health. It's a principle called "like supports like."

Organs and glands are even considered adaptogens, which means they help your body adapt to the effects of physical, environmental or other stressors. They promote balance in the body for optimal function.

This is why up until a few generations ago those organs and glands were the most prized part of any catch. Our ancestors understood that including organs and glands in your daily diet could bring you energy and vitality like nothing else.

However, regardless of the health benefits, cooking up a serving of liver or kidneys every day doesn't sound all that appealing to most people.

That's why Ancient Nutrition recently introduced a line of organ and gland supplements. These wild and grass-fed blends are designed to restore what we're missing from our everyday diets in a way that no single herb, multivitamin or protein can compare to. Each patented formula has the power to:

- Support energy, youthfulness and vitality
- Promote overall health & wellbeing
- Deliver vital nutrients: iron, protein, vitamin A, B12, folate, essential amino acids & more
- Support immune system health†
- Reduce occasional constipation, gas and bloating†

Ancient Nutrition takes it a step further with their patent-pending Six Kingdom Approach, designed to help you reap the benefits from every biological kingdom (plant, animal, fungi, bacteria, archaea and protist).

Most of us only get plant, animal and some fungi sources in our diet, which means we're missing out on targeted support for

your healthy immune system, digestion, energy and overall health.

Ancient Nutrition's organ blends are sourced from bovine (cow) organs and glands from Argentina. They are 100% bovine organ or gland powder, with no excipients, free from Bovine Spongiform Encephalopathy (BSE) and grass-fed, non-GMO and made without additives or pesticides.

They're also made with ovine (lamb) organs sourced from Iceland and made without additives. They are wild, free-roaming lambs raised in clean Icelandic nature since the year 874.

Explore targeted formulas for Women's Vitality†, Male Performance†, Organ Blend and Grass-Fed Liver. There's nothing else quite like this, at least not in this century.

It's time to bring health and vitality back to the table with Ancient Nutrition wild and grass-fed organs.

†These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.



Winter Support: Black Elderberry's History and Uses

by Herb Pharm

Black Elderberry (*Sambucus nigra*) is indigenous to Europe, North Africa, North America and Asia. It is a popular herb with a rich history of use in herbalism. Beloved and revered for centuries, the elder tree is also steeped in a history of superstition, folklore and mysticism. Though the herb is known primarily in modern herbalism as support for colds, flu and respiratory illnesses, all parts of the black elderberry tree have historically had many important uses throughout these regions.

Black Elderberry is used in Native American Herbalism (including internal and external applications, and as a food). This and other *Sambucus* species were used extensively by the Cherokee and many other tribes across North America.

In Europe, the tree was believed to protect against sorcery, and it was grown near residences for this purpose. In the late 1600s, elder leaves would traditionally be gathered on the last day of April and secured to houses to safeguard against evil. The trees are still commonly grown in hedgerows across Great Britain.

In Denmark and England, there is a superstition that “Elder Mother” protects the black elderberry tree, so you must recite a rhyme for her consent before harvesting or altering any part of the plant. This superstition has led some landscapers to refuse to trim or alter elder trees.

In herbalism, elder's use dates back to the physician Hippocrates during the Classical period in ancient Greece and to the first century in the Roman Empire with the naturalist Pliny the Elder.

These elder flowers, a source of herbal medicine in their own right, will eventually transform into black elderberries. One tree provides two different herbs and dozens of other uses!



Botanical name: *Sambucus nigra* **Common name(s):** Black Elderberry
Plant family: Viburnaceae **Native habitat:** Europe
Parts used: fruit and flower **Botanical description:** oppositely arranged pinnate leaves; berries form in umbrellalike clusters
Use(s): provides deep support for an active immune response and supports the immune system **Flavor profile:** tart, fruity taste

Young branches were hollowed out, and these tubes were used as pipes, instruments, toys, and for stoking fires. Elder wood has been used for skewers, combs, musical and mathematical instruments and rods for weaving nets.

The plant's roots and mature bark were used as black dye in the Scottish Highlands. Even today the ripe berries are used as a natural colorant in the food and beverage industry. Both elderberries and elder flowers are still used in preserves, wines and other drinks in Britain and Scandinavia.



Black elderberries form in umbrella like clusters. Their ripening is considered to mark the end of summer in Great Britain.



December

Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 4		Functional Medicine for Complex or Chronic Issues with Ryan Bland, DC and Functional Medicine Practitioner 5 pm, Online 6		Breastfeeding: Ups and (Let) Downs with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor 5 pm, Online 8	Beer & Wine Tasting Federal Way 2 pm - 4 pm 2	Cold Weather Cuisine: Classic Chili and Cornbread with Gracie Schatz, Founder and Chef of Marigold Cooking Collective 2 pm, Online \$25 3
	Uniform Monday! 10% off to all firefighters, police, and military! 11				Beer & Wine Tasting Tacoma 2 pm - 4 pm 9	Making Holiday Evergreen Wreaths with Laura Matter, Garden Hotline Educator Noon, Online 10
					Beer & Wine Tasting Federal Way 2 pm - 4 pm 16	
Beer & Wine Tasting Tacoma Heirophant Meadery 3 pm - 5 pm 18					Beer & Wine Tasting Tacoma 2 pm - 4 pm 23	Christmas Eve Both stores open 8 am - 4 pm 24
Christmas Day Both locations closed 25					Beer & Wine Tasting Federal Way 2 pm - 4 pm 30	New Year's Eve Both stores open 8 am - 6 pm 31

BODYWORK SCHEDULE

TACOMA

Vitamin B and glutathione shots
with Voda Health
Tuesday, 10 am - 2 pm
253.225.6679

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
253.225.6679

Seated Massage with Erica Seter
Tuesday, 11 am - 2 pm
Thursday, 2 pm - 6 pm
Friday, 2 pm - 7 pm
Saturday, 2 pm - 7 pm

Reservations may be required.



Bodywork Schedule



FEDERAL WAY

2565 S. Gateway Center Place
Federal Way 98003
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.

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2951 S. 38th Street
Tacoma 98409
253.472.4080

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

Deli Hours

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Sunday 9 am - 6 pm

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We value your suggestions and feedback! Write to us at:
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To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!



Welcome to our
Holiday Celebration

This December, join us for samples, savings and gift basket giveaways!