



*Marlene's*<sup>™</sup>

— MARKET & DELI —  
shop local, eat organic

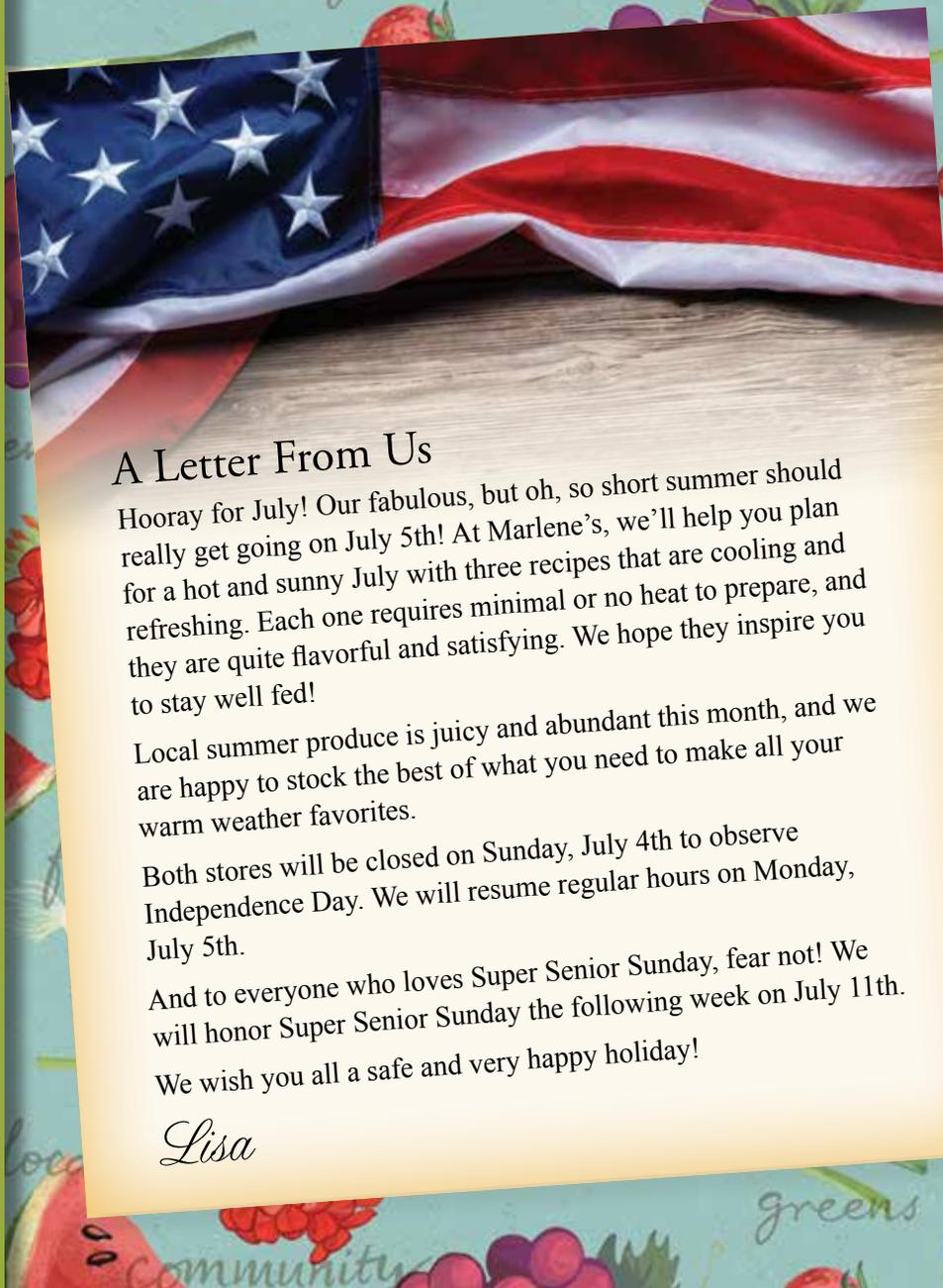
# SOUND OUTLOOK

July 2021



Plastic free hair care • Thyroid health  
Cold soba magic • Cooking skills for kids

- 2 A Letter from Us
- 3 Fresh Corn Summer Salad
- 4 Marlene's Targeted Turmeric Formulas: *Ache Relief, Joint Health and Cardiovascular Support*
- 5 HiBAR Sets the Bar High
- 6 Badger: Better for You, Better for the Planet
- 7 How Do You Know If Your Thyroid is Unhappy?
- 8 Non-toxic, Natural Protection from the Sun
- 9 Healing the Planet and You with Nature's Remedies
- 10 Events & Education
- 11 You're Going to Want a Bigger Bag of Beans!
- 12 Vegan Cold Soba
- 13 Equal Exchange: Fair Trade Makes a World of Difference  
Sweet Cherry, Quinoa, Cashew & Almond Salad
- 14 Food for Thought: Supporting Your Mental Health
- 15 Kiss My Face is Back and Committed to Quality!
- 16-20 In-store Sales
- 21 Balancing Hormones, Blood Sugar and Stress: 3 Keys to Healthy Weight Loss
- 22 Hayton Farms: Beautiful Washington-grown Berries
- 23 July Calendar of Events



## A Letter From Us

Hooray for July! Our fabulous, but oh, so short summer should really get going on July 5th! At Marlene's, we'll help you plan for a hot and sunny July with three recipes that are cooling and refreshing. Each one requires minimal or no heat to prepare, and they are quite flavorful and satisfying. We hope they inspire you to stay well fed!

Local summer produce is juicy and abundant this month, and we are happy to stock the best of what you need to make all your warm weather favorites.

Both stores will be closed on Sunday, July 4th to observe Independence Day. We will resume regular hours on Monday, July 5th.

And to everyone who loves Super Senior Sunday, fear not! We will honor Super Senior Sunday the following week on July 11th.

We wish you all a safe and very happy holiday!

*Lisa*



**Sound Outlook Coordinator** | Jeanne Logman | [jeanne@marlenesmarket-deli.com](mailto:jeanne@marlenesmarket-deli.com)  
**Design** | Kobalt Design Group  
**Education Coordinator** | Elizabeth Ashbrook | [classhost@marlenesmarket-deli.com](mailto:classhost@marlenesmarket-deli.com)  
 Questions or comments? Contact us at [feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com).

The views expressed by our writers, instructors, vendors and advertisers do not necessarily reflect those of Marlene's Market & Deli and have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure, or prevent any disease. Information contained in this publication should not be used to replace qualified medical care. Consult your complementary health care practitioner if you have questions.

[marlenesmarket-deli.com](http://marlenesmarket-deli.com)

# Fresh Corn Summer Salad

Gorgeous ears of sweet, local corn are finally rolling in to our produce department! To take full advantage of this time of year, you'll want to have this recipe on hand for those times when peak-season corn is at its height, but you're growing a little weary of alternating between steamed and grilled.

If you have never tried raw corn before, you have been missing out! Go ahead and nibble a few kernels of a freshly shucked cob. You will be amazed at how sweet, creamy and refreshing it is with absolutely no heat applied. Perfect for those sweltering evenings when you just can't bring yourself to fire up the grill or turn on the stove.

This recipe pulls together some of the most abundant veggies and herbs of July. It's a forgiving combination, so if you have a little more of one thing and a little less of another, the flavor will still be delightful!



- 5-6 ears of fresh corn, shucked
- ½ cup zucchini, diced
- ¼ cup sliced green onions
- juice of 1 lime
- 1 Tbl white, cider or red wine vinegar
- ¼ cup olive oil
- ½ tsp black pepper, freshly ground
- 1 pint cherry tomatoes, halved
- ½ cup basil leaves, finely shredded
- ¼ cup mint leaves, finely shredded
- ⅓ cup crumbled feta (for a vegan version, substitute ⅓ cup of diced avocado and ½ tsp sea salt)

One by one, place each ear on its side, and carefully slice kernels close to the cob. Turn ear on the flat, cut side and continue slicing. Keep turning and slicing until you've removed all of the kernels from the cob. Don't worry too much about perfectly sliced kernels. The odd sizes add to the charm and texture of this salad!

Place kernels in a large bowl. Add zucchini, green onions, lime juice, vinegar, olive oil and black pepper. Toss to thoroughly coat. Fold in cherry tomatoes, basil, mint and feta (or avocado and salt). Adjust seasonings to taste. Makes 4-6 servings.



# Marlene's Targeted Turmeric Formulas: *Ache Relief, Joint Health and Cardiovascular Support*

The use of turmeric began over 4,000 years ago. Its original uses included flavoring foods, religious ceremonies and as a medicinal herb. Its culinary use and health promoting benefits were so profound, cultivation began in ancient India and spread throughout the world, initially to China and Africa, then through South Asia, including Pakistan and Afghanistan.

Today, we continue to use turmeric for its amazing ability to support of the body's natural inflammatory processes.

## **Turmeric Powder Caps – The everyday formula**

This is the perfect daily, long term use formula to help maintain a healthy inflammation process and manage everyday aches and pains.

## **Turmeric Liquid Caps – For a healthy inflammatory response during times of acute need**

Sometimes you need a little more help. This formula contains a wide array of natural, effective and fast acting turmeric compounds designed to support a healthy inflammatory response when you need it most.



## **Turmeric Plus AM Ache Relief – Feel great and energized during the day**

This blend is designed to relieve body aches and pick you up for the day. Ashwagandha, ginkgo and cayenne offer herbal support for energy, circulation and tissue healing.

## **Turmeric Plus PM Ache Relief – Rest well and wake up refreshed**

Goodbye nighttime body ache. Hello deep, relaxing sleep. Turmeric Plus PM Ache Relief provides Valerian root to promote relaxation and deep sleep, as well as kava root to alleviate muscle soreness and a promote a calm mind.

## **Turmeric Plus Heart Complete with CoQ10 – Comprehensive cardio and vascular support**

Give your heart support to maintain healthy cellular energy production and stay strong! Hawthorn berry and CoQ10 team up to support strong, long term heart muscle function, healthy blood vessels, healthy lipid and cholesterol levels.



## **Turmeric Plus Joint Health – Herbal support for healthy joints and inflammatory responses**

This formula is best taken long-term to maintain healthy joints. Its herbal blend is designed to support connective tissue, a healthy stress response, relieve joint and muscle discomfort, balance cortisol and promote circulation.

A healthy inflammation response affects our so many aspects of life. Your body will thank you for giving it the help it craves to do its best!

# HiBAR sets the Bar High:

## Salon-quality Hair Care and No Plastic Packaging!

by HiBAR

One day, four friends realized they were all thinking the same thing: plastic sucks.

The catalyst was visiting a plastic-strewn beach. It left us angry and wanting to eliminate plastic from our own lives. One thing we had a hard time with was hair care. Why was there no salon-quality plastic-free shampoo or conditioner? After all, in the USA half a billion shampoo and conditioner bottles get tossed every year.

Three years of formulation later, we launched HiBAR; salon-quality performance and experience, natural ingredients, and of course, beautiful plastic-free packaging.

We didn't want our shampoo and conditioner bars to look like soap. (Because, they're not.) And we wanted them to be visually striking. Again, nature was our muse. On the North Shore of Lake Superior, we found some river rocks and realized that they held the answer. Smooth, connected to water, and when you pick up that perfect rock, it just feels right. Not to mention, the shape is a joy to hold, saves space in the shower, and sheds moisture quickly!

We're super picky about the products we bring into our lives, which pretty much dictates what we put into everything we make. It isn't always easy, finding safe,

quality, sustainable ingredients that also work. But that's what we think it will take to get more people to abandon plastic. To spell it out, we mean no soaps, sulfates, phthalates, silicones, or parabens. And absolutely no cruelty.

Our packaging is plastic-free, of course, and either compostable or easily recyclable or both. Even the packaging we use to ship to Marlene's is 100% plastic-free! So, no bubble wrap, and no plastic tape either. And we'll keep looking for ways to cut back on packaging, too. Our whole reason for existing is to use as little as possible, while still providing a salon-quality product.

Got hair? There's a bar that's right for you. And in further good news, all of our bars are kind to color-treated hair.

**Maintain Shampoo Bar:** Great for normal hair, or if you wash your hair less frequently, because it gently removes any build-up. It's our go-to everyday shampoo bar.

**Maintain Conditioner Bar:** Great for normal hair, giving a light conditioning. With honeyquat and shea butter for added shine.

**Volumize Shampoo Bar:** For thin, fine, or lifeless hair, this is the solid shampoo bar for you. Adds definition to waves and curls.

**Volumize Conditioner Bar:** With African dates and B5 for frizz control, body and bounce. Conditions without weighing your tresses down.

**Moisturize Shampoo Bar:** If you have thicker or dryer hair, look no further than this truly hydrating shampoo bar. Also available in Fragrance-Free.

**Moisturize Conditioner Bar:** With coconut oil and rice protein for extra hydration and nourishment. Also available in Fragrance-Free.

**Soothe Shampoo Bar:** A solid shampoo bar formulated specifically for itchy, flaky scalps.

**Soothe Conditioner Bar:** Helps soothe a touchy scalp and leaves your hair feeling soft and manageable with the help of white willow bark extract and kukui nut oil.

We want to save the world and look good doing it. If you're into a plastic free planet and beautiful hair, then come meet your HiBAR at Marlene's!

Plastic Free!



**HIBAR**  
**Solid Shampoo & Conditioner**  
Assorted sizes and varieties

**30% off**

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



# BADGER: BETTER FOR YOU, BETTER FOR THE PLANET

**SUNSCREEN MADE WITH LOVE, ORGANIC GOODNESS, AND 100% SOLAR ENERGY!**

Here at Badger, we have a unique philosophy of product formulation: every product starts with someone we love. That's how we started making sunscreens in 2005 after an employee was diagnosed with skin cancer. Since our very first batch, we have set the standard in safe, organic sunscreens for people and the planet. Over the two decades since, our sunscreens have grown to be trusted around the world for their simple formulations,

effectiveness, and high-quality ingredients. And as of 2020, we're excited to announce they're now made using renewable energy! Our new solar array generates over 600,000 kWh of clean electricity, enough to power all our operations and send energy back to the grid. Now, Badger sunscreens aren't just made with love and organic goodness—they're

made with 100% clean solar power. While you won't see "sunshine" on the ingredients list, trust us, it's in there.

Because of their simplicity, Badger sunscreens aren't just healthier for people; they're healthier for our oceans. The same sunscreen ingredients concerning for humans (including oxybenzone and octinoxate) have been shown to kill or bleach coral, even at extremely low concentrations. Sadly, up to 10% of the world's coral reefs may be threatened by chemical sunscreens. Many coastal communities, such as Hawaii and Key West, are responding with legislation—but without a legal definition for the terms "reef-safe" or "reef-friendly," people have no way of knowing whether their sunscreen is truly safe for reefs. And because there isn't any regulation, a product might be labeled with the phrase even if it contains reef-damaging ingredients.

So, while all Badger sunscreens are reef-friendly, we've gone a step further and partnered with nonprofit scientific organization Haereticus Environmental Laboratory to launch a sunscreen line with a new, rigorous certification: Protect Land + Sea. Made with just four ingredients—clear zinc oxide, sunflower oil, beeswax, and vitamin E—our PL+S products have undergone rigorous testing by the HE Laboratory to ensure they have the least possible impact on coral reefs.

Badger continues to set the standard in mineral sunscreens—a leader in safe formulations, efficacy testing, ingredient sourcing, and small-batch manufacturing. And we continue to make them for people we love.



**How to make sure your sunscreen is reef-friendly and used effectively:**

Check the ingredients list. There are many ingredients known to kill or bleach coral, even at extremely low concentrations. Read your sunscreen label and make sure it contains only natural and organic ingredients that will biodegrade in the outdoor spaces you play in.

Choose mineral-based sunscreens. Zinc oxide and titanium dioxide are the only active sunscreen ingredients generally recognized as safe by the FDA.

Skip the chemicals. Avoid oxybenzone and octinoxate, and other ingredients that may harm coral.

Use water-resistant sunscreen. It's more likely to stay on your skin longer instead of washing off in the water.

Cover up and seek shade: The best way to protect yourself from the sun's rays is a hat, sunglasses, and a shirt or rash guard. Seek shade during peak sun hours. You'll still need to apply sunscreen to exposed skin, but the amount you'll need to apply and reapply will be less.



# How Do You Know If Your Thyroid is Unhappy?

by Jennea Wood, ND

It's estimated that up to 60% of people with a thyroid disorder don't know they have it. In preparation for my class in July on the Hidden Causes of Thyroid Disorders, I wanted to go over what you might notice in your body if your thyroid isn't working optimally.

It's helpful to think of the thyroid as the thermostat of the body. If the thermostat gets turned way down (known in medicine as HYPOTHYROIDISM), you can expect to feel chilly, tired, and various body functions will slow down and dry out. The skin gets dry, the hair gets dry and coarse and falls out at a faster rate, the heart rate slows and digestion slows too, leading to constipation. Tissue healing slows, so wounds sometimes heal more slowly and you can wind up feeling achy and stiff in the muscles and joints. Mood can be low too, and cognition is sluggish. People become more prone to weight gain, and without enough thyroid hormone in circulation, fertility is reduced. A general lack of metabolic energy can lead to a sensation of muscular weakness. In some cases, the thyroid can swell, and some people notice a lump sensation in the throat, or hoarseness. Low thyroid function is more common with age and ten times more common in women.

On the other hand, if the thermostat gets turned up too high (known as HYPERTHYROIDISM), body functions trend toward warmer, faster and more anxious. You might notice feeling jittery, antsy, anxious and irritable. Insomnia sets in and heart rate picks up. A lot of people experience a racing or flip-flopping sensation (palpitations) of the heart, and sometimes a sense of shortness of breath or a fine tremor in the hands. The body feels warm, often overheated with easy sweating, and sometimes the bowels get moving too fast leading to frequent bowel movements or loose stools. You might expect one would feel super energized with all that thyroid

hormone racing around, but often people actually feel fatigued. In advanced stages of Grave's disease, the most common cause of hyperthyroidism, the eyes start to bulge outwards.

If someone tells me they are experiencing multiple symptoms that point to a thyroid imbalance, I will recommend blood testing. In conventional medicine, testing is often restricted to TSH and free T4, but these tests miss a lot of thyroid imbalances.

**Here is a list of the tests I recommend for a thorough baseline of thyroid function:**

**Free T3**

**Free T4**

**TSH**

**Reverse T3**

**Anti-TPO antibodies\***

**Anti-TG Antibodies\***

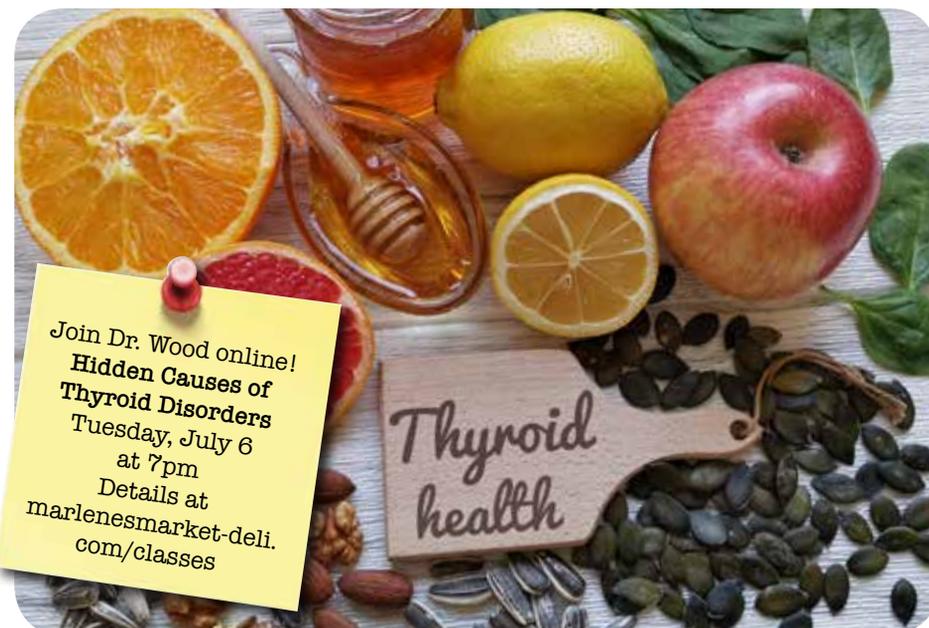
**Thyroid stimulating immunoglobulin\*\***

We'll get into so much more detail on why thyroid imbalances happen at my class. Please join us and bring your questions!

\*Antibodies that signal the presence of Hashimoto's thyroiditis, the most common cause of low thyroid function in the US.

\*\* Antibodies that signal the presence of Grave's disease, a cause of excess thyroid function. This test would only be run on a person experiencing signs of excess thyroid function.

*Dr. Jennea Wood is a naturopathic physician practicing with Tummy Temple in Greater Olympia/Lacey. Her goal with every patient is to identify and address root causes of disease. Her areas of specialty include helping people who are struggling with gastrointestinal diseases of all kinds, thyroid and adrenal dysfunction, anxiety and depression, atopic diseases including asthma, allergies and eczema and autoimmune conditions. You can learn more about her practice and the other offerings of Tummy Temple at [www.tummytemple.com/jennea-wood-nd/](http://www.tummytemple.com/jennea-wood-nd/)*



# Non-toxic, Natural Protection from the Sun

by Earthie Mama

Earthie Mama Organic Sunscreen SPF 35 is highly effective and safe for your skin and the environment. Our organic sunscreen is free of common allergens. It is made of the highest quality sun protecting ingredients on Earth.

## Why should we use a mineral based sunscreen?

The majority of sunscreens currently available are made up of chemicals that are now under scrutiny by the FDA. What is the alternative? Mineral Based sunscreens which the FDA has determined are safe and effective. Chemical sunscreens absorb into the skin and thus into your body. Chemicals such as oxybenzone and avobenzone, protect the skin by absorbing the sun's rays. Mineral sunscreens don't get absorbed into your body at all. They sit on top of the skin and absorb the rays of the sun. In mineral based sunscreens you will usually see these two ingredients separately or together. Zinc oxide and titanium oxide. The evidence is out more than ever why if you haven't already, you should switch to a mineral based sunscreen now.

## How does zinc oxide work in terms of UV protection?

Zinc Oxide is an excellent sunscreen because it has the broadest UV protective spectrum and cannot be absorbed into



your blood, unlike all the petroleum-based sunscreen chemicals. It sits on the top of your skin where it needs to be, effectively providing a layer of armor against damaging UV rays.

## Can this sunscreen be used on anyone?

Yes, even young babies and pregnant women! Zinc Oxide is the only FDA approved sunscreen active ingredient that is safe for use on babies under the age of six months. Zinc Oxide is also the active ingredient in diaper rash treatments, which puts the ingredient on the most sensitive skin on earth – an inflamed baby's bottom – a genuine testament to its superb safety and gentleness.

## Is this organic sunscreen safe for the environment, reefs and fish?

This organic sunscreen is completely safe for aquatic environments. The coral reefs

have been destroyed by the chemicals humans put on their skin that they take with them into the ocean. Mineral based sunscreens such as Earthie Mama's Organic Sunscreen will not harm life in aquatic environments or any environment.

## Why does it have Vitamin D3 added?

Sunscreens block the absorption of UVA and UVB rays which are necessary to the production and absorption of Vitamin D3. Vitamin D3 is important to overall health and wellness and lack of Vitamin D has been connected to many health issues. This organic sunscreen has an added Vitamin D3 so you don't miss out on the good stuff while you are protecting your skin from sun damage.

## I have sensitive skin, will this organic sunscreen be ok for my skin?

Yes! This organic sunscreen is safe for sensitive skin. It has a combination of six ingredients that are actually beneficial to the skin unlike the chemical sunscreens out there. Be careful when companies market sunscreen as "natural" because many times they still contain harmful chemicals. Zinc Oxide is also the active ingredient in diaper rash treatments, which puts this ingredient on the most sensitive skin on earth.

*Earthie Mama is a natural product line whose mission is to help consumers achieve a balanced and healthy life through the power of nature. For more information, please visit [earthiemama.com](http://earthiemama.com).*



# Healing the Planet and You with Nature's Remedies

By PATCH



As we adjust to our new definition of 'normality' in a pandemic world, it's fair to assume that it has encouraged many of us to evaluate our lifestyles and impact on the planet. Whilst many positive stories have surfaced due to lessened travel and lockdowns, the sentiment

of 'Mother Earth is Breathing' might not be quite as true as once thought. Sure, reports of dolphins returning to Italy's tourist hot spots, penguins roaming the streets in Cape Town, and the number of leatherback sea turtle nests touching a 20-year-high in Thailand are all heart-warming stories. But as a consequence of our global medical emergency, the usage of PPE and single use plastics has had a devastating rise, with research published recently showing that nearly 1.56 billion face masks entered our oceans in 2020 alone. One disposable face mask can release up to 173,000 microfibers per day, with the ocean bearing the brunt of these metric tons of plastics ever year.

**So, what choices can we make to lessen this impact?**



We believe it starts with making sustainable choices by being conscious of the materials and components we prioritise - like investing in reusable face masks where possible, choosing stainless steel pegs over plastic ones, and choosing items like PATCH

bamboo bandages, made from sustainable and organic eco bamboo fiber over plastic alternatives.

**Why do we use bamboo?**

Traditional Bandages and adhesives are commonly made from a cocktail of chemicals and plastics like PVC's, latex and acrylates which are also known as vinyl resins. Not only can these be irritating to all types of skin – due to the nature of their componentry they don't decompose and remain in the environment. From our estimates, the amount of waste

produced annually by bandages is enough to wrap around the world 51 times! Instead, at PATCH we use organic bamboo fiber that is 100% compostable, naturally anti-microbial and breathable, and suitable for even the most sensitive skin types.

Additionally, we infuse each of our strips with natural ingredients that can help assist the healing process and reduce the need for additional creams and balms. Activated Charcoal for instance works to help draw impurities from the skin, so is perfect for when you have an insect bite. Aloe Vera on the other hand is the natural solution for burns and blisters.

So next time you're looking to stock up your medicine cabinet, consider choices beyond the conventional – as they may just be the collective difference, we can make to help lessen our impact on this planet.



*PATCH is the first brand by Australian-based, Nutricare, which is dedicated to creating natural solutions to common health care items and empowering consumers to make healthier choices.*

# July Events & Education

Register at: [marlenesmarketdeli.com/classes](http://marlenesmarketdeli.com/classes)

## HIDDEN CAUSES OF THYROID DISORDERS



with **Dr. Jennea Wood**  
Tuesday, July 6, 7pm

Thyroid disorders are common, and they can cause a variety of symptoms including fatigue, anxiety, depression, difficulty losing weight, hair loss, achy joints and digestive issues. But 60% of people with a thyroid problem aren't aware that they have it and many people who do know have never had thorough testing and still feel fatigued despite taking thyroid hormone. Join me to learn about the best tests to identify thyroid issues, the root causes of this condition and the reasons why standard thyroid medication isn't bringing back your spark.

## HEMP-BASED HERBAL FORMULAS FOR STRESS, SLEEP AND VITALITY



with **Autumn Summers**,  
Herb Pharm Educator  
Thursday, July 8, 5pm

Learn about Herb Pharm's new Hemp products including our Hemp formulas blended with Kava, Passionflower, Turmeric and more. Discover our products that support stress, sleep and vitality! Herb Pharm produces the highest quality handcrafted herbal products and now is the first herbal company to have Regenerative Organic Certified TM farms. Join Autumn to learn more!

## BASIC MEAL PREP AND KITCHEN TRICKS



with **Abbie Cates**  
Saturday, July 10, noon

Feeling in a rut with ho-hum dinners? Let's talk about how some simple changes to your meal prep or planning routine can add variety to your evening meal. Sometimes prepping and planning aren't realistic. That can be a reality in this busy world. All is not lost! We'll also discuss some easy kitchen tricks that can save the day if you don't have a dinner plan.

## FOOD ALLERGIES AND SENSITIVITIES



with **Ryan Bland, DC**,  
Functional Medicine  
Practitioner  
Tuesday, July 13, 5pm

Food allergies, intolerances, and sensitivities are at the root of many frustrating symptoms you may be experiencing, like skin reactions, gastrointestinal or digestive issues, headaches, fatigue, and many more. By looking at the mental, physical, and emotional aspects of symptoms you are experiencing, we are able to determine stresses are aggravating your symptoms, and help find the root cause of your issues, which may be structural issues, emotional causes, nutritional deficiencies, or dysbiosis. Join local chiropractor and applied kinesiologist, Dr. Ryan Bland, to learn how correcting these issues will greatly improve your ability to handle food sensitivities, allergies, and intolerances, as well as improve your overall wellbeing and health.

## DROUGHT TOLERANT GARDENING



with **Patty Peterson, WSU**  
Master Gardener  
Saturday, July 17, noon

In these days of unpredictable weather, drought tolerant gardening is a necessity. We can never tell when or how much rainfall we can expect. This makes conserving water a requirement, but what about our beloved plants?

Join Patty to learn about the weather changes that have made drought tolerant gardening a necessity even in the rainy Pacific Northwest. She will also show you how to design and build a garden that requires little water and that is colorful and abundant.

## VERMICULAR COMPOSTING



with **Farmer Brian, Master Gardener**  
Tuesday, July 20, 5pm and  
Thursday, July 22, 5pm

Vermicular composting is 100% organic, environmentally enhancing, better plant health and more nutrient rich foods. Join Farmer Brian to learn how to make a DIY worm hotel! It will also provide a place for all of your kitchen compost which can then be utilized for your garden or house plants.

## HOLISTIC DENTISTRY: GROW, BREATHE, SLEEP, THRIVE



with **Carla Yamashiro, DDS**  
Thursday, July 29, 5pm

There is a silent crisis in America and it may not be what you think. Teeth grinding, sensitivity and crowding, bed wetting, obstructive sleep apnea, neck pain and behavior issues may seem like they have nothing in common, when in fact, all may be linked to an underdevelopment of the jaw and a compromised airway. Join Dr. Carla Yamashiro of Ecologic Dentistry as she discusses oral contributions to these and many other symptoms and offers a dental solution in her presentation: Grow, Breathe, Sleep, Thrive!



Dr. Carla Yamashiro  
[thenaturalchoice@ecologicdentistry.com](mailto:thenaturalchoice@ecologicdentistry.com)

**ecologic dentistry**  
THE NATURAL CHOICE

Want to breathe, sleep and thrive?  
Grow with us!

email us at [grow@ecologicdentistry.com](mailto:grow@ecologicdentistry.com) for your invitation to our free online presentation!

# You're Going to Want a Bigger Bag of Beans!

by Kate C. and Gary Goodman of Equal Exchange

**Want to enjoy a better cup and save money doing it? Consider switching to bulk coffee! Buying beans in bulk and brewing at home can be the smart way to go for many reasons. Here's why we think so:**

## **The Biggest Reason: Better Taste**

Why does the to-go cup you buy from that chain or local coffee shop taste so good? One reason might be the freshness of the beans. Those coffee shops serve a lot of coffee. The beans they use are ground every day and never have time to go stale. Freshness makes a huge difference in the taste of a cup of coffee.

If you're brewing at home, whole bean coffee often delivers superior flavor. Why? When properly stored, pre-ground coffee stays fresh for just 3-5 months, but whole beans will last for a whopping 6-9 months. Order it in five-pound bulk bags and grind just what you need, when you need it. You'll save money and waste less packaging, and you'll taste the difference!

Try an exciting single-origin or a new roast level. Or a fantastic new blend. Or even a limited edition seasonal from our Women in Coffee series.

## **The Same Commitment to Small Farmers**

To us, good coffee means coffee that's grown by people who can make a fair living from their crop. We pay farmers a fair price, and we're proud to share their stories – including innovations in their practices to involve youth in farming, preservation of biodiversity, and diversification of income used for community-wide improvements. All Equal Exchange coffee is fair trade.

A lot of effort goes into growing, shipping, roasting and packaging coffee to ensure a great-tasting cup. However, the benefits of those efforts can be lost at the very end of the line: in your own home! The way you store coffee has a profound impact on its taste and shelf life, so here we will explore the best ways to keep your beans fresh and delicious — plus a few pitfalls to avoid.

## **What Makes Coffee Go Bad?**

The first step in learning how to store your coffee is to understand what causes coffee to lose its freshness and flavor. Coffee is sensitive to several environmental factors, including air, moisture, light and heat. Coffee readily absorbs surrounding smells and moisture, which will negatively affect the flavor (“leftover garlic pizza” is not a tasting note you want).

## **How do I properly store coffee?**

Store your coffee in a cool, dry place, like your kitchen cupboard or countertop. Keep it in an opaque, airtight container — you can even keep your coffee in its original packaging, rolled tight and enclosed in a resealable plastic bag. Be sure to keep your container away from the stove, or above the refrigerator or microwave, as these appliances all generate heat which can affect the beans.



## **Keep it out of the fridge and freezer**

While refrigerators do keep many things fresh, coffee is not one of them. Coffee will quickly absorb the moisture and smells in your fridge or freezer, causing it to spoil and take on the flavors of the foods around it. The cold doesn't increase the shelf life of the beans, either — room temperature is just fine.

Now that you're equipped with the knowledge to store your coffee right, you'll be able to get the best out of your beans every time you brew! Try Equal Exchange bulk coffees at Marlene's, and when you find your favorites, they can special order 5 pound quantities for you with an additional 10% discount.



Everybody loves soba!

# VEGAN COLD SOBA



A simple, savory and satisfying dish! Cold soba keeps you cool on hot summer evenings while delivering a punch of flavor.

In Japan, during the unbearable hot and humid summer, the classic cold Japanese noodle, known as zaru soba is the perfect dish to cool down. Buckwheat noodles, or soba, are a staple in Japanese cuisine.

We put together a vegan version of this classic for those sweltering afternoons or evenings in deep summer when you just can't bring yourself to eat a hot meal. With a few simple ingredients on hand, delicious cold soba comes together in about 25 minutes!

8 oz dry soba noodles, Eden Foods® or Koyo®

Tsuyu dipping broth:

½ cup mirin, Eden Foods®

1 cup soy sauce, Ohsawa® Nama Shoyu or Eden Foods® Tamari

3 tsp shiitake mushroom powder, Natierra®

1 piece kombu seaweed, about 4 x 2 inches

1 Tbl maple syrup

1 cup ice water

Toppings:

sushi nori shreds      cubed firm tofu

fresh grated daikon      toasted sesame oil

fresh grated ginger

minced green onions

Cook soba according to packaging. Rinse thoroughly under cold running tap. Cover colander with damp paper towel and set aside or refrigerate.

In a medium saucepan, stir together all tsuyu ingredients except ice water. Bring to a simmer over medium heat. Reduce heat to low, cover and simmer 15 minutes.

Pour tsuyu into heat safe bowl. Remove kombu and discard. Add ice water and stir.

The soba and tsuyu broth can be served chilled or at room temperature. Divide the soba and broth into equal-sized servings. Toppings can be added to either the soba or the broth. Dunk bite-sized portions of soba into the tsuyu broth and enjoy!

Junmai Ginjo sake by Momo Kawa® is an excellent accompaniment. Some chefs may even want to add a splash of sake to the tsuyu sauce while it simmers. Wink, wink.





# Equal Exchange:

## Fair Trade Makes a World of Difference

Where do our delicious cashews come from? Equal Exchange works with farmers to ensure they are given Fair Trade wages and benefits and can grow organic foods sustainably.

In Kerala, India, protecting both elephants and crops with elephant-friendly fencing is just one way that Fair Trade Alliance farmers have used Fair Trade premiums to improve their farming. They have also channeled funds to improve school facilities, support community drinking water programs and control weeds sustainably. Founded in 2006 to gain better and more stable pricing for farmers, Fair Trade Alliance Kerala is now 4,500 members strong.

Equal Exchange also sources organic cashews from Gebana Afrique, a Fair Trade company based in Burkina Faso. The recent war and continuing unrest in the Ivory Coast has stopped traffic going through Niangoloko, stifling trade and making life hard for farmers and traders in the area. Burkina Faso is one of the poorest countries in Africa and in the world, and sales of this product provide badly needed income to the co-operative's members.

Know that when you purchase Equal Exchange products, you help to make a world of difference!



## Sweet Cherry, Quinoa, Cashew & Almond Salad

Be sure to pick up some local cherries while you're at Marlene's for a seasonal treat. This flavorful, protein-rich salad can be served as a delicious side dish or as a full and satisfying meal!

1 cup	dried quinoa
1 ½ cups	vegetable broth or water
1 Tbl	sherry vinegar or white wine vinegar
1 Tbl	fresh lemon juice
¼ cup	olive oil
2 cups	Rainier or Bing cherries, pitted and halved
½ cup	roasted cashews, chopped
½ cup	roasted almonds or Tamari roasted almonds, chopped
½ cup	red onion, finely diced
4 cups	spring mix greens

salt and pepper

In a medium saucepan, place quinoa and vegetable broth. Bring to a boil over medium high heat. Reduce heat to low. Cover and simmer about 15 minutes, until liquid is absorbed. Remove from heat and allow to sit covered and undisturbed another 10 minutes.

In a small bowl, whisk together agave, vinegar and lemon juice. Add olive oil and whisk until combined.

In a large bowl, add quinoa, spring mix greens, cherries, nuts and red onion and toss. Season with salt and pepper to taste. Add dressing and gently toss to coat. Makes 2 large servings or 4 side servings.

# Food for Thought: Supporting Your Mental Health

by Karen Masterson Koch, CN, President of Aloe Life

People take their brain health for granted until a major thinking or behavior issue arises. The brain is the most important organ of the body, operating like the pilot of a plane. It controls every thought, mood and movement, and all growth and development throughout every stage of life. The brain must function properly to support healthier thoughts and actions, and that starts with whole foods.

Several studies over the years have shown that eating healthy foods rewards children with longer attention spans, better cognition and higher test scores.

Adversely, negative behaviors are linked to allergies that are triggered by too much inflammatory or junk food consumption; high salt, sugar and trans-fat diets. A nutritionally unbalanced diet can cause a myriad of mental and behavioral issues. Sugar consumption alone has steadily risen over the years at approximately 57 pounds per person, yearly. This parallels the rise of all diseases, including mental illness.

The U.S. has a growing population with many types of mental and behavioral challenges, but only 1 in 4 adults and 1 in 6 teens and younger children receive treatment. Sadly, suicides from chronic depression are up 25% from the past 20 years, rising above fatal traffic accident statistics.<sup>1</sup> Additionally, 1 in 7 children ages 2 – 8 have Attention Deficit Hyperactivity Disorder (ADHD) or slow development from Autism Spectrum Disorder (ASD).<sup>2</sup>

## Cognitive Function and Behavior

We tend to blame age or personality for under-performance, whether in a child or an adult, but it's the right combination of nutrients that supports optimal mind and body function. I recall a young cashier who repeatedly forgot how to run the cash register. When asked if he ate breakfast, he responded, "I never do!" This is a prime example of the effects of nutrient deficiency.

If you think of yourself or others as a "slow learner," or experience confusion, depression or have health or behavior problems, start by

thinking about what was eaten that day for nourishment. Sometimes it is not just what you eat, but what you don't eat or digest properly, that robs the brain of wellness and performance.<sup>3</sup>

Some excellent news for all people, including underachievers, special needs individuals and folks wanting to take more preventative measures with their health, is that nourishing foods and key supplements can help improve your mental health – just give it at least 45 days to test drive healthier choices!

## Key Brain Health Factors<sup>4</sup>

**Daily Nutrition and Digestion** – Eat a variety of quality proteins, vegetables, fruits. Avoid inflammatory foods, such as sugars and starches, and shop organic as much as possible. Always read the labels!

**Hydration** – Body size matters! Approximately 1 ounce of water per pound of body weight, plus critical electrolytes, is required from foods and beverages. The average adult needs 2 – 3 quarts of water daily.

**Exercise** – Challenging the brain and body with daily movement and thinking exercises for 30 – 45 minutes a day can be beneficial for stress reduction and mood improvement.

**Daily Detox & Cleansing** – A variety of foods support daily regularity including: raw celery, carrots, apples, beets and fresh greens. Popular detoxification supplements include fiber and pre- and probiotics. An effective supplement to consider is whole leaf Aloe Vera. DetoxPlus by Aloe Life contains a high concentration of whole leaf Aloe Vera, and it is formulated to be a gentle and effective addition to a cleansing regimen.



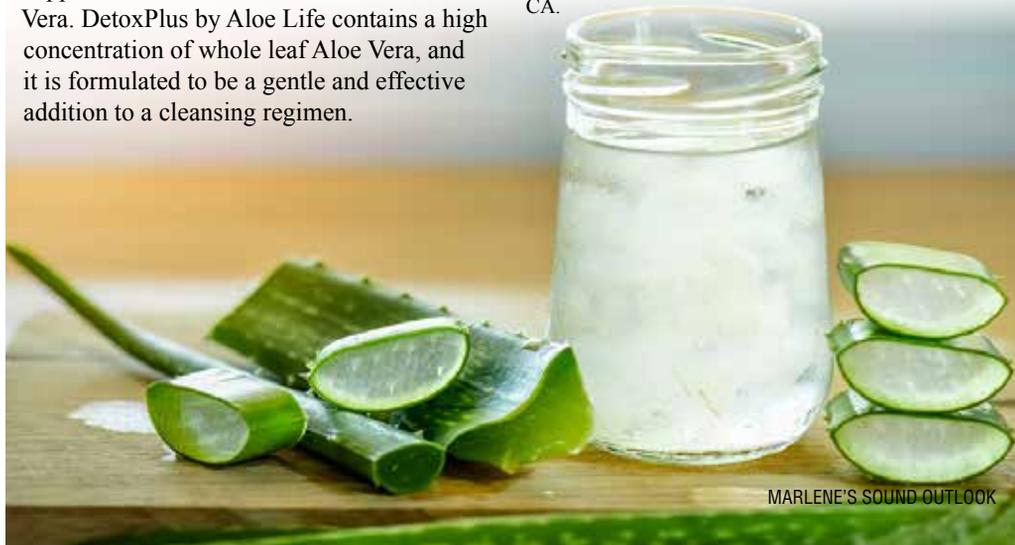
## Brain Supplements –

- Whole leaf aloe vera concentrate
- Essential fatty acids (omegas 3,6,9, as well as DHA and EPA)
- Daily greens supplements (avoid if taking blood thinners)
- B-Complex with B12
- COQ-10 enzyme
- Amino acids
- Vitamin E, C and A, plus minerals like zinc and magnesium
- Trace minerals

Choose greater health today!

*Karen Masterson Koch is a certified nutritionist and the President of Aloe Life. She is also a health researcher, educator, and the author of Beyond Gluten Intolerance. For more information, please visit aloelife.com.*

- 1) 2017, National Institute of Health (NIH)
- 2) 2015, Center for Disease Control (CDC)
- 3) 1991, BIOMARKERS, Tuft's University, Fireside, New York, NY.
- 4) 2012, Beyond Gluten Intolerance – GI S (1), Masterson, K.A., ISBN-13:978-0-692-01650-3, Santee, CA.



# Kiss My Face is Back and Committed to Quality!

Marlene's is so happy to announce that this beloved body care line has returned to our shelves!

Kiss My Face is one of the first brands pioneering the natural, clean personal care category. Founded in 1983 with a simple idea – creating wholesome personal care products inspired by the wisdom of nature. We are dedicated to excluding ingredients and practices that are harmful to consumers and the earth. Since the founding of the brand, we have been continuing to quest for new resources from the earth and innovate products that are safer for people and the environment.

The new ownership recognizes how special this brand is and has brought in a team of natural and organic industry veterans to return the brand to the marketplace and to all of our loyal consumers!

Born in 1983, Kiss My Face was founded with a simple idea – creating wholesome personal care products inspired by the wisdom of nature.

We focus our innovation on the ingredient and consumer trends. We are also value-focused, because we believe that consumers shouldn't pay a huge premium to use healthy products on themselves and their family. Even though we use naturally sourced ingredients, our product performance is efficacious and not compromised. You will find that many of our existing products and future innovations multi-functional.

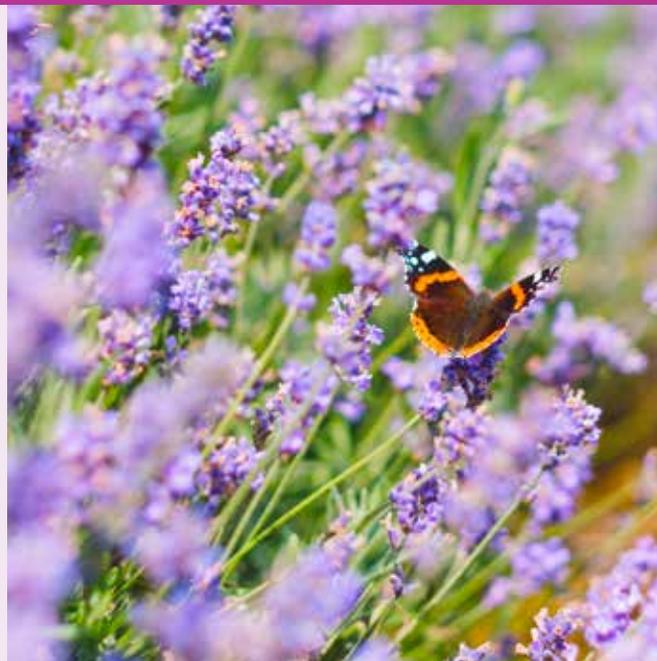
We never test our ingredients or products on animals and many of our formulas are vegan. We are environmentally-conscious and we strive to continue to improve our sustainability practice. You can already see some efforts that we have made. For example, all of our sunscreen products are reef-friendly, our organic sunscreens are NSF certified organic, all of our bar soaps are non-GMO Project verified and palm oil free. And we will have more clean innovation to come in the future!

## **Sustainability and social responsibility plan:**

**Currently, all of our packaging is recyclable and all of our paper cartons are sourced responsibly or FSC certified.**

**Our continuous sunscreen sprays use air-powered spray without any harmful chemical repellent.**

**Many of our bottles used to contain 25% PCR material. However, sourcing of the components during Covid has been challenging. As soon as the component sources become stable again, we plan to resume using components with even higher PRC content for as many of our products as possible**



**We will be sourcing biodegradable ingredients to make sure our formulas are biodegradable.**

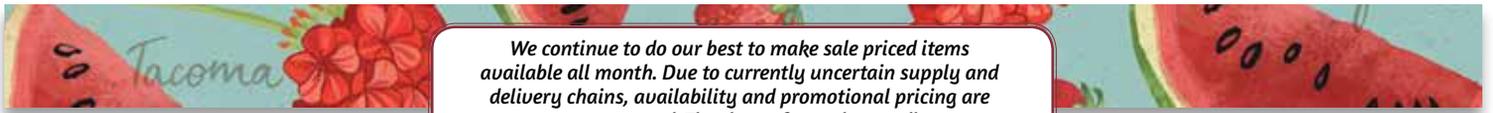
Kiss My Face products meet consumer demands for “clean” personal care. This translates into the ingredients we use and our care for people, animals, and the planet. We are also committed to excellence through quality formulas, innovation, and maintaining our brand philosophy.

It's our mission to find and combine the best ingredients to create the most effective and consistently better body and personal care products anywhere in a healthy, sustainable way. Luxurious formulations combine natural and organic botanicals whenever possible along with vitamins and essential oils. Combined with cutting edge science, Kiss My Face brings you wonderful products that work!

# Kiss my face.

Clean and Cruelty Free

Since 1983.



We continue to do our best to make sale priced items available all month. Due to currently uncertain supply and delivery chains, availability and promotional pricing are not guaranteed. Thank you for understanding.



**EVOLUTION FRESH**  
**Organic Cold-Pressed Juice**  
Assorted varieties  
15.2 oz

**25% off**

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



**EARTH SCIENCE**  
**Skin, Hair & Body Care**  
Assorted sizes  
and varieties

**35% off**

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



**GIOVANNI**  
**Hair Care**  
Assorted sizes  
and varieties

**30% off**

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



**KISS MY FACE**  
**Body Care**  
Assorted sizes  
and varieties

**30% off**

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



**MINERAL FUSION**  
**Nail Polish**  
Assorted sizes  
and varieties

**30% off**

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



**PATCH**  
**Bamboo Bandages**  
Assorted sizes  
and varieties

**30% off**

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



**BADGER**  
**All-Natural Sun Care & Insect Repellent**  
Assorted sizes  
and varieties

**25% off**

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



**EARTHIE MAMA**  
**Organic Sun Care & Insect Repellent**  
Assorted sizes  
and varieties

**20% off**

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



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



LATE JULY  
**Organic Tortilla  
 Chips & Salsa**  
 Assorted sizes  
 and varieties  
**25% off**

Select items only. In-store prices reflect discount. No additional discount at register.



KETTLE BRAND  
**Potato Chips**  
 Assorted varieties  
 5 oz  
**20% off**

Select items only. In-store prices reflect discount. No additional discount at register.



FOOD SHOULD  
 TASTE GOOD  
**Tortilla Chips**  
 Assorted varieties  
 5.5 oz  
 Reg \$3.89  
**2 for \$4**



COUNTRY ARCHER  
**Jerky**  
 Assorted sizes  
 and varieties  
**20% off**

Select items only. In-store prices reflect discount. No additional discount at register.



WATERLOO  
**Sparkling  
 Water**  
 Assorted varieties  
 8 pack  
 12 oz cans  
 Reg \$5.39  
**\$3.79**



BIG TREE FARMS  
**Coconut Aminos  
 & Sugar**  
 Assorted sizes  
 and varieties  
**25% off**

Select items only. In-store prices reflect discount. No additional discount at register.



SWEETLEAF  
**Stevia  
 Sweetener**  
 Assorted sizes  
 and varieties  
**25% off**

Select items only. In-store prices reflect discount. No additional discount at register.



EQUAL EXCHANGE  
**Bulk Organic  
 Roasted Nuts**  
 Assorted sizes  
 and varieties  
**25% off**

Select items only. In-store prices reflect discount. No additional discount at register.



**GOODPOP  
Frozen Pops**  
Assorted sizes  
and varieties

**25%  
off**

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



**OLIPOP  
Sparkling Tonic**  
Assorted varieties  
12 oz  
Reg. \$2.59

**\$1.99**



**BREW DR.  
Organic  
Kombucha**  
Assorted varieties  
14 oz  
Reg. \$2.99

**\$1.99**



**MAMMA CHIA  
Vitality Chia  
Beverage &  
Chiamilk**  
Assorted sizes  
and varieties

**25%  
off**

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



**HOPE FOODS  
Hummus,  
Cashew &  
Almond Dip**  
Assorted sizes  
and varieties

**25%  
off**

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



**DE LA CALLE  
Tepache  
Fermented  
Beverage**  
Assorted varieties  
12 oz  
Reg. \$2.99

**\$1.99**



**HERBS ETC.  
ChlorOxygen**  
Assorted sizes  
and varieties

**30%  
off**

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



**HEALTH-ADE  
Kombucha**  
Assorted varieties  
16 oz

**20%  
off**

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



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



ENZYMEDICA  
**Healthy Metabolism Supplements**  
 Assorted sizes and varieties

**25% off**

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



NORDIC NATURALS  
**Ultimate Omega & Cod Liver Oil Supplements**  
 Assorted sizes and varieties

**25% off**

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



**25% OFF**

*Superfood Boosters*  
**100% Fermented • Organic**

Three delicious options to add to smoothies, baked goods, or raw treats!



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



ANCIENT NUTRITION  
**Collagen Protein Supplements**  
 Assorted sizes and varieties

**30% off**

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



GENUINE HEALTH  
**Fermented Protein**  
 Assorted varieties  
 Reg. \$41.99

**\$27<sup>99</sup>**



**35% OFF**

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





**TRACE MINERALS Supplements**  
Assorted sizes and varieties

**30% off**

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



**ULTIMA Electrolytes**  
Assorted sizes and varieties

**30% off**

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



**BOIRON Arnicare Gel**  
4.1 oz  
Reg. \$17.89

**\$12.99**



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

**25% off**

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

## Introducing Marlene's CBD!



Marlene's is happy to be bringing you our own top-quality line of CBD! Available in liquid or soft gels in a broad range of concentrations, we're confident we have an effective solution for your CBD needs.

The quality of our CBD begins with plants, soil and farming

techniques involved in its production. All of our hemp is sourced from organic farms exclusively. You won't have to worry about ingesting unnecessary or potentially toxic chemicals or contributing to destructive commercial farming practices! We have done our homework.



Hemp flowers designated for our CBD products are picked at their peak state of ripeness and flash frozen within 2 hours of harvesting. The plants are then processed with a low temperature and low-pressure hydrocarbon extraction method that beautifully preserves the integrity of terpenes and cannabinoids and ensures that these beneficial

components are present in our products in an easily absorbable form. The resulting product is called LIVE OIL™, and it is the highest quality and most potent concentrate available.

Third-party tested LIVE OIL™ is made using only USDA Certified Organically grown hemp that has been extracted, manufactured and tested in the U.S. Every batch is stringently tested by an Oregon-licensed, third-party laboratory to ensure:

- Highest quality**
- Potency and purity**
- No toxins**
- No pesticides**
- No heavy metals**
- No microbial contaminants**

We are so excited to be able to bring this fantastic product to you!

Call or stop by Marlene's today and experience the difference of top quality CBD.



# Balancing Hormones, Blood Sugar and Stress: 3 Keys to Healthy Weight Loss

By Corey Schuler, MS, DC, CNS, LN

## Diabetes and Obesity on the Rise

The prevalence of diabetes and obesity is rising and the solutions seem complex. Blood sugar challenges cause weight gain and weight gain causes blood sugar challenges. How, does a person get off the proverbial hamster wheel and find the blood sugar/ body weight solution? The hidden answer, which may be surprising, relates to hormone balance.

## The Insulin Factor

Blood sugar, more appropriately glucose, circulates in the blood. Its job is to fuel cells by getting inside the cell to the true machinery. The only hormone that can get glucose inside a cell is insulin which works by connecting to receptors on the outside of the cell. Unfortunately, after years of overuse, the receptors become less responsive and more insulin is required. The solution seems to be just adding more insulin. However, excess insulin causes systemic inflammation and weight gain. Weight, specifically fat, is a metabolically active tissue causing hormone disruption and resistance of the cell to accept insulin, a term called insulin resistance. Insulin resistance usually precedes diabetes and is often referred to as prediabetes. However, if someone already has diabetes, excess fat simply makes the condition worse.

## Chronic Stress Response

Another challenge that exists is the issue of stress. Psychological stress, chemical stress, and physical stresses all result in the release of certain hormones for a quick fight-or-flight response. This is excellent when one actually needs to run from a bear in the woods, but strenuous on a body in the long term. Chronic stress is not something the human body is well equipped to deal with.

That stress response wears thin in a way similar to the development of insulin resistance. The master glands in the human body, the hypothalamus and pituitary, control all other glandular function. This includes the pancreas which secretes insulin, the adrenal glands which secrete stress hormones, and the thyroid which controls metabolism. Chronic excess secretion of these hormones causes our cells to grow tired of the stimulation and they simply fail to respond. The result is not only insulin resistance and diabetes, but also abdominal weight gain, fatigue, chronic constipation, immune dysfunction, and increased risk of osteoporosis and cardiovascular disease.

## Supplements for Hormonal Balance

Femmenessence for women and Revolution for men are effective products to consider for hormonal balance. Femmenessence is actually a family of products, one for each stage of life. Since women may face body weight and blood sugar challenges at any stage, choosing the product specific to the body's biological age



is especially important. Femmenessence MacaHarmony is for a woman from puberty through her reproductive years. Femmenessence MacaLife is for a woman whose cycles are irregular due to midlife changes. Femmenessence MacaPause is for a woman who has reached menopause. These products all support hormone health and the stress response by nourishing the hypothalamus and pituitary and thus affecting the entire cascade of hormone health. In fact, women in clinical trials lost an average of 6% of their body weight during four months of standard dosing of Femmenessence MacaPause.

This was without modifying diet or exercise recommendations. Further, these products support hormone balance including healthy levels of estrogen, testosterone, progesterone and growth hormone which have more complex roles in the stress response, but also muscle growth, bone health, cardiovascular health and optimal weight. All of this happens without introducing hormones from outside the body.

*Corey Schuler, MS, DC, CNS, LN the National Educator for Natural Health International. Dr. Schuler is a clinical nutritionist and chiropractic doctor whose practice is dedicated to hormone health and metabolism using integrative medicine. Additionally, he teaches at the School of Applied Clinical Nutrition at New York Chiropractic Colleges and lectures at continuing medical education events.*



MARLENE'S SOUND OUTLOOK



# HAYTON FARMS: BEAUTIFUL WASHINGTON-GROWN BERRIES

by OGC (Organically Grown Company)

Fir Island, located in Washington's Skagit Valley, is well known to wildlife enthusiasts for its tidelands and intertidal marshes that host up to 180 bird species annually. This small island, hugged on the Southwest by the Puget Sound and bounded by the North and South forks of the Skagit River, is one of many remarkable communities along the Pacific Northwest coast.

Inhabited by only 195 families, the Hayton family is one of the oldest to call this little island home.

Thomas and Sarah Hayton established Hayton Farms in 1876, and originally served the population of Seattle, providing them with grain and hay for horse feed. In the early 1900's, James and Maude Hayton transformed the farm into a dairy. Then in the 1950's, another chapter for the farm was written when Leroy and Irene Hayton converted the land to a crop farm, largely growing peas and making pea hay. Eventually, Robert Hayton and Susan Hughes-Hayton expanded production to include berries, cauliflower, potato and cucumber crops.

Today, Angelica Hayton is the 5th generation to manage the family farm. Angelica has been integral in the farm's sustainable future, pioneering its commitment to progressive practices for the last 13 years. Along with her parents, she is a proud steward of the land focusing on organic and transitional organic berry crops.

The Haytons take immense pride in their berries, and the proof is in the eating. With nearly 20 varieties of certified organic strawberries, raspberries, blackberries and blueberries, there's something delicious

to satisfy the palette of every connoisseur. Including Angelica who shares that she's "always pretty excited about everything right when it starts and it's new for the year." But, if she had to pick a favorite, she shares that it's "probably the Obsidian blackberries. They're big and sweet and early. Our crop looks really heavy this year. I am definitely excited about that." She notes that "Cascade Delight raspberries are also big and pretty."



Yes, they're big, pretty, and well cared for. Hayton Farms exclusively hand picks its berries in order to ensure the integrity of the product leaving their fields. To do so, they rely on a talented and dedicated team of pickers, many of whom have been with the Haytons for over a decade, including their Foreman. Some of their team, many of whom belong to the same family, cycle

between Hayton Farm's season and those in California, while others are at the farm all year long.

In addition to the numerous certified organic berries that Hayton Farms provides to both farmers markets and at wholesale, they currently have transitional organic crops that will soon be certified organic. These up-and-coming varieties include Tayberry, and Loganberry as well as eleven other varieties of raspberries and blackberries. We look forward to their debut as certified organic berries in 2022!

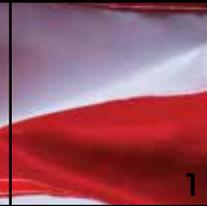
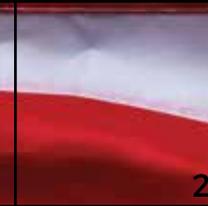
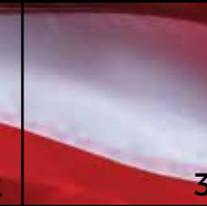
Enjoy a summer of delicious eating with berries from Hayton Farms!

*Organically Grown Company was founded in 1978 by a group of gardeners, small-scale farmers, hippies and environmental activists with a shared vision to expand the availability of and demand for organic produce. They started the business as a non-profit which quickly evolved into a community-led cooperative with a mission to develop a fair and just marketplace. As we continue to be a leader in promoting organic agriculture and sustainable food systems, we work diligently to find innovative solutions that support the ongoing success of our stakeholders — growers, customers, coworkers, and community.*



# July Calendar of Events

Class Registration at [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>Independence Day</b> (Both locations closed) 4	5	<b>Hidden Causes of Thyroid Disorder</b> 7 pm, Online with Dr. Jennea Wood 6	7	<b>Hemp-Based Herbal Formulas for Stress, Sleep and Vitality</b> 5 pm, Online with Autumn Summers, Herb Pharm Educator 8	9	<b>Basic Meal Prep and Kitchen Tricks</b> noon, Online with Abbie Cates 10
<b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 11	<b>Uniform Monday!</b> 10% off to all firefighters, police, and military! 12	<b>Food Allergies and Sensitivities</b> 5 pm, Online with Dr. Ryan Bland 13	14	15	16	<b>Drought Tolerant Gardening</b> noon, Online with Patty Peterson, WSU Master Gardener 17
18	19	<b>Vermicular Composting</b> 5 pm, Online with Farmer Brian, Master Gardener 20	21	<b>Vermicular Composting</b> 5 pm, Online with Farmer Brian, Master Gardener 22	<b>Full Moon</b> 23	24
25	26	27	28	<b>Holistic Dentistry: Grow, Breathe, Sleep, Thrive</b> 5 pm, Online with Dr. Carla Yamashiro 29	30	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

Deli counter service available  
until 6 pm.

Grab and go options available until closing.

### TACOMA

2951 S. 38th Street  
Tacoma 98409  
253.472.4080

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

#### Deli Hours

Deli counter service available  
until 6 pm.

Grab and go options available until closing.

We value your suggestions and  
feedback! Write to us at:  
feedback@marlenesmarket-deli.com



This newsletter is printed on paper  
made from 100% sustainable fiber with  
vegetable based inks. Please recycle this  
newsletter by giving it to a friend!

*Wishing everyone  
a safe and happy  
Independence Day!*

**Both locations  
closed on July 4th.**

We will resume normal hours  
on Monday, July 5th.  
Super Senior Sunday will  
be honored on July 11th.

- Please send me Sound Outlook by POST (regular mail) ONLY
- Please send me Sound Outlook by EMAIL ONLY
- Please send me Sound Outlook BY POST AND EMAIL

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

JULY 2021

If you have already signed up for Sound Outlook, you will continue to receive a free issue in the mail every month. If you have not signed up and would like to receive this free publication regularly, complete this form and return to us, or sign up online at marlenesmarket-deli.com.

To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!

