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SOUND OUTLOOK

June 2022

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Flower remedies • Marinades for the grill

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A Letter From Us

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken.

-James Dent, American author and sportswriter

After a very long, cool and wet spring, let's throw open the windows and let the fresh air in! These early summer days are excellent for enjoying the salty, clean breeze drifting inland from the Puget Sound and mingling with the breath of green foliage and open flowers. We must spend as much time as possible outside (while doing as little as possible) and really clear our minds for curiosity and play. For those who appreciate gifts of nature, June is one of the most rewarding months in our area. Don't let it slip by!

Congratulations to all grads out there, and a special congratulations to those who've worked hard to support them. May your dreams and potential be realized and appreciated!

A special thank you to the men in our lives as we celebrate dads and father figures everywhere, too. Kayaking, fishing and grilling season is in full swing this month and we don't think that is a coincidence. Wink, wink...

Be well and take care of each other!

Lisa



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

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Great Grilling Marinades!

by Jeanne Logman

Smoky goodness wafting around the neighborhood is one of the telltale signs that summer is in full swing. A good marinade is worth its weight in gold and complements the best cuts of meat or juicy, organic produce. Here are some suggestions for your next barbecue that are easy, versatile and simply bursting with flavor!



CURRY SPICED YOGURT MARINADE

for chicken tenders or tofu steaks

- 1 ½ cups yogurt, full fat or low fat
- 2 Tbl olive oil
- 4 garlic cloves, minced
- 3 tsp ginger, freshly grated
- 2 tsp cumin, ground
- 1 tsp turmeric, ground
- 1 ½ tsp coriander, ground
- 1 ½ tsp garam masala
- ½ tsp cayenne powder
- ½ tsp sea salt

Whisk all ingredients together until thoroughly combined. Coat chicken tenders generously and chill for 1-4 hours (the yogurt will actually tenderize the meat too much if left beyond 4 hours). For tofu steaks, coat with yogurt mixture and chill 30 minutes. Cook on generously oiled grill.

ASIAN MARINADE

*for beef, chicken, pork, tofu steaks
or portobello caps*

- 1 cup tamari soy sauce
- 1 Tbl toasted sesame oil
- 1 tsp fresh orange zest
- 4 garlic cloves, minced
- 1 tsp allspice, ground
- 1 tsp cinnamon, ground
- 1 tsp black pepper, ground

Whisk all ingredients together until thoroughly combined. Marinate meat, tofu or portobellos for 2 hours (or up to 12 hours), flipping over after about 1 hour. Cook on generously oiled grill.

MEDITERRANEAN MARINADE

*for chicken, pork, fish, tofu steaks
or portobello caps*

- ½ cup balsamic vinegar
- ¼ cup olive oil
- 4 garlic cloves, minced
- 1 tsp fresh lemon zest
- 1 Tbl Italian seasoning
- 1 Tbl fresh basil, minced
- 2 tsp oregano, dried
- 1 tsp fresh rosemary, minced
- ½ tsp
- ½ tsp sea salt

Whisk all ingredients together until thoroughly combined. Marinate pork, fish, tofu or portobellos for 2 hours (or up to 12 hours), flipping over after about 1 hour. Cook on generously oiled grill.



One of the earliest known photos (1880) of a Juneteenth celebration in Emancipation Park.

Celebrating Juneteenth

Just last year, Congress passed legislation designating June 19th as 'Juneteenth Independence Day'!

Juneteenth is the nationally celebrated commemoration of the ending of slavery in the United States. On June 19, 1865, Union soldiers landed in Galveston, Texas and an announcement was made that the enslaved were free and in fact, had been legally since 1863. The oldest public park in Texas, Emancipation Park, has been the site of some of the earliest Juneteenth celebrations which continue there today.

As the tradition has spread across the U.S., different localities put different spins on their celebrations. Today, many communities across the U.S. host Juneteenth celebrations. Tens of thousands of people attend these events, which include parades, rodeos, cookouts, contests, live music, community awards, workshops, and other outdoor activities.

One of the foods for the celebration that is often available at family and community barbecues is strawberry soda. Juneteenth occurs at the height of strawberry season, so there is no better time to make a batch of fresh strawberry syrup. Once you try it, we think there's a good chance you will want this recipe to be a part of every future Juneteenth celebration!

Fresh Strawberry Soda

Ripe, fresh strawberries are the foundation of this homemade fruit syrup, which can be put into tea, lemonade, or made into the world's best strawberry soda!

2 lbs very ripe strawberries, hulled and cut into chunks

3 cups cold water

1 cup sugar or sweetener of choice

2 liters club soda, seltzer or ginger ale

Place strawberries into a heavy saucepan, add water, and bring to a boil. Stir, reduce heat to low, and simmer until strawberries soften, about 15 minutes.

Using a fine-mesh strainer, strain juice into a separate saucepan. (Set strawberry pulp aside or freeze for another use.)

Stir in sugar until it dissolves. Bring strawberry liquid back to a boil a second time.

Reduce heat to medium and simmer for 5 minutes. Skim any foam from the top of the syrup. Turn off heat and let cool to room temperature.

Pour syrup into a lidded container and refrigerate.

Fill 8 glasses with ice. Fill each glass about halfway with club soda. Top with strawberry syrup and give each glass a stir before serving. Any remaining strawberry syrup can be refrigerated for up to one week



What Actually Happens to Your Body When You Drink 8 Glasses of Water

by The Quench published by Hint Water

“Drink more water”. Our doctors say it, our moms say it – we’re constantly reminded that we need to be properly hydrating.

But have you ever wondered what actually happens when you drink the recommended 8 glasses of water a day? We all know what it’s like to be thirsty, but not many of us are aware of how our bodies actually use water, or what happens when we’re missing it.

We dug into the research to bring you a checklist of five changes that you could see when feeding your body the proper amount of H₂O. So, grab that water bottle, and read on.

1. Increased Physical Performance

This one should come as no surprise – when muscles don’t have water, they don’t work as well. Because muscles pull in water during contraction (you’ve likely felt the “pump”), inadequate hydration means they’ll stop working as well, as the limited water in your body is drawn back into the blood vessels to ensure circulation and proper blood pressure.

The result is less energy, less muscle growth, and even worse – muscle cramps. Wince if you know what we’re talking about.

2. Brain Gains

Physical performance boosts from water might not be surprising, but did you realize staying properly hydrated is also huge for mental performance?

It’s true. According to a study by the Human Performance Laboratory, even mild dehydration of around 1-3% of body weight was shown to hinder cognitive performance and mood in both men and women. Our brains are roughly 73% water, and the balance of hydration is vital for helping the brain to transmit messages efficiently.

3. Control Calories

With every fad diet making rounds, people often overlook old fashioned water as one the best and easiest ways to regulate the waistline.

Water helps two-fold in losing weight: it has been shown to increase your metabolism up to 30% (therefore burning more calories while resting), and it is also an appetite cutter – filling your stomach and causing you to eat an estimated 75 fewer calories per meal. That’s 8 pounds a year!

4. Keeps Your “System” Moving

You know what system we mean, and it is a very important part of natural functions.

Staying properly hydrated is one of the top ways to ensure regularity, which in turn has a host of benefits, from decreased digestive problems to just reducing general discomfort.

5. Good Skin

How many times have you seen “moisturizer” on a label for skin cream? So, it should come as no surprise that one of the biggest beauty tips for the largest organ in our bodies is to drink plenty of water.

You don’t need tons of fancy cosmetics to look great. H₂O beats out all the other chemicals for keeping your skin elastic and soft, instead of wrinkled and flakey.

There you have it: some of the many benefits of drinking enough water. And if you enjoy having your hydration infused with delicious fruit flavors, try Hint Water, Available at Marlene’s.



Hint water was founded by Kara Goldin, entrepreneur and mother of four. The business began as a solution to her own personal health problems. By consuming her own sugar-free, refreshing flavored water instead of her usual diet soda, she was able to regain her skin health and loose extra weight. Kara has been named among Fortune’s Most Powerful Women Entrepreneurs and Forbes’ 40 Women to Watch Over 40. Learn more at drinkhint.com or read their blog at thequench.com.



Fish Oil or Flax Oil: Which is Right for You?

by Barlean's

The scientific evidence is in—we all need Omega-3s. That's why they're called essential fatty acids. And, while there's no doubt that Omega-3s are critical for staying healthy, they cannot be made in the body. You must get them from your diet or supplements, but should you take flax oil or fish oil to get what you need?

The vegan option

For vegetarians and vegans, the answer is easy—flax oil is pressed from flaxseeds and it is chock full of the parent Omega-3 called ALA (alpha-linolenic acid). It's the perfect choice for a vegetarian Omega-3. But what about everyone else? Should they use flax or fish?

It's not whether people get Omega-3s from fish or flax, but how much Omega-3 they need. The answer is MORE!

Most people are Omega-3 deficient

Studies have shown that 95% of Americans are very deficient in Omega-3 fatty acids.¹ In fact, according to study, Omega-3 deficiency is the eighth leading cause of preventable death in the US.² Now that's serious! So how do we boost our Omega-3 intake to turn the tide away from deficiency?

Build your Omega-3 team of champions

Just like any team of champions, we need important Omega-3 team members to make the cut. We enlist EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) forms of Omega-3 by choosing a reputable, potent fish oil and begin using it daily as directed. We also choose to eat fresh, cold-water fish like Pacific Salmon and Sardines (yes, sardines are super-rich in EPA Omega-3) whenever we get the opportunity.

Then, most importantly, we round out our team with a host of plant-based, parent Omega-3 from flax oil. Flax oil can be used in salad dressings, over steamed veggies and added into sauces, soups and smoothies. Ground flaxseeds can be used in baking, to add a crunch-factor to salads and, of course, mixed into a daily smoothie. In addition to packing a lot of Omega-3, these super seeds provide great fiber for better digestion. It's not one or the other, or one vs. the other; it's both. Fish and flax oil work together as a team to get the job done.

Omega-6 vs. Omega-3

It's been estimated that the average American consumes 20 times more Omega-6 than they do Omega-3. Omega-6 is a crucial member of the essential fatty acid family, but high levels and an unbalanced Omega-6 to Omega-3 ratio can negatively impact your health. Here are three easy ways that will get you on the right track to winning the real battle of too much Omega-6 vs. too little Omega-3.

Read Labels: Omega-6s are abundant in packaged foods by way of Omega-6 dominant vegetable oils like corn, soybean or sunflower oil.

Be Aware of Fast Food: Fast food is often deep fried in these Omega-6 dominant oils, which significantly increases your Omega-6 load.

Increase Omega-3s: Consciously look for places to add flax oil into your diet. Add some fish-focused meals when you can, and take your fish oil supplement faithfully.

At the end of the day, we need to transform the conversation about Omega-3s. It's not about the source; it's about getting enough!

^{1,2}*The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors. PLoS Med Jnl 6(4): e1000058. July 2009.*



Join Barlean's online!
Better Living with Barlean's Oils
with Julie Hawkes,
Barlean's Educator
Tuesday, June 7 at
5 pm
Details at
marlenesmarket-deli.com/classes

A TALE OF TWO BRAINS: How Gut and Brain Health are Interrelated

by Adrienne Wilen, ND

When someone mentions the brain, we usually think of the mass of soft tissue made up of intricately folded gray and white matter that controls our thoughts, memory, emotion, sensation, movements, vision, hunger and every regulatory process in our body. When someone mentions your second brain, what comes to mind? Our enteric nervous system, the complex of nerves and neurotransmitters that controls our gut, is often referred to as our “second brain” due to the similarities it has with our actual brain.

For years, medical professionals thought that anxiety and depression contribute to functional bowel problems, but we are starting to realize that it may also be the other way around. Research is starting to show that keeping our second brain happy and healthy can help keep the main brain happy and healthy as well.

The bacteria in our gut microbiome produce many neurotransmitters that are identical to the ones produced and used by our brain. Through this, gut microbes can influence our memory, mood, and cognition, as well as play a role in nervous system disorders like fibromyalgia and dementia. Serotonin plays an important role in mood, cognition, learning, and memory, and our gut bacteria produce 90% of our serotonin!

Everyone’s microbiome is unique, based on genetics, early life, diet, and environmental exposures. Though we cannot say what the perfect microbiome is, we do know that a healthy microbiome is a diverse microbiome. Eating a variety of fermented



Join Dr. Wilen online!
**Brain & Gut: Tips to Keep
Your Two Brains Healthy**
Thursday, June 16 at
5 pm
Details at
[marlenesmarket-deli.
com/classes](http://marlenesmarket-deli.com/classes)

foods and supplementing with probiotics can contribute to a robust microbiome.

While probiotics and fermented foods can potentially populate the gut with healthy bacteria, they also stimulate immune and epithelial cells to produce anti-inflammatory short chain fatty acids in the intestines, which helps balance the microbiome. Probiotics that affect the brain are referred to as “psychobiotics”. *Lactobacillus plantarum* PS128 has been shown to reduce anxiety and depression-like behaviors in mice. Human volunteers reported reduced stress and increased memory after 4 weeks of *Bifidobacterium longum* supplementation. These are just two of the strains that have been shown to be beneficial for brain health.

Prebiotics are compounds that, when fermented in the gut, produce specific changes in bacterial composition or activity, and support the growth of our normal commensal bacteria. Polyphenols are a type of prebiotic that are digested by the gut bacteria and may improve brain health. Biotransformation of polyphenols is needed to obtain metabolites active in brain. This occurs through their processing

by gut bacteria. They then travel to the brain and are able to cross the blood brain barrier and localize within brain tissue. Polyphenols have been shown to protect neurons against injury by neurotoxins, suppress neuroinflammation, and promote memory, learning, and cognitive function. They have been shown to reduce the risk of dementia and improve cognitive performance in normal aging. Foods rich in polyphenols include parsley, celery, onions, broccoli, soy, cocoa, citrus fruits, oregano, berries, olive oil, green tea, red wine and coffee.

While we cannot control our brain’s genetic makeup or prior exposures, we can increase pre and probiotic rich foods to help support our brain health now and in the future.

Dr. Adrienne Wilen has special interest in gastrointestinal health and how the gut and microbiome interacts with all other body systems. She sees patients in person and via telehealth at Federal Way Naturopathy, and is currently developing a 10-week digestion optimization program for people who want to take control of their gut health.



Bach Flower Remedies for Eating Disorders

by Carl Anderson, BFRP, BFRAP

“There is a commonly held view that eating disorders are a lifestyle choice. Eating disorders are actually serious and often fatal illnesses that cause severe disturbances to a person’s eating behaviors. Obsessions with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder and affect approximately eight million Americans.

Anorexia nervosa is characterized by a significant and persistent reduction in food intake leading to extremely low body weight in the context of age, sex, and physical health; a relentless pursuit of thinness; a distortion of body image and intense fear of gaining weight; and extremely disturbed eating behavior. Many people with anorexia see themselves as overweight, even when they are starved or severely malnourished. Anorexia nervosa has the highest mortality rate of any mental disorder.

Bulimia nervosa is characterized by binge eating (eating large amounts of food in a short time, along with the sense of a loss of control) followed by a type of behavior that compensates for the binge, such as purging (e.g., vomiting, excessive use of laxatives, or diuretics), fasting, and/or excessive exercise. Unlike anorexia nervosa, people with bulimia can fall within the normal range for their weight. But like people with anorexia, they often fear gaining weight, want desperately to lose weight, and are intensely unhappy with their body size and shape.

Binge eating disorder is characterized by recurrent binge eating episodes during which a person feels a loss of control and marked distress over his or her eating. Unlike bulimia nervosa, binge eating episodes are not followed by purging, excessive exercise or fasting. As a result, people with binge eating disorder often are overweight or obese.”

-excerpted from the National Institutes of Health (NIH) website and the National Institute of Mental Health (NIMH) website.



Several Bach Flower Remedies may be helpful to address some of the root causes of eating disorders.

There are 39 Bach Flower Remedies in all. They can work on every emotional imbalance imaginable. By a single remedy or combining up to eight different remedies, more than 61.5 million combinations can be made.

Since there are numerous emotions that may be contributing to an individual’s disordered eating, they may need any combination of the following remedies:

Crab Apple helps with body image, body shame, and low self-esteem.

Cherry Plum helps with a fear of losing control. Over-eating is a form of losing control.

White Chestnut helps with obsessive thinking, whether thinking about food or thinking about one’s appearance.

Star of Bethlehem helps process traumatic events, whether recent or from the distant past. Many sufferers of eating disorders may have experienced critical remarks or being shamed for their appearance.

Rock Water helps moderate people’s rigid or unrealistic standards of perfection.

Aspen helps eradicate feelings of anxiety, or a sense of impending doom.

Elm helps eliminate feelings of being overwhelmed, which many people experience as anxiety.

Gentian helps people overcome feeling down after a setback.

Gorse helps people overcome feelings of hopelessness and suicidal tendencies.

Sweet Chestnut helps people cope with grief.

It is best to seek out a Bach Foundation Registered Practitioner (BFRP)—a professional who is trained to ask the right questions—to formulate the ideal blend for your specific needs.

In 2017, Carl Anderson left a successful career as an aerospace engineer to dedicate his life to helping people and animals full time. In addition to working with clients one-on-one, he is now lecturing and teaching the official Bach Centre classes throughout the Puget Sound region. Carl is available for consultations in person or remotely. He can be reached by phone at 415-420-7800, by email at CarlAndersonBFRP@gmail.com, or visit his website at www.CarlAndersonBFRP.com.

Join Carl online!
What Are Bach Flower Remedies?
Thursday, June 9 at 5 pm
Details at marlenesmarket-deli.com/classes



The Next Generation of Probiotics Has Arrived

by Living Alchemy

We are all familiar with traditional probiotic supplements for gut health. Capsules containing bacteria to help improve our microbiome and over all health. New research however has emerged indicating that bacteria alone are simply not enough. Our microbiome is a complex ecosystem that needs specific nutrients beyond bacteria to really function optimally. Enter Your Flora® Symbiotics.

Expertly formulated, Living Alchemy Your Flora® is a powerful line of fermented, whole food Symbiotics which provides a source of clinically studied probiotics, prebiotics, and post biotics to support gastrointestinal health and promote favorable gut flora. Powered by Kefi-Soy™ a 35-strain living culture and our unique whole food fermentation Symbio™, this traditional and natural fermentation process allows whole foods to be enhanced, bio-activated and highly absorbable. Your Flora® provides live micro-organisms and includes a rich source of nutrients, amino acids, and phytonutrients to build a powerful digestive ecosystem that supports daily digestion, immunity, and gastrointestinal health.

How are Your Flora® Symbiotics different than Probiotics?

More CFU is not the key to a healthy gut, the environment is!

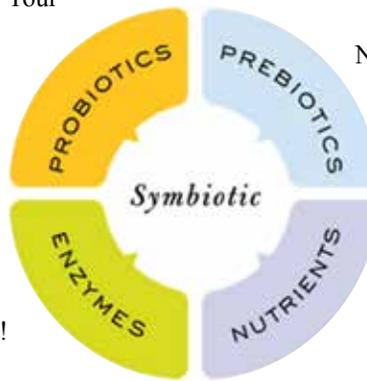
Living Alchemy's Your Flora® Symbiotic are designed to enhance your own gut flora, it is food for your microbes to thrive. The Your Flora® series are the only plant based Symbiotic available that are 100% natural and made from certified organic whole foods. Most conventional probiotics on the shelves are laboratory made and cannot be certified organic. They are man-made microorganisms grown to dictate your flora, achieve CFU numbers and may not include a diverse amount of beneficial microbes, enzymes, peptides and nutrients for your own gut flora to thrive.

Which Your Flora® Symbiotic is Right for You?

There is one Your Flora® Symbiotic for everyone, or sometimes two – they are great to mix and match as they work well together too! You choose which one is for

you based on your digestive constitution or your #gutgoals! If your main digestive complaint is gas and bloating choose Your Flora® COMFORT, if it's a leaky gut choose Your Flora® TERRAIN or for constipation or post antibiotics try Your Flora® REGENESIS.

Introducing Your Flora® Symbiotics, your complete gut health solution. Now available at Marlene's!



No refrigeration needed. 100% of the ingredients are all natural, USDA Certified Organic, Non-GMO Project Verified, gluten and dairy free. Living Alchemy always provides clean supplementation with no additives, fillers, and nothing unnatural.

Living Alchemy

Your Flora Symbiotics

vs.

Probiotics

✔ Plant Based	✘ Laboratory Based
✔ Organically Certified	✘ Not Natural
✔ An Ecosystem	✘ Just Bacteria
✔ Encourages Your Flora	✘ Dictates Your Flora
✔ Rich in Enzymes & Peptides	✘ No Enzymes or Peptides
✔ Rich in Digestive Nutrients	✘ No Digestive Nutrients
✔ Colonizing Factors	✘ Low Colonizing Factors

June Events & Education

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

MEDICARE 101



with Kate Espinoza-Guerrero
Thursday, June 2 at 5pm

Do you have Medicare questions you need answered? Whether you are turning 65 or getting ready to retire, attend this class to become better informed! Join Kate online to learn how to navigate Medicare options for the 2022 Annual Enrollment Period, October 15th - December 7th.

One on one phone appointments are also available.

Please call 253.216.8823 to schedule some time with Kate.

BETTER LIVING WITH BARLEAN'S OILS



with Julie Hawkes, Barlean's Educator
Tuesday, June 7 at 5 pm

Brain health is crucial for overall body wellness. The brain is the control center of the body, allows us to communicate, and when healthy, gives us the ability to live a productive life. It's imperative that we do everything we can to maintain its vitality and longevity. Join Julie online to learn about the right oils for maximizing your brain function and health!

WHAT ARE BACH FLOWER REMEDIES?



with Carl Anderson, BFRP, BFRAP
Thursday, June 9 at 5 pm

Bach Flower Remedies balance negative emotions by neutralizing the energetic imbalance that causes them. They can even eliminate long-standing emotional baggage, restoring balance and harmony. They are completely natural. Unlike medications, they have no side effects. They can relieve everything from hatred and jealousy to depression and anxiety. Join Carl to take a deep dive into Bach Flower Remedies to learn their history and a multitude of safe and effective applications!

WHAT MAKES A BETTER MULTI?



with Max Willis, Chief Innovation and Science Officer of Nutraceuticals
Tuesday, June 14 at 5 pm

Multivitamins lead the way as the largest segment of all supplements. New, clinically supported liposomal technology brings exciting innovation to the trusted multivitamin category. Max will present this technology and demonstrate how encapsulated liposomes improve your daily multivitamin routine with higher absorption and less odor, taste and other concerns!

BRAIN & GUT: TIPS TO KEEP YOUR TWO BRAINS HEALTHY



with Dr. Adrienne Wilen, ND at Federal Way Naturopathy

Thursday, June 16 at 5 pm

The brain and gastrointestinal tract are two complex systems that use similar neurotransmitters and signals to talk back and forth. Research is now starting to show that keeping our gut brain happy and healthy can have a positive impact on our main brain health. Join Dr. Wilen to learn what steps you can take to support your gut-brain connection and total body health!

YOUR VEGETABLE GARDEN AS A BACKYARD HABITAT



with Laura Matter, Garden Hotline Educator
Saturday, June 18 at noon

Even a vegetable garden can be viewed as a habitat in your landscape. Learn about the smaller scale of nesting and feeding sites for the insects and small animals in your garden. This will help you build a community of plants that attract pollinators to make your garden more productive and engage beneficial insects and birds to help with pest management. Learn how to establish and manage a thriving, natural habitat in your vegetable garden using flowers, herbs, vegetables and fruits themselves to discourage pests.

BRAIN FUNCTION AND HEALTH



with Glen Depke,
Dr. Mercola Brand Educator
Tuesday, June 21 at 5 pm

Cognitive and brain health supporting nutrients, lifestyle habits and nutrition choices are achievable for you! Those who may benefit most from these choices include anyone who wants to enhance their cognitive or brain health and productivity like professionals, artists, athletes, entrepreneurs and active adults who want to help maintain their overall brain health well into their later years.

Now you can fire up your brainpower and sharpen your mental edge with the tips provided in this upcoming training. This is a whole different approach to cognitive health!

HOMEOPATHY FOR MENTAL HEALTH



with Dr. Jeff Thomas

Thursday, June 23 at 5 pm

Homeopathy has been shown to be as effective as pharmaceutical options for managing mood disorders such as depression. Join Dr. Thomas as he discusses how this powerful intervention can be used to stimulate healing and reduce susceptibility to disease using substances found in nature.

SUMMER SALADS AND SALSA



with Tyrone Brown, Chef and Owner Soul Ty's Custom Catering

Saturday, June 25 at noon \$25

Summer is here and so are the fresh blooms of nature! Now is the perfect time to join Chef Tyrone of Soul Ty's Custom Catering. In this class we will make an array of salads and dressings using the finest ingredients nature has to offer. We will finish the day making a fresh salsa that will compliment any meal of the day. You will leave each class knowing the benefits of all the ingredients in relation to our health, body and soul.

VITAMIN D: BEYOND BONE HEALTH



with Neil E. Levin, CCN, DANLA, Senior Nutrition Education Manager for NOW®.

Tuesday, June 28 at 5 pm

Join Neil for an interesting and in-depth discussion about the relationship between vitamin D and bone, muscle, reproductive, immune health, cellular health, and inflammatory response. He will tackle such questions as:

- Why is most Vitamin D research controversial?
- What evidence supports supplemental Vitamin D helping with issues beyond bone health?
- Why are the officially recommended levels insufficient?
- Can higher levels of oral Vitamin D be used to safely support health?
- What are the challenges in measuring Vitamin D, defining deficiencies, and recommending optimal levels?

MOVING YOUR BRAIN BEYOND PAIN: THE NEUROSCIENCE OF CHRONIC PAIN



with Timothy Sobie, PT, Ph.D.

Thursday, June 30 at 7pm

Chronic pain deeply impacts our lives – psychologically, emotionally and even economically. It can carve pathways in our minds that guide our very behaviors and beliefs. Join Dr. Sobie to unpack the true and often hidden effects of chronic pain on our lives. He will discuss new research and treatments that are creating meaningful change, even for those who have experienced years of chronic, recurring and persistent pain.



BEER & WINE TASTING

Tacoma Location

2 pm - 4 pm

Friday, June 10

Friday, June 24

Federal Way Location

2 pm - 4 pm

Friday, June 3

Friday, June 17



COMPOSTING IN YOUR OWN BACKYARD

by Laura Matter, Garden Hotline, Tilth Alliance

Those of us living around the Puget Sound are lucky to have regional composting facilities that manage our yard and food waste with a curbside municipal bin at our house. While this is a wonderful resource, we can also manage most of the compostable material we generate in our own backyards. Composting at home allows you to control the stock material for your compost. It also reduces your personal carbon footprint by eliminating trips needed to transport the green waste to the composting facility, the machinery used to turn large piles, and the trucks needed to move the finished material back to your garden. It reduces packaging needs and saves you money. Making your own compost is good exercise too!



YARD WASTE

Yard waste compost systems are great ways to manage grass clippings from your lawn, leaves from your garden, trimmings from the vegetable garden and non-seeded and non-noxious weeds you pull from garden beds. Save the leaves you rake in the fall and bag them in plastic bags, then use them as brown material for your compost piles. In general, a 50-50 mix by volume of greens and browns will get the compost pile working. You want to create heat in the pile to encourage decomposition and jump-start the micro and macro-organisms that do the composting work for you. A good mix of

leaves and grass clippings alone will do the trick.

You can choose between a single pile (cold pile) that you turn in place or a series of compost bins that you turn into to keep the pile aerated and moist. Turning will speed up the decomposition of the pile. If you choose to let it stand in place, be sure to layer it well and mix it at least once to encourage the presence of the composting organisms. Covering the pile during very rainy or hot weather can aid in keeping the pile from getting compromised. Harvest when the material is fully broken down and smells like fresh earth. Add chunky pieces back to the new pile.

FOOD DIGESTERS – a food digester is a receptacle that is partially buried in the ground to which you simply add food scraps. The underground portion has holes in its side which allow organisms into your food waste. You can purchase heavy duty plastic “Green Cones” for a digester, or you can make your own by taking a galvanized garbage can and drilling holes in the sides and bottom. You use them both the same way; open the lid, throw the food scraps in, shut the lid and leave it alone. The food will rot in place and serve as fodder for soil organisms. You don’t need to turn these systems and don’t have to harvest them. Place them near a fruit tree in your garden and they will continually feed the soil around the tree.



WORM BINS – Using the services of red wiggler worms, *Eisenia fetida*, a worm bin produces one of the best forms of compost to use in our garden. Worm bins can be made of plastic or wood and sized in various ways. Create worm habitat by adding shredded newspaper that has been soaked in water and wrung out. Sprinkle with soil, add worms, place food scraps under the newspaper bedding and let the worms go to work. Make sure the bedding stays evenly damp, cool and has good air circulation. In general, adding 1 pound of food per square foot of space is the recommended rate. You can add avocado, orange and banana peels that don’t break down quickly because these provide micro-niches for worms to lay eggs on. Don’t turn the bin – harvest when the compost looks and smells like fresh earth.

Laura Matter has been a practicing horticulturist for the past 40 years, studied Landscape Horticulture at South Seattle Community College and has a B.A. in Botany from the University of Washington. She is currently the Sustainable Yard and Home Education Program Manager at Tilth Alliance and specializes in watershed health, pollinator gardening and integrated pest management education. Contact the Garden Hotline at 206.633.0224 or at GardenHotline.org.



It All Starts With The Soil

The Earth-Body Connection

by Hendrikus Organics

Everything in Nature is connected - through rhythms, cycles, synchronous relationships, and dependencies. That includes us.

Our Earth-Body connection is a strong one and understanding this connection provides us with tools to improve and protect our health and wellbeing, and how to sustain that. Rarely do we mate the two, however, or realize their inseparable synergy.

“It all starts with the soil” is not a light-weight statement. The soil is our blanket of life; so goes the soil, so goes our health. And even as we realize there is a connection, rarely do we understand just how deep and complex that connection truly is.

This living blanket sits on top of the foundational soil, and envelopes our planet, performing many functions, such as filtering and cleaning our ground water, storing carbon, releasing nitrogen and providing nutrients for other life. Soil is both alive, and a giver of life. There is good reason that we call her Mother Nature.

Our health connection with soil starts with the crops she produces. In order to function as she intended, our topsoil needs to be rich, fertile and teeming with microbiology. Nutrient rich soil

provides nutrient rich foods. Nutrient rich foods supply us with the building blocks for good health. Sounds easy, right?

It can be, but there is more to understand. And in today’s toxin-filled environment, it is even more important that we do. Today we face the greatest health crises ever experienced in our culture. A shocking 70% of deaths in the U.S. come from chronic diseases. Yet few of us realize that over 50% of those can be traced back to the soil.

Know your soil. Soil functions best with a balanced matrix of particle sizes that allow space for both air and water. This matrix forms the foundation for producing healthy food. There are many easy tests you can perform on your soil that will give you the answer on what your soil needs structurally.

Know your nutrients. Once we know the structure of our soil and amend it accordingly, we can move on the balance of minerals necessary to provide the nutrients that will support microbial life and plant life. While very important, it is not all just about getting the right elemental balance. There are other important nutrients such as calcium and magnesium that are essential for the release of nutrients so that microbiology can do their job to make plant life thrive.

Know your microbes. Then comes the community of microbiology that do all the heavy lifting for providing that oh-so-important high nutritional uptake by your plants. Building this community is essential for healthy soil.

Know what you purchase. For the produce you purchase and do not grow, there are simple tools, such as brix meters, to test whether they are nutrient dense to help you make the right decisions.

As a gardener, improving your soil and producing nutrient dense foods, and as an organic shopper, purchasing only the best produce, there are ways to easily optimize your results. Our mission at Hendrikus Organics is to provide you with outstanding organic fertilizers, amendments, programs and education to help you be successful, with your soil, your garden, and your health.

Hendrikus Organics is a local company specializing in organic soils, fertilizers and soil conditioners. Garnering more than 65 awards for environmental excellence, the company continues to study the many complexities of Nature and how her many facets fit and work together as they develop and refine their products.

PRESERVE YOUR PROSTATE, IMPROVE PERFORMANCE.

by Terry Lemerond, Founder and President of EuroPharma, Inc.

As men age, they may notice some dramatic changes in their health: prostate and urinary difficulties and sexual performance issues. While both are associated with getting older, they don't have to be.



NUTRIENTS THAT PREVENT PROSTATE PROBLEMS

Curcumin can stop many of the factors that lead to enlarged prostate or even prostate cancer: inflammation, oxidation, and the susceptibility to tumors. It also inhibits the effects of dihydrotestosterone and androgen that cause benign prostate hyperplasia (BPH) and affect prostate growth. The curcumin I recommend (BCM-95) is blended with turmeric essential oil for enhanced absorption, blood retention, and the inflammatory-fighting power of ar-turmerone.

A tannin-free French grape seed extract (VX1) with highly absorbable oligomeric proanthocyanidins (OPCs), stops inflammation that causes cells to become cancerous, and prevents cancer cells from connecting to blood vessels, depriving them of oxygen and nutrients.

Omega-5 from pomegranate seed oil inhibits prostate specific antigen (PSA) and stops the growth of blood vessels that feed tumors – something that silybin from milk thistle does as well. In addition to these botanicals, vitamin D3 is an absolute must.

RECHARGING SEXUAL PERFORMANCE

One of the best botanicals for enhancing libido is red ginseng (*Panax ginseng*). Ginseng activates nitric oxide – the body's "on switch" molecule that promotes energy, drive, and performance.

Clinical studies prove what a difference this can make. The International Index of Erectile Function, (IIEF) is a common measure of the factors most important to sexual function: hardness, duration, and overall performance. One double-blind, placebo-controlled study reported that men with mild to moderate erectile dysfunction (ED) in the red ginseng group noted a significant difference on the IIEF-5 scale, from 16.4 to 21.0.



The red ginseng that I prefer is hydroponically grown without pesticides and provided with exactly the proper nutrients it needs in ultra-clean conditions. This special process concentrates rare compounds called noble ginsenosides at seven times that of conventionally grown and processed ginseng. Noble ginsenosides are up to 17 times better absorbed than classic ginsenosides, making this a very effective botanical.

A clinically studied blend of apple polyphenols, grape flavonoids, and saffron extract is also highly effective for ED. In a pilot clinical study, it delivered impressive results for men between 45 and 65 years old: 74 percent improved their hardness score, 72 percent improved their IIEF-5 score, and 71 percent would recommend it to others.

The nutrients outlined here can improve prostate health and recharge performance. Adding them to a regimen today can yield excellent results.

Terry Lemerond is a natural health expert with over 45 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. His continual dedication, energy, and zeal are part of his on-going mission to improve the health of America.

Why a Healthy Microbiome is Fundamental to Good Health

by Garden of Life

Garden of Life knows all too well that many people in today's modern world experience dysbiosis (an imbalance within the microbiome). Several factors contribute to this imbalance where the opportunistic "bad bugs" have crowded out the "good bugs" in our guts. Although adding probiotics back into a dysbiotic environment does help, it cannot always reshape a healthy microbiome. These environments need a multi-step approach. So, the question is, what do we need to build and maintain a healthy microbiome?

PREBIOTICS - What Are Prebiotics and What Do They Do?

Prebiotics are carbohydrates that humans cannot digest. As they travel through the digestive system undigested, they promote the growth of beneficial bacterial in the colon and support digestion. Our gut bacteria thrive on prebiotic fiber which is an important food source for them and allows them to grow, reproduce, and make beneficial compounds which promote gut health. Popular prebiotics include garlic, onion, Jerusalem artichoke, dandelion greens, and supplemental forms include potato starch and acacia.

Many Americans do not meet their daily requirement for fiber making them unlikely to get enough prebiotic fiber. One challenge of consuming adequate prebiotic fiber is that large doses can cause gas and bloating. Fortunately, there are clinically studied prebiotics that are effective at low doses. This makes it possible to get the benefits of prebiotics without the gastrointestinal distress from large serving sizes.

PROBIOTICS – What Are the Benefits?

Probiotics help to support healthy digestion by up-regulating gastric secretions, assisting with the synthesis of B-vitamins, and aiding in the absorption of minerals. One of the most important functions of probiotics is creating short chain fatty acids (SFCA) which support a healthy gut lining. This is integral in preventing harmful substances

from entering our blood stream and defends us from developing autoimmunity. A healthy gut lining allows nutrients into the body while keeping out harmful substances, particularly bacteria and toxins.

Not only do probiotics modify an individual's digestive system, but they can also improve many other major organ systems. Probiotics make beneficial immune compounds with over 70% of the immune system being located in the gut! Probiotics also modify neurotransmitters that can positively impact mood and stress.

POSTBIOTICS – What Are Postbiotics and How Are They Beneficial?

Supernatant is the liquid that is produced during the probiotic fermentation process. Typically, this nutrient-rich liquid is discarded after centrifugation to remove the probiotics from the liquid. However, it was discovered that the supernatant produced from making the probiotic B. Lactis 818 is incredibly rich

in micronutrients and metabolites like enzymes, acids, proteins, peptides and vitamins. Our upcycled postbiotic blend, extracted from the supernatant, feeds and nourishes friendly bacteria to enable them to colonize and maintain a healthy microbiome.

New Dr. Formulated Probiotics are Unique Because They are a Complete Triple-Action Formula Delivering:

1. PREBIOTICS - PreforPro Prebiotic Blend to increase good bacteria†
2. PROBIOTICS - Clinically studied Probiotics in clinical doses for efficacy
3. POSTBIOTICS - Exclusive Upcycled Metabolites shown to support beneficial Bifidobacteria†

† 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.





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and varieties

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ALL GOOD
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LATE JULY Organic Tortilla Chips

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3⁹⁹



FIELD ROAST Plant Based Burgers, Links & Sausages

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GT'S LIVING FOODS Organic Raw Kombucha

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CHAMELEON COLD BREW Organic Cold Brew Coffee

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REDWOOD HILL FARMS Goat Milk Yogurt & Kefir

Assorted sizes and varieties

30% off

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



SHANTI BALANCE Performance Snack Bar

Assorted varieties
2 oz
Reg. \$3.29

2³⁹



FLOW WATER Alkaline Spring Water

Assorted sizes and varieties

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GOOD TO GO Keto Snack Bar

Assorted sizes and varieties

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



Elliot Bay Brewing Company: A Pacific Northwest Favorite

Happy 25th Anniversary to Elliot Bay Brewing Company!

In 1997, Todd Carden and Brent Norton decided that what our corner of the world needed was a *reeeeeeeally* good brewpub. They envisioned a space that was family-friendly and could bring the community together to enjoy an environment of great beer, food and service. You know, a place where **THEY** wanted to hang out.

When they launched their dream, they were 1 of only 33 breweries in Washington, and an organic brewery was practically unheard of. Today there are at least 425 breweries and counting, but a few things still set Elliot Bay Brewing Co. apart:

“Sustainability has become a bit of a cliché these days, but that’s not a bad thing. Anything that helps take the edge off our collective human pressure on the planet is good.

We put a lot of energy into the products we make and sell and we track how we are impacting the world we share. We have a real commitment to organic grain and hop farmers, local ranches, small community vendors and recycling. In 2008, we were able to realize our dream of becoming a certified organic brewery and we look forward to many more years of supporting our entire team to become thriving members of a sustainable community.”

Less than 1% of breweries are organic. Marlene’s understands that it takes real commitment to meet the challenges of supporting organic goods. We are proud to now carry the full rainbow of Elliot Bay Brewing Co.’s canned beers in our stores! And we hope you feel good about the level of craft and passion that goes into every product. We certainly do.

Congratulations on 25 years of fine craft brewing! Cheers!



Kuli Kuli: Clean, Caffeine-free Energy



Forget kale, meet moringa! Moringa holds its own against any superfood. It has a mild green flavor like matcha, but provides caffeine-free energy. Its anti-inflammatory properties rival turmeric, and it's a nutritional powerhouse that makes kale blush. Moringa leaves are one of the most nutrient-dense greens on the planet, packed with protein, essential amino acids, 27 vitamins and 46 antioxidants.

Moringa powder is created by harvesting, drying, and milling moringa leaves. As simple as that sounds, soil quality, harvesting practices, and processing procedures create varying levels of cleanliness and quality. Kuli Kuli sources only the highest-quality, organic and sustainably-grown moringa leaves from a network of farmers across the globe.

Kuli Kuli's Vision:

Our mission is to turn climate-smart, community-grown superfoods into staple foods on the U.S. market, enabling us to generate income for thousands of farmers while also fighting climate change. We partner with local entrepreneurs to create sustainable supply chains that provide nourishment, livelihoods and reforestation in communities throughout the world. Our focus is supporting regenerative agricultural practices, women's empowerment and facilitating community access to nourishing superfoods.

Moringa is resilient to increasing droughts caused by climate change and can grow in sandy soil, making it ideal for reforestation efforts.

Kuli Kuli works with farmers to implement regenerative agricultural practices and evaluates our environmental footprint at all stages of the supply chain.

Moringa's fast growth rate, large root system, and multiple flushes of vegetation throughout the year enable high rates of carbon dioxide sequestration. One study showed the rate of absorption of carbon dioxide by the moringa tree to be twenty times (20x) higher than that of general vegetation. Beyond carbon sequestration, moringa trees act as wind barriers, prevent erosion, improve hydrological cycles, conserve soil, and provide semi-shade, which is useful in intercropping systems where intense sunlight can damage crops.

Add this daily defender to your diet for a quick, caffeine-free way to provide your body with the nutrients it needs to power through the day. Moringa powder is really versatile! Try adding 1-3 teaspoons to any smoothie recipe, savory sauce, vegetable stir-fry, or casserole dish. To maximize nutritional value, add moringa towards the end of a baked or stove-top dish. Try these easy recipes for a quick, delicious way to incorporate moringa into your diet!



MORINGA LATTE

10 oz. dairy or plant-based milk
1 Tbl Kuli Kuli Pure Moringa Vegetable Powder
1-3 tsp agave syrup

Heat 10 ounces of your favorite milk. Stir in moringa and agave syrup. Pour into a mug and enjoy!



MORINGA OVERNIGHT OATS

1 cup coconut milk (any milk will do!)
1/2 cup oats
1 tsp Kuli Kuli Pure Moringa Vegetable Powder
1 tsp agave (optional)
2 Tbl fresh fruit and/or nuts

Mix milk, oats and moringa in mason jar to let soak in fridge overnight.

Top with your favorite fruits and nuts.



RAISE A GLASS TO FINE, LOCAL FERMENTS

People have been brewing mead for thousands of years! Also known as 'honey wine', mead has been fermenting throughout Europe, Africa and Asia since ancient times.

Axis Meads, a local meadery out of Lacey, WA offers refreshing new twists to one of the world's oldest brews. First, they start with arguably the most important ingredient, pure, organic honey from one of the finest honey purveyors in the northwest, GloryBee. The two honeys that form the foundation of these meads lend different qualities to the finished product.



Organic Clover Blossom Honey comes from remote areas worldwide where tracts of land are able to meet organic certification standards. This honey is produced from organically farmed clover fields and made in hives kept without the use of antibiotics, pesticides, fungicides, and herbicides.

This classic honey is a reminder of summer year-round with its warm, malty aroma and sweet, tangy flavor reminiscent of sun-ripened raisins.

Wildflower Honey is uniquely floral and herbaceous and tends toward a deep amber color. Like most dark honeys, it can contain more minerals than lighter varieties.

Wildflower Honey is a polyfloral varietal, which means many types of pollen and nectar were collected by honeybees to produce it. The flavor of wildflower honey depends on which remote mountain wildflowers are in bloom while the bees forage. By pollinating multiple flower sources or varieties, each hive's honey can taste different from year to year, much like wine vintages.

Throughout the season some of those wildflowers may include vivid Lupine, abundant California Poppy, reliable Black-Eyed Susan, spectacular Columbine, lush Mountain Phlox, and many more.

Axis Meads

Marlene's is happy to be partnering with Axis Meads to bring these delicious sips to you. Look for these wonderful meads the next time you're in either store, and try something new from a fermenting method most ancient!



LAVENDER MOON – The delicate sweetness of Royal Velvet lavender merges with clover blossom honey.



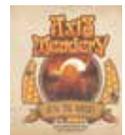
DEATH METAL GUYS – Slightly tart with earthy undertones, this mead is a most excellent use of blackberries!



HIBISCUS BONANZA – An absolute bonanza of raspberry flavor and aroma with lemony-tart notes and a deep magenta blush from hibiscus blossoms.



MEXI CALI PINK BIKE HELMET – The zippy flavor of Anaheim and Serrano chilis enhance an aromatic, cherry-like pomegranate base.



INTO THE SUNSET – Tart and intense blood orange blends with rich, tropical fruits for a semi-sweet mead that's as pretty as a sunset.

June

Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	Medicare 101 with Kate Espinoza-Guerrero 5 pm, Online	Beer & Wine Tasting Federal Way 2 pm - 4 pm	4
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		Better Living with Barlean's Oils with Julie Hawkes, Barlean's Educator 5 pm, Online	World Oceans Day	What Are Bach Flower Remedies? with Carl Anderson, BFRP, BFRAP 5 pm, Online	Beer & Wine Tasting Tacoma 2 pm - 4 pm	11
12	Uniform Monday! 10% off to all firefighters, police, and military!	What Makes a Better Multi? with Max Willis, Chief Innovation and Science Officer of Nutraceuticals 5 pm, Online Full Moon	15	Brain & Gut: Tips to Keep Your Two Brains Healthy with Dr. Adrienne Wilen, at Federal Way Naturopathy 5 pm, Online	Beer & Wine Tasting Federal Way 2 pm - 4 pm	Your Vegetable Garden as a Backyard Habitat with Laura Matter, Garden Hotline Educator Noon, Online
Father's Day Juneteenth	20	Brain Function and Health with Glen Depke, Dr. Mercola Brand Educator 5 pm, Online First Day of Summer	22	Homeopathy for Mental Health with Dr. Jeff Thomas 5 pm, Online	Beer & Wine Tasting Tacoma 2 pm - 4 pm	Summer Salads and Salsas with Tyrone Brown, Chef Noon, Online \$25
26	27	Vitamin D: Beyond Bone Health with Neil E. Levin, CCN, DANLA, Senior Nutrition Education Manager for NOW® 5 pm, Online	29	Moving Your Brain Beyond Pain: The Neuroscience of Chronic Pain with Timothy Sobie, PT, Ph.D. 7 pm, Online	30	

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.



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.

TACOMA

2951 S. 38th Street
Tacoma 98409
253.472.4080

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

Deli Hours

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

Grab and go options available until closing.

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



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