

*Marlene's*<sup>™</sup>

— MARKET & DELI —  
shop local, eat organic

# SOUND OUTLOOK

March 2019

Wildlife friendly gardening • Heirloom seed saving  
Better skin, hair and nails • Mushroom heroes • Spring refreshments

groceries supplements deli body care catering

**NATURAL ORGANIC GLUTEN-FREE NON-GMO**

in this issue

- 2 Marlene's Corner
- 3 African Peanut Soup
- 4 The Exchange: Yesterday, Today and Tomorrow
- 5 Mushroom Mycelium: Humble Hope for Honey Bees?
- 6 How to Live Like a Dandelion
- 7 Healthy and Sustained Weight Loss with a Plant-Strong Diet
- 8 Which Foods are Best for Your Heart Health?
- 9 Gardening for Wildlife
- 10-11 Events and Education
- 12 Strength and Beauty – The Benefits of Collagen
- 13 Genuine Health collagen+
- 14 This Earth Day, Help the Earth in Your Own Garden
- 15 Collagen: What Should I be Taking?
- 16-20 In-store Sales
- 21 Earth Day & Anniversary Celebration
- 22 What Are You Sipping This Spring?
- 23 March Calendar of Events

# Marlene's C O R N E R



Spring is arriving this month! Can you feel it? The nettles are up and the buds are emerging. After the long winter, we at Marlene's are very excited to be welcoming all things Spring. Here are some ways we'd love to celebrate with you:

For those of us who can't wait to get our hands in the dirt, start planning lawn and garden care now! Ladd Smith will be offering his expertise on the subject of natural landscaping and lawn care at our Federal Way store, 1 pm - 3 pm on Saturday the 16th.

Also from 10 am - noon that day, our Federal Way location will be hosting Laura Matter of Tilth Alliance. Laura will be discussing ways to build a garden in harmony with nature, one that attracts beneficial insects and wildlife and deters pests. Don't miss her article on page 9.

We have a lot to offer this month for greening and cleaning, and much of it is free! Please take a moment to peruse this month's seminars offered on pages 10-11. It's our honor to assist you on your wellness journey.

Everybody, get outside a little more, breathe deeply and move toward the light. Time to shake off the cold and connect with community. It's so good to be together for another beautiful season.

Be well!



**Copy Editor** | Delaney Dvorak | [delaney@marlenesmarket-deli.com](mailto:delaney@marlenesmarket-deli.com)  
**Design** | Kobalt Design Group  
**Education Coordinator** | Elizabeth Ashbrook | [classhost@marlenesmarket-deli.com](mailto:classhost@marlenesmarket-deli.com)  
**Sound Outlook Coordinator** | Joe Moralez | [joemoralez@marlenesmarket-deli.com](mailto:joemoralez@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, 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)

# African Peanut Soup

Recipe courtesy Muir Glen Organic

Anyone who enjoys Thai peanut sauce will love this addictively good soup. Ground turkey and sweet potatoes enrich this coconut milk and curry-infused soup, flavored with just a hint of peanut butter.

1 lb	ground turkey
1 medium	onion, diced
2 cloves	garlic, finely chopped
1 Tbl	ginger, peeled, finely chopped
1 Tbl	curry powder
1/2 tsp	red pepper flakes
1 can (28 oz)	Muir Glen™ Organic Fire Roasted Diced Tomatoes, undrained
2	sweet potatoes, peeled and cubed
2 c	chicken broth
1 tsp	fine sea salt or kosher salt
1/4 tsp	black pepper
1/3 c	creamy natural peanut butter
1 can (14oz)	unsweetened coconut milk
1 Tbl	brown sugar, packed
1 Tbl	lime juice
	cilantro leaves, if desired

1. In 4-quart saucepan, heat oil over medium heat. Add turkey; cook about 5 minutes, breaking up with back of spoon, until no longer pink.
2. Add onion; cook and stir about 4 minutes or until softened. Add garlic, ginger, curry powder and red pepper flakes; cook 1 minute longer.
3. Stir in tomatoes, sweet potatoes, chicken broth, salt and pepper; heat to boiling. Cover and simmer 20 minutes, stirring occasionally.
4. Add peanut butter, coconut milk and brown sugar, stirring to combine. Heat to simmering; cook 10 minutes.
5. Add lime juice; stir to combine. Ladle into serving bowls; garnish with cilantro. Serve hot.

*Muir Glen grows their organic tomatoes in the rich organic soil of California's Sacramento Valley. They believe in protecting the unsung heroes of agriculture—pollinators. With the help of native pollinators, tomato plants grow more and bigger fruit. By supporting our local pollinators they keep the Sacramento Valley ecosystem healthy for all living things. Their commitment to zero waste includes composting all tomato waste, including seeds, skins, and bad tomatoes in a state of the art facility.*



# The Exchange: Yesterday, Today and Tomorrow

by Kathryn Gilbery, Seed Savers Exchange Outreach Coordinator

“This Seed Savers story began more than 100 years ago in Bavaria, where morning glories grew on my ancestors’ front porches and tomato plants fruited in their gardens. It began without a plan but with heartfelt determination, and it continues to grow and change in northeast Iowa.” - from *Gathering*, a memoir by Diane Ott Whealy, cofounder of Seed Savers Exchange

## The Exchange, a History

Summertime visitors to the Heritage Farm are sure to admire the bright violet morning glories climbing up the sides of the century old barn. Diane grew up helping her grandfather collect seeds from his morning glories each fall in order to ensure their porch would be graced with their beauty the next summer. When Diane became the last member in her family to possess seeds for these flowers, she realized that there must be many more families who are also concerned about the future of their heirloom seeds. In response, Diane and Kent Whealy started a seed swap called The True Seed Exchange in 1975 to enable gardeners across the country to share their family’s seeds.

Over the next 43 years, Diane and Kent's seed swap grew into Seed Savers Exchange and is one of the most important organizations dedicated to preserving the diversity of America’s rich but endangered seed heritage. Among the many programs of SSE, the original seed swap still exists under the name The Exchange.

## The Exchange Today

The Exchange has grown into an extraordinary source of biodiversity, accessible via an online platform and an annually printed Yearbook. The Exchange is unique because the seeds available for request have been grown and cared for by gardeners around the country. The seeds are as rich and varied as the people who offer them.

On the Exchange, you’ll find seed stewards like Bill Minkey, who claims he wasn’t interested in gardening until seeing the wide variety of tomatoes offered in the Exchange 27 years ago. Bill lists an impressive 912 varieties on the Exchange, including a striped green tomato resembling a cucumber called Green Sausage; the Black Beauty tomato, the world’s darkest tomato developed fairly recently by Wild Boar Farms; and Abe Hall, a pink beefsteak tomato that Hall found floating in the Ohio River during a flood.

The Exchange also features thousands of varieties every year from SSE’s collection. This past year, participants could request a tangy cucumber called Little Potato or an unusually shaped apple called Api Etoile, or Star Lady, that originated in France in the 1600s.

With over 19,000 varieties of fruits, vegetables, grains, herbs and flowers, there is something for everyone.

## Join the Exchange

If you have seeds to share or are looking for something rare, the Exchange is the place for you. To get started, go to the Exchange website and create a profile. Instructions for listing and requesting seeds can be found there.

Every year, the listings on the Exchange are printed in an annual directory called the Yearbook. To have your seeds listed in the Yearbook, they must be on the Exchange by November 26, 2019.

If you list seeds in the Exchange, you will receive a copy of the Yearbook (for free), which is distributed via mail in January. (Seed Savers Exchange members at the \$50+ levels are also eligible to receive a Yearbook. Refer to the Membership FAQs for instructions on how to request a yearbook.)

## For Tomorrow and Beyond

Today, Seed Savers Exchange is known internationally as a leader in conserving and promoting the diverse seeds heritage of America’s gardens. It is humbling to remember that Seed Savers Exchange began with a simple idea to preserve families’ heirloom seeds, including the morning glories and German pink tomato seeds Diane received from her grandfather, by sharing them with

fellow gardeners. You can keep this dream alive by participating in The Exchange this year.

*Kathryn Gilbery is the Exchange and Outreach Coordinator for Seed Savers Exchange. She enjoys interacting with the many wonderful listers who share seeds through The Exchange and finding new ways to strengthen and expand involvement with the program. Visit [seedsavers.org](http://seedsavers.org) for more information.*



Little Potato



Api Etoile

**Heirloom tomatoes drew Bill Minkey into the Exchange and today he contributes over 900 varieties of seeds.**



# Mushroom Mycelium: Humble Hope for Honey Bees?

by Tom Dadant, Host Defense National Science Educator

Could our food supply be in danger? Managed honey bees are responsible for the production of over one-third of every bite we take. World-wide, managed honey bee populations, as well as some native bee populations, have experienced marked decline. Managed colony losses have averaged about 30 percent over the past ten years. As research into this decline progressed since 2006, when the phenomenon was first recognized and named Colony Collapse Disorder, it became evident that a major contributing factor has been the rise of multiple honey bee viruses.

The primary vector for at least ten of these viruses is a parasitic mite known as *Varroa destructor*. There is nothing available to beekeepers to control the viral infections and little available as an effective control of the *Varroa* mite, which it seems is able to rapidly overcome the effectiveness of miticides used to control it.

They say that “necessity is the mother of all invention.” Colony Collapse Disorder is that necessity. Some scientists estimate that if no solution is found, all managed honey bee colonies could face total decimation within ten years. And, as is often the case, nature provides the clues needed to find a solution.

Almost thirty-five years ago, Paul Stamets, on his way to becoming a world-renowned mycologist and inventor of many novel uses for mushrooms and their mycelial rooting systems, observed that his honey bees were moving aside mulch in his garden to get to the mycelium of his mushroom patch. He watched them sipping tiny droplets exuding from the mycelium and carrying them back to their hives. That simple observation became the genesis for a great experiment some thirty years later.

While presenting at a TED (Technology, Entertainment, Design) Talks conference in 2014, Paul had an epiphany. Compounds found in the mycelial extracts of certain mushroom species had been shown to be actively anti-viral. Could those same compounds be of use to honey bees? He communicated his idea to Dr. Steve Sheppard, head of Entomology and honey bee research expert at WSU. That was the beginning of an extraordinary partnership between WSU, Paul Stamets and his mushroom supply and production company, Fungi Perfecti. Using selected mycelial extracts provided by Fungi Perfecti, Dr. Sheppard and his team tested those extracts on living honey bees, first in a lab environment and then in what became the largest field trial experiment on managed honey bees ever. The results were nothing short of astounding. So much so that their findings were published online in *Nature: Scientific Reports* in October 2018.

Astonishingly, the mycelial extracts of the humble mushrooms used were able to reduce viral load in the honey bees tested by as much as 45,000-fold, with a single dose, in 12 days. More research is needed; however, it is clear that mushroom mycelium may provide a simple, easily applied, ecologically sound and safe component to the devastating problem of Colony Collapse Disorder. Perhaps Paul Stamets is right: mushrooms may indeed help save the planet.



“Necessity is the mother of all invention.”

Join Host Gina Rivers Contla, National Educator for Host Defense, on April 4th for a look at how mushroom research is changing the outlook for the natural world, as well as your health! Stay tuned next month.

*Tom Dadant is the National Science Educator and Herbal Storyteller for Host Defense Mushrooms. He brings 23 years of experience educating retailers and consumers on herbal and nutritional information to their mission. Host Defense is the leading mushroom product company. In addition to their mushroom based supplements, they are actively working to use mushroom extracts to help solve the Colony Collapse Disorder epidemic affecting bee populations.*

# How to Live Like a Dandelion

by Denise Frakes, Home and Life Coach - Residue Free Living

Home chores are like dandelions. Cleaning, uncluttering, shopping, paying bills, filing, cooking, driving to work... all dandelions. To some, dandelions are a pesky, invasive weed, strangling cultivated plants. To others, these little flowers are bouquets held by tiny hands, medicine for detoxing and food for spring salads.

What we think of dandelions, or our daily chores, determine their value. They are exactly what we decide: a weed or a gift, uplifting or depleting.

When I think of a dandelions, I think of this tiny, resilient, persistent, bright yellow flower; a plant with an unbridled determination to bloom, to thrive no matter where she lands. I always smile when driving on I-5 in downtown Seattle. On the concrete wall there will be a happily blooming dandelion. She jets out of a crack, living in a teaspoon of dirt and who knows what else. It's as if she doesn't have enough sense to wilt. She puts all her energy into blooming. There is no wasted energy in a dandelion. If I could model my own essence after a plant, I would choose the dandelion.

**Chores are like dandelions.** It is best to make friends with this lifelong traveling partner. Cultivate its many gifts, simplify and streamline what you can. As if by magic, your life will be forever nourished. Next time you are procrastinating or fretting on a chore, think of the fiercely determined dandelion and bloom on.

**Don't balk.** Never spend your precious energy fretting over your chores. Complaining and procrastinating are wasted energy. Fretting never accomplished anything. Put all your energy into blooming! If you must kiss a frog, don't spend too much time looking at it.

**Less is more.** By simplifying, downsizing and uncluttering our homes and lives, we have fewer chores to do. The power of less gives us more: time, energy and resources!

**Rename your chores.** Cleaning and clutter-clearing are forms of space-clearing. They do for our homes and lives what turning off your computer for a minute does for your electronics. Transform your words. Cleaning becomes *Rebooting*, *Resetting*, *Space-clearing*... Play, don't work!

**Fill your tummy.** Keep your vision and thoughts on the benefits of a good reboot and a job well done. What will you gain? Freedom, clarity, calmness? Yes, all those things. When your home is thoughtfully placed, your nervous system relaxes. You breathe deeper and can rest fully. Company is readily welcomed, and you can always find your keys. Full tummies, happy souls and nourished spaces.

**Awaken your chores.** Most of our chores are lifelong traveling partners. They are habits, things that we do over and over without thinking. Become curious! Up your skills! If you want to transform your life, up your habits and skills. Improve your tools. Start as a beginner again. Learn to be smooth and efficient in your work. Be awake, present and thoughtful.

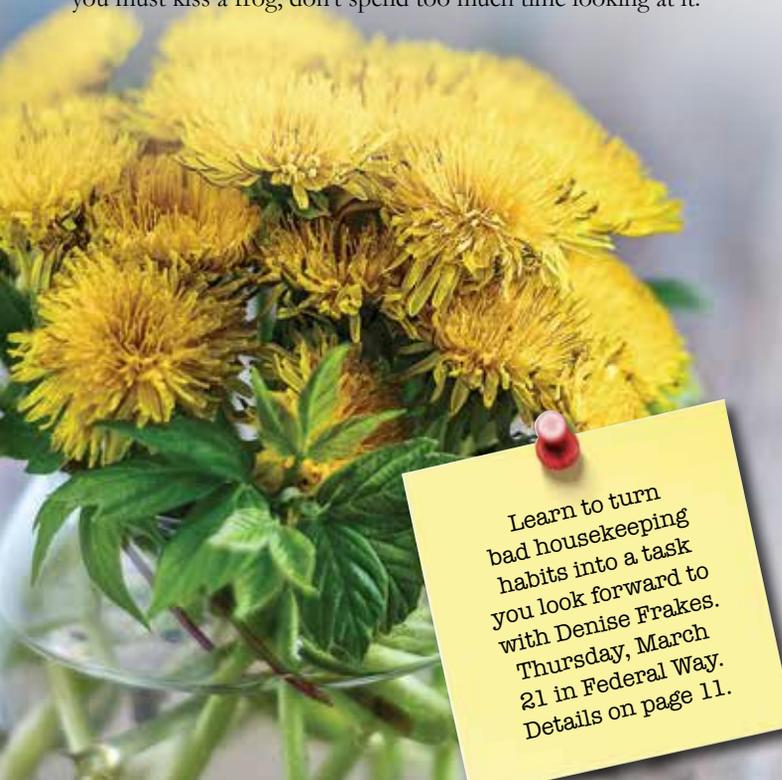
**Hire out.** Last year I came across a study: when people spent money on ways to save time and energy versus gaining more stuff, they were happiest with time savers. Hire out, delegate and work with friends. You will be happier!

**Meditate.** In our busy world, having time to meditate can be a luxury. Use your work as a meditation. Practice being present, focus on your breath, warm your eyes and smile while holding a beautiful posture as you wash your dishes. Practice being present and thankful as you wipe down your shower. Our chores can be what we need. Use your daily time to reboot your own life.

For me, chores are a lot like running. Putting my shoes on and getting out the front door is always the hardest part. But once I'm moving and the fresh air hits me, I start flowing. My brain stops thinking and I smile, getting lost in the movement. I return home refreshed. This is what cleaning and our chores do. They keep our lives moving. They nourish us: mind, body and spirit.

If you struggle with your weeds and chores, do not worry – you have lots of company. There are thousands upon thousands of kindred spirits out there feeling the same way you do. It doesn't matter if you are 16 or 96. The next time you start to feel overwhelmed, pretend you are a dandelion and smile. We are all imperfectly perfect beings doing our best to bloom. Chores are part of life – weeds and all.

*In addition to her 27 years of experience owning a professional cleaning company, Denise Frakes is a Certified Transformational Life Coach, Certified Clutter Clearing Coach, Certified Master Energy EFT Practitioner, Master Reiki and a Certified Healthy Home Specialist. Learn how to create a home and life that nourishes, uplifts and feels light. For more information, visit Denise's website at [DeniseFrakes.com](http://DeniseFrakes.com) or e-mail her at [djbluesky@yahoo.com](mailto:djbluesky@yahoo.com).*



Learn to turn bad housekeeping habits into a task you look forward to with Denise Frakes. Thursday, March 21 in Federal Way. Details on page 11.

# Healthy and Sustained Weight Loss with a Plant-Strong Diet

by Nina Osberg, Chef,  
PCRM Food for Life Instructor

Are you stuck trying to lose those stubborn 5 to 10 pounds or more? You might even have lost a significant amount of weight only to gain it all back and then some. Are you going through menopause or are you in post-menopause? Are you thinking that there's just no way to lose this weight that you've slowly but surely been gaining? Are you also frustrated because you're going to the gym and working out, but still not much has been changing? You don't seem to be seeing any significant changes no matter how hard you feel you're trying. Are you nodding your head yes? Keep reading!

Have you ever heard the saying, "You can't exercise off a bad diet"? Well, that is certainly true. Exercise is always advisable, but on its own, it will never lead to any significant and sustained weight loss if your diet is poor. Ultimately, it comes down to what you eat and drink each and every day. Even with no exercise and with the right diet, anyone can lose the weight they desire.

Science Blog posted an article back in September of 2005, which stated that "a low fat, plant-based diet is more effective at helping women lose weight and improve insulin sensitivity than an omnivorous diet." In an issue of *The American Journal of Medicine*, a study involving 59 overweight, postmenopausal women was conducted by Neal D. Barnard, MD, President of the Physicians Committee for Responsible Medicine (PCRM), together with colleagues at Georgetown University Hospital and George Washington University. Half of the study participants followed a vegan diet; the other half followed a control diet based on National Cholesterol Education Program guidelines.

"The study participants following the vegan diet enjoyed unlimited servings of fruits, vegetables, whole grains and other healthful foods that enabled them to lose weight without feeling hungry," says Dr. Barnard, the lead author. "As they began to experience the positive effects, weight loss and improved insulin sensitivity, the women in the intervention group became even more motivated to follow the plant-based eating plan." Everyone following the low fat, plant-based diet lost weight.

Dr. Neal Barnard's plant-strong vegan diet is a huge step in the right direction, not just for weight loss, but for overall health and longevity.

If you want to see faster and more significant changes before summer, a plant-strong, raw blended diet can definitely get you there faster – just in time for you to put on your bathing suit. However, you



Join Nina next month on April 13 in Tacoma as she shares tips from her weight loss journey and explains how to create healthy and sustainable habits. Stay tuned!

must be willing to let go of your old Standard American Diet (SAD) and be open to a new and healthier way to eat and live!

*Nina Osberg, M.Ed. and a PCRM (Physicians Committee for Responsible Medicine) Food for Life Instructor and health coach, teaches plant-based nutrition. She can be contacted by calling 253.226.8663 or in writing: urbanveganctic@gmail.com*



# WHICH FOODS ARE BEST FOR YOUR HEART HEALTH?

by Joseph Mercola, MD

Your diet is a crucial factor for the maintenance of a healthy heart well into old age. Healthy dietary fats top the list of heart-healthy foods, of course, but aside from that, a nitrate-rich diet can go a long way toward protecting your heart.

Nitrates should not be confused with nitrites, found in bacon, hot dogs, ham and other less-than-healthy cured meats. Nitrites can convert into potentially dangerous nitrosamines, especially if heated, which is why processed meats are best avoided. In fact, after examining over 7,000 clinical studies, the World Cancer Research Fund concluded there's no safe lower limit for processed meats.<sup>1</sup> They should be avoided altogether.

On the other hand, many vegetables contain naturally occurring nitrates. When consumed, the bacteria in your mouth convert these nitrates to nitrites, but since vegetables are also rich in antioxidants, these nitrites do not pose a health hazard. More importantly, your body transforms the nitrates in vegetables into nitric oxide (NO),<sup>2</sup> a soluble gas continually produced from the amino acid L-arginine inside your cells.

## Nitrate-Rich Foods Boost Nitric Oxide Production

Nitric oxide (NO) is a gas, as well as a free radical. It is an important biological signaling molecule that supports normal endothelial function and protects the little powerhouses inside your cells, your mitochondria. NO also helps relax and widen the diameter of your blood vessels, allowing a greater volume of blood to flow through.

Healthy blood flow helps your body function at its best, as your blood carries oxygen and nutrients to your heart, brain and other organs. It nourishes and oxygenizes your immune system and muscles, and helps keep your heart beating. It also carries away waste material and carbon dioxide.

A diet high in nitrates is a natural strategy recommended for the treatment of prehypertension and hypertension (high blood pressure),<sup>3</sup> “and to protect individuals at risk of adverse vascular events,” i.e., heart attacks. Indeed, raw beets — which are high in nitrates — have been shown to lower blood pressure by an average of four to five points within a matter of hours.<sup>4</sup> Some studies have shown a glass of beet juice can lower systolic blood pressure by more than eight points<sup>5</sup> — far more than most blood pressure medications.

## Nitric Oxide Promotes Healthy Heart and Brain Function

In one recent study,<sup>7,8,9,10</sup> patients diagnosed with high blood pressure who drank beet juice an hour before exercise, three times a week for six weeks, experienced increased tissue oxygenation and blood flow. It

also improved brain neuroplasticity by improving oxygenation of the somatomotor cortex (a brain area that is often affected in the early stages of dementia).

As noted by study co-author W. Jack Rejeski, a health and exercise science professor at Wake Forest University in North Carolina, NO is a vital biomolecule that “goes to the areas of the body which are hypoxic, or needing oxygen, and the brain is a heavy feeder of oxygen in your body.”<sup>11,12</sup> Your heart, too, requires NO and oxygen for optimal function.

“Adequate NO production is the first step in a chain reaction that promotes healthy cardiovascular function, while insufficient NO triggers a cascade of destruction that eventually results in heart disease... NO promotes healthy dilation of the veins and arteries so blood can move throughout your body. Plus, it prevents red blood cells from sticking together to create dangerous clots and blockages.”

## Nitrate-Rich Foods Protect Against Heart Disease

Previous research has shown that the more vegetables and fresh fruits you eat, the lower your risk of heart disease, with leafy greens being the most protective. Greger states, the reason for this is likely their NO-boosting nitrates. This was confirmed in a May 2017 study published in *The American Journal of Clinical Nutrition*.<sup>18</sup>

In this study, nearly 1,230 Australian seniors without atherosclerotic vascular disease (ASVD) or diabetes were followed for 15 years. A food-frequency questionnaire was used to evaluate food intake, while nitrate intake was calculated using a comprehensive food database. As expected, the higher an individual's vegetable nitrate intake, the lower their risk for both ASVD and all-cause mortality. According to the authors:

“Nitrate intake from vegetables was inversely associated with ASVD mortality independent of lifestyle and cardiovascular disease risk factors in this population of older adult women without prevalent ASVD or diabetes. These results support the concept that nitrate-rich vegetables may reduce the risk of age-related ASVD mortality.”

*Joseph Mercola, MD, is creator of the number-one rated natural health website in the world, mercola.com.*

For the full version of this article and a complete list of references, visit: [articles.mercola.com/sites/articles/archive/2017/07/17/heart-healthy-foods.aspx](http://articles.mercola.com/sites/articles/archive/2017/07/17/heart-healthy-foods.aspx).

# Gardening for Wildlife

by Laura Matter, Garden Hotline, BA, Sustainable Yard and Home Education Program Manager at Tilth Alliance

Many of us enjoy our gardens during the summer, relaxing in a comfortable chair with a glass of iced tea and a book. Why not double that pleasure by making it a bird and wildlife friendly place too? Wild animals, especially birds, use plants in our gardens all season long for feeding, bathing, sleeping and raising their young. By adding plants and garden features to attract more wildlife, you can enjoy four seasons of entertainment right in your own backyard!

## Creating Habitat

Wildlife needs four things on or nearby your property to stay engaged in your garden: food, shelter, nesting sites and fresh water. Creating as much habitat as you can on-site will ensure a plentiful array of seasonal visitors to enjoy.

## Food

Native plants are recognized by northwest native fauna, making them a great choice to grow in your garden. They are more drought tolerant and have fewer pest and disease issues, so pesticides are not necessary. Pesticide use is the least friendly practice to apply in your garden if you want to welcome and protect wildlife.

Plants that produce fruit or seeds that wildlife like to eat are key, as well. It is important to include diverse plants to attract a variety of wildlife as not all animals eat the same things. Plants with soft berries, dry seed heads, nuts and edible leaves will bring many different animals into your garden. This variety also supplies diversity for insect species, many of which are food for birds and amphibians, and others which are helpful allies in pest management and pollination.

When adding feeders, make sure you minimize the use of seeds like millet, which spill onto the ground and attract rats. Focus on suet, using hot pepper suet to deter rats and squirrels and black oil sunflower seed suet for birds to cache in the winter. Enclose the feeders in hardware cloth cages when you have issues with greedy starlings and other non-native birds that crowd feeders. In locations where bears are an issue, avoid feeding birds at all and focus on planting a wide variety of edible plants for them to enjoy instead.

MARLENE'S SOUND OUTLOOK

## Shelter and Nesting

Establishing a diverse native landscape not only provides food sources for animals, but it also provides a variety of habitats for roosting and nesting in your garden. Be sure to plant in layers, from the ground to the sky, and to apply natural mulches on the ground once planted. Some animals are primarily ground feeders and need the mulch to forage in. Thicket-forming shrubs provide safe havens from predators and nesting sites for tiny bird friends like Anna's hummingbirds. Some animals are cavity nesters and need old tree stumps left safely in place, in which holes can be created and occupied. If you're really lucky, you might even play host to owls in your garden!

## Water in the Garden

All animals need water for drinking and bathing, and amphibious animals need water present year-round to live comfortably in your garden. If you don't have a natural water feature, simply adding a bird bath will increase the amount of time wildlife will spend in your yard, as well as bring in species that might not otherwise visit. Keep the water clean, changing it every couple of days to avoid algae and mosquito growth. Provide a rough surface on the bottom of the feeder to help little bird feet to grip when they are in the bath, and keep the water fairly shallow. In larger gardens, you can consider adding a larger feature like a pond and even installing waterfalls or fountains to keep the water in motion. This will help to keep it clean while attracting animals at the same time.

Providing food, shelter, nesting sites and water for birds will transform your garden into an avian oasis. Luckily for us, our native plants are also worthwhile on their own merits, boasting spring flowers, summer fruit and seeds, fall and winter color, as well as beautiful evergreen foliage. But be smart about the plant choices you make. Some of our natives are thicket-forming plants and you will need to allow space for those to spread. Other plants are 200-foot conifers that are only appropriate in the largest of gardens where they will not become a storm hazard or overgrow sidewalks or driveways. The following are some of the best native plants

to consider. These will supply your garden with a variety of sizes and shapes and attract different types of birds to your garden while also adding attractive plants that are easy to maintain.

*Laura Matter has been a practicing horticulturist for the past 37 years, studied Landscape Horticulture at South Seattle Community College and has an Associate of Arts degree from Seattle Central Community College and 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. For one-on-one wildlife gardening advice visit the Garden Hotline online at [gardenhotline.org](http://gardenhotline.org) or call them at 206-633-0224.*

Join Laura to learn about creating a wildlife paradise in your own back yard! Saturday, March 16 in Federal Way. Details on page 10.

## Native Plants for Your Wildlife-Friendly Garden

### Large Trees

Garry Oak – *Quercus garryana* – deciduous  
Western Red Cedar – *Thuja plicata* – evergreen conifer

### Small Trees

Pacific Wax Myrtle – *Myrica californica* – evergreen  
Serviceberry – *Amelanchier alnifolia* – deciduous

### Tall Shrubs

Pacific Ninebark – *Physocarpus opulifolius* – deciduous  
Red Flowering Currant – *Ribes sanguineum* – deciduous  
Red Osier Dogwood – *Cornus sericea* – deciduous

### Shrubs

Evergreen Huckleberry – *Vaccinium ovatum*  
Salmonberry – *Rubus spectabilis* – deciduous and thicket forming

### Groundcovers

Kinnickinnick – *Arctostaphylos uva-ursi* – evergreen  
Wild Ginger – *Asarum caudatum* – evergreen

### Perennials

False Solomon's Seal – *Smilacina racemosa* – herbaceous  
Western Columbine – *Aquilegia formosa* – herbaceous



MARCH 9

# March 2019 Events & Education at Marlene's Tacoma & Federal Way

## Sunday, March 3



### Medicare 101

with

Kate Esparza-Guerrero  
10:30 am – noon,  
Federal Way  
2 pm – 4 pm, Tacoma  
FREE

Join Kate to learn how to navigate medicare options and find the best solution for you! Her presentation will be followed by a question and answer session. For accommodation of persons with special needs at sales meetings, please call 253.216.8823. Medicare has neither reviewed nor endorsed this information.

## Tuesday, March 5 – Tacoma



### From SAD to Sunny: Seasonal Affective Disorder

with Resolute Michaels,  
NTP, BCHN  
6:30 pm, FREE

Seasonal affective disorder affects many of us here

in the Pacific Northwest as the days grow shorter and grayer. Join Resolute as she shares a nutrition protocol that can help ease the depression, sadness and lethargy that accompanies the darker days. She will shine light on the steps you can take right away that can put the spring back in your step and turn the grayest days bright again.

## Friday, March 8 – Tacoma



### Loving Thoughts

with Renata Dunkle, Reiki  
Master, LMP  
6 pm, FREE (donations  
accepted)

Are you looking for ways to shift your current perspectives? Join Renata as

she shares how to navigate the ups and downs of the human spirit. Her insightful talk will cover techniques allowing you to delve deeper into your intentions and manifest your positive thoughts into reality. Renata will also share

journal writings to inspire your own personal journey. All are welcome.

## Saturday, March 9 – Tacoma



### Gutsy Green Goodness

with Gail Haynes,  
Wellness Enthusiast  
10 am – noon, \$10

Join Gail as she shares wellness tips and guidance on inner cleansing with fruit and vegetable juices, infused

water and smoothies. Packed with nutrients and antioxidants, these delicious concoctions slow down aging and nurture your entire body from the inside out. Enjoy tasty samples and leave with new recipes to try at home! Please pre-register.

## Tuesday, March 12 – Tacoma



### Lymph Work for Wellness

with Nicole Wirth, LMP  
6:30 pm, FREE

The lymphatic system plays a critical role in overall health, yet often goes unaddressed in common health protocols. Lymphatic work consists of

assisting the body in mobilizing lymph fluid that may have become trapped. It allows the body to properly rid itself of excess fluids and out of place materials, often resulting in a balancing effect. Learn more about this system, watch a live lymph work demo, and receive a 50% off of Nicole's New Patient Lymphatic Assessment Series.

## Thursday, March 14 – Federal Way



### An Introduction to Essential Oils

with Elizabeth Bloom,  
DHI, DI Hom.  
6:30 pm, FREE

The use of essential oils is an integral part of the natural wellness lifestyle of

people worldwide. Join Elizabeth, founder of Elizabeth Essentials, as she shares her expertise. Discover the long list of health benefits and aromatherapeutic pleasure

essential oils provide, from easing headaches and promoting sleep to tending wounds and cleansing your home.

## Friday, March 15 – Federal Way



### Sustaining Our Northwest Orcas

with Candice Emmons, BS,  
MA, Northwest Fisheries  
Science Center  
Sponsored by the City of  
Federal Way  
6:30 pm, FREE

The endangered Southern Resident killer whale is an icon of the Pacific Northwest and inspires widespread public interest, curiosity and awe around the globe. Unfortunately, their population level is the lowest we have seen in several decades. Join marine expert Candice for a look at the threats that face their population, as well as a discussion on the current research and conservation efforts underway.

## Saturday, March 16 – Federal Way



### Spring Gardening

with Laura Matter, BA,  
Sustainable Yard and  
Home Education Program  
Manager at Tilth Alliance  
Sponsored by the City of  
Federal Way  
10 am – noon, FREE

The beauty of songbirds, butterflies and beneficial insects is ample reason to create a wildlife-friendly garden, but there's so much more to the picture! When you provide good habitat for birds and beneficial insects, they will in turn provide you with natural pest and weed control, increase your garden's health while decreasing your maintenance time. This workshop will teach you about the plants and design techniques that attract these delightful creatures to visit and live in your garden. We will also cover problematic wildlife and how to manage them in the garden. Check out Laura's article about introducing wildlife into your garden on page 9! Please pre-register.

**PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME.**

Payment can be made online by going to [www.marlenesmarket-deli.com](http://www.marlenesmarket-deli.com), clicking "classes", and following the link provided, by phone, or in person at either Marlene's location. We do not reserve seats for free classes and suggest arriving 15-30 minutes before class to claim your seat.

Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at [classhost@marlenesmarket-deli.com](mailto:classhost@marlenesmarket-deli.com)

**Saturday, March 16 – Federal Way**



**Natural Yard Care Basics with Ladd Smith, In Harmony Sustainable Landscapes** Sponsored by the City of Federal Way  
1 pm - 3 pm, FREE  
In 1994, Ladd Smith co-founded In Harmony

Sustainable Landscapes, out of his lifelong passion for protecting the environment. In Harmony Sustainable Landscapes is a provider of organic-based landscape services in King, Snohomish and Pierce counties. Join Ladd to learn about the benefits of natural yard care and the steps you can take to get started. Read his article about creating a more sustainable garden on page 15!

**Tuesday, March 19 – Tacoma**



**Hyperbaric Oxygen Therapy with Cat and Chad Redinbo, New Leaf Hyperbarics**  
6:30 pm, FREE  
Got air? Hyperbaric

therapy can safely and comfortably increase your oxygen levels as much as ten times their original level! This improves sleep, expedites healing, decreases inflammation, and boosts your immune system, all while providing an outstanding detox. Hyperbaric therapy has helped with numerous conditions including autism, stroke, fibromyalgia, diabetes, athletic

injuries, and so much more! Join New Leaf Hyperbarics in Tacoma to see a chamber upclose and get answers to the questions you've been meaning to ask!

**Thursday, March 21 – Federal Way**  
**Turn Bad Habits into Joyful Chores**



with Denise Frakes, Home and Life Coach  
6:30 pm, FREE  
Spring clean your life. By cleaning your home, you reboot and refresh your

space. You create space to thrive. Join Transformation Life Coach, Healthy Home Specialist and Residue Free Living guide Denise to learn how to transform your chores, streamline your work, unclutter your life and have fun in the process! Our homes and how we live play a hugely important role in our vitality and radiance. We thrive in nourishing spaces and movement are essential to life. Our habits create our lives. Read Denise's article on page 6 for a whole new outlook on chores!

**Saturday, March 23 – Tacoma**



**Spring Harvest with Jeanne Logman, NT, and Elizabeth Ashbrook, NT**  
10 am – noon, \$15

The Pacific Northwest is host to a wealth of highly nutritious, even medicinal spring seasonal foods. Join nutritionists Jeanne and

Elizabeth for a fresh look at making the most of what nature offers! Learn about utilizing Pacific Northwest wildcrafted foods including the amazing nettle. Enjoy a demonstration and sampling of grain and gluten free tabbouleh. Please pre-register.

**Tuesday, March 26 – Tacoma and**

**Thursday, March 28 – Federal Way**



**Collagen: What Should I Be Taking with Audrey Ross, Senior National Educator for Country Life Vitamins**  
6:30 pm, FREE

Collagen is the glue that holds us together. It's in our bones, hair, nails – everywhere! The sad thing is we start losing collagen in our 20s, and by our 60s, collagen production has diminished by more than 50%! Collagen supplementation can help! But what should you look for? Join Country Life educator Audrey for an in-depth discussion about how to easily incorporate high quality collagen into your beauty and wellness routine. Read more about collagen in Audrey's article on page 15.



- Safer amalgam removal and detox
- Pinhole Surgical Technique® Certified
- Huggins trained dentist



• 253.863.7005  
• [ecologicdentistry.com](http://ecologicdentistry.com)  
• 8412 Myers Rd E, ste 301  
Bonney Lake, WA 98391

**Pacific Northwest's Holistic Dentist**  
Dr. Carla Yamashiro  
[thenaturalchoice@ecologicdentistry.com](mailto:thenaturalchoice@ecologicdentistry.com)



**Mark your calendar!**  
**Thursday, April 4 – Federal Way**  
**Healthful Living with Mushrooms**  
with Gina Rivers Contla, National Educator for Host Defense,  
6:30 pm, FREE

Join Host Defense National Educator Gina Rivers Contla to learn how mushrooms can support your health.

# STRENGTH *and Beauty* – The Benefits of Collagen

by Kat Kremblewski, ND

Have you noticed that things have changed recently? Maybe you've noticed that your skin seems to have lost some of its youthful glow. Perhaps your joints feel more sore and less mobile than they used to, or you've recently had a low reading on a bone mineral density test. Sure, aging is inevitable and everything that comes along with it, but there's something that these signs from your body all have in common, and that's collagen.

Collagen is hot these days. It seems like everyone's using it for supple, youthful skin and joints. But there's more to collagen than just good looks.

Collagen has research backing its many benefits, with dozens of studies indicating its safety, efficacy and amazing abilities in providing support across a spectrum of health concerns. This is because collagen is the most abundant protein in your body, but its production starts declining early on in life. Some lifestyle factors even cause us to lose our collagen at a faster rate, including stress, sun exposure, exposure to toxins and lack of adequate hydration and nourishment.

When our bodies produce less collagen, we don't look or feel as great as we usually do. Supplementing helps to restore collagen levels in our body, providing the body with valuable nourishment that helps with:

- **Improved skin hydration**
- **Reduced visible signs of aging**
- **Improved joint health**
- **Improved bone density**
- **Improved wellbeing**
- **Improved cardiovascular health**
- **Greater physical performance**

As with many trendy supplements on the market, there's a wide variety of collagen products to choose from. So, there are a few key product features to look for that help to guarantee safety, efficacy and environmental responsibility in its formulation:

### **1. Is it sustainable and consciously sourced?**

For bovine (cow-sourced) collagen, look for pasture raised, grass-fed USDA cattle that is hormone-free with no antibiotics added.

For marine (fish-sourced) collagen, look for sourcing from wild-caught cold-water fish in clean bodies of water.

### **2. Does it provide a therapeutic dose? Is it easily absorbed?**

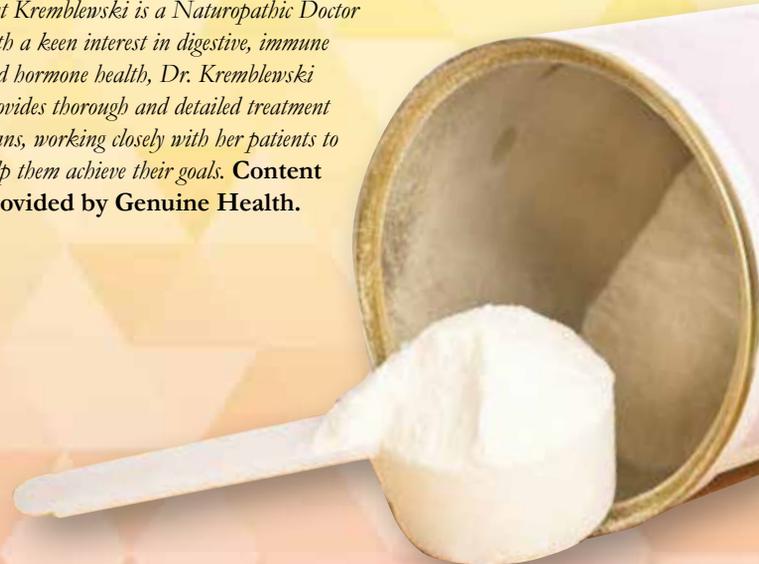
Many studies on collagen are based on a dose of between 5 and 10 grams – and look for hydrolyzed collagen to ensure high absorption.

### **3. Is the collagen easy to take?**

This is of the utmost importance! Unflavored, powdered collagen is highly versatile, and easily added to into coffee, smoothies or your favorite recipe (make sure it's odorless and tasteless). Or a lightly-flavored collagen powder can be a great water-enhancer – and is great for upping your water intake – making it easy to get your collagen and hydration in one shot.

The bottom line is that taking collagen provides benefits that keep your body feeling young and beautiful and is a supplement that everyone should consider. It's simple to add collagen to your everyday supplement routine, just ensure that the collagen you choose is of top quality, consciously and sustainably-sourced, highly absorbable and easy to take.

*Kat Kremblewski is a Naturopathic Doctor with a keen interest in digestive, immune and hormone health, Dr. Kremblewski provides thorough and detailed treatment plans, working closely with her patients to help them achieve their goals. Content provided by Genuine Health.*



# GENUINE HEALTH collagen+

10g OF PURE CLEAN COLLAGEN. AVAILABLE IN MARINE OR BOVINE.

SUSTAINABLY &  
CONSCIOUSLY SOURCED

NON-GMO

PASTURE RAISED  
& GRASS-FED



SKIN  
HYDRATION

REDUCED  
SIGNS OF  
AGING

HAIR AND  
NAIL SUPPORT

HEALTHY  
BONES AND  
JOINTS

FASTER  
RECOVERY

PALEO AND  
KETO  
FRIENDLY

[genuinehealth.com](http://genuinehealth.com)



# This Earth Day, Help the Earth in Your Own Garden

by Ladd Smith, In Harmony Sustainable Landscapes

What will you do in your yard and garden this season to help the earth?

This year, Earth Day is on Monday, April 22. We hope you use the occasion to both celebrate steps you are already taking to help the planet and consider what else you could do. Here are a few suggestions for things you can do to help the earth in your own yard and garden:

## Plant a tree

Trees help the earth in so many ways. They store CO<sub>2</sub>, which helps with climate change by reducing the amount of CO<sub>2</sub> in the atmosphere. Trees also clean the air, reduce water runoff and help filter rainwater through their roots. Plus, they can make your neighborhood more beautiful! Plant a tree to invite birds and other beneficial wildlife to your yard. Several tree species grow to just the right size for an urban or suburban yard. Ask your local nursery for ideas!

## Switch to a battery-powered lawn mower

Gasoline-powered lawn and garden equipment emit harmful air pollutants. Rechargeable, battery-powered mowers help make the air cleaner and your neighborhood quieter.

## Attract good bugs

We have all read about the decline of our pollinators like bees and butterflies. The best way to attract pollinators is to grow flowers that produce nectar. Other good bugs, such as lady beetles and green lacewing, will help keep aphids in check. Beneficial insects also live in the ground, such as ground beetles, rove beetles and centipedes, which eat other garden pests. Low-till gardening practices will help them survive.

You can find more information about pollinators from the Xerces Society and the Pollinator Partnership.

## Attract birds and other wildlife

Birds and wildlife are losing critical habitat, such as forests and grasslands, to development. To attract them to your yard, you need to provide food, water and shelter.

**Food:** Most birds prefer to eat insects, and nectar-producing plants attract beneficial insects, which provide food for birds.

**Water:** Provide a pond, birdbath or other source of water. Keep plants growing near the water pruned so cats can't hide nearby and attack birds.

**Shelter:** Plant a wide array of shrubs and trees to provide places for refuge and nesting. Leave dead branches and dead trees as perches.

Consider becoming a Backyard Wildlife Sanctuary through the Washington State Department of Fish and Wildlife.

## Reduce or eliminate pesticide use

"Pesticides" include insecticides, herbicides, fungicides and similar products. When they run off residential landscapes, they contaminate our streams and lakes. Even low levels of pesticides can harm aquatic life like fish, frogs and insects.

Help the earth by choosing native plants or plants that will grow well in our climate. And keep plants healthy with the right amount of water and organic fertilizers. Healthy plants will be less susceptible to insects and diseases, so you won't be tempted to use pesticides.

Grow a thick, healthy lawn that can outcompete weeds. And don't expect to grow a perfect lawn with absolutely no weeds.

## Protect water quality

Turn part of your lawn into garden beds. The soft soil and mulch in garden beds absorb water better than do lawns. Mulch garden beds to reduce runoff, feed the soil and reduce irrigation needs in the hot summer. You can also reduce runoff with a rain garden, cistern or permeable pavers. You may even get a rebate on installation.

Choose organic or slow-release fertilizers, which feed plants slowly over time. They are less likely to run off into nearby streams and lakes and harm water quality.

Reduce unnecessary water use. Choose drought-tolerant plants, and group plants with similar watering needs together. Use efficient irrigation methods such as water timers and drip irrigation.

## Enjoy nature

Spend time outside appreciating nature. Share outdoor experiences with your children and friends. It may motivate them to help the earth. Enjoying nature in the garden helps reduce the stress of daily living. It also helps us remember why our planet is worth protecting.

*Ladd Smith is a co-owner of In Harmony Sustainable Landscapes, which was founded on a shared passion for protecting the environment and a belief that it was not only possible, but essential, to offer environmentally responsible landscaping services. The company was the first business of its kind in the Puget Sound area to specialize in sustainable and eco-friendly practices for lawn and garden. Learn more at [inharmony.com](http://inharmony.com).*

Join Ladd on March 16 in Federal Way to learn benefits of natural yard care and the steps you can take to get started. Details on page 11.



Join Audrey on  
March 26 in Tacoma  
or March 28 in Federal  
Way to learn how to  
easily incorporate  
high quality collagen  
into your beauty and  
wellness plan. Details on  
page 11.

# Collagen: What Should I Be Taking?

by Audrey Ross, ND, Senior National Educator for Country Life

Collagen is the glue that holds us together. It supports our skin, connective tissue, the lining of our blood vessels, tendons and ligaments. Collagen is even in our bones, hair and nails! We start losing collagen in our 20s, and by the time we're in our 60s, collagen production has diminished by more than 50%! Exposure to sun, smoke, pollution, free radical damage, too much sugar and poor diets also contribute to the beating our collagen take. We can see signs of that in the appearance of wrinkles and joint pain. So, we should look at supplementation, but what do we look for?

There are 16 different types of collagen in our bodies, each with their own function. The thing to remember is Type I and III collagen make up almost 90% or the total collagen in our body and have their highest concentration in the dermis level of the skin. So, it goes without saying that they should be in your supplement. Type II collagen is more prominent in the cartilage and joints. The other 13 types of collagen are in very small amounts throughout our body, so when you think supplementation, focus on Types I, II and III.

Collagen is primarily made up of four key amino acids – glycine, proline, hydroxyproline and alanine. It is certainly not considered to be a complete protein and therefore has no daily value when it comes to considering our need for protein in our diet. There are many different sources of collagen, so it is wise to know which sources provide the best results.

## Skin Health

Supplement with Type I and III collagen in a hydrolyzed peptide form. An excellent product choice would contain the ingredient Verisol® collagen, which is widely researched. It is bovine-sourced and studies showed that with only 2.5 grams per day you could increase the dermis level of collagen (which is where wrinkles start) by 60% in only 8 weeks! Additionally, a 6-month study showed that with just the 2.5 grams per day, the appearance of cellulite was reduced by 11%. So, make sure to select Verisol® for your skin health.

If you are vegetarian or vegan, you should select a skin supplement that contains

SkinAx2™, which is a unique ingredient that is fruit-based beauty sourced from French melon concentrate and French grape seed extract. Studies show that it can increase skin elasticity, decrease dark circles and spots, and increase skin luminosity again in just 8 weeks.

## Joints

UCII® collagen is a Type II collagen sourced from chicken cartilage and is clinically studied to show that taking 40 mg per day supports joint comfort, flexibility and mobility.

With this knowledge you should be able to select your collagen supplements that will meet your needs. Make sure to look at the supplement facts panel on the product for these quality ingredients with studies to back up claims. Your body deserves the best quality.

*Audrey Ross, ND, is the Senior National Educator for Country Life and provides product training for retailers and consumers throughout the United States. She joined Country Life with an extensive 25-year background in the Natural Products Field and possesses a PhD in Naturopathy. Learn more at [CountryLifeVitamins.com](http://CountryLifeVitamins.com).*



**EPIC Meat Bar**  
1.5 to 1.87 oz  
Assorted varieties  
Reg. 3.09

**2 \$4**  
for



**FOOD SHOULD TASTE GOOD Chips**  
5.5 oz  
Assorted varieties  
Reg. 3.75

**2 \$4**  
for



**LATE JULY Organic Salsa**  
8 oz  
Assorted varieties  
Reg. 4.79

**3<sup>39</sup>**



**LATE JULY Organic Cantina Dippers**  
8 oz  
Assorted varieties  
Reg. 4.45

**2<sup>99</sup>**



**MUIR GLEN Organic Canned Tomatoes**  
14.5 oz  
Assorted varieties  
Reg. 2.65

**10 \$10**  
for



**OCHO Organic Candy Bar**  
1.5 oz  
Assorted varieties  
Reg. 1.99

**1<sup>49</sup>**



**EVAMOR Naturally Alkaline Artesian Water**  
64 oz  
Reg. 2.89

**1<sup>99</sup>**



**SVELTE Organic Protein Drink**  
11 oz  
Assorted varieties  
Reg. 3.19

**2<sup>19</sup>**



**R.W. KNUDSEN Just Juice**  
32 oz  
Assorted varieties

**25% off**

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



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



**WILD PLANET  
 Wild-caught  
 Tuna**

Assorted sizes  
 Assorted varieties  
 Reg. 5.19

**3<sup>69</sup>**



**SPECTRUM ORGANICS  
 Organic &  
 Natural  
 Culinary Oil**

Assorted sizes  
 Assorted varieties

**30% off**

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



**NIBMOR  
 Organic  
 Chocolate**

Assorted sizes  
 Assorted varieties  
 Reg. 5.95

**4<sup>29</sup>**



**ALEXIA  
 Organic  
 Frozen  
 Potatoes**

Assorted sizes  
 Assorted varieties

**20% off**

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



**CEDARLANE  
 Frozen Entree**

Assorted sizes  
 Assorted varieties  
 Reg. 6.29

**3<sup>99</sup>**



**EARTHBOUND FARM  
 Organic  
 Frozen Fruit**

Assorted sizes  
 Assorted varieties  
 Reg. 4.99

**3<sup>99</sup>**



**SUJA  
 Organic  
 Cold-pressed  
 Juice**

Assorted sizes  
 Assorted varieties  
 Reg. 3.99

**2<sup>49</sup>**



**Sweeten  
 things up with  
 Marlene's  
 Flavored  
 Stevia Drops!**



ANDALOU  
**Shampoo,  
Conditioner or  
Styling Products**  
Selected varieties

**Buy One,  
Get One  
FREE**



NATRALIA  
**Therapeutic  
Skin Cream or  
Wash**

Assorted sizes  
Assorted varieties

**25%  
off**

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



MAD HIPPIE  
**Facial Care**  
Assorted sizes  
Assorted varieties

**20%  
off**

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



TEA TREE THERAPY  
**Tea Tree  
Products**

Assorted sizes  
Assorted varieties

**35%  
off**

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



WELEDA  
**Skin Food**  
Assorted sizes  
Assorted varieties

**30%  
off**

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



TOPRICIN  
**Homeopathic  
Pain Cream**

Assorted sizes  
Assorted varieties

**35%  
off**

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



SHIKAI  
**Hair Care**  
Assorted sizes  
Assorted varieties

**35%  
off**

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



ALAFFIA  
**Fair Trade  
Body Care**

Assorted sizes  
Assorted varieties

**25%  
off**

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



**BOIRON**  
**ColdCalm Tabs, Liquid and Kids**  
 Assorted sizes  
 Assorted varieties

**30% off**

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



**DR. MERCOLA**  
**Keto Supplements**  
 Assorted sizes  
 Assorted varieties

**25% off**

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



**CARLSON**  
**Supplements**  
 Assorted sizes  
 Assorted varieties

**25% off**

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



**SUPER NUTRITION**  
**SimplyOne Multivitamins**  
 30 ct  
 Assorted varieties

**25% off**

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

**GLORYBEE**  
**Bulk Honey**  
 Assorted varieties

**30% off**



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

**True farm-to-supplement quality control**

1000+ acres of certified organic farmland  
 Manufactured at our own facilities  
 Non-GMO compliant, contaminant & adulterant free

**Extra Savings**





HERBS ETC.  
**Deep Sleep and  
Stress ReLeaf**  
60 ct.

**25% off**

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



THRESHOLD  
**Supplements**  
Assorted sizes  
Assorted varieties

**30% off**

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



ORGANIC INDIA  
**Supplements**  
Assorted sizes  
Assorted varieties

**25% off**

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



IRWIN NATURALS  
**Supplements**  
Assorted sizes  
Assorted varieties

**30% off**

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



COUNTRY LIFE  
**Hair, Skin,  
Nail and Maxi  
Collagen  
Supplements**  
Assorted sizes  
Assorted varieties

**30% off**

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



NEW CHAPTER  
**Supplements**  
Assorted sizes  
Assorted varieties

**30% off**

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



MARLENE'S  
**Organic Greens**  
5.3 oz  
Reg. 21.99

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



EST  
1976  
*and still*  
LOCALLY  
OWNED

# EARTH DAY & ANNIVERSARY *Celebration*

**11 am - 3 pm**  
**Saturday, April 20, 2019**  
**Federal Way & Tacoma**

Celebrate Earth Day and the anniversary of Marlene's first day of business!  
Join us with local producers who steward the earth and whose work  
nourishes our lives.

*Marlene's*<sup>TM</sup>

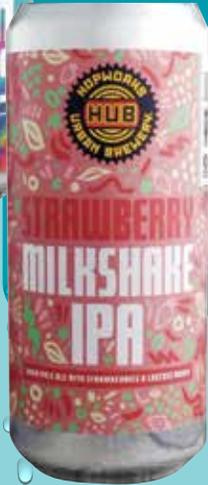
MARKET  
& DELI

shop local,  
eat organic

# What are you sipping this Spring?



**HUB Kinda Famous IPA** uses light and fruity Hallertau Blanc and Mosaic hops to give this beer a juicy white grape, berry and citrus flavor. Golden Naked Oats provide a grainy sweetness and a smooth and velvety texture. Kinda Famous is an A-listener in our books.



No brain freezes here! This **HUB Strawberry Milkshake IPA** has a velvety texture from an abundance of wheat and oats. Berry-tasting Vic Secret hops for flavor and aroma complement the mounds of strawberries in this beer, with added lactose for extra body and sweetness.



**Salish Sea Organic Lavender Liqueur** is a dream come true for lavender fanatics everywhere. Over a year of work went into balancing the flavor of this unique floral liqueur. Pair with lemonade, or use it in place of vermouth in your martini. Small batch, hand-crafted, organic liqueur inspired by the beauty and diversity of Western Washington's Salish Sea.



**Ananto Bobal Rosé** presents itself with a lovely, clean, brilliant raspberry color. It offers fruity and intense sensations on the nose with a well-defined variety of aromas. Fresh and pleasant on the palate, and especially excellent with pasta dishes, fish, seafood or white meats.

**1,2,3 Organic Blanco (Uno) Tequila** is an unaged "mother spirit" tequila that boasts clean, powerful aromas of fresh agave and lemon peel, black pepper, and minerals. Silky smooth, it finishes long with a mildly sweet kick. Simple, organic cocktails or relaxed sipping best expresses this Blanco tequila's quality and purity.



Pick a bottle of **Finnriver Pear Sparkling Cider** off the tree for a ripe, refreshing taste of the orchard. A delicate sparkling hard cider that reveals the elegant sweetness and subtle delights of organic pear. Fermented on the farm with a base of 100% juice pressed from heirloom and organic dessert apples.

# MARCH

## Calendar of Events

PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME. Payment can be made online by going to [www.marlenesmarket-deli.com](http://www.marlenesmarket-deli.com), clicking "classes," and following the link provided; by phone; or in person at either Marlene's location. We do not reserve seats for free classes and suggest arriving 15-30 minutes early to claim your seat. Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at [classhost@marlenesmarket-deli.com](mailto:classhost@marlenesmarket-deli.com).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Marlene's is a co-sponsor of Meaningful Movies in Tacoma and Gig Harbor. For more information on movie locations, visit <a href="http://meaningfulmovies.org">meaningfulmovies.org</a> .						
					1	2
Medicare 101 with Kate Esparza-Guerrero 10:30 - 12:30, Federal Way 2 pm - 4 pm, Tacoma FREE <b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		From SAD to Sunny: Seasonal Affective Disorder with Resolute Michaels, NTP, BCHN 6:30 pm, FREE Tacoma			Meaningful Movies <i>Rights of Nature</i> 6 pm, Gig Harbor* Loving Thoughts with Renata Dunkle, Reiki Master, LMP 6 pm, FREE (donation accepted) Tacoma	Gutsy Green Goodness with Gail Haynes, Wellness Enthusiast 10 am - noon, \$10 Tacoma Please pre-register
3	4	5	6	7	8	9
	<b>Uniform Monday!</b> 10% off to all firefighters, police, and military!	Lymph Work for Wellness with Nicole Wirth, LMP 6:30 pm, FREE Tacoma		An Introduction to Essential Oils with Elizabeth Bloom, DHI, DI Hom. 6:30 pm, FREE Federal Way	Sustaining Our Northwest Orcas with Candace Emmons, BS, MA, Northwest Fisheries Science Center 6:30 pm, FREE Federal Way	Spring Gardening with Laura Matter, BA, Garden Hotline, Tilth Alliance 10 am - noon, FREE Federal Way Please pre-register Natural Yard Care Basics with Ladd Smith, In Harmony Sustainable Landscapes 1 pm - 3 pm, FREE Federal Way
10	11	12	13	14	15	16
		Hyperbaric Oxygen Therapy with Cat and Chad Redinbo, New Leaf Hyperbarics 6:30 pm, FREE Tacoma		Turn Bad Habits into Joyful Chores with Denise Frakes, Home and Life Coach 6:30 pm, FREE Federal Way		Spring Harvest with Elizabeth Ashbrook, NT and Jeanne Logman, NT, 10 am - noon, \$15 Tacoma Please pre-register
17	18	19	20	21	22	23
24		Collagen: What Should I Be Taking? with Audrey Ross, Senior National Educator for Country Life Vitamins 6:30 pm, FREE Tacoma		Collagen: What Should I Be Taking? with Audrey Ross, Senior National Educator for Country Life Vitamins 6:30 pm, FREE Federal Way	Meaningful Movies <i>Trickle Down Town</i> 6 pm, Tacoma*	
31	25	26	27	28	29	30

# BODY WORK

## Schedule



### TACOMA

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

Renata's Intuitive Share with Renata Dunkle, Reiki Master, LMP  
Friday, 12 pm - 4 pm

### FEDERAL WAY

Seated Massage with Erica Seter  
Tuesday, 11 am - 2 pm  
Thursday, 2:30 pm - 7 pm  
Friday, 3 pm - 7 pm  
Saturday, 1 pm - 5 pm

Vitamin B and glutathione shots with Voda Health  
Wednesday, 11 am - 3 pm

# Marlene's™

MARKET & DELI

shop local, eat organic

## FEDERAL WAY

2565 S. Gateway Center Place  
Federal Way 98003  
253.839.0933

## TACOMA

2951 S. 38th Street  
Tacoma 98409  
253.472.4080

## HOURS

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

**We value your suggestions and  
feedback! Write to us at:**

[feedback@marlenesmarket-deli.com](mailto: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!

- 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 \_\_\_\_\_

MARCH 2019

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

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

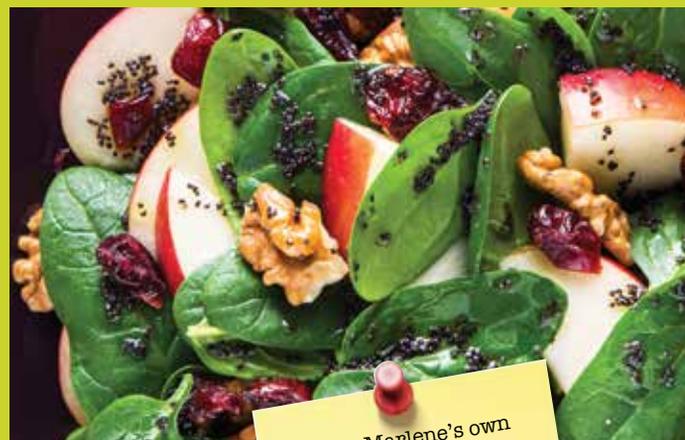
# Spring Detox Salad

by Elizabeth Ashbrook, NT,  
Education Coordinator for Marlene's Market & Deli

1 bunch	spinach greens
1 bunch	arugula greens
1-2 c	kale greens, chopped
2	apples, cored and thinly sliced
1	pear, cored and thinly sliced
1 small	red onion, chopped
1 c	cranberries, dried
1 c + 2 Tbl	walnuts or pecans, set 2 Tbl aside for topping
2-4 oz	Gorgonzola cheese, broken into chunks
2 Tbl	each of chia seeds and berry vinegar dressing for topping

Place all ingredients, minus toppings, into a serving bowl. Mix thoroughly. Then top with chia seeds, your choice of nuts and berry vinegar dressing.

**And BAM! There you have it: a spring detox salad that is both delicious and nutritious!**



Join Marlene's own Elizabeth and Jeanne on March 23 in Tacoma for a lesson on using locally wildcrafted foods found right here in the Pacific Northwest for seasonal and nutrient-packed meals. Details on page 11.