ORGANIC NEWS
YOUR SOURCE FOR A HEALTHY LIFESTYLE

February 2026

WHAT'S GOING ON THIS MONTH?

Noteworthy Savings

Nellie's
Natural Household Cleaning Products
15% Off

Natural Factors
Total Body Collagen
Save $3

Good Protein
Plant Based All-In-One Protein Powders
15% Off

Do Matcha
Organic Matcha Powders
15% Off

In-Store Demo
Thursday, Feb 12th
Purica Zensations "
Mushroom Cacao
12-4pm

rootsnatural.ca

Hello Fellow Shoppers

February is known as the month of love, so here at Roots we're thinking of our hearts! Of course, we're here to help you take care of your heart, too. Exercising, eating well, and taking carefully selected supplements can help keep your ticker in tip-top shape. Remember, don't be fooled by low-fat diets. When planning your meals, embrace healthy fats such as oily fish and avocados. Avoid trans fats and seed oils, instead choose plant oils like coconut and olive. When it comes to heart-healthy supplements, we've got it all - from omega-3s, garlic, and nattokinase to niacin, hawthorn and coenzyme Q10, plus much more!

We have a lot of customers coming in complaining of low or no energy this time of year. This is a common problem, and it can be the result of a few different issues. Diet, sleep patterns, blood sugar and adrenals all play a huge role in helping to maintain healthy energy levels throughout the day. If you're needing a little boost, we'd be happy to help with a few dietary or supportive supplement suggestions. Stop by anytime and chat with one of our knowledgeable staff in the vitamin department.

The Roots Crew

Heart Healthy Beet & Kale Salad

INGREDIENTS

4 medium beets, grated (or 2 cups grated beets)
2 bunches kale, washed and ripped away from stems into bite size pieces and then finely chopped.
1/3 cup pumpkin seeds
6 medjol dates, chopped (remove the pit)

Recipe by Joy McCarthy

DRESSING

1/2 cup fresh lemon juice (from 1 lemon)
1/2 cup extra virgin olive oil, to taste
2 tbsp honey
1/2 teaspoon sea salt

INSTRUCTIONS

1. Chop, chop, and chop the kale. Combine the kale, beets, pumpkin seeds and dates in a large bowl.
2. Whisk dressing ingredients together.
3. Pour over top of salad and enjoy!

STAFF PICKS

A few of Our Favourite Things This Month

Reduce Blood Pressure Naturally!

Over 60 million North Americans have high blood pressure, including more than half (54%) of all North Americans age 65 to 74 years old.

High blood pressure is a major risk factor for a heart attack or stroke. In fact, it is generally regarded as the most significant risk factor for a stroke.

Are you trying to lower your blood pressure without the harmful side effects of pharmaceuticals? The good news is that there are a number of safe, effective, and natural foods and nutrients that will help you do it! Here are just a few:

1. Drink beet juice.

Several recent studies have shown that drinking fresh beet juice can lead to clinically meaningful reductions in blood pressure. For example, a study at the Baker IDI Heart and Diabetes Institute, found that drinking just 16 ounces of fresh beet juice a day significantly reduced blood pressure in healthy subjects. Beet juice lowered blood pressure within just an hour with a peak drop occurring 3 to 4 hours after ingestion.

Why it works: The decrease in blood pressure is due to the chemical formation of nitrite from the dietary nitrates in the juice. Once in the general circulation, nitrite can be converted to nitric oxide (NO) by the cells that line blood vessels. NO is a powerful dilator of blood vessels, resulting in lower blood pressure.

2. Eat fresh, raw garlic.

Garlic has a wide range of well-documented effects, including helping to lower blood pressure. Studies showing a positive effect of garlic and garlic preparations are those that deliver a sufficient dosage of allicin. In double-blind studies with garlic preparations providing a daily dose of at least 10 mg allicin, blood pressure readings dropped with typical reductions of 11 mm Hg for the systolic and 5.0 in the diastolic within a 1 to 3-month period. To get enough allicin, eat 1 to 4 cloves of fresh garlic a day.

Why it works: All of the beneficial effects of garlic are attributed to its sulfur-containing compounds: allicin, diallyl disulfide, diallyl trisulfide, and others. Allicin is mainly responsible for the pungent odor of garlic. It is formed by the action of the enzyme alliinase on the compound alliin. The enzyme is activated by heat, oxygen, or water. This accounts for the fact that cooked garlic, odourless supplements, "aged garlic preparations," and garlic oil products produce neither as strong an odor as raw garlic nor nearly as powerful medicinal effects as raw fresh garlic.

3. Get more magnesium.

A British analysis of 22 studies, published in the European Journal of Clinical Nutrition, found that taking at least 370 mg of magnesium per day reduced systolic blood pressure by 3-4 points and diastolic pressure by 2-3 points in 1,173 study subjects.

This is key, because research shows many adults don't get the recommended dietary allowance of at least 320 mg of magnesium for women and 420 mg for men, and that for every 100 mg increase in magnesium intake, the risk of stroke is reduced by about 9 percent.

Why it works: Magnesium helps dilate blood vessels and prevents spasm in your heart muscle and blood vessel walls. It also helps to dissolves blood clots. All of these aid optimal heart and blood vessel function and can help to lower blood pressure.

Featured Specials & many more instore

Chocolate Candy Bar
zazubean — Proud to be Canadian

The Fixie Chocolate Candy Bar is packed with 6g of pea protein and sweetened with coconut sugar, it delivers 40% less sugar than most candy bars.

Reg$3.99 **$3.49**

Organic Popcorn
Lesser Evil

Shouldn't a handful of popcorn only have a handful of ingredients? We make it with minimal processing for maximum snackability.

142g
Reg $6.99ea **$5.99**

Organic Tetra Juices
kiju organic — Proud to be Canadian

100% organic juices and 100% organic iced teas with natural goodness and great taste that can only come from organically grown ingredients.

946ml
Reg $5.49 **$4.49**

Chocolate Chip Blondies
GOOD TO GO — Proud to be Canadian

Take dessert off the cheat list. Made with almond flour, no added sugar so you can ALWAYS say yes to treating yourself.

40g
Reg. $3.29 **$2.79**

Sourdough Crackers
boulangerie au levain CARBS sourdough bakery — Proud to be Canadian

Carbohydrates have gotten a bad rap over the last few years but they are actually a crucial part of a healthy and balanced diet. Life is better with CARBS!

150g
Reg. $7.69 **$6.49**

Cheese Puffs
NON GMO VERIFIED — All Natural Since 1971 BARBARA'S — Proud to be Canadian

Packed with flavour, stone ground corn and carefully selected cheeses combine for the ultimate crunchy treat.

Reg $3.99 **$3.49**

Fresh Probiotics
Bio-K+ PLUS — Proud to be Canadian

Probiotics are live and active, beneficial bacteria that can support the health of your gut by maintaining internal balance and overall well-being.

6 Packs **15% off**

Organic Chocolate Bars
camino Fair Trade Équitable | Organic Biologique — Proud to be Canadian

Our quality organic ingredients come from environmentally responsible family farmers and we strive to source these ingredients through Fair Trade practices.

Reg $8.99 **$7.99**

Crunchers Crackers
HIPPIE FOODS™ Whole Food Love. — Proud to be Canadian

Crunchers deliver bold flavours without compromise. Feel good knowing they're made with regeneratively farmed ingredients that are better for you and better for the planet.

110g
Reg. $5.49 **$4.49**

Organic Puffed Quinoa
NON GMO VERIFIED — GoGo Quinoa™ — Proud to be Canadian

Quinoa is a complete protein; it provides all 9 essential amino acids. Quinoa is a gluten-free , GMO free, natural whole grain and easy to digest.

Reg $7.49 **$5.99**

GMO-free Edamame
MacKellar FARMS — Proud to be Canadian

MacKellar Farms offers Canada's first locally grown, 100% all natural edamame. Non-GMO and irresistibly delicious.

Reg $6.29 **$5.49**

Gluten Free Pancake Mix
Bob's Red Mill

Gluten Free Pancake Mix makes light and fluffy flapjacks that raise the standard of how good gluten free foods can be.

680g
Reg$9.99 **$8.49**

Gluten Free Crackers
FREEYUMM — Proud to be Canadian

Enjoy a snackable crunch that's full of irresistible flavour! Perfectly salted to satisfy your savoury craving... these crackers are ideal for dipping and topping!

Reg $5.99 **$5.49**

One Pot Pasta Meals
Chickapea — Proud to be Canadian

Chickapea offers one-pot meals featuring high-protein, gluten-free chickpea pasta, designed for quick preparation with minimal dishes.

198g
Reg. $8.69 **$6.99**

Naked Oat Milk
we dig plants. EARTH'S OWN — Proud to be Canadian

Less is more everything: delicious, creamy, organic-y. But it does mean you'll have to add a little shake to your morning routine, since fewer ingredients means a little settling.

1.75L
Reg $8.49 **$7.49**

Sugar Replacement
Swerve the all-natural sweetener

Made from ingredients found in select fruits and starchy vegetables, and contains no artificial ingredients, preservatives or flavours.

340g
Reg $12.99 **$11.99**

Organic Clouds
FRANKIE'S — Proud to be Canadian

These puffs are full of good for you ingredients such as sprouted quinoa and brown rice. Go ahead, indulge!

Reg $4.49 **$3.99**

Bamboo Paper Towel
caboo — Proud to be Canadian

Caboo paper towel is made from fast-growing, renewable bamboo instead of trees. Bamboo is a grass, not a hardwood, is extremely fast-growing and doesn't require replanting.

2 pk
Reg$6.99 **$5.49**