



# ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

October 2023 

## WHAT'S GOING ON THIS MONTH?

### Demos & Passive Sampling

Thursday, Oct 5th  
Hardbite Turkey Stuffing Chips  
12-3pm

Saturday, Oct 14th  
Healthology Daily Fibre + LivGreat  
11-3pm

Saturday, Oct 28th  
Angie's Salted Maple Popcorn  
12-3pm



Fresh, Free Range, Non-Medicated Turkeys  
Pre-order Today  
\$6.49/lb



rootsnatural.ca



*Hello Fellow Shoppers,*

Fall has officially arrived and that means it's time to pull out our warm sweaters and socks, rake leaves and sip on some hot mulled cider. Our favourite way to kick off this cozy season is by planning a fantastic Thanksgiving feast! At Roots we have everything you could possibly need to put out a delicious turkey dinner for your family. Everything from fresh organic brussel sprouts, sweet potatoes, stuffing, gravy, gluten free pie crusts and filling, and of course turkeys are available in store! We're still taking orders for our fresh, free range, non medicated turkeys, so if you haven't reserved your bird yet please give us a call today at (604)467-1822 while quantities last.

As the weather continues to cool off, and we see fewer sunny days, we're preparing for the usual up-tick in viruses. If you need help figuring out which supplements would be best suited for you and your family, we're more than happy to provide information regarding our products so you can feel confident in your choices. Take care, and stay healthy.

*The Roots Crew*

## Spiced Pumpkin & Lentil Salad

- 3/4 cup French green lentils
- 6 cups 1-inch pieces peeled seeded sugar pumpkin or butternut squash (from about one 2-pound whole pumpkin)
- 3 tablespoons olive oil, divided
- 1 teaspoon ground cumin
- 1 teaspoon smoked Spanish paprika
- 1/2 teaspoon sea salt
- 4 cups baby arugula
- 1 cup soft goat cheese, crumbled
- 1/4 cup thinly sliced mint leaves
- 1 tablespoon red wine vinegar



Place lentils in small bowl. Cover with cold water and soak 10 minutes; drain. Cook lentils in boiling salted water until tender but firm, about 30 minutes. Drain lentils. Rinse under cold water, then drain. Preheat oven to 375°F. Place pumpkin in large bowl; toss with 2 tablespoons oil, cumin, paprika, and sea salt. Arrange pumpkin in single layer on baking sheet; roast 20 minutes. Turn pumpkin over. Roast until tender, 10 to 15 minutes. Cool. Combine lentils, pumpkin, and oil from baking sheet with arugula, half of goat cheese, mint, vinegar, and 1 tablespoon oil. Season with salt and pepper. Divide among plates; sprinkle remaining goat cheese over.

# STAFF PICKS

*A few of Our Favourite Things This Month*



## Boost Energy & Balance Blood Sugar!



Longevity is influenced by many health factors unique to each person. Experts say that losing just 5% of your body weight can lead to an improvement in many of these aspects of health. Natural Factors Regenerlife High Alpha Whey Protein provides 25 g of high-quality whey protein alongside essential vitamins, minerals, lecithin, MCTs, and 5 g of low-FODMAP Relie fibre. This meal replacement helps satisfy appetite, helps build and repair body tissue, helps build antibodies and strong muscles, and supports healthy weight management as part of an energy-reduced diet, all of which contribute to healthy aging. Whey protein is a source of the branched-chain amino acids (BCAAs) leucine, isoleucine, and valine, which are necessary for the repair of lean muscle mass. Lean muscle mass has a key role in preventing age-related decline in mobility and health but is harder to maintain with advancing age and is often lost when dieting for weight loss. Ensuring a good daily intake of highly bioavailable protein helps prevent muscle wasting to keep the body active and fit later in life.



## October Feature Special

*Fight colds, flu, cough, sore throat and fever with SURO syrup. Physician-formulated, each dose of adult syrup contains over 3,000mg of elderberry.*

- \*Made in Canada using organic Canadian elderberries.
- \*All in one formula to help soothe sore throat and cough and fight cold and flu.
- \*Made with organic elderberries and elderflowers to help fight cold and flu and soothe symptoms related.
- \*No fillers, no water added.
- \*No sugar added. tastes naturally good because of organic honey but honey is not used as a sweetener but is used to help soothe throat and cough.
- \*Also contains propolis, echinacea and ACV.

Save 15% \*Adult and Children's formula Any Size!



## Help Prevent Head Lice with Tea Tree Oil

Traditionally used by the Aboriginal people of Australia, the leaves of the Tea Tree (*Melaleuca alternifolia*) plant have been shown to help heal wounds, infections, and a wide range of skin conditions. Tea Tree has potent naturally occurring compounds that act as insecticides and repellents. It has a strong smell that deters lice from transferring from one person's hair to another. Use Natural Factors Tea Tree spray directly on hair & scalp and any hats, toques and bike helmets to keep those pesky bugs away!



## Stop Colds and Flu Before They Take Hold with Xclear!

Back in 1998, researchers decided to test how xylitol affected the bacterium *Streptococcus Pneumoniae*. Previous studies found that xylitol inhibited oral bacteria from adhering to tissue. In recent studies, researchers hypothesized that xylitol may also affect the adhesion of other bacteria, and they tested this hypothesis in vitro. They found that on average, *s. pneumoniae* had a stable adhesion of 41 bacteria per cell. However, when the cell and bacteria were exposed to xylitol, adherence reduced to 13 bacteria per cell, a decrease of over 68%. So, why is this important? In order to thrive and grow, bacteria stick to cells and go through a process called quorum sensing where they come together to create a colony. If an agent, like xylitol, can inhibit bacteria from sticking to cells, then the bacteria cannot thrive and will be washed out of the body.





# OCTOBER



## Featured Specials & many more instore

**Imagine**

### Chicken Bone Broth

Chicken Bone Broth is a delicious sipping broth to give you a nutritious boost to your day with a good source of protein.

946ml  
Reg \$8.49 **\$7.49**

**NATURE'S PATH ORGANIC**

### Eco Pack Cereals

Nature's Path provides organic, whole grain cereals at a reasonable price. GMO-free and many gluten free options.

Reg \$12.99 **\$10.99**

**the cultured coconut**

### Probiotic Coconut Milk

1 Tbsp contains 4+ trillion live bacteria and 40+ strains including Lactobacillus and Bifidobacterium.

500ml  
Reg \$29.49 **\$23.49**

**BUBBIES**

### Natural Sauerkraut

Bubbies Sauerkraut is made from the crisp, center leaves of the finest quality winter cabbages, which are shredded, salted and naturally fermented for several weeks.

750ml  
Reg \$12.49 **\$10.49**

**KETTIE BRAND**

### Natural Potato Chips

We take GMO-free potatoes, season them with bold, all-natural ingredients and serve them up in all their good-for-nature.

Reg \$4.49 **\$3.99**

**Chai's ORGANICS**

### Organic Coconut Whip

Fair Trade certified, BPA free easy open cans, certified organic, gluten free, no added sugar, preservative free, non-irradiated.

400ml  
Reg \$7.99 **\$7.49**

**we dig plants. EARTH'S OWN**

### Oat Nog Beverage

We blended decadent seasonal spices with our best tasting Oat Milk to give you a creamy, indulgent, and perfectly spiced Oat Nog.

946ml  
Reg \$5.99 **\$4.49**

**Organic Pumpkin Puree**

This rich, smooth puree is ready to use in everything from baked delights to entrees. Use it in a variety of recipes.

Reg \$5.99 **\$5.49**

**SIMPLY ORGANIC**

### Organic Gravy Mixes

For simple, yet satisfying gravy, Simply Organic's old-fashioned Gravy Mix is the perfect time saver. Available in Chicken, Turkey, Brown and Vegetarian.

1 oz  
Reg \$2.99 **\$1.99**

**VITA COCO**

### Organic Coconut Milk

The light, tropical taste of our coconut milk makes it an excellent base for your coffee, breakfast or desserts.

1L  
Reg \$5.49 **\$4.49**

**Spectrum**

ORGANIC PRODUCTS INC.®

### Eggless Mayonnaise

Expeller pressed oil. 68% Less fat. Enjoy a rich, creamy spread that's cholesterol free with less than 1/2 the fat and calories of regular mayonnaise.

473ml  
Reg \$8.49 **\$7.49**

**Little NORTHERN BAKEHOUSE**

### Gluten Free Dinner Rolls

Bite into these soft great-tasting, vegan, gluten-free dinner rolls that are also non-GMO and allergy friendly.

220g  
Reg \$7.49 **\$6.49**

**Bob's Red Mill**

### 1:1 GF Baking Mix

Gluten free baking made easy! Ideal for cookies, cakes, brownies, muffins, and more. Use as a direct replacement for all-purpose baking flour.

623g  
Reg \$7.99 **\$6.49**

**daiya**

deliciously dairy free™

### Non-Dairy Pumpkin Cheezecake

Rich, velvety and deeply satisfying, this Pumpkin Cheezecake is a classic favourite.

Reg \$10.49 **\$7.99**

**ACROPOLIS ORGANICS**

### Organic Olive Tapenade

Acropolis organic olives are handpicked from their family orchard in Argolida, Peloponnese, Greece. They are cured in barrels of brine made with local fresh spring water and local Cretan sea salt.

190g  
Reg \$6.99 **\$5.99**

**NATURE'S PATH ORGANIC**

### Organic Toaster Pastries

What a treat! These toaster pastries are made of real fruit filling, encased in a buttery organic pastry, and lightly frosted on the outside.

312g  
Reg \$6.49 **\$5.49**

**NATURE'S PATH ORGANIC**

### Organic Hot Cereals

Great way to start the day - whole grain, low fat, organic hot oatmeal cereals. Variety of wonderful flavours!

Reg \$6.49 **\$5.99**

**Amy's**

### Organic Homestyle Soups

These restaurant quality premium soups are made with the finest all natural ingredients.

Reg \$5.99 **\$4.99**