

Marlene's[™]
— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

April 2017

SPRING OPEN HOUSE & EARTH DAY CELEBRATION

Saturday, April 22
11 am to 3 pm

Agriculture with heart

Explore local farms

Guardians of the Salish Sea

Weeds of wellness

Peel back food waste

groceries supplements deli body care catering
NATURAL ORGANIC GLUTEN-FREE NON-GMO

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A from Marlene...

This time of year reminds me of an old-time song by Al Jolson:

Though April showers may come your way,
they bring the flowers that bloom in May.
So if it's raining have no regrets,
because it isn't raining rain, you know, it's raining violets.

And where you see clouds upon the hills,
you soon will see crowds of daffodils.
So keep on looking for a blue bird and listening for his song,
whenever April showers come along.

Marlene

P.S. See you on April 22 for our Spring
Open House and Earth Day Celebration!



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One-Pot Asparagus-Stuffed Chicken Breasts

by Mary Walukiewicz, Food Service Director for Marlene's Market & Deli

After cooking at work all day, you'd think I wouldn't want to do it when I get home. Some days that's true, but what I really don't like to do are the dishes! I love this recipe because it incorporates two of my favorite things: asparagus and one-pot-cooking. I do dirty up a cutting board, but overall, it requires very minimal cleanup. Enjoy!

4	chicken breasts
24 stalks	asparagus, washed and trimmed
2 tsp	lemon zest (divided to 1 tsp + 1 tsp)
6 Tbl	butter (divided to 2 Tbl + 4 Tbl)
1 cup	heavy cream
2 cloves	garlic, minced
½ cup	grated Parmesan
	sea salt to taste
	black pepper to taste

Trim asparagus by holding the bottom and gently bending. It will snap off naturally at the woody end. Set aside.

Butterfly each chicken breast (don't cut all the way through) and open flat, like a book. Using a mallet, pound thin, about ¼ of an inch.

Season both sides of chicken with salt and pepper.

Place six asparagus spears on one end of each chicken breast, sprinkle with 1 tsp of lemon zest and roll up tightly. Use toothpicks to secure if necessary.

In an oven proof skillet, melt 4 Tbl of butter over medium heat on stove. Add chicken and sear all sides to a light golden brown. Transfer pan to oven and bake at 350° for 25 – 30 minutes or until internal temperature reaches 165°.

When chicken is done, remove from pan, place pan back on stove and set temperature to medium-high. Cover chicken lightly with foil to keep warm. To the heated pan, add minced garlic, remaining butter and heavy cream. Heat to a simmer, using a spatula to scrape up the tasty bits from the bottom of the pan. Add remaining lemon zest and grated Parmesan cheese, whisk until smooth and season with salt and pepper if desired. Serve sauce over chicken. This entrée goes great with a rice pilaf and white wine.



Building Community

by Joe & Kasey, Produce Managers for Marlene's Market & Deli



Family farms are an integral part of our commitment to bringing the Farmer's Market to you, every day! Marlene's is proud to be able to cultivate personal relationships with the local farmers who deliver their fresh, organic produce from their farm to your table. Whenever we get the chance, we love to put our boots on and make it to the farm.

We had the great privilege of spending the day with Amy and Agustin, wonderful family owners of Four Elements Farm, as well as their daughter Gabriela (their son Hector was away on a school field trip). Four Elements Farm is exactly the kind of small family farm that we love to support.

Amy and Agustin met while working together on a 200 acre organic farm in the Snoqualmie Valley. Today, they bring over 15 years of commercial farming experience to their Orting Valley project, Four Elements Farm. They protect and farm 120 acres of fertile South Puget Sound farmland and continue efforts to restore riparian habitat along 60,000 square feet of Ball Creek.

Four Elements Farm grows varieties of kale, rainbow chard, cilantro, radishes, kohlrabi, berries, and many other organic produce items. As a former Tahoma Farms field manager, Agustin is renowned among his peers for his agricultural skill. Joe is pictured here with Agustin's signature crop, cilantro!



y, Restoring the Earth



"My husband Agustin and I, together with our 2 children, are working hard growing organic vegetables and berries for our community to enjoy. We are starting our second season on a generations-old piece of farmland that was slated for development. Several years ago, the farmland was saved from being paved over with a conservation easement. This means it will remain farmland forever. We are doing all we can to increase the fertility of our soil to support organic production. We are also taking measures to restore native tree species and be good stewards of our land. All of this results in delicious, fresh, local, organic food grown with integrity." - Amy



Amy and Agustin share a love for farming (and each other)!



Amy explains how replenishing the soil with cover crops and proper crop rotation contributes to world-class produce and a healthier environment. Organic farming is their passion. As part of staying true to their mission, they never use chemicals to fight pests or disease; even the weeds are pulled by hand or machine.



Amy and Agustin's signature cilantro is delivered from the field to your table in one day.



Amy and Agustin's daughter Gabriela shows us the flowers that she grows and sells at the farmer's markets.

The Rise of Clean Urban Farming

by Scratch and Peck Feeds

Something good happened in the agricultural industry, but it came quietly. On January 1, 2017, the U.S. Food and Drug Administration (FDA) restricted the use of antibiotics in animals. That means that farmers of food-producing animals need to find alternatives to treating their animals, such as improved housing conditions to limit infection and viruses, as well as natural remedies to maintain overall health of the animals. If antibiotics are necessary, producers need authorization by a licensed veterinarian who has an understanding and knowledge of the producer's operations. The goal? Help eliminate the casual, widespread use of antibiotics — a routine practice in factory farming.

Since the 1940s, antibiotics have been freely administered at low doses to animals raised for the mass production of meat, eggs, and dairy products. The intent was to help facilitate rapid weight gain, promote faster growth, and ward off sickness from poor and unsanitary living conditions. Even if an animal is not ill, large-scale producers have often given antibiotics to keep potential illness at bay. That's like treating ourselves daily with antibiotics to stave off potential infections, rather than incorporating healthy lifestyles and natural remedies to build our immune systems.

The overuse of antibiotics in the U.S. is staggering. In 2012, the FDA reported 32 million pounds of antibiotics were used in the production of food animals! This practice has reduced the effectiveness of drugs in the long run and has resulted in antibiotic resistance in humans, something that first came to light as early as 1969. Further proof that you are what your animals eat!

As the filthy and shocking conditions of factory farming have come to the public's attention, interest in where food comes from has piqued, and more and more people have taken matters of food into their own hands. The rise in backyard poultry keeping and homesteading has been an impetus for large-scale food producers to start cleaning up their acts. Workers at smaller, sustainable farms know that clean coops, lots of natural lighting, and open spaces for pasturing create a healthy environment with happy animals. Eliminating factors that breed bacteria means that antibiotics are rarely needed to produce healthy poultry and eggs. This collective force of all of us growing more of our own food has lit a fire for a more sustainable food movement!


Scratch and Peck Feeds was born from the need for cleaner, higher quality feed. Our

raw, whole grain feeds allow animals to receive optimal nutritional benefits that are often lost in pelletized feeds. Our feeds have always been antibiotic free, and we're proud to be working alongside the fresh wave of today's organic farmers in the quest for clean feed. Those relationships help create community, support sustainable agriculture and increase the amount of land dedicated to organic farming while delivering healthy food for animals. Even as we have expanded our product line to include feeds for goats, pigs, turkeys, and poultry supplements and treats, we maintain our value of producing all natural, medication-free products for animals.

We're dedicated to educating others about proper care, clean housing, natural pest deterrents (such as apple cider vinegar and herbs) and feeding their animals organic from day one, so that their animals can live healthier. Every week, we hear from customers expressing their gratitude for quality products they feel confident feeding their animals. We're so grateful for all the farmers — from the urban farmers to the homesteaders to the sustainable growers and producers — who support what we do and have helped shape these new guidelines for clean, whole foods for both our animals and ourselves.

Scratch and Peck Feeds is a Certified Organic, Non-GMO Project Verified animal feed producer. Their mission is to make honest, wholesome organic animal feed products with the most heartfelt regard for our planet and fellow living creatures.

Dalia Monterroso is a chicken educator and enthusiast, focusing on teaching the basics of backyard chicken keeping in Northwest Washington. She is the former owner of a local farm store, has a popular Facebook page called "Welcome to Chickenlandia", and is currently an ambassador for Scratch and Peck Feeds. Dalia loves sharing the ins and outs of chicken keeping and aims to pass on the peace and significance it brought into her life.



Brittle Barn Farm owner Zach Tyler prefers to feed his chickens Scratch and Peck Feeds.

Learn how to keep backyard chickens with Dalia on Saturday, April 15 in Federal Way. Details on page 10.

Weeds: The Best Herbal Detoxifiers

by Natalie Hammerquist – Adiantum School of Plant Medicine

Foraging for plants and mushrooms is getting more and more popular these days as people are getting back to nature. My advice for anyone looking to get into medicinal or edible plants is to learn which are the most abundant – weeds. Weeds are some of our most important medicinal herbs, and they are often the easiest to find and the most naturally abundant. They are also easy to attain from your neighbors, because who doesn't want you to pull their weeds?


It is no coincidence that our most beloved detoxifying herbs are the ones that grow in the scrubby, disturbed, and forgotten areas. Our great medicinal weeds are soil remediators, stabilizers, and pioneer species. The chemicals they make to perform these roles in their ecosystems are the very ones that act in our bodies.

The most prolific chickweed (*Stellaria media*) patch I've seen in my life is in a narrow median strip of forgotten soil in the International District in Seattle. Though I would never harvest from this particular patch due to its high traffic location, it gives you an idea of where that plant thrives. In addition to being a fabulous edible for salads, chickweed is used medicinally to dissolve and discourage growths in the body. See the ecological parallel? I like to summarize it pragmatically as "gets rid of yuck." As with many herbs, patience is the name of the game. Chickweed is a gentle herb and does not work overnight.

Stinging nettles (*Urtica dioica*), which are a popular herb for allergies and a fantastic edible, are also excellent accumulators of heavy metals. Luckily, nettles mostly grow in wet, disturbed areas of forests, so this accumulation is often not of huge concern. However, don't harvest from the nettle patch at the edge of the sludge pile of a mercury mine, for example. But nettles don't just absorb heavy metals, they absorb minerals, too. For this reason, nettles are a great source of minerals, especially iron and calcium. In fact, it's best not to harvest nettles for eating after they grow above knee height because they accumulate so many minerals that our bodies can't handle it.

When we speak of minerals, we cannot forget horsetail (*Equisetum spp.*), which gardeners consider an irksome pest in the garden because their roots are deep underground, so they're tough to get rid of. Research is starting to show that horsetail may be cycling minerals from deep in the earth up to the surface, which explains their extremely high mineral content, especially silica. The decreasing levels of minerals in our factory-farmed food is concerning, so plants like nettle and horsetail are fantastic allies to supplement a modern diet. Like nettles, horsetail must be harvested before they accumulate too many minerals. They are best harvested in the spring, before the arms have dropped below 90 degrees.

Dandelion (*Taraxacum officinale*) is a quintessential liver herb, meaning we can use it for conditions such as acne, psoriasis and other conditions associated with a congested liver. Just as it breaks up congestion in our bodies, dandelion aerates the soil and improves soil



Take a foraging nature walk with Natalie on Thursday, April 20 in Federal Way! Details on page 11.

quality. When you see a field of dandelions, they are probably hard at work! The roots can be harvested from spring through fall, and either dried or roasted. Greens are best harvested for food in the spring, when they are tender and young. They'll be less bitter!

Other local weedy favorites to look into are red clover (*Trifolium pratense*), plantain (*Plantago major*, *P. lanceolata*), and yarrow (*Achillea millefolium*).

Due to the propensity for ecological heroism that these weeds have, it's very important to survey the area before you harvest. Is it growing in toxic sludge? Is the ground glowing? It's never that obvious, but you catch my drift. Telephone poles, roadsides, and gas stations are not good places for harvesting clean herbs. You can call the parks department to ask about pesticide use in parks, and the county does soil surveys that are available online. I usually check out the area for brown spots or patches of dead plants.

When harvesting wild plants, correct identification is of the utmost importance. Attend a class, invest in a few guidebooks, Google lookalikes, and consult Internet forums. There are a few poisonous plants in Washington, and you don't want to find out the hard way. That said, have fun discovering the plant world just outside your door!

Natalie is a local clinical Western herbalist and teacher at the Adiantum School of Plant Medicine. She has studied with Cascade Anderson Geller, Matthew Wood, Sheila Kingsbury, and many other well known Western herbalists. She teaches herbalism, plant identification, and a nine-month apprenticeship program at the Adiantum School of Plant Medicine. Contact her at adiantumschool@gmail.com or learn more at adiantumschool.com.

Wilcox

Since 1909
Family Farms

Wilcox Family Farms Tour

by Elizabeth Ashbrook, Class Host for Marlene's Market & Deli

Wilcox Family Farms sits on more than 1,500 acres of green plains and rolling hills in Roy, Washington, with Harts Lake gracefully shimmering below. A small group of staff and I had the amazing opportunity to tour the bountiful acres early last September. Along our journey, we

toured the main factory to observe egg processing, visited the historic Homestead house where it all began, and drove to the free range chicken coop on the other side of the farm to witness happy and healthy chickens, free to cluck about and just be themselves.

The fourth generation chicken farm, located on the Nisqually River and nestled in the foothills of Mount Rainier, is over 100 years old.

In 1909, the first generation founders, Judson and Elizabeth Wilcox,

were instantly captivated by the land and purchased it right away, thus starting a farm that would (and will) live on for many generations to come.

Today, the fourth generation Wilcoxes, Andy, Brent and Chris, continue the family tradition of providing organic, free range, and always hormone and antibiotic free chicken eggs to all local stores and families in the Greater Pacific Northwest. Judson and Elizabeth's great-grandchildren are persistent in upholding the image of product quality and care in the poultry business they have inherited.

Since 2005, Wilcox Family Farms has been converting to cage-free systems and organic raising methods. More than 800,000 lively chickens can be seen pecking at the ground outside of their coops or taking an enjoyable dirt bath; simply chickens free to be chickens. Their open range is full of large trees to provide shade and protection from predators, such as hawks and coyotes, as well as partially covered coops for additional shelter from weather.

With a dedication to providing the healthiest environment possible for their chickens, Wilcox Farms invested in the Aviary System, which is currently the most advanced nesting



Reminders of Wilcox's long-standing reputation for quality can be found through out the farm.



Even with a state-of-the-art facility, nothing beats green grass and sunshine!



Learn about life on the farm through the eyes of a Wilcox family member! Tuesday, April 18 -- details on page 11.

system in the world. This “condo for birds” offers several levels of space for chickens to fly, flap and perch, allowing them to carry out natural activities freely. A cushioned nest is provided for extra coziness and egg-cracking reduction, ensuring a clean and comfortable laying atmosphere. Food and water are available at all levels, so each chicken can access sustenance whether she likes to fly high or hang low.

The Wilcox Farm is devoted to cleanliness. The company has invested over \$2 million in the prevention of bird flu and other diseases that can potentially afflict chickens. To protect their birds from salmonella and other contaminants, a manure belt inside the Aviary System collects and carries away manure and dirt that falls off the chickens, promising a cleaner egg and healthier bird. One of the most impressive safety installations are their sanitation booths, similar to a car wash, which clean vehicles before and after their entry to more sensitive parts of the farm.

After visiting the free range chicken coops, we made our way to the main factory where the inspection, separation and packaging of the eggs occur. State-of-the-art machines sort the eggs by size, and then the eggs are inspected to ensure the highest quality. Smaller eggs that don't meet the size requirement of “large” or “extra-large” are transported to the hardboiled egg plant for cooking, cleaning, and packaging. All eggs are then loaded onto trucks and delivered to local stores within 24 hours of being laid.

Next we arrived at the Homestead house where Judson and Elizabeth had settled many years before. The house is now a family museum; artifacts from the past century adorn the home in rich family history. All of the items have sentimental value to the family business, most labeled and dated back to the late 1890s. Some items were even from the Gold Rush when Judson had prospects in Alaska; his old boots and his pan were proudly on display. Our group had the pleasure of sharing lunch with the third generation Wilcox brothers, Jim and Barrie, after our history lesson. It was great to have the opportunity to chat with members of the original Wilcox family and find out more about the farm on a personal

Before we left, Barrie and Jim Wilcox posed for one last picture with us!



level. After lunch we made our way to the back deck of the Homestead and gazed upon the vast green valleys and forest-filled landscape leading to the shores of Harts Lake, which the Wilcox ancestors used as their source of water.

We finally reached the last leg of our journey: the towering feed mill silos. New mills built on the farm have the capability of being run by computers. This allows employees to distribute feed and check how the mill is running from off-site locations via their cellphones. Their chicken feed is 100% vegetation, which they grow organically themselves, as well as source through other local organic farms. Wilcox Farms is committed to using sustainable farming practices as their ancestors did. There are no pesticides or herbicides used on the farm that could potentially harm the nearby ecosystem of the Nisqually River, which is a popular spawning habitat for salmon in the fall.

Before leaving, we visited the pasture-raised chicken fields where we saw more happy chickens free to cluck around where they pleased. We appreciated our time at Wilcox Family Farms and the hospitality we received was tremendously kind. The Wilcox family and staff made us feel right at home, just like we were part of the family too.

Elizabeth Ashbrook is the Education Coordinator at Marlene's Market and Deli. She is pursuing a degree in nutrition and family health and has eight years of study as a Reiki master.

Photos by Elizabeth Ashbrook, Rebekah Hess, and Chuck Scheuerman.



April Speakers & Classes

at Marlene's Tacoma & Federal Way



Protecting the Puget Sound

with Rachel Easton, Program Coordinator for Harbor WildWatch

Tuesday, April 4

6:30 pm, FREE

Tacoma

From beach etiquette to developing new skills as a volunteer, get excited about the role you can play in protecting the plants and animals that inhabit the Puget Sound. Harbor WildWatch's mission is to inspire stewardship of the Puget Sound by providing learning opportunities about the environment to the people of our local communities.*



Digestive Wellness, Naturally

with MariAleath Nichols, National Educator for Renew Life

Wednesday, April 5

6:30 pm, FREE

Federal Way

Is your digestive health compromised? Sluggish? Explore herbal tools for maximizing digestion with MariAleath; learn how probiotics, fiber, enzymes, and herbal cleansing formulas support healthy detoxification and promote digestive wellness, naturally. Samples and special discounts on Renew Life products for all guests.



Got Junk? Bulky Item Recycling Options

with Jeanette Brizendine, Recycling Project Manager for the City of

Federal Way

Thursday, April 6

6:30 pm, FREE

Federal Way

Did you know there are local recycling options for big, bulky items like mattresses, tires, Styrofoam blocks, and more? Jeanette, the Recycling Project Manager for Federal Way, will share recycling and disposal options for a variety of materials. Bring your questions and get answers!*



Attract Butterflies, Bees, and Birds

with Ladd Smith, BS, In Harmony Sustainable Landscapes

Saturday, April 8

10 am – Noon, FREE

Federal Way

Birds, bees, butterflies, and other pollinators are responsible for a third of our food supply, and their numbers are in substantial decline. The good news is that we can create a perfect habitat for them right in our gardens! Learn how to use native plants to attract and nourish pollinators while creating a beautiful, low-maintenance, and pesticide-free landscape.*



Preventing Wasted Food

with Jetta Antonakos, Senior Environmental Specialist for the City of Tacoma

Tuesday, April 11

6:30 pm, FREE

Tacoma

Food waste is a much larger problem than many like to admit; 40% of U.S. produced food goes uneaten! This waste costs billions of dollars, destroys precious natural resources, and accelerates climate change. Learn how proper planning, shopping, preparation, and storage can help reduce your food waste and save you money.



Fungi, Earth, and Us

with Robin Yeager, Educator for Host Defense

Thursday, April 13

6:30 pm, FREE

Federal Way

Fungi and planet Earth share a closely intertwined history. Discover the fascinating roles fungi play in the health of the planet – toxic cleanup, water purification, fighting honey bee colony collapse disorder, and many more. Rob will discuss the work of fungi pioneer Paul Stamets and Host Defense medicinal mushroom products.



Urban Chicken Farming

with Dalia Monterroso, Ambassador for Scratch and Peck Feeds

Saturday, April 15

11 am – Noon, FREE

Federal Way

Join local chicken enthusiast Dalia Monterroso of the popular Facebook page "Welcome to Chickenlandia" for a fun and informative hour all about chickens. Learn how to care for baby chicks, flock maintenance, coop selection, predator proofing, and more. Dalia aims to create a friendly and open environment for learning, so be sure to bring your questions!

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, 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

Wilcox Farm

with a Wilcox family member

Tuesday, April 18

6:30 pm, FREE

Tacoma

Did you know there is a cutting-edge chicken farm right around the corner? Wilcox Farms has been advancing the art and science of raising chickens since 1909. Learn how their ethical, humane, and environmentally-friendly methods are going above and beyond to fulfill their family's commitment to the environment, animals, and employees.



Medicinal and Edible Plants – A Foraging Nature Walk

with Natalie Hammerquist,

Adiantum School of Plant Medicine

Thursday, April 20

6 pm, \$5

West Hylebos Wetlands Park

411 S 348th St, Federal Way, WA 98003

Take a spring foraging walk in the West Hylebos Park in Federal Way. Learn how to identify medicinal and edible plants such as nettles, willow, red alder, and plenty of others! Natalie will discuss the principles of sustainable harvesting and how to dry and process your harvest. Please note off-site location and pre-register.*

Spring Open House & Earth Day Celebration

Saturday, April 22

11 am – 3 pm

Federal Way & Tacoma



Planning to Preserve

with Hal Meng, The Center for Food Preservation Arts

Tuesday, April 25

6 pm, \$20

Tacoma

Did you know there are seven methods for preserving your garden harvest? Enhance your commitment to sustainability and self-sufficiency by learning traditional preservation methods. Learn how to make Rhubarb-Blackberry Lime Jam and try delicious samples. Please pre-register.



Wellbeing with Hyperbaric Therapy

with Sara Anderson and Cat Redinbo

Thursday, April 27

6:30 pm, FREE

Federal Way

Get better sleep, expedite healing, decrease inflammation, detoxify, and boost your immune system with... oxygen! Hyperbaric therapy has helped many with conditions including autism, stroke, fibromyalgia, diabetes, athletic injuries, and so much more. Join us to see a Hyperbaric chamber up-close, and bring your questions!



Earthwise Shopping

with Deena,

the Deceptive Chef

Saturday, April 29

10 am – Noon, \$10

Federal Way

In this installment of her SHOP! series, Deena will guide a store tour to explore the many earth-smart choices that make your allergen free lifestyle a breeze. Find the best tasting, easiest to prepare, and most nutritionally dense options available with an experienced gluten, sugar, dairy and yeast free chef and shopper!



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*Sponsored by the City of Federal Way.

Chemical Exposure: Reducing Your Risk

by Dr. Andrew Iverson, ND, Tacoma Health

It is hard to imagine that our living environment, which appears clean and harmless, is actually contaminated with numerous poisons that could be accumulating to life threatening levels over time. Unfortunately, many can't be seen, smelled, felt, identified, or detected by the human senses. It is not until after years and years of subtle chronic exposure when symptoms can emerge and become identified as diseases by many names like cardiovascular disease, dementia, or cancer.

Early warning signs of hidden chemical toxicity may be linked to common symptoms such as fatigue, insomnia, headaches, allergies, chemical sensitivities, immune deficiency, weight imbalances, sadness or nervousness, worsening forgetfulness, decreased body temperature, and overall feelings of “yuck” or malaise.

Environmental Chemicals

These poisons or “environmental toxins” are most commonly from “modern living” and linger as contaminants in air, drinking water, food, and soil. They come from industrial wastes, petroleum, coal and garbage combustion, pesticides, herbicides, mining leading to erosion and the release of heavy metals such as lead, arsenic, and mercury into the soil and water. They can also come from apparently harmless environments such as our homes and the gas fumes let off by wood, paint, and glues, hygiene products like hair and body cleansers, toothpaste, deodorants, and cosmetics. Don't forget the toxic chemicals in prescription drugs, detergents, household cleaners, upholstery, artificial fabrics, computers, and TVs.

The majority of these chemical poisons become deposited in the fatty tissue because of their “lipo-philic” or “fat-loving” nature. Tissues that are dense with fat will also accumulate high amounts of chemicals such as the nerves, glands (especially thyroid and sex glands), heart and arteries lined with cholesterol, and of course the brain. They can be also detected in the blood and organs or passed through the body in breast milk, urine, feces, sweat, semen, hair, and nails. The prestigious British Medical Journal estimates 75% of cancers are caused by environmental and lifestyle factors including exposure to chemicals. ⁽¹⁾



Filtered water tastes great and doesn't contain potentially harmful chemicals. Bring your own container and fill up at Marlene's filtered water dispenser!

What can I do? Simple Tips for Reducing Exposure to Chemicals

- Eat fewer processed foods: they often contain chemical additives.
- Eat organic meat, butter, wild game, and produce. They are free of pesticides and preservatives.
- Eat less meat and high fat dairy products, which contain higher levels of some pollutants.
- Don't microwave or cook food in plastic containers, Ziploc bags, or plastic wrap. Use glass.
- Run your tap water through a home filter before drinking.
- Remove chlorine through a shower filter before bathing.
- Avoid breathing fumes from burned garbage and diesel/gas fumes.
- Check cosmetics and personal care products for toxic ingredients.
- Avoid artificial fragrances, deodorants, and air fresheners.
- Reduce the number of household cleaners you use. Try vinegar, natural soaps, and water first.
- Avoid cleaning products that say “use in well-ventilated area.” Replace with safe products.

- Avoid breathing gasoline fumes when you're filling your car.
- Eat seafood known to be low in PCB and mercury, like northern wild salmon, sardines, and herring.
- Avoid tuna and other predatorial fish (shark, swordfish, marlin, tilefish, grouper, and snapper, which are all high in mercury.
- Don't use nail polish, which contains chemicals linked to birth defects in laboratory studies.
- Stay 3 feet away from appliances: microwave, stove, oven, toaster, dryer, heaters.
- Keep children 10 feet from the TV.
- Keep clocks, radios, and cell phones 3 feet away from sleeping areas.
- Stay 3 feet away from computer video display terminal.
- Un-bag dry cleaning and air out in the garage for a day.
- Use environmentally friendly paint with low VOC-emittance.
- Avoid vinyl products like shower curtains, wall paper and floor coverings.
- Choose carpet and padding that have a low smell level; air out before installing.
- Don't sleep under an electric blanket or on a waterbed. If you insist on using these, unplug them before going to bed (don't just turn it off).

Toxicity Treatment

All of these detoxification treatments will be discussed in length in Dr. Iverson's new book *Nature's Detox*, the accompaniment to *Nature's Diet* and *Nature's Diet Cookbook*.

We seek to find the sources of contamination as well as the overall level of exposure of patients to prevent further accumulation of poisons. Through testing of the urine for heavy metals and reflex testing for

plastics, pesticides, hydrocarbons and other organic molecules we are able find the overall level of burdens that poison the body. To clear the body of these harmful chemicals we may choose several methods of detoxification.

1. Dietary modifications are the first step in beginning the elimination process.
2. Herbal cleanses purge the intestines, liver, kidneys, blood and lymph of excess wastes.
3. Homeopathic medicines liberate poisons within the cells through processes called "drainage."
4. Chelation is a very powerful method by which certain substances like DMSA, DMPS, and EDTA can grab onto and remove heavy metals.
5. Vigorous exercise mobilizes fat stores and eliminates chemicals through sweating and hyperventilation.
6. Hydrotherapy and body work such as skin brushing, deep tissue massage, and hot water applications like saunas and hot tubs increase elimination of chemicals through the skin.
7. The underestimated cleansing action of colonics helps remove a multitude of chemicals from the intestinal mucosa and the liver through bile releases of the gallbladder.
8. Water fasting to induce ketosis is the ultimate means of cleansing by breaking down fat cells that hold the body's accumulated wastes.

Dr. Iverson and his colleagues at Tacoma Clinic seek to find the sources of contamination as well as the overall level of exposure of patients to prevent further accumulation of poisons. Through testing they are able find the overall level of toxic burdens in the body, and remove harmful chemicals through several methods of detoxification.

1) BMJ 2004; 328:447-451 (21 February)

Join Dr. Iverson in May for an in-depth discussion on detox. Check in next month for details.

Cancer and Fasting

by Mauris Emeka

In the early part of last century, before the extensive use of pharmaceutical drugs, fasting played a vital role in healing. Within the last five years something referred to as intermittent fasting has been increasingly observed as a way to help overcome cancer in all its forms.

Fasting has long been useful as a way of cleansing and recharging the body. It enhances the body's own healing power, and this information is supported by extensive research. So, what about intermittent fasting?

Intermittent fasting involves establishing a routine of eating for only a short period of time during the day, and abstaining from eating for the rest of the day. A commonly practiced routine is to eat lunch at 12:30 to 1 pm, and eat dinner later that day at around 5:30 pm. Then, avoid eating until the next afternoon at 1 pm, and that will complete an 18 to 19 hour fast.

Following such a routine for several days makes it difficult for cancer cells to thrive, plus it carries other benefits such as improved detoxification. Extensive research reveals that cancer cells need food in the form of glucose every single minute of the day; and if they do not have access to their food minute by minute they lose their vitality, and many of them will eventually die. The number of days to fast intermittently depends on how far a particular cancer condition has advanced.

Fortunately, this age-old fasting procedure is completely safe and easy to implement. Professor Valter Longo of the University of Southern California is quoted saying "...by undergoing a fasting-mimicking diet, you are able to let the body use sophisticated mechanisms able to identify and destroy the bad but not the good cells in a natural way."

Dr. David Jockers, DC, is an accomplished chiropractor who notes that one of the benefits of intermittent fasting is to normalize insulin within the body. He also points out that fasting reduces inflammation and reduces oxidative stress.

Research shows that fasting increases tumor killing T-cells, and it also strips away the covering from cancer cells; and that enables the immune system to recognize cancer cells and target them for destruction. Dr. Thomas Seyfried, Professor of Biology at Boston College, has completed an extensive study of cancer cells. He presents proof that cancer cells can be destroyed with 5 to 10 day intermittent fasting when consuming a ketogenic diet.

The ketogenic diet produces ketones in the body instead of glucose. Cancer cells can only utilize glucose to generate energy and thrive. But normal cells function just fine with either glucose or ketones. By following a ketogenic diet, the body and normal cells thrive on ketones but cancer cells starve.

A ketogenic diet is rich in healthy fats, which includes unrefined virgin coconut oil, virgin olive oil, butter, avocados, and various nuts. It also contains fresh fruits and vegetables (especially deep green vegetables). And it contains moderate amounts of protein from tuna, shellfish,

vegetable proteins, and eggs. More examples of ketogenic foods can be found at: ruled.me/ketogenic-diet-food-list.

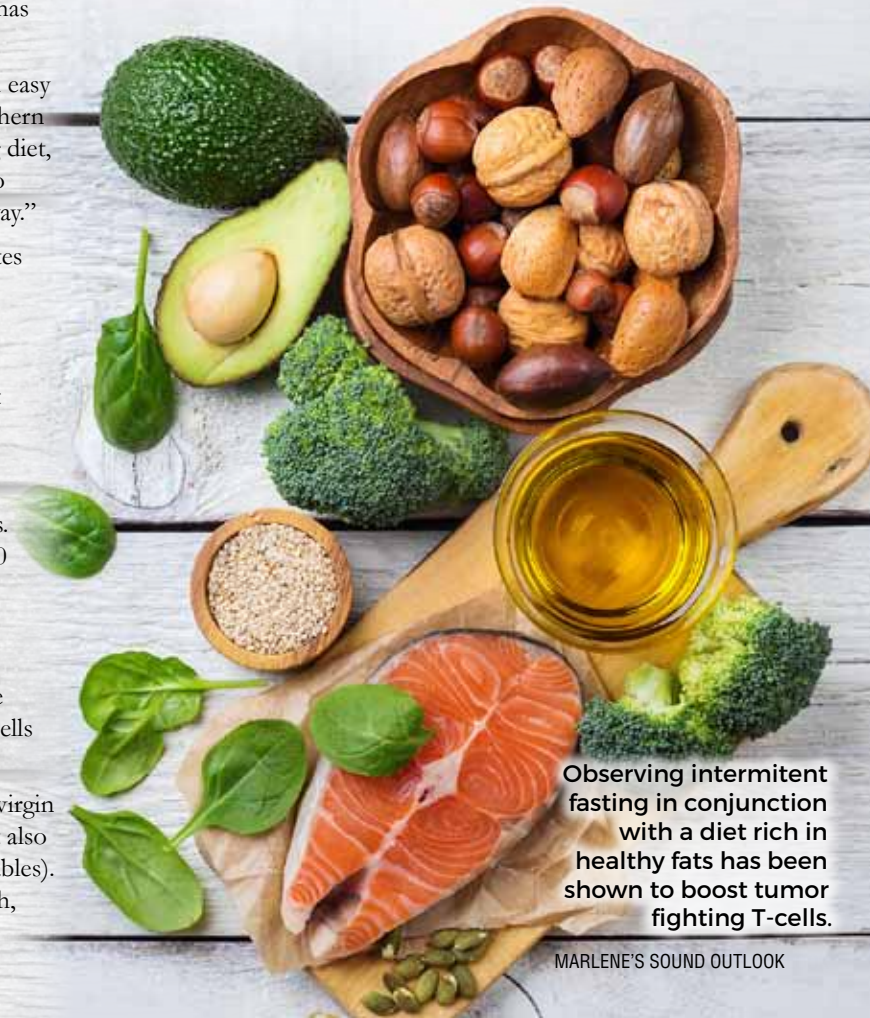
Simple carbohydrates, that is, foods that quickly convert to glucose, are excluded from the ketogenic diet. Examples of simple carbohydrates are white rice, white bread, white flour, whole wheat flour, white sugar, brown sugar, and pastas. The ketogenic diet avoids processed, refined, and hydrogenated oils.

The bottom line: intermittent fasting on its own can be a big help against cancer. Add a ketone-rich diet to the fasting routine and the body's own healing power increases considerably. Fortunately, both are safe, non-toxic, simple to implement, and produce no unwanted side effects.

Mauris Emeka has authored and published two books about cancer and nutrition. Learn more at cancernomore.com

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- "Water Fasts as a Potential Tactic to Beat Cancer" by Dr. Thomas Seyfried (from YouTube.com).
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- <http://www.sciencedaily.com/releases/2012/02/120208152254.htm>



Observing intermittent fasting in conjunction with a diet rich in healthy fats has been shown to boost tumor fighting T-cells.

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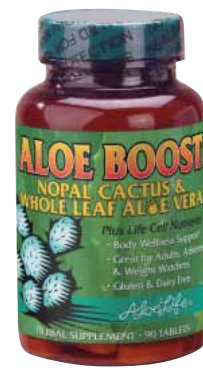
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Eyes on Hyaluronic Acid

by Becky Thacher

One of the hottest ingredients in the natural products industry today is hyaluronic acid. HA, as it is known, has been a hot seller ever since ABC reported on “The Village of Long Life,” where residents of Yuzuri Hara live into their nineties with great flexibility, good skin, vision, and vitality.

The key element for their ocular and joint health is a diet that is rich in native sweet and white tubers and other root vegetables that are loaded with hyaluronic acid precursors, said the ABC reporter.

“The residents of Yuzuri Hara are not only living longer, but they are also quite healthy,” notes ABC News in its report. “Rarely do they have any reason to see a doctor, and they are hardly affected by diseases like cancer, diabetes and Alzheimer’s. Many have even managed to keep their skin from showing

signs of aging. One of Japan’s leading pharmaceutical companies began researching and developing a pill supplement containing hyaluronic acid. The company tested the capsules on 1,000 people, and said roughly half reported smoother skin, less fatigue and better eyesight.”

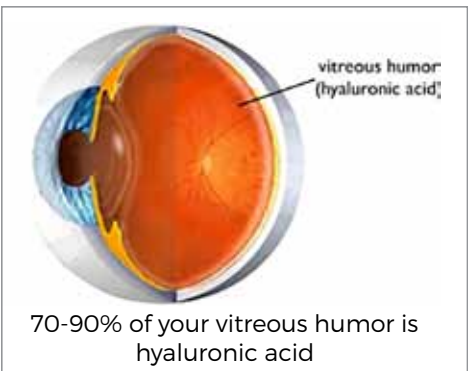
Since then, a number of products containing hyaluronic acid have been credited with helping to restore joint flexibility, improving skin condition through moisturizing and other regenerative effects and also maintaining the healthy condition of eyes.

So what is HA? Hyaluronic acid cushions your joints. It’s what enables your eyes to retain their moisture and helps your knees glide. But as we age, like everything else, the body’s production of HA changes and usually declines. Doctors have found that injections of HA work quite well when injected into troubled spots such as the knees. However, non-animal oral HA is also known to be well absorbed and to be distributed throughout the body. Preliminary studies are backing up what we believe to be the reason the Japanese villagers enjoy excellent vision.

With HA being the key component in the fluid inside the eye, such products are a welcome line-up in the wake of the natural

decline of this fluid as we age and the possible onset of various problems as a result of this loss. Recent medical studies have focused on the role of HA in the application of it to everything from dry eyes to the post-surgery healing of corneal tissue. According to the ABC report, it has been commonly used in surgery as a “shock absorber” to help protect the retina. And given the fluid losses and atrophy related to glaucoma, a natural supplement to the HA produced by our bodies may help to prevent some of the problems that lead to such diseases. (However, it should be distinctly noted that HA sold in health food stores as a dietary supplement cannot be legally claimed to cure or treat any disease and it should only be used to support already healthy cell functions.)

Doctors from both the Rabin Medical Center in Israel and Tokyo’s Keio University School of Medicine found evidence in their studies that the presence of HA, specifically sodium hyaluronate, was instrumental in both the maintenance of the corneal tissue and in the quality of the healing of this tissue when damaged. Another study conducted by the Contact Lens and Anterior Eye Research Group, Al Cardiff University’s School of Optometry and Vision Sciences in the United Kingdom, found that HA is just as effective as saline in eye drops in the care of dry eyes.



Ayurvedic Approach to Seasonal Allergies

by Dr. Sylvaine Francine

Nature is truly beautiful in spring time. Its beauty however, is accompanied with fresh pollen that tends to aggravate people's sensitivities. Allergy season begins in the Northwest with the alder tree in mid-February and continues through the summer and fall when molds come up from the soil after the rain.

Traditional Ayurvedic medicine involves a holistic approach to wellness. Its true application requires deep observation of nutritional, spiritual, and lifestyle practices. That being said, Ayurveda does provide some helpful tips to make it through allergy season!

Root Causes of Allergies

In a nutshell, Doshas are the physiological traits and tendencies that influence our behavioral patterns, metabolism, and physical appearance. Allergies happen in the body when there is a metabolic dysfunction. In Ayurveda, we believe that the Vata, Pitta, and

Kapha Doshas constitute our bodies and each has a very particular role in maintaining specific systems.

The Vata Dosha is responsible for the cardiovascular and musculoskeletal systems, the urinary and reproductive systems, digestion and elimination, joints, and mental activity. The Pitta Dosha regulates the body's metabolism, as well as some parts of digestion, and blood quality. The Kapha Dosha is involved in absorption, sweat glands, gray matter, bone marrow, and the hormonal system.

Blockages along the energy pathways create the perfect grounds for creating and sustaining allergies. When the blockages are released, the allergies disappear.

Balancing

Too much Pitta or not enough Pitta stirs our body metabolism out of balance. Teas are an essential part of the rebalancing act. They may

not free you from your allergies immediately or by themselves, but are a step in the right direction. I recommend making the tea, letting it seep, and then drinking it hot, warm, or at room temperature. Even in the summer, licorice, fennel, red clover, and mint teas are especially wonderful.

A Pitta person will cool down better with warm teas rather than icy drinks, which raise the temperature in the long run and create additional metabolic imbalance. Create your own mix, and if you like them sweet, add natural sugar or maple syrup which are compatible with Pitta.

Dr. Sylvaine Francine is certified in Ayurveda Concepts and Philosophy. She is an energy and spirit worker, as well as a doctor of chiropractic. She teaches meditation and offers spiritual counseling through Stillness, LLC. For more information call 206.501.7575 or visit sylvainefrancine.com.

Ayurveda recommends the following teas to calm the body of a Pitta person:

Chamomile – Supports a good night sleep

Dandelion – Purifies the kidneys

Licorice – Can pacify aggravated Pitta

Fennel – Good for digestion

Red Clover – Balances Pitta and Kapha, slightly increases Vata

Mint – Good for respiratory health

Aloe and Greens: **SUPERFOOD**

by Karen Masterson Koch, CN, President of Aloe Life



Health in the body doesn't just happen! Building vibrant and lasting health demands regular foundational nutrition, a strong metabolism, and good digestion.¹

Experts agree that making healthier food choices – such as including superfoods in your diet – can have a big impact on preventing and even reversing the rising tide of conditions like cancer, diabetes, allergies, and more. Today, aloe and greens are coming to light as a true superfood combination.

What are superfoods?

Superfoods contain the health-building extras known as phytonutrients. The phytonutrient category includes antioxidants, amino acids, and other active nutrients that are naturally found in herbs, fruits, vegetables, and some proteins.² Each phytonutrient contributes to healthy metabolic function including: immunity, detoxification, energy, weight maintenance, bone density, cardiovascular and breathing function, skin health, and even mental wellness.

According to recent sales in U.S. natural food stores, both aloe vera and greens supplements top the list of herbal superfoods. This is because they offer so much and work very fast, especially if quality products are chosen.³

Inflammation in the body is a major factor in over 80 diseases, including the ones mentioned and more, like arthritis and skin conditions. It is not by accident that each of the top 5 herbal superfoods has pathways of action to squelch inflammation.

How does a quality aloe vera support health?

In his book, *Aloe Vera – A Scientific Approach*, Robert Davis, PhD. explains how powerful the plant's action is as a catalyst to safely support overall optimum health. Aloe has the ability to increase nutrient bioavailability. When taken with food, nutritional supplements, or even pain relievers, the body utilizes them more effectively.

Several studies revealed specifics. Two of these studies with vitamins C and E showed that aloe vera increased absorption into the cells by as much as 300%.⁵ Another study showed improved efficiency and timed release action with B¹². A study involving protein revealed absorption improved by 50% with a quality whole leaf aloe vera juice taken before meals.⁶ Common results for consumers are increased energy, faster hair and nail growth, and just feeling better quickly.

While the many active constituents in aloe balance and support immunity, allergies, energy, circulation, and wellbeing, optimizing digestion is the most critical step. As an herbal bitter, aloe contains anthraquinones. This element supports the proper flow of hydrochloric acid, bile, and other gastric juices. It is especially concentrated in whole leaf aloe vera juice concentrate and tablet products. Also, the 4.5 pH is acidic and encourages balance in the GI tract; reducing bloating, gas, constipation, and heartburn tendencies.⁶ Taken before meals is best. As the saying goes, a bitter on the tongue is sweet on the stomach!



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The synergy of aloe and greens

Take advantage of aloe's ability to enhance nutrient bioavailability by combining it with inflammation-fighting green superfoods. Start in the kitchen. Do your daily best to fix a variety of delicious greens like broccoli, chard, kale, cucumber, parsley, and other dark greens. Before consuming, take a serving of whole leaf aloe.

Eating the recommended daily allowance of 4 cups or more of quality vegetables is not always an easy task. Fortunately, supplements often cost even less than purchasing a nutritionally equivalent amount of vegetables, and many are certified organic. Another benefit of tablet or powder greens formulas are how quick and easy they are to take. A supplement also comes in handy between shopping trips, for picky eaters, or when traveling.

The beauty of the body's ability to return to a state of health shows when you begin to eat the superfoods, improve your digestion, and detoxify from wastes. What are you searching for: youthful skin, daily energy, healthier body and mind, or just want to turn back the aging clock a bit? Perhaps you're a natural athlete who scouts out foods to get a better edge on performance and recovery? Try greens and use a quality aloe vera for three months. The fact is that health works at any age for everyone that is willing to experiment. Enjoy!

*Caution: If you are on a blood thinner medication, AVOID greens formulas. Just focus on all the other great vegetables and superfoods as tolerated.

Top 5 Herbal Superfoods

- Aloe Vera
- Turmeric
- Curcumin
- Greens
- Flax

Other superfoods include: squash, carrots, berries, papaya, green and red apples, and avocados. Proteins that are highlighted include: fish (salmon, sardines, mackerel, etc.), beans, eggs, almonds, chia, coconut, and pumpkin seeds. Even yummy dark chocolate makes the list!

Scientifically Proven Benefits of Aloe⁴

- Anti-inflammatory
- Anti-bacterial
- Anti-viral

Top 10 Greens in Supplements*

- Sprouted Wheat
- Alfalfa
- Dandelion
- Barley Grass
- Watercress
- Kale
- Chlorella
- Parsley
- Broccoli Sprouts
- Spirulina

The Top 10 Greens contain over 60 actives, including powerful phytonutrients like chlorophyll, carotenoids, and enzymes that support the repair of healthier cells. The body is only as healthy as each cell.

Karen Masterson Koch is a certified nutritionist and President of Aloe Life. She is also a health researcher, educator, and the author of Beyond Gluten Intolerance. For more information visit aloe1ife.com.

PREVENTING WA

Like you, we love food – trying new recipes, making meals with family and friends, and taking advantage of the best deals in the market. Our love for food, though, often leads to something we hate: waste. More specifically, food waste. When leftovers go uneaten or a great deal on strawberries turns to mold, we find ourselves considering our role in the problem of wasted food in America.

The average American wastes around 300 pounds of food per year. A typical family of four spends \$1,600 on food that goes uneaten and \$165 billion is spent annually to produce food that goes to waste. This represents a tremendous loss for our economy and environment. Along with wasted money, this results in huge amounts of wasted water, energy, fuel, labor, and time. In addition, unused food decomposing in landfills releases harmful emissions that contribute to climate change. These facts co-exist with the reality that we struggle to feed the hungry people in our community.



Food in the garbage comes in two forms. One form is unavoidable food waste, such as egg shells and banana peels which can be composted; the other form is avoidable – it's simply edible food that was wasted instead of eaten. We can prevent wasted food and it is our responsibility to do so.

The problem is so serious that awareness campaigns are being launched by local, regional and national governments. Environmental organizations are working hard on this issue, too, including the Natural Resources Defense Council (NRDC). A major focus is helping shoppers reduce wasted food in their homes, an important tactic when you consider that 43% of food is wasted by households.

FOOD WASTED BY WEIGHT — 63 MILLION TONS

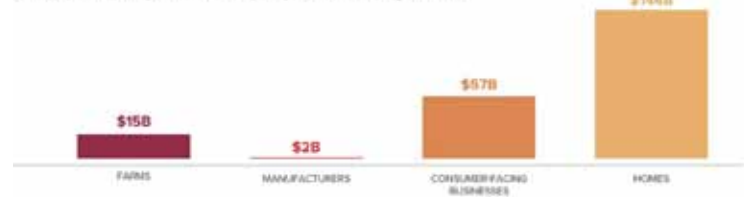


CONSUMER-FACING BUSINESSES INCLUDE



VALUE OF WASTE — \$218 BILLION

The financial cost of food waste ends up costing consumers the most due to the difference in retail pricing versus wholesale pricing for consumer-facing businesses.



Food also happens to be the number one material in Tacoma's garbage. To address this issue, the City of Tacoma launched a Preventing Wasted Food campaign to help people realize and reduce the amount of food they waste. Marlene's shoppers can learn more at CityofTacoma.org/PreventingWastedFood and MakeDirtNotWaste.org.

FOOD WASTE PREVENTION TIPS

- Plan to shop weekly and only for what is needed that week.
- Make a shopping list, and stick to it!
- Shop through your fridge, freezer, and pantry first to see what you already have.
- Buy fresh, loose produce in smaller quantities, more often.
- Designate a "use it up" shelf in your fridge for soon-to-expire goods that need to be eaten soon.
- Choose grains, pasta, nuts and beans from the bulk section to control quantities.
- Freeze fruits and greens that are about to go bad, and use them in smoothies and soups.
- Try backyard or worm composting at home.

WASTED FOOD

by The City of Tacoma

Discuss money saving
and food waste
reduction strategies
with Jetta Antonakos!
Tuesday, April 11
in Tacoma –
details on page 10.

FOOD SAFETY

How do you know if food is safe to eat? Sometimes it's obvious – moldy or rotten food has gone bad. Other times it's hard to tell. The more time your food spends in the temperature “danger zone” (40 – 120 degrees F), the more likely it will be unsafe to eat. If you leave food out on the counter or in a hot car, it could be unsafe even before the date on the package. Keeping food properly stored and using it before it becomes unsafe will go a long way to reducing wasted food.

What is the difference between “sell by,” “use by,” “best by,” and expiration dates?

- A “Sell by” date tells the store how long to display a product for sale. Food past this date is generally still safe to eat.
- A “Best before” date is about food quality. After these dates foods are safe to eat, but they are past their peak flavor or quality.
- A “Use by” date is the last date that foods are at peak quality. These dates are set by the manufacturer and are usually about quality, not safety. After this date, food should be safe if it has been stored properly.
- Cans: Dates stamped on cans do not have to do with food safety. As long as the can is not damaged and has not been frozen or stored above 90 degrees F, the canned food should be safe to eat.
- Eggs: Even if the date stamped on eggs has passed, eat them within three to five weeks of purchasing. If they are properly stored in the refrigerator, they are safe to eat.

Remember, proper storage is key! We can't say for sure how long after “use by” dates food will be good, but if you store the food properly it should last longer.

CONSIDER COMPOST!

By composting, we respect, preserve, and create a rapidly depleting resource that our lives depend on...soil! Not only do we avoid the problems caused by wasting, but we realize the significant benefits that composting offers:

- Enriches soil, helping retain moisture and suppress plant diseases and pests.
- Reduces the need for chemical fertilizers
- Encourages the production of beneficial bacteria and fungi that break down organic matter to create humus, a rich nutrient-filled material
- Reduces ethane emissions from landfills and lowers your carbon footprint

DONATE YOUR EXTRA FOOD

Today nearly 50 million Americans have inconsistent or unreliable access to food. This means that roughly one out of six adults and one out of five children do not have stable access to food. Reducing food loss in the U.S. by just 15% could help feed more than 25 million Americans.

One step you can take towards reducing wasted food in your home is to donate food you no longer want or think you won't eat. It is easiest to donate commercially packaged goods that do not need refrigeration.

To donate food, find a food bank near you.

Tacoma or Pierce County: co.pierce.wa.us/index.aspx?nid=454

Federal Way or King County: foodlifeline.org/need-food

A full list of food you can and cannot donate in Washington can be found at doh.wa.gov/communityandenvironment/food/foodworkerandindustry/charityfooddonations.



Make Your Own Sauerkraut!

by Renew Life

With all the good things we've been hearing about fermented foods lately, chances are you've been adding a few more of them to your grocery cart. Foods and beverages like yogurt, tempeh, kombucha, kefir, and cultured vegetables are rich in beneficial bacteria that help keep your gut in balance and support good digestion and health. Below is a super simple recipe for homemade sauerkraut you can prepare right in your kitchen!

Homemade Sauerkraut

30 minutes to prepare, 7+ days to ferment

Serves 16

4 Tbs	fine sea salt
1 qt	purified water
2 heads	red and/or green cabbage, cored and shredded

Directions:

Make a brine by combining 3 Tbs salt and water in a large bowl. Let sit until salt dissolves completely. Place cabbage in another large bowl and sprinkle with 1 Tbs salt. Massage and squeeze cabbage thoroughly with your hands so the natural juices of the cabbage are released. Transfer cabbage and juices to ten 12-ounce wide-mouth glass jars or a 1-gallon crock, pressing the cabbage down tightly. The juices should completely cover the cabbage. If not, add brine from the first bowl to submerge. The liquid should be no closer than 1 inch from the lid. If the cabbage floats above the liquid, you will need to weigh it down with a plate or lid.

Leave jars or crock in a dark, warm place in your kitchen (such as a pantry or cabinet). Allow cabbage to ferment for at least 7 days, loosening and retightening the lid (if you are using jars) every 3 days to release pressure. Check regularly to be sure the cabbage remains submerged, adding more brine if necessary.

After 7 days, taste the sauerkraut. If it is not to your liking, wait another day and taste again, and so on until it reaches the desired flavor. At that time, move the jars to the refrigerator to slow any further fermentation and to set the flavor. If you've used a large crock, portion the sauerkraut into jars or glass storage containers to store in the refrigerator until you are ready to eat. Enjoy!

Renew Life believes a healthy gut is a happy gut. For nearly two decades they have been formulating superior quality digestive care supplements to help people achieve optimal health from the inside out. They proudly stand behind the quality, purity, and potency of every product they make.*



Learn more about
digestive wellness with
MariAleath Nichols on
Wednesday, April 5 at
6:30 pm in Federal Way.
Details on page 10.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

APRIL

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, 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! 2		Protecting the Puget Sound with Rachel Easton, Program Coordinator for Harbor WildWatch 6:30 pm, FREE Tacoma 4	Digestive Wellness, Naturally with MariAleath Nichols, National Educator for Renew Life 6:30 pm, FREE Federal Way 5	Got Junk? Bulky Item Recycling Options with Jeanette Brizendine, Recycling Project Manager for the City of Federal Way 6:30 pm, FREE Federal Way 6		Attract Butterflies, Bees, and Birds with Ladd Smith, BS, In Harmony Sustainable Landscapes 10 am – Noon, FREE Federal Way 8
	Uniform Monday! 10% off to all firefighters, military and police! 9	Preventing Wasted Food with Jetta Antonakos, Senior Environmental Specialist for the City of Tacoma 6:30 pm, FREE Tacoma 11		Fungi, Earth, and Us with Robin Yeager, Educator for Host Defense 6:30 pm, FREE Federal Way 13		Urban Chicken Farming with Dalia Monterroso, Ambassador for Scratch and Peck Feeds 11 am – Noon, FREE Federal Way 15
		Wilcox Farm with a Wilcox family member 6:30 pm, FREE Tacoma 18		Medicinal and Edible Plants – a Foraging Nature Walk with Natalie Hammerquist, Adiantum School 6 pm, \$5 West Hylebos Wetland Park - Federal Way 20		Spring Open House & Earth Day Celebration 11 am – 3 pm Federal Way & Tacoma 22
23		Planning to Preserve with Hal Meng, The Center for Food Preservation Arts 6 pm, \$20 Tacoma 25		Wellbeing with Hyperbaric Therapy with New Leaf Hyperbarics 6:30 pm, FREE Federal Way 27		Earthwise Shopping with Deena, the Deceptive Chef 10 am – Noon, \$10 Federal Way 29
30	24	25	26	27	28	29

BODY WORK

Schedule



TACOMA

Seated Massage & Energy Work
with Dan Wilson & Diane Newby
Monday, 11 am – 3 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

FEDERAL WAY

Reiki & Energy Work with Windy Stabile
Sunday, 11 am – 4 pm – Walk-in
Monday, Tuesday, Wednesday, and Thursday – By appointment only.
Please call 206.917.6000 to make an appointment.

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: 8:30 am - 8 pm
Sunday: 10 am - 7 pm

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

feedback@marlenesmarket-deli.com



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APRIL 2017

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

Ocho Candy Bars are a rich, Fair Trade delight for the true candy bar lover! These bars are big on flavor and always free of preservatives, additives, and artificial anything. Look for their peanut butter filled eggs in April!



Lillie Belle Farm Chocolates scoured the globe for the best cocoa beans on the planet! The result is organic, handmade, artisan chocolates with a unique twist. From creamy, single origin chocolates to fiery-filled truffles, Lillie Belle sweet treats are sure to please!

ORGANIC
Asparagus
\$5⁹⁹
lb.
in April

