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NATURAL ORGANIC GLUTEN-FREE NON-GMO

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

SOUND OUTLOOK

November 2017

Holiday Open House

Saturday, November 11

11 am to 3 pm

The Recipe Issue

Traditional Tables

Winter Warmers

Nourishing Treats

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A from Marlene...

Ready or not, folks, the holidays are arriving. Time is certainly flying by!

Our people have been hard at work filling our stores with the very best products we can find so that you can prepare for a wonderful season with family and friends.

This issue is just FULL of delicious recipes. Everything is easy to prepare and all ingredients can be found right here at Marlene's.

If you find yourself feeling overwhelmed this month, take a look at the Thanksgiving offerings from our catering department. Every year our Food Services Director, Mary puts together an incredible, wholesome menu with side dishes, main dishes, and desserts. There are even gluten-free options for most items.

Thanksgiving dinners go quickly so be sure to put your order in early!

The turkeys will be landing at our stores mid-month. We will have free-range and organic options, as well as the ever-popular heirloom turkeys. All will come in a variety of sizes.

For those who lean toward a plant-based diet, we have delicious main dish options like the Tofurky Feast and Celebration Roast!

Of all the things I am thankful for, my customers are at the top of the list. THANK YOU for the love and support these many years we've spent together. I am wishing you all health and happiness today and always...

Much love,

Marlene



P.S.

Our dear friend, Tierney Salter, has passed on recently. Tierney started her company, The Herbalist, in the early days of health foods. We shared a passion for staying healthy with whole foods and quality supplements. We were proud to carry her herbal products in our stores. I have many memories of being businesswomen growing our companies together in an exciting industry. Tierney was so colorful and happily good natured; one of our nicest vendors. We send her family good wishes and will always remember her.



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A Reason to be Thankful

by Joe Moralez, Sound Outlook Coordinator

Perhaps you know someone who works hard at embracing a healthful lifestyle. They eat right, exercise regularly – and yet, for some reason, they are hung up on their deficiencies. Maybe even *you* feel this way.

This is a good time of the year to consider that it is not only what we consume, do, or don't do that keeps us happy and healthy. The way we think, what we believe, and what we put back into the world also has a profound effect on the quality of our lives.

As children, we're taught that it is polite to say "please" and "thank you." The truth is, authentic cultivation of those underlying emotions can positively affect our quality of life and health later.

According to Drs. Lori and Randy Sansone, gratitude can be defined as "appreciation for what is personally valuable and meaningful, and it represents a general state of thankfulness or appreciation."¹ The act of expressing our genuine thankfulness for what we receive, tangible and intangible, earned or not earned, has been linked to a wide range of health benefits.

Getting good sleep is vital to our bodies' ability to stay healthy and feel great. Making a point to regularly express gratitude has been shown to

lead to more sleep and better sleep.² The simple act of spending a few minutes before bed writing down the things that you are grateful for can lead to improved sleep and even make it easier to wake up the next day!

We've all faced the challenge of staying positive during tough times. By mindfully focusing on expressing your gratitude, you can help keep feelings of stress and depression at bay.³ Keep building on the upward cycle by showing appreciation to your coworkers and new people you meet – this leads to stronger relationships, new friendships, and opens the door to an improved sense of social support!⁴

Leading gratitude researcher, Robert A. Emmons, has shown that practicing gratitude can help moderate cholesterol levels, lead to greater overall heart health and decelerate neurodegeneration. In addition to the physical bonuses, Emmons' research participants experienced psychological detoxification – or a purging of negative emotions and mental noise.⁵

It is a busy time of year, but making the effort to cultivate a little more gratitude in our lives can help make it easier. There are many ways to do this, but here are a few ideas to get you started:

- Keep a diary of things you appreciate
- Slow down and intentionally notice goodness around you
- Share a genuine compliment, personal or situational
- Leave an everyday gratitude reminder note for yourself – on a mirror, your desk, or in your car
- Pay it forward – we can't always repay the blessings we receive, but we can pass them along

1. Sansone RA, Sansone LA. Gratitude and Well Being: The Benefits of Appreciation. Psychiatry (Edgmont). 2010;7(11):18-22.
2. J Psychosom Res. 2009 Jan;66(1):43-8. doi: 10.1016/j.jpsychores.2008.09.002. Epub 2008 Nov 22.
3. Wood, Alex M., Maltby, John, Gillett, Raphael, Linley, P. Alex and Joseph, Stephen. (2008) The role of gratitude in the development of social support, stress, and depression : two longitudinal studies. Journal of Research in Personality, Volume 42 (Number 4). pp. 854-871. ISSN 0092-6566
4. Emotion. 2015 Feb;15(1):1-5. doi: 10.1037/emo0000017. Epub 2014 Aug 11.
5. Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. Journal of Personality and Social Psychology, 84(2), 377-389.

"Gratitude blocks toxic emotions, such as envy, resentment, regret, and depression – which can destroy our happiness. It's impossible to feel envious and grateful at the same time."


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PERFECT THANKSGIVING TURKEY

by Diestel Turkey Ranch

We have done a lot of experimental cooking with our turkeys and have found what we believe to be the ideal way to roast these birds.

- 1 Diestel turkey (Free Range, Organic, or Heirloom)
- 2 – 4 cups broth or water
- 1 cup white wine

For traditional family rub:

- 4 Tbl olive oil
- 4 tsp salt, or to taste
- 2 tsp paprika

For gravy:

- 1/3 cup butter
- 1/3 cup all purpose flour
- salt and freshly cracked pepper, to taste

Preheat oven to 325° F. Remove soft oven ready turkey from the bag. After removing the neck and giblets from the body cavities, rinse the bird with cold water. Pat turkey dry with a paper towel. If you choose to stuff your bird, this would be the time to do so. To remove the nylon truss, just lift the ring and pull it up and over the end of the drumstick. To secure the truss, hold the drumsticks together, lift the ring and pull it over the drumsticks. The nylon truss is oven and microwave safe and can withstand oven temperatures of up to 450° F.

Rub the exterior of your turkey with a blend of your favorite herbs and spices or with our traditional family rub recipe: See ingredients above.

Place the turkey in an open roasting pan, breast side up. Cover the bottom of the pan with approximately 2 cups water or broth. Place your beautiful turkey in the oven.

Roasting Your Turkey

Use a 325° F oven. We would encourage you to check the internal temperature throughout the roasting time to be careful not to over-roast. The internal temperature typically increases more rapidly during the last half of roasting.

There is no need to turn the bird while roasting as it will brown to a rich, golden color. A foil tent can be placed loosely over the turkey during the last hour of roasting to prevent over-browning.

For truly marvelous gravy, heat (do not boil) 1 cup white wine. Pour this over your turkey halfway through the roasting time. When the turkey reaches the desired internal temperature, remove from the oven. Cover and let stand for at least 15 minutes before carving.



Gravy Time

Skim and strain freshly roasted turkey drippings into a saucepan over medium heat. If you're short on drippings, add 1-2 cups water or broth back into your roasting pan and use a wooden spoon to scrape up the brown bits. Strain and incorporate into your drippings.

To create your roux – in a separate saucepan, melt butter and whisk in flour over medium heat. Reduce heat and whisk until golden brown, less than three minutes.

Whisking constantly, gradually add drippings to your roux. Reduce heat to low; simmer gently for gravy to thicken and flavors to meld. Season to taste with salt and freshly cracked pepper.

Roasting Chart – Please note that suggested roasting times may vary. If the turkey is unstuffed, decrease the roasting times listed below by approximately 30 minutes.

Weight in Lbs.	Hours	Weight in Lbs.	Hours	Weight in Lbs.	Hours	Weight in Lbs.	Hours
6-10	approx. 2	14-16	3 ½ – 3 ¾	20-22	4 ½ – 5	28-30	5 ¼ – 5 ½
10-12	3 – 3 ¼	16-18	3 ¾ – 4	22-24	5 – 5 ¼	30-32	5 ½ – 5 ¾
12-14	3 ¼ – 3 ½	18-20	4 – 4 ½	24-27	5 – 5 ½	32-34	5 ¾ – 6 ¼
						34-36+	6 ¼ – 6 ½

Handcrafted Green Bean Casserole

by Susan Blake, BS, NTP, CGP

- 1 red onion, thinly sliced
- 2 Tbs butter, ghee or coconut oil
- 2 lbs green beans, trimmed and halved
- 3 Tbs unsalted butter
- 1 lb button mushrooms, cleaned and sliced
- 3 Tbs arrowroot or tapioca starch
- 1 ½ cups homemade chicken stock
- 1 ½ cups organic or grass-fed heavy cream
- Celtic sea salt and freshly cracked pepper, to taste

Preheat oven to 425° F and adjust rack to middle position. In a large bowl, toss together red onion and 1 tablespoon coconut oil or butter; season generously with salt and pepper. Spread onions out on a large baking sheet and roast for 20 minutes. Stir onions and put back in oven for another 15 minutes or until onions lose most of their moisture and begin to brown. Remove from oven and set aside. Reduce heat in oven to 375° F.

While the onions are cooking, steam the green beans in a sauce pan with a steamer and water in the bottom, until green beans are tender. Drain and rinse with cold water to stop the cooking process. Set aside.

Melt remaining butter or coconut oil over medium heat in a large skillet. Add the mushrooms and season generously with salt and pepper. Sauté until mushrooms have released their moisture and the edges begin to turn golden brown (about 10 minutes). Add the flour and stir constantly until incorporated, about 1 minute. Gradually add the chicken stock and then the cream, whisking constantly to avoid lumping. Reduce heat and simmer until sauce thickens (5-6 minutes). Toss together mushroom mixture and green beans and then pour into a 13×9 baking dish. Top with red onions and bake until bubbling (20-25 minutes).

Susan Blake, NTP, BS, CGP helps her clients determine their ideal diets, heal their digestive systems, and learn about the interplay between physical and psychological health. Visit her website thewholebodysshop.net or reach out to her at hairandbodysshop@comcast.net or by calling 253.778.0684.

Savory Sage Rice

by Resolute Michaels, NTP, BCHN



I've worked on developing gluten and dairy free versions of the tastiest foods I can find, especially for the holidays, without resorting to just making an old recipe gluten free. This dish can take the place of stuffing for those who avoid gluten and wheat. Same satisfying flavors, especially when made with turkey stock! I hope that it will bring you delight and provide comfort as well as deep nourishment and joy!

- | | | | |
|-------|------------------------|-------|---|
| ½ lb | pork breakfast sausage | 1 Tbl | sage |
| | | 1 tsp | thyme |
| 2 Tbl | butter or olive oil | 1 tsp | rosemary |
| ½ cup | onion, chopped | 1 tsp | marjoram |
| ½ cup | celery, thinly sliced | 1 tsp | salt |
| | | 1 cup | sprouted basmati rice |
| 1 cup | mushrooms, sliced | | chicken or turkey bone broth (check your rice package and their liquid recommendations) |
| 1 | garlic clove, minced | | |

Brown the sausage in a skillet, breaking it apart as it cooks. Drain on paper towels and discard any accumulated fat. In a 4 quart pot, melt the butter. Add the onion and celery and cook, stirring often, until softened (about 4 minutes). Add the mushrooms and cook another 2 minutes, stirring often. Add the garlic and herbs, and stir until the seasonings give off their aroma (about 2 minutes). Add the sausage, broth, and rice. Stir and then cover and bring to a boil. Turn down heat and cook, covered, for the time recommended on your rice package (about 30 minutes). Turn off heat and let stand, covered, for 10 minutes. Fluff with fork and serve. Serves 6-8.

Resolute Michaels, NTP, BCHN, is a Nutritional Therapy Practitioner and is board Certified in Holistic Nutrition. She works with families who are dealing with autism spectrum disorders, autoimmune issues, and any accompanying anxiety/depression issues that may be present in other family members. She understands that the quickest way to bring about meaningful change is by supporting the entire family unit. Visit her website primalperspectives.com or call her at 206.910.4922 for more information or to schedule your free 30-minute consultation.

Family Favorite Brussels Sprouts

by Amy Moreno, Four Elements Farm

5 lbs Brussels sprouts
4 Tbl olive oil
1 lb bacon (optional)
sea salt, to taste

Preheat oven to 425° F. Drizzle half of the olive oil on a large baking sheet. Cut the bottom off the Brussels sprouts, then cut them in half, and place on the baking sheet. Once all the Brussels sprouts are halved and on the baking sheet, drizzle the remaining olive oil over the top. Sprinkle sea salt over the top.

If you would like to add bacon, cut it into small pieces and sprinkle it evenly over the sprouts. Turn over the sprouts and bacon to get an even coating of oil throughout. The easiest and most effective way to do this is with your hands.

Place the baking sheet in the oven. Turn the Brussels sprouts after 15 minutes. After 20-30 minutes, take one piece out, let it cool and try it. If it is too crunchy for your liking, keep cooking and check every 5-10 minutes until desired outcome is reached. Serves 15-20 people.

Rooted Roasted Roots

by Amy Moreno, Four Elements Farm

2 bunches carrots
2 bunches beets
2 lbs parsnips
3 sprigs fresh rosemary
olive oil
sea salt
honey (optional)

Preheat oven to 425° F. Drizzle olive oil on a baking sheet. Prepare vegetables by cutting off all leaves and scraping outside skin. Cut everything into $\frac{1}{8}$ inch circles and place on the baking sheet. Depending on the size of the beets and parsnips, you may want to cut the circles in half. Drizzle oil on top. Cut up rosemary and sprinkle on top. Sprinkle sea salt over everything. If you like a little sweetness, lightly drizzle honey over the vegetables.

Once the vegetables are in the oven, turn them every 10-15 minutes until desired tenderness is reached. Depending on the oven, expect 30-45 minutes. Serves 8-10 people.



Amy and Agustin Moreno-Sills are the family-farmers behind Four Elements Farm. Their amazingly local and fresh winter vegetables will be filling our produce section this season – watch for their same-day harvest-to-shelf kale, carrots, radishes, Brussels sprouts, and more! These are Amy's favorite holiday recipes – she loves how they always bring her family together at the table for special meals.



Bitchin' Squash

by Bitchin' Sauce

1	medium butternut squash (2-3 lbs), halved and seeded
1 cup	purple carrots, cut in ½-inch rounds and quartered
½ cup	dried lentils
3 cups	kale, stems removed and torn into 1-inch pieces
	olive oil
¼ cup	Bitchin' Sauce (any flavor)

Preheat oven to 400° F. Lightly coat exposed flesh of butternut squash with olive oil. Place halves face down on cookie sheet. In a small bowl, toss carrot quarters with about 2 teaspoons of olive oil until thoroughly coated. Arrange carrots evenly on cookie sheet between butternut halves. Roast until squash is fork tender (about 30 minutes). While carrots and squash are roasting, rinse lentils in strainer and drain. In medium saucepan, bring 1 ½ cups of water to boil. Add lentils and reduce heat to low. Cover and simmer 20 minutes or until water is absorbed and lentils are tender. Remove from heat. In 12-inch frying pan, bring ¼ cup water to simmer over medium heat. Add kale pieces and steam 2-3 minutes, until just wilted and bright green in color. Strain and set aside. In large bowl, gently turn carrots, lentils, and kale until just mixed. Place butternut halves face up on serving plates and spoon mixture evenly into halves. Top each with 2 tablespoons of Bitchin' Sauce and serve warm. Serves 4.

Deliciously Deviled Eggs

by Wilcox Family Farms

12	Wilcox Premium Quality Eggs
2 Tbl	real mayonnaise
1 tsp	prepared yellow mustard
2	gherkins, diced
	paprika
	salt and pepper, to taste



Boil your eggs:

Cover eggs with cold water in a large saucepan and bring to a boil. Boil for 5 minutes. Turn off heat and let sit in the water for an additional 5 minutes. Peel your eggs as carefully as possible, then slice in half lengthwise. Place yolks in a bowl, and egg whites in a deviled egg holder.

To the egg yolks, add mayonnaise, yellow mustard, diced gherkins, and salt and black pepper to taste. Stir mixture until creamy. Spoon mixture into a zip-lock bag; seal bag and snip off one corner of the bag. Squeeze mixture out of corner of bag into egg white halves. Sprinkle tops of filled deviled eggs with paprika. Chill in refrigerator 1 to 2 hours, or until cold, before serving.

The Wilcox Family Farms started in 1909 when Judson and Elizabeth Wilcox set out to build a family business and life-long legacy. Today, the fourth generation of Wilcox family continues the tradition of sustainable farming by providing you with quality eggs. They strive to create the best environment possible for their hens with the space, comfort and peace they need to lay healthier, better tasting eggs.

Roasted Fennel and Leek Soup with Breaded Cod

by Deena, The Deceptive Chef

Gluten Free Breaded Cod

1 cup	chickpea flour
½ tsp	pink salt
½ tsp	pepper
½ tsp	garlic powder
4 pieces	cod fillet

Combine all ingredients in a bowl and mix. Toss dry cod pieces in breading mixture. Fry until golden.



Roasted Fennel and Leek Soup

1	fennel bulb cut in half lengthwise, greens removed
2 large	leeks, cut lengthwise and rinsed if needed
2 cups	milk (or your favorite alternative)
	grapeseed oil to drizzle
	salt and pepper, to taste
	pepper
	garlic powder
	handful of pepitas

Take a sheet pan, cover with foil and lay the fennel and leeks on it. Evenly drizzle with oil and season both sides with salt, pepper, and garlic powder. Cover the fennel and leeks with foil and bake at 425° F until soft and caramelized. Approximately 35 minutes. When you can run a knife smoothly through the fennel remove sheet pan from the oven. Combine fennel and leeks with milk alternative in blender and blend until smooth. Season to taste with salt, pepper, and garlic. You may add more milk or even vegetable or chicken broth to create the consistency you like. It should be a nice creamy soup. Garnish with pepitas. You can even drop on a dollop of Veganaise or your favorite alternative to sour cream on top.

Leslye's Wild Sockeye Citrus Salmon

by Misty Fjord Seafood

¼ cup	orange juice with pulp
2 Tbs	fresh lime juice
2 tsp	Dijon mustard
1 clove	garlic, minced
½ tsp	cumin
1	orange, sliced thinly
4	Misty Fjord salmon portions, 6 oz each
½	avocado, cut into thin wedges
¼ cup	fresh cilantro, chopped

Preheat oven to 400°. Bake salmon for 15 – 20 minutes, depending on the oven. It is not necessary to turn fish while baking. In a saucepan, whisk together orange juice, lime juice, mustard, garlic, and cumin – bring to a boil. Reduce heat to low and cook for two minutes. Season to taste with salt and pepper. Drizzle mixture over salmon. Garnish with cilantro, orange, and avocado.



Fran Kaul and her crew fishing in Alaska!

Fishermwoman, Fran Kaul has been selling her catch under the label Misty Fjord Seafood for the past 11 years. Her salmon is caught in Bristol Bay, Alaska, home to the largest wild sockeye salmon run in the world. She is proud to be a part of a sustainable fishery and produce such a fine frozen product. You can find Fran's wild-caught salmon at Marlene's. Enjoy!



North African Chickpea and Quinoa Stew

by Chef Kirsten Helle, founder of Mesa de Vida, LLC

This North African-inspired stew is a perfect go-to recipe for the busy holiday season; it is simple to prepare and full of vitamin-rich vegetables. Mesa de Vida's concentrated flavor bases make it easy to bring the whole family together for a healthy meal with tons of flavor and nutrition!

28 oz can tomatoes, crushed or chopped
2 cans chickpeas, rinsed and drained
1 jar Mesa de Vida North African-Inspired Cooking Sauce
1 bag frozen butternut squash, cubed (substitute 1 medium sweet potato, cut into 1" cubes if you wish)

½ cup quinoa, uncooked
3 cups low sodium broth
salt and hot sauce to taste (Harissa is fantastic for this)

Optional:

¾ – 1 lb beef or pork roast, cubed
1 head cauliflower, cut into florets

For the slow cooker: Place all of the ingredients into the slow cooker, stir to combine. Cook on low for 6 – 8 hours. If you'd like to add cauliflower, add it during the last 30 minutes of cooking.

For the stove top: Place all of the ingredients into a heavy bottom soup pot, or Dutch Oven. Stir to combine. Bring to a simmer over medium-high heat, lower the heat to low. Cover and simmer for 30 minutes. If you'd like to add cauliflower, add it during the last 10 minutes of cooking.

Enjoy! Serves 6-8.

Chef Kirsten Helle is the President/Founder of Mesa de Vida LLC, a private chef for professional athletes, and has been seen on Food Network, the cover of Woman's Day magazine and more. She lost over 100 pounds when she set out to create a healthy new family legacy.

Smoky Pumpkin Pasta Sauce

by Mae Tipple, Executive Director for Cupid's Landing

22 oz pumpkin purée
½ tsp chipotle chili powder
⅔ cup almond milk
1 tsp dried rubbed sage
¾ tsp salt
¼ tsp coriander
dash of each cinnamon and nutmeg
1 Tbs Earth Balance margarine or oil
1 clove garlic, minced
1 cup vegetable broth
½ tsp onion powder

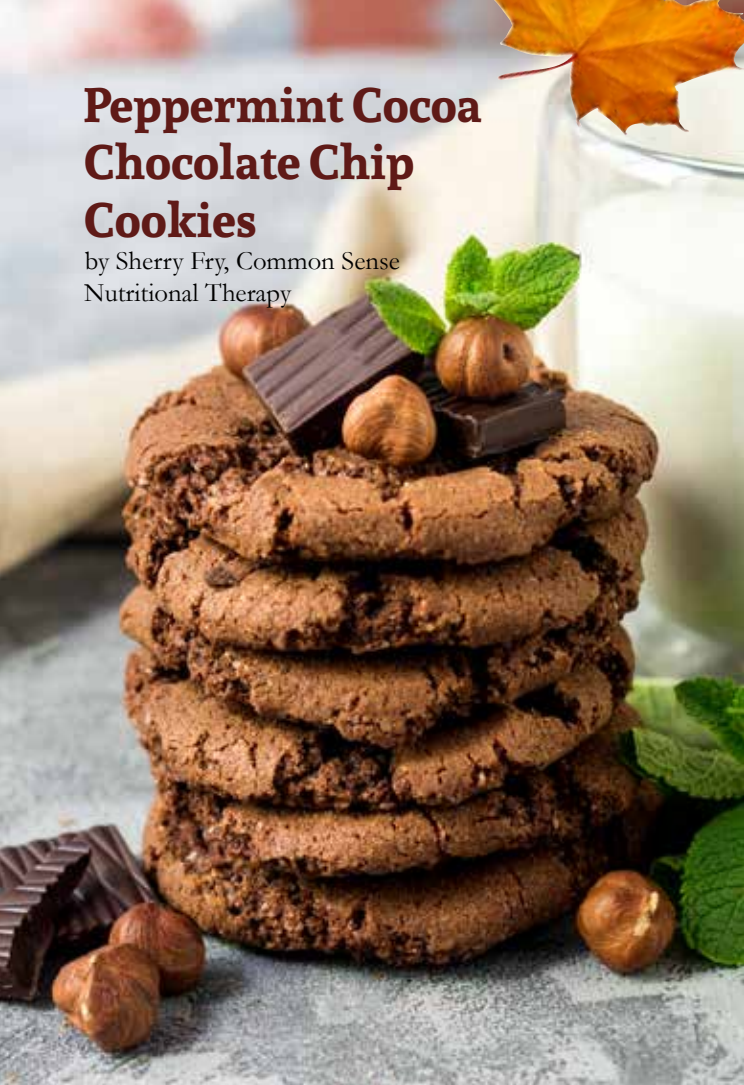
Add every ingredient from pumpkin purée through nutmeg together in a bowl and set aside. No need to mix. In a medium saucepan, heat margarine/oil over medium-low heat. Add garlic and cook while stirring for about a minute. Add the broth and onion powder. Turn the heat up to medium. Once boiling, add all of the ingredients in the bowl. Whisk together either with a whisk or a fork until all of the pumpkin clumps are gone. Let it come back to a boil, then lower the heat or take it off completely until ready to serve; it will get thicker as it cools. Serve immediately, or refrigerate and reheat before adding to pasta. This sauce goes very well with Field Roast Italian Sausages (vegan) sliced and sautéed until browned!

Cupid's Landing is first and foremost a startup project to fund the construction of a farm animal sanctuary in Western Washington. Their primary function will be to rescue farmed animals that are survivors and escapees of the food, clothing, and entertainment industries, or otherwise exploited by humans. Visit cupidslanding.org for more information.



Peppermint Cocoa Chocolate Chip Cookies

by Sherry Fry, Common Sense
Nutritional Therapy



Steve Fry, CHFS and Sherry Fry, CHFS, NTP of Common Sense Nutritional Therapy at Rody Chiropractic Massage & Health, help their clients understand and reverse the unsuspected effects of the modern diet. Contact them through rody-massage.com/nutrition, CSNtherapy.com, or by calling 360.477.1930.

Wet ingredients:

4 eggs
1 ½ tsp vanilla
1 Tbl peppermint oil flavoring
~1 cup extra virgin olive oil*

Dry ingredients:

4 cups organic red winter wheat flour, ground
3 cups Sucanat (natural cane sugar from the bulk department - can be substituted with 3 cups coconut sugar)
3 cups fresh rolled oats
1 ½ tsp baking soda
1 tsp Celtic salt or Himalayan pink salt
¾ cup high fat cocoa (from bulk dept)
⅓ cup chocolate chips (may be mixed in or put on top by hand once on the sheet pan)

Combine eggs, vanilla, and peppermint flavoring in a 3 cup measure cup. Add enough olive oil to bring the level to the 2 cup mark.* Mix wet ingredients in a bowl until you can't tell them apart. Thoroughly mix the dry ingredients together in another bowl.

*Because the volume of eggs can vary, this precise ratio is needed to provide the proper outcome.

Slowly mix the dry ingredients into the wet. I always use a mixer (a Kitchen Aid or something of that nature). You can use a hand mixer, but the job is more difficult. Use a wooden spoon to make sure things keep moving. Mix until all the dry ingredients are absorbed and have the consistency of cold ice cream. Do not over mix.

Preheat oven to 325° F. Use an ice cream scoop to make small to medium size balls with the dough. On a cookie sheet, gently flatten balls into small, patty-like shapes. Remember to leave plenty of room between cookies so they can spread without touching.

Bake for 16 - 19 minutes in a conventional oven, or 12 - 15 minutes in a convection oven. They are done when there is substance to the touch, but the whole cookie is still somewhat soft. The rest of the cooking happens while they cool, so be careful not to overcook. Once cooled, store in freezer. These cookies are easy to reheat from frozen in a toaster oven.

Coconut Crunch Banana Bread

by Back Roads Granola

⅓ cup	butter
½ cup	organic cane sugar
2 cups	flour
1 ½ tsp	baking powder
½ tsp	baking soda
2	ripe bananas, mashed
½ cup	milk (any kind)
1 tsp	vanilla extract
½ cup	Back Roads Coconut Crunch Granola

Place rack in middle of oven and preheat oven to 350° F. Cream together the butter and sugar; stir in flour, baking powder and baking soda. Add remaining ingredients and mix well. Pour into an oiled bread loaf pan. Sprinkle the granola across the top, pushing gently into the top layer of the bread batter. Bake for 50 minutes or until a toothpick stuck into the middle of the bread comes out clean. Remove from loaf pan, let cool on rack for 30 minutes before slicing.

Back Roads Granola specializes in crafting unique paleo-friendly granolas. Coconut chips step in for oats so you can enjoy the satisfying crunch of granola with the energizing benefits of a paleo diet. Check the bulk department for Coconut Crunch, Maple Pecan, and Pineapple Ginger.



Honey Mama's Drinking Chocolate

by Honey Mama's

2/3 cup	unsweetened hemp or coconut milk (or milk of your choice)
1 bar	Honey Mama's Dutch Cacao-Nectar Bar, broken into small pieces
1 Tbl	maple syrup
1/2 tsp	vanilla extract
1/2 tsp	cinnamon

Add milk and Honey Mama's pieces to a small pot and place over medium-low heat. Bring to a low simmer. Pour into a Vita-Mix (or other high-powered blender), and add the remaining ingredients. Blend on high speed for one full minute. Pour into two small cups. Serves 2.

Honey Mama's believes that being playful is the most vibrant state of health. That is why they create treats that put pleasure first, but never skimp on nourishment. Their honey-sweetened, chilled chocolate treats are made from five whole foods, and are perfect to grab as a snack between meals, give as a gift, or serve as dessert at your next dinner party. Their treats are full of bold, deep flavors, decadent textures, and are free from gluten, soy, dairy, and grain.



Pump-Me-Up Pumpkin Pie and Protein Smoothie

by Jeanne Logman, NT – Market Manager, Tacoma

1	banana, frozen
14 oz can	puréed pumpkin
1 1/2 cups	milk or milk substitute
2 scoops	vanilla protein powder
1 tsp	pumpkin pie spice
1 Tbs	agave or maple syrup
1	graham cracker, crushed
	cinnamon and coconut shavings (optional)

Set aside crushed graham crackers. Blend all other ingredients until smooth. Divide crushed graham crackers equally into glasses. Pour smoothie over graham crackers. Stir and sprinkle with cinnamon and coconut shavings. Serve immediately. Makes 2 generous servings.

You will think you're drinking dessert!



ENTRÉE

Finding the right main dish for
 Marlene's. From ethically raised and ha
 options, you'll be pleased to find everything
 to tour our produce section for fresh, organ
 sprouts, greens beans, and anything c

The Traditional Turkey

Marlene's is happy to offer sustainably raised and harvested turkeys from the family-owned, Diestel Turkey Ranch. Known for their high standards in flock care and maintenance, Diestel turkeys are all-natural, slow-growing birds that are given plenty of time and space to develop naturally, resulting in the Diestel signature flavor. Diestel turkeys are never given antibiotics, hormones, or artificial growth stimulants.

Diestel Free Range Turkeys are the original, white meat-rich birds that made Diestel famous. You can count on them being tender, juicy, and full of real turkey flavor!

Diestel Organic Turkeys are raised in free-range conditions and fed 100% organically-grown grain and corn, with no animal byproducts. You'll be happy to know they are also Non-GMO Project Verified!

By raising their **Organic American Heirloom** Turkeys, Diestel helps preserve rare breeds of turkeys that date back to the nineteenth century! Enjoy the exceptionally flavorful meat of this old-fashioned bird.

All turkeys sold at Marlene's are flash-frozen and are available on a first-come, first-served basis. We do not reserve turkeys. Prices vary by weight and type or varietal. Shop early for the best selection from these categories.



Turkey Tips

- For frozen turkeys, the safest defrosting method is the refrigerator, but it may take 4-5 days for a 20-pound turkey to fully defrost, so plan ahead!
- For a fully-defrosted bird, plan on about 20 minutes per pound at 350° F.
- Rub the bird with butter or olive oil, salt and pepper, and cover to prevent over-browning. Remove cover about 45 minutes before it's done so the skin turns nice and golden-brown.
- Fill, but don't stuff, the cavity with vegetables and fresh herbs, making the stuffing in a separate casserole dish. Many cooks create two or more dressings – one using giblets that come with the turkey, and another for vegan or vegetarian guests.
- Turkey is fully done when a leg pulls off easily, but if you aren't sure, remove the turkey from the oven and insert a thermometer into the thigh. Your turkey should be 165° F.
- Let the bird rest before carving. Now is the time to make gravies, heat side dishes, toss salads, etc. The turkey can sit for 30-45 minutes without losing much heat.



OPTIONS

or your Thanksgiving feast is easy at
rvested meats to unique vegetarian
ng you need in one place! Remember
nic sweet potatoes and yams, Brussels
else to make your table complete.

Looking for something else?

This year we will be offering **Beeler's** uncured and fully-cooked spiral-cut ham, on or off-bone. Raised on a vegetarian diet with no animal byproducts, antibiotics, or growth hormones, Beeler's hams are sold fresh with no nitrites or nitrates. We also feature premium, grass-fed and locally sourced meats from **Heritage Meats**, **Skagit River Ranch** and **Wild Idea Bison**. Find a variety of cuts from grass-finished to organic.



Vegetarian Feasts

You'll find plenty of vegetarian and vegan options for any meal at Marlene's – and that includes your holiday feasts!

New this year, the **Tofurky Ham Roast** with Extra Special Beer Glaze! This tender, plant-based ham has a smoky flavor and a sweet and tangy glaze. Made with Hopworks Urban Brewery's Velvet ESB, this is an all ages, vegetarian holiday treat that is perfect for roasting and serving with your favorite vegetables and stuffing.



A Pacific Northwest favorite, **Field Roast** will be making an appearance this year too! Look for **Celebration Roast** with Porcini Mushroom Gravy, **Smoky Forager's Roast** with

chanterelle mushrooms and wild huckleberries, as well as the pastry-wrapped **Hazelnut Cranberry Roast en Crouete**!





**From our deli
to your table!**

THANKSGIVING AT MARLENE'S

Place your order in-store
Federal Way - 253.839.0933

Roasted Turkey Dinner

(feeds 8-10)

\$159.99

Ham Dinner

(feeds 8-10)

\$149.99

Dinners come with your choice of three side dishes, cranberry orange chutney, gravy, and choice of pie.

Dinner for Two

Includes turkey breast, cranberry orange chutney, gravy, smashed potatoes, green bean casserole, sourdough stuffing, mini pumpkin pie. Sorry, no substitutions.

\$29.99

Gluten Free Dinner for Two

Includes turkey breast, cranberry orange chutney, gravy, smashed potatoes, seasoned green beans, cornbread stuffing, pumpkin mousse. Sorry, no substitutions.

\$29.99

ING TO-GO LENE'S

ore or give us a call.
| Tacoma - 253.472.4080

Side Dishes

Smashed Potatoes (gf)
Mashed Sweet Potatoes (gf)
Apple Quinoa Salad (gf)
Cornbread Stuffing (gf)
Broccoli Cranberry Salad
Green Bean Casserole
Sourdough Stuffing



Pies

(most can be made gluten free)

Apple	Key Lime*
Banana Cream	Lemon Sour Cream
Black Bottom*	Peach
Blackberry	Peanut Butter*
Blueberry	Pumpkin
Chocolate Cream	Raspberry
Coconut Cream	Triple Berry

* not available in gluten free

All holiday orders must be paid in advance and are on a first come, first served basis. Supplies are limited – please note that we will sell out quickly! No changes may be made after November 17. Sorry, no substitutions on ingredients.

All orders are available for pick up November 21 and November 22.
We are closed Thanksgiving day.



**LUNDBERG
Grain &
Rice
Chips**

5.5 oz.
Assorted varieties
Reg. 3.89

**BUY ONE
GET ONE
FREE**

**LUNDBERG
Arancini 7.5 oz., Reg. 9.85..... 6.59**

**THEO
Organic
Holiday
Chocolate Bar**



3 oz.
Assorted varieties
Reg. 3.75

\$2⁵⁹

**FARMER'S MARKET
Organic
Pumpkin
Puree**

15 oz.
Reg. 2.99

\$2¹⁹



**BACK TO NATURE
Crackers**



6 - 8.5 oz.
Assorted varieties
Reg. 4.35

\$2⁶⁹

**SPINDRIFT
Flavored
Sparkling Water**

4 pk., 12 oz.
Assorted varieties
Reg. 4.65



\$3³⁹

**PACIFIC FOODS
Organic
Broth**



32 oz.
Assorted varieties

**50%
off**

In store prices reflect discount

**CRUNCHMASTER
Gluten Free
Crackers**



4.5 oz.
Assorted varieties
Reg. 4.09

\$2⁷⁹

**TERRA CHIPS
Vegetable
Chips**



6 oz.
Reg. 6.35

\$4²⁹

**FRONTIER
Seasonings &
Spices**



Assorted varieties
& sizes

**30%
off**

In store prices reflect discount

**MUIR GLEN
Organic
Tomatoes**



14.5 oz.
Assorted varieties
Reg. 2.39

10 for \$10

**IMAGINE FOODS
Organic
Broth**



32 oz.
Assorted varieties
Reg. 4.35

\$2⁷⁹

STOCK UP ON R.W. KNUDSEN BEVERAGES FOR THE HOLIDAYS



**Just
Juice**



32 oz.
Assorted varieties
Reg. 8.89

\$6⁴⁹



**R.W. KNUDSEN
FAMILY**
**Sparkling
Juice**

14.5 oz.
Assorted varieties
Reg. 5.09

\$3⁶⁹



**Juice
Nectar**

32 oz.
Assorted varieties
Reg. 4.25

\$2⁹⁹



**R.W. KNUDSEN
FAMILY**
**Simply
Nutritious
Juice**

32 oz.

Reg. 4.25

\$2⁸⁹



**R.W. KNUDSEN
FAMILY**
**Organic
Very Veggie
Juice**

32 oz.
Assorted varieties
Reg. 4.35

\$2⁹⁹



SO DELICIOUS
CocoWhip
Coconut Whipped
Topping

9 oz.
Reg. 4.85



\$3⁴⁹

IRWIN NATURALS
Sunny Mood
with 5HTP



60 soft gels
Reg. 37.99

\$27⁹⁹

ALAFFIA
**African
Black
Soap**

32 oz.
Assorted varieties
Reg. 14.99



\$10⁹⁹

SIMPLY ORGANIC
**Organic
Extract**



2 - 4 oz.
Assorted varieties

**30%
off**

In store prices reflect discount

TOFURKY
**Plant Based
Holiday Roast**



Assorted varieties & sizes

**20%
off**

In store prices reflect discount

WHOLLY WHOLESOME
**Pie
Shells**



14 oz.
Reg. 6.69

\$4⁹⁹

WOODSTOCK
**Organic Frozen
Vegetables**



10 oz.
Assorted varieties
Reg. 3.99

\$2⁹⁹

EPIC
**Bone
Broth**



14 oz.
Assorted varieties
Reg. 7.89

\$6²⁹

TRUWHIP
**Whipped
Topping**



10 oz,
Assorted varieties
Reg. 4.99

\$3²⁹

FLORA
**Udo's Choice Adult
Blend Probiotic**



60 ct.
Reg. 22.99

\$17⁹⁹

EARTH MAMA
**Angel Baby
Products**



Assorted varieties
& sizes

**30%
off**

In store prices reflect discount

SOUND OUTLOOK

Marlene's



Cold-pressed, always organic, never (ever) GMO, chemical-free, filler-free, gluten-free, preservative-free, juice without the junk.



SUJA Juice

12 oz.
Assorted varieties, Reg. 3.99

\$2⁴⁹



MYCHELLE Skin Care

Assorted varieties & sizes

20% off

In store prices reflect discount



WILD CARROT Skin & Body Care

Adults & Children
Assorted varieties



20% off

In store prices reflect discount

TRADITIONAL MEDICINALS Organic Herbal Tea

16 ct.
Assorted varieties
Reg. 6.49



\$4⁹⁹



NEW CHAPTER Supplements

Complete line
Assorted varieties & sizes

30% off

In store prices reflect discount



HERBS ETC. Deep Sleep

Enter slumber quickly, sleep soundly, wake refreshed!

30 soft gels, Reg. 15.99.....

\$12⁹⁹

60 soft gels, Reg. 27.99.....

\$19⁹⁹

\$36⁹⁹



HERBS ETC. Stress ReLeaf

Balance stress, stay in control
60 ct.
Reg. 27.99

\$19⁹⁹



ORGANIC Red, Yellow or Russet Potatoes

Northwest Grown

99¢ lb.

Marlene's

SOUND OUTLOOK

Relax

Stress-Relax®

Calm • Focused • Rested

SAVE 30%!
All Stress-Relax Products



In store prices reflect discount



VITANICA Yeast Arrest

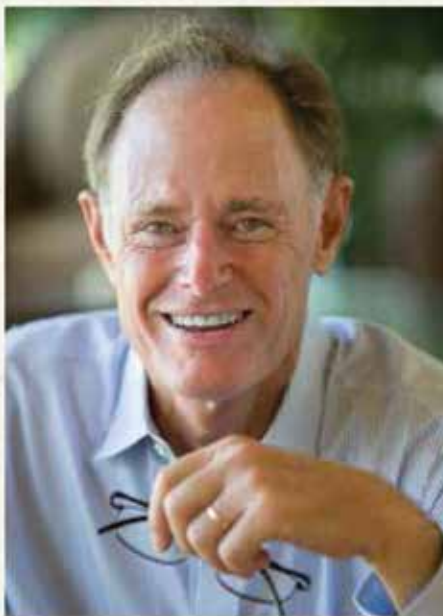
14 ct. suppositories
Reg. 17.95

\$13.99

VITANICA

Yeast Arrest 28 ct. suppositories, Reg. 32.45

24.99



David Perlmutter, M.D.
Board Certified Neurologist, #1 New York Times Best-Selling
Author & Expert in the Human Microbiome

In store prices reflect discount

Just what the DOCTOR FORMULATED

The latest science tells us that the intestinal flora that take up residence on the delicate folds of your intestinal walls:

- aid in digestion and the absorption of nutrients.
- support immune system function and cleansing functions within the body.
- produce and release important enzymes and substances that collaborate with your biology as well as chemicals for the brain, including vitamins and neurotransmitters.
- help you handle stress through the flora's effects on your endocrine—hormonal—system.
- assist you in getting a good night's sleep.

Put simply, our microbiome influences practically everything about our health, including how we feel both emotionally and physically.



Empowering Extraordinary Health®



† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SUPPLEMENTS

RENEW LIFE

Digest Smart

90 ct. chewables
Quick support for when you
have a little too much.
Reg. 26.99

\$21⁹⁹



RENEW LIFE

Heartburn Stop

Relief for occasional discomfort
30 tabs
Reg. 13.99

\$11⁹⁹



Marlene's



ENZYMEDICA

Digest Gold

Superior enzyme formula for optimal
digestive support.

Enzymedica's thera-blend formula
helps break down nutrients &
converts food into energy.

120 caps, Reg. 63.99

\$47⁹⁹

SOURCE NATURALS

Nightwell

Liquid healthy healing with
sound sleep.
2 fl. oz.
Reg. 9.99

\$7⁹⁹



SOURCE NATURALS

Nutra-Spray Melatonin

Orange flavored
Fast acting, great tasting
2 oz., Reg. 13.25

\$7⁹⁹



DR. MERCOLA

Liposomal Vitamin D

5,000 iu Vcaps
Reg. 21.25

\$15⁶⁹



HEALTHFORCE

Nopal Cactus Blood Sugar

180 ct.
Reg. 31.19

\$22⁴⁹



DR. MERCOLA

Liposomal Vitamin D 1,000iu, 60 Vcaps, Reg. 12.49 **9.39**

HEALTHFORCE, 120 caps.

Digestion Enhancement Enzymes Reg. 34.95 **24.99**

HIMALAYA

Stress Care

Enhance energy
levels, while moderating
stress response
120 Vcap, Reg. 27.95

\$22⁹⁵



**Don't let the cold slow you down -
Coldcalm® to the rescue**

Temporarily relieves
cold symptoms
such as sneezing,
runny nose, nasal
congestion and minor
sore throat.

60 tabs, Reg. 11.69

\$7⁶⁹



November Speakers & Classes at Marlene's Tacoma & Federal Way

Saturday, November 4 – Tacoma



Grow Your Own Microgreens
with Mack McLaughlin,
founder of
Green Man Microgreens
10 am – 1 pm, \$20
Between sprouts and fully
grown plants, you'll find

microgreens. These 3" wonders contain all the nutrients of their fully grown counterparts and can be cost effectively grown right in your own kitchen, all year long! Join Laurence (Mack) McLaughlin, microgreens expert and founder of Greenman Microgreens for a lesson on how to cultivate your own gourmet greens. Students will seed and take home their own 6" x 6" tray of microgreens! Please pre-register.

Tuesday, November 7 – Tacoma



Introduction to Bach Flower Remedies
with Carl Anderson, BFRP,
BFRAP, LMP
6:30 pm, FREE

Carl Anderson, a Bach Flower Remedies Practitioner, will discuss using the healing system known as the Bach Flower Remedies to reduce stress, worry, fatigue, and fears. Discover the history and effective usage of flower remedies to balance emotions and restore joy to your life. Additionally, learn about the Bach International Education Program, designed to teach the Remedies in more depth.

Thursday, November 9 – Federal Way



From SAD to Sunny – Alleviating Seasonal Affective Disorder
with Resolute Michaels,
NTP, BCHN
6:30 pm, FREE

As the days grow shorter and gray skies hide the sun, Seasonal Affective Disorder affects many in the Pacific Northwest – sabotaging our best efforts to stick with our New Year's Resolutions. Resolute will shine light on the nutrition protocol and steps you can follow to put the spring back in your step long before Spring arrives.



Tuesday, November 14 – Tacoma



Win Against the Winter Blues
with Oksana Mulyukova
6:30 pm, FREE

Along with winter's long and chilly nights come cloudy and sun-deprived days. For those with Seasonal Affective Disorder (SAD), especially in the Pacific Northwest, the lack of sunlight can be detrimental to our mood, as well as our overall health and mental wellness. Join naturopath Oksana Mulyukova as she shares tips, techniques and good habits to practice that will help you brighten even the darkest of days.

Thursday November 16 - Federal Way



Holiday Hope for Fading Memories
with Pushpa Larsen, ND,
and Tawni Pendleton,
Nutritionist
6:30 pm, FREE
For most of us, the holidays
mean family and fond

memories of good times past. What better time than now to learn how you can protect your memories and help yourself and your loved ones maintain good cognitive function. Join Tawni Pendleton, nutritionist from the Tahoma Clinic, and Pushpa Larsen, ND, from Meridian Valley Lab, to learn about new methods that have stopped and even reversed memory loss and cognitive decline.

Saturday, November 18 – Federal Way



Healthy Holiday Baking
with Steve Fry, CHFS &
Sherry Fry, CHFS
10 am - noon, \$10



















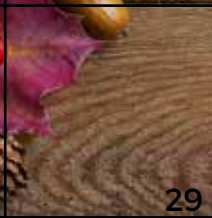



Explore healthy ways to make cookies, muffins, and holiday bread with whole grains, good sweeteners, and healthy oils! Join Steve and Sherry to taste and bake lemon blueberry muffins, spelt pumpkin cranberry gift loaves, and the Fry's signature gluten-free "live" cookies! Leave with new inspiration, new recipes, and a new take on healthy holiday sweets!



NOVEMBER

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
						
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above! Daylight Savings Time Ends 5		Introduction to Bach Flower Remedies with Carl Anderson, BFRP, BFRAP, LMP 6:30 pm, FREE Tacoma 7		From SAD to Sunny – Alleviating Seasonal Affective Disorder with Resolute Michaels, NTP, BCHN 6:30 pm, FREE Federal Way 9		Grow Your Own Microgreens with Mack McLaughlin, founder of Green Man Microgreens 10 am – 1 pm, \$20 Tacoma Please pre-register 4
	Uniform Monday! 10% off to all firefighters, police, and military! 12	Win Against the Winter Blues with Oksana Mulyukova 6:30 pm, FREE Tacoma 13		Holiday Hope for Fading Memories with Pushpa Larsen, ND, and Tawni Pendleton, Nutritionist 6:30 pm, FREE Federal Way 15		Holiday Open House 11 am – 3 pm in both stores! 11
				Thanksgiving Day Both Marlene’s locations closed 23		Healthy Holiday Baking with Steve Fry, CHFS & Sherry Fry, CHFS 10 am - noon, \$10 Federal Way 18
						
19	20	21	22	26	27	28
26	27	28	29	30		

BODY WORK

Schedule



TACOMA

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

Vitamin B shots with Voda Health
 Tuesday, 10 am - 2 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 shots with Voda Health
 Wednesday, 11 am - 3 pm

FEDERAL WAY

Reiki & Energy Work with Windy Stabile
 By appointment only. Please call 616.914.6000

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



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based inks. Please recycle this
newsletter by giving it to a friend!

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Name _____

Address _____

City _____ State _____ Zip _____

Email _____

NOVEMBER 2017

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



Digestive Support from Marlene's

Digest-Ease offers well-rounded digestive support and can help relieve indigestion.

Peppermint Spirits with Chlorophyll eases upset stomachs and can tame feelings of nausea.

Blood Sugar Harmony supports the body in maintaining healthy blood sugar levels during times of indulgence.

