



January 2010 Newsletter

THIS MONTH FOCUS ON OPTIMISM

Happy New Year! We are excited to start off a brand new year. This year is going to be a good one. We need to begin to think optimistic as last year seemed to be a difficult time for many. We are in charge of our lives, so let's take that charge. Let's work at taking care of ourselves in all areas of life-(health, wealth and happiness), work on bettering our local economy, and making a difference internationally. We have one life to live, let's leave a mark. Seven Shores is proud to help you with that optimistic step:

- **We provide you with a FRESH MARKET: Local and/or Organic Produce, Breads, Cookies, Harmony Organic Milk, Free Run Eggs and Local Bright Cheese. Great variety for all your shopping needs. You can feel confident that we are looking after your healthy food options while supporting the right people.**
- **For your convenience we organize FOOD BOXES for pick-up every Tuesday and Friday. This provides less time shopping and more time cooking and healthy eating with family and friends. To know more sign-up on website or in cafe.**
- **Energy Pick-Up and healthy boost can be provided in our cafe-especially if you are feeling rundown. We are known for our Delicious Fruit and Vegetable Smoothies. Customers can't even taste the spinach, give it a try in your next smoothie - you can drink your greens and feel great.**
- **Catering/Menu – we provide snacks or meals that you can feel confident are good for your body and soul. We provide Homemade Soup, Salads, Sandwiches (meat options available), Tramezzini, and NEW – “Pizza” available All Day. We can help with dietary needs (gluten free, dairy free).**
- **We sell and serve Organic Fair Trade Coffee and Loose Leaf Teas to sip while pondering or share with family or friends.**
- **You can feel good about supporting our local economy. Our Staff our paid a Living Wage, and all producers a fair price.**
- **You can connect or network with ease on our WIRELESS Internet!**
- **You can feel proud as staff and customers-We are nominated for Business of The Year (employees under 20) K-W Chamber of Commerce 2010. We are making a difference. We can't do it without your continued support 😊**

The New Year will be great😊

Cheers,

Amy & Sean Zister

Seven Shores Urban Market and Café
8 Regina St. N – Unit 5, Waterloo, ON.
www.sevenshorestrading.com

Great Investment Opportunity

Seven Shores Cafe Looking for Investors to aid in our Growth and Expansion.

If interested please email info@sevenshorestrading.com or call Sean 519.577.8687 to know more.

Health Transformation Weekend

Lose Weight, Feel Great & Prevent Disease. Kick Off 2010 The Right Way With A Transformation Weekend, All About **YOU** and **YOUR** Health!

Have you ever set New Year's resolution goals, and broken them before the end of January? **You are not ALONE.** Statistics show that 60-70% of people will break their resolutions before March!!

STOP THIS CYCLE!

There is no faster way to commit to your lifestyle changes, then by **immersing yourself** in a weekend full of learning and motivational speakers. Most importantly, learn the psychology behind why you personally sabotage your health goals and learn how recognize this so you will never do it again!

Join Naturopathic Doctors, Kristijana Rakic, And Robin Walsh, ND And Other Guest Speakers (Sean from Seven Shores Café) On February 27-28, 2010 For A Motivational And Life **Changing Weekend That Will Inspire You To Make Those Lasting Changes To Your Health.**

To know more visit <http://www.vibrant-living.ca/>



Congratulations to a Successful Food Drive For Waterloo Region

The final numbers are in.

RQ was able to raise \$300.77 in cash!

189 lbs of food!

For every dollar the food bank receives, they can provide \$8 of food to those who need it. So basically, over \$2500 worth of food for our community. A big special thank you to Hilary and Team. Also Thank you to Seven Shores customers and staff for donations.

Stop by RQmagazine.com to see the latest happenings. We live through this site☺

LOCAL PRODUCE AT SEVEN SHORES THIS MONTH

Apples, Carrots, Spinach, Cucumbers, Celery, and Potatoes.

Sign up for our weekly Organic food box program www.sevenshorestrading.com

GOODS PERFECT FOR ENTERTAINING

- **Hergotts** Pure Honey; Cinnamon Honey, Apple Butters, Pear Butters.
- **Brubachers** Spicy Preserves (Cherry, Peach and Grape) Regular Preserves (Blueberry, Strawberry, Raspberry)
- **Barrie Bros.** Local Crackers; Soup Base
- **Whole Bean** – Organic Fair Trade Coffee in 8oz and 12oz Packages

Recipe

This month we have taken our recipe off a local food blog called VegCanucks. She is a local Vegan with lots of great recipes, easy to follow and accompanied with fantastic photos. An excerpt below. If you haven't made chicken soup yet it is time!! www.vegcanucks.com

Faux Chicken Soup with Dumplings (serves 4)



It's starting to feel like fall outside now. The temperature is dropping and leaves are falling from the trees. And it's a great time to curl up with a nice bowl of hot soup. This faux chicken soup is similar to one that my parents made when I was growing up. Of course my version has no actual chicken or egg in it, but all the flavour is still there.

Ingredients:

- 227g package of faux chicken strips, cut into chunks
- 2 stalks of celery, sliced
- 2 carrots, peeled and sliced
- 8 button mushrooms, sliced
- 1 onion, diced
- 8 cups of faux chicken broth (I used McCormick all vegetable bouillon - chicken style)
- 1/4 tsp cumin powder
- Sea salt and black pepper, to taste
- 2 Tbsp ENER-G egg replacer

- 8 Tbsp water
- 2/3 cups of flour

Directions:

- Bring faux chicken broth to a boil.
- Add faux chicken chunks, celery, carrots, mushrooms, onion, cumin and salt and pepper to broth. Bring it back to a boil.
- To create dumplings, whisk together 2 Tbsp ENER-G egg replacer with 8 Tbsp of water. Slowly add to 2/3 cups of flour and mix together until sticky. With two tea spoons, carefully drop small pieces of flour mixture into boiling broth. Make them small (about 1/2 Tbsp sizes each) as they will expand in the broth.
- Let broth return to a boil, then reduce heat and let it simmer until all veggies are tender (about 30 minutes).
- Serve hot and enjoy!



