

News from CFS and our Community



Our mission is to be ambassadors for the planet while building community and encouraging good health, unity and resilience.

We proudly offer a huge selection of high quality organic, non-GMO, ethically and locally sourced products in a unique market style shopping environment.

We embrace diversity, encourage conversations and celebrate our differences. Thank you so much for your continued support, your open hearts and your patronage.



Celebrating 30 Years...

- Welcome New CFS Members
- CFS Online Anniversary Special
- Fabulous Farm Store Draws
- New to The Community Farm Store
- Down the CFS Produce Aisle
- Celebrating 30 Years: The Glenora Days
- Love is All You Need
- Get Nourished at the CFS Cafe
- CFS Wellness Department
- CFS for the Soul
- CFS Bulk
- From the Land of Tea
- The Freya-Sophia Waldorf Store
- Recipes
- Events & Announcements
- Inspiration

Welcome New CFS Members



Our customers mean the world to us!

Founded in 1993, we have been serving the Cowichan Valley for 30 years. We are known for our friendly, knowledgeable service, and our genuine care for our community and our customers.

Each department offers an incredible selection of organically grown and non-GMO foods and we work closely with local farmers and producers to support our community and provide the freshest whole and health-sustaining foods to our customers.

You will also find a plethora of planet friendly products for food storage, zero waste lunches, outdoor adventures and household comforts like salt lamps, candles, textiles, and all you need to create a home that nourishes your mind, body and soul.

We are grateful for the support and encouragement of our members over the years, now and always.

In Community,
Nicolette and The Community Farm Store Team

CFS Online Anniversary Special



No fees! No minimum orders! And to celebrate 30 years, a gift with your purchase! Take grocery shopping off your to-do list and shop online. Visit [CFS Online](#) to get started.

Fabulous Farm Store Draws



To celebrate our 30th anniversary this year, we'll be holding a Customer Appreciation on the 30th of every month. In February, we will be sharing the love on the 14th. Join us for demos, draw, and wellness talks all year long. Enter in store or on our social media channels and share a favourite memory of the Farm Store for your chance to win.

New to the Community Farm Store



The Wholesome Bar

Wholesome Bars are nutrient-dense and rich in plant fats and protein for long-lasting energy. They're cold-pressed and made with high-quality whole food ingredients that are non-GMO, gluten, grain, dairy and soy free. We only put in the best and leave out the rest! That means no gums, fillers, synthetic vitamins, additives or anything artificial. Find them in our Grab & Go Cooler in Super Green, Coconut Macadamia, and Almond Crunch varieties.



Pacific Foods Cumin Carrot Creamy Oat Soup

The newest addition to [Pacific Foods'](#) oat soups, Cumin Carrot Oat Milk Soup pairs savoury carrots with creamy oat milk to create this plant-based soup that is truly delectable. It's slightly spicy and balanced with a touch of smokiness from ancho chili peppers and cumin. Enjoy on its own, garnished with a touch of lime, or add it to your favourite recipes for added flavour!



YOSO YOATS Unsweetened Oat Milk Yogurt

Creamy, delicious, and chock full of probiotics, protein and nutrients! YOSO YOATS is a dairy and gluten free oat milk yogurt made with Canadian oats. A daily dose of oats can help keep your heart healthy, reduce your cholesterol, and stabilize your blood sugar! They also have lots of fiber and protein to fill you up to start your day.



Sigdal Norwegian Crispbread - Back in Stock

Authentic, delicious Norwegian Crispbread made with wholegrain flour and an abundance of seeds and kernels. We're restocked with all your favourite varieties!



Raincoast Smoked Salmon Lox - Back in Stock

Rich, flavourful, wild Pacific Northwest sockeye salmon is cold-smoked with natural hardwood and thinly sliced. Perfect for your bagel! Find it in our freezer.

Down the Produce Aisle



It's the middle of winter, which in our land of bountiful summer fruits, can feel like a drought! Never fear, the citrus is here, ready to fill you with the extra doses of seasonal immunity-boosting vitamins you need, not to mention satisfy that craving. And think beyond the lunchbox! These juicy fruits are wonderful tossed in a salad, juiced or added to a smoothie, salad dressing or sauce. Our Produce Aisle is loaded with a great selection of citrus, so fill up your basket and enjoy! If you're juicing or just a hardcore citrus lover, consider ordering your favourites by the case to save money and ensure your supply.

Some of the Health Benefits of Citrus

1. The obvious one - vitamin C! Citrus fruits are an outstanding source of this immune-boosting vitamin, which is why reach for them during cold and flu season. While they won't make you completely invincible, they are proven to reduce the duration and severity of your illness. Vitamin C also helps the body absorb iron and has a hand in collagen production.
2. They're a great source of fiber, which helps you feel full longer. Most of it is soluble, which helps lower cholesterol and blood sugar levels. The insoluble fiber helps with digestion.
3. Citrus contains flavonoids, which can help lower LDL cholesterol levels and keep the heart healthy. Vitamin C has also been shown to reduce the risk of heart disease.
4. Citrus fruits have a low glycemic index, which means the glucose is released into your bloodstream slowly, without an energy crash later.
5. They have a high water content, which make them both filling and thirst quenching.

Where to start? Here's our handy Citrus Guide to help you pick your next favourite.



Pummelos

The flavour of a pummelo is very much like that of a grapefruit, but much milder and sweeter without that tangy bitterness. They're great in salsas, salads, marinades, juiced, made into jam or eaten right out of your hand.



Valencia Oranges

These are the best oranges for juicing! Thin-skinned with a few seeds, Valencia oranges are sweet and delicious.



Navel Oranges

Often considered to be the tastiest oranges, Navels have a distinct navel, or belly button, to identify them. Seedless and easy to peel. We've got these beauties both loose and bagged.



Cara Cara Oranges

We love the beautiful pink colour inside these oranges! The colour comes from the orange's high lycopene content, which is great for eye and heart health. Super sweet and aromatic with a flavour similar to a tangerine.



Pixie Tangerines

They're sweet, seedless, and easy to peel, which made them perfect for kids' lunches. Organically grown on family farms in California.



Blood Oranges

Blood oranges are sweeter than other oranges, they're easier to peel, and they have fewer seeds. Their juice is delicious, but should be used the same day it is juiced. The higher sugar content in blood oranges makes the juice ferment more quickly.



Citrus Salsa

A fresh, sweet and tangy citrus salsa! Use a variety of oranges for extra flavour and colour.

Amazing in tacos, on top of fish or grilled tofu, or paired with your favourite tortilla chips.

Ingredients:

- 2 large oranges, supremed and cut into bite sized pieces
- 2 large grapefruits, supremed and cut into bite sized pieces
- 2 tbsp lime juice (1 lime)
- 1 jalapeno pepper, finely diced
- 1/4 cup red onion, finely diced
- 2 tbsp cilantro (or more to taste), chopped
- salt to taste

Directions:

Mix everything, season with salt to taste and enjoy!



Blood Orange Margaritas

Perhaps the i drink to enjoy with fish tacos and the delicious citrus salsa, above, blood orange margaritas are sweet tart perfection. The ultimate winter cocktail when you need a little boost of sunshine!

Ingredients:

- 1 quart fresh blood orange juice or fresh orange juice (about 12 blood oranges or 8 large navel oranges)
- 1 1/2 cups fresh lime juice (about 12 limes)
- 1 1/2 cups Cointreau or other triple sec
- 3 1/2 cups silver tequila
- Kosher salt
- 1 blood orange wedge, plus 12 thin blood orange slices
- Ice

Directions:

1. In a large pitcher, mix the blood orange juice with the lime juice, Cointreau and silver tequila. Refrigerate until chilled, at least 30 minutes.
2. Spread a small mound of salt on a small plate. Moisten the outer rim of 12 martini glasses with the orange wedge, then dip the rims into the salt to lightly coat.
3. Add ice to the pitcher and stir well, then strain into the prepared glasses. Garnish each margarita with a blood orange slice and serve.
4. Make Ahead! This margarita recipe can be prepared through Step 1 and refrigerated, covered, overnight.

Celebrating 30 Years: The Glenora Days



This year we celebrate the 30th anniversary of The Community Farm Store; from our humble beginnings on the Altemueller Farm in Glenora in 1993, we have grown from a biodynamic community oriented farm to a hub of healthy, community minded living.



Octavia in the middle of just some of what she loved doing and being part of their bio dynamic farm [See More](#)

The original store attracted customers who enjoyed the community aspects of a small store in a rural setting and were seeking certified organic food. It was a cozy place where everyone knew each other and there was always time for a good conversation over a cup of organic coffee and maybe one of Octavia's famous cinnamon buns. The tiny store thrived despite the not-so-convenient location.

It operated much like a co-op where customers paid a yearly sum to be members; this membership entitled them to a rebate on purchases as well as the chance to order bulk grains, flours and other groceries at co-op prices. In the years to come the store offered the valley's first organic box program, and at the height of the program there were more than 220 families receiving a box of mostly local vegetables and fruit per week. The box program operated year round and discontinued when the store moved downtown.



Christoff and Octavia sold the farm and the business in 1999 and Susan Minette (above) and Sue Wells became the new owners, Susan worked as the store's baker since 1997. The farm was purchased by CFS alum Fiona and continues to provide the store with organically grown flowers and produce. Susan, of course, still runs the wonderful Duncan Garage Cafe & Bakery.



From the Original Farm Store Brochure in 1993

"Farm products and baked goods are sold through our Community Farm Store, which is now located at the Glenora Corner. The store is a community meeting place, serving coffee, tea, and hot soup daily in a relaxed atmosphere.

The store also carries a large selection of organic bulk foods, dry goods, coffees, teas, herbs, spices, chutneys, preserves, honey, Weleda products, local arts and crafts, and many more items. It is run by members of the community."



That's sweet Christoff with Nicolette and Susan upon his return to the Cowichan Valley. Stay tuned for our next newsletter to read more of our wonderful 30 year story.

Love is All You Need



We're here to help you pamper the sweet people in your life! Fill a baby Baraka basket with edible treats or body care products, teas, beeswax candles, and more. Be sure to visit our



Valentine's Day means romance! You don't have to compromise quality or eco-friendliness for a love-filled day! Romantic handmade beeswax candles, natural lubricants, body oils, bath salts, and locally made Original Skin heart-shaped bath bombs are just a few of our very love-ly suggestions.



The sexiest sounding chocolate you're going to find, [Zazubean](#) makes fairly traded bars full of decadent, luxurious flavour, with sinfully suggestive names like Flirt, Hottie, Sassy, Nakid, Vixen, Smooch and more. We love locally made [Denman Island Chocolate](#) hearts, and we're excited for their new Strawberry Feels bar, arriving soon.



We have snack packs of some of our Valentine's Day favourites arriving soon, too! Look forward to [Lesser Evil](#) Sweetheart Pop, [YumEarth](#) gummy fruits, and YumEarth giggles. Great for classroom sharing!

Get Nourished at the CFS Cafe



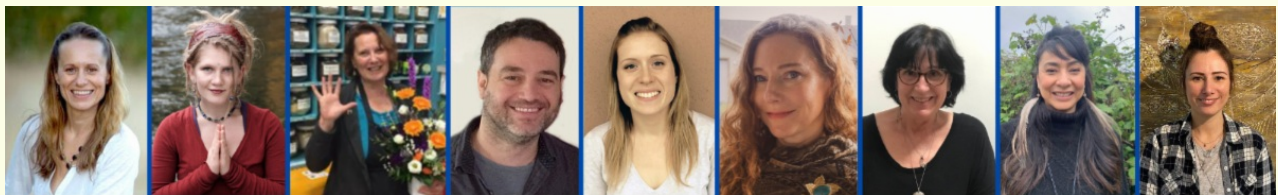
The CFS Cafe is open **Tuesday-Saturday from 10-4:30 (kitchen closes at 3)** for delicious housemade sandwiches, soups, salads, poke bowls, falafel bowls (above), pasta, ramen, Mezze boards, coffees, and more. We will continue to stock all of your CFS Housemade favourites in our Grab & Go Cooler, and you can always add any of these to your online order. Look out for new offerings in the spring!



Cafe Seating

Enjoy your Cafe creations on the cozy Mezzanine! Sit at the amazing tables built by Henk Scholten and surround yourself with beautiful art from Yaz Yamaguchi.

CFS Wellness Department



The CFS Wellness Advisory Team is a unique group of compassionate, knowledgeable, and committed Holistic Health Care professionals. Setting the bar high, in the health-food industry, is our on-going mission. We strive to meet each of our customers where they are at, in their uniquely individual journeys, with friendly curiosity and humility. Our enthusiastic team is stacked with credentials in Holistic Nutrition, Herbology, Reflexology, and Energy Medicine. We strive to stay up-to-date with the latest leading-edge research that can help us to serve our customers and community to the best of our ability. It is our collective calling to serve and we are always here to help!

Monthly Wellness Talks are Back

We are excited to be hosting wellness talks on the CFS Mezzanine once each month for all who wish to come! Please see posters in store for details.

All of our products can also be purchased via [CFS Online](#).

Did you miss our latest Wellness newsletter? Don't miss out! [Head here](#) for the latest products and health guidance to help you be your healthiest self.



CFS for the SOUL

CRYSTALS • BOOKS • ORACLE DECKS • GIFTS

A curated collection of crystals, books, oracles, and locally crafted treasures for your sacred space. Come see what's new!



We have a sweet selection of heart-shaped crystals, Himalayan salt tealight holders, and selenite treasure dishes to spread the love!



Lovely locally made leather medicine pouches by [Tina Fyfe Studio](#) - perfect for carrying your precious treasures around with you.



Beautiful herbal bundles from [Akarose Creations](#) are back in stock in both plain sagebrush and sagebrush with rose and cedar. We also have the meditation loose blend made with sagebrush, lavender, rose, and cedar. Ethically sourced and created with love and intention.

Extend Your CFS Discount

Community Farm Store Members can extend their monthly member discount to save 15% on purchases* at CFS for the Soul! Perfect for those lovely Valentiene's Day gifts.

How it works:

1. Complete your shop downstairs & redeem your monthly member discount.
2. Bring your receipt upstairs to extend the 15% discount to your crystal store purchase*
Not a member yet? [Sign up today](#) to receive a discount on a future purchase!
Discount reimbursements will not be issued. Not valid on sale items. Valid for same day purchases only.

CFS for the Soul Hours

Monday - Saturday 10-5
Closed Sundays & Holidays

Follow us on [Facebook](#) and [Instagram](#) to stay up to date with all the magic!

CFS Bulk



Kala Chana

Kala Chana is a small dark brown colored Chana with a rough coat, cultivated mostly in India and other parts of the Indian sub-continent, as well as Ethiopia, Mexico and Iran. It is a smaller version of the regular pale yellow chickpea. Although it has a brown skin, it remains yellow underneath, and has a nutty flavor and starchy texture when cooked. It's a very versatile legume, with an important role in many Middle Eastern and Indian dishes.

Try the delicious recipe below - it's bursting with flavour!



Black Chana Masala

Boiled dark brown chickpeas (Kala Chana) simmered in an aromatic onion tomato gravy. A perfect healthy vegetarian meal with rice or roti.

Ingredients:

- 2 cups dried Kala Chana
- 2 tablespoons oil
- 1 large onion, finely minced
- Pinch of baking soda
- 1 teaspoon each: mustard and cumin seeds
- 2 tablespoons finely minced ginger
- 4 cloves garlic, *minced*
- 1-2 green chilis, finely minced (remove seeds for a less spicy chili)
- 2 tablespoons tomato paste
- 2 teaspoons each: coriander and garam masala
- 1 teaspoon turmeric
- 28 ounce can diced tomatoes
- 1 cup chopped cilantro
- Juice of 1 lemon

1. **Instructions:**

2. Place the dried chickpeas in a large pot and fill it with water. Let it sit overnight on your counter, or for 8-24 hours. Drain the chickpeas and add fresh water to the pot. Bring the pot to a boil over high heat then reduce the heat and simmer for 1 ½ hours, or until the chickpeas are soft. Drain and set aside.
3. Heat the oil in a large skillet over medium-high heat. Add the onion and let it cook until it's soft, about 5 minutes. Turn the heat down to medium and add the baking soda to the pan. Continue to cook, stirring occasionally, until the onion is dark brown, about 10 minutes. Add the mustard seeds, cumin seeds, ginger, garlic, and chilis to the pan and cook until a dark brown paste forms, about 5 minutes more.
4. Push this onion paste to the side of the pan and add the tomato paste. Let it caramelize until it smells sweet and darkens slightly, about 3 minutes. Add the coriander, garam masala, and turmeric to the pan and let it cook for 1 minute more.
5. Add the diced tomatoes to the pan and gently break them up with a potato masher or the back of a wooden spoon. You want some texture here, just not big chunks of tomatoes. Add the cooked chickpeas, sea salt, and a ½ cup of water to the pan and let it simmer for a half hour. If you're serving this with rice, now is the time to start cooking it.
6. Season with extra sea salt if needed and stir in the cilantro and lemon juice just before serving.

Visit the CFS Apothecary



Organic garlic granules are now available in 1lb open co-op bags on the Apothecary shelves! If you need a large quantity of anything we offer, please order a co-op with us so we don't run out of a particular herb, spice, or tea for our other customers. Plus, ordering a co-op gives you the best price available. Most products only take about a week to arrive, and they'll be ordered just for you!

From the Land of Tea



Alchemy Taste Wellness Teas

We have 5 new Organic Wellness Teas from [Alchemy Taste](#)! Each herbal tea is organic, caffeine-free, and targets a specific immunity goal. The new collection

- I am Immune
- Deep Detox
- Soothe & Sleep
- Hibiscus Harmony
- Kidney & Bladder

The Freya-Sophia Waldorf Store



In contrast to a complicated world let's keep things at home simple and beautiful. Let us help you to imagine new traditions that are nourishing for the whole family. Our store is a colourful, tranquil, and an inspiring "portal" to warmth, wonder and wisdom. Find us tucked into the Sol-Centre, adjacent to The Community Farm Store.



Get organized for next year! Holiday cards, calendars, and selected items are 20% off, while supplies last. Be sure to visit



Did you miss us in the Cowichan Valley Voice? [Head here](#) for our latest pages!

FSWS Hours

Open Monday - Saturday 10-5
Closed Sundays & Holidays

We are here to help and to support.
We are happy to accommodate requests for mail orders or curbside pickups.
To contact us at the store, email freyasophiawaldorfstore@gmail.com.
Follow us on [Facebook](#) for updates.

Recipes



Shakshuka

Originally from North Africa, shakshuka is a popular breakfast food throughout the Middle East. This recipe is simple and satisfying, featuring eggs poached in a harissa-spiced tomato sauce. Serve it with pita or crusty bread for breakfast, brunch, or dinner!

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped yellow onion
- 1 red bell pepper, seeded and diced
- ¼ teaspoon sea salt, more to taste
- Freshly ground black pepper
- 3 medium garlic cloves, minced
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin

- Pinch of cayenne pepper, optional
- 1 28-ounce can crushed tomatoes
- 2 tablespoons harissa paste
- 1 cup fresh spinach, chopped
- 3 to 5 eggs
- $\frac{1}{3}$ cup crumbled feta cheese
- $\frac{1}{4}$ cup fresh parsley leaves
- 1 avocado, diced
- Microgreens for garnish, optional
- Toasted bread, for serving

Instructions:

1. Heat the oil over medium heat in a 12-inch lidded stainless steel or enamel-coated cast-iron skillet. Add the onion, red pepper, salt, and several grinds of fresh pepper and cook until the onion is soft and translucent, 6 to 8 minutes.
2. Reduce the heat to medium-low and add the garlic, paprika, cumin, and cayenne, if using. Stir and let cook for about 30 seconds, then add the tomatoes and harissa paste. Simmer for 15 minutes until the sauce is thickened.
3. Add the spinach and stir until wilted. Make 3 to 5 wells in the sauce and crack in the eggs. Cover and cook until the eggs are set, 5 to 8 minutes. The timing will depend on how runny you like your egg yolks.
4. Season with salt and pepper to taste and sprinkle with the feta, parsley, avocado, and microgreens, if using. Serve with toasted bread for scooping.



Creamy Lentil Stuffed Butternut Squash

Roasted butternut squash gets stuffed with the most flavourful, umami-packed lentil filling, then drizzled with a creamy sauce made from the scooped out squash. A hearty and satisfying main course for any winter dinner!

Ingredients:

- 3 medium butternut squash
- Regular olive oil or avocado oil for roasting
- Kosher salt and freshly cracked black pepper

Creamy Lentil Filling

- 3 tablespoon olive oil
- 2 large yellow onions, diced
- 6 cloves garlic, minced
- 1 tablespoon roughly chopped fresh sage leaves
- 2 teaspoons roughly chopped fresh rosemary leaves
- 2 tablespoons tomato paste
- 1/3 cup (80 mL) dry red wine (such as Pinot Noir, Shiraz/Syrah, or Malbec)
- 1 cup (190g) brown lentils

- 2 $\frac{2}{3}$ cups (640 mL) vegetable or bone broth
- 1 bay leaf
- 1 teaspoon sweet or hot paprika
- 2 $\frac{1}{2}$ tablespoons tahini
- 2 teaspoons white miso paste
- 2-3 teaspoons good-quality balsamic vinegar

Butternut-Tahini Sauce

- 1 cup roasted butternut squash (from the scooped out halves)
- 2 tablespoons tahini
- 1 tablespoon extra virgin olive oil
- 3-6 tablespoons water or vegetable/bone broth, more as needed to thin the sauce
- Salt and pepper to taste
- Chopped Italian flat-leaf parsley, for garnish

[Head here](#) for the directions.

Events & Announcements



SOULFUL SATURDAY
@ CFS for the SOUL
FEBUARY 11th, 2023

**SOUL-U-TION INTUITIVE GUIDANCE
SESSIONS W/DIANE TOLLESON**

**11-4PM ON THE MEZZANINE
30 MINS \$45 - \$50 W/RECORDING**

**EMAIL: DIANETOLLESON709@GMAIL.COM
TO BOOK YOUR SPOT**

  @CFSFORTHE SOUL

Inspiration



1 YEAR =
365 POSSIBILITIES



The Community Farm Store Hours

Monday - Saturday 9-6
Closed Sunday

Thank you for choosing organic!



The Community Farm Store

Organic Health and Whole Food Market

Proudly serving the community since 1993



#2, 5380 Trans Canada Hwy.
Duncan, BC V9L 6W4
Phone: 250-748-6227
FAX: 250-748-6292

Contact
Us



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