

# September 2009 Newsletter



## This Month – Simplify Together

Seven Shores is happy to announce we are back with our monthly newsletters. With such a busy year of enjoying many milestones with our daughters and having the amazing start to our café each month seemed to slip away without keeping in touch. A common thread a lot of people seem to share. We all have the same life juggling act- family, friends, work, chores, exercise, emails, extra activities...the list goes on.

September is like a new beginning-a new year. Join us this Fall by focusing on what is important-Simplify. Slow down-even if it means fewer activities - reconnect with friends and family instead of running. Take time to organize your day. Make choices to what can fit into a day and take out what is taking too much time and not useful. Really live in the moment-enjoy the little things. Recommended Read: *"The Last Lecture"* by Randy Pausch with Jeffrey Zaslow

Take time to eat healthy - with this talk of flu viruses we need to really make sure what we eat counts. Get in those colourful vegetables and fruit (check out all the benefits of one apple in the next article.) and add in our favourite antibiotic-Garlic. This month take time to focus on what is important and simplify.

Cheers,

Sean and Amy Zister

## You Are Invited To

### Seven Shores Cafe

### Fall Celebration

**Be First to Sample Fall Menu\*See New Items We Have to Offer\*Great Prizes to be Won**

**When: Tuesday September 22<sup>nd</sup>**

**Time: 5:00 – 6:30pm**

## Reasons to Love Apples

*"An apple a day keeps the Doctor away"!*

7500 varieties of apples are grown around the world. Apples are low in calories and high in fibre. A large apple (about 8 cm diameter) has only 110 calories, but packs a fabulous 4 g of fibre and is a source of vitamin C. They are extremely high in pectin – a soluble fiber and are packed with flavonoids. Flavonoids are compounds that help give the colorful pigment to fruits and vegetables. Latest health related apple research suggest that they may assist with reducing the risk of:

- neurodegenerative diseases such as Alzheimer's disease
- asthma
- type 2 diabetes
- stroke, heart disease, cholesterol
- breast, colon and prostate cancer
- developing chronic obstructive pulmonary disease (COPD)

Cooking reduces the fiber and flavonoid content, so fresh is best.

## Keeping the Crunch

Apples stored at room temperature deteriorate ten times faster than refrigerated apples. Best is store in a closed plastic bag in the fridge crisper and they'll maintain quality, juiciness and crispness for 2-3 weeks. (Poke a few holes in the bag for ventilation, but keep it away from other produce, as apples release natural ethylene, which speeds spoilage in other fruit

Don't store apples with broccoli, cabbage, cauliflower, cucumbers, leafy greens, lettuce or spinach. Apples give off a gas that can damage these vegetables. This same gas will speed the ripening of bananas, kiwis, peaches, plums and pears. Place these fruits into a paper bag with an apple to ripen much quicker.

## Recipe

Great for school lunches or a travelling snack.

### *Apple Cinnamon Muffins*

<http://www.martinsapples.com>



Preparation Time: 30 minutes

Servings: Makes 12 Muffins

#### Ingredients

**3/4 cup whole wheat flour**

**1/2 cup organic sugar**

**2 tsp. baking powder**

**1 tsp ground cinnamon**

**1/2 tsp ground allspice**

**1/4 cup canola (olive) oil**

**1 Large egg**

**3/4 cup 1% buttermilk**

**3/4 cup grated apple (about 1 large apple, cored, unpeeled and grated)**

**Cooking spray**

#### Directions

Preheat oven to 350° F (180° C). Line a 12-cup muffin tin with paper cups, set aside.

Whisk dry ingredients in large bowl to combine. In second bowl, whisk wet ingredients (except apple) to combine. Add grated apple to wet ingredients and stir to combine. Add wet ingredients to dry and stir until just moistened.

Spoon batter into prepared muffin tin. Spray top of batter lightly with cooking spray. Bake for 20-25 minutes, or until toothpick inserted in center comes out clean. Remove from pan and serve.

#### **Did You Know: Cinnamon is a super food!**

Just 1 tsp (5ml) ground cinnamon contains more antioxidants than 1/2 cup (125ml) blueberries or 1 cup (250ml) pomegranate juice.

## Fresh, Healthy and Convenient Organic Food Box Program

We have the freshest local produce available and packaged for you each week with three sizes for your convenience. Receive a weekly email with the contents, confirm your order and pick up in the café! Quick, Easy and a Great Support to the Local Farmer – try it out!

Email: [info@sevenshorestrading.com](mailto:info@sevenshorestrading.com) – Subject Food Box Contents



### Local Produce on Our Shelf this Fall:

**Apples, Carrots, Cauliflower, Pears, Squash, Beets, Potatoes**

### Seven Shores New Fall Hours

**Monday-Friday: 9:00 am -7:00 pm**

**Saturday: 10:00am – 5:00 pm**

**Sunday: Closed Time For Family & Friends**

## FREE LOCAL APPLE

Compliments of Seven Shores Urban  
Market & Café

Valid with this coupon until September 15<sup>th</sup>, 2009.  
Limit of one coupon per person. Limited quantities.

### Seven Shores Urban Market and Café

**8 Regina St. N – Unit 5 Waterloo, ON.**

**[www.sevenshorestrading.com](http://www.sevenshorestrading.com) 519-342-0916**

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