

## This Week's Comments

I celebrated my 66<sup>th</sup> birthday this week and I gave myself a few good presents on the day. First off, I had a good long sleep; 13 hours to be precise! Then I spent the morning relaxing in the sun and gardening. The last gift was to go for a jog. I didn't have the chance to run more this year so I made it a good 10km. I used to run more and did the annual Sun Run but after I could no longer beat my daughter, I stopped. Of course, on my birthday I did a mixture of walking and jogging. This isn't my normal routine and my body had no problems reminding me of it- my body is sore all over! Despite being very sore this week, I am fully recharged and filled with gratitude for everything I was able to do on that beautiful day!

**1. From Tama's Kitchen – Our Vegan Bento lunch box menu:**

Saturday...Japanese style Cabbage Rolls  
Sunday...Bibimbap  
Monday...Gyoza (handmade)  
Tuesday...Millet & Mixed Bean Croquettes  
Wednesday...Cauliflower Gratin  
Thursday...Zucchini Farci  
Friday...Broccoli Quiche

\***Vegan Sweets:** Carrot Brownie and Kale/Oats Cookies \$5.50+GST

\*Miso Biscotti is also available!

\*This Week's Pickled Veg: Nappa Cabbage Kimchi, Celery & Carrot Fukujinzuke, Chuka-zuke

\*tomato sauce by BC ripen tomatoes, olive oil & yellow onion:\$14.50/M ziploc bag

2. This week's Special Promotion from TEALANI. All herbal teas are on sale for \$10.50/ea (Reg. \$13.00). We have 5 different blends including Lavendar, Detox, Love, Calm and Bright

3. This week's specials and new arrivals:

BC #2 Gala Apples \$5.95/3lbs bag

Mandarin Oranges \$6.95/1.5lb bag (Reg. \$8.25)

Pomelo \$3.95/ea

Yellow Onions (Manitoba): \$4.94/3lb bag (Reg. \$1.95/lb)

Fresh Basil: \$2.95~\$5.00 pack

Cauliflower: ranges in size \$3.50, \$3.95, \$4.50

Zucchini: \$3.95/lb (Reg. \$4.95/lb)

Parsley, Cilantro: \$2.95/bunch

4. From ISLAND EKO PANTRY (Victoria):

- 4 amazing flavours of Miso pastes in Jalapeno, Gochujang, Classic, Ginger Miso are available in store. \$12.00/ea if you buy 3 or more (Reg. \$15.00/ea)

- Miso Caramel mixed Nuts available as well! \$9.95/110g pack – the perfect snack on the go!

5. From THE GOOD CHOCOLATIER a special Valentine's Day Vegan chocolate (White chocolate, vanilla and rose) \$8.95+gst

6. From CEDAR ISLE FARM: Rolled Oats will be arriving next week

[www.tamaorganic.com](http://www.tamaorganic.com)

Hiroko Sugiyama

Store Hours: Sun to Tues 9:30-4, Wed to Sat 9:30-6