

KISS MY FACE
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reg. \$5.85

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\$6.75
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GIOVANNI
smooth as silk
shampoo or
conditioner



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32 oz
\$7.99
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KISS MY FACE
shampoos and
conditioners
all varieties!



\$6.99
reg. \$7.85

GREAT THINGS IN-STORE!

WE LOVE MUSIC! and we know you do too. Saturdays and Sundays we are happy to have great music over the lunch hour, always eclectic and always fun. Come in and listen as you enjoy coffee or a snack in the cafe, or just let the music put an extra spring in your step as you shop!

•**Saturday, Jan 9 : Maria & Co.** Live Music 11am-1pm

•**Sunday, Jan 10 : Little Oy on the Prairie** Live Music 11am-1pm

•**Saturday, Jan 16 : Grassroots Revival** Live Music 11am-1pm

•**Sunday, Jan 17 : Lamont Parsons** Live Music 11am-1pm

•**Saturday, Jan 23 : The Young And The Fretless** Live Music 11am-1pm

•**Sunday, Jan 24 :** Live Music 1pm-3pm

•**Saturday, Jan 30 : Don't Ask** Live Music 11am-1pm

•**Sunday, Jan 31 : Lamont Parsons** Live Music 1pm-3pm

Find our music schedule online!
www.strawberry-fields.com/events/events.htm

Strawberry Fields Sponsors New Cooking Show on UI-7 and Online!

Looking for some fast, easy, and healthy recipes for the New Year? Check out the new cooking show sponsored by Strawberry Fields and hosted by Susan. The show, I-Cook, will be offered on UI-7 on Tuesday nights at 7pm, and you can also view the shows online on the www.nutritionon-themove.net website or www.strawberry-fields.com website. Enjoy!



Strawberry Fields

306 W. SPRINGFIELD AVENUE, URBANA • 328-1655
WWW.STRAWBERRY-FIELDS.COM

open monday-saturday 7am-8pm
sunday 10am-6pm

'fields|notes
monthly newsletter and sales flyer

happy new year!

january 2010

NATURE'S PATH
instant
oatmeal



\$3.85
reg. \$4.65

ANNIE'S HOMEGROWN
bunny
fruit snacks



\$4.49
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STAHLBUSH FARMS
frozen berries
all varieties



\$4.49
reg. \$5.25

STONYFIELD FARM
organic fat free
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reg. \$1.45

GLUTINO
family size
gluten free
pretzels
sticks or twists



\$6.39
reg. \$8.15-\$9.25

Boost Nutrition with Top Foods for 2010

This New Year, consider making a resolution to try foods with a wide range of "extra" health benefits. Listed below are 10 winter "super foods" that provide you with benefits that go beyond getting your recommended vitamins and minerals. Incorporating these foods into your diet consistently can really make a big difference in your overall health and wellness.

1. Cabbage is a good source of vitamin C and fiber, along with being rich in phytochemicals. Eating cabbage has been correlated to a lower incidence of colon, lung, cervical, and breast cancers. *Tip: Cabbage heads should be large and dense without discolored veins. Buy cabbage whole, as pre-cut cabbage can lose its vitamin C. Leaving cabbage uncooked helps retain its nutrients, but cabbage can be prepared many ways, including steaming, frying, boiling, braising, and baking.*

2. Dark Chocolate Cocoa beans contain many vitamins, minerals, and phytochemicals (cocoa has a higher antioxidant capacity than green tea, red wine, and blueberries). Cocoa is one of the best sources of flavonoids, which help the body repair damage and shield from environmental toxins, but processing may cause substantial losses. *Tip: While a little chocolate is good, a lot is not better. Look for dark chocolate that contains at least 70% cocoa, which will have more health benefits with less fat and sugar content.*

3. Almonds Though nuts often get a bad rap because of their high fat content, the fat in almonds is mostly monounsaturated, which is a healthy fat that may aid in lowering blood pressure. Almonds have more calcium than any other nut. *Tip: Almonds can be found in the bulk food section of Strawberry*

Welcome to Champaign-Urbana's premier natural foods market.

Your local source for natural and organic groceries, fresh baked breads & pastries, gourmet coffee & teas, bulk foods, local and organic produce, made fresh daily salads and sandwiches, vitamins and supplements, and products for home and body. Did you know? We cater! Menu available in-store or online.

Items featured in this flyer are on sale for the above listed month only and are available while supplies last. Sorry, no rainchecks. Special order case discounts cannot be applied to these featured sale items.

Fields, and almond butter is also a great way to consume healthy fats.

4. Spinach While the food that made Popeye so strong is undoubtedly known as healthy, there are countless health benefits that most people aren't aware of. Spinach has a high amount of fiber and vitamin K, along with calcium, iron, magnesium, and manganese. A reduced risk of cancers of the liver, gall bladder, colon, breast, cervix, and prostate has been noted with high spinach intake. *Tip: Use the Cream of Spinach soup recipe to make a savory spinach dish.*

5. Quinoa The name "quinoa" refers to the seed of the "Goosefoot" plant, which is a relative of spinach and Swiss chard. Quinoa contains more protein than any other grain, and it is a complete source of protein, meaning that it is not missing any essential amino acids. Quinoa is a great grain to aid in weight loss, as it offers greater satiety than many other grains such as processed wheat and rice. *Tip: Before cooking, toast the grain in a dry skillet for five minutes to give it a great roasted flavor.*

6. Salmon and other fatty fish are excellent sources of omega-3 fats, which have been found to improve heart health and fighting depression, asthma, and cancer. *Tip: Dill and rosemary are herbs that complement salmon well.*

7. Yogurt While yogurt has a considerable amount of calcium in it, it also contains beneficial bacteria called probiotics that help regulate digestion and aid in boosting the immune system. Many people who are lactose-intolerant can digest yogurt because of its reduced lactose content. *Tip: Create a filling and energy-boosting parfait with plain yogurt using granola, fresh or frozen berries, and a touch of honey.*

8. Cranberries are one of the three fruits indigenous to the U.S. and Canada. Cranberries are an excellent source of fiber and Vitamin C, and contain more antioxidants than the 19 most popularly consumed fruits. *Tip: Look for cranberries that are bright, firm, and plump. Dried cranberries, juice, sauce, and jelly can also be good ways of consuming cranberries.*

9. Flaxseeds are a great vegan source of omega-3 fatty acids. Lignans, plant compounds that act like a weak form of estrogen, are found abundantly in flaxseeds and have cancer-preventive properties. *Tip: Color has little effect on the taste and nutritional value of flaxseed. Whole flaxseed is available in the bulk area of Strawberry Fields. Whenever possible, use a coffee grinder to freshly grind flaxseeds and store in the fridge or freezer.*

10. Sweet Potatoes are a great alternative to white-fleshed potatoes. They are high in vitamin A and beta-carotene, Vitamin C, Vitamin B6, manganese, potassium, and fiber. *Tip: Use the sweet potato chips recipe to make a healthier alternative to potato chips.*

Article and Recipes submitted by Sara Elazan, Nutrition on the Move Intern
Reference: Grotto, David. 101 Foods That Could Save Your Life (2008 Bantam Dell)


TOFUTTI
non hydrogenated
sour supreme
\$2.59
reg. \$3.09
better than cream
cheese
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TLC crackers
all varieties
\$3.85
reg. \$4.85



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10 oz



NATURAL SEA
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fish sticks
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puffs or go-
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BLUE SKY
organic sodas
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reg. \$5.35
6 packs



RAPUNZEL
organic cocoa
powder
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ANNIE'S HOMEGROWN
bunny grahams
all varieties!
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frozen shiitake
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organic bouillon
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STACY'S
pita chips
all varieties!
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Cream of Spinach Soup
2 tablespoons vegetable oil
1 tablespoon butter
2 cups chopped onions
1/2 cup chopped celery
3 cups chopped potatoes (try Yukon gold)
10 ounces fresh spinach, rinsed
1 1/2 cups skim or lowfat milk
1/4 teaspoon freshly grated nutmeg
Salt and ground pepper to taste

Sweet Potato Chips
3 large sweet potatoes
3 limes, zest and juice
1 teaspoon salt
Cooking spray

In a soup pot, warm the oil and butter. Add the onions and celery, sprinkle with salt, cover, and cook on low heat for about 10 minutes, stirring occasionally. Add the potatoes and the water or stock, cover, and cook on medium heat about 10 minutes, until the potatoes are soft.

Preheat oven to 350°F. Slice potatoes into chips (use mandolin for thin and uniform chips). Lightly spray cookie sheets with oil. Place a single layer of potatoes on cookie sheets. Spray tops of potatoes with oil and top with salt and lime zest. Bake until browned, turning once (about 20 to 30 minutes). Sprinkle browned sweet potato chips with lime juice. Serve and enjoy! Makes 12 servings.

Stir in the spinach, cover, and remove from heat. When the spinach is wilted but still bright green, puree the soup in batches in a blender until smooth, gradually adding milk. Stir in the nutmeg and add salt and pepper to taste. Gently reheat. Makes 6 servings.

Calories: 171; Total fat: 7g; Saturated fat: 1.5g; Cholesterol: 6mg; Sodium: 82mg; Total carbs: 24g; Fiber: 3g; Sugar: 6g; Protein: 6g

Calories: 57; Total fat: 1g; Saturated fat: 0g; Cholesterol: 0mg; Sodium: 210mg; Total carbs: 12g; Fiber: 2g; Sugar: 4g; Protein: 1g. Servings: 16 with approximately 100 calories per serving

Susan Kundrat, MS, RD, CSSD, LDN is the in-store Registered Dietitian / Nutritionist at Strawberry Fields. She works individually with clients to enhance their diet, manage health concerns, or improve sports performance. Call **239-0921** to set up an appointment or check out Susan's website at: www.nutritiononthemove.net

Susan is also available for general nutrition questions or product questions in the store on Wednesdays from 11-1 or on her nutrition radio show on WILL (580 AM) the first Monday of the month from 1-2.



price slice

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