

# Sunterra Market



FRESH PICK

## B.C. Apples

From gala to golden delicious and everything in between, we're all about apples this month! Enjoy them as a sweet snack or grab your oven mitts for some fall baking. Find our simple and delicious recipe for B.C. apple clafoutis on the back cover.



FEATURE  
STORY

# Giving Thanks

This year has brought us a uniquely special moment to pause and reflect on all we're grateful for as we celebrate 50 years in farming and 30 years in retail and meat processing.

We have worked hard to build a culture and community at Sunterra that gives thanks daily to our team members, customers and suppliers who have supported us along the way. In the spirit of the season, we decided to pass the mic to hear what they're most grateful for, and what makes Thanksgiving such a special time of year. We hope reading their expressions of gratitude bring warmth to your heart and a smile to your face as much as it did for us.



**Kathleen M**

Long-time Calgary Customer  
*West Market Square*



**Jason W**

Sunterra Vendor  
*Chongo's Market*



**Charmain F**

Long-time Edmonton Customer  
*Lendrum Shopping Centre*



**James K**

24 Year Team Member  
*Britannia Plaza*



**Chris B**

Sunterra Partner  
*Style-Craft Printing*

## What are some of your favourite or most special Thanksgiving family traditions?

**Kathleen:** Our Thanksgiving family tradition is to have a wonderful turkey (and ham) dinner with all the fixings and of course, pumpkin pie for dessert. Our table is decorated with mini pumpkins, candles, autumn colours and rich textures. If it's nice out, while dinner's cooking, there's always time to take a walk through the leaves.

**Chris:** I have lived in Canada for 21 years since moving here from England. Thanksgiving is not a holiday celebrated in England, however, we have adopted the traditional Thanksgiving dinner with a turkey and the family around us.

**James:** We make dinner, my three daughters come over with their families and we have turkey. Turkey, mashed potatoes, Brussels sprouts – we make everything from scratch. My main job is always the turkey. My family comes over every Sunday for dinner, whether it's Thanksgiving or not, and it's a different dinner every Sunday. It helps keep everyone close and catches everyone up on the week.

**Jason:** Thanksgiving traditions involve gathering with family and friends around a dinner table filled with the spoils of a traditional turkey dinner. Over the last couple of years, we have incorporated South American flavors into our turkey stuffing while also maintaining a healthy portion of traditional stuffing.



*Belwood turkey*



*Pumpkin pie*

## What do you feel most grateful for this season?

**Kathleen:** This season I feel most grateful for the health of my family and friends. And grateful that we all continue to find fun ways to connect and show our love for one other.

**James:** Family and health.

**Charmain:** In this day and age, I'm grateful that my children and grandchildren are happy and healthy. I have two grandchildren who started kindergarten this year and they are flourishing in school.

**Jason:** This Thanksgiving has provided an opportunity to be thankful for the very basic things in life that I had taken for granted. I am grateful for family, friends and for the abundance of food I have enjoyed while under the safety and security of my home.

**Chris:** With the world events over the last six months, I'm grateful that things seem to be on the way up for us all. Health and happiness are the two most important things you can have.

## What do you love about Sunterra and what keeps you coming back?



**Charmain:** I like the atmosphere, the staff are very nice and accommodating. I love the wonderful smell of the fresh hot cooked food they sell wafting through the store, as well as the Maui marinated short ribs sold in the meat department. They are one of the best things and my family loves it when I invite them over for a fill of ribs. Their produce department is also second to none.



*Charmain's favourite Maui short ribs*

**Kathleen:** We lived in the community years before Sunterra, West Market Square opened. What a gift it was when this location came to be, offering unique grocery items, farm fresh meat, delicious produce, baking, flowers, greeting cards, gift baskets, a coffee bar and restaurant. But equally as important, is the friendly, knowledgeable staff that instill wonderful customer service. Sunterra is convenient, it supports local farmers, and there's community involvement like their food bag collection or points donation program. And they lovingly decorate their market storefront for each season.



*Festive fall West Market Square storefront*



A SAMPLE OF  
OUR SAVINGS

SAY WHEN  
CHAI TEAS



20%  
OFF

SALE PRICE: \$5.59  
REGULAR PRICE: \$6.99

BLACK RIVER  
FRUIT JUICES

15%  
OFF

SALE PRICE:  
\$4.50-\$10.45  
REGULAR PRICE:  
\$5.49-\$12.29



BETTER THAN BOUILLON  
COOKING BASES



21%  
OFF

SALE PRICE:  
\$6.74-\$8.33  
REGULAR PRICE:  
\$8.49-\$10.49

RVIITA  
ENERGY TEAS

15%  
OFF

SALE PRICE: \$4.24  
REGULAR PRICE: \$4.99



SALE PRICES VALID OCTOBER 1-31

# TRENDS POTTING

*Sunterra Farms pork loin with delicious stuffing, a unique cheese from Switzerland and savoury pies perfect for fall are some of our favourite things this month.*



## BUTCHER'S PICK

Simple enough for a weeknight meal but impressive enough for a holiday dinner, our Sunterra Farms stuffed pork loin is the perfect choice for any occasion. Pick up a ready-to-roast loin from our meat department and serve it with mashed potatoes and your choice of veggies for a satisfying feast.



## POT PIES

Chilly weather calls for comfort food, and nothing's more comforting than a warm pot pie fresh from the oven. Please your palate with savoury tourtière or enjoy one of our traditional pies made with beef, chicken or turkey.



## ARCTIC CHAR

Lovers of salmon and trout are sure to enjoy the taste of this mild, freshwater fish. Serve it with a stir-fry full of crisp veggies like we've done here for a flavourful, nutrient rich meal.



## KALTBACH CAVE-AGED GRUYÈRE

Yep, you read that correctly—this firm cow's milk cheese is actually aged in a sandstone cave in Switzerland! Try pairing it with sautéed mushrooms and spinach on a crostini.

Regular Price  
\$6.99/100g

 **Oct. Stockboy Special**  
\$5.89/100g



## VALBELLA SMOKED BISON

Elevate your charcuterie board with this smoked bison made in Canmore and cured in the fresh Rocky Mountain air.

Regular Price  
\$8.89/100g deli-sliced  
\$9.69/100g pre-sliced pack

 **Oct. Stockboy Special**  
\$7.49/100g deli-sliced  
\$8.19/100g pre-sliced pack



## OUR BEST PRICES, ALL MONTH LONG!

Each month we work with our favourite suppliers to get special pricing on products we think you'll love. We pass those savings to you, so you can try seasonal, up-and-coming or simply our best items. Deals change monthly, so stock up on your favourites before they're gone!

SHOP ALL STOCKBOY SPECIALS ONLINE AT [SUNTERRAMARKET.COM](https://www.sunterramarket.com) 



EAT AND EARN WITH

## FRESH REWARDS

*Earn free groceries fast! Members earn one Fresh Rewards point for every dollar spent. Redeem those points for select items, gift cards and cooking classes! Offerings change monthly, visit [sunterramarket.com/FreshRewards](http://sunterramarket.com/FreshRewards) for the full list.*

### PAY WITH POINTS!

*Redeem these October features at a cashier's till or in our online shopping market:*



Snack Factory pretzel crisps



Split Tree Cocktail Co. cordials

Llanllyr Source drink mixers (200ml) .....	72 pts
San Pellegrino sparkling mineral water (750ml).....	80 pts
Sprague soups (398ml).....	136 pts
Snack Factory pretzel crisps (200g) .....	144 pts
Snack Factory gluten free pretzel crisps (142g).....	144 pts
Wisecrackers crackers (114g).....	160 pts
Pacific organic vegetable broth (946ml) .....	192 pts
Pacific broth multipacks (4x236ml-4x250ml).....	192 pts
Pacific soups and broths (1L) .....	192-224 pts
Whittaker's chocolate bars (200g).....	220 pts
Terra Chips (141-170g).....	228 pts
San Pellegrino sparkling mineral water (6x250ml)...	248 pts
Llanllyr Source drink mixers (4x200ml) .....	304 pts
Split Tree Cocktail Co. cordials (250ml).....	452-576 pts
San Pellegrino sparkling mineral water case (12x750ml) .....	736 pts
San Pellegrino sparkling mineral water case (24x250ml) .....	916 pts

### GIFT CARDS – Please order gift cards online, not at the till

\$20 .....	800 pts
\$50 .....	2,000 pts
\$100 .....	4,000 pts

# THREE-COURSE FEASTS

Three courses. Chef prepared. Seven days a week.

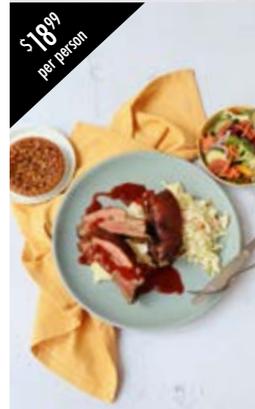
## Our October feasts:



Tomato basil soup  
Mac and cheese with garlic toast  
Chocolate fudge cake



Thai vegetable noodle salad  
Shoyu roasted chicken leg with fried rice and sautéed vegetables  
Mango mousse cake



House green salad with raspberry poppy seed vinaigrette  
Sunterra Farms applewood smoked pork ribs with barbecue sauce, buttermilk mashed potatoes and creamy coleslaw  
Pecan walnut pie

Order online for curbside pickup or delivery at [sunterramarket.com](http://sunterramarket.com)

# B.C. Apple Clafoutis



FEATURE  
RECIPE

## SERVES 6

- 3 egg yolks
- 2 tbsp white sugar
- ½ cup cream, 36%
- ½ tsp vanilla
- 4 tbsp flour
- ⅛ tsp salt
- 1 9-inch pie shell, parbaked
- 1 cup apple, gala
- 1 cup apple, Granny Smith
- 1 tsp cinnamon, ground
- 1 tbsp brown sugar
- 1 tbsp honey

Preheat oven to 380F.

In a medium bowl, cream the egg yolk and sugar together until light and fluffy, about 2 or 3 minutes. Add cream and vanilla and mix until combined. Fold in the flour and salt and mix until smooth. Do not overmix.

Pour the clafoutis batter into the pie shell. Wash the apples and thinly slice them into even wedges, discarding the core. Decoratively place the wedges on top of the batter. Sprinkle the cinnamon and brown sugar on top and bake for 15 to 20 minutes or until the clafoutis is puffed up, light golden brown and a toothpick inserted in the centre comes out clean. Do not open the oven door during baking. Let cool and lightly brush with honey.



FIND THIS RECIPE AND  
MORE ONLINE AT  
[SUNTERRAMARKET.COM](https://www.sunterramarket.com)

## CALGARY

Bankers Hall  
+15 level, 855 2 Street S.W.  
(403) 269-3610

Kensington Road  
2536 Kensington Road N.W.  
(403) 685-1535

Britannia Plaza  
803 49 Avenue S.W.  
(403) 287-0553

TC Energy  
+15 level, 450  
1 Street S.W.  
(403) 262-8240

Keynote  
200 12 Avenue S.E.  
(403) 261-6772

West Market Square  
1851 Sirocco Drive S.W.  
(403) 266-3049

## EDMONTON

Commerce Place  
201, 10150 Jasper Avenue  
(780) 426-3791

Lendrum Shopping Centre  
5728 111 Street  
(780) 434-2610

## CATERING

Calgary (403) 263-9759  
Edmonton (780) 426-3807

## GROCERY DELIVERY

Calgary (403) 287-0553  
Edmonton (780) 434-2610