

Sunterra Market



FRESH PICK

B.C. Cherries

We've got the juiciest cherries from the best suppliers all season long! Check out our cherry barbeque sauce recipe on the back cover and read our feature story all about our cherries' journey from branch to bowl.



FEATURE
STORY

FROM BRANCH TO BOWL

The epic journey of B.C. cherries from the orchard, to our markets, to your table each summer.

BY JANIS GALLOWAY

If you're like most Albertans, the first sight of plump B.C. cherries is one of the most exciting arrivals of the season. Our team is passionate about the produce we bring to our markets and cherries are no exception as our July Fresh Pick. For more than a decade we have been dedicated to bringing in not only the best quality cherries, but also developing deep and meaningful relationships with our growers in British Columbia.

Our relationship with our B.C. cherry partners began more than 12 years ago, when our team visited the orchards to learn everything they could about cherries ([check out a behind the scenes video of one of the tours here](#)), and met the people behind the fruit who work tirelessly to harvest some of the world's finest cherries. The work we have done through our B.C. cherry program laid the groundwork for how we approach all our produce offerings throughout the year, with a dedication to bring exceptional fruits and vegetables from B.C. and Alberta to our customers. Our partnerships with our growers is not just about finding the best product, it's about working with others who share the same family approach to business as we do. When we visit our growers, we pay close attention to how they treat their people and the care and pride they take in their work. When we are invested in their business, they are invested in ours, and an authentic and supportive relationship is formed.

We are grateful to all our produce suppliers for how they welcome our deep curiosity and enthusiasm to learn the ins and outs of what they do, so we can stand behind their products wholeheartedly when it arrives at our markets. Our investment in our partner orchards has provided us priority access to a high quality and truly special crops for the fleeting summer season each year.

The Fresh Pick program was launched around this philosophy – to highlight in-season produce and share our knowledge, innovation and passion behind nature's best offerings. We love putting our Fresh Pick into the creative hands of our teammates across our departments to bring the ingredient to life in different ways like scratch-made cherry clafoutis from our bakeries and Sunterra Farms smoked B.C. cherry barbeque pork ribs from our kitchens. We've also created tons of cherry-vpacked recipes for you to enjoy at home like [B.C. cherry cobbler](#). In addition to all that deliciousness, we've partnered with Calgary's [True Büch](#) to bring our coveted cherry crop into each bottle of their limited edition small batch cherry blossom kombucha.

We look forward to sharing more cherry passion, knowledge, recipes and offers all month long on our social media platforms. Add some cherries to your cart during your next visit to our markets or order online for curbside pickup or home delivery. ■

Shop fresh B.C. cherries [here](#).

Try our B.C. cherry recipes [here](#).

Shop B.C. cherry desserts from our bakery [here](#).



Cherries on the tree



A juicy two-bite cherry



B.C. cherry turnovers from our bakery



Cherries in a cherry sizer



A SAMPLE OF
OUR SAVINGS

MENZ & GASSER
FRUIT SPREADS



**15%
OFF**

SALE PRICE: \$3.90
REGULAR PRICE: \$4.59

WHITTAKER'S
CHOCOLATE BARS

**15%
OFF**



SALE PRICE: \$5.09
REGULAR PRICE: \$5.99

A GOOD PORTION
ROASTED CASHEWS



**16%
OFF**

SALE PRICE: \$5.22
REGULAR PRICE: \$6.19

THE GFB
GLUTEN FREE BITES

**15%
OFF**



SALE PRICE: \$5.94
REGULAR PRICE: \$6.99

SALE PRICES VALID JULY 1-31

TRENDS POTTING

A classic French dessert, creamy cheddar cheese from P.E.I. and Sunterra Farms ribs in a special barbeque sauce are some of our favourite things this month.



BUTCHER'S PICK

Add some gusto to your grill with these meat and veggie kebabs! Season them to your liking or pick them up pre-marinated from our meat department. Choose from beef, chicken, lamb or pork.



B.C. CHERRY CLAFOUTIS

Satisfy your sweet tooth with this classic French dessert. Made of juicy B.C. cherries nestled in a thick batter and baked in a crunchy crust, this clafoutis is the perfect summer dessert. Enjoy with a scoop of vanilla ice cream or whipped topping.



SUNTERRA FARMS SMOKED B.C. CHERRY BARBEQUE RIBS

Seasoned with salt and pepper and basted in our tangy cherry barbeque sauce, these ribs are sure to be a crowd pleaser at your next backyard barbeque.

Make your own cherry barbeque sauce with our recipe on the back cover.



COWS CREAMERY CHEDDAR

These firm yet creamy cheddars from Cows Creamery in P.E.I. are delicious on their own or melted over a burger or steamed veggies.

Regular Price
\$4.49/100g Extra Old
\$4.99/100g Appletree Smoked

S **SPECIALS** July Stockboy Special
\$3.79/100g Extra Old
\$4.19/100g Appletree Smoked



SOLETERRA D'ITALIA 250g SALAMIS

Flavoured with ingredients like fennel, black pepper, paprika and truffle, these authentic Italian salamis are the perfect addition to your next cheese board.

Regular Price
\$9.99/250g

S **SPECIALS** July Stockboy Special
\$8.49/250g



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



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 for the full list.

PAY WITH POINTS!

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



Bow Valley BBQ Parkway caesar mix



True Büch kombucha

- Covered Bridge potato chips (36–170g) 40–136 pts
- Thirsty Budda sparkling coconut water (330ml) 68 pts
- Evian natural spring water (500ml–24x500ml) 72–1248 pts
- Efferve sparkling lemonade (330–750ml) 80–180 pts
- Thirsty Buddha natural coconut water (490ml) 100 pts
- Hungry Budha keto bars (40g) 100 pts
- Covered Bridge popcorn (125–142g) 128 pts
- True Büch kombucha (355ml) 144 pts
- Bow Valley BBQ sweet chili corn salsa (250ml) 200 pts
- Bow Valley BBQ Missing Link spice blend (140g) ... 200 pts
- Bow Valley BBQ sauces and ketchup (350ml) 200–236 pts
- Bow Valley BBQ Parkway caesar mix (1L) 304 pts
- Primal Kitchen salad dressing (237ml) 304 pts
- Primal Kitchen dairy free pasta sauce (454–680g) ... 436 pts
- Primal Kitchen mayonnaise and aioli (355ml) 440 pts

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

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

Friday Night FEAST

Enjoy a three-course meal prepared from scratch. Just reheat and eat, simple as that.



\$18⁹⁹
PER PERSON

JULY 3

Corn salad

Southwestern beef flank steak with mashed potatoes and vegetables

Mini key lime pie

JULY 10

Kale, lentil and chickpea soup

Roasted salmon fillet with pineapple salsa and jasmine rice pilaf

Cherry flan

JULY 17

Tomato basil pasta salad

Peppered roast beef with jus, horseradish, mashed potatoes and vegetables

Sinful chocolate cake

JULY 24

Roasted yam and cranberry salad

Sunterra Farms porchetta with roasted potatoes and vegetables

Blueberry cheesecake

JULY 31 (PICTURED)

Curried chickpea salad

Butter chicken on turmeric rice with naan

Carrot cake

\$18.99 or redeem for **760** Fresh Rewards points per person

PURCHASE YOUR FRIDAY NIGHT FEAST FOR PICKUP OR DELIVERY AT SUNTERRAMARKET.COM

B.C. Cherry Barbeque Sauce



FEATURE
RECIPE

SERVES 6

2 cups	fresh B.C. cherries, halved and pitted
¼ cup	brown sugar
2 tbsp	orange juice
1	cinnamon stick
2 tbsp	red wine
4 tbsp	cold water
½ tbsp	corn starch
½ cup	Sunterra barbeque sauce

Combine the cherries and brown sugar in a saucepan. Cook on medium heat until the sugar dissolves and the cherries start to release juice. Add the orange juice, cinnamon stick and red wine and simmer on low heat until the cherry mixture reduces by half.

In a small bowl, stir together the cold water and corn starch. Add this mixture to the glaze in a gentle stream while stirring.

Remove the glaze from the heat, remove the cinnamon stick and add to a blender. Purée until smooth.

Meanwhile, heat the barbeque sauce in a saucepan. Add the puréed cherry glaze and bring to a simmer. Season with salt and pepper to taste. Remove from heat and cool.

FIND THIS RECIPE AND MORE ONLINE
AT 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