

HEALTH - WELLNESS - BEAUTY

The Kitchen Scoop offers a healthy alternative

Friendly, personal service is a fact of life at the two locations of The Kitchen Scoop in Uxbridge.

The Kitchen Scoop carries a full line of vitamins and bulk foods, including many items desired by health-conscious consumers: vegetarian products such as non-dairy parmesan cheese made from soybean, tofu cheeses and grain products, including bulgar, couscous and quinoa.

Over 100 different and exotic spices are kept in stock including Chinese "5-Spice", a mixture of cassia, star anise, fagara, cloves and fennel seeds. The spice originated in southern China and Viet Nam and is used for searing roasts and poultry and for marinades.

The Kitchen Scoop also carries a wide selection of bulk herbs such as raspberry leaves, camomile and comfrey.

"We are in a time in which people are looking more to natural and home remedies," said owner Lynn Moore, who has been operating The Kitchen Scoop with her husband Jim for the past seven years. (Lynn is also a real estate agent with Century 21 Keen Realty in Stouffville.) She keeps the How-To Herb Book in a handy spot under the counter for those who are new to healthy living

Going green in the world of cosmetics

It's a jungle out there when it comes to buying natural beauty products, so here's a guide to what's green and pleasant.

However much we love the idea of using all things pure, many so-called natural beauty products we buy aren't quite what they seem.

The problem is that 'natural' can mean almost anything; the manufacturer wants it to. There's no law governing the minimum amount of natural ingredients a product must contain, as long as it has at least one.

Given this, it's very reassuring to know that not everyone's jumping on the 'green' bandwagon to make a fast buck. Most reputable 'natural' companies such as Montagne Jeunesse make gentle products using natural ingredients to perform a specific function. Such as softening your skin. So, if you want the real thing - rather than something that just smells nice - check ingredient listings. The lower down the list, the less of the ingredient there is in the product.

Price can often also be an indicator when measuring how good the quality of the 'natural' product is. Better formulations have higher concentrations of pure plant ingredient, resulting in higher product performance.

It's also worth remembering that some natural ingredients are more precious than others. For example, ingredients such as evening primrose oil and royal jelly are more costly than, say, cucumber - so look for price discrepancies between products. Also remember that natural identical preservatives are usually also more costly than their synthetic counterparts.

We know that animal and petrochemical oils clog the skin. Natural based products use plant oils which are easily absorbed, and work better.

So, be an educated consumer, read the labels, and plunge right in to Mother Nature's wonderful world of beauty!

and are feeling a little doubtful.

For the do-it-yourself baker, The Kitchen Scoop rents character cake pans such as Barney, Batman, Barbie - even train and baseball shapes! All of the required baking ingredients are also kept in stock, from the flour and baking powder to the icing decorator tips, chocolate chips, sprinkles, novelty candies and much more!

According to Lynn, the customer/merchant relationship is a mutually beneficial arrangement at The Kitchen Scoop. The Moores have learned a great deal about health and

herbs from their customers; if a requested product is not in stock, the Moores make every effort to find it.

The unique building which houses the Spruce Street location was built in 1945 as an egg packing station, was converted first to the Uxbridge Town Hall, then the Uxbridge police station. Now it is home to a huge selection of bulk foods of all kinds!

Residents of Uxbridge for 15 years, Lynn and Jim Moore would like to invite the local residents to either location of The Kitchen Scoop, or call them at 852-9303.

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