



ROGERS FOODS NEWSLETTER

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Recipes of the Month

ELDERBERRY TART RECIPE

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LEMON MERINGUE CUPCAKE RECIPE

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BROWN BUTTER MATCHA COOKIES WITH WHITE CHOCOLATE CHIPS RECIPE

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THE BEST GRAINS FOR YOUTHFUL, HEALTHY SKIN — AND WHY THEY WORK!

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NEWS RELEASE - ORGANIC 5kg BAGS AT SAVE-ON- FOODS

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THE ONLY GOOD THING ABOUT THE SUMMER QUIETLY COMING TO AN END IS FALL BAKING SEASON!

🍂 ✨ **Hello September!** ✨ 🍂

Summer may be winding down, but that just means cozy fall baking is on the way! 🍪 🍌 🍋

This month's Rogers Foods Newsletter is packed with:

✨ 3 NEW Recipes to try:

- Elderberry Tart (perfect for seasonal berries!)
- Lemon Meringue Cupcakes 🍋
- Brown Butter Matcha Cookies with White Chocolate Chips



✨ A special **Wellness Blog** from our in-house Holistic Nutritionist, Tammy-Lynn McNabb, RHNP, on:

The Skin–Grain Connection 🌾

- Why grains matter for skin health
- The best grains for youthful, glowing skin
- Featuring several of our favourite Rogers grain-based products 🌾

Start the season with wholesome baking, wellness tips, and inspiration straight from the Rogers Foods kitchen. 🧑🍳 🍪

#MadeWithRogers #CanadianMilled #FallBaking #SkinHealth
#WholeGrains #SkinGrainConnection

ELDERBERRY TART



Made with Rogers Foods All Purpose Flour - A buttery pastry shell filled with fresh elderberries and a creamy vanilla custard. Elegant, rustic, and perfect for showcasing seasonal berries.

Prep: 60 mins

Bake: 50 mins

Total: 240 mins

Servings: 8

INGREDIENTS

Pastry:

- 200 g Rogers Foods All Purpose Flour (or No Additive version)
- Pinch of salt
- 100 g cold unsalted butter, cubed
- 4 Tbsp icing sugar
- 1 egg yolk (save the white for another use)
- Approx. 2 Tbsp cold water

Filling:

- 2 large eggs
- 115 g caster sugar (plus 2 Tbsp for sprinkling on top)
- 175 ml double cream or whipping cream
- 50 g Rogers Foods All Purpose Flour
- 1 tsp pure vanilla extract (or crème de cassis)
- 500 g fresh elderberries, cleaned and de-stemmed (or blueberries)

INSTRUCTIONS

Make the Pastry:

- Sift Rogers Foods All Purpose Flour and salt into a mixing bowl or stand mixer.
- Add butter and mix with a paddle attachment (or by hand) until the mixture resembles breadcrumbs.
- Add icing sugar and mix briefly.
- Whisk together the egg yolk and water, then add the mixture to the flour. Mix until a soft dough forms (don't overwork).
- Flatten into a disk, wrap in cling film, and chill for 30 minutes.

Blind Bake the Crust:

- Preheat oven to 200°C (180°C fan) / 400°F / Gas 6.
- Roll the pastry to ⅛ inch thick. Line a 9-inch loose-bottom tart tin.
- Chill the lined tin for 15 minutes, then prick the base with a fork.
- Line with parchment and baking weights. Bake for 10 minutes, remove weights, and bake another 5 minutes until lightly golden.

Prepare the Filling:

- In a bowl, whisk eggs, caster sugar, cream, Rogers flour, and vanilla extract until smooth.
- Pour the custard mixture into the tart shell.
- Evenly distribute the elderberries over the custard and sprinkle with the remaining 2 Tbsp of sugar.

Bake the Tart:

- Return tart to the oven and bake for 35–40 minutes, or until the filling is just set and slightly golden on top.
- Cool in the tin for 10–15 minutes before removing. Serve warm or at room temperature.

LEMON MERINGUE CUPCAKES



These Lemon Meringue Cupcakes are made with a light lemon sponge using **Rogers Foods All Purpose Flour**, filled with zesty homemade lemon curd, and topped with fluffy, toasted meringue frosting. It's like a mini lemon meringue pie in cupcake form—bright, fresh, and absolutely irresistible!

Prep Time: 25 minutes

Cook Time: 25 minutes

Total Time: 50 minutes

Servings: 12-14

INGREDIENTS

Lemon Cupcakes

- 1 1/4 cups (163g) **Rogers Foods All Purpose Flour or Rogers Foods No Additive All Purpose Flour**

- 1 cup (207g) sugar
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup (120ml) milk
- 1/4 cup (60ml) vegetable oil
- 1 tsp vanilla extract
- 2 tsp lemon zest
- 1 large egg
- 1/2 cup (120ml) water

Lemon Curd

- 6 tbsp (90ml) fresh lemon juice
- 1 tbsp finely grated lemon zest
- 1/2 cup (104g) sugar
- 6 large egg yolks
- 4 tbsp (56g) unsalted butter

Meringue Frosting

- 1 cup (207g) sugar
- 1/2 tsp cream of tartar
- 1 tsp vanilla extract
- 4 large egg whites, room temperature
- Thin lemon slices, optional

INSTRUCTIONS

Make the Lemon Cupcakes

1. Preheat oven to 350°F (176°C). Line a cupcake pan with liners.
2. In a large bowl, whisk together Rogers All Purpose Flour, sugar, baking powder, and salt.
3. In another bowl, combine the milk, vegetable oil, vanilla, lemon zest, and egg.
4. Add the wet ingredients to the dry and mix until combined.
5. Gradually add the water and mix on low speed until smooth.
6. Divide batter between cupcake liners (about halfway full) and bake 15–17 minutes or until a toothpick comes out with a few moist crumbs.
7. Cool in the pan for 2 minutes, then transfer to a rack to cool completely.

Make the Lemon Curd

1. In a metal bowl over a saucepan of simmering water (double boiler), combine lemon juice, zest, sugar, egg yolks, and butter.
2. Whisk constantly until thickened and reaches 160°F (71°C), about 8–10 minutes.
3. Pour into a small bowl, press plastic wrap against the surface, and refrigerate for 3–4 hours until firm.



Make the Meringue Frosting

1. In a metal mixing bowl over simmering water, combine sugar, cream of tartar, vanilla, and egg whites.
2. Whisk constantly until sugar dissolves and mixture reaches 160°F (71°C), 4–6 minutes.
3. Remove from heat and beat with a mixer on low speed, increasing to high until stiff, glossy peaks form (5–7 minutes).

Assemble the Cupcakes

1. Use a cupcake corer or knife to cut a center hole in each cupcake.
2. Fill with chilled lemon curd.
3. Pipe a tall swirl of meringue frosting on top using a round piping tip.
4. Optional: Garnish with thin lemon slices and toast the meringue lightly with a kitchen torch.

Storage Tip:

Refrigerate cupcakes until ready to serve. Best enjoyed within 2–3 days.

BROWN BUTTER MATCHA COOKIES WITH WHITE CHOCOLATE CHIPS

These chewy, crispy-edged matcha cookies are a fun twist on the classic chocolate chip cookie — with rich browned butter, earthy matcha, and creamy white chocolate chips.

PREP TIME: 30 min

COOK TIME: 30 min

INACTIVE TIME: 1.5 hours

TOTAL TIME: 2 hrs 30 min

NUMBER OF SERVINGS: 12

INGREDIENTS

- 2 cups + 2 tbsp **Rogers Foods No Additive All Purpose Flour**
- 1 tsp baking soda
- ½ tsp salt
- 2 tbsp high-quality matcha powder
- 1 cup unsalted butter
- ½ cup granulated sugar
- 1 cup packed light brown sugar
- 1 tsp vanilla extract
- 2 large eggs, room temperature
- 1 cup white chocolate chips

INSTRUCTIONS:

1. **Brown the butter:**

In a saucepan over medium heat, melt the butter until it foams and turns golden brown with a nutty aroma. Immediately transfer to a heatproof bowl to cool. It will darken slightly as it cools.



2. Mix the dry ingredients:

In a medium bowl, whisk together the **Rogers Foods No Additive All Purpose Flour**, baking soda, salt, and matcha powder. Set aside.

3. Combine sugars and butter:

Add both sugars to the cooled brown butter and mix until well combined. Add the vanilla and eggs, one at a time, whisking vigorously until light, smooth, and slightly creamy (about 1 minute).

4. Form the dough:

Slowly fold the dry ingredients into the wet ingredients with a spatula until a uniform green dough forms. Fold in the white chocolate chips.

5. Chill the dough:

Cover and refrigerate for 1 hour — this step is key for thick, chewy cookies!

6. Bake:

Preheat oven to 350°F (175°C). Line 2 baking sheets with parchment. Use a 3-tbsp cookie scoop (or 1.5 oz ice cream scoop) to portion out dough, spacing cookies 2–3 inches apart.

Bake for 10–12 minutes, until the edges are lightly golden but the centers are still soft.

7. Cool:

Let cookies cool on the baking sheet for 10 minutes before transferring to a wire rack. Cool for an additional 15 minutes before serving for the best texture.



WELLNESS CORNER

- with Rogers Foods Registered Holistic Nutritionist Tammy-Lynn McNabb, RHNP

THE BEST GRAINS FOR YOUTHFUL, HEALTHY SKIN - AND WHY THEY WORK

The Skin–Grain Connection

Healthy, youthful skin isn't only about what you put *on* your skin—it's also about what you feed it from the inside out. While fruits, vegetables, and healthy fats often take center stage in skin nutrition, grains are an under-appreciated but powerful category. Whole grains provide vitamins, minerals, fibre, antioxidants, and phytonutrients that combat oxidative stress, improve circulation, regulate blood sugar, and enhance the skin's ability to regenerate.

This blog explores which grains are most beneficial for maintaining your skin's youthful appearance and radiance, *why* they matter from a nutritional and biochemical perspective, and *how* to incorporate them into your daily diet.

Why Grains Matter for Skin Health

1. Rich Source of Antioxidants

Whole grains are packed with polyphenols, flavonoids, and trace minerals such as selenium and zinc that reduce oxidative damage caused by free radicals. Free radicals are a key driver of premature aging, contributing to wrinkles, sagging, and dull skin.

2. Support for Collagen Production

Certain grains (notably oats and wheat germ) provide zinc, manganese, and vitamin B6, which are essential cofactors in collagen synthesis. Collagen is the protein responsible for skin firmness and elasticity.

3. Blood Sugar Regulation

Refined grains spike blood sugar and insulin levels, which may increase glycation—an internal process where sugar molecules attach to proteins like collagen and elastin, making them stiff and prone to damage. Whole grains, with their low to moderate glycemic index, reduce glycation and protect skin elasticity.

4. Fibre and Gut Health

A healthy gut microbiome translates to better nutrient absorption and reduced inflammation throughout the body—including the skin. Whole-grain fibre feeds beneficial gut bacteria, reducing systemic inflammation that can contribute to acne, redness, or premature aging.

The Best Grains for Youthful Skin

Not all grains are created equal when it comes to skin health. From boosting collagen to protecting against UV damage, here's what makes each one a standout for youthful, radiant skin.

1. Oats - The Skin Soother

Oats are naturally rich in beta-glucans, which keep skin hydrated by strengthening its barrier. They also contain zinc, manganese, and unique antioxidants called avenanthramides, which calm redness and irritation while protecting against UV damage. Oats work double duty—soothing the skin inside and out.

- **Nutritional Profile:** Oats are high in beta-glucan fibre, zinc, manganese, and avenanthramides (unique antioxidants).
- **Skin Benefits:**
 - Beta-glucans improve skin hydration by supporting the skin barrier. Also reduces redness.
 - Zinc and manganese play a role in collagen formation and protection against UV damage.
 - Avenanthramides calm inflammation, which in turn reduces redness and irritation.
- **Why It Matters:** Oats are famous in skincare (hello, oatmeal baths!), but they're just as powerful when eaten. They're rich in **beta-glucans**(which lock in skin moisture) and unique antioxidants called **avenanthramides** that calm redness and irritation.

Meal Ideas:

- **Breakfast:** Overnight oats with blueberries and walnuts.
- **Snack:** Oat and banana smoothie with a spoonful of peanut butter.

- **Baking:** Swap ½ cup of flour with oat flour in muffins for extra skin nutrition.



LARGE FLAKE OATS

Cereal & Oats, Retail Products



ROGERS ANCIENT GRAIN BLEND PORRIDGE OATS

Cereal & Oats, Retail Products



ROGERS HEALTHY GRAIN BLEND PORRIDGE OATS

Cereal & Oats, Retail Products



ROGERS STEEL CUT OAT BLEND PORRIDGE OATS

Cereal & Oats, Retail Products

2. Barley – The Anti-Aging Grain

Barley is loaded with selenium, a mineral that keeps skin cells safe from free radical damage. It also contains copper, which supports melanin for an even skin tone. Plus, its fibre is fantastic for gut health.

- **Nutritional Profile:** Barley is rich in selenium, copper, B vitamins, and soluble fibre.
- **Skin Benefits:**
 - Selenium protects skin cells from oxidative damage.
 - Copper aids in melanin production, supporting even skin tone.
 - High fibre promotes gut health, reduces inflammatory skin issues.
- **Why It Matters:** Barley's unique mix of antioxidants makes it a potent grain for slowing visible signs of aging.




Meal Ideas:

- **Lunch:** Barley salad with roasted veggies, feta, and olive oil.
- **Dinner:** Swap rice for barley in soups or risottos.
- **Snack:** Barley crackers topped with avocado.

3. Quinoa – The Collagen Booster

Quinoa isn't technically a grain, but it behaves like one—and it's a skin superstar. It's high in lysine, an amino acid that helps collagen stay strong, and riboflavin (B2), which improves skin elasticity. On top of that, quinoa contains antioxidants like quercetin and kaempferol that help protect against UV damage.

- **Nutritional Profile:** A pseudo-grain high in protein, lysine, magnesium, and flavonoids.
- **Skin Benefits:**
 - High lysine supports collagen stability. Firmer skin, fewer fine lines.
 - Riboflavin (B2) helps with skin elasticity.
 - Quinoa's antioxidants (quercetin, kaempferol) reduce inflammation and protect against the sun's UV damage.
- **Why It Matters:** As a complete protein, quinoa provides all essential amino acids, making it a rare plant-based ally in skin structure and repair.
-  Meal Ideas:
 - Lunch: Quinoa tabbouleh with parsley, cucumber, and lemon.
 - Dinner: Quinoa bowl with salmon, spinach, and tahini dressing.
 - Snack: Quinoa granola clusters.

4. Buckwheat – The Circulation Helper

Buckwheat is rich in **rutin**, a plant compound that strengthens blood vessels and improves circulation. Better blood flow means more nutrients reach your skin, giving it a healthy glow. It's also low on the glycemic index, so it keeps collagen safe from sugar damage.

- **Nutritional Profile:** Rich in rutin (a bioflavonoid), magnesium, and fibre.
- **Skin Benefits:**
 - Rutin strengthens blood vessels, improving circulation and reducing puffiness.
 - Magnesium reduces stress hormones that can trigger breakouts and accelerate aging.
 - Improves overall **skin** glow by enhancing oxygen and nutrient delivery to skin cells.

- **Why It Matters:** Buckwheat's low glycemic index makes it ideal for preventing sugar-induced collagen damage.

Meal Ideas:


- Breakfast: Buckwheat pancakes topped with berries.
- Lunch: Cold buckwheat noodle salad with sesame dressing.
- Dinner: Buckwheat groats (kasha) cooked like rice, served with veggies.

5. Brown Rice – The Protector

Brown rice is a whole-grain upgrade from white rice, keeping its nutrient-rich bran and germ intact. It's loaded with **gamma-oryzanol**, a powerful antioxidant that shields skin from UV damage, plus **selenium and B vitamins** that help repair tissues and protect skin cells. Together, these nutrients act like a built-in defence system—keeping skin strong, resilient, and better able to bounce back from daily stress.

- **Nutritional Profile:** Contains gamma-oryzanol, selenium, B vitamins, and manganese.
- **Skin Benefits:**
 - Gamma-oryzanol is an antioxidant that reduces UV damage.
 - Selenium works with vitamin E to protect cell membranes.
 - Brown rice protein supports tissue repair.
- **Why It Matters:** Brown rice is less processed than white rice, keeping nutrients intact for long-term skin health.

Meal Ideas:


- **Breakfast:** Brown rice pudding with coconut milk, raisins, and cinnamon 
- **Lunch:** Brown rice sushi rolls with avocado, cucumber, and smoked salmon
- **Dinner:** Stir-fry with brown rice, shrimp, broccoli, and ginger soy sauce

6. Millet – The Strengtheners

Millet is rich in **silica**, a mineral that supports collagen production while strengthening skin, hair, and nails. With added iron for circulation and oxygen delivery, millet helps maintain firm, vibrant, youthful-looking skin from the inside out.

- **Nutritional Profile:** A gluten-free grain high in silica, phosphorus, and iron.
- **Skin Benefits:**
 - Silica strengthens skin, hair, and nails by supporting the production of collagen.
 - Iron supports healthy circulation and oxygenation of skin cells.
- **Why It Matters:** Millet has been traditionally linked to slowing skin aging in many cultures.

Meal Ideas:

- **Breakfast:** Creamy millet porridge with pear slices and crushed pistachios 
- **Lunch:** Millet salad with roasted chickpeas, tomatoes, and tahini dressing
- **Dinner:** Millet pilaf with grilled chicken and roasted carrots

Did you know that our **ANCIENT GRAIN BLEND PORRIDGE OATS** contain large flake oats, barley flakes, rye flakes, spelt flakes, oat bran, kamut flakes, millet, flaxseeds and quinoa flakes!!



Ingredients: Large flake oats, Barley flakes, Rye flakes, Spelt flakes, Oat bran, Kamut flakes, Millet, Flaxseed, Quinoa flakes

Contains: Wheat, Oats, Barley, Rye
May contain: Triticale, Soy, Mustard

Ingrédients: Gros flocons d'avoine, Flocons d'orge, Flocons de seigle, Flocons de spelt, Son d'avoine, Flocons de kamut, Millet, Graines de lin, Flocons de quinoa


Contient: Blé, L'avoine, L'orge, Seigle
Peut contenir: Triticale, Soya, Moutarde

7. Wheat Germ & Bran – The Nutrient Boosters

Wheat germ and bran are nutrient-dense parts of the grain, loaded with **vitamin E, zinc, fibre, and healthy fats**. Vitamin E protects against UV damage, zinc speeds up healing, and fibre supports gut health—making these by-products a powerhouse for skin nourishment and repair.

- **Nutritional Profile:** Wheat germ is a powerhouse of vitamin E, B vitamins, zinc, and healthy fats. Wheat bran is fibre-rich with minerals.
- **Skin Benefits:**
 - Vitamin E is a skin antioxidant that protects lipids and prevents UV damage.
 - Zinc promotes wound healing and reduces acne.
 - Fibre aids detoxification and gut-skin axis health.
- **Why It Matters:** These wheat by-products pack more concentrated nutrients than refined flour, making them ideal for skin nourishment.

Meal Ideas:

- **Breakfast:** Smoothie with banana, spinach, almond milk, and 2 tbsp wheat germ 
- **Lunch:** Greek yogurt parfait with bran cereal, berries, and pumpkin seeds
- **Dinner:** Whole-wheat bran muffins served alongside a hearty lentil soup



OAT BRAN

Bran & Germ, Retail Products



WHEAT BRAN

Bran & Germ, Retail Products



WHEAT GERM

Bran & Germ, Retail Products

Grains to Limit for Skin Youthfulness

- **Refined Grains (white bread, pastries, instant rice):** They are stripped of fibre, vitamins, and antioxidants, leading to high glycemic loads and advanced glycation end products (AGEs) that age skin.
- **Highly Processed Cereal Products:** Added sugars and preservatives undermine skin health by fuelling inflammation.

The Science Behind Grains and Skin Longevity

Antioxidants vs. Free Radicals

Grains provide selenium, manganese, and polyphenols that neutralize free radicals. This reduces DNA damage in skin cells, preserving youthful function.

Fibre, Insulin, and Glycation

Stable blood sugar prevents excess insulin spikes that accelerate skin aging via glycation. Whole grains are critical in controlling this mechanism.

Nutrient Synergy

Grains work best in combination with fruits, vegetables, and healthy fats—nutrient synergy enhances absorption and amplifies skin benefits.

Practical Tips

1. **Choose minimally processed:** Steel-cut oats > instant oats. Brown rice > white rice.
2. **Pair with vitamin C foods:** Helps absorb iron and boosts collagen formation.
3. **Rotate grains:** Diversity ensures a wide spectrum of nutrients.
4. **Balance portions:** Overeating—even whole grains—can spike blood sugar.
5. **Go organic when possible:** Reduces pesticide exposure, which may stress skin cells.

In a Nutshell

Grains are more than just a source of energy—they're skin allies. Oats soothe and hydrate, quinoa builds collagen, buckwheat improves circulation, and wheat germ floods the skin with vitamin E. Choosing whole, nutrient-dense grains supports antioxidant defence, collagen maintenance, blood sugar balance, and gut health—all vital pillars for youthful, glowing skin.

By intentionally incorporating these skin-friendly grains into your diet, you not only nourish your body but also give your skin the resilience to withstand the effects of time, stress, and environmental exposure.

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NEWS RELEASE - FOR IMMEDIATE RELEASE

SAVE-ON-FOODS First to Stock New 5kg Organic Flour Bags Starting August 28

Chilliwack, BC – August 27, 2025 – Rogers Foods is pleased to announce the upcoming launch of its newest addition to the flour lineup: Rogers Foods Organic Flour, available in convenient 5kg bags. This high-quality organic product reflects Rogers’ ongoing commitment to providing nutritious, Canadian-milled flour at prices that support everyday baking and commercial kitchen needs alike.

The product will roll out first with Save-On-Foods locations across British Columbia, with initial shipments scheduled to begin on August 28, 2025. Customers are advised to allow a few weeks for the product to reach store shelves as inventory is distributed across locations.

“We’re proud to introduce a new organic option that delivers the same exceptional quality Rogers is known for – without compromising on value,” said Brad Duggan, VP of Sales and Marketing. “Our customers asked for it, and we’ve delivered: a competitively priced organic flour that supports both health-conscious baking and Canadian agriculture.”

Rogers Organic Flour is milled in British Columbia using certified organic wheat and will be available at select retailers across Western Canada in the coming months. Consumers can visit rogersfoods.com or contact their local Save-On-Foods store for availability updates.

About Rogers Foods

With over 75 years of milling heritage, Rogers Foods is a trusted Canadian brand producing premium flour and grain products sourced from Western Canadian wheat. Headquartered in Chilliwack, BC, Rogers remains committed to sustainability, quality, and community.



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CAREERS AT ROGERS FOODS



At Rogers Foods, we believe that our success starts with our people. For over 70 years, we’ve been proudly milling quality Canadian grains into wholesome flours and cereals that families and professionals trust. Behind every bag of Rogers product is a dedicated team committed to excellence, innovation, and community. Whether in our mills, offices, or on the road, our employees are at the heart of what we do. If you’re looking for a career with a proudly Canadian company that values teamwork, integrity, and growth, we’d love to hear from you.

CURRENT POSITIONS

Vacancy Search



Warehouse Production Worker - Graveyard Shift

Chilliwack, Full-time

[VIEW](#)

Key Account Manager

Chilliwack, Full-time

[VIEW](#)

Journeyman Electrician

Spallumcheen, Full-time

[VIEW](#)

Millers Assistant

Spallumcheen, Full-time

[VIEW](#)