

Talking Healthy Cooking with Herban Market & Café

Written by Mindy Lucas

Tuesday, 20 August 2019 09:08



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Chef Anya Chase and pastry chef Emily Benson first met while working at the old Herban Marketplace, a popular health food store on Boundary Street.

The pair shared a love of food, healthy eating and cooking for others. So when the store's owner Greta Lynne decided to retire in 2018, the two decided almost immediately to start their own business together.

"It was a no brainer," said Benson. "Once we sat down and started talking, we thought, 'This is it. There's no going back. This is what we want to do.'"

Originally from Vancouver, Washington, Benson grew up baking with her mother and

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