

let's have a bbq!

Muir Glen
Organic Tomato Ketchup
\$269
Reg. \$3.99 24 oz.



Newman's Own
Selected Dressing
\$249
Reg. \$3.39 8 oz.
Balsamic Vinegar, Caesar, Oil & Vinegar, or Ranch.
\$449
Reg. \$5.69-5.79 16 oz.
Choose from a great selection!



Annie's Naturals
Selected Dressing or Vinaigrette
2/\$5
Reg. \$3.99 ea. 8 oz.
Choose from a fine array of delicious dressings or vinaigrettes.




Cascadian Farm
Organic Sweet Relish
\$329
Reg. \$4.49 10 oz.



World Centric
Sustainable & Compostable Wheat-Straw Bowls
\$179
Reg. \$2.39 20 ct./11.5 oz bowls



Biodegradable Corn Starch Flatware
\$249
Reg. \$3.19 24 ct.
Forks, Knives, Spoons, or Assorted Flatware Pack. Fully compostable!



Sustainable & Compostable 9" Wheat-Straw Plates
\$329
Reg. \$4.39 20 ct.
World Centric sustainable and compostable plates and bowls are made from wheat-straw, not trees!
www.worldcentric.org



Nature's Grilling Products
100% Natural Hardwood Briquettes
\$599
Reg. \$7.99 9 lb.



DeBoles
Selected Pasta
\$199
Reg. \$2.99 8 oz.
Gluten Free Multi Grain Penne, Organic Ancient Grain Penne, Artichoke Shells, Whole Wheat Penne or Rigatoni. Great for healthy summertime pasta salads!



Organic Artichoke Elbows
\$239
Reg. \$3.49 12 oz.

Spectrum Naturals
Lite Canola Mayonnaise Eggless
\$559
Reg. \$7.49 32 oz.



Canola Mayonnaise
\$649
Reg. \$8.49 32 oz.



Organic Mayonnaise
\$899
Reg. \$12.29 32 oz.



Chef Mark's Fabulous Fourth!

Grilled Greek Style Chicken
½ cup Spectrum Organic extra virgin olive oil
3 cloves organic garlic, chopped
1 Tbsp. chopped fresh organic rosemary
1 Tbsp. chopped fresh organic thyme
1 Tbsp. chopped fresh organic oregano
2 organic lemons, juiced
1 (4 lb.) Murray's chicken, cut into pieces

In a glass dish, mix olive oil, garlic, rosemary, thyme, oregano, and lemon juice. Place the chicken pieces in the mixture, cover, and marinate in the refrigerator 8 hours or overnight. Preheat grill for high heat. Lightly oil the grill grate. Place chicken on the grill, and discard the marinade. Cook chicken pieces up to 15 minutes per side, until juices run clear.

Cucumber-Mango Salsa
3 organic mangos, peeled, seeded & diced
1 organic cucumber, peeled, seeded & diced
2 jalapeno peppers, seeded & finely chopped
1 large onion, finely diced
1 clove garlic, minced
¼ cup chopped fresh cilantro
1 Tbsp. organic lime juice
Salt & pepper (to taste)

Stir together the mango, cucumber, jalapeno pepper, onion, garlic, and cilantro in a mixing bowl. Season with lime juice, salt and pepper. Refrigerate at least 2 hours before serving to allow the flavors to blend.

Blueberry Buttermilk Tart
For the crust:
1 1/3 cups Arrowhead Mills flour
¼ cup Florida Crystals cane sugar
¼ tsp. sea salt
1 stick (1/2 cup) cold Horizon organic unsalted butter, cut into bits
1 large organic egg yolk, beaten with tablespoons ice water
uncooked rice or dried beans for weighting the shell

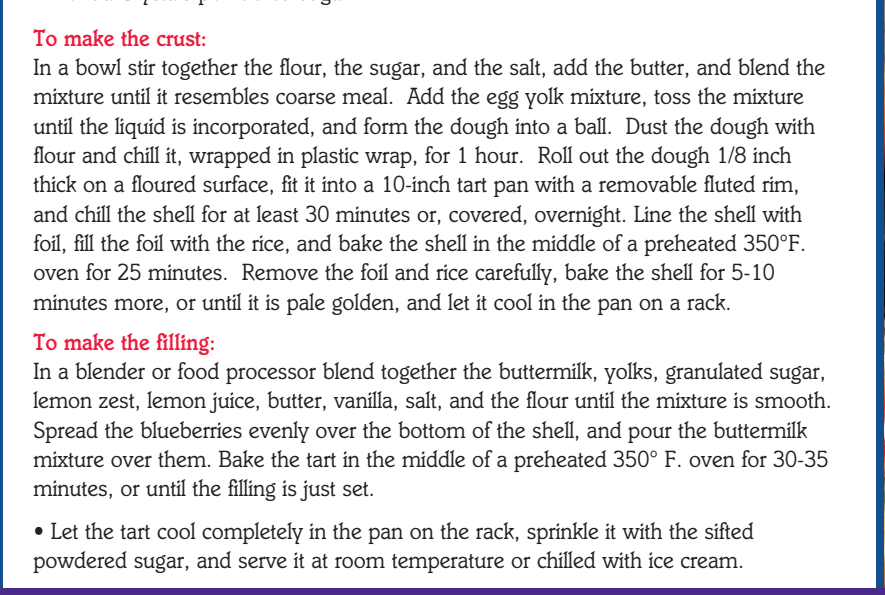
For the filling:
1 cup Organic Valley buttermilk
3 large organic egg yolks
½ cup Florida Crystals cane sugar
1 Tbsp. freshly grated lemon zest
1 Tbsp. fresh lemon juice
½ stick (1/4 cup) unsalted butter, melted and cooled
1 tsp. Frontier organic vanilla
½ tsp. sea salt
2 Tbsp. Arrowhead Mills flour
2 cups organic blueberries

For the finished pie:
• Florida Crystals powdered sugar

To make the crust:
In a bowl stir together the flour, the sugar, and the salt, add the butter, and blend the mixture until it resembles coarse meal. Add the egg yolk mixture, toss the mixture until the liquid is incorporated, and form the dough into a ball. Dust the dough with flour and chill it, wrapped in plastic wrap, for 1 hour. Roll out the dough 1/8 inch thick on a floured surface, fit it into a 10-inch tart pan with a removable fluted rim, and chill the shell for at least 30 minutes or, covered, overnight. Line the shell with foil, fill the foil with the rice, and bake the shell in the middle of a preheated 350°F. oven for 25 minutes. Remove the foil and rice carefully, bake the shell for 5-10 minutes more, or until it is pale golden, and let it cool in the pan on a rack.

To make the filling:
In a blender or food processor blend together the buttermilk, yolks, granulated sugar, lemon zest, lemon juice, butter, vanilla, salt, and the flour until the mixture is smooth. Spread the blueberries evenly over the bottom of the shell, and pour the buttermilk mixture over them. Bake the tart in the middle of a preheated 350° F. oven for 30-35 minutes, or until the filling is just set.

• Let the tart cool completely in the pan on the rack, sprinkle it with the sifted powdered sugar, and serve it at room temperature or chilled with ice cream.



The Silver Palate
Gourmet Pasta Sauce
\$299
Reg. \$8.39 25 oz.
Fra Diavolo, Homestyle Marinara, Tomato Basil, or Vodka Garlic Sauce.



San-J
Black Label Tamarí
\$219
Reg. \$2.99 10 oz.



Reduced Sodium Tamarí
\$289
Reg. \$3.99 10 oz.
Wheat Free Reduced Sodium Tamarí.



Asian Cooking Sauce
\$289
Reg. \$3.99 10 oz.
Teriyaki or Thai Peanut Cooking Sauce.



super summer values



Wee Bee
Naturally Raw Honey
\$759
Reg. \$9.99 1 lb.



Wholesome Sweeteners
Organic Honey Fair Trade
\$599
Reg. \$10.29 16 oz.
Original or Squeeze Bottle Amber, Raw Honey.



Santa Cruz
Organic Chocolate Syrup
\$369
Reg. \$4.99 15.5 oz.



Madhava
Organic Agave Nectar
Amber or Light
\$299
Reg. \$4.19 11.75 oz.