

great grocery values



Spectrum Naturals
Canola Oil
Refined
\$5.99
Reg. \$8.49 32 oz.

Organic Refined Canola Oil
\$8.99
Reg. \$12.59 32 oz.

Spray Canola Oil **\$4.99**
with Butter Flavor Reg. \$6.79 6 oz.

Spray Canola Oil **\$5.49**
With Flour for Baking Reg. \$7.39 5 oz.



Crown Prince
Brisling Sardines
\$2.89
Reg. \$3.89 3.75 oz.

Wild Caught Brisling Sardines in Water.

Anchovy Paste
\$1.89
Reg. \$2.59 1.75 oz.



Colavita
Extra Virgin Olive Oil
\$13.99
Reg. \$19.99 34 oz.



Natural Sea
Chunk Light Tuna
\$1.89
Reg. \$2.49-2.59 6 oz.

Salted or Unsalted Tongol or Yellowfin.

White Albacore Tuna
\$2.19
Reg. \$2.99 6 oz.
Salted or Unsalted.

Premium Alaskan Pink Salmon
\$2.99
Reg. \$3.99 7.5 oz.
Salted or Unsalted.

Skinless & Boneless Pink Salmon
\$3.39
Reg. \$4.49 6 oz.

Red Sockeye Salmon
\$3.99
Reg. \$5.49 7.5 oz.
Salted or Unsalted.



Napa Valley
Organic Extra Virgin Olive Oil
Rich & Robust
\$11.99
Reg. \$14.89 25.4 oz.



Pacific Foods
Organic Broth
\$2.99
Reg. \$4.19 32 oz.

Beef, Mushroom; Original or Low Sodium Chicken or Vegetable.



Pacific Foods
Organic Soup
\$3.19
Reg. \$4.29-4.62 32 oz.

Curried Red Lentil, French Onion, or a great array of Original or Low Sodium Creamy Soups.



Annie's Homegrown
Selected Macaroni & Cheese
\$1.99
Reg. \$2.99 6 oz.

Shells & Wisconsin Cheddar, or Alfredo Shells & Cheddar; Organic: Classic Mac & Cheese; 5 Grain Elbows & White Cheddar; Shells & White Cheddar; Peace Pasta Parmesan; Whole Wheat Shells & Cheddar.



Chef Mark's March Recipes

Irish Soda Bread

- 1/2 cup organic Florida Crystals cane sugar
- 4 cups Arrowhead Mills organic unbleached wheat flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 3/4 tsp. sea salt
- 2 cups organic raisins
- 1 Tbsp. Frontier organic caraway seeds
- 2 organic eggs, lightly beaten
- 1 1/4 cups Organic Valley buttermilk
- 1 cup Horizon organic sour cream

Preheat oven to 350°. Lightly butter a 9-inch round baking or cake pan. In a mixing bowl, combine flour, cane sugar, baking powder, baking soda, salt, raisins and caraway seeds. In a small bowl, blend eggs, buttermilk and sour cream. Stir the liquid mixture into flour mixture until mixed. Knead dough in bowl. Place dough in the prepared skillet or pan and pat down. Cut a deep slit in the top of the bread. Dust with reserved flour. Bake for approximately 1 hour and 15 minutes. Let cool and put onto a wire rack.

Roasted Corn Soup With Corn Guacamole

Corn Guacamole

- 2 cups Cascadian Farms frozen organic corn
- 1 Tbsp. Spectrum Organic extra virgin olive oil
- 1/4 tsp. sea salt
- Frontier ground black pepper
- 1 Tbsp. finely chopped organic red onion
- 2 Tbsp. fresh organic cilantro, finely chopped
- 1 organic lime zest
- 1 organic jalapeno, stemmed and seeded, finely chopped
- 1 organic ripe avocado, pitted and chopped

Roasted Corn Soup

- 3 cups Cascadian Farms organic frozen corn
- 2 Tbsp. Spectrum organic extra virgin olive oil
- 1 clove organic garlic, crushed
- 1/2 organic red onion, chopped
- 1 organic jalapeno, stemmed and chopped
- Sea salt
- Frontier ground black pepper
- 1 1/2 cups Imagine organic chicken broth
- Cilantro

Guacamole: Preheat oven to 450°. Prepare a baking sheet with parchment paper or foil. Put the corn kernels on the baking sheet and toss with the oil, salt and pepper to taste. Spread the corn out and roast for about 10-15 minutes, until corn is lightly browned and crunchy. Set aside. In a bowl, combine the corn, red onion, cilantro, lime zest and juice and jalapeno. Gently add the avocado. Season with salt and pepper.

Soup: Put the kernels in a blender. Combine oil and garlic in a soup pot over medium heat. Add the onion and jalapeno. Season with salt and pepper and sauté until the vegetables are soft about 5 minutes. Transfer the vegetables to the blender and purée until smooth. Pour the corn purée into the soup pot and place over medium heat, stirring constantly until the soup begins to thicken. Whisk in the chicken broth and bring to a boil then simmer covered for about 15 minutes. Put soup in bowls and garnish with a small spoonful of the corn guacamole & cilantro leaves.



Muir Glen
Organic Tomatoes
2/\$3
Reg. \$2.29 ea. 14.5-15 oz.

Sauce, Stewed, Whole Peeled, and many Diced varieties.

Organic Fire Roasted Diced Tomatoes
\$1.79
Reg. \$2.49 14.5 oz.

Choose from a large selection of delicious fire-roasted tomatoes.

Organic Vegetable Soup
\$1.99
Reg. \$3.29 14.4-14.9 oz.

Classic Minestrone, Creamy Tomato, Garden Vegetable, Savory Lentil and more!

Organic Chicken or Beef Soup
2/\$5
Reg. \$4.19 ea. 14-14.5 oz.

Barley or Vegetable Beef; Chicken; Wild Rice, Gumbo, Noodle or Tortelloni.



Fungus Among Us
Organic Dried Mushrooms
Porcini or Medley
\$3.99
Reg. \$5.39-5.59 1 oz.

Organic Dried Mushrooms **\$4.49**
Reg. \$5.99-6.19 .5-1 oz. Portabello or Shiitake.

great grocery values



Emeril's
All Natural Tomato Sauce
\$3.59
Reg. \$4.79 25 oz.

Roasted Garlic or Tomato Basil.



Westbrae Natural
Organic Beans
2/\$3
Reg. \$2.39 ea. 15 oz.

Lentils, Black, Chili, Garbanzo, Great Northern, Kidney, Pinto, Red, Salad or Soup Beans, High Protein Soybeans.



Lundberg Farms
Eco-Farmed Brown Rice
Long or Short Grain
\$2.59
Reg. \$3.39 2 lb.

Eco-Farmed Brown Basmati Rice
\$2.99
Reg. \$4.19 2 lb.

Eco-Farmed White Rice
Basmati or Jasmine
\$3.39
Reg. \$4.49 2 lb.

Eco-Farmed Arborio White Rice
\$4.79
Reg. \$6.39 2 lb.



Rapunzel
Vegetable Boullion
\$2.49
Reg. \$3.29 2.4-3.1 oz.

Vegan with Sea Salt & Herbs, with Sea Salt or No Salt Added.



Imagine
Organic Broth or Soup
\$2.99
Reg. \$4.59 32 oz.

Original or Low Sodium Beef, Chicken or Vegetable; No Chicken.



Koyo
Organic Noodles
\$2.29
Reg. \$2.99 8 oz.

Soba; Fine, Round, Wide or Original Udon Noodles.

