

# Mediterranean Organic

## MEDITERRANEAN ORGANIC THE SUN ON YOUR TONGUE!

Eating Mediterranean Organic's flavorful foods is like eating sunshine! All of our products are grown on Mediterranean farms, orchards, and groves in a climate that is hot, dry, and sunny, and the soils are fertile - rich with volcanic minerals. Our sundried tomatoes are naturally dried in the hot sun, our capers are harvested naturally, our peppers are roasted over a sweet wood fire, the fruits in our preserves absorb the sweetness of the sun and our oh-so-aromatic olives come from groves, some of which, have been producing for centuries!

### ORGANIC CAPERS & ORGANIC DOLMAS

Full of flavor, but not as salty as conventional capers, these juniper flower buds add a piquant touch to meat and seafood dishes. Mediterranean Organic Dolmas, organic stuffed grape leaves, are a traditional savory Mediterranean side dish filled with seasoned rice.

### ORGANIC FIRE ROASTED PEPPERS

These succulent and delicious sweet peppers are grown in Izmir, Turkey. They are slow roasted over a wood fire, peeled by hand, and packed in olive oil.

### ORGANIC OLIVES

Olives for the table and for oil are the most ancient of Mediterranean foods. Some olive trees live to be a thousand or more years old. Our olives are all organically grown in rich mineral soils with the flavor of the centuries in every bite.

### ORGANIC SUNDRIED TOMATOES

The intense flavor of our organically grown tomatoes has to be experienced to believe.

### MEDITERRANEAN ORGANIC

#### Organic Green Stuffed Olives

w/Lemon, w/Almond, w/Pepper, w/Garlic or w/Jalapeno

**\$3.69**

8.5-8.6 oz. Sugg. Retail: \$5.49



### MEDITERRANEAN ORGANIC

#### Organic Roasted Peppers

Red/Yellow, Red or Yellow

**\$4.79**

16 oz. Sugg. Retail: \$6.99



### MEDITERRANEAN ORGANIC

#### Organic Sundried Tomatoes

**\$2.99**

3 oz. Sugg. Retail: \$4.49



In Olive Oil.....

**\$5.39**

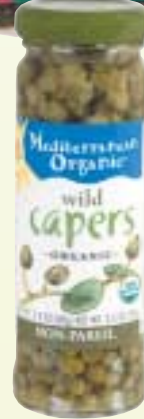
8.5 oz. Sugg. Retail: \$7.99

### MEDITERRANEAN ORGANIC

#### Organic Capers

**\$2.69**

3.5 oz. Sugg. Retail: \$3.99



### MEDITERRANEAN ORGANIC

#### Stuffed Grape Leaves

**\$3.99**

10 oz. Sugg. Retail: \$5.99



## GREEK VEGETABLE SALAD



### Ingredients:

- 1 large Cucumber, chopped
- 2 Roma (plum) Tomatoes, chopped
- 1 (5 ounces) jar pitted Kalamata Olives
- 1 (4 ounces) package Feta Cheese, crumbled
- 1 Red Onion, halved and thinly sliced
- 1/2 (10 ounces) package Romaine Lettuce
- 1/2 (10 ounces) package Baby Greens

### Vinaigrette Dressing:

- 6 tablespoons Olive Oil
- 1 teaspoon Garlic Powder
- 1 teaspoon Dried Oregano
- 1 teaspoon Dried Basil
- 1 teaspoon Dijon Mustard
- 1 teaspoon Fresh Lemon Juice
- 1 1/2 cups Red Wine Vinegar

### Preparation:

Add chopped cucumber, chopped tomato, Kalamata olives, feta cheese, sliced red onion, romaine lettuce, and baby greens to large serving bowl.

### Vinaigrette Dressing:

In a small bowl, whisk olive oil, garlic powder, dried oregano, dried basil, Dijon mustard, fresh lemon juice, and red wine vinegar. Pour on salad and serve.

### MEDITERRANEAN ORGANIC

#### Organic Olives

Mixed Party, Kalamata Unpitted or Kalamata Pitted

**\$3.69**

8.1-8.6 oz. Sugg. Retail: \$5.49



# Bulk Foods

## ORGANIC TURKISH APRICOTS

**\$3.49** PER LB.

Sugg. Retail: \$3.99/lb.



## ORGANIC PITTED PRUNES

**\$5.99** PER LB.

Sugg. Retail: \$6.99/lb.



## ORGANIC WHOLE BUCKWHEAT

Kasha

**\$2.19** PER LB.

Sugg. Retail: \$2.49/lb.



## ORGANIC MANGO SLICES

**\$9.99** PER LB.

Sugg. Retail: \$10.99/lb.



## ORGANIC HULLED MILLET

**99¢** PER LB.

Sugg. Retail: \$1.29/lb.



## ORGANIC SHELLED FILBERTS

**\$9.39** PER LB.

Sugg. Retail: \$10.79/lb.

## CALIFORNIA PISTACHIOS

**\$6.19** PER LB.

Roasted: Salted or No Salt.....

Sugg. Retail: \$6.59/lb.