

# CASE LOT SALE

Active Members Only - While Quantities Last

October  
24-30  
2010



## Grocery

### Lundberg Rice

Short Grain Brown  
reg \$58.85 11.34kg

**\$39.99** bag

Nutra Farmed Long  
Grain Brown  
reg \$40.00 11.34kg

**\$24.99** bag

### Lundberg Rice

Nutra Farmed Brown  
Basmati  
reg \$48.65 11.34kg

**\$29.99** bag

Nutra Farmed White  
Basmati  
reg \$56.55 11.34kg

**\$34.99** bag

### Annie's Pasta & Cheese Dishes

Bunny, Petite, Wisconsin

reg \$34.68 12/170g

**\$18.49** case

Family size  
reg \$27.54 6/340g

**\$13.99** case



### Tinkyada BROWN RICE PASTA

Elbows, Penne, Spaghetti, Spirals

reg \$31.70 4.54kg

**\$24.99** case



### Prairie Harvest PASTA

Penne Rigate, Small Shells,  
Spaghetti

reg \$31.70 4.54kg

**\$23.99** case



### Native Forest CANNED COCONUT MILK

reg \$44.28 12x400ml

**\$26.99** case



### Maison Orphee Delicate Extra Virgin Olive Oil

For everyday cooking

reg \$89.34 6/750ml

**\$66.99** case



## Kootenay Country Store Co-op

295 Baker Street

Nelson, BC V1L 4H4

phone: 250-354-4077

fax: 250-354-4097

email: [customerservice@kootenay.coop](mailto:customerservice@kootenay.coop)

online: [www.kootenay.coop](http://www.kootenay.coop)

## Grocery

BioVert

### Laundry Detergent

200 loads  
reg \$39.99 10L

**\$26.99** each



### Dish Liquid

reg \$34.99 10L

**\$22.99** each



### Grainworks Beans Black Turtle

reg \$56.50 11.34kg

**\$39.99** bag



### Garbanzo

reg \$54.99 11.34kg

**\$39.99** bag



### Anita's White Flour

reg \$27.99 10kg

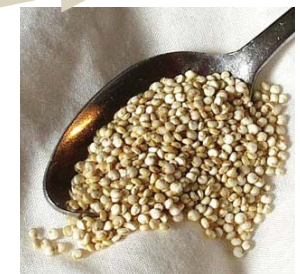
**\$17.49** bag



### Organic Planet White Quinoa

reg \$107.00 11.34KG

**\$79.99** bag



### Clif Energy Bars

Chocolate Almond Fudge,  
Chocolate Chip, Cool Mint Chip

reg \$20.28 12/68g

**\$13.49** case



### Eco Soft Toilet Paper

1 Ply

reg \$57.12 pack 48

**\$45.99** pack



## Deli

### Ariah's Edibles Burritos

Vegan, Chili Lime

reg \$35.09 12 pack

**\$28.19** pack

Cheese

reg \$39.19 12 pack

**\$31.39** pack



### Ariah's Edibles Samosas

Tofu Rice, Potato Pea

reg \$43.02 18 pack

**\$34.49** pack



Wellness

Honey Candles

100% Pure Beeswax Candles

T-Lites  
reg \$61.92 48s

\$42.99 case



6" Tubes  
reg \$54.96 24s

\$37.99 case



Votives  
reg \$118.44 36s

\$78.99 case

Harmonic Arts  
Chlorella

reg \$42.99 454g

\$31.99 each



Two Hills Tea  
Goji Berries

reg \$21.39 500g

\$15.99 each



Two Hills Tea  
Matcha Green Tea

reg \$63.59 454g

\$46.99 each



Kootenay Soap Co  
Soaps

6 soaps/pack  
2 assorted varieties

reg \$22.14 6 pack

\$16.49 each



Golden Bough Essential Oils

Lavender Oil

reg \$100.99 500ml

\$49.99 each



Sweet Orange Oil

reg \$22.99 500ml

\$9.99 each



Organic Matters Spices & Superfoods

Granulated  
Garlic

reg \$17.00 454g

\$8.99 each



Curry Powder

reg \$20.00 454g

\$12.99 each



Black  
Peppercorns

reg \$17.00 454g

\$11.49 each



Raw  
Cacao Powder

reg \$22.70 454g

\$16.49 each



Raw  
Cacao Beans

reg \$24.95 454g

\$16.99 each



Raw  
Maca Powder

reg \$26.75 454g

\$17.99 each



Virgin  
Coconut Oil

reg \$62.99 3.41kg

\$52.99 each



## Produce

### Okanagan Apples

Gala, Fuji, Ambrosia

10 lb bag

**\$9.99** bag



### Local - Canyon City Carrots

10 lb bag

**\$11.49** bag



### Local - McIntyre Farm Potatoes

Yellow, Russet, Red

5 lb bag

**\$5.49** bag



## Produce Storage Tips

*There are many ideas about the best way to store these produce items - here are a few: Separate apples, carrots and potatoes from each other during storage. Apples give off ethylene gas which can cause potatoes to sprout and carrots to become bitter. Potatoes may cause apples to have a musty flavour.*

### Potatoes

*Theoretically last up to three months when stored in burlap, brown paper, or perforated plastic bags away from light, in the coolest, non-refrigerated, and well-ventilated part of the house.*

### Carrots

*Should be placed in a plastic bag and stored in the coldest, most humid drawer in the fridge. Carrots will keep for several months.*

### Apples

*Refrigerated apples store much better than those left at room temperature. Store refrigerated apples in a plastic bag to prevent them from accelerating the ripening of other foods.*

## Grain & Flour Storage Tips

### Rice

*Tightly sealed plastic or glass containers are best for storing rice. Uncooked rice can be stored in a cool, dark, dry cabinet. The shelf life of brown rice can be greatly extended if it is stored in the refrigerator or freezer.*

*Cooked rice should be stored in the refrigerator and can be used for up to 3 or 4 days. For long term storage of cooked rice, store it the freezer for about two months.*

### Quinoa

*Sealed containers of plastic or glass are best for storing quinoa. The best location for storing quinoa is in a cool, dark, dry cabinet and will stay fresh for one year or longer if properly stored. Quinoa will keep for longer periods (over a year) if it is stored away from sunlight and heat.*

### Flour

*The original paper packaging is fine for long term cabinet storage as long as the package has not been opened. Most types of flour keep longer in a cool, dry cabinet if stored in a sealed plastic or glass container. The refrigerator is a very good storage area for flour, but the use of a sealed container is even more important to prevent the flour from absorbing moisture as well as odours and flavours from other foods stored in the refrigerator.*

*The freezer is usually the best location for long term storage. Use sealed plastic containers or freezer bags for optimum freshness.*