

October

Monthly
Specials

2010

Grocery

Ryza Rice Beverages

original, Vanilla

reg \$3.45 946ml

\$2.39 each

reg \$41.40 case 12

\$27.25 each



Nature's Path Puffed Cereals

Corn, Kamut, Millet, Rice

reg \$2.89 170g

\$2.29 each



Barbara's Bakery Cheese Puffs

Assorted Varieties

reg \$3.79 155g/198g

\$3.19 each



Eden Canned Beans

Black, Garbanzo

reg \$3.19 398ml

\$1.99 each



Nature's Path Pancake Mixes

Buttermilk, Multigrain

reg \$6.89 738g

\$5.49 each



Fig Bars

Assorted Varieties

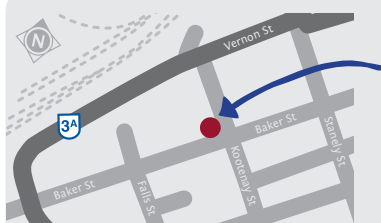
reg \$5.99 340g

\$4.99 each



reg \$38.28

\$22.68 case 12



Kootenay Country Store Co-op

295 Baker Street

phone: 250-354-4077

email: customerservice@kootenay.coop

Nelson, BC V1L 4H4

fax: 250-354-4097

online: www.kootenay.coop



Zazubean
Chocolate Bars
Assorted Varieties

reg \$3.89 56g
\$3.19 each



Tazo
Chai
Latte Concentrate

reg \$7.99 946ml
\$5.79 each



Filter Bags

reg \$6.99 24bags
\$4.99 each

Greek Gods
Yogurt
Traditional Honey

Organic Traditional Plain

reg \$6.39 650g
\$5.39 each



Earth Balance
Natural Buttery Spreads

Mediterranean Blend
369g,
Original 425g

reg \$5.99
\$4.99 each



Nuts To You
Sesame Tahini

reg \$4.99 250g
\$3.85 each

reg \$8.39 500g
\$6.59 each



Ginger People
Ginger Beverages

Gizer, Soother

reg \$2.59 354ml
\$1.99 each



Grainworks
Rye Flour

reg \$1.89 kg
\$1.49 kg



reg \$42.95 22.7kg
\$32.13 bag

Kicking Horse
Coffee

Kick Ass
Grizzly Claw
3 Sisters

reg \$14.99 454g
\$11.99 each



Ecover
All Purpose Cleaner Concentrate

reg \$5.69 1L
\$4.79 ea



Ecover
Cream Scrub

reg \$4.29 500ml
\$3.39 ea



Ecover
Floor Soap

reg \$7.19 1L
\$5.79 ea



Ecover
Limescale

reg \$7.69 500ml
\$6.19 ea



Ecover
Toilet Cleaner

reg \$5.79 750ml
\$4.59 ea





Deli

Rosenberg Castello
Cheese

Prepacked and shelf stable, perfect for hiking/camping.

Brie
Camembert

reg \$3.99 125g

\$3.19 each

Extra Creamy Blue

reg \$24.99 kg

\$19.99 kg



L.B. Maple Treats
Maple Syrup

Amber #3

reg \$19.99 kg

\$15.99 kg



Figtree Gluten-Free Bakery



**Marzipan
Cookie**

Lemon, Chocolate

reg \$2.65 each

\$2.19 each

Fruit Pies

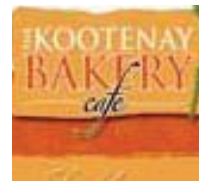
reg \$3.99 each

\$3.19 each

Kootenay Bakery Cafe Cooperative
Pasta Fiori

reg \$1.65 100g

\$1.39 100g

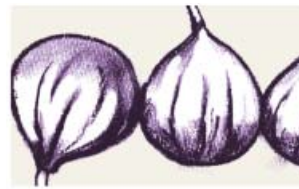


Southwest Salad

reg \$1.95 100g

\$1.59 100g

Figtree Gluten-Free Bakery



So, tell us about yourself?

My name is Nikki Pelletier and I am the owner of the newly renamed Fig Tree Bakery (as of October 1), presently known as OMG.

How did you start your business?

Several years ago I was diagnosed with celiac so I was forced to start looking for gluten-free items and because celiac can be hereditary I started just baking for my family in general. It took about 6-7 years to really understand how to work with gluten free materials and then people just started noticing and commenting.

What are your next steps?

- To continue growing
- I've been invited by certain groups to help educate and provide food
- I'm looking for a larger commercial kitchen presently. Anyone out there?
- On the verge of having a private label for my items and soon hope to have a pre-made, gluten-free flour mixture ready to sell at the Co-op

What's the biggest challenge?

It's a long, slow, arduous process to prepare a good flour mixture, you're using 6 or 7 ingredients to make up something rather than just one. The chemistry is so different and can be delicate.

Contact info?

Nikki Pelletier at figtreebakery@gmail.com



Wellness

Vogel Echinaforce

reg \$19.19 50ml
\$13.39 each

reg \$28.79 100ml
\$19.99 each

Vogel Echinaforce

Tab
reg \$18.49 30T
\$12.89 each

Junior
reg \$17.29 90T
\$11.99 each

Vogel Echinaforce

Sore Throat Spray
reg \$15.39 30ml
\$10.69 each

Soothing Cough Syrup
reg \$14.49 100ml
\$9.99 each



Sisu Ester C Chewables

Citrus Punch **33% more** Bonus 500mg
Wildberry Bonus 500mg
Orange Bonus 500mg

reg \$19.79 120T
\$14.79 ea

Citrus Bioflavonoids 600mg
reg \$44.99 240VC
\$33.69 ea



Citrus Free **25% more** Bonus
reg \$31.49 150T 1000mg
\$23.59 ea

Citrus Free **25% more** Bonus 600mg
reg \$28.79 150VC
\$21.59 ea

Sisu Vitamin C Buffered

Powder: Unsweetened, Orange Flavour
reg \$23.99 200g
\$17.99 ea

B Stress
reg \$29.99 150VC **25% more** Bonus '10Oct 24-30
\$22.49 ea

7th Generation Diapers

Stages 1-6
reg \$16.99 pack
\$14.99 each



7th Generation Wipes

Refill Packs
reg \$4.69
\$3.99 each

Tubs
reg \$4.99
\$4.19 each



Sequel Sport Protein

Berry, Vanilla Assorted
reg \$67.99 810g
\$53.99 ea

reg \$3.79 27g
\$2.99 ea



Sequel Sport Optimizer

Lemon/Lime, Acai Assorted
reg \$48.79 540g
\$38.99 ea

reg \$2.69 18g
\$1.99 ea





Wellness

Newco Natural Technology - 100% Canadian Made

Face Cleanser

Pink Grapefruit
reg \$13.49 75ml

\$10.79 each

**Everyday Sunblock
SPF15**

reg \$31.19 60ml

\$24.89 each

Balancing Toner

reg \$17.99 110ml

\$14.39 each

**Alpha Lipoic
Night Creme**

reg \$31.49 50ml

\$24.99 each



**Hyaluronic Acid
Face Gel**

reg \$38.79 60ml

\$30.99 each

**Alpha Lipoic
Eye & Neck Serum**

reg \$32.99 30ml

\$26.39 each

**Vanilla Zen
Day Creme**

reg \$35.99 50ml

\$28.79 each

**Vanilla Zen
Night Creme**

reg \$38.69 50ml

\$29.99 each

**Vanilla Zen
Serum**

reg \$46.49 30ml

\$37.59 each

Hand Creme

Lavender, Pink Grapefruit
reg \$14.69 180ml

\$11.69 each

Sulpharofane Lotion

reg \$29.99 50ml

\$23.99 each

reg \$46.49 150ml

\$37.59 each

Sulpharofane Ointment

reg \$29.99 15ml

\$23.99 each

reg \$64.99 50ml

\$51.99 each

Ascenta

**Nutra Sea
Omega 3 Oils**

reg \$19.99 200ml

\$15.99 ea

reg \$40.89 500ml

\$32.69 ea

With Vitamin D

reg \$24.29 200ml

\$19.39 ea





Coming Soon...

CASE LOT SALE

October 24-30 2010

The Fall Case Lot Sale

October 24-30

Active Members Only, while Quantities Last

The twice yearly case lot sales are a perfect opportunity to stock up for the season at great prices. These savings are only available to active members, so check now to see if your membership is current.

A list of sales items will be published in early October.

 **Kootenay Country Store Co-op**
295 Baker Street Nelson, BC V1L 4H4 phone: 250-354-4077 fax: 250-354-4097
email: customerservice@kootenay.coop
online: www.kootenay.coop