

Spring Case Lot Sale - April 21-26/08

Active Members Only - while quantities last

- 1. **Lundberg Basmati Rice - Eco farmed 11.34kg**
 White **31.50** reg 45.20
 Brown **26.50** reg 38.40
- 2. **Lundberg Long Grain Brown Rice**
 Organic 11.34kg **29.50** reg 45.20
- 3. **Short Grain Brown Rice**
 Eco farmed 11.34kg **21.00** reg 31.60
- 4. **Prairie Harvest Pasta 4.54kg - Organic**
 Spaghetti
 Small Shells **22.50** reg 31.70
 Penne Rigate
- 5. **Taste Adventure Bean Flakes 4.54kg**
 Black Bean - Pinto Bean **42.50** reg 63.50
- 6. **Tinkyada Brown Rice Pasta 4.54 kg**
 Spaghetti
 Elbows **22.50** reg 31.70
 Spirals
- 7. **Amy's Canned Refried Beans - 12/398 ml**
 Traditional - Black - w. Chilies **19.00** reg 33.48
- 8. **Artesian Acres Kamut Pasta - Organic - 5 kg**
 Spaghetti - Rotini **26.00** reg 36.75
- 9. **Nature Clean Cleaning Lotion 3.6 L**
 13.50 reg 19.29
- 10. **Thai Kitchen Organic Coconut Milk**
 Premium - Lite 12/400ml **24.50** reg 35.88
- 11. **Soken Ramen Noodles 12/85g**
 Brown Rice w. Miso
 Spicy Dragon (Szechaun) **19.75** reg 28.20
 Bengal Tiger Curry (Hot, Spicy)
 Spinach w/Jinenjo Potato

- 12. **Spectrum Culinary Canola Oil 6/750ml**
 31.00 reg 47.10
- 13. **Yves Veggie Cuisine Organic**
 Canned Whole Beans 12/398ml
 Black - Garbanzo - Kidney - Pinto
 21.00 reg 29.88

Personal Care

- 14. **Mountain Sky Soaps - combo pack of 6**
 14.50 reg 20.34
- 15. **Green Beaver Toothpastes - mix n' match 6 packs**
 21.50 reg 32.94
- 16. **Emergen-C - cases of 36 sachets**
 16.50 reg 26.49
- 17. **Organic Hawaiian Spirulina powdr 1 lb tubs**
 29.99 reg 41.49
- 18. **Lavender Oil 500ml**
 39.99 reg 93.69
- 19. **Sweet Orange Oil 500ml**
 9.99 reg 17.99

Certified Organic Produce

- 20. **BC Russet Potatoes** **2.59** / 5 lb bag
- 21. **Valencia Oranges** **2.69** / 4 lb bag
- 23. **Okanagan Apples**
 Gala, Spartan or Orin **19.99** / 20 lb bag
- 24. **Tommy Atkins Mangos** **11.99** / case (14)



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In the Spring Case Lot Sale we offer items more appropriate to the summer months ahead, planning for picnics & beach parties and less time in the kitchen.

Remember, Case Lot is for Co-op Members & your membership must be active. We hope you enjoy the selection and we appreciate your feedback. Your input & suggestions for case lot items is always welcomed!

RECIPES

Zesty Bean Dip

1 2/3 cups TASTE ADVENTURE Instant Bean Flakes (Black or Pinto)
3 Tbs. Salsa
1 sliced green onion
1/4 cup fresh cilantro or parsley
1 1/3 cups boiling water

Combine all ingredients, cover for 5 minutes, stir and serve with lots of chips. Add additional water if dip gets too thick as it cools.

(from www.tasteadventure.com)

Pasta w. Roasted Carrot Sauce

From the Vegetarian Times Complete Cookbook.

Serves 2

Per Serving: 491 Calories; 14 g Protein; 9 g Fat; 89 g Carbohydrates; 0 mg Cholesterol; 78 mg Sodium; 15 g Fiber

6 carrots, sliced
1 onion, chopped
1/3 cup apple juice
1 Tbsp virgin olive oil
2 cloves garlic, minced
1/2 lb. Uncooked pasta
1 cup vegetable broth

Instructions:

Preheat the oven to 350° F. Combine the carrots, onion, olive oil and garlic in a small bowl, then spread them out on a baking sheet. Bake until golden and tender, stirring twice, about 45 minutes. Meanwhile, prepare the pasta according to the package directions; drain. Puree the roasted vegetables with broth in a food processor or blender. Toss with the hot pasta. Serve at once.

Nature Clean Products

Canada's oldest and original brand of natural cleaning alternatives.

NON -TOXIC & CHILD SAFE - They're safer for both adults and children!

HYPOALLERGENIC - No perfumes, dyes, formaldehyde preservatives, enzymes, optical brighteners, ammonia, or any other ingredient commonly known to cause allergic reactions.

CRUELTY-FREE - Manufactured and tested without cruelty to animals. Our products contain no animal ingredients or animal byproducts as raw materials.

BIODEGRADABILITY - 99% within 28 days, depending upon the product.

SEPTIC SAFE - Our products are recommended for use in homes with septic tank systems.

PACKAGING - Most Nature Clean bottles are made from recycled post consumer plastic. All display materials and cartons are made from 100% unbleached recycled corrugate.

LABELLING - Full disclosure of ingredients on every product, having adopted the philosophy that we have nothing to hide.

Coconut Green Vegetables

1 onion, chopped
2 lbs spinach, kale or other green veggies chopped
1 cup coconut milk
few slices of red bell pepper
Salt to taste

Pour in just enough water to cover the base of a large saucepan and bring it to the boil. Then put in the onion and let it cook for a few minutes before adding the green vegetables. Steam-simmer, covered, for a few minutes. Pour in the coconut milk, season and stir well to integrate the ingredients. Let the mixture cook for another 20 minutes, with the cover off, then serve hot, garnished with red pepper slices, with rice or other grains.

(from the Co-op's own website www.kootenay.coop. For more coconut milk recipes see www.thaikitchen.com)

Rice Information

Lundberg Rice

From their website www.lundberg.com

"All Lundberg Organic and Eco Farmed rice is grown with a concern for the environment. We treat the soil, air and water as a sustainable unit, respecting the delicate balances of nature. We use sustainable growing practices on all our fields and call it Eco Farmed!"

"Instead of being totally dependent on the use of synthetic chemicals, we use highly productive cover crops of legumes, such as clovers, certain beans and vetches on our Eco Farmed fields, to furnish the necessary amount of nitrogen. We rotate all our fields every two to three years, allowing the cover crops to mature and the soil to aerate and rest. We don't burn the rice straw after harvest, but turn it under to replenish the organic matter and to keep the air clean. During the winter, we encourage migrating waterfowl to come to our fields. The birds eat grain left in the fields after harvest, provide natural fertilizer and aid in straw decomposition".

To cook rice: place 1 cup brown rice in an unoiled skillet and stir it over med-high heat until it begins to emit a fragrant odor. Remove from heat and add 2 cups water. Stir once. Cover the skillet and simmer over low heat, without stirring 35-40 minutes. Do not remove the lid until all the water is absorbed - you can check it quickly.

Rice is said to calm the nervous system, relieve mental depression, and strengthen the internal organs. Brown rice is the highest of all grains in B vitamins, but somewhat lower in protein than other grains, though the protein that it contains is rich in the amino acid lysine. It has a sweet, nutty flavour. Brown rice also contains iron, vitamin E, amino acids, and linoleic acid.

Short Grain Brown Rice:

Best rice for fall & winter months. Because of its compact structure, it produces more heat energy which is needed for that time of year. Short grain rice contains less protein but more minerals and is heartier and more strengthening than long grain.

Long Grain Brown Rice:

More conducive to spring & summer months. It gives the vitality needed to balance a summer diet which is generally lighter. Dry & fluffy when cooked.

Basmati Rice:

Basmati rice has a memorable nutty flavour and fluffy texture. Originating in India, this rice is ideal for fried rice or paella.

Canola Oil

Canola is the ultimate all-purpose cooking oil, just as at-home in a cake pan as in a wok. Spectrum Canola contains only 100% expeller-pressed, naturally refined canola oil.

Coconut Milk RECIPE

Hawaiian Crush

Chill out the summer sizzle with this delicious smoothie:

- 1 can Thai Kitchen Coconut Milk
- 2 -3 cups fresh pineapple, cubed
- Sweetener and ice as desired

Puree all ingredients together in a blender to desired consistency. Serve in tall glasses over crushed ice. Makes 3-4 servings.

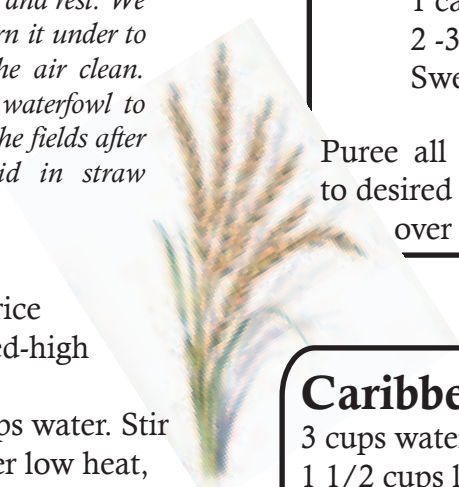
RECIPE

Caribbean Rice and Beans

- 3 cups water
- 1 1/2 cups long grain brown rice
- 1 tbsp vegetable oil
- 2 cloves garlic, minced
- 1 cup chopped onions
- 1 hot red chili, fresh or dried, seeded and chopped
- 1 cup chopped green or red pepper
- 1 cup chopped fresh tomatoes
- 1/2 cup coconut (shredded)
- 1/2 tsp. each dried thyme and oregano
- 3/4 tsp. salt
- 1 cup cooked black eyed peas
- 1/4 cup finely minced fresh cilantro

Instructions:

Cook rice using your usual method. Meanwhile, in a separate pot, sautØ the onions and garlic until soft and golden. Add all the rest of the ingredients except the cilantro. Cook, covered, over med-low heat, stirring periodically. Just before the rice is ready, add the cilantro to the bean/coconut mixture and stir well. To serve, you can either serve the rice and bean mixture separately or you can mix the two pots together before serving - either way, it's surprisingly delicious and unusual.



Organic Hawaiian Spirulina

Organic Hawaiian Spirulina

Only Hawaiian Spirulina draws nourishment from the world's cleanest, deepest ocean.

Patented Ocean-Drying protects Phytonutrients and Enzymes

Spirulina provides a wide range of delicate phytonutrients with very significant health benefits. Phytonutrients include antioxidants known for giving fruits and vegetables their orange and yellow colors. Nutritionists recommend increasing our intake of phytonutrients to protect against the harmful effects of UV sunlight, pollution, and environmental stress. Just a few grams of Hawaiian Spirulina supplies the phytonutrients contained in a whole salad. To reduce processing losses of these delicate compounds our scientists developed and patented Ocean Chill Drying. All Hawaiian Spirulina is dried with this process, giving Hawaiian Spirulina much higher levels of phytonutrients and enzymes.

Spelt & Kamut

Spelt and kamut are distant relatives to wheat which have stayed in their original ancient form, unlike wheat which has been hybridized many times over. Perhaps for this reason, spelt and kamut can be tolerated by most people who have wheat-sensitivity. (Those with severe allergy should consult a health-care professional before using).



Spelt and Kamut are not gluten-free. Compared to wheat, they are lower in gluten, 10-25% higher in protein, have over 65% more amino acids, and are higher in fat and mineral content, making them excellent high-energy foods. Their stong hulls (before milling) make them resistant to environmental stresses and pollutants and preserve their fresh nutty flavour and nutrients. They have a high water solubility, so the nutrients are easily absorbed by the body. Use both flours interchangeably with wheat flour in most baking, though when baking bread, up to 1/4 cup less liquid per cup of flour is required.

Spirulina Delivers:

- ☐ Antioxidant Vegetable Nutrition - Nature's richest source of carotenoids
- ☐ B-Complex Vitamins - Supplies Thiamin, Riboflavin and vitamin B-12
- ☐ Iron - A daily dose provides more iron than two cups of spinach
- ☐ Organic Protein - Richest source in the plant world - three times that of beef
- ☐ GLA - Building block for nature's anti-inflammatory As a result, Spirulina is important for anyone needing additional nourishment including dieters, athletes, convalescents and the elderly. Just six tablets a day (3 grams) will help supply the nutrients lacking in most of our diets.

Why eat Spirulina?

Doctors and Scientists recommend we eat five servings of fruits and vegetables a day. In real life, it doesn't always happen. That's why you need Spirulina Pacifica. Hawaiian grown organic Spirulina Pacifica supplies more concentrated vegetable nutrition than any other whole food.