

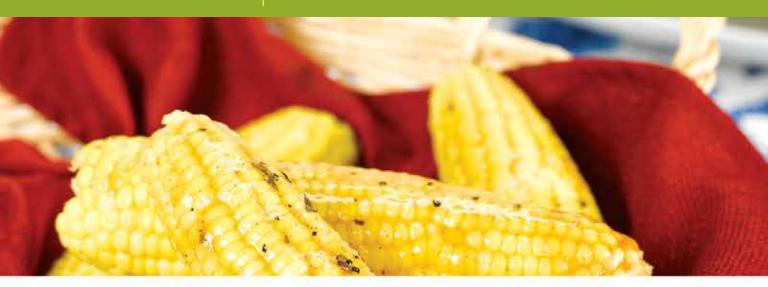
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Corn & Kale Soup page 4

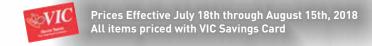
Recipe:

Coconut Cornbread page 6









14 oz.

Nature's Earthly Choice Italian Pearled Farro

2/\$7



Selected Varieties; 4 oz.
Urbane Grain
Quinoa

3.99



Selected Varieties; 8 oz.
Honeycup Mustard
4.79



Selected Varieties; 9.5 to 10.25 oz. Inglehoffer Mustard or Specialty Sauce

2.99



Selected Varieties; 12 to 18 oz. Stubb's Marinade, Bar-B-Q or Cookin Sauce



Bar-B-Q Corn on the Cobb

- 1 btl. Stubb's Bar-B-Q Sauce
- 12 ears of corn
- salt and pepper; if desired

Brush each ear of corn with Stubb's Bar-B-Q Sauce. Wrap each ear of corn in a double layer of foil. Grill, turning, for 25 to 30 minutes or until tender and a little charred. If you want them more blackened, simply unwrap and throw directly on the barbecue for a few more minutes. Unwrap and serve. Add salt and pepper if desired.





3

Nutiva
Organic
Extra Virgin
Coconut Oil
15.99





Selected Varieties; 8 fl. oz.
Cucnia Antica
Organic Dressing
2/\$7



Selected Varieties; 12 fl. oz. Walden Farms Dressing **3.49**



Selected Varieties; 12 fl. oz.
Brianas Home Style
Dressing
2.99







- 1 Tbsp. HT Olive Oil
- 1/4 cup onion, chopped
- 1/4 cup carrots, sliced
- 1 tsp. minced garlic
- 1-15 oz. can HT Sweet Corn, undrained
- 1-15 oz. can cannellini beans, drained
- 4 cups HT Organics Chicken Stock
- 2 Tbsp. Bragg Apple Cider Vinegar
- 1 tsp. salt & pepper
- 3 cups kale, chopped

Heat oil over medium heat in a soup pot. Add onion and cook until translucent. Add carrots and garlic, and cook until carrots are barely beginning to soften. Add corn with liquid, beans, stock, Bragg Apple Cider Vinegar, and salt and pepper, then stir to combine. Bring to a low boil. Stir in kale, be sure all leaves are covered. Cook for 5 minutes and serve.



Selected Varieties; 13.4 to 14 oz. Biscoff Spread **3.99**

8.8 oz.
Biscoff Cookies
2.99





Selected Varieties; 1 oz.
Tate's Bake Shop
Tiny Cookies

99¢

Selected Varieties; 7 oz.
Tate's Bake Shop
Cookies

4.89

Selected Varieties; 5.3 oz.
Walkers
Shortbread Cookies
2/\$7

Selected Varieties; 3.35 to 3.53 oz.
Jules Destropper
Cookies

2.49







- 2 Tbsp. HT Butter
- 1½ cups self-rising yellow cornmeal
- 1/2 cup HT All-Purpose Flour
- 1/2 cup Thai Kitchen Organic Lite Coconut Milk
- 1 cup HT Organics Milk
- 1 large HT Organics Egg

Preheat oven to 425°. Coat baking pan with butter and set aside. Mix together cornmeal, flour, coconut milk, milk and egg just until blended. Add more milk if needed. Pour batter into baking pan. Bake until cornbread is puffy and golden brown.

Selected Varieties; 13.66 fl. oz. Thai Kitchen Organic Coconut Milk

NET 13.66 FL. OZ. (403 mL)

2.99

organic

Selected Varieties; 5.5 oz. Way Better Snacks Tortilla Chips

2.99



Selected Varieties; .17 oz. Gimme Organic Seaweed Snacks

2/\$3







33.8 fl. oz.
Coco Libre
Organic
Coconut Water

4.99



Selected Varieties; 4-6.7 fl. oz. Q Beverages 4-99



Selected Varieties; 32 fl. oz. R.W. Knudsen Just Juice

6.99



Selected Varieties; 16.9 fl. oz. Ito En Tea

1.49



Selected Varieties; 33.8 fl. oz.

Mr & Mrs T Cocktail Mixers

3.99



25.3 fl. oz.

Gerolsteiner Mineral Water

1.49



25.3 fl. oz.

Gerolsteiner Sparkling Apple Drink

2.49



6-16.9 fl. oz.

Gerolsteiner Mineral Water

7.49



