

News and Specials for July

Many of you saw the article on July 5th in The State newspaper about recycling and the “Lose the Baggage” initiative.

“Keep the Midlands Beautiful and the city of Columbia Climate Protection Action Campaign recently launched the Lose the Baggage initiative. The effort is designed to reduce the amount of plastic bags used by Midlands residents. As part of the campaign, residents are being encouraged to reduce the number of plastic bags they consume by taking the Lose the Baggage pledge.”

This initiative will begin in August 2010 and participants will be able to log their reduced usage of plastic bags online. Rosewood Market will be partnering with this effort so we will be providing further information as it becomes available. As always, I welcome your comments and suggestions!



To read the full article:

<http://www.thestate.com/2010/07/05/1364641/lets-talk-with-basil-garzia-lose.html>

This month's newsletter contains the following topics:

- Book Review – Younger Next Year for Women, by Chris Crowley and Henry S. Lodge, M.D.
- Join us at EdVenture to “Rethink and Go Green”...
- July Celiac Meeting
- Confidential shred/paper recycling days
- Raw Milk delivery schedule
- Fresh Bread delivery schedule
- Upcoming cooking classes

- Deli news, menu, etc.
- Produce Department news
- Wellness Department sales
- Grocery, new items and sales
- Other Web site links

Do you have feedback, questions, comments, suggestions, recipes, or products you'd like us to stock? Please let me know!

Yours in good health,

Basil

Customer Loyalty Program

5% off your purchases when you present your Loyalty card. Don't have a card yet? Ask for a sign up form at the register.

A handful of products are excluded from the 5% discount. They are items that have such a small markup that we can't afford further discount. Holiday turkeys, The State Plate breakfast on Saturday, Champion Juicers, Mannatech, Wonder Mill grain mills, and Benoit's CDs are currently on the list.

From Basil's Desk ~ Green Tips and Local Events

Join us at EdVenture to "Rethink and Go Green"...

**Saturday, July 24th: 10am – 3pm at 211 Gervais Street
Columbia, SC 29201, (803) 779-3100**

Rosewood Market will be participating in this family event designed to introduce everyone to easy and active ways to make a difference in the local environment. Hands on activities and exciting exhibits will create a memorable and educational family adventure. Visitors will be provided with information on how they can save money, live efficiently, and keep our environment clean, healthy, and inviting. This event is free with museum admission and for anytime members.

Celiac Support Group Meeting

Questions? Contact Rebekah Godfrey at centralscceliac@live.com

Next meeting is Monday, July 19th at 6:30-8:00 PM at Lexington Medical Center, North Tower, Classroom #3. Our long-time member and bread expert Barbara will be giving us tips and tricks about bread making. She will also be selling her delicious loaves for \$7.50 each. This month she'll be making White, Cinnamon Raisin, Rosemary, and Italian Herb. If you are interested in buying one, please email her by Thursday, July 15th so she can have yours ready for the meeting. Also, please specify which kind you would like. bjandri@aol.com

Another one of our members, Jane, will be sharing tips about how to convert regular recipes into gluten free recipes. She has been very successful at this and has developed many excellent recipes. We look forward to hearing about your tips and tricks, too!

LOOKING AHEAD:

August 7th -- Charlotte Expo

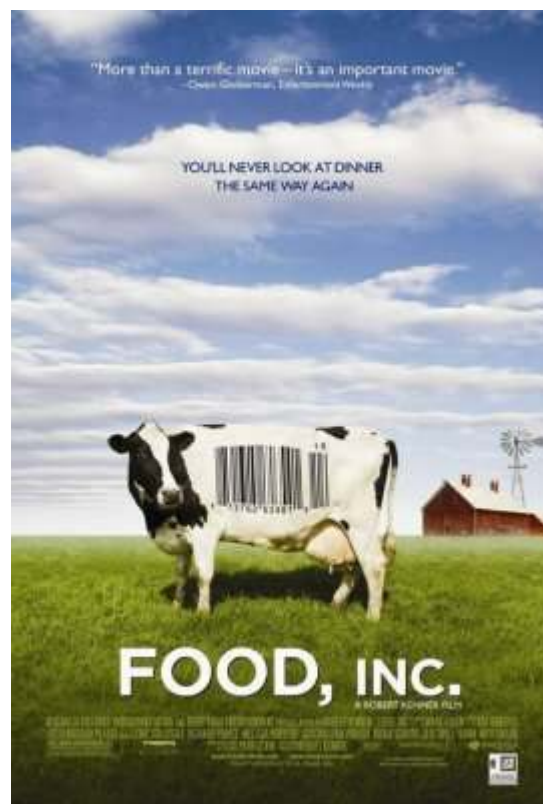
August 16th -- Dining out @ Chili's, 6:00PM

September 20th -- Dietitian Casey Boggs, LMC, 6:30

September 25th -- Walk in Okra Strut Parade to raise awareness

One last note: our meetings are for newly diagnosed and veteran celiacs. No matter where you fit in, you'll benefit from coming to our meetings. Just seeing a room full of people who face everything that you face each day is encouraging, and talking with one another can help everyone in their journey. We encourage you to come out to the meeting this month

Movie Review:



'Food, Inc.' offers troubling view of US food industry

“...the pastoral fantasy of agrarian America on everything from packages of breakfast sausage to cereal boxes is not what it seems, that great danger lurks behind the cheery images of 1930s-era red barns and white picket fences.”

We have copies of this video available for free loan! Ask any cashier for details.

No Cost Confidential Shredding!

Sonoco Recycling 1132 Idlewilde Blvd. will shred your documents at no cost Mon-Fri from 8-4. Check in at the office for direction to the shredding area. 803 799-0500

Shred 360 will also shred documents. Call 803-233-1823, email info@shred360.com or go to the website: <http://www.shred360.com/shrevents.htm>

to see the date of the next shredding event.

Raw Milk Delivery Days

Milky Way Farm's Grade A Raw Jersey & Split Creek Farms Goat Milk upcoming deliveries will be on July 7th and 21st, and August 4th and 18th, usually in the mid-afternoon.

Delivery schedule for Butter Patch, a local SC brand of raw cow's milk: Now being delivered mid-afternoon EVERY Thursday. We currently stock gallons and half gallons.

Fresh Bread Delivery Schedule

Heather's Artisan Breads – Tuesday, Thursday, & Saturday

Crumbs Bakery - Wednesday

Rising High – Monday & Friday

Nova's Bakery – Monday & Friday

Deli – (direct line 256-6410)

(Monthly Menu <http://rosewoodmarket.com/menu.pdf>)

Ask about our new CATERING MENU too!



**ROSEWOOD
MARKET**
CATERING



Hot Meals

\$7.95-\$8.95 Vegetarian Options
\$9.95-10.95 Meat or Fish

1 entrée and a choice of 2 sides
(go to www.rosewoodmarket.com to see the three entrée options of the day or call the deli 256-6410).

Sides available depending on daily entree:
Brown rice, Basmati Rice, Garden Salad, Cheese Grits, or Steamed Veggies

Boxed Lunch

\$7.95

Sandwich or half wrap, side salad, chips and drink.

Choose from the following: chicken salad, turkey, ham, falafel, hummus, or smoked tofu.

Subject to availability. Orders must be placed by 5pm. Prices & selections subject to change.



Soup and Salad

\$6.95 (choice of 3 different soups daily)

8 oz. bowl of soup and a small garden salad with your choice of dressing.

Dressings (made in our deli):
Dill Vinaigrette, Blue Cheese, or Greek



We use compostable containers and utensils.



Desserts

Our desserts are Vegan and selection will vary.

Slice of Pie \$3.25
Slice of Cake \$3.75



Party Platter

Requires one day advance order

\$75.00 (Appetizers for 15 people)

An assortment of bite size hors d'oeuvres consisting of:
BBQ tofu, Stuffed Grape Leaves, Pizza, Teriyaki Tofu, Baklava, Hummus, Salsa & Chips.

Drinks



\$1.75 Natural sodas, bottled water and bottled iced teas.

.....
Chef Benoit St. Jaques uses locally sourced organic ingredients whenever possible.
.....



Since 1973

deli: 803.256-6410
market: 803.765.1083
2803 Rosewood Drive
rosewoodmarket.com

Follow us on  

Join us for breakfast on Saturdays and Sundays! We offer a \$4.00 breakfast plate and many other delectable items!

In the Grab-n-Go case:

NEW! Lemon Basil Shrimp Pasta Salad

In the Cheese case (near produce section):



Tillamook Cheddar-- A Great Sharp Cheddar \$6.99/lb. Every Day! <http://www.tillamookcheese.com/>

“Tillamook County Creamery Association is a 101 year old farmer-owned and operated dairy cooperative. For the past century we've become famous for our award-winning cheeses, ice creams, and other Tillamook® dairy products...”

To read more go to: <http://www.tillamookcheese.com/OurStory/HistoryAndTradition.aspx>

Produce News...

SC peaches are in full swing with all varieties now being free-stone.

Richland county home-grown tomatoes are in stock. Get them while they are here. These tomatoes have it all: texture, flavor, color, and ripeness. In other words, the perfect tomato sandwich tomato!

SC grown watermelon and Athena cantaloupes are now in stock.

We now have a nice supply of locally grown okra. It's very fresh, small and tender.

Blueberries from our grower Smith Blueberry Farm in Leesville, SC are now in stock. These super tasty blueberries are all hand-picked, sorted and packed. Rick Smith, grower, uses no chemical pesticides, and uses only organic fertilizer.

Fresh shelled Butterbeans and peas (white acre, pink eyes and etc.) are now in stock and are grown and shelled right here in SC.

We have big, juicy, SC grown blackberries in stock.

July is a great month for fresh, local produce so please ask us what's especially good and we'll let you know!

Kevin, Produce Manager, and crew.

In-Store Other Local SC Products

Carolina Gold sauce, certified SC product, 18 oz, (hot sauce, BBQ classic, BBQ honey)

Eggs

Meat – Pork, Beef, Lamb, Chicken

Milk

Palmetto Pepper Potions

Heather's Bakery

Sweet Knee, natural baby care products

Grawnola (granola for raw food diet)

Bee Pollen

Carolina Plantation - Cow Peas, Aromatic Rice, Grits

Charleston Tea Plantation - American Classic Tea

Country Clear – Reverse Osmosis Bottled Water

Crispy Kat candy bars

Joe Trapp's yellow grits

Anson Mills Grits-blue, yellow and white, rice, peas, oats, Farro

Wildflower Honey from Lexington, SC

Gallberry Honey from Hardeeville, SC

Bulk Department

*Sliced Almonds – reg. \$6.99/lb, SALE \$5.29/lb

*Organic Garbanzo – reg. \$2.09/lb, SALE \$1.59/lb

New Item (<http://www.chunksofenergy.com/>)

Chunks of Energy - Cha Cha Chia

Ingredients 100% Raw: Organic dates, organic sesame seeds, organic cashews, organic coconut, organic cocoa butter, organic raisins, organic apricots (may contain rice flour), organic chia seeds & organic orange extract (gluten free).

IMPORTANT ALLERGY ALERT: Manufactured in a facility and on equipment which processes dairy, wheat, soy, tree nuts (almonds, pecans, walnuts) and peanuts. May also contain occasional nut shell fragments or seed husks.

Wellness Sales for July

*25% OFF ALL Buried Treasure Liquid Nutrients. Discount taken at the register during July!

*25% OFF ALL New Chapter Probiotically Cultured Whole Food Vitamins and Herbal Actives. Discount taken at the register during July!

*20% OFF Selected Nordic Naturals Omega3 liquids and softgels, all sizes, priced as marked!

*NOW brand Multiple Vitamins, Adam, and Eve, 2 per day softgels, on sale! Reg. \$24.99, SALE \$19.99 for 45 day supply.

*30% OFF Dr. Bronner's Bar Soaps! Reg. \$4.19, SALE \$2.99. Shave gels, Shikakai Pump Soaps, and Peppermint Liquid Soap 16 oz. are also on sale this month!!

*20% OFF Selected Dr. Hauschka Body Care Products, limited to stock on hand. Includes Body Oils and Hair Care.

*25% OFF Kiss My Face Bath & Shower Gels, reg. \$10.99, SALE \$8.25.

*25% OFF Light Mountain Hennas, all shades, SALE \$5.25

*25% OFF Rainbow Research Powder Hennas, all shades.

*25% OFF Similisan Homeopathic Eye Drops. Reg. \$12.49, SALE \$9.45. Includes Allergy, Dry Eye, Cataract, Pink Eye Relief.

Come in and see the other Special Buys throughout the Wellness Department!

NEW! Grocery

*Mimic crème, unsweetened, all purpose cream substitute. On shelf with other non dairy aseptic milks. 32oz, \$5.69

*Let's do Organic Creamed Coconut, 7oz, \$2.49

*Othentic, all natural marinated red peppers, 30.3oz, reg. \$5.19, SALE \$2.99

*Othentic, organic mixed garden salad, 23.3oz, reg. \$5.39, SALE \$3.29

*Othentic, organic sliced red beets, 25.3oz, reg. \$5.39, SALE \$3.29

*Othentic, organic homestyle plum butter, 12.34oz, reg. \$4.89, SALE \$3.29

*Back to Nature, Macaroni & Cheese (microwaveable dinner), 8oz, reg. \$6.59, SALE \$4.99

*Envirokidz, organic crispy bars (peanut butter, chocolate, berry blast), non-gluten, 6oz, reg. \$4.49, SALE \$3.59

*Blue Diamond, nut thins (Smokehouse, Country Ranch, Almond, Pecan, Cheddar cheese, Hazelnut), 4.25oz, reg. \$3.35, SALE \$2.55

*Biotta juices:

Sauerkraut, 16.9oz, reg. \$7.29, SALE \$5.49

Vegetable, 8.4oz, reg. \$4.59, SALE \$3.45

Breakfast, 8.4oz, reg. \$5.59, SALE \$4.19

Carrot, 8.4oz, reg. \$4.59, SALE \$3.45

Beet, 8.4oz, reg. \$4.59, SALE \$3.45

NEW! Grocery – Refrigerated/Frozen

*Udi's (non-gluten, non-dairy, non-soy, non-nut):

Pizza crust, 8oz, \$5.79

Blueberry muffins, 12oz, \$6.79

Whole Grain bread, 12oz, \$5.79

White sandwich bread, 12oz, \$5.79

*Wildwood Tofu (Royal Thai baked Sproutofu, Savory baked Sproutofu, Aloha baked Sproutofu), 6oz, \$4.49

*Chobani Greek yogurt (Pomegranate, Blueberry), non-fat, 6oz, \$1.85

*Sami's Bakery:

Low Carb Brownie, 16oz, \$7.49

Low Carb Dinner rolls, 12oz, \$4.59

Multigrain Fiber bread, 15oz, \$5.99

Cooking Classes

Presented by Let's Cook Culinary Studio - <http://www.home.earthlink.net/~chefmello/letscook/index.html>

Healthy Cooking with Catherine & Jeff - 1305 Assembly Street - Columbia, SC. To sign up for a class please email lets-cook@earthlink.net

or call (803.250.2569).

July 7 - Blueberry Picking. Berryhills Farm, Bluefield Road, outside of Redbank. Meet at the Farm 6pm til dark.

July 8 - Hands on Cooking with Blue Berries chef John Militello, 6:15pm, registration \$30

July 9 - Our Famous Tapas Night. Join our class and learn some new Tapas dishes for your next house party. "Pool Side" Tapas for the summer. \$35,6:30pm

July 12 through July 14 "Camp Wanna Cook" for kids 7 to 14 years of age. Three day mini camp 10am-1pm \$140 registration. Every day the children create and eat wonderful foods. E-mail us for an application packet: lets-cook@earthlink.net. Spaces available for July session.

July 12 - Down South. \$30 registration. 6:15pm

July 13 - Adult Drawing Class for Beginners 6pm to 7:30pm. Light Snacks provided, bring some wine, all materials provided. \$20/ person sponsored by Kreation by Kris.

July 14 - Special Class for Bastille Day. Come and relax as we prepare 3-4 French Favorites for the holiday. Class Registration \$35. 6:15pm

July 15 - Singles Night. Join us for a cooking class and go to the Vista afterwards. This is a special class for singles only. Registration is two for the price of one. (\$40) There is a catch? You must bring a person you would not date. A friend, a co-worker etc. and that friend must not be attached. Please note the object is to create a group of singles that are available for dating. Menu TBA

July 16 - Couples Cooking "Hands on" 6:30 pm Registration \$80/couple Bring some wine and cook with your partner! Menu TBA

July 26 - French Regional Cooking "Hands on Class". Limited to 10 participants. \$40/person.

July 29 - Special Guest Chef Bruce Sacino from Augusta National will join us for a evening of instruction and food. \$50/person. Bring your own wine. Class is limited to 30 participants.

July 30 - Couples Class " Hands on Cooking" menu TBA \$ 80/couple registration. 6:30pm

Presented by Columbia's Cooking Kitchen -

<http://cpcp.sph.sc.edu/cooking/classes.htm>

(Healthy cooking classes through the Cancer Prevention and Control Program at USC. Classes are taught at 915 Greene St.)

To register, call (803) 576-5618 or 1-877-256-5381, or email Brooke Harmon at brookharmon@sc.edu.

The children's camps for the summer are full but call or email Brooke anyway as there could be openings due to cancellations.

Book Review by E.Newman

Younger Next Year for Women by Chris Crowley and Henry S. Lodge, M.D.

“Women, when they are old enough to have done with the business of being women, and can let loose their strength, may be the most powerful creatures in the world” – Isak Dinesen (p.3).

The authors have written a book for women, in their fifties and beyond, who have arrived at a place in their lives where they are ready to devote time and effort to taking care of themselves both physically and emotionally. Aging may be inevitable, but it can also be fun and fulfilling, and the authors are very serious in their intent to show us how we can achieve this through exercise, social networking, and discipline.

The familiar mantra of “exercise, eat well, meditate” is given the solid foundation of scientific fact and the book is uniquely tailored to fit the physical and mental needs of women. Chris is the cheerleader on the side exhorting us to reach for these impossibly dizzy heights of slalom skiing at eighty or walking the Appalachian way at seventy or rowing single-handedly across the ocean, while Harry gives us the sober, but fascinating, facts that govern our ability to continue to grow and replenish instead of falling into decay and decline. It is a celebration of the complexity and intelligence of the human body with its miraculous ability to change at the cellular level. This new science of aging offers a revolution in the thinking about our latter years and whether we will spend those years as active participants or dependent and passive onlookers.

The book transmits optimism and excitement – a must-read if you are at all serious about wanting to continue your health into the twilight years. But be warned – this is not for the lazy or faint-hearted. You will be asked to commit to a life-time of exercise and exhilarating endorphins, and to taking responsibility for a life of vitality and creativity.

Look for Younger Next Year for Women on the bookshelves at Rosewood Market. It is one of many carefully selected books that we offer our customers in their search for better health and well-being.

Website links for additional information

Food Classes:

Let's Cook Culinary Studio <http://www.letscookculinary.com>

Celebration Center - <http://celebrationcentersc.com/>

Columbia's Cooking - <http://cpcp.sph.sc.edu/cooking/classes.htm>

Community Supported Agriculture (CSA):

Pinckney's Produce - <http://www.pinckneysproduce.com>

Other sites of interest:

Celebration Center - <http://celebrationcenteresc.com>

Celiac Support Group - <http://centralscceliacsupportgroup.club.officelive.com>

Yoga and Wellness Center - <http://yogaandwellness.com/>

Macrobiotic Support Group - info@macrohealth.org

Believe-Choices for Conscious Living - <http://www.believesc.com/>

Slow Food Columbia - <http://www.slowfoodcolumbia.blogspot.com/>

City Roots Organic Farm- <http://www.cityroots.org/index.html>

All Local Farmer's Market - <http://www.stateplate.org/> or <https://www.certifiedscgrown.com/>

Organic, It's Worth It! - <http://www.organicitsworthit.org/>

University of South Carolina's Green Quad Events - www.greenquadcommunity.org

Lost and Found

We have a myriad of items being held at the register that our customers have left behind or dropped in the parking lot. Among the items are keys, phones, re-usable bags, glasses (sun & reading varieties)... If you are missing something please check with us to see if we have it!

Rosewood Market Store Hours:

Mon - Sat 9am - 8:30pm

Sun 10am - 7pm

(803) 765-1083

(888) 203-5950

Web site: <http://rosewoodmarket.com/>