

Newsletter Vol. 12.0 February 2010

<http://rosewoodmarket.com/>

News and Specials for February

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.

Basil's Green Tip of the Month

A few items of interest this month... First, we are transitioning our deli takeout containers to a compostable variety. In the near future, we hope to be accepting them back here at the store for inclusion with our other compostable items. Stay tuned.

Second...

FRESH - Tuesday February 9th @ Nickelodeon - 6pm

Co-sponsored by Slow Food Columbia, *FRESH*, a film celebrating farmers and others, who are re-inventing our food system, will be showing at 6pm on Tuesday, Feb. 9th, at the Nickelodeon, 937 Main St. Columbia, SC, (803) 254-8234. The film showing is followed by a panel discussion.

Third...

Terra Madre Day Celebration at City Roots - Saturday, February 27th, 2010

Join Slow Food Columbia for a Barbeque Dinner to celebrate local, fair, sustainable food and raise awareness of the organization's mission. The dinner and music will be held at City Roots Farm, the much-anticipated new organic & sustainable urban farm in Rosewood near Owens Field.

This event is from 4:00pm-6:00pm and tickets are available before the event online only <http://www.brownpapertickets.com/event/98029>. For more information, visit their Blog spot at <http://slowfoodcolumbia.blogspot.com/>.

(PS... Visit our produce section at Rosewood Market to see the produce we are now carrying from the City Roots farm.)

City Roots

1005 Airport Boulevard

(Across the street from Owens Field Airport & Park)

Columbia, SC 29205

And fourth...

The Climate Protection Action Committee (CPAC) is a volunteer group established by the City of Columbia (COC) for the purpose of identifying measures that can be taken to reduce greenhouse gases. The committee's initial focus was internal to City government, but it now also manages community outreach and education programs to encourage

others to live "greener." <http://www.coccpac.com/>. To sign up for their newsletter, email your request to Mary Baldauf mpbaldauf@columbiasc.net.

An excerpt from their January newsletter included this helpful information: "Because one of the main sources of air pollution is our vehicles, we need to drive smarter. Here are some easy ways you can help improve the air we breathe and avoid regulations that will be burdensome to our economy:

1. Care for your car. Regular maintenance and tune-ups, changing the oil and checking tire inflation reduces your vehicle's emissions as much as 50 percent.
2. Do all of your errands in one trip. When you first start a car after it's been sitting for more than an hour, it pollutes about five times more than when the engine is warm.
3. Telecommute. Work at home when you can.
4. Don't top off your gas tank. It releases gas fumes into the air, which cancels the benefits of the pump's anti-pollution devices.
5. If you are stopping for more than ten seconds—except in traffic—turn off your engine.
6. When refueling your vehicle, stop at the "click." Spilling one Ounce of gasoline that evaporates produces the same ozone producing VOC emissions as a car driving 56 miles.
7. Share a ride or car pool. Every time you share a ride, you're helping to reduce emissions by almost half.
8. Share this list with your friends, family and co-workers. If everyone takes just a few of these simple steps, it can make a big difference in our air quality."

CPAC's January newsletter also informs us of a household appliance program similar to the Cash-for-Clunkers program in 2009. This will apply to qualifying appliance purchases after 3/31/2010. For more info <http://appliancebates.sc.gov/Pages/index.aspx>.

February Celiac Meeting

Gluten Free Pasta Night @ Gourmet2Go Professional Catering Kitchen!
Monday, February 15th, 6PM
107 North Royal Tower Drive, Irmo
Questions? Please call (803) 530-7234

Tea Time Event ~ February 28th

Tea and tasty treats will be sampled from 3 to 5pm.

Don't miss out on the fun at Rosewood's informal Tea Party!!!

Raw Milk Delivery Days

Milky Way Farm's Grade A Raw Jersey & Split Creek Farms Goat Milk upcoming deliveries will be on February 17th and March 3rd, 17th, and 31st usually in the mid-afternoon.

On alternating weeks, Butterpatch, a local SC brand of raw cow's milk, is delivered mid-afternoon on either Wednesday or Thursday. Upcoming dates are February 10th or 11th and 24th or 25th, and March 10th or 11th and 24th or 25th. We currently stock gallons only.

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>)

Special Note: Deli goes from Green to GREENER! We are now using a new line of environmentally friendly containers and disposable goods. Many of our take-out containers will be suitable for composting. Your deli representative can provide information specific to each item regarding its proper treatment. Now you can feel even better about getting take-out at Rosewood Market!

This month we are highlighting the great salads in the Grab-n-GO! case. The cranberry chicken salad is a favorite among customers and employees alike as well as the curry chicken salad, or salmon salad. And, think about accenting your home dinners with our fresh deli prepared salad dressings, gravy, or salsa anytime!

New in the Grab-n-GO! is a great Caper salad! Serve this with some fresh mozzarella and Heather's fresh Ciabatta bread. Also new - Nicoise olives, grown in France these olives are rich and fruity, mellow yet full flavored, faintly smoky with a good snap. Typically lighter in flavor than other varieties with a firm & juicy texture, making them a fantastic table olive and great with cheese! Good cheese accompaniments are: Manchego (see featured cheese below), fresh Mozzarella, and Feta.

Think about catering your next gathering with food from the Deli! From muffins or special occasion cakes to sandwich and party trays, or even fully prepared meals we've got you covered! Just call or ask one of our deli staff about our catering offerings and we can provide you with information about our selections.

Start the weekend right with Breakfast on Saturdays 9 – 11:30 am and Brunch on Sundays 10 – 2pm

Call the **Deli direct line (803-256-6410)** for more details on how we can make great food for you and your guests.

Find the monthly deli menu <http://rosewoodmarket.com/menu.pdf>.

This Month's Produce News!!

As many of you know, Florida was hit by a freeze about three weeks ago affecting crops like green beans, yellow squash, tomatoes, and strawberries. Luckily, not all areas were hit so badly and we have managed to still have plenty of nice Florida produce.

We are happy to now be carrying sunflower sprouts and snow pea shoots from City Roots farm here in Columbia. These are a wonderful healthy addition to salads, sandwiches, etc. Pair these sprouts with local lettuce from Freshly Grown farms (also available at Rosewood Market) for a real local treat. These two farms were recently

featured in the Jan.27 - Feb. 2 Free times. Check the article out at <http://free-times.com/>.

Check out the absolutely beautiful, locally grown shiitake mushrooms from Bear Creek Mushroom near Lake Murray. These are truly beautiful shiitakes.

We still have fresh ginger and turmeric roots from Mobile Alabama. These roots are so fresh a skin has yet to form on them.

Also, we still have a limited supply of locally grown Jerusalem artichokes.

Have a good February
Kevin, produce manager, and crew.

In-Store Other Local SC Products

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

Wildflower Honey from Lexington, SC

Gallberry Honey from Hardeeville, SC

Bulk Items

On SALE:

Organic Quinoa reg. \$4.29/lb, SALE \$3.69/lb

Organic Red Lentils reg. \$3.99/lb, SALE \$2.99/lb

Anson Mills - <http://www.ansonmills.com/>

Sea Island Red Pea: Ruddy and diminutive, Sea Island Red Peas represent the variety of heirloom field peas that informed early versions of the dish we know as Hoppin' John in Coastal Carolina. Expressing the vigor of their African diversity with bold flavor and exceptional nutrition, Sea Island Red Peas cook to a sweet, creamy richness.

Outstanding when smoked pork enters their world, Sea Island Peas reach maximum appeal ladled over a bowl of Carolina Gold Rice Grits. Anson Mills is proud to bring the companion crops of rice and peas back into Charleston, drawing comforting flavors from the 17th into the 21st century.

Toasted Stone Cut Oats: Fresh and loaded with natural oils, Anson Mills new crop oats are so moist they must first be toasted in order to be hulled. Besides reducing cooking time, toasting produces a burst of spicy caramel alongside a light, clean backdrop of fresh oat flavor. Anson's hand milled whole organic oats are stone cut on the bias to retain something of their original coarse kernel texture and a ton of whole germ flavor.

Carolina Gold Rice: The grandfather of long grain rice in the Americas, Carolina Gold is a delicate non-aromatic rice with chameleon starch properties that allow it to produce fluffy, individual grain, creamy risotto or sticky Asian style rice, depending on how it is cooked. Exclusively new crop and milled to emulate fresh, hand pounded rice, Anson Mills Carolina Gold rice has a clean, sweet flavor and superior mouth feel.

Farro Piccolo: Farro Piccolo lays claim to a number of distinctions: It is the smallest grain to fall under the Farro classification, a broad category that includes small emmer (parent of modern durum wheat), spelt, and einkorn. Farro Piccolo is also the oldest cultivated grain, dating back at least 10,000 years. Finally, Farro Piccolo is the rarest of Italian ancient grains. Anson Mills is the only grower of Farro Piccolo in the United States. Light in color and character, Farro Piccolo, which is harvested in the summer, complements vegetables grown in its own season. It cooks quickly and has a lovely, light, and nutty flavor that belies its extraordinary nutritional content.

Wellness

Thru February:

*20% OFF - All Gaia Herbs! Discount taken at the register.

*25% OFF - E3 Live Renew Me Total Body Blend with MSM, spirulina, AFA & camu-camu: 3.5 oz powder reg. \$14.95, SALE \$11.19; 12.5 oz powder reg. \$41.95, SALE \$31.49; 300 vcaps reg. \$41.95, SALE \$31.49.

*15% OFF - Nordic Naturals Heart Healthy - Items include EPA, EPAXtra, Omega LDL, Ultimate Omega 60 and 120's -- all 15% off this month!

*Country Life Bone Solid, 180 caps--Clinically shown to increase bone density. Reg. \$29.99, SALE \$23.99

*Diet Start Cleanse by ReNew Life. Reg. \$29.99, SALE \$25.49. Jump start your new year's weight loss program!

*15% OFF - Floressence Liquid 17 and 32 oz. Also save on Floressence face cream.

*25-32% OFF - Assorted Weleda body care items, including bar soaps and body oils! Priced as marked.

*Tom's Unscented Long-Lasting Deodorant Stick, No Aluminum. Reg. \$7.39, SALE \$5.55.

*Nature's Gate Herbal Shampoo, 18 oz., reg. \$6.29, SALE \$4.99.

*Source of Life Green & Red Antioxidant Multi Minitabs (180 size), reg. \$35.95, SALE \$28.75.

New! Redd Remedies Formulas in capsule: Goutch! and At Ease PM. Introductory SALE \$22.09-\$25.99.

New! Jojoba bar soaps by Hobe Naturals, reg. \$4.99, SALE \$3.79.

Grocery

achievONE, ready to drink, high protein, low carb coffee drink. Four varieties, short dates, while supplies last.

\$59.99 per case of 24, reg. \$75.35

Penta Water, 1 liter reg. \$3.79, SALE \$1.89,

16 oz reg. \$2.19, SALE \$0.99

*Remember Full cases are an additional 5% off with or without your Loyalty tag.

Tree of Life, assorted canned organic beans, reg. \$2.15, SALE \$1.39

Tree of Life, Honey, Buckwheat and Alfalfa, 16 oz, reg. \$7.55, SALE \$5.99

Tree of Life, Honey, Tupelo, 16 oz, reg. \$9.35, SALE \$6.99

Tree of Life, Black Cherry Concentrate, 16 oz, reg. \$6.55, SALE \$4.59

Tree of Life, Unsweetened Cranberry Concentrate, 16 oz, reg. \$25.65, SALE \$17.99

Tree of Life, Unsweetened Grape Concentrate, 16 oz, reg. \$6.99, SALE \$4.59

Tree of Life, Coconut Oil, 14 oz, reg. \$7.99, SALE \$5.69

Non-Gluten Products

*Bob's Red Mill, non-Gluten, Shortbread Cookie Mix, 21oz, reg. \$3.99, SALE \$3.19, while supplies last!

*Bobbi's Garlic Hummus, non-Gluten, 12 oz, reg. \$8.49, Special SALE \$4.99, while supplies last!

Refrigerated/Frozen Items

GTS Kombucha teas, reg. \$3.99, SALE \$3.39

*Eubank Farms beef! Located in Johnston, SC, Eubank Farms raises its cattle hormone free and very rarely ever uses antibiotics. The cows are grass fed their entire lives!

Currently in stock are beef chuck roasts (\$6.99/lb), ground beef (\$6.99/lb), Cube Steak (\$8.99/lb).

*Ovis Hill: Boneless Stew beef, ground beef, \$6.99/lb.

New Products!

*Oikos by Stoneyfield, Organic plain and blueberry Greek yogurt, 5.3 oz, reg. \$2.69, SALE \$1.99

*Wild Planet Sardines in Marinara Sauce, or Sardines in Extra Virgin Olive Oil, 4.375oz, \$2.99. Sustainably caught along the California coast they are a good source of Omega 3's.

*Immaculate Buttermilk Biscuits – These are refrigerated, ready to bake, fresh biscuits! 16 oz can gives you 8 biscuits, reg. \$4.79.

*Amy's canned soup - Spanish Rice & Red Bean, reg. \$3.25

*A. Vogel Herbamare Fish and Seafood Herb Seasoning 4.4 oz, reg. \$5.49

- *Rapunzel Vegetable Broth mix, 4.41oz, reg. \$5.49
- *Fiji water 500 ml. \$1.35, 1 liter, reg. \$2.49
- *Macrobiotic: Mugicha Roasted Barley tea, 17.6oz., reg. \$5.25
- *Macrobiotic: Yamamoto Toasted Nori Seaweed Sushi Hand Rolls, reg. \$2.69
- *PB 2 powdered peanut butter in regular and chocolate. 85% fewer fat calories than regular peanut butter. Good for camping, adding to yogurt, jelly and other foods. For more info and recipes go to: <http://www.bellplantation.com/>

Featured Cheese ~ Manchego

Manchego is undoubtedly Spain's most famous cheese. It is made only on the plain of La Mancha from the milk of the Manchega sheep which graze on the shrubs and grasses of the Dahesa and produce a thick, aromatic milk that gives Manchego a unique and distinctive character. The true Manchego cheese is made only from whole milk of the Manchega sheep raised in the "La Mancha" region southeast of Madrid.

Originally the rinds of the Manchego's bore the impressions of the plaited esparto grass baskets into which the shepherds hand pressed the curds and of the flowers that were placed on top. Nowadays the same patterns are imparted by the moulds in which the cheeses are pressed.

The cheese is aged for at least 60 days. The rind is closed, clean, well engraved, of a yellow to a brownish beige color. The interior is firm and compact, closed, with a few small air pockets unevenly spread. The color is ivory to pale yellow. The taste is very characteristic, well developed, but not too strong, buttery and slightly piquant, with a sheep milk aftertaste. The shape is cylindrical, with flat top and bottom surfaces engraved with the typical "flower" left by the wooden presses. The sides show a zigzag pattern produced by the mat-weed (esparto) of the moulds. Today, industrially produced cheeses have the same engraving, predesigned in the new industrial moulds.

Cooking Classes

Presented by Let's Cook Culinary Studio

Healthy Cooking with Catherine & Jeff - 1305 Assembly Street - Columbia, SC. To sign up for a class call or email lets-cook@earthlink.net or telephone (803.250.2569)

February 7 - Super Bowl 3rd Annual chili cook-off "no professionals" 4pm-9pm.

February 8 - Regional French Cooking chef Bertrand Gilli, 6:15pm, \$35

February 11 - Regional Italian Region Tuscany and Menu TBA, 6:15pm, \$30

February 12 - Special Valentines Class for Couples 6:30pm \$80/ couple

February 13 - Special Valentines Class for Couples Menu same as above, 6:30pm, \$80/couple

February 15 - Seasonal Cooking with Chef Matt Gillespie menu TBA, 6:15pm, \$30

February 18 - Regional Italian Cooking Region of Umbria and Menu TBA, 6:15pm, \$30

February 19 - Couples Cooking "Hands On Cooking" Winter Soups and Salads, 6:15pm, \$80

February 22 - Regional French Chef Bertrand Gilli Menu TBA, 6:15pm, \$30

February 23 - Wild Women Menu TBA, 6:15pm, \$30

February 25 - Regional Italian, Region of Marche, Menu TBA, 6:15pm, \$30

All participants must pre-register for class and are allowed to bring a bottle of wine of their choice.

Presented by Columbia's Cooking Kitchen

(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 Brook Harmon at brookharmon@sc.edu.

February

Romantic Evening for Two - February 12 @ 6:30-8:00PM | Columbia's Cooking Kitchen (915 Greene Street) | \$60/couple

Heart Healthy Meals on a Budget - February 16 @ 6:00-7:00PM | Columbia's Cooking Kitchen (915 Greene Street) | \$15/person

"Julie & Julia" Healthy French Cuisine - February 24 @ 5:30-8:00PM | Columbia's Cooking Kitchen (915 Greene Street) | \$30/person

To register, call Brooke Roper at (803) 576-5613 or email her at roperbl@mailbox.sc.edu.

March

Chronic Disease Prevention Program - Tuesdays and Thursdays, March 2 - May 20, 7:00 - 8:30 AM | Columbia's Cooking Kitchen (915 Greene Street) | \$1320/person (\$55/session, 24 sessions) - Location: Discovery I Building, 915 Greene Street (downtown, between the Colonial Life Center and Koger Center) Parking passes for free parking in the garage adjacent to Discovery I on Park Street will be provided.

Date/Time: Tuesdays and Thursdays, 7am-8:30am, March 2nd – May 20th

Cost: \$1,320 (\$55/session, 24 sessions)

Questions: Contact Brook Harmon, MS, RD, LD – 803-576-5618, brookharmon@sc.edu.

To register, call: Providence Health Connect, 877-256-5381

Quick Fix Series: Rotisserie Chicken - March 3 @ 5:30-7:30PM | Columbia's Cooking Kitchen (915 Greene Street) | \$30/person

To register, call Brooke Roper at (803) 576-5613 or email her at roperbl@mailbox.sc.edu.

Kid's Night: Eat like a Leprechaun - March 12 @ 6:30-8:00PM | Columbia's Cooking Kitchen (915 Greene Street) | \$15/child

Wine Pairings - March 19 @ 6:30-8:00PM | Columbia's Cooking Kitchen (915 Greene Street) | \$30/person

To register, call Brooke Roper at (803) 576-5613 or email her at roperbl@mailbox.sc.edu.

Vegetarian Cooking - March 31 @ 5:30-7:30PM | Columbia's Cooking Kitchen (915 Greene Street) | \$30/person

To register, call Brooke Roper at (803) 576-5613 or email her at roperbl@mailbox.sc.edu.

Katie's Korner

Feta and Marinated Niçoise Olives with Grilled Pitas

For marinated olives:

1 lemon

1 garlic clove

One 6-inch fresh rosemary sprig

Two 3-inch fresh thyme sprigs

2 Bay leaves (preferably Turkish)

1/4 teaspoon cracked or coarsely ground black pepper

1/3 cup extra-virgin olive oil

1 cup Niçoise olives (about 6 ounces)

Two 1/2-pound pieces feta

Eight to twelve 6-inch pitas

About 2 tablespoons olive oil

Make marinated olives:

With a vegetable peeler remove 4 wide strips zest from lemon. Thinly slice garlic. Break rosemary and thyme into 1-inch pieces and halve bay leaves. In a small airtight container stir together all marinated-olive ingredients. Marinate olives, covered and chilled, at least 2 hours and up to 1 month.

Prepare grill.

Put feta on a platter and pour olives and marinade over it. Lightly brush pitas with oil and season with salt and pepper. Grill pitas on a rack set 5 to 6 inches over glowing coals about 1 minute on each side. (Alternatively, grill pitas in a hot well-seasoned ridged grill pan over moderately high heat.)

Serve pitas warm with feta and olives. Serve cucumber spears on the side.

Website links for additional information

Healthy Cooking with Catherine- <http://livewellwithcat.com/>

OR <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>

Links of Interest

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

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

Lost and Found

We have a myriad of items being held at register 2 that our customers have left behind or dropped in the parking lot. Among the items are keys, phones, re-usable bags... 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