

<http://rosewoodmarket.com/>

News and Specials for March

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

- **Check out the Sandlapper magazine!** It is a new addition to our magazine area. For more than 40 years, Sandlapper magazine has been telling the story of South Carolina's people, places, culture and history. It is published quarterly and available in our magazine section.
- **SOIL TESTING - Get Ready Now for Spring Gardening!**
Clemson University soil sample bags are available at Rosewood Market during March. Directions for digging a soil sample are on the bags. The bags are free and the cost per sample/bag is \$6 which is paid when you turn in the soil sample to be analyzed.

The filled bags can be returned to the Clemson Extension Office.

Locate your county's extension office:

<http://www.clemson.edu/extension/county/index.html>

For Richland County:

900 Clemson Road, P.O. Box 102406, Columbia, SC. Phone: 803-865-1216, Fax: 803-865-1219.
Office Hours: Monday - Friday 8:00 am - 4:30 pm. Google map...

<http://www.google.com/maps?q=900+Clemson+Rd,+Columbia,+SC+29229,+USA&sa=X&oi=map&ct=title>

For Lexington county:

605 West Main St., Ste. 109, Lexington, S.C. 29072. Phone: 803-359-8515, Fax:803-359-4245.
Office Hours: Monday – Friday 8:30 a.m. - 5:00 p.m.

Google map...

http://maps.google.com/maps?f=d&source=s_d&saddr=605+west+main+st+lexington+29072&daddr=&hl=en&geocode=&mra=ls&sl=37.0625,-95.677068&sspn=44.069599,78.837891&ie=UTF8&z=16

- **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 at mpbaldauf@columbiasc.net.

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://appliancerebates.sc.gov/Pages/index.aspx>.

- **Shred360 - No Cost to You! Confidential Shredding!**

These Shred Day events are FREE to consumers. Bring your old confidential records to be securely destroyed and recycled. Call Shred360 at 803-233-1823 if you have questions, or email us at info@shred360.com.

Next Shred day events:

Thursday, March 11th ~ 8:00 AM - 12:00 PM and 2:00 PM - 6:00 PM in three locations:
Department of Consumer Affairs, 3600 Forest Drive, Columbia, SC 29204
Home Depot, 285 Forum Drive, Columbia, SC 29229
Shred 360, 431 Western Lane, Irmo, SC 29063

Tuesday, March 16th ~ 9:00 AM - 12:00 PM and 3:00 PM - 6:00 PM:
Palmetto Citizens Federal Credit Union
2651 Clemson Road
Columbia, SC 29229

Thursday, April 15th ~ 5:30 PM - 6:30 PM
Doby's Mill Elementary School
164 Fort Jackson Road
Lugoff, SC 29078

- **March Celiac Meeting – March 15th at 6:30PM**

At the next Central Celiac meeting we will sample some non-gluten foods that are available from the World Market stores, and share our own recipes and innovations for coping with a non-gluten diet.

Please join us at 6:30pm on March 15, 2010, at the Lexington Medical Center. Use the outpatient entrance in the North Tower. Once inside the lobby, go downstairs to lower level classroom #3. Email Questions to centralscceliac@live.com

- **Tea Time Event ~ March 28th**

Location: Rosewood Market's dining area
Sunday, March 28th, 3-5pm

Here is your chance to try some selected teas (various brands) and tasty snack creations from Suzanne in the Deli. Some bring their books, and some bring their knitting! Whatever your interest, be sure to bring yourself for this fun event!

Tea and light snacks will be sampled from 3 to 5pm in the deli dining area at Rosewood Market.

Join us in the fun at Rosewood's informal Tea Party!

This month tea sales...

25% OFF All Yogi brand teas

15% OFF All Organic India brand teas

Raw Milk Delivery Days

Milky Way Farm's Grade A Raw Jersey & Split Creek Farms Goat Milk upcoming deliveries will be on March 17th, and 31st and April 14th and 28th 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 March 10th or 11th and 24th or 25th and April 7th or 8th and 21st or 22nd. 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>

- March Madness!

With college basketball tournaments coming up, it's a great time to pick up your party supplies for the big game. The Deli at Rosewood Market has many offerings that are perfect for your gathering. Here are a few suggestions:

- Rosewood's Own Salsa
- BBQ Tofu
- Jalapeno Pimento Cheese
- Spicy Chipotle Dip
- Garlic Hummus
- Garden Pizzas
- Vegetarian Chili
- Wraps and Sandwiches

We can also prepare one of our party trays, featuring many of our favorite items from the Deli. The trays are \$75.00, providing enough food for up to 20 guests. It's the most exciting time of the year, so let us take care of your party menu.

- 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.

This Month's Produce News!!

Greetings, everyone.

For March we have **Nobles Organic Florida juices** on sale. Try the orange, orange-tangerine, or pink grapefruit juices in 58oz sizes. Reg. \$4.99, now on SALE \$4.29 and they are packaged in biodegradable, corn-based containers!

Globe artichokes are in season right now! I found a great recipe for grilling these nutrient-packed vegetables at a site called Cooking for Engineers. You can find it here: <http://www.cookingforengineers.com/recipe/111/Grilled-Artichokes>. I tried it myself and was very pleased with the results. Our globe artichokes are from Cal-Organic Farms in California, the artichoke capital of the world, and are a good buy right now. We still have a limited supply of locally-grown Jerusalem artichokes.

Our **organic Chilean blueberries** have been very good this year! We are currently awaiting another shipment, and do not expect any delays. Chile's recent earthquake has that country in dire straits but you can help out by supporting the Chilean farmers and purchasing their blueberries here at Rosewood Market.

The overwhelming response from our customers to the **City Roots sunflower sprouts and snow pea sprouts** has been great (see Tracie! City Roots is our local, in-town farm and we are happy to have it so close! Our good friend and City Roots Farm Manager, Eric McClam, is going to grace our produce section with two new kinds of sprouts: Mustard and radish sprouts, or micro-greens. They're colorful and wonderful. Look for these to be hitting our store in abundance throughout the month of March.

Scroll down to the "Customer Contribution" section of this email to get a delicious sprouts recipe from the foodie lifestyle, cooking and travel blog of SF Station's Food Editor emeritus, Tracie Broom! Tracie now resides in Columbia and writes The Yum Diary (<http://www.yumdiary.com/>), highlighting wonderful recipes and interesting photos and info from sites around the state (such as the recent City Roots/Slow Foods BBQ <http://slowfoodcolumbia.blogspot.com/2010/03/city-roots-farm-local-bbq-columbia-sc.html>

The **locally grown shiitake mushrooms** from Bear Creek Mushrooms, near Lake Murray, are still in season and our supply is looking good for March. They are simply beautiful and delicious. Throw them in a salad or a stir-fry.

Still available are the **fresh ginger and turmeric roots from Mobile, Alabama**. The turmeric roots are in short supply so get them while you can. However, we should have the ginger roots for the next few months.

Have a happy March and if we can help with any questions you may have, stop in and ask us!

~ Produce Manager Kevin 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, rice, peas, oats, farro

Wildflower Honey from Lexington, SC

Gallberry Honey from Hardeeville, SC

Bulk Items

Yellow Split Peas (organic) - reg \$1.99/lb, SALE \$1.29/lb

Hit the Trail trail mix - reg \$7.49/lb, SALE \$5.99/lb

Plain Chocolate Sundrops - reg \$7.99/lb, SALE \$6.79/lb

LOOK in the refrigerated section! Highlighting from Anson Mills - <http://www.ansonmills.com/>

Sea Island Red Pea: A variety of heirloom field peas for Coastal Carolina's Hoppin' John!

Toasted Stone Cut Oats: Fresh and loaded with natural oils with a ton of whole germ flavor.

Carolina Gold Rice: The grandfather of long grain rice in the Americas.

Farro Piccolo: The rarest of Italian ancient grains. Anson Mills is the only grower of Farro Piccolo in the United States. It cooks quickly and has a lovely, light, and nutty flavor that belies its extraordinary nutritional content.

Wellness

Thru March:

- *25% OFF - All Country Life supplements, discount taken at the register
- *25% OFF – All DermaE products, discount taken at the register
- *20% OFF - Select Aubrey shampoos and conditioners--includes Island Naturals, Green Tea, GPB and Blue Chamomile 11 oz. pairs
- *20% OFF - Dr. Hauschka Intensive Treatments are 20% off in March! Also, save 15% on Decorative Cosmetics (limited to stock on hand) and receive a free sample assortment with any Dr. Hauschka Skincare purchase, while supplies last!
- *Tom's Woodspice and Honeysuckle Rose Deodorant Sticks reg. \$7.39, SALE \$5.55
- *New! Aura Cacia Electric Aromatherapy Air Fresheners, assorted scents. reg. \$14.99, SALE \$12.75
- *New! Theraneem Men's Lotion, 8 oz. reg. \$12.95, SALE \$10.99
- *20% OFF - Eclectic Institute Encapsulated Products: includes Acai, Bladderwrack, Ginkgo, Nettles, St. John's Wort and more!
- *25% OFF - Nature's Secret Ultimate Cleanse -- 2-part total body program for spring cleansing. Sale price \$22.49
- *Flora Hawthorn Tonic with Hibiscus and Passionflower, 17 fl. oz. reg. \$20.49, SALE \$17.45

Grocery

R.W. Knudsen Juice, 32oz, assorted flavors:

Just Pomegranate, Just Cranberry, Just Concord Grape, Just Tart Cherry and Just Blueberry
Reg. \$7.49-\$9.79, SALE \$5.45-\$6.99

Yummy Earth Family Size Lolly Pops reg. \$6.99, SALE \$5.25

Refrigerated/Frozen Items

NEW From Ovis Hill Farms-- Leg of Lamb \$10.49/lb; Lamb chunks \$13.99/lb; NY Steak \$17.45/lb

Everyday SALE prices:

Alvarado bread, all sliced varieties - reg. \$4.79, SALE \$4.49

Ezekiel bread, all sliced varieties - reg. \$5.99, SALE \$5.25

Liberte yogurt, all flavors reg. - \$1.29, SALE \$0.99

New Products!

NEW From Ovis Hill Farms-- Leg of Lamb \$10.49/lb; Lamb chunks \$13.99/lb; NY Steak \$17.45/lb

Katie's Korner ~ Featuring Dubliner Cheese!

10% OFF Dubliner cheese

Dubliner is an Irish cheese, similar to cheddar. The slightly yellow color is due to the high amounts of beta carotene in the Irish grass. This cheese is great for melting, great just for snacking. Try it with crackers or bread and a granny smith apple or a d'Anjou pear as a nice addition to a picnic.

Another suggested cheese is the Cotswold cheese. Try this double Gloucester with chives on a baked potato with Nancy's sour cream. Or you can crumble up some of the Cotswold and put in your hamburger patty!

With spring coming, don't forget to come get a wrap or sandwich out of the Grab-n-Go case and take it to your favorite park.

Cooking Classes

Presented by Let's Cook Culinary Studio - <http://www.letscookeculinary.com>

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)

March 8 French Regional Cooking with Chef Bertrand Gilli "Hands on Cooking" Classic French Sauces \$40 6:15pm

March 11 Italian Regional "Abruzzo-Molise" 6:15pm \$30

March 15 Seasonal Cooking with Chef Matt Gillespie 6:15pm \$30

March 16 Tuesday's Wild Women Class. If you are a female come join a class designed for ladies. 6:15pm \$30

March 18 Special Guest from Italy Enzo Caporaso "Campania" 6:15pm \$35

March 19 Couples Cooking "Low Country Cuisine" Hands On 6:15 \$80

March 22 French Regional with Chef Bertrand Gilli menu TBA 6:15pm \$30

March 25 Special Guest Chef Susanne Dillingham, 6:15pm \$45 (pre-payment required). To register, call 803.250.2569.

March 29 Southwestern Cooking with Chef Matt Gillespie "Hands on Cooking" 6:15pm \$40

April 1-11 Chefs will be out of town for golf tournament

April 12 Regional French Cooking with Chef Bertrand Gilli 6:15pm \$30

Thursday April 15 Spring Cuisine with Chef Militello "Hands on Class". Limited to 12 people, 6:15pm \$40

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 - <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

March 12 @ 6:30-8:00PM Kid's Night: Eat like a Leprechaun
\$15/child. Registration: (877)256-5381.

March 19 @ 6:30-8:00PM Wine Pairings
\$30/person. Registration: Brooke Harmon (803)576-5618 or email brookharmon@sc.edu

March 24 @ 6:30-7:30 PM Mediterranean Cuisine for Your Heart
\$15/person. Registration: (877)256-5381.

March 31 @ 5:30-7:30PM Vegetarian Cooking
\$30/person. Registration: Brooke Harmon (803)576-5618 or email brookharmon@sc.edu

April 14 @ 5:30-7:30PM Quick Fix Series: Marinara Sauce
\$30/person. Registration: Brooke Harmon at (803)576-5618 or email brookharmon@sc.edu

Customer Contribution

This month we are excited to have a recipe from the foodie lifestyle, cooking and travel blog of SF Station's Food Editor emeritus, Tracie Broom! Tracie now resides in Columbia and writes The Yum Diary (<http://www.yumdiary.com/>), highlighting wonderful recipes and interesting photos and info from sites around the state (such as the recent City Roots/Slow Foods BBQ <http://slowfoodcolumbia.blogspot.com/2010/03/city-roots-farm-local-bbq-columbia-sc.html>)

Her delicious salad made a grand appearance at the recent City Roots/Slow Foods BBQ event. Thanks Tracie!

"Sprouts in the City" Salad

2 small containers of City Roots sprouts, 1 of sunflower sprouts and 1 of snow pea sprouts, mixed
1-2 TBSP umeboshi plum vinegar
2-3 TBSP flax oil
2-3 TBSP olive oil
2-3 TBSP well-toasted sunflower seeds (toasting brings out their true, nutty flavor)

Whisk together the oils and vinegar, and adjust the oil/vinegar ratio to your taste. Umeboshi vinegar is notoriously salty, but oh-so-delicious mixed with flax oil!

Toss with raw sprouts and toasted sunflower seeds. Enjoy!

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.certifiedscgrown.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

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