



April 2015

the SCOOP

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OPEN
9:30AM-7PM
DAILY!



GET IN THE GM-KNOW!

By Stephanie McNelis

The narrow defeat of GMO labeling initiatives in Washington and Oregon over the last two years got a lot of people talking about GMO crops. Although we may not see mandatory GMO labeling for some time, you can arm yourself with information and exercise your right to choose.

GMO stands for genetically modified organisms. They are a result of relatively new science and differ greatly from the age-old art of hybridizing. Hybrids are the result of cross-pollinating related plant species. GMO technology is a new process that combines genetic material from different species, and even different kingdoms, to create crops resistant to viruses, pesticide resistant crops, or crops with a longer shelf life. There is a lot of controversy surrounding genetically modified crops, as well as many opposing studies and opinions. No scientific or medical consensus exists yet regarding their safety for human consumption. Based on the lack of evidence and long-term studies regarding their safety, many people chose to avoid GMOs and most developed nations have restrictions or bans on GM crops. GMOs have greatly increased the use of pesticides while threatening biodiversity.

They also pose a host of environmental issues as well as potential human-health issues.

It can be hard to avoid GMO crops, especially in your average grocery store. According to the Non-GMO Project up to 80% of conventional processed foods contain GMOs. There are 4 easy ways, however, to help you avoid GMOs:

Buy Organic: If a product is certified organic it cannot legally contain GMO ingredients. So the easiest way to avoid GMOs is to simply buy USDA organic! Whenever possible, we choose the organic option for our products and you'll find that the majority of the products we carry at Farm Fresh Market are certified organic to make your shopping as easy as possible.

Look for Non-GMO Project Verified: The Non-GMO Project is a reputable third party that verifies a company's non-GMO claim. If you see the Non-GMO Project label, you know the product is made without GMOs! Many companies claim that their products are non-GMO on their packaging, but if the product isn't certified organic or non-GMO verified then treat their claim with a healthy amount of skepticism.

Avoid Common GM Crops: The most common genetically modified crops are: canola, corn, soy, cotton, sugar beets, papaya, and zucchini. To avoid GMOs, buy USDA certified organic when purchasing these crops. Organic foods are never grown from seeds that are genetically modified.

Shop at Farm Fresh Market: At Farm Fresh Market, we believe in your right to choose. We avoid bringing in new products that contain genetically modified ingredients, though we do carry a very small number of products with suspected GM ingredients. If you're trying to steer clear of GMOs let us know and we will gladly educate you on which products may contain GM ingredients. It is our goal to make it easy for you to find non-GMO produce, groceries, and meat for your family!

For more help sniffing out GMOs, check out the Cheatsheet on the last page!



STAFF SPOTLIGHT: MEET ERIN!

Meet Erin, American nomad, sailboat dweller, foodie, and social media extraordinaire. She's the face behind the Facebook, the nerd behind the newsletter, and the brains behind the blog. She moved to Olympia and joined the Farm Fresh team in August after a month-long hike across Oregon. When she's not hiking, road tripping, eating, or working with her husband on their sailboat home, you can find her stocking produce and drinking copious amounts of coffee while bringing you the latest in Farm Fresh news.

What do you do at Farm Fresh and how long have you worked here? I am responsible for our web presence and social media. Which, right now, mostly means our Facebook page, but we did just start an Instagram account (@farmfreshmarket), and hopefully we'll add Pinterest in the future. I have dreams for our social media! I am also the designer and editor of our newsletter, "The Scoop." I just recently started working in store too; you can usually find me happily stocking produce.

What do you do in your spare time? I like to go hiking, backpacking and camping. I like to play outdoors. If it's outside, I'm pretty much down! I really like eating. That's probably my main pastime, putting food in my mouth. I enjoy watching terrible television shows. TV is my guilty pleasure. I like to binge watch cheesy dramas while shoveling healthy junk food into my face. Pro-tip: spread almond butter on the inside of a bowl, then add chocolate Coconut Bliss (coconut milk ice cream). If you're feeling really crazy throw some berries or Enjoy Life mini-chocolate chips on top. Those are pretty much my main hobbies: TV, food, and hiking.

What drew you to natural foods? I went through a hippie phase. I became a vegan and started shopping in natural foods stores. During that period of my life I learned a lot about healthy eating and I went from being a vegan who ate processed foods to eating healthy whole foods. One day I ate some local, pastured lamb crusted with rosemary and Dijon and there was no turning back. Then I moved to Oregon to work at a natural foods store with my best friend. Plus, I met my husband working in natural foods. He was the hot guy behind the deli counter. Now he's the hot guy in the meat room at Farm Fresh.

Did you know...
All of the herbs used
to create our custom
in-house sausages
are purchased from
Buck's Fifth Avenue
Spice Shop right
here in Olympia!



Are you a native Washingtonian? Nope. I was born and raised in the last frontier, Alaska! Then I moved to Hawaii, Tennessee, Iowa, Alaska, Idaho, Alaska, Idaho, Oregon, and finally arrived here in Washington.

What's your favorite thing about working at Farm Fresh Market? My job is amazing! I get to be creative in my work every day. I get to talk about all of the exciting things that are happening at Farm Fresh! I don't have to deal with the more gritty sides of Farm Fresh Market; my job is the glamorous side! I feel really fortunate to do what I do for a living and support something I believe in at the same time.

Do you have any products that you absolutely love? Rawnaimo bars from Peace, Love, Raw!!! I'm not sure how I don't spend my whole paycheck on them. Also Happy Campers Stompin' Good Molasses Bread, Portland Ginger Brew, and the curry sausage. It's hard for me not to feature the curry sausage in every recipe in every newsletter. The pork and chicken are both amazing! Also, ladies: the diva cup. It changes my life once a month. OH YEAH! The Covabrelli Coffee! It's my life blood! Even though I live downtown I often go out of my way to get a cup of the Covabrelli drip coffee at Farm Fresh Market. It is probably the best deal for a cup of gourmet organic coffee you can get in Olympia (12 oz for \$1 including tax!)

What is your favorite spring produce/spring meal? ASPARAGUS!!! I love seeing these spears pop up on our produce display. It means spring is here! I love being able to grill outdoors. It combines two of my favorite things - eating and the outdoors!

CREAMY JALAPENO ENCHILADAS

These enchiladas use rotisserie chicken and flour tortillas for a delicious meal that comes together in no time at all. The perfect solution for a homemade dinner on a busy night. Plus, they're so delicious you'll be licking your plate when you're through! Makes 8 enchiladas

INGREDIENTS

- 2 cups of cold rotisserie chicken meat, shredded
- 8 flour tortillas, fajita size
- 2 tbsp butter
- 1 medium yellow onion, chopped
- 2 jalapenos, seeded and chopped
- 1 8oz package of cream cheese
- 1 16oz jar of Sweet Creek Green Enchilada sauce
- 1 1/2 cup of shredded Mexican blend cheese

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Melt butter in non-stick skillet over medium heat. Saute onion and jalapenos until onions turn translucent, about 5 minutes.
3. Drop chunks of cream cheese into skillet and mix until creamy. Remove from heat.
4. Pour half of the jar of Sweet Creek enchilada sauce into a 13x9 casserole pan. Place one tortilla on top of the sauce, spread a spoonful of cream cheese mixture in a line down the center of the tortilla, top with few shreds of chicken and a sprinkle of the Mexican cheese.
5. Roll up the tortilla and push to edge of pan.
6. Repeat until all 8 tortillas have been filled then pour the remainder of the enchilada sauce over the top of enchiladas and sprinkle with the rest of the shredded Mexican cheese.
7. Bake in preheated oven for 30 minutes until the sauce is bubbly. Allow to cool for 5 minutes before serving.



On Sale During the Month of April:



**MantRaw Probiotic
Kefir Soda**
\$2.29/ea

12 oz

Reg. \$2.99/ea



**Three Sisters
Nixtamal
Corn Tortillas**
\$4.49/ea

16 oz

Reg. \$5.19/ea



**Alpine Valley
Hamburger &
Hot Dog Buns**
\$2.99/ea

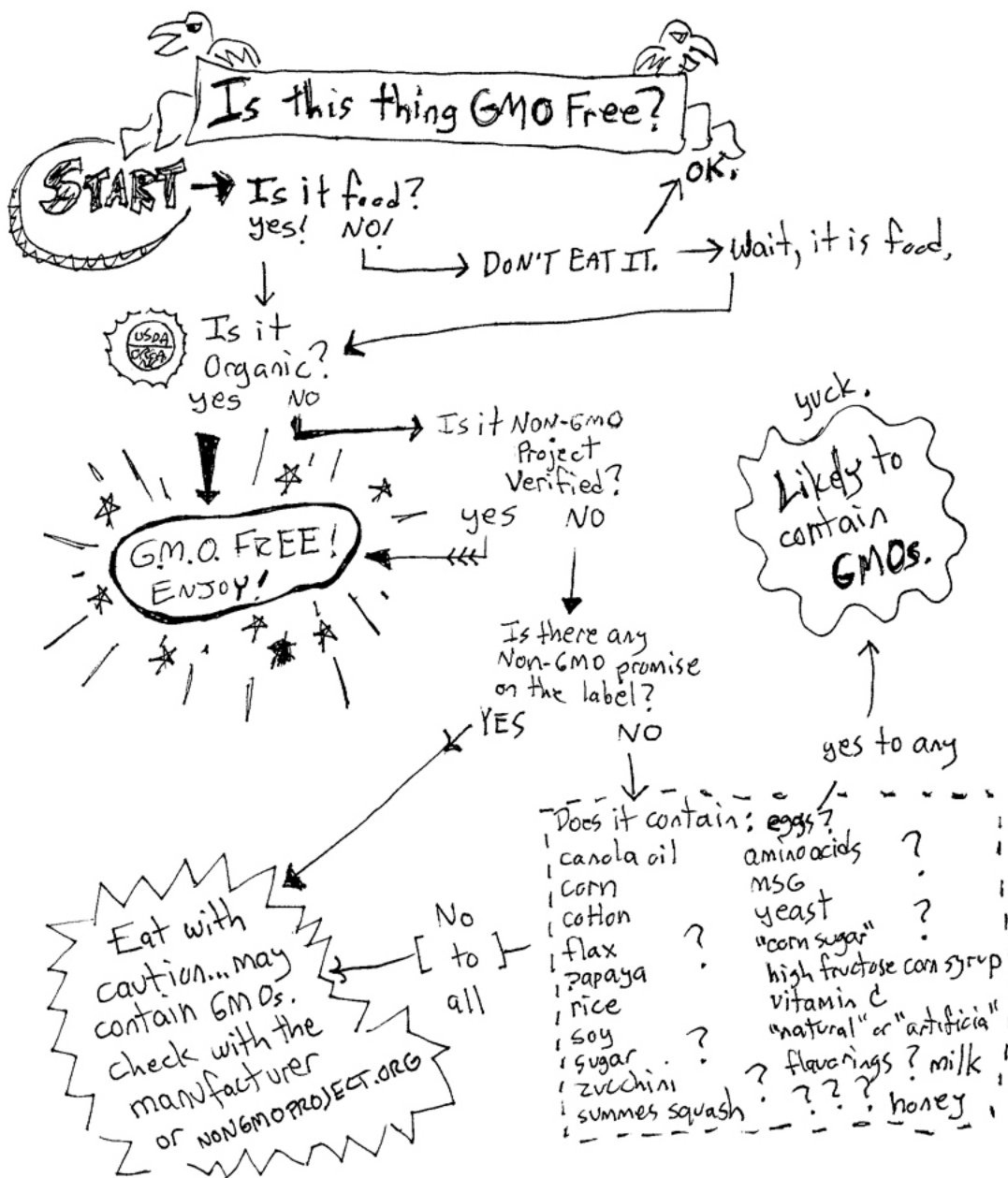
12 oz

Reg. \$3.29/ea

GMO FREE CHEATSHEET

Use this handy flow chart to help you determine if your next meal is GMO free!

Cheat sheet courtesy of RodaleNews.com.



For more information visit www.nongmoproject.org

DON'T FORGET

every Tuesday we offer a 10 %

DISCOUNT

for military, students,
& seniors 55+

NEW PRODUCTS

Temple Turmeric Elixir

Spiced turmeric beverages that help relieve inflammation. Each tasty drink packs a whopping 13 grams of gold turmeric!

Bearitos Taco Shells

Made from organic yellow corn masa with no hydrogenated oils. Perfect for family taco night!

Flying Cauldron Butterscotch Beer

This non-alcoholic beverage is similar to a rich, buttery cream soda. Try it over a scoop of vanilla ice cream for a treat.

Let's Do Organic Toasted Coconut Chips

Lightly toasted organic coconut flakes with no added sugar. Great for desserts, baking or just snacking!

Bob's Red Mill Blanched Almond Flour

Ground from whole, organic, blanched almonds into a fine flour for perfect gluten-free baking.

Reed's Culture Club Kombucha

Raw, organic kombucha made from Oolong and Yerba Mate teas. A refreshingly effervescent and healthy option to quench your thirst.

Natural Directions Orange Juice

Organic orange juice without added preservatives, flavors or sweeteners. A delicious, organic orange juice that won't break the bank!

Annie's Gluten Free Cocoa & Vanilla Bunnies

Gluten and dairy free snack cookies that your little ones will love! These rabbit shaped cookies make a great addition to school lunches or just for a fun snack!

Tamari Sesame Rice Snaps

Gluten-free rice snaps made with a blend of white sesame seeds and wheat-free tamari. A wholesome and delicious cracker!

Yellow Belly Raw Bee Pollen

Nature's superfood! Loaded with vitamins, minerals, enzymes and fatty acids. We have Yellow Belly's raw honey made in Rainier, Washington too! Free of all chemicals and pesticides. Just pure, simple honey.