

Just Local News

News and views from the Just Local Food Cooperative – November 11, 2005

Fresh Produce

If you stopped down at the store this past week you noticed we are carrying a wide variety of squash these days. All organic squash are \$1.50/# - varieties include **Red Kuri, Delicata, Butternut, Buttercup, Marina Di Chiaggio, Festival/Carnival, Acorn, Jarradale, spaghetti**, and a few baking pumpkins. Fresh from ROMAR greenhouse near Augusta, Martha is bringing in **heirloom tomatoes, hot peppers**, and soon fresh greens. Coming on the truck from Augusta are **fresh curds** and a variety of cheese from Virgil at **Gingerbread Jersey** cheese. Varieties available for ordering are **dill and garlic monterey jack, white cheddar, colby, taste of sicily, pickled jalapeno monterey jack, salami colby**. All cheese is \$6.29 and is packed in random weights, usually right around a pound. Let us know if you'd like fresh curds delivered on Friday, or any of these cheeses, and be sure to stop down and try a sample – Virgil is coming down some Saturdays to sample and meet with y'all...

Buffalo Clearance!

The Filla's at **Golden Hills Buffalo Farm** are offering **half off all bison** for the rest of this month! This is available for home delivery or in-store pickup only, as we do not currently have stock. While supplies last! Organic Bison is lower in fat and calories than beef, pork, lamb, and skinless chicken, and is an excellent source of protein and iron. We've also added a bulk package- 5 lbs burger, 2 lbs patties, 1 ribeye steak package, 1 round steak package, 1 chuck roast, 1 arm roast, 1 round roast, \$100.00.

Turkeys

Orders for frozen **certified organic turkeys** from the Hansen family at **Gifts from the Good Earth** are **due this Monday** for Thanksgiving delivery. We will be delivering them on the 18th. These birds were on free range all summer and fed only the best certified organic forage available. Birds typically weigh under 12 pounds, but let us know early and we'll do our best to accommodate you. These turkeys are available year-round by special order as well.

Community requests

Thanks so much for the responses to our last community requests. Stopping in the store you'll see picture rail created and installed, new baskets and bags, cleaning supplies, a digital scale – all brought in by customers and suppliers. Things we're still looking for: wooden crates, recycled paper in reams,

Equal Exchange Teas and Chocolates

New in the store and available for home delivery are a variety of **Equal Exchange** products. We get requests all the time from customers for non-local products meeting our fair trade standards – with Equal Exchange we've found a great fit. Equal Exchange is a worker owned cooperative that works directly with farmers around the world providing quality products like chocolate bars and coffee. The organic chocolate bars come in **Organic Dark Chocolate with Almonds, Organic Very Dark Chocolate, and Organic Milk Chocolate**. All are 3.5oz bars, nicely packaged, and go for \$2.99. These bars use chocolate from small farmer cooperatives using sustainable cultivation methods in the Dominican Republic and Peru. I'll feature teas in a future newsletter. We have **Earl Grey, English Breakfast Tea and Green Tea** – all organic and fair-trade - 25 bags in a box, \$3.99. Finally, we are carrying **organic baking cocoa** and **organic hot cocoa mix** in canisters, \$5.99.

In Store Specials

I thought I would pass on some of our in-store specials to those on the delivery route as well. These specials are limited to our supply... **Free Warty Gourd** with Purchase (just ask!)... **Romano Cheese 50 cents off** per pound... **Gifts from the Good Earth organic cut-up chicken** only \$3.19/#...

Articles within written by Aaron, worker at Just Local Food, contact me at 225-0036 or aaron@justlocalfood.com

Just Local Food Cooperative – 104 Gibson Street -- 577-5564

Store hours: M-F 11:30-6, Sat 9-2 -- justlocalfood.com

Golden Hills Organic Buffalo Farm

Half off sale!	was...	SALE!
Ground Bison, 1 pound	\$6.50	\$3.25
Bison Patties, 1 pound	\$8.00	\$4.00
Roasts, chuck, arm, sirloin, 2-4# each	\$8.00	\$4.00
Round Steaks, 2 per package	\$8.00	\$4.00
Sirloin Steaks, 2 per pack, 1.5" thick	\$13.50	\$6.75
Ribeye Steak, 2 per pack, 1.5" thick	\$18.00	\$9.00
Bison Hot Dogs, pack of 7	\$9.50	\$4.75
Bison Soup Bones	\$3.25	\$1.63
Bison Liver	\$2.00	\$1.00