

CASE LOT SALE

Active Members Only - While Quantities Last

April
24-30
2011

ORGANIC

Grocery

Lundberg
Rice

Organic Long Grain Brown
reg \$60.49 11.34kg

\$43.95 bag



Lundberg
Rice

EcoFarmed Short Grain
Brown
reg \$40.69 11.34kg

\$28.95 bag

Snow Cap
Granulated Sugar

from Argentina
reg \$15.49 5kg

\$12.95 case



ORGANIC

Tinkyada
**BROWN RICE
PASTA**

Elbows, Spaghetti, Spirals
reg \$34.70 4.54kg

\$26.49 case



Artisan Acres
KAMUT PASTA

Rotini, Spaghetti
reg \$36.75 5kg

\$27.49 case

ORGANIC



Thai Kitchen
COCONUT MILK

Premium
reg \$38.28 12x400ml

\$24.95 case



Maison Orphee
**Extra Virgin
Olive Oil**

For everyday cooking
reg \$100.14 6/750ml

\$67.95 case

ORGANIC



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Kootenay Country Store Co-op

295 Baker Street

phone: 250-354-4077

email: customerservice@kootenay.coop

Nelson, BC V1L 4H4

fax: 250-354-4097

online: www.kootenay.coop

Grocery

BioVert

Laundry Detergent

200 loads
reg \$39.99 10L

\$31.95 each



Dish Liquid

reg \$34.99 10L

\$27.95 each

Taste Adventure

Instant Refried Bean Flakes

Black ~ Pinto
reg \$69.42 4.54kg

\$51.95 bag

Split Pea Soup Mix

reg \$74.19 4.54kg

\$55.95 bag



Spectrum

Canola Oil

reg \$51.90 6/750ml

\$31.99/case

Eco Soft

Toilet Paper

1 Ply
reg \$57.00 pack 48

\$46.95 pack



Thomas Utopia

Tomatoes

Crushed ~ Diced ~ Whole
reg \$46.20 12/796ml

\$35.95 case



Deli

Nuts to You

Almond Butter

reg \$67.45 4.09kg

\$49.99 pail

Nuts to You

Peanut Butter

Smooth ~ Crunchy
reg \$44.55 4.09kg

\$35.49 pail

Ariah's Edible Creations

Burritos

Chili Lime
reg \$35.88 12 pack

\$26.99 pack

Cheese
reg \$39.48 12 pack

\$28.99 pack



Ariah's Edibles Creations

Samosas

Tofu Rice, Potato Pea
reg \$43.00 18 pack

\$34.39 pack



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Wellness

Emergen-C Vitamin Drink Mix

Raspberry
Super Orange
Cranberry
Lemon Lime
Tangerine
reg \$24.19 30s

\$17.95 each



Dr. Bronners Castille Soap

Peppermint ~ Lavender
Baby Unscented

reg \$18.39 944ml

\$13.95 ea



Mountain Sky Bar Soap

Assorted 6 packs
reg \$21.54 6 pack

\$15.99 pack/6



Nature's Gate Toothpaste

reg \$41.89 6 packs

Cool Mint Gel ~ Creme De
Anise ~ Creme De Mint

\$29.95 pack/6



EarthRise Spirulina

Pesticide & Herbicide Free
reg \$44.46 454g

\$25.95 each



Omega Seed Hemp Seed

reg \$17.29 454g

\$9.95 each

**NEW*
LOWER THAN
ADVERTISED
PRICE*



Two Hills Tea Goji Berries

reg \$22.99 500g

\$17.95 each



Organic Traditions Cacao Powder

reg \$22.49 454g

\$16.95 each



Organic Traditions Raw Cacao Nibs

reg \$23.39 454g

\$16.95 each

Organic Matters Maca Powder

reg \$20.99 454g

\$16.95 each



Organic Matters Coconut Oil

reg \$69.99 3.5kg

\$55.95 each



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Produce

Okanagan Apples

Gala, Fuji, Spartan
5 lb bag

\$4.99_{bag}



Washington Yellow Onions

3 lb bag

\$2.49_{bag}



Local - Spicer Farm
and PEI

Russet Potatoes

10 lbs

\$9.99_{10 lbs}



Senora Cooperative, Mexico

Valencia Oranges

4 lb bag

\$3.99_{bag}



Produce Storage Tips

There are many ideas about the best way to store produce - here are a few:

Separate apples and potatoes from each other during storage. Apples give off ethylene gas which can cause potatoes to sprout. Potatoes may cause apples to have a musty flavour.

Apples

Refrigerated apples store much better than those left at room temperature. Store refrigerated apples in a plastic bag to prevent them from accelerating the ripening of other foods.

Potatoes

Theoretically last up to three months when stored in burlap, brown paper, or perforated plastic bags away from light, in the coolest, non-refrigerated, and well-ventilated part of the house.

Peru

Kent Mangos

Case of 8

\$6.99_{case}



Onions

Onions last well in storage but the skins should be papery and the roots well dried beforehand. These are best stored cool (just above freezing), in a dry, well-ventilated location such as an attic or unheated room.

Mangos

Choose mangos that yield to gentle pressure, with no dark spots or blemishes. Ripe mangos can be stored in a plastic bag in the refrigerator for two to three days. Unripe mangos should be placed in a brown paper bag on your counter for a few days to ripen.

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