



EAT WELL BE HAPPY

ORGANIC SELECT WINTER SQUASH

Acorn · Butternut · Spaghetti



99¢/lb

SIMPLE SPAGHETTI SQUASH AL DENTE

Makes 4-6 Servings

- 2 lb Spaghetti Squash
- Olive oil, to taste
- Salt and pepper, to taste

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Slice spaghetti squash into ~1-inch rings. Scoop out the seeds.
3. Place squash on the prepared baking sheet and bake for 20 minutes. Flip, bake and additional 2 minutes.
4. Allow squash to cool a little, and gently scrape the "noodles" away from the skin of the squash with a fork. Gently toss with olive oil, salt, and pepper.



ORGANIC HONEYCRISP APPLES

\$1.29/lb



ORGANIC POTATOES

Red · Yukon Gold

\$1.29/lb



Northwest
GROWN



ORGANIC SWEET ONIONS

\$1.29/lb



Northwest
GROWN



ORGANIC POMEGRANATES

\$3.99/ea



Recipe
INSIDE



Organic Produce · On Sale 10/10 - 10/16

FRENCH APPLE TART

Makes 8 Servings

- Crust
 - 1 ½ cups all purpose flour
 - ½ tsp kosher salt
 - ½ cup unsalted butter, room temperature
 - 1 tsp cane sugar
 - 1 whole egg, beaten
 - 1 ½ Tbsp milk or heavy cream
- Filling
 - 4 apples (about 1 ½ lbs)
 - 1 cup creme fraiche
 - 2 eggs
 - ½ cups cane sugar
 - 3 Tbsp apple butter (or calvados)
 - 1 tsp vanilla paste (or extract)
 - Pinch salt
 - 2 Tbsp demerara sugar

1. Preheat the oven to 350°F. Grease a glass pie dish or 8x4-inch loaf pan and set aside.
2. In a large bowl, cream together shortening, sugar, egg, and vanilla extract.
3. In a second bowl, stir together nutmeg, cinnamon, salt, baking soda, and flour. Add to the shortening mix and stir to combine. Stir in pecans, apples, and hot water.
4. Pour batter into the prepared pan. Bake for 45-55 minutes, or until an inserted toothpick comes out clean. Cake will be a little gooey.
5. To serve, scoop warm from the pan into a bowl. Delicious with vanilla ice cream or whipped cream.



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**ORGANIC
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**MAKE PINEAPPLE
COCONUT BARS
TONIGHT!**



**LOCAL ORGANIC
RADISH BUNCHES**

\$1.99/ea



Organic Produce · On Sale 10/10 - 10/16

POMEGRANATE CHICKEN

Makes 4 Servings

- 1 lb boneless skinless chicken breast
 - 2 Tbsp golden balsamic vinegar
 - Kosher salt and black pepper, to taste
 - 2 Tbsp mirin or white wine
 - 2 Tbsp olive oil
 - 1 Tbsp honey
 - 2 pomegranates (or 1 cup pomegranate juice)
 - 1 tsp red pepper flakes (optional)
 - 2 Tbsp mellow miso paste
 - ½ tsp ground ginger
1. Halve the pomegranates and de-seed by whacking the back (skin side) with a wooden spoon over a bowl. The arils should fall out easily. Reserve a ¼-cup. Run the rest through a juicer to extract the juice. If you don't have a juicer, pulse in a blender until the juice is released, and strain through a double layer of cheesecloth to remove the seeds. You should end up with about a cup of juice.
 2. Pound the chicken breasts to an even thickness of about ½-inch. Season both sides generously with salt and pepper.
 3. Heat oil in a 12-inch skillet over medium high heat until shimmering. Cook 4-5 minutes on each side, or until golden brown and cooked through. Remove to a plate and set aside.
 4. Deglaze the pan with the juice, scraping up any browned bits. Whisk in miso paste, vinegar, mirin, honey, pepper flakes, and ginger. Bring to a boil and reduce heat to a simmer. Cook and stir until thickened, about 6-10 minutes. Remove from heat.
 5. Return the chicken to the skillet with the sauce, and coat on all sides. Serve hot with reserved arils and extra sauce.



MUSHROOM POTATO CHOWDER

Makes 6 Servings

- 3 slices bacon, cut into 1-inch pieces
 - 1 yellow onion, chopped
 - 1 shallot, finely chopped
 - 4 cloves garlic, minced
 - ½ cup marsala wine
 - 4 cups chicken broth
 - 3-4 carrots, peeled and chopped
 - 1 ½ lbs fingerling potatoes, chopped
 - 1 tsp poultry seasoning
 - 5 sprigs fresh thyme
 - 2 tsp pepper
 - Salt, to taste
 - 1 Tbsp butter
 - 1 ½ lbs mushrooms, sliced (we used oyster, chanterelle, shiitake, and crimini)
 - 2 cobs corn, scraped (or 2 cups frozen corn)
 - 1 cup sharp cheddar cheese, shredded
 - One 12 oz can evaporated milk
 - 3 Tbsp cornstarch
1. In a 6 qt heavy bottomed pan or Dutch oven, brown bacon over medium heat. Set bacon aside, leaving fat in the pan.
 2. Sauté onion in bacon fat until translucent and begins to soften. Add shallot and garlic, cook and stir until fragrant. Stir in wine, scraping up any browned bits. Bring to a boil.
 3. Add chicken broth, carrots, potatoes, poultry seasoning, thyme, pepper, and salt. Bring to a boil, reduce heat and simmer for about 10 minutes, or until potatoes begin to soften.
 4. While soup is simmering, melt butter in a large skillet over medium heat. Add mushrooms, cook until tender.
 5. Mix mushrooms, corn, cheese, cooked bacon, and one cup evaporated milk into the soup. Whisk cornstarch into remaining milk, stir into soup. Simmer until thickened and bubbly, stirring constantly. Enjoy with a green salad and crusty bread.



ROASTED SAUSAGE & SQUASH

Makes 4 Servings

- 1 medium acorn or carnival squash
- 1 Granny Smith apple (or other tart baking apple)
- 1 d'Anjou pear
- 2 cups purple cabbage, chopped into 1-inch pieces
- 1 package Niman Ranch Apple Gouda Sausage, or your favorite pre-cooked sausage or plant based sausage.
- 1 cup pecans, roughly chopped
- ½ cup dried cranberries
- 1 tsp ground cinnamon
- 1 tsp crushed red chili flakes
- ½ tsp sea salt
- ½ tsp ground black pepper
- ¼ cup olive oil
- ½ cup white wine or apple cider

1. Preheat the oven to 350°F
2. Slice the squash into small bite sized pieces. Leave the skin on, discard the seeds
3. Core and slice the pear and apple into 1 inch pieces, leaving the skin on.
4. Slice the sausage into bite sized pieces.
5. Add the pecans, cranberries, and spices
6. Toss all of the ingredients with the white wine or apple cider and olive oil. The mixture should be slightly saucy. Add more liquid if needed. Place all of the ingredients into a large glass casserole dish or sheet pan.
7. Cook in a preheated oven for 15 minutes. Using a spatula, toss all of the ingredients, then cook for another 15 minutes, or until the squash is soft.



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TAMARIND CHICKEN WINGS

Makes 4 Servings

- 1 lb chicken wings
 - ½ Tbsp aluminum free baking powder
 - ½ tsp black pepper
 - ½ tsp garlic powder
 - ½ tsp onion powder
 - ½ tsp cayenne (optional)
 - ½ tsp red pepper flakes (optional)
 - ¼ tsp sea salt
 - 3 Tbsp tamarind paste
 - 3 Tbsp honey
 - 2 tsp hot sauce (We used sriracha), or to taste
1. Preheat the oven to 450°F. Line a large rimmed baking sheet with parchment. Place a heat proof rack on the baking sheet.
 2. Cut chicken wings into drumettes and flats. Pat dry with paper towels.
 3. In a small bowl, whisk together baking powder, black pepper, garlic powder, onion powder, cayenne, red pepper flakes, and sea salt. Sprinkle over chicken, toss until evenly coated.
 4. Place chicken on a rack in a single layer. Bake for 25 minutes. Turn with tongs, and bake an additional 20-25 minutes, or until golden and crispy.
 5. While chicken is baking, warm tamarind paste, honey, and hot sauce in a small saucepan. Stir until smooth and heated through.
 6. Toss crispy chicken with tamarind sauce until evenly coated. Return to the oven and bake for an additional 5 minutes. Serve with a wedge of lime. Enjoy!

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.....

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NO-BAKE BLUEBERRY CHEESECAKE

Makes 8 Servings

Crust

- 9 whole graham crackers, crushed to fine crumbs (about a cup of crumbs)
- 1/3 cup butter, melted
- 3 Tbsp granulated cane sugar
- 1/2 cup cultured sour cream
- zest of 1 lemon
- 1 Tbsp lemon juice
- 1 tsp vanilla extract

Cream Cheese Filling

- 3/4 cup whipping cream
- 2 blocks cream cheese, softened
- 1/2 cup granulated cane sugar
- 2 Tbsp granulated cane sugar
- 1 Tbsp lemon juice
- 1 Tbsp cornstarch
- 1 Tbsp water

Graham Cracker Crust

1. Grease a 10-inch tart or springform pan with butter, a neutral oil, or cooking spray. In a medium bowl, stir together graham cracker crumbs, butter, and sugar until fully combined. It will be the texture of wet sand. Press evenly into the bottom of the prepared pan with the bottom of a measuring cup.
2. For a no-bake crust, refrigerate for at least 30 minutes before filling. For a baked crust, preheat the oven to 350°F, and bake for 8 minutes. Cool.

Cream Cheese Filling

3. With an electric mixer on high, whip cream into stiff peaks, about 4 minutes. Set aside.
4. In a large bowl, beat cream cheese and granulated sugar until smooth and no lumps remain. Beat in sour cream, lemon zest, lemon juice, and vanilla until blended.
5. Fold in whipped cream.
6. Scrape into the prepared crumb crust. Cover and refrigerate 12 hours to overnight.

Blueberry Topping

7. In a small saucepan, heat blueberries, cane sugar, and lemon juice over medium high heat. Reduce heat and simmer for 10 minutes, or until blueberries are soft, pressing some with the back of a spoon.
8. Whisk together cornstarch and water. Pour into the berry mixture. Turn up heat to medium high, cooking and stirring until thickened and bubbly. Remove from heat. Stir in the remaining cup of fresh berries. Allow to cool slightly and top cheesecake.



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Dark Chocolate Mint
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LOOK FOR THE SIGNS!



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CADIA

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EASY VEGAN BANANA PANCAKES

Makes 10 Pancakes

- 1 cup brown rice flour
 - 2 tsp baking powder
 - ¼ tsp salt
 - 2 ripe bananas, mashed smooth
 - 1 cup vanilla plant based milk
 - 2 Tbsp coconut oil, melted
 - 1 Tbsp apple cider vinegar
1. In a medium bowl, whisk together rice flour, baking powder, and salt.
 2. Stir in bananas, plant based milk, coconut oil, and cider vinegar until just combined. Some lumps are ok!
 3. Measure out batter with a ¼ cup measuring cup onto a skillet preheated to medium heat. Cook 2-4 minutes each side, or until pancakes are golden and cooked through.
 4. Serve with fresh fruit, jam, or maple syrup.



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SAUVIGNON BLANC**

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CHOCOLATE CHERRY ZUCCHINI MUFFINS

Makes 15 Muffins

- 1½ cups unbleached wheat flour
- ½ cup unsweetened baking cocoa
- 2 tsp cinnamon
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- ½ tsp ground nutmeg
- ⅛ tsp ground cloves
- ¾ cup brown sugar
- ½ cup butter, softened
- 2 eggs
- ½ cup buttermilk
- 2 tsp vanilla
- ½ lb zucchini, grated (about 1 or 2 whole zucchini)
- 1 cup frozen cherries, chopped
- ½ cup chocolate chips

1. Preheat the oven to 350°F. Line a muffin pan with baking cups.
2. In a medium bowl, whisk together flour, baking cocoa, cinnamon, baking soda, baking powder, salt, nutmeg, and cloves.
3. In a second bowl, cream together butter and brown sugar until fluffy, about 2 minutes.
4. Beat eggs into the butter-sugar mixture, one at a time. Then add buttermilk and vanilla until well blended.
5. Stir in flour mixture until just combined. Fold in zucchini, cherries, and chocolate chips. Do not over-mix. Batter will be thick.
6. Fill each baking cup to the top. Bake for about 30 minutes, or until a toothpick inserted into the center comes out clean (a few crumbs are okay).
7. Allow muffins to cool in the pan 2-5 minutes before removing to a rack.

Muffins may be frozen for up to 3 months in an airtight container.

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ORGANIC INDIA prides itself in supporting and honoring farmer partners by providing

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- Farmers maintain ownership of their land and receive organic agricultural training

- Health care for farmers and families

At the foundation of ORGANIC INDIA's products, company, and sourcing is regenerative agriculture that not only sustains, but replenishes the earth. Every herb, plant, and fruit in ORGANIC INDIA products is grown or harvested using organic, bio-regenerative methods and sustainable wild-crafting practices.

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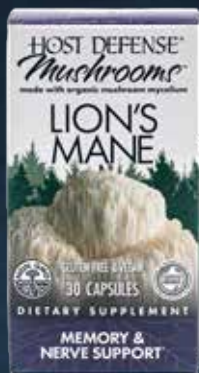


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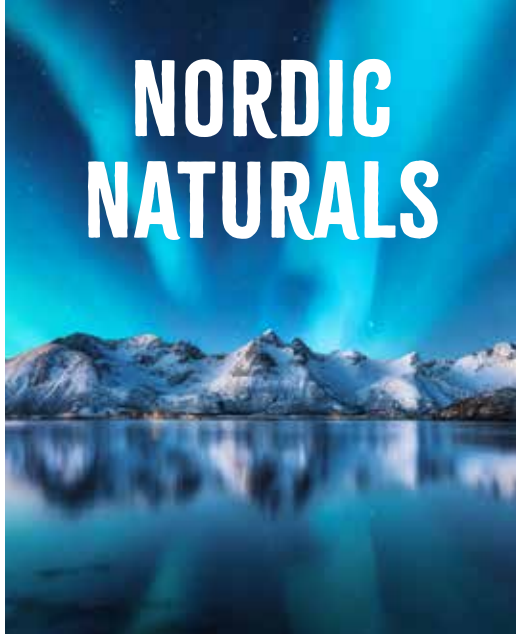
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