



November 2014

the SCOOP

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NOW OPEN
9:30AM-7PM
DAILY!

A SEASON FOR GIVING THANKS

There are so many wonderful things to love about fall. The cool, crisp air has us reaching for cozy sweaters and scarves, lighting our wood stoves and baking comforting treats. Along with the changing weather we often find our lives slowing down from the hectic, packed schedules of summer. It's the perfect season to take a break with a warm cup of cider and reflect on all of the things we have to be grateful

for. At Farm Fresh we are grateful for so much this year! Our business keeps expanding with longer hours, an ever increasing selection of products, and our growing family of employees and customers! We're so thankful for each and every one of you and for your help

making our business thrive. In the spirit of thanksgiving we would like to take the time to share with you what we are celebrating this fall!

Celia: My favorite thing about this time of year are the gorgeous fall colors and all the different colors of winter squash. I'm thankful for my family and for my health.

Allison: My favorite things about fall are hot toddys, pumpkin pie made from scratch, listening to the wind blow at night and netflix!

Jessalyn: I'm thankful for time spent with friends and family and I love all the fall colors!

Gavyn: Pie! Lots of family and all of the feasts involved with the holidays.

Stephanie: Thankful for my endlessly patient husband, and well-seasoned cast iron pans. I get excited in the fall for winter squash, long walks, and curling up by the fire.

Lucy: My favorite things this time of year are hot spiced cider, sweaters, haunted corn mazes, cozy wood fires, and squash.

Zach: I'm thankful for Thanksgiving leftovers!

Erin: I love walks on crunchy, colorful leaves and I'm thankful for so much love and support in my life.



From left to right: Erin, Celia, Zach, Allison, Stephanie & Lucy

TURKEY TIME!



CALL TODAY TO
RESERVE YOUR
ORGANIC,
RANGE-GROWN
THANKSGIVING
TURKEY!

(360) 943-5573

STAFF SPOTLIGHT: MEET CELIA!

Crazy couponer, sweepstakes champion, entrepreneur, globetrotter, wife and mother. And, let us not forget, the owner and founder of Farm Fresh Market! Celia and her husband, Tom, started Farm Fresh Market in 2009 with their own blood, sweat, and tears. Their vision and dedication has turned this once small farm-direct online market into a thriving natural food store.

Can you give us a brief history of Farm Fresh Market and it's evolution? Tom and I bought property in Chehalis and started poultry farming. We realized there weren't many outlets to sell our products, so we came up with the idea of Olympia Local Foods, an online farmers market. It was an easier way for farms to connect with the community. For the first few years we were basically an alternative to a CSA. Farmers would post what they had available, customers would shop online and we would package it. It was good for the farms because they could harvest exactly what was sold and good for the customers because they could choose the farms they wanted to buy from. When customers picked up their orders they would want other products, so we just kept expanding our selection. It was customers requesting more and more products that they couldn't find anywhere else. It just sort of developed into a local, natural, organic food store.

How would you like to see Farm Fresh Market evolve for the future? More square footage! But I don't want the store to get too big. I want people to be able to walk in and see the whole store. I'd like to offer more prepared food, organic fried chicken, fries cooked in coconut oil, a larger meat selection, organic soft serve, fresh cold-pressed juice, smoothies, a bulk department, books and magazines and a butcher counter where you can order sliced deli meat!

What do you do in your spare time? Hang out with my kids, Sammy, who's 7 and Jacob is 3. We cook together, and read a lot. Sam really likes mysteries and encyclopedias. I also love gardening when the season is right and watching TV...

What show are you into right now? Dexter, I'm obsessed with it. I'll stay up late watching it in bed on my phone!

What drew you to natural foods? It's funny, we didn't start out as a natural food store. I was actually one of those crazy extreme couponer people. It wasn't health food. It was packaged



stuff. I feel like I've learned so much from my customers. I learned how to eat healthy and started reading more about it.

Are you a native Washingtonian? No. Native Californian, from Sacramento. I moved in 2003 to go to Evergreen and then just stayed. I Met Tom at a party while at Evergreen and the rest is history.

What's your favorite thing about working at Farm Fresh Market? I love the customer interactions. I learn a lot everyday. I love helping people learn how to cook healthy and teaching them about the different squash or how to cook vegetables they've never heard of.

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LAMB SHOULDER STEAK

from Fido's Farm
in Olympia
THURS 11.13
ONLY **\$9.99
per lb**

ACORN SQUASH

WED 11.19
ONLY
**99¢
per lb**



GRAIN-FREE "CORNBREAD" & SAUSAGE STUFFING

INGREDIENTS

1 pound pork sausage
2 tbsp unsalted butter or ghee
1 large onion, chopped
2 celery stalks, chopped
10 fresh sage leaves, chopped
1/4 cup flat-leaf parsley, chopped
1/2 tsp Celtic sea salt
1/4 tsp freshly ground black pepper
1 batch of grain-free cornbread, cut into cubes and left uncovered overnight to dry
1 cup chicken stock
3 large eggs

DIRECTIONS

Preheat oven to 350°F and adjust rack to middle position. Cook pork over medium heat in a large skillet, using back of a wooden spoon to break the pork into small pieces. Using a slotted spoon, transfer the pork to a large bowl. Melt butter along with any leftover fat from the ground pork in the skillet. Add onion and celery and cook, stirring frequently until onions are just turning translucent, about 5 minutes. Stir in sage, parsley, salt and pepper. Pour mixture into the bowl with the pork. Add dried and cubed cornbread to onion and pork mixture. Whisk chicken stock and eggs in a medium bowl. Pour over cornbread mixture and gently toss until all ingredients are wet. Pour into an 11 x 7 - inch baking dish. Bake for 30-35 minutes until the top is golden brown. Serve.



GRAIN-FREE "CORNBREAD"

INGREDIENTS

2 cups almond flour
3 tbsp coconut flour
3 tsp grain-free baking powder
1 tsp Celtic sea salt
1/2 tsp baking soda
2 tsp coconut sugar
2 large eggs, lightly beaten
8 tbs unsalted butter or ghee, melted and cooled slightly
1 cup sour cream (or plain, whole coconut yogurt)

DIRECTIONS

Preheat oven to 425°F and adjust rack to middle position of oven. Butter an 8 x 8-inch baking dish. Whisk almond flour, coconut flour, baking powder, sea

salt, baking soda and coconut sugar together in a large mixing bowl. In a separate bowl, whisk together the eggs, butter, and sour cream. Pour sour cream mixture, jalapeños and onions into flour mixture and gently fold all ingredients together. Pour half of the cornbread batter into the baking dish and spread out evenly. Sprinkle the shredded cheese on top, and then pour the remaining batter on top. Bake for 30-35 minutes, or until the top is golden brown.

Recipe and photo courtesy of Carrie Vitt @ deliciouslyorganic.net

PALEO DINNER ROLLS

INGREDIENTS

1 cup tapioca flour (starch)
1/4 – 1/3 cup coconut flour
1 teaspoon sea salt
1/2 cup warm water
1/2 cup olive oil
1 large egg, whisked

DIRECTIONS

Preheat oven to **350 degrees F**. Combine the tapioca flour (you can substitute arrowroot flour/starch) with the salt

and 1/4 cup of the coconut flour in a medium bowl. Mix well. Pour in oil and warm water and stir. Add the whisked egg and continue mixing until well combined. If the mixture is too thin you should add one or two more tablespoons of coconut flour – one tablespoon at a time – until the mixture is a soft but somewhat sticky dough. Use a spatula or large spoon to scoop out about two tablespoons of the dough and roll into balls. You will be making about 10 rolls. Use extra tapioca flour in the palms of your hands so the dough does not stick. Place each roll of dough onto a greased baking pan, parchment paper.

Recipe and photo courtesy of Lea Valle @ paleospirit.com

PIGMAN'S ORGANIC PRODUCE PATCH

WE ♥ LOCAL

Meet Dean and Jan Pigman! Their small family run farm is nestled in the Nisqually Valley and has been certified organic for 25 years. At Pigman's Organic Produce

Patch they pride themselves on practicing home-

stead farming. Their produce is still hand seeded, hand weeded, and hand picked!

Both in their 70s, Dean and Jan haven't slowed down a bit. Jan still gets down on her hands and knees to smell the fruit and see if it's ripe. Their focus is on the high quality of their produce, not the quantity,



and it definitely shows. Their produce is always gorgeous and always delicious! They grow an assortment of berries, fruit and vegetables on their 6 acre farm that they sell at the Olympia Farmer's Market and to local mar-

kets like ours. They also have u-pick strawberries, raspberries, pumpkins & squash. The Pigman's give back to the community too by donating produce to food banks and local churches.

Next time you're in the store, keep an eye out for their scrumptious produce!

STAFF SPOTLIGHT CONTINUED

Do you have any products that you absolutely love? Jalisco corn tortillas from Shelton! They are a staple in our house. We eat a ton of tacos and taquitos. It's our go-to meal. Also, Dungeness Valley raw milk from Sequim and my kids love the Tunawerth Dairy yogurt from Tenino.

What is your favorite seasonal fall produce? I really love delicata squash. I recently learned you can eat the skin!

Do you have a specific recipe for the delicata? Yes! Cut it lengthwise into little moon shapes. Cover it with olive oil and salt, then roast it in the oven. You can just eat the whole thing with the skin and everything. It is so good!



*Happy Thanksgiving
from the
Farm Fresh family!*

NEW PRODUCTS

Natural Decadence Stuffing Mix

Made with fresh herbs and spices right in the dough! Not only is this stuffing delicious, it's also free of gluten, dairy, egg, nut, corn and GMOs!

Madhava Organic Baking Mixes

Like baking from scratch without all the work! Made with ancient grains and no processed sugars, chemicals or preservatives.

Wow Gluten Free Cookies

Soft and chewy mini cookies in a 12 oz tub. Some of the most delicious cookies you'll ever eat, gluten free or not!

Valbreso Feta Cheese

Rich and creamy with just a hint of salt and the perfect melt-in-your-mouth texture!

CoGo Organic Honeycrisp Apple Juice

Delicious tart apple juice with a sweet after taste made from nothing but honeycrisp apples. Like pouring a glass of autumn!

Twin Brook Creamery Eggnog

So rich and creamy, this is the only eggnog you'll ever want!

So Delicious Coconut Nog

A decadent dairy-free alternative to eggnog.

Soon to come - Fresh Breeze Organic Eggnog!

Fresh Organic Chestnuts

Just delivered from Burnt Ridge Nursery. Roast up some of these local treats this holiday season.

Wholly Wholesome Organic Pie Dough

Making pies just got a little easier. Two pre-rolled sheets of pie dough so good no one will know it's not from scratch! Also look for the gluten free graham cracker crust from Mi-Del.

Frontier Organic Almond & Peppermint Flavoring

Distinctive almond & peppermint flavor without any alcohol! Perfect for your holiday baking.