



# the SCOOP

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**NOW OPEN  
9AM-8PM  
DAILY!**



## THE BERRY BEST OF SUMMER

By Stephanie McNelis

When I think about the summers of my childhood, I think of long days and warm nights, bicycle rides to the lake, time at my family's cabin, and fresh berries. My family's cabin was surrounded by raspberry plants taller than my younger brother or I. We feasted on the small,

sweet fruits all day, running around with stained fingers and berry moustaches. Most of you make the same association between a successful summer and berry consumption.

Berries are a summer staple, and here at Farm Fresh Market we are delighted to be entering berry season and supplying you with the plump, juicy, organic fruits of summer. Both strawberries and blueberries make "the Dirty Dozen" list of foods that, when conventionally grown, frequently contain pesticide residues. So, if your budget only allows for some organic food, make sure berries are on that list!

Strawberries are a member of the rose family and are the only fruit to have their seeds on the outside. Strawberries are in season



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## WE ♥ LOCAL: YELLOW BELLY HONEY



Jesse Mseitif founded Yellow Belly Honey in the summer of 2014 with the mission of providing locally-harvested, premium, raw honey with a taste as close to the actual hive as you can get! Located on 11 acres in Rainier, Washington, Yellow Belly Farm has a diverse ecosystem of wildflowers and birds, making for happy bees and better honey! Their honey is never heated or treated and is always antibiotic and pesticide free. Nothing but pure, delicious honey.

Jesse's family has been instrumental in helping him achieve his vision. Each of their unique skill sets come together to create a product that is meticulously cared for from beehive to bottle.

Before founding Yellow Belly Honey, Jesse graduated with a degree in Business Economics from the University of Washington Graduate School. His degree gives him a fundamental understanding of the marketplace. Jesse's fiancée, Danielle, and her son Daniel give him with support. They are his biggest cheerleaders and provide him with motivation!

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## CUSTOMER APPRECIATION DAY!

Sunday, June 28th from 11 to 3

MEET OUR PRODUCERS!

FREE BBQ!

TONS OF SAMPLES!

10% OFF ALL DAY!

\*EXCLUDES SPECIAL ORDERS

# STAFF SPOTLIGHT: MEET JUDY!

She doesn't know Santa Claus, but they've got the same stomping grounds. She's older than you might suspect and she'll probably school you at cribbage. After traveling the country in a 14-foot travel trailer, she eventually found her way to Farm Fresh Market.



**What do you do at Farm Fresh Market and how long have you worked here?** I have worked here since May and I do everything they ask me to do! I run the cash register, I greet customers, I stock groceries, produce, meat... a little bit of everything.

**What drew you to natural foods?** It was

## **BERRIES** *CONTINUED FROM PAGE 1*

now and are delicious on their own, on spinach salad, over cereal, or perhaps on top of a bowl of Chocolate Coconut Bliss. One cup of raw strawberries contains 150% the average daily value of Vitamin C and snacking on berries is a great way to stay hydrated, so eat up!

Blueberries are one of only a handful of fruits native to North America, and were an important food and medicine to many North American Tribes. This all American favorite is high in Vitamins C, K, and manganese, and a leader in antioxidant content. They are a perfect way to celebrate summer!

Summer is the perfect time for relaxation, enjoying nature, and preparing wonderful summer meals to savor with our friends, families, pets, and of course, to enjoy our favorite berries! Ring in summer right by adding berries to your fruit salad, dessert, or a green salad!

a slow process. My boyfriend is really into sports and he was overweight as a kid. He was always doing all these different diets. So, it was sort of a slow process of clean eating. The more I learned about organic and sustainable, the more interested I got into it.

**What do you do in your spare time?** I like to hike and fish, read, and watch UFC!

**Are you a native Washingtonian?** No. I am a native Alaskan. I grew up in North Pole, Alaska.

**What's your favorite thing about working at Farm Fresh Market?** I love all my co-workers! They're super fun to be with. And I love learning about all the local vendors.

**Do you have any products you love?** I absolutely love the pork shoulder roasts. I live by them! I like to make pulled pork with them. Sometimes I do it with barbecue sauce or sometimes I do it Mexican style. Also the individually-sized nut butters from Wilderness Poet and Rawnaimo Bars from Peace, Love, Raw, of course!

**What's your favorite summer meal?** Anything grilled, honestly! Burgers, chicken wings...

# NEW PRODUCTS

## **Sensei Sauce**

Made in small batches in Portland, Oregon with fresh, whole ingredients. This Korean-style marinade is the master of all sauces that won't overpower your food.

## **Flax4Life Chocolate Brownie Mini Muffins**

Moist and flavorful mini muffins loaded with chocolate. Satisfy your sweet tooth with healthy ingredients and 2 grams of fiber and protein per serving!

## **Holy Kakow Chocolate Syrup**

Handcrafted small-batch, organic chocolate sauce perfect for topping desserts, making rich hot cocoa, or delicious chocolate milk. Made with Peruvian cacao, agave nectar and other high quality, responsibly sourced ingredients.

## **Coco Hydro Instant Coconut Powder**

Healthy hydration on demand! Dehydrated at the source to avoid shipping water around the world. Just mix with water for a refreshing and portable coconut water option.

## **Kinnikinnick Vanilla Wafers & Chocolate Chip Cookies**

Your favorite classic cookies are now gluten, dairy, and nut free! So delicious you won't be able to tell the difference. Look for their gluten free Panko Bread Crumbs too!

## **Fruit Juice Sweetened Dried Cranberries**

Juicy, delicious and only three ingredients - cranberries, apple juice and sunflower oil.

## **YELLOW BELLY HONEY** *CONTINUED FROM PAGE 1*

As the company grows, they continue gaining a larger role within the company.

Jesse's father and co-founder of Yellow Belly Honey, Wally, took up beekeeping as a hobby after retiring from being a Boeing engineer. Because of his background he cares for the beehives with a methodical craftsmanship. Wally is truly devoted to keeping the bees happy!

Jesse's mother, Annie, helps with sales, events, and spreading the Yellow Belly name throughout the community.

All of the beautiful labeling, packaging and marketing materials are created by Jesse's sister, Maria Yarcowzer.

Look for Yellow Belly's high-quality honey next time you're at Farm Fresh Market or learn more at their website: [www.yellowbellyhoney.com](http://www.yellowbellyhoney.com)