



# the SCOOP

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**OPEN  
9:30AM - 7PM  
DAILY!**

## THE GRASS-FED IS ALWAYS GREENER

By Stephanie McNelis



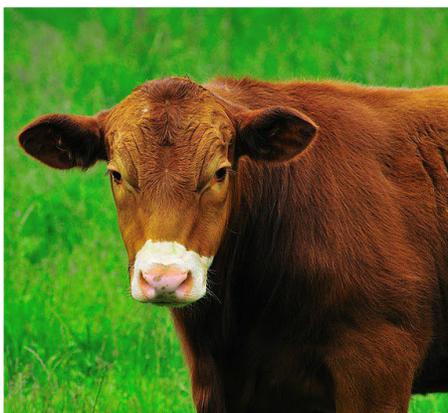
Grass-fed, grass-finished, pastured, organic, hormone-free, local... There are a lot of labels out there to decipher.

Here's what you need to know about grass-fed labels from the health benefits of grass-fed beef to how we source our selection of 100% grass-fed beef at Farm Fresh Market.

Why grass-fed? Cows are meant to eat grass, so when they consume large quantities of grain it leads to health problems which necessitate the use of antibiotics. Our beef is all raised without the use of antibiotics. Grass-fed beef is higher in heart-healthy Omega-3 fatty acids than grain-fed beef, while also lower in overall fat and calories. It's naturally leaner and higher in nutrients. To borrow from Michael Pollan, "you are what you eat eats." Cows evolved eating grass and are much healthier when they are able to eat their intended food, making grass-fed beef a healthier option for you and your family.

Many companies will simply state that their meat is "grass-fed," which is true of nearly all cattle in the early months of its life. Most cattle live several months at pasture before being sold at auction. Then they are moved to "factory farms" where they're fattened on grain before becoming your steak. This is why you should look for grass-finished beef.

There is no regulation of the term grass-fed, so the best way to ensure that you are getting truly grass-fed meat is to know your farmer and trust your butcher. At Farm Fresh Market, we can tell you where your meat comes from, how it was raised, and what it ate. We may fall just short of knowing the cow's names, but we can probably find out for you! And all of our beef is 100% grass-fed, grass-finished.



We buy whole cows from Stiebrs Farm in Yelm. Stiebrs raises 100% grass-fed, grass-finished cows on certified organic pasture. Stiebrs will not be renewing their organic certification, due to some exceedingly expensive and restrictive containment requirements that would require the farm to build new fences. They chose to concentrate on continuing to bring you the highest quality, humanely raised, healthful, and truly delicious beef. Because we buy whole cows, we carry a wide variety of Stiebrs beef,

including steaks, ground, roasts, stew meat, liver and bones. An affordable way to stock your freezer with high quality beef is to buy ¼, ½, or whole Stiebrs cows through Farm Fresh Market.

Colvin Ranch raises grass-fed, grass-finished beef near Tenino. The Ranch was homesteaded by the Colvins five generations ago, and they remain committed to raising cattle in a truly sustainable and humane fashion. All of their beef is hormone and antibiotic free. Look for their ground beef, liver and soup bones in our freezers.

Many of you have come to love and depend on our fresh meat, which is processed daily in-house. The majority of our fresh beef comes from Pacific Pastures in Northern California. We strive to bring you not only the best options in grass-fed meat, but also a variety of options. We are not able to source our fresh beef, which we process in our store, from our local farmers since most of their meat is processed, vacuumed-packed, and frozen immediately. Instead we partner with Pacific Pastures, a small company comprised of independent ranches. Their cattle are always grass-fed, raised with high standards, and are never administered antibiotics or hormones. The Pacific Pastures label was started for farms that adhere to organic principles but don't want to or haven't

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# STAFF SPOTLIGHT: MEET ZACH!

Last July Zach simultaneously relocated to Olympia, moved onto a sailboat with his new wife and started working at Farm Fresh Market. With so many big changes in his life, he likes to unwind with a package of Surf Sweets Sour Gummy Worms, watch Lil' Bub videos, and daydream about one day owning a donkey of his very own.

**What do you do at Farm Fresh and how long have you worked here?** I'm the in-house meat clerk. I prepare and cook the rotisserie chickens, make and package our custom sausages as well as our freshly ground beef, pork and chicken.

**What do you do in your spare time?** Hang out with my wife and our yorkie, on our sailboat. It's a 32' Ericson we bought last summer. We're working on fixing it up. I watch movies, read about sailboats and look up ideas for the our boat, "The Sea Shanty."

**What drew you to natural foods?** I've been working in natural foods for the past 3 1/2 years and I love it! I got a job as a deli clerk at a natural food store in Salem, Oregon. I prepped veggies all day and learned a lot. As it turned out, it was a pretty seamless transition from all veggies to all meat. Always continually learning...

**Are you a native Washingtonian?** Yeah. I was born in Longview and grew up in Bellingham. I moved to Olympia in July with my wife, Erin. We bought our sailboat in Bremerton and brought it down to Olympia. We wanted to be on the Puget Sound to



pursue our dream of living on a sailboat and exploring the sound. Unfortunately, the boat broke down on its maiden voyage and we haven't had it out since. We're working towards having the motor fixed by summer so we can finally get out there!

**What's your favorite thing about working at Farm Fresh Market?** Working with a high quality product that I can take pride in. We're putting something out there that is far better than what you can find at other stores. Plus, developing a new skill set. I'm learning a lot about the different cuts of meat and so on.

**Do you have any products that you absolutely love?** The curry sausage! It's amazing. All the sausage that we make in house is good, but the curry sausage is my favorite - both the pork and the chicken are great. I enjoy it on its own or scrambled with eggs, but it's also really good with sweet potatoes and kale served over rice or quinoa. Also, our ground chuck makes really good burgers! I like to mix it with our ground pork and then pan fry them in duck fat. You can't go wrong there. And of course, the rotisserie chickens. They're pretty much the best thing ever, especially fresh off the rotisserie when the skin is crispy.

**What is your favorite thing about spring?** All the sunshine. It's the perfect temperature. It's really nice on the boat in the spring and not too hot during the day! Also the building anticipation of summer. I'm looking forward to camping and getting out on the water.

## On Sale During the Month of March:



**Laughing Giraffe  
Snakaroon 3-pack  
Chocolate or Vanilla  
\$2.99/ea**

1.25 oz - Reg. \$3.99/ea



**Double Rainbow  
Salted Caramel Chip  
Ice Cream  
\$4.49/ea**

16 oz

Reg. \$5.19/ea

# COCONUTS:



## In a Nut Shell



The meat of the coconut



Derived from the coconut nectar of the blossom

### Coconut Milk Beverage

Processed with hot water like nut or soy milks

Uses:

- Drinking
- Cereal
- Milk replacement



### Coconut Sugar

Sap is heated until water evaporates

Uses:

- Substitute for cane sugar at a 1:1 ratio
- Tastes like brown sugar with caramel notes



### Canned Coconut Milk

Made by pressing the flesh of the coconut

Uses:

- Cooking in curries and sauces
- Replaces milk and cream



### Coconut Aminos

Sap aged with Sea Salt

Uses:

- Substitute for Soy Sauce

### Creamed Coconut

aka coconut butter or coconut manna  
Dehydrated flesh of the coconut ground into butter

Uses:

- Substitute for butter in baking
- Eat as you would nut butter



### Coconut Vinegar

Sap is fermented into vinegar

Uses:

- Use in any recipe that calls for vinegar



### Coconut Flour

Coconut meat ground into a flour-like consistency

Uses:

- Substitute for flour in gluten-free baking
- Breading for meat & fish



### Coconut Water

Liquid from green coconuts

Uses:

- Known for its electrolytes
- Used as a sports drink

# CORNERED BEEF MEATBALLS

Many of us will find ourselves with leftover corned beef and cabbage this month. Instead of the usual reuben sandwiches or corned beef hash try making these unusual, but tasty meatballs!

Serves 4



Photo courtesy of Mellisa Sevegny

## INGREDIENTS

- 1.5 cups of corned beef, chopped
- 1/2 cup cooked cabbage + more for serving
- 2 eggs
- 1/2 cup almond flour
- 1/4 tsp black pepper
- 1/4 tsp salt
- 2 tsp whole grain mustard
- 2 tbsp oil for frying

## DIRECTIONS

Combine corned beef, 1/2 cup cabbage, almond flour, eggs, salt, pepper, and mustard. Mix thoroughly. Form into small meatballs. Heat oil in a nonstick saute pan and fry meatballs in batches until golden brown. Remove from oil and place on a paper towel-lined plate. Serve with mustard on top of leftover cabbage.

Recipe adapted from [www.imbreatheimhungry.com](http://www.imbreatheimhungry.com)

**DON'T FORGET**  
*every Tuesday we offer a 10 %*  
**DISCOUNT**  
*for military, students, & seniors 55+*

### Grass-fed continued from page 1

yet gone through the rigors of certification. Depending on availability, we also carry Eel River, the parent company of Pacific Pastures, who raises cattle in a similar fashion, but is certified organic. We offer fresh ground round, ground chuck, top round steaks, top round roasts, and stew meat.

We also partner with Heritage meats to bring you 100% grass-fed, grass-finished beef from Jerry Foster's Farm in Curtis, WA. Jerry raises his cattle on the fertile banks of the Chehalis, and Heritage processes this meat and brings us fresh steaks, roasts, and bones twice weekly. We can also special order nearly any cut of beef for you, just ask!

# NEW PRODUCTS

## Three Sisters Nixtamal Yellow Corn Tortillas

Traditional corn tortillas made in Portland from freshly ground organic corn and just a pinch of salt.

## MiRancho Artisan Tortillas

Made in small batches with organic wheat then toasted to perfection.

## Nineveh Avocado Kale & Lentil Salad

Like the original, but with creamy delicious avocado!

## Happy Campers Stompin' Good Seedy Buckwheat Molasses Gluten Free Bread

This hardy and delicious bread is packed with seeds and flavor. The best gluten free bread you'll ever eat.

## Just Desserts Organic Salted Caramel Brownie Bites

Small in size and big in flavor with only 70 calories in each.

## Sweet & Sara Rice Crispy Treats

Non-GMO and vegan version of the ultimate classic treat! Chewy and sooo delicious.

## Steam Gourmet Parchment & Seasoning Kits

New from Simply Organic, each kit contains 2 seasoning packets and 2 parchment bags. Just add your own protein for a clean and simple way to prepare a gourmet dinner. Choose from Sesame Ginger Salmon, Garlic Herb Chicken, Paprika Chicken or Cajun Chicken.

## Surf Sweets Candy

Naturally and organically sweetened gummy candy and jelly beans that are full of fruity flavor and no yucky ingredients.

## Whole Earth Kettle Corn

Crispy, crunchy, sweet and salty. The fact that it's all organic makes it that much sweeter.

## Eel River Organic Ground Chuck

Ground fresh in-house from premium chuck roast. This fatty cut of meat makes for unbelievably juicy burgers and meatloaf.