



the SCOOP

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SUSTAINABLE SEAFOOD

By Erin Dwyer

The growing demand for seafood coupled with advances in technology cause a serious threat to the populations of fish and shellfish around the world. Choosing sustainably-harvested seafood is the best way to ensure that future generations will be able to enjoy this healthy, lean protein source.

There are lots of guides available online to help you determine whether the seafood you're about to buy is sustainable. The

Monterey Bay Aquarium developed a recommendation list with a simple color coding system. Green items are the best choice like wild salmon and line-caught tuna, Yellow means good alternative such as wild oysters or pacific cod, and Red means seafood to avoid like shark. Head to their website seafoodwatch.org for a detailed list or download their app that allows you to check your seafood on the go!

Even without a detailed guide or app there are a few simple steps you can follow to help you find ocean-friendly seafood:

1. Look for seafood that is harvested in the United States. Because of the rigorous management process fisheries in the U.S. are continuously monitored to ensure quality.
2. When you buy seafood, ask where your seafood comes from and whether it was farmed or wild-caught.
3. Buy seafood from knowledgeable, reputable dealers, like Farm Fresh Market!

WE ♥ LOCAL SEAFOOD

Loki Fish Co.

Location: Locally Owned and Operated in Seattle

About: Loki Fish Company was started in 1979 by Pete Knutson and Hing Lau Ng, and is still family owned and operated by Knutson, Ng, and their sons.

Sourcing: Loki exclusively sells what they catch on their two fishing boats, and two partner boats, from the Puget Sound to Southeast Alaska. Loki utilizes sustainable harvest techniques. Their Alaska fishery is internationally certified by the Marine Stewardship Council.

Products: Here at Farm Fresh Market we offer Loki's smoked Coho, cold-smoked Coho Lox, and frozen Keta filets (a staff and customer favorite!)

Briney Sea Delicaseas

Location: Locally Owned and Operated in Olympia

About: Briney Sea, owned by Jay Garrison, has been in business since 1992. With a lifetime of experience in salmon fishing and production, Garrison pays close attention to detail to ensure the utmost quality.

Sourcing: Briney Sea sources salmon from Alaska and local tribes. The majority of Briney Sea's products are wild caught and their tuna is line caught.

Products: Farm Fresh Market carries smoked King and Coho salmon from Briney Sea, as well as several salmon jerkies, smoked albacore (another staff and customer favorite!), and frozen filets.

SEARED CALAMARI IN A COCONUT-PEANUT SAUCE WITH SNAPPEAS



INGREDIENTS

- 1 tbsp peanut butter
- 1.5 inch piece fresh ginger, grated
- 1 4oz can diced green chilies
- 1 can coconut milk
- 2 tbsp brown sugar
- ½ cup cilantro, chopped
- 4 calamari steaks
- 2 tbsp coconut oil
- ½ snap peas, halved
- sea salt
- freshly ground black pepper

DIRECTIONS

Combine peanut butter, ginger, chilies and 1 cup coconut milk in saucepan over medium heat. Add brown sugar and rest of coconut milk, stirring continuously until slightly thickened. Add the cilantro. Using a sharp knife, cut a crisscross pattern over the calamari steaks. Pan-fry in coconut oil for 2 to 3 minutes a side, or until golden and tender. Serve with the warm coconut-peanut sauce and top with the sugar-snap peas. Season to taste.

Recipe and photo courtesy of taste.co.za

STAFF SPOTLIGHT: MEET ANTHONY!

What do you do at Farm Fresh Market and how long have you worked here?

I've worked here for about 2 months. I'm a meat cutter.



What drew you to natural foods?

I worked in a health food store doing food prep for the deli, making sandwiches and other side dishes.

What do you do in your spare time?

I like to go on a lot of hikes, especially here in Washington. There are way more places to walk around everyday. I skateboard and my roommates and I have collected over a 100 VHS tapes because you can pick them up for

around 99 cents at Goodwill. So we've been watching a lot of VHS!

Are you a native Washingtonian?

I'm not. I've only been here for 3 months. I'm from California... San Diego. I lived there my entire life. I had friends that lived here and they described it as a really awesome place to grow and experience new things. I wanted to start my own life outside my parent's house.

What's your favorite thing about working at Farm Fresh Market?

The environment is really nice. I work in the back, so I listen to my music and do my thing all day. It's really relaxing now that I know how the motions go. It's pretty fun and a job I can learn from.

Do you have any products you love?

The curry pork sausage. I made a stir-fry with it and it was really good!

What's your favorite thing about spring?

I'm excited about spring in Washington. Apparently it's the most beautiful season. All the trees come back to life and the flowers start blooming again. In San Diego there's no real difference between summer, winter, fall or spring. It'll be fun to see what happens.

NEW PRODUCTS

Scatter Creek Coffee

Locally roasted in Tumwater with fair trade and organic beans sourced from small farmers who are improving their communities and economies.

Stumptown Cold Brew w/Chocolate Milk

Enjoy rich and creamy chocolate milk right out of the carton with a delicious kick of Stumptown cold brew.

The Buffalo Guys

Grass-fed, range-raised bison products with no antibiotics or hormones. Try the ground buffalo, New York-style bison steaks or buffalo bratwursts.

Blue Heron Cookies

Handmade right here in Olympia with the freshest ingredients available. Treat your family to a pack of these tasty and nutritious cookies.

Grace Harbor Yogurt

Cream top yogurt from Custer, Washington. Made from fresh ingredients with no stabilizers or additives. Just simple, delicious yogurt.

Bionaturae Papparadelle Egg Noodles

Traditional Italian egg pasta made with organic durum semolina flour and organic eggs from pasture-raised hens.

Pacific Chicken Bone Broth

Made by slow-simmering chicken bones with onions, vinegar and rosemary for a savory bone broth full of naturally occurring protein.

On Sale During the Month of May:



**Jackson's Honest
Potato Chips**
\$4.49/5 oz bag
\$1.09/1.2 oz bag

Reg. \$5.29/5 oz
\$1.29/1.2 oz



**Better Beans
Chipotle Bean Dip
& Cuban Black Bean**

\$2.99

Reg. \$3.49