

Idaho's Bounty Food Co-op, Inc. March 2010 List of Changed Products

Vegetables

Cucumbers

#	Product	Type	Price
Soft Touch Greenhouse			
	English mini cucumber (hydroponic)		
#2220	Order number of bags. 5 cucumbers to the bag Seedless, burpless, young tender cucumbers that are 4"-7" in length, and 1"-1 1/4" in diameter. No need to peel. They are good as a snack or as an addition to a meal. Following is a recipe that we have enjoyed. Cucumber Soup: Saute' in a large skillet 3 cups sliced cucumbers, 1/2 cup onion, minced, and 2 tablespoons butter. To the skillet add 1 teaspoon salt, 1 tablespoon flour, 2 cups chicken broth, juice of 1 lemon, and a pinch of dried dill weed. Puree and chill. Then add 1 cup sour cream and 1 cucumber finely diced. Serve cold.	All Natural	\$4.54/bag

Greens and Lettuces

#	Product	Type	Price
Fair Mountain Farm			
	Spinach(1/2 pound bag)		
#1017	Order number of bags. This is not the flat, smooth leaf variety, but the old time crinkly, crunchy, crisp, alive-in-your-mouth type that good home gardeners raise. We can never grow enough to satisfy demand! Brimming with vitamins & minerals.	All Natural	\$6.61/1/2# bag

Onsen Farm: Winter Gardens

	Mixed bouquet of Edible flowers		
#2276	Order number of Bouquets. Our beautiful bouquet of edible flowers include Calendula, Marigold, and Bachelor Buttons. Use for your center piece or eat the petals in your salad, a la Monsoon Wedding.	All Natural	\$4.00/Bouquet
	Rainbow Swiss Chard		
#1001	Order number of Bunches. Eat raw or stir fry with garlic in a little oil. Weight is a little under 1/2 lb.	All Natural	\$4.00/Bunch
	Salad Mix		
#2139	Order number of 1/2 pounds. Wonderful tasty young mix of lettuce, arugula and baby spinach, grown in our geothermal heated greenhouse in the Hagerman Valley. All of our produce is grown with organic methods.	All Natural	\$6.90/1/2 pound
	Spinach		
#384	Order number of bags. Fresh spinach grown in our Hagerman Valley green house. Grown using organic methods, not certified organic		\$3.97/1/4 lb

Purple Sage Farms Inc.

	Arugula 4 oz		
#617	Order number of bags. Arugula's hot, spicy, peanut-like flavor is one that I marvel at each time I eat it.	Certified Organic	\$4.00/bag
	Purple Sage Gourmet Salad 4 oz.		
#631	Order number of bags. Our salad is an ever-changing mixture of fresh lettuces, flavored greens that shows what is possible to do with salads. Enjoy exploring the colors, shapes, and flavors.	Certified Organic	\$4.00/bag
	Red Asian Mustard 4 oz.		
#627	Order number of bags. This is the spicy hot one! Wonderful in salads but also to use as wraps containing other ingredients. We often serve this as an appetizer, with other fun foods wrapped inside the leaf.	Certified Organic	\$4.00/bag

#1567	Spinach 1 lb. Order number of bags. New season spinach.	Certified Organic	\$10.00/bag
#630	Spinach 4oz. Order number of bags. This is a very nice and succulent spinach. Washed and ready to eat.	Certified Organic	\$4.00/bag
#2342	Totsoi 4 oz. Order number of bags. This Asian green has a light mustard flavor. Great in salads as an addition for flavor and interest.	Certified Organic	\$4.00/bag

Onions

#	Product	Type	Price
#893	yellow onions Order number of bags.	Certified Organic	\$2.30/3lb.

Root Vegetables

#	Product	Type	Price
#356	baby red beets Order number of bags. gourmet size, pretty little red beets, about golf-ball size. Perfect for roasting or pickling whole. 7-8 per bag. These have been "topped" due to frost so there is a reduced price.	All Natural	\$3.74/bag
#957	Tiniest of the baby red beets Order number of bags. 12 tiny sweet baby red beets. Have been topped for storage.	All Natural	\$3.74/bag
#1086	Very tiny chiogga beets Order number of bags. Bag of 10 baby size sweet pink-striped beets. Topped for storage.	All Natural	\$4.02/bag

Winter Squash

#	Product	Type	Price
#2107	Squash, buttercup Order number of squashes. Organic buttercup squash, one of the sweetest.	Certified Organic	\$2.88/squash
#118	Squash, butternut Order number of squashes. Organic butternut squash, small--2 for 1	Certified Organic	\$2.88/squash
#116	Squash, delicata Order number of squashes. Sweet with tender skin, a favorite of many!	Certified Organic	\$1.73/squash
#120	Squash, red kuri Order number of squashes. Attractive orange squash with sweet orange flesh, 3-4# size	Certified Organic	\$2.88/squash
#53	Squash, spaghetti Order number of squashes.	Certified Organic	\$2.88/squash

Herbs

Fresh Herbs

#	Product	Type	Price
#2143	Sage Order number of Bunches. Culinary Sage	All Natural	\$2.99/bunch

Purple Sage Farms Inc.

#1443	Chives 4 oz. Order number of bags. Chives are a versatile in cooking or using fresh. Great with creams or oils for sauce or salad dressing.	Certified Organic	\$4.60/4 oz. bag
#1444			\$4.60/4 oz. bag

Garlic Chives 4 oz.

Order number of bags. This chive is a standard in Asian cuisine but you will enjoy its distinct garlic flavor in anything you make. Use in stir-fry or soups. This is something you have to try.

Certified Organic

Nettle 4 oz.

#625 Order number of bags. An unusual but nutritious herb that is a very traditional and nutritious food. Caution: it is necessary to heat nettle to remove its sting. Nettle soup is a favorite.

Certified Organic

\$4.60/4 oz. bag

Dairy and Eggs

Eggs

Product

Type

Price

Church's Backyard Farm

Fresh Brown Eggs

Order number of dozen. Our 200 girls live and lay in a converted 1949 International bus. Even in winter they are out and scratching for bugs and dirt around the ranch. Egg colors vary from cream to dark brown, greens and blues. Fed fresh local grains, Alfalfa hay, kelp and our own fresh spring water. Our really cool Egg cartons can be used as mini greenhouses. Wash out empty egg shells, fill with seed starting soil, add seed, place in egg carton, close lid. Presto! A mini greenhouse!

#1297

All Natural

\$4.60/dozen

Crossroads Ranch

American Buff Goose Eggs

Order number of eggs. The Eggs are quite lovely a nice soft white with a hint of buff. I know you will love them an omelet comes to mind. (hint one goose egg equals 2 regular eggs) great for baking.

#1356

All Natural

\$3.45/half dozen

Heritage Duck Eggs

Order number of dozen. We are playing in the snow looking for puddles, and now we are laying some winter eggs. Hope everyone is enjoying the winter.

#367

All Natural

\$4.60/dozen

Fair Mountain Farm

Fresh Eggs

Order number of cartons. Uncaged, free to roam in the chicken-yard. They may be fertilized but we are not sure since our rooster (Chaka Zulu) seems somewhat confused about his sexual identity these days. We mostly have him for his vocal prowess anyway. The hens seem quite content either way. Multi-colored eggs. Their feed: Organic M&M Heath wheat, triticale, our farm's greens/veggies.

#1031

All Natural

\$4.60/carton

Golden Premier Farms

Beautiful Brown Eggs

Order number of Dozen. All Natural Brown Eggs. All the eggs are Large and Extra large even a few huge ones. Our chicks are raised to full grown healthy chickens right here on the farm. Our chickens are feed our own blend of all natural and organic whole grains including barley, wheat, oats, black oil sunflower seeds, soybeans, corn, brown rice, mineral oils, mineral salt, alfalfa, bugs, earth worms (grown here), and other native grasses just to mention a few. We never use GM products, nor Antibiotics, Hormones and Steroids. We have a wonderful roaster named Lon (Named after our best friend). He is a corker for sure; with a very long sounding (Cock-a-doodle-doooooooooooooooooooo). He is very entertaining to say the least. Oh how he guards his treasured hens. We hope you enjoy the eggs from our farm to your kitchen. Eggs are where breakfast starts and finishes with good health.

#2271

80% Organic

\$4.50/Dozen

MM Heath Farms Inc.

Eggs, Certified Organic

Order number of dozen. Fresh from organic/vegetarian-fed, free range, happy chickens!

#157

Certified Organic

\$4.60/dozen

Morning Owl Farm

MORNING OWL FARM DUCK EGGS

Order number of dozen. We are Idaho's largest duck egg producer, supplying our eggs since 2004, to the Boise Co-Op and fine restaurants throughout the Treasure and Wood River Valleys. Our ducks are free-rangin', pasture-grazin', bug- and weed-eatin' girls. Their diet is

#556

All Natural

\$5.24/dozen

rounded out with the finest locally-milled, all-natural feed we can find. We're not just proud of how our girls are raised and the way their eggs taste, we also clean and candle every egg we sell in a facility expressly built for this purpose. You'll not find a better tasting egg, or a cooler looking egg carton label. But remember: "Once you go quack, you never go back."

Petra

Eggs

#238	Order number of dozens. Naturally grown, vegetarian fed, free-range. We feed these colorful standard breeds our home-grown, certified organic barley, alfalfa, non-GM corn and vegetable scraps. They live in a large coop and have a roomy chicken park to run in. They are released for several hours on the long summer evenings to roam freely throughout the barnyard.	All Natural	\$4.60/dozen
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Prairie Sun Farm

eggs

#489	Order number of dozen. from free-range chickens. Mix of various shades of brown and greenish-blue Aracana eggs. Our 42 hens are free range to wander all over our 10-acre natural, pesticide-free farm. Right now they are happily in the big barn. Feed includes a variety of organic grains, sunflower seeds, and organic alfalfa. I also give them veggie scraps-they love our carrots and beets!	All Natural	\$4.60/dozen
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Simon Boers Chevon LLC

EGGS - Fresh BROWN and WHITE eggs from happy Hagerman free-range hens

#2011	Order number of dozen. Firm, deep yellow yolks and delicious flavor. Fresh brown, white and off-white eggs from our flock of Rhode Island Reds, Austria Whites, and White Leghorns (we have a heritage breed Buckeye rooster- so eggs may be fertile - and we're looking forward to hatching chicks this spring!) Eggshell color makes no difference in nutritional content of eggs! Some of our hens lay HUGE eggs, most are large, a few are smaller. We make sure to provide a mixture of brown, white, and all sizes to be fair to all.	All Natural	\$3.75/dozen
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Meats

Lamb

#	Product	Type	Price
Lava Lake Lamb			
	Certified Organic Lamb Ribs		
#2335	Order number of orders. Our lamb short ribs "fly out the door" when they are on the menu at CK's Real Food in Hailey, Idaho. We'll send you the recipe when you order! Easy to prepare, these meaty lamb short ribs will be sure to please. Serve them as an appetizer or main course. Each package contains 8-10 ribs packages. Average order weight 1lb.	Certified Organic	\$8.00/package
	Certified Organic Lamb Shoulder		
#2300	Order number of packages. Our Lamb Shoulder Roast gives you endless opportunities to express your culinary creativity and delight your family and friends, at a great low price! Our boneless organic lamb shoulder roasts are perfect for cooks who like to customize their stew or kabob meat to the size they like best. These roasts are also delicious rolled and slow roasted in the oven. One shoulder serves 6-8 people. Average package weight 3-4 lbs.	Certified Organic	\$30.00/package

Pork

#	Product	Type	Price
MM Heath Farms Inc.			
	Pork, steak		
#460	Order number of packages. You will be billed for exact weight (approx. 0.75 - 2 lbs) from pigs finished on all organic diet	All Natural	\$5.18/lbs

Beans, Lentils, Peas

Lentils

#	Product	Type	Price
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Timeless Seeds. Inc.

	French Green Lentil, 25 lb. bag		
	Order number of 25 lb. bags. Sometimes called Du Puy Lentil, the French Green is both beautiful and delicious. Its beautiful speckled blue and green seedcoat is reminiscent of a smooth stone in a mountain stream. This lentil is rightly valued by gourmet chefs around the world for its smooth, creamy texture and slightly peppery finish. The Du Puy holds its body well when cooked, so is well suited for soups and cold salads that will be eaten as leftovers. No soaking necessary. Cooks in 25 minutes at a simmer.	Certified Organic	\$49.45/25 lb. bag
#2286			
	Green Lentil, 25 lb. bag		
	Order number of bags. This large green lentil has a satisfying earthy flavor that is well suited for hearty and meat based soups, chili, and baked lentil dishes. Excellent source of protein, dietary fiber, folates. No soaking necessary. Cooks in 30 minutes at a simmer.	Certified Organic	\$42.95/25 lb bag
#2248			
	Petite Crimson Lentil, 25 lb. bag		
	Order number of 25 lb. bags. Small, pretty, delicate, the Petite Crimson is the most feminine of all lentils. The outer skin has been removed revealing a vibrant red-orange interior. Cooking time is 5 to 8 minutes at a simmer, so it makes a quick and nutritious side dish. Overcooking will cause the lentil to "mush out", so it is often used for pureed soups. This is the lentil called "masoor dal" in Indian cuisine. When fully cooked, the lentil turns yellow.	Certified Organic	\$56.14/25 lb. bag
#2285			

Oats, Grains, Flours and Pastas

Oats

#	Product	Type	Price
	Timeless Seeds. Inc.		
	Regular Rolled Oat Flakes, 25 lb. bag		
	Order number of 25 lb bags. Steam rolled and stabilized. Boils up in a matter of minutes for delicious oatmeal. Also the base ingredient for home-made granola. Soak and add to bread dough for extra protein, and heart-healthy oat fiber.	Certified Organic	\$33.14/25 lb bag
#2255			

Condiments, Sauces, Spices

Appetizers/ Dips

#	Product	Type	Price
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Julie Foods

	Sweet Hempini butter		
	Order number of jars. This is made from Hemp seed grown in Manitoba, (someday in Idaho!) We use organic raw agave, organic (singing dog) vanilla, organic dates, organic coconut water, organic cashews, and a dap of raw sesame oil. This is a vegan butter that is excellent on breads or as is out of the jar. Caution to the consumer as this is extremely tasty!		\$8.91/8.oz
#1287			

Prepared Foods (Refrigerated/Frozen)

Entrees

#	Product	Type	Price
	Morning Owl Farm		
	10" Bacon & Swiss Quack Quiche		
	Order number of whole quiches. We're pleased to offer substantial 10" quiches, enough to feed 6-8 folks or make bountiful appetizers for small gatherings. Not sure you can eat a whole quiche? Split your order with a friend or freeze half for eating later! Using Boise's Morning Owl Farm duck eggs, a regional Swiss cheese, and Buhl's Cloverleaf Creamery milk, our quiche takes eating local to a new level. With pride, we set out to create a quiche blending Idaho's finest flavors with a French flair. C'est Bon, pardner!	All Natural	\$32.20/Whole quiche
#1254			
	10" Sun Dried Tomato, Sweet Red Pepper and Cheddar Quack Quiche		
	Order number of whole quiches. Using Boise's Morning Owl Farm duck eggs, dried tomatoes and red peppers, Nampa's Canyon Bounty Farm organic whole wheat flour, Buhl's Cloverleaf Creamery milk products, and regional cheddar cheese, our quiche takes eating local to a new level. With pride, we set out to create a quiche blending Idaho's finest flavors with a French flair,	All Natural	\$32.20/quiche
#1373			

and our eaters say not only did we succeed, they say. "C'est Bon, pardner!"

Side Dishes, Sauces and Salsa

#	Product	Type	Price
Soft Touch Greenhouse			
Bread and Butter Refrigerator Pickles			
#2341	Order number of jars. This old family recipe is a favorite among all those who try them. They are made with our sliced all natural mini english cucumbers. They retain the crunchy quality of our cucumbers, and are good on hamburgers, sandwiches or straight out of the jar. They are mild in flavor (not as sweet as a sweet pickle or as strong as a dill pickle). Ingredients: Cucumbers, onion, sugar, viniger, salt, turmeric, mustard seed, celery seed.	All Natural	\$5.99/pint jar

Springs of Life

#1215	Apple Butter Order number of jars. Fresh from our Apples. No pesticides or chemicals. Ingredients: Apples, Coriander. No sugar added. Needs to be refrigerated after opened.	All Natural	\$6.08/8 oz. jar
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Prepared Food (Non-Refrigerated)

Crackers

#	Product	Type	Price
Julie Foods			
B.L.T. Basil, Leek, and Tomato			
#1526	Order number of bags. Naturally wheat free, gluten free, sugar free, and dairy free. We use organic flax from Rupert, organic pumpkin seeds, organic Hemp seed (directly from the grower in Manitoba), organic tomato's, leeks (or green onions), and organic basil! This is flavored with liquid electrolytes sourced from the north end of the Great Salt Lake. Yippee, something we can eat that is healthy and tasty.	80% Organic	\$5.98/bag
Idaho flax flat bread			
#1125	Order number of baggies. This cracker (bread) is a raw food. Raw foods provide nourishment more profoundly life sustaining than cooked versions of the same food. We use raw organic (or all natural) seeds and nuts that are soaked for their various required lengths of time, which releases their enzyme inhibitors and frees the nutrients. This bread is made with flax, (Organic from Rupert) pumpkin, brazil nuts, cold pressed olive oil, and flavored with whole basil, rosemary, sage, caraway and himalayan salt. It is mouth watering good! We use flax seed from the Snake River. -Flax seeds are an excellent source of high-quality protein. -Are rich in soluble fiber, clean the colon, acting as a gental, natural laxative. -Contain vitamns B1, B2, C, E and carotene. The seeds also contain iron, zinc, and trace amounts of potassium, magnesium, phosphorus, and calcium. -Contain up to 100 times more of the phytonutrient 'lignin' than buckwheat, rye, millet, oats, and soybeans. Lignins flush excess estrogen out of the body.	80% Organic	\$5.98/baggie
Idaho olive flat bread			
#1150	Order number of bags. We are using the same great ingredients that we use for the Idaho flax bread. Organic Snake river flax, Organic pumpkin seeds, Organic brazil nuts and all the yummy fresh herbs (from Purple Sage). If you are an olive lover this is the bread/cracker for you. Remember, all of these flat breads are WHEAT FREE, GLUTEN FREE, SUGAR FREE, and NON DAIRY. Of course there are no additives. These dehydrated breads/crackers are naturally preserved by the large amounts of vitamin 'E' and the dehydration process. Enjoy!	80% Organic	\$5.98/baggie
The "I am allergic to everything" cracker			
#1126	Order number of baggies. Naturally VEGAN and GLUTEN FREE these crackers are made with Organic flax seeds, Organic pumpkin seeds, and Organic hemp seeds. They are flavored with Braggs Amino Acids. The flax seed is ground and whole. The Hemp seeds are ground and have an even higher and more absorbable omega 3 then flax seed. Hemp is also an excellent source of high-quality protein. Pumpkin seeds are most noted for their zinc and pygynum, great for prostate health. NO NUTS, NO DAIRY, NO WHEAT. Just the amazing taste of raw organic seeds. The hemp gives it the lovely nutty flavor.	80% Organic	\$5.98/baggie

Jams and Jellies

#	Product	Type	Price
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Prairie Sun Farm

fresh Very-Berry jam (strawberry-raspberry)

#742	Order number of tubs. Made from our own garden grown strawberries AND Raspberries. THE LAST OF THE RASPBERRIES UNTIL AUGUST! 5 ounce tub. Can be refrigerated for three weeks, or frozen for a year.	All Natural	\$4.31/tub
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Ramblin Rose Ranch

Homegrown Peach Jam

#1052	Order number of jars. Beyond organic, chemical free peaches I grew on my farm. Local beet sugar. No pectin. Nothing I didn't grow myself.	All Natural	\$7.99/1/2 pint jar
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Baked Goods

Bread

#	Product	Type	Price
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Julie Foods

Wheat free, sugar free zucchini bread

#1320	Order number of loaves. We use brown rice flour, white rice flour, almond flour, and quinoa flour; tapioca starch, potato starch, Xanthan gum, aluminum-free baking soda and baking powder. Stevia and date water are sweetening it, flavored with grade 'B' maple syrup (for the extra nutrients) Coconut oil (which are medium chain triglycerides, better processed by the body, good for weight loss and heart health) We use the exceptional 'duck eggs' from Idaho's bounty, and garden fresh zucchini (when available). Raw sesame seeds are baked on top. This bread is moist and sweet. It is the perfect companion with 'Hempini" butter. Enjoy!		\$6.90/mini loaf
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Prairie Sun Farm

pumpkin bread with everything

#189	Order number of loaves. Baby loaf of delicious and nutritious pumpkin bread with chocolate chips, walnuts and cranberries. The best! Now made with freshly home-ground whole wheat flour, pesticide-free and non-GMO wheat flour, pumpkin, eggs, canola oil, brown sugar, sugar, spices, salt, baking soda and baking powder.	All Natural	\$4.14/loaf
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Candy/Fudge

Fudge

#	Product	Type	Price
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Petra

Petra's Goat Milk Fudge with Pecans

#269	Order number of tubs. Rich, delicious fudge made with fresh goat milk, sugar, chocolate bars, chocolate chips, butter, pecans, marshmallow cream & vanilla.	All Natural	\$5.18/8 oz. tub
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