



Dear Co-op Members,

January 1, 2011

Sign Up for emails: **what is coming in your order**, many additional special order items, delivery updates and farm news. Email **your name, your coordinator's name** and **what day you pick up** to pdemaillist1@verizon.net.

If you are going to be away on pick up day, please give your coordinator the name & phone number(s) of your sub(s).

This week, we expect NY Ecologically grown **Empire apples**, organically grown organically grown **celeriac**, **yellow onions**, **red potatoes**, **sweet dumpling squash**, FL **eggplant**, CA **carrots**, **red Swiss chard**, **green leaf lettuce** and **Navel oranges**, Mexican **Tommy Atkins mangoes** and **Roma tomatoes** and Peruvian **bananas**. Anything else is a **make-up**. Report quality issues **to your coordinator immediately**; we have 24 hours to get credits by law.

Fruit shares: I am planning to get a **pineapple**, **Minneola tangeloes**, **strawberries** and **plantains**. Fruit shares are \$20 each, 3+, \$17. Order or **CANCEL by Mon. 9 am (Fri. for Wed. groups)**

Organic Blueberry SALE, 12 x 6 oz., \$40.; 2 x 12 x 6 oz., \$75.; 3 x 12 x 6 oz., \$100. Order for NEXT time.

Blue Earth Local Natural Foods and NJ Honey gift boxes are back in stock! \$25 & \$30.

Organic Herb & Spice order Extras available! See list at end of this letter, and please order right away!

Dividing instructions are in the manila envelope sent with each delivery. Please be vigilant about quality and **call us right away** so we can get credit from suppliers. **Get an ok from the office if you feel it best not to give out an entire case of something or before you divide two cases of anything if instructions do not say to.**

How to make a Special Order. Call or e the office on **Sun.** for Wed., **Mon.** for Thurs. or **Tues.** for Sat. of your order week. **Pay for your order by** giving your coordinator a check **before the delivery** payable to Purple Dragon. **Write the items and group name on the bottom front.** Or mail to us; write **For Deposit Only** on back.

New Products & Specials

(Please call by NOON Monday to order; NOON Sunday for Wed. pods; Mon. a week before for *d items):

See the giant list of specials in our emails; if you don't get them, you are missing a lot of deals!

Groceries: **Organic maple syrup**, 1 qt., **Grade A light**, \$25; 2 qts., \$40! **Grade B dark**, \$30. **Local natural**, \$25.

Olive oil, organic, Colavita 2 x 17 oz., \$24 or Zoe, 2 x 25.4 oz., \$30. **SALE!**

NY organic small farm cheeses, 8 oz., \$7: **Colby**, **cheddar**, **pepper jack** or **smoked mozzarella**.

LOCAL eggs, org. 5 dz., med. \$15; LG, \$25. Nat. \$20.

Veggie brushes Coir fiber; \$5. ea. Last for years; scrub carrots & potatoes vs. peeling to retain healthy nutrients.

apple peeler, quick and easy, \$20. **baby food grinders**-\$14; portable; puree regular food for baby

Bac Out stain & odor eliminator, 2/16 oz. bottles, \$20. **Stubborn stain remover**, 16 oz., \$8;

Evert-fresh bags, 10.med.+ 10.large, \$10. Keep produce fresh longer; slow down ripening bananas!

Purple Dragon organic cotton grocery bags, \$15.each or 2/\$25. **wood care polish**, natural scent, 8 oz., \$8.

Miracle pulp-ejecting juicers: 1. *plastic*, \$100.(reg. \$125.); 2. *stainless*, \$300. (reg. \$325.);

Towels, organic & F/T, for dishes, etc. \$5 ea.; 5/\$20. Ass. colors. **Shower filters**, (for soft, chlorine-free water,) \$50.

Aqua Belle water filters, (www.aquabelle.com.) highest quality, \$90. countertop; under sink \$110; replacement cartridges last two years, \$35. (compare this to other systems!) **fluoride-removing**, \$125; cartridges, \$60.

NJ bee pollen, 8 oz. jar, \$8. A teaspoon a day is reputed to alleviate allergy symptoms. Start with less.

NJ honey also reputed to help with allergies—see honey section in emails for complete list.

Sinol headache and sinus clearing herbal spray, made with cayenne pepper, \$15. Fast acting.

Kid's Items: Weleda kid's **herbal gel toothpaste**, 1.78 oz., \$7 or 3/\$20.

Natural Cosmetics: **Nubian Soaps:** African Black Soap OR Raw Shea & Myrrh Soap, 2/\$8.

Dr. Ken's adult **toothbrush and tongue scraper** deal! \$3. **Blueberry, pomegranate, vanilla Lip Balm**, 2/\$5.

For the Garden & Pest Control:

52 gallon rainbarrel with attached hose, \$149 **SALE** (reg. \$179) **Mouse Magic**, herbal repellent! \$9/2x\$15.

Moths in your kitchen? **Pheromone traps** for meal moths, in-cabinet, 2/\$9 ea., 6/\$25; last 16 weeks.

Dog, Cat, Rabbit repellent, 3 lbs., cayenne & herbs, stop your yard from being the neighborhood litter box. \$15.

For leaf mold & other fall allergies: **Quercitin** (*Vitamin C family*) supplement, 100 veggie caps, 500 mg., \$12.

Happy New Year!

Janit & the PD staff: Paula, Isabella, Jennie, Karen, Deb, Charles, Frank, Allen, Manuel, Enrique, Ellis, Alex, Mark, Wilbur, Felix, Duane & Rebecca & sometimes Angela and Kevin!

Purple Dragon Co-op: Supporting small, local organic farmers

289 Washington Street, Glen Ridge, NJ 07028 (973) 429-0391 **9 am - 7 pm except Fridays!**

Special orders: janit@verizon.net Money questions: paula.dragon@verizon.net

To get on email list or for new names (coords): pdemaillist1@verizon.net www.purpledragon.com

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Volunteers needed for Green Events!

Work several hours or all day, telling people about PD and selling PD products. \$10/hour credit for volunteering toward special order items. Please sign up for a **4-hour shift** or all day! Volunteer with a friend and enjoy a day together, meeting people!

Jan. 29 & 30, **Princeton**. NOFA-NJ Conference Attend 1 lecture free per day!

Let people know about our Co-op! Your positive words are our best advertising. **Whom do you know who would like to start/host a group?** (\$40 disc. per delivery.) Call Paula for info: (973) 429-0391—you don't have to be home to do it!

What happens when your coordinator retires? The coordinator gives us three months' notice, someone from the group or outside the group volunteers to host and the entire group moves to the new location. Let us and your coordinator know if you would like to host at some point. Please call the office so we can answer your questions about what is involved. Some people host for one year; some host for as many as 15 years. Hosting earns a discount and helps support small organic farmers in our region, as well as helping families like yours be able to afford excellent organic food all year.

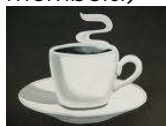
BONUS! Earn \$20 toward grocery special orders* when you refer a friend who joins the Co-op (after they have been in for three months,) and, after six months, if you both are staying in, you *each* get \$20 to spend on grocery special orders. (*See special order section of the newsletter.) Some pods need members; tell us if you have friends who might be interested and we will mail them information about joining. (Referral credits only apply to coordinators when their referrals join other's pods.)

Deliveries: 2011: Jan. 1, 15 & 29; Feb. 12 (closed, so skipping Feb. 26); Mar. 5 & 19; Apr. 2, 16 & 30; May 14 & 28; June 11 & 25; July 9 & 23; Aug. 6 & 20; Closed 8/28-9/3. Sept. 10 & 24; Oct. 8 & 22; Nov. 5 & 19; Dec. 3 & 17. We know we are hitting Memorial Day Weekend and Yom Kippur. We can help you make alternate arrangements if you cannot host your group that day, and for people who cannot pick up.

Co-op Classifieds: Host a group! \$40 discount each delivery. Your food is delivered to your house! Meet great people! Call Paula (973) 429-0391 for more info. Hosts needed in **Croton, Hoboken, Jersey City & Montclair** vicinity.

Earn \$30 every other week: Glen Ridge pod needs a divider alt. Thurs. ams, PD office (973) 429-0391, janit@verizon.net.

Wholesome NJ, a new directory for the natural lifestyle in the style of the now-defunct NJ Naturally, **first-issue super sale:** a web ad (goes up now) AND a full page 4½" W x 7½" H black and white ad in the magazine for only \$500! 10,000 copies for the first issue, as soon as there are enough ads sold. 2011. Please submit camera ready art with your check payable to Wholesome NJ to Wholesome NJ, c/o AdMagic, 125 Main Street, Netcong, NJ 07857. (973) 713-5155. A page can be designed for you for an additional fee if you do not have camera-ready art. Purple Dragon is planning to advertise in this publication. (Purple Dragon also advertises in Edible NJ and Edible Hudson Valley, published by Co-op members.)



DECEMBER organic freshly roasted Kosher coffee specials: Pyramid of the Sun, Mexican beans in a 60% Full City roast with 40% French roast, bright, like a Zinfandel. Regularly, \$50, 5 lbs., on special, \$45; **Pyramid of the Sun Decaf**, same percentages as above. Regularly \$55; on special, \$50. Coffee is roasted and shipped on Wed. Order a week before for Wed./Thurs. groups or add \$5 to ship to your order. Please specify whole beans or ground for what equipment.

Special Order Organic Produce Items (Prices today): We can order almost anything—call! **almonds**, 1 lb., \$13; 2/\$25; **apricots**, dried, 1 lb., \$10; **avocados**, 6, Hass, \$10; **blueberries**, dried, ½ lb., \$13; **carrots**, 5 lbs., \$7; 25 lbs., \$30.; dried **tart cherries** + sugar, **not org.**, 1 lb., \$10., dried **Bing cherries**, unsweetened, 1 lb., \$20; ½ lb., \$12; dried **coconut**, 5 lbs., \$15; 1 lb., \$4., dried **cranberries** + sugar, \$8/lb.; **currants**, \$5./lb.; dates, *Medjool*, \$8/lb.; **coconut date rolls**, \$6/lb. or 2/\$10; non-fertile **eggs**, 5 dz., large, \$25; natural local, \$20; **figs**, calmyrna, 1 lb., \$8., **garlic**, 1 lb., \$6; 2 lbs., \$10; **ginger**, 1 lb., \$10; **raisins**, 5 lbs., \$20., 1 lb., \$5; 3 lbs. **onions**, yellow, \$5.; **mangoes**, dried, 1 lb., \$11; **maple syrup**, dark, 1 qt. (plastic.) \$30 ea.; natural local, \$25.; **millet**, 5 lbs., \$7; **pecans bits**, org., 1 lb., \$15, 2/\$22; **potatoes**, 5 lbs., \$5-10; **prunes**, 1 lb., \$9; **short grain br. rice**, 5 lbs. \$10.; **walnuts**, 1 lb., \$13 or 2/\$25.

Non-produce items: **apple peeler**, \$20; **Bac Out stain & odor eliminator**, 2/16 oz. bottles, \$20; **Green bags**, 10 med+large, \$10; stainless steel **food mill**, 3 disks, applesauce, etc. \$30 (no peeling!) organic **cotton grocery bags**, Purple Dragon logo, \$15 each or 2/\$25; **Miracle pulp-ejecting juicers**, 1. *plastic*, \$125 (reg. \$150.); 2. *stainless*, \$300 (reg. \$325.); **stubborn stain remover**, 12 oz., \$5.; Aqua Belle **water filters**, (www.aquabelle.com) highest quality, \$90 countertop; under sink \$100; **replacement cartridges** last two years, \$35 (compare this to other systems!) **fluoride-removing**, \$125; cartridges, \$60; **shower filters**, (for soft, chlorine-free water.) \$50; coir fiber **veggie brushes**, \$5. ea.; **wood care polish**, 8 oz., \$8.

RECIPES! Check out <http://groups.yahoo.com/group/PurpleDragonCo-op> for recipes, help with challenging veggies and chat. Thanks to **Wendy Kelly**, Bergenfield pod, for site management.

Kale Chips: 1 bunch greens, washed, spun very dry, midribs removed, torn into pieces

1 TBS. olive oil 1 tsp. salt or seasoned salt or a mix of seasonings, such as garlic, etc.

Preheat oven to 350°. Line a baking sheet with parchment paper. Drizzle greens with olive oil and sprinkle with plain or seasoned salt. Bake until edges brown, watching carefully so as not to burn, 10 to 15 minutes.

Baba Ganoush: 1-2 eggplants 1/2 cup tahini 1/2 tsp. salt 2 TBS. lemon juice 2 cloves garlic

1 TBS. olive oil 2 TBS. dried or 4 TBS. fresh parsley, opt.

Roast eggplants on a baking sheet at 375° for 20 minutes or until completely soft. Cool. Scrape pulp into food processor or blender with other ingredients & puree. Adjust seasonings. Serve with pita, crackers, crudite, etc.

Extras from recent Organic Herb & Spice order, all organic, all 4 oz. unless otherwise specified:

Black Peppercorns, \$4.; Cayenne pwd., \$4.50; Celery flakes, \$5; Celery sd, \$4.75; ChickenLESS broth pwd., \$4.50; Eucalyptus leaf, great for potpourri or steaming, \$5.; Fennel seed, \$3.35; Kelp granules, \$3.25; Lavender, not organic, great for potpourri, \$7.; Onion pwd., \$3.75; Oregano, \$5.50; Paprika, \$4.50; Poultry Seasoning, 2 oz., \$4.00.