



March 10, 2011

Dear Co-op Members,

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 *Mutsu apples*, organically grown NY **red cabbage** and **yellow onions**, PA **russet potatoes** and giant **French red shallots** (mince finely, sauté in butter or oil until translucent and serve over fish,) CA **bok choy**, **broccoli**, **carrots**, *butter* OR green **leaf lettuce** and **Navel oranges** (expect some blemishes on the skin but fruit has been excellent,) **hothouse tomatoes** from Mexico, Peruvian **bananas** and **Kent mangoes**. Anything else is a **make-up**. Please tell your coordinator immediately if you have any quality problems! By law, we only have 24 hours to get supplier credits.

Fruit shares: I am planning to get **Cameo apples**, **Minneola tangeloes**, **Bosc pears** and a **pummelo** (like a giant, delicious, low-acid grapefruit) BUT supplier ran out of pummeloes, so some families will get **strawberries** instead. Fruit shares are \$20 each, 3+, \$17. Order or **CANCEL by Mon. 9 am (Fri. for Wed. groups)**

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.**

Organic Garden Seed Order Forms available; call or e and have us email one to you or go online to: <https://docs.google.com/leaf?id=0Bz8fXMjwsxYFNDc3YzVhMGIhMzk0MS00ZmI0LTk0YTctYzZjczZGU4ZTNm&hl=en&authkey=ClnE57MB>

How to make a Special Order. *Call or e the office* by noon **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.

Wholly Wholesome **spelt pie shells**, 2 packages of 2, \$10. Earth Balance **GMO free soy garden spread**, 2/\$10.

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

PA organic RAW MILK small farm cheeses, 8 oz., \$7: **cheddar, pepper jack** or **sharp cheddar**.

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.

Baby food grinders-\$14; portable; puree regular food for baby

Cork cutting boards, 12 x 8, renewable resource; great for the dorm room as they are small and light! \$20.

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. Asst. colors. **Shower filters**, (for soft, chlorine-free water.) \$50.

Aqua Belle water filters, (www.aquabelle.com.) highest quality, \$100. countertop; under sink \$130; replacement cartridges last two years, \$50. (compare this to other systems!) *fluoride-removing*, \$130; 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.

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 OR vanilla Lip Balm**, 2/\$5.

For the Garden & Pest Control:

Kitchen counter compost container, white ceramic, one gallon, with replaceable filter, \$30.

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

Moths in your kitchen? **Pheremone 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.

Best-

Janit & the PD staff

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

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!

Sunday, March 6, 5-8 pm in **Cranford**, giving out tastes! **Call to volunteer!**

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: Thurs. March 10 & 24; April 7 & 21; May 5 & 19; June 2, 16 & 30; July 14 & 28; Aug. 11 & 25; closed wk ending 9/3. Sept. 15 & 29; Oct. 13 & 27; Nov. 10 & 22 (Tue.); Dec. 8 & 22. We know we are hitting Rosh Hashanah and Sukkot. We can help you make alternate arrangements if you cannot host your group that day, and for people who cannot pick up. We may be able to deliver on the Mon. prior if it works for the hosts and group members. We need to know by the beginning of Sept.

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 **Belmar, 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.

Advertise your Natural Business in the soon-to-come Wholesome NJ directory 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 for 2011. Please submit camera ready art with your check payable 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. 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.)



MARCH organic freshly roasted Kosher coffee specials: Zanzibar, Ethiopian and Sumatran beans in a French roast, dark and enchanting. Regularly, \$50, 5 lbs., on special, \$45; **French Roast Decaf**, as above, sans caffeine, 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, \$100 countertop; under sink \$130; **replacement cartridges** last two years, \$35 (compare this to other systems!) **fluoride-removing**, \$130; 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.

Sweet and Sour Red Cabbage Soup

2 TBS olive or other cooking oil 1-2 onions, sliced 1 Mutsu apple cored, peeled and chopped
1 red cabbage, shredded and chopped 4-8 cups stock 1/2 cup apple cider vinegar 1/4 tsp. pepper
4 TBS. agave syrup or honey 1/2 tsp. salt 1/2 tsp. celery seed 1/4 cup Blue Earth apple butter, opt.

Garnish: yogurt or sour cream and sliced apple with skin

In a 3 qt. stock pot, saute onion in oil until golden. Add cabbage; saute for five minutes more, stirring often. Add stock and vinegar and bring to a boil. Lower heat; add chopped apple, agave, salt, pepper and celery seed. Simmer for one hour. Stir in apple butter. Adjust sweet-sour balance with vinegar and agave or honey.

To serve, top bowls with a spoonful of yogurt or sour cream, and garnish with an apple crescent.

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

Black Peppercorns, \$4.; Cayenne p.w.d., \$4.50; Celery flakes, (great in soup!) \$5; Celery sd, \$4.75; ChickenLESS broth p.w.d., \$4.50; Fennel seed, \$3.35; Italian seasoning, \$5.25; Kelp granules, \$3.25; Lavender, not organic, great for potpourri, \$7.; Oregano, \$5.50; Paprika, \$4.50; Poultry Seasoning, 2 oz., \$4.00.

Organic Garden Seed Order Forms DUE NOW! Call or e and have us email one to you or go online to:
<https://docs.google.com/leaf?id=0Bz8fXMjwsxYFNdc3YzVhMGItMzk0MS00Zml0LTk0YTctYzZjczZGU4ZTNm&hl=en&authkey=CInE57MB>