



Dear Co-op Members,

May 5, 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 and phone number(s) of your sub(s).

This week, we expect NY Ecologically grown *Empire apples*, organically PA mushrooms, FL cucumbers, bell peppers, snow peas and Roma tomatoes, CA broccoli, carrots, Swiss chard, romaine lettuce hearts and Minneola tangeloes, Peruvian bananas and Bartlett pears from Argentina. Anything else is a make-up. Please tell your coordinator immediately if you have any quality problems! By law, we have 24 hours to get supplier credits.

Fruit shares: I am planning to get strawberries, Cameo apples, and Navel oranges. 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 Orders ARE on their way to us; we will send them to your pod once we receive them.

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 and 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.

Granola, organic agave-sunflower, 2 x 11.5 oz., \$12. Oats, organic, 5 lbs., rolled, \$8.25; steel cut, \$10.

Wholly Wholesome spelt pie shells, 2 packages of 2, \$10. Earth Balance GMO free buttery margarine, 2/\$10.

Olive oil, organic, Colavita 2 x 17 oz., \$24 or Zoe, 2 x 25.4 oz., \$30. SALE! LOCAL org. chevre, 8 oz., \$10.

PA organic RAW MILK small farm cheeses, 8 oz., \$7: 2 yr Noble (\$7 =half price!) or sharp cheddar or pepper jack.

LOCAL eggs, org. 5 dz., med. \$15; LG, \$25. Nat. \$20 & \$25. Baby food grinders-\$14; portable; puree table food.

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

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

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

Evert-fresh bags, 10 medium + 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 and F/T, for dishes, etc. \$5 ea.; 5/\$20. Asst. colors. Shower filters, (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 honey reputed to help with allergies—see honey section in emails for complete list.

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

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

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

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

Garden and Pest Control: Kitchen counter compost container, white ceramic, 1 gal., with replaceable filter, \$30.

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

Bed Bug spray, all natural!, 3 oz. travel size, \$8; 14 oz., \$12. Natural ant and roach spray, \$8.

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 and herbs, stops your yard being the neighborhood litter box. \$15.

Best-

Janit and 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

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Come say, "Hi," on Facebook: <http://www.facebook.com/pages/Purple-Dragon-Organic-Produce-Co-op/138999181895>
See what's coming in your share here before the emails are sent out!

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!

Sat. June 11 in Eastchester, NY! Westchester members, please help support our pods by volunteering!

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 & 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. 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 Monday prior if it works for the hosts and group members. We need to know this by the beginning of September.

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 and Montclair.**

Learn how to make tofu and soy milk Sam, venerable former chef/owner of Local Tofu, is teaching classes in his home. \$75 for a 2-hour class; all materials provided. \$100 for 3 people. He will also teach in your home, but you must pick him up and bring him back. samweinreb@aol.com (845) 461-6004

Vegan Ice Cream by the Scoop Go Lightly eco-store now serves vegan ice cream. Hemp, soy, coconut & cashew milk-based, sweetened w/ agave nectar & brown rice syrup. Gluten-free, soy-free & nut-free options. Tues. - Fri. 10-6, Sat. 10-5, Sun. 11-4. Evening hours coming soon. 973-744-7889; 4 So. Fullerton Ave., Montclair, NJ 07042 www.golightlystore.com

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 4 1/2" W x 7 1/2" 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.)



MAY organic freshly roasted Kosher coffee specials: Black Bear, Central American coffees in a Full City and French roast, robust and dark, like a nice burgundy! Regularly, \$55, 5 lbs., **on special, \$50; Black Bear Decaf**, as above without the caffeine, Regularly \$60; **on special, \$55.** 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. Coffee prices are going up worldwide; order now to save.

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, 1/2 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; 1/2 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/\$25; **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: Bac Out stain and 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.

Stir-Fried Yellow Squash, Mushrooms and Snow Peas (Serves 4-6)

1 TBS. cooking oil 2 cloves garlic, pressed 1 teaspoon grated ginger 10 oz. sliced mushrooms

1 pound yellow squash, chopped 10-12 oz. snow peas, strings and stems removed

1/2 cup stock: chicken, vegetable or water 2 TBS. hoisin or oyster sauce few drops toasted sesame oil

In a wok or big frying pan, heat oil ; add garlic and ginger. (Don't burn them!) Add vegetables; mix quickly to coat in oil.

Cook for 1 minute. Add stock and hoisin sauce. Cover; cook for 1 minute, till vegetables are done while remaining crisp.

Drizzle with sesame oil and serve. You may also add 1/2-1 lb. of chopped chicken or tofu to the oil before adding the vegetables. If using meat, cook completely before adding veggies. Serve with brown rice.

See what's coming in your share on Facebook before the emails are sent out!
<http://www.facebook.com/pages/Purple-Dragon-Organic-Produce-Co-op/138999181895>