



RISING TIMES

Special Spring Edition

Make a unique Easter basket using an African Fair Trade basket, and filling it with decadent Lake Champlain Chocolates!

Easter Basket Goodies

By Kat McClintock & Karen Stevenson

Fair Trade African Baskets
Handmade by weaver co-ops in Ghana. Available in a variety of beautiful colors.

\$17.99 for small baskets

eco-eggs **\$16.00 each**
Easter egg coloring kit

Eco-Egg Dyeing Kit
Made using natural plant, fruit and vegetable extracts. This kit includes three natural dyes (orange, blue and purple), a color chart for creating 6 colors and instructions for coloring eggs.

Made in Maine!

Lake Champlain Chocolates Mini Bunnies
Dark & Milk chocolate

\$2.99 ea

\$4.99 ea

Lake Champlain Chocolates Bunny Pops

Organic Jelly Beans

\$7.49/lb

Lake Champlain Chocolates Milk Chocolate Carrot

\$4.79 ea

Lake Champlain Chocolates Granola Breakfast Eggs
This giant granola dark chocolate egg is filled with almonds, oats, and cranberries; perfect for cracking open Easter morning!

\$7.39 ea

Lake Champlain Chocolates Hazelnut Praline, Raspberry Cream, & Peanut Butter eggs

89¢ ea

Naturally Dye your Easter Eggs By Christine Stout, Community Outreach & Education Coordinator

- COLORS:**
Red: 4 cups red onion skins
Orange: 2 Tbs paprika
Yellow: 4 cups orange or lemon peels
 or 2 Tbs cumin
Green: 4 cups spinach
Blue: 4 cups chopped red cabbage
Pink: 4 cups chopped beets
Light Brown: 1 quart of strongly brewed coffee instead of water

- Materials:** 6 white eggs 2 Tbs vinegar
 glass, ceramic or stainless steel pan(iron or tin will alter the color) 4 cups of veggies or 2 Tbs spices
 1 quart of water empty egg carton for drying

1. Boil eggs for approximately 10 minutes and set aside to cool
2. Boil 1 quart of water in saucepan. You will need a separate pan of water for each color.
3. Add dye ingredients to pan of boiling water
4. Reduce heat and simmer until water changes color, usually 15-30 min
5. Strain colored water into a bowl
6. Add 2 Tbs of Vinegar to help eggs absorb color
7. Place boiled eggs in colored water. Leave them to soak until you achieve the desired color. Turn occasionally for a more even coating
8. Remove from dye and place in egg carton to air dry. Remember, if you are going to eat these eggs, you must return them to the refrigerator. They shouldn't be out for more than 2 hours.



Peach Glazed Ham

By Alan MacQueen, Grocery Manager

Either a boneless or bone-in ham will do, use a fully cooked ham

With a bone-in ham plan at least 1lb/person, with a boneless ham 8 to 12 oz per person

Ingredients:

4 tablespoons brown sugar
3 tablespoons of Dijon mustard
2/3 cup of peach nectar
1/2 cup of peach jam
Pinch of ground clove

2 green peppers, sliced
4 peaches, peeled & sliced

Directions:

Preheat oven to 325 degrees

In a large bowl, mix together brown sugar, mustard, peach nectar, jam, and clove. Cover the ham with the glaze and place the peppers and peaches on and around the ham. Cook at 325 degrees for 20 minutes per pound, baste with the excess glaze 2 or 3 times during cooking



Wine for Ham Dinner

By Kat McClintock; Beer, Cheese, & Wine Buyer

Milbrandt Vineyards Riesling 2008

Columbia Valley, Washington



This riesling has a harmonious balance that goes well with food. With aromas and flavors of ripe apricots and peaches, the finish is both fruity and crisp.

\$10.99 a bottle

Tintero Moscato d' Asti 2009

Italy



A little bubbly, fruity aroma, and a little bit sweet. This wine would be great to start with appetizers and then continue through the meal!

\$13.99 a bottle

Easton Zinfandel 2007

Amador County, California



Full black cherry and blackberry fruit aromas.

\$17.99 a bottle

Candied Sweet Potatoes

By Ronnie Pisco & Jenny-Rose Mercuro, Deli co-Managers

Ingredients:

4 sweet potatoes, sliced
4 apples, peeled, cored, & sliced
1/2 cup raisins
2 tbs honey
3 tbs apple juice or cider
3 tbs melted butter



Directions:

Preheat oven 350 degrees

Layer potatoes & apples in a baking dish. Sprinkle with raisins. Mix honey, apple juice and melted butter. Drizzle mixture over everything. Cover and bake for 30-45 min.



coop deals



Asparagus Stir Fry

Ingredients

(Makes 6 servings. Prep time: 30 minutes.)

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- 1 tablespoon sesame oil
- 1 tablespoon canola or vegetable oil
- ¼ pound carrots, peeled and sliced into thin rounds
- ½ small yellow onion, sliced into thin half-moons
- ½ each red and yellow peppers, cut into thin strips
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 4 ounces button mushrooms, sliced
- 4 ounces canned bamboo shoots, drained
- 1 pound asparagus, trimmed and sliced into 3-inch pieces

Sauce

- 3 tablespoons tamari
- 1 tablespoon rice wine vinegar
- 1 tablespoon honey
- ¼ teaspoon crushed red pepper flakes
- ½ teaspoon toasted sesame seeds

Preparation

Whisk the sauce ingredients together in a small bowl and set aside.

In a wok or large skillet, heat the sesame and canola oils over medium-high heat. Sauté the carrots and onions for 2 minutes, and then add the garlic, ginger and peppers and sauté for another 2 minutes. Add the mushrooms, bamboo shoots and asparagus and sauté for another 2-3 minutes until the asparagus is just beginning to get tender. Add sauce, toss well with the vegetables and heat through. Serve warm over steamed rice.

Optional: Add leftover cooked meats, seaweed, tofu or seitan if you like.

Lamb Roast

By Alan MacQueen, Grocery Manager

Roast leg of lamb or shoulder roast

For a leg roast plan 1lb/person, for a shoulder plan 12oz/person, raw weight

Ingredients:

- 1 roast from Ellsfarm
- 3 TBLS olive oil
- 1 TBLS sea salt
- 1 TSP black pepper
- 8 sprigs fresh sage
- 8 sprigs fresh thyme

Directions:

Preheat oven to 325
 Rub the meat first with olive oil then with salt and pepper
 Slightly score the meat lengthwise, 4 times on each side
 Place the fresh thyme and sage, one of each in each score
 Place in the pan, cover tightly and roast for 20 to 30 minutes per pound



Wine for Lamb Dinner

By Kat McClintock; Beer, Cheese, & Wine Buyer

Acrobat Pinot Gris 2009

Oregon



Light and juicy, a lively mouthful of pear, honeydew and spice aromas and flavors, lingering nicely.

\$13.99 a bottle

Senorio D Barriobero Rioja 2007

Spain



100% Tempranillo and aged in oak barrels, this Rioja has flavors of pie cherries, vanilla and fresh coffee beans with a light spice.

\$12.99 a bottle

Domaine du Jas Cotes Du Rhone 2009

France



This wine is soft, lightly colored yet full and endowed with deep notes strawberry and raspberry.

\$13.99 a bottle

8 Gladiolus Mixture



DUTCH BULBS

Something Different for their Easter Basket...

Dutch Bulbs !

Dozens of different flowers to choose from. What a fun spring project for your children!

Only \$2.99 a box

Kosher for Passover

By Karen Stevenson, Grocery Buyer

Manischewitz

Egg Noodles



\$3.99 ea

Manischewitz

Matzo Ball Mix



\$1.99 ea



Manischewitz

Matzo Meal



\$2.99 ea

Kedem

Sparkling Concord

Grape Juice



\$3.99 ea

A Passover Tradition— The Seder Plate

The central object on every table is the Seder plate, which contains a variety of symbolic foods:

Roasted Lamb Bone: (Zeroah) This represents the lamb that was sacrificed in the Holy Temple at Jerusalem. Such a sacrifice was made on the eve of the Exodus from Egypt, and the blood was used to mark the doorposts of Israelites. A chicken or turkey neck may be substituted for the lamb, and in vegetarian homes, the rabbis suggest a roasted red beet. The lamb or poultry should be roasted in the oven until done and then scorched over a flame.

Roasted Egg: (Beitzah) Another sacrificial offering, the egg represents the most humble of festival offerings. It is also the symbol of rebirth whose round form reminds us of the perpetual cycle of life. To roast the egg, first boil it, then brown one side of the shell by holding it with tongs over a gas burner or candle flame.

Greens: (Karpas) Sprigs of parsley or some other vegetable, (boiled potatoes which will be dipped in salt water) symbolizes spring and rebirth.

Bitter Herbs: (Maror) A piece of fresh horseradish reminds us of the bitterness of slavery.

Haroset: (Charoses) A mixture of chopped apples or fruit, nuts, wine and spices that represent the mortar or clay the Hebrew slaves used for making bricks for Pharaoh.

Chazeres: A second bitter herb.

