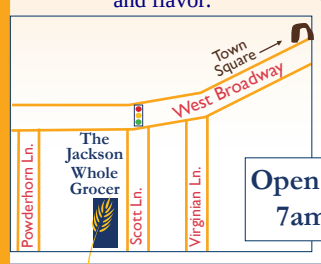
Quick Cooking Tip

In Classic French-style braising, the vegetables that are cooked with meat or poultry to impart their aromatic flavors are not necessarily served. Instead, fresh vegetables may be added toward the end of cooking for the benefit of their fresher color, texture and flavor.



Open Everyday
7am - 11pm

The Jackson WHOLE GROCER

FRESH • LOCAL

Natural & Organic / Traditional Supermarket
974 West Broadway • Powderhorn Mall
www.JacksonWholeGrocer.com
307-733-0450

Personal Shopping & Home Delivery by The Flying Tomato
shopanddelivery.com

BEYOND BROCCOLI NUTRITION COUNSELING

Flyer printed locally by Jones Boys Printers on 50% post consumer waste recycled paper with vegetable based ink.

PRODUCE

The French chef keeps always on hand four sauces—White, Brown, Béchamel, and Tomato.~ Fannie Merritt from the 1918 Farmer's Cookbook.

Effective Dates: March 3 - 9, 2010

Earthbound Farms Organic Spinach & Spring Mix 1lb $4.79

Artichokes
2 for $4

Romaine Red & Green Leaf Lettuce
$.89 each

Extra Large Roma Tomatoes
$.99 lb

Whole or Sliced Mushrooms
8 oz 2 for $4.00

Yellow Onions
3lb bag for $1.99

Navel Oranges 8lb bag $5.49

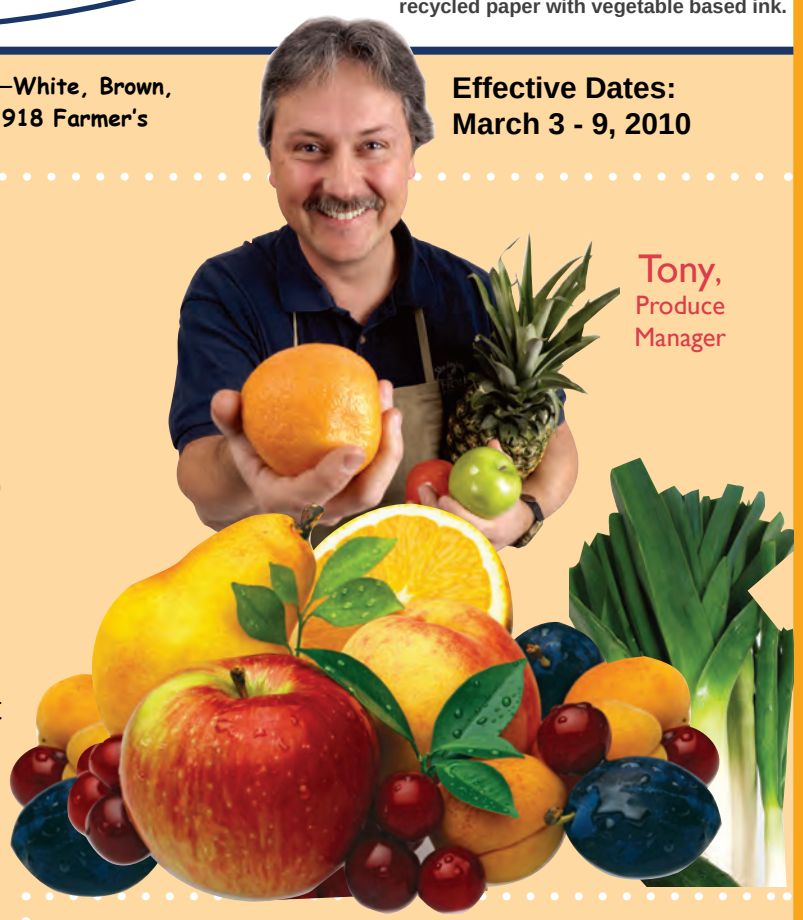
Idaho Baking Potatoes
$.39 lb

Organic D'Anjou Pears
$1.39 lb

Organic Fuji Apples
3 lb bag for $3.29

Organic Green Onions
$.59 each

Organic Baby Cut Carrots
1lb bag for $1.49



Tony,
Produce Manager

FRESH MEAT + SEAFOOD

"Get your facts first, then you can distort them as you please." ~ Mark Twain

Hawaiian Snapper $19.99 lb

Gold N Plump Family Pack Leg Quarters
$3.99 ea

Boneless Beef Cross Rib Pot Roast
$1.99 lb

Stone's Beef Patties
$2.59 lb

Boneless Country Style Pork Ribs
$1.99 lb

Snake River Pale Ale Pork Chops $4.99 lb

Albacore Jerky
$5.99 ea

T-Bone & Porterhouse Steaks
$5.99 lb

Burns,
Butcher + Deli Manager

DELICATESSEN

Deli Made Moussaka
$5.99 lb

Applegate Pastrami Turkey
$7.99 lb

Birchberry Baby Swiss
$6.49 lb

Kerrygold Dubliner Cheese
$4.49 ea

Murray Ridge Australian Cheddar
$5.99 lb

Hoffmans Horseradish Cheddar
$4.49 lb

Ham, Artichoke & Potato Gratin

1/4 cup (1/2 stick) butter
4 cups thinly sliced leeks (white and pale green parts only; about 4 large)
Coarse kosher salt
3 pounds russet potatoes, peeled, thinly sliced (1/8 to 1/4 inch thick)
1 1/2 pounds 1/8-inch-thick ham slices
2 8-ounce boxes frozen artichoke hearts, thawed, halved lengthwise
2 1/2 cups (packed) coarsely grated Comté cheese (about 10 ounces)
1 1/2 cups low-salt chicken broth
1/2 cup dry white wine
1 1/2 tablespoons all purpose flour
1 teaspoon coarse kosher salt
1 teaspoon freshly ground black pepper

Preheat oven to 400°F. Butter 13x9x2-inch glass baking dish. Melt 1/4 cup butter in heavy large skillet over medium heat. Add leeks; sprinkle with coarse salt and pepper and cook until tender, stirring occasionally, about 12 minutes. Set aside.

Cover bottom of baking dish with 1/3 of potato slices, overlapping as needed. Layer 1/3 of ham over. Scatter 1/3 of leeks over, then 1/3 of artichoke hearts. Measure 3/4 cup cheese; set aside. Sprinkle half of remaining cheese over. Repeat layering 1 time with potato slices, ham, leeks, artichokes, and cheese. Cover with remaining potato slices, ham, leeks, and artichoke hearts.
Whisk broth and next 4 ingredients in small saucepan over medium heat until flour dissolves. Bring mixture to boil; cook until smooth and thickened, stirring often, about 3 minutes. Pour over gratin. Sprinkle 3/4 cup cheese over. Cover gratin with foil, tenting in center to prevent cheese from sticking.

Bake gratin 45 minutes. Uncover and bake until potatoes are soft, topping is browned, and juices are bubbling, about 50 minutes. Let rest 15 minutes before serving.

RECIPE OF THE WEEK

Focus of the Month

JWG Bakery Makes Gluten Free Items Daily

Through out the month of March we are focusing on the JWG's expansive selection of Gluten Free products. Most assume that once on a GF diet baked items are officially crossed off for good. The JWG Bakery doesn't believe this. Whether or not you have Celiac Disease or just a wheat sensitivity, considering alternatives to wheat is always beneficial. Our bakery aims to make sure that your sweet tooth remains satiated and that muffins are still an option to begin your day. Mini loafs, muffins, cookies and special order cakes are prepared daily. This selection of gluten free baked items are not only gourmet and delicious but are healthy alternatives. Not even the most discerning palate will be able to tell that the yellow cake, the chocolate chip cookies, the zucchini and carrot muffins are in fact Gluten Free. If you are someone who needs to live without, there's no reason why you shouldn't live well...and of course, eat well.

Jessa,
Natural Care Manager

NATURAL CARE

Sunbeam
Special Occasion Candles
10% Off

All Terrain EcoGuard Bandages
25 Assorted Strips $3.59

Kiss My Face Deodorant
2.28oz $5.39

Nelsons Acne Gel
1oz $6.25

Health for Kids Valerian Super Calm
1 oz $9.55

Pure & Basic Lotions
All Scents
8oz $6.95

Pines Wheat Grass Powder
10oz $29.95

Hylands Homepathic Teething Gel
.5oz $6.95

Derma E
All Products
%10 Off

ORGANIC + NATURAL GROCERY

Muir Glen Soups
All Varieties
12oz 2 for $4.00

Delallo Sauces, All Flavors
26oz 10% Off

Jules Destrooper Crisp Wafer Cookies & Ginger Thins
3.35oz $2.69

Annie Chun's Rice
All Varieties
6-7.4oz $2.69

Bear Naked Granola
Select Varieties
12oz $3.99

Ener-G Lite Brown Bread
8oz $3.49

Ener-G Brown Rice Bread
8oz $4.49

Ener-G Tapioca Bread
8oz $4.29

Shelton's Chili, Turkey & Chicken
15 oz $2.99

Garden of Eatin Blue Corn, Red Hot Blue & Yellow Tortilla Chips
16oz $2.99

Blue Diamond
Almond Milk,
All Flavors
32oz 2 for $3.00

Made In Nature Dried Fruits
3oz Pineapple $3.39
6oz Plums $2.99
3oz Mango $3.99
7oz Calimyrna Figs $4.99

Kavli Crispbreads
Select Flavors
5.3oz $1.99

Annie's Family Size Mac & Cheese - All Flavors
12oz 2 for $7.00

Justin's Nut Butter 1.15oz Packets
Original, Cinnamon $.49
Maple Almond,Honey Almond $.89

Snikiddy Fries
All Flavors
4.5oz $1.99

Newman's Own
Pretzels
All Varieties
2 for $5.00

TRADITIONAL GROCERY

"It is a curious fact that no man likes to call himself a glutton, and yet each of us has in him a trace of gluttony, potential or actual."
~ MFK Fisher from An Alphabet for Gourmets

Western Family
Canned Fruit,
Peaches,Pears,
Fruit Cocktail
15oz $.68

Doritos, Ruffles & Sun Chips
All Varieties
12oz 2 for $6.00

Western Family Drinking Water
24pk $2.77

Shasta Sodas, All Flavors
12pks 4 for $10.00

Western Family Tuna Chunk Light in Water
5 oz 2 for $1.00

Western Family Canned Pineapple, All Styles
20 oz $0.88

Western Family Quick Oats, Regular & Old Fashion
42 oz $1.99

Western Family Granulated Sugar
25lb bag $12.99

Ziploc Containers
Select Sizes & Styles
2 for $5.00

Pringles Potato Chips
All Flavors
6.38 oz 3 for $5.00

Western Family
Canned Tomatoes
Select Varieties
14.5oz $.58

Nabisco Select Crackers
7.5oz 2 for $6.00

Western Family Toliet Paper & Paper Towels
8 Roll Pkg $5.99

Western Family Pop Up Gently White Tissue
Assorted Size $1.07

Betty Crocker
Cake Mixes
All Flavors
18.25 oz
$0.88

Bob
the
Owner

FROZEN

Living Harvest Hemp Milk Ice Cream, Select Flavors
16 oz $4.49

Dr. Praegers Spinach, Broccoli, Potato & Sweet Potato Pancakes
12 oz 2 for $8.00

Krusteaz French Toast, Pancakes & Waffles
12-19oz $1.88

Old Orchard Fruit Juices
All Flavors
12oz $0.98

DAIRY

Follow Your Heart Vegenaise, All varieties
16 oz 10%off

Minute Made Simply Orange Juices
59oz $3.59

Newman's Ice Tea
All Flavors
2 for $4.00

Western Family Sour Cream
16oz $0.99

IN-HOUSE BAKERY

Large Cupcakes
4pk $6.95

Dinner Rolls, White & Wheat
6pk $1.99

Fresh Breads & Pastries Daily!
Gluten Free Items Too!

SPIRITS

PBR Cubes
$15.29

Molsen 6PKS
$6.39

La Crema
Pinot Noir
750 ml $20.89

Ketel One
Vodka
750 ml $24.99

VALUABLE COUPON * EXPIRES 03/9/2010

Get 10% Off

10% Off Any Purchase of Bulk Loose Leaf Teas

Good only at Jackson Whole Grocer. Limit One Per Coupon, One Coupon Per Customer

VALUABLE COUPON * EXPIRES 03/09/2010

$1.00 Off

Purchase any Harvest Bread and get $1.00 Off

Good only at Jackson Whole Grocer. Limit One Per Coupon, One Coupon Per Customer