

FRESH

FOR ACTIVE MEMBERS

SPECIALS

7-DAY SALE
MAY 19 – MAY 25

Organic Black Kale

Mexico



REG \$2.99
\$2.49
EA



17%
OFF

Angela's Pasta

Organic Fresh Pasta

Invermere, BC



REG \$7.99
\$6.49
EA



SAVE \$1.50

Organic Hass Avocados (2lb bag)

Mexico



REG \$6.99
\$4.99
EA



29%
OFF

Buy the bag and get avocados at half the price!

Organic Chioggia Beets

Mexico



REG \$2.99
\$1.99
/LB



33%
OFF

RECIPE OF THE WEEK

ANGELA'S FAVOURITE PASTA

ingredients

- 4 tbsp olive oil
- 1 tsp minced garlic
- 1/3 cup grated parmesan cheese
- 1 pkg Angela's pasta

optional

- Sautéed onions or veggies (e.g. kale, asparagus, bell pepper)
- Chicken, shrimp, steak, or sausage (cooked to your liking)
- Roughly-torn fresh arugula, spinach or basil leaves
- Season with salt, pepper and chilli flakes



directions

1. Boil water for the pasta.
2. Meanwhile, heat olive oil in a small sauce pan and sauté garlic.
3. Put Angela's fresh pasta in boiling water. Once it re-boils (approximately 3 minutes), strain.
4. Combine cooked pasta with olive oil and garlic (plus optional extra ingredients, if using) and top with parmesan cheese. Yum!



Fresh SPECIALS

7-DAY SALE
MAY 19 – MAY 25



Organic Tommy Atkins Mangoes

Mexico

REG \$2.49

\$1.99

EA

REG \$27.99

\$22.99

12-CT CASE



Organic Cantaloupe Melon

Mexico



REG \$4.49

\$3.49

EA



22% OFF

Organic Romaine Lettuce

Mexico



REG \$3.99

\$2.99

/LB

\$6.58/kg



25% OFF

Organic Martinez Strawberries (1lb pack)

California



REG \$6.99

\$4.99

EA



29% OFF

3 DAY SALE
MAY 12 – MAY 14



TRUE LOCAL

Salix & Sedge

Organic Baby Bok Choy

Salmo, BC

REG \$4.49

\$3.49

/LB

\$7.68/kg



22% OFF



SIGN UP & RECEIVE FRESH SPECIALS STRAIGHT TO YOUR INBOX EVERY THURSDAY!
VISIT WWW.KOOTENAY.COOP > CLICK CONTACT US > SELECT FRESH SPECIALS