



926 S. Monroe ~ 624-1349 ~
Open Daily 7:00 AM - 10:00 PM

September 2010
End Of Summer



*Fresh -Picked
Huckleberries
Are In!!*



September Wine Events

Class on Spanish and Portuguese Wines!

With Tristan Ohms from Small Vineyards
Purchase tickets in advance, at Courtesy Booth
\$20, Thurs, 9/23, 7-9PM, Bistro-limited seating

Tasting! Robert Karl Cellars
With Dr. Joe Gunselman of Spokane
\$5 per flight of 5 wines
Sat, 9/25, 2-4PM

Wine events
for those
21-and-over

Washington Apples arrive soon!

BULK SALE
25% Off
Sat, Sept. 11!

LOCAL VENDOR DEMO DAY, SAT, SEPT. 25

Here are just a few vendors you won't want to miss!!

Roast House Coffee, Lentz Farms, Lifestyle Granola, Gabriel Cosmetics, Wine tasting too!

**Natural
Living
35% Off
Sale Sat,
Sept. 18!**

End of Summer Best Read

Fast ways women can "shop smart and change the world"!

Our Natural Living expert, Judi Miller, recommends "Big Green Purse," by best-selling environmental writer, Diane

MacEachern. Learn simple, empowering ways women can use their spending power to protect the planet. MacEachern says, "women spend 85 cents of every dollar in the marketplace." We have several copies for sale in our library. After reading, stop by the Natural Living Dept, to shop, and swap ideas on the three green 'R's: Reduce, Reuse, Recycle!



*Stop by the
Floral Dept.
for some of the
finest flowers
of summer!*

Grocery and Bulk Case Sale
20% off!

October 6 through October 12
Plan to stock up!!!

25% Off Meat Sale October 2!
Pre-orders taken through September 18



The Bakery now carries several varieties of **Dave's Killer Bread!** Plenty of seeds, lots of fiber, and organic!! The cinnamon-sugar filled "**SinDawg**" is a special treat. Dave, of Dave's Killer Bread, has an interesting life story. Read all about it on the label of most of his products.



***We offer Variety in Healthy Eating
And Living!***

Remember, special orders are always welcome!



MUSIC AND PASTA!! SATURDAY EVENINGS! THE 9TH ST. BISTRO!

September Musical Guests

9/4 Jacob and Jason

9/11 Steve Milligan

9/18 Wide River

9/25 John Watson

September in the Bistro

If you haven't yet tried the seasonal menu, consider the Smoked Salmon Frittata! Made with Echo Falls wild smoked salmon, organic eggs, Yukon Gold potatoes, cheese, and fresh herbs. Or, try House Made Bacon Pancakes, with smoked bacon bits inside the cakes! Served with organic maple syrup. If these dishes aren't your style, consider the Curried Lentil Salad, and the Quinoa Salad. Both salads are Vegan and Gluten free!!

The Bistro uses local ingredients whenever possible!!!

WE'VE GOT LOCAL CAMELINA OIL!

Highly touted for its omega content, it's antioxidant properties, distinct flavor, and long shelf life, Bulk Foods Manager, Hani Al Menaye, is happy to announce local farmer, Lena Lentz Hardt, will be supplying us with Camelina Oil!

Our Bistro will also be using this heart-healthy oil in many recipes!!

