

MARKET CALENDAR

METROPOLITAN MARKET PRODUCTS & EVENTS – APRIL 2016

HYPER-LOCAL

We've been a part of Washington State's landscape since 1971, and our love for the 42nd state is #1. Open up to find 50+ of our favorite Washington products you have to try.

.....



FLOWER POWER

The signs of spring are blooming big in our Floral Department. Get to know our great team!

.....

HUG A TREE

Earth Day is here and we've rounded up some of our favorite natural foods, made in state.

.....

HOW EGG-CITING!

Did you know: Metropolitan Market has the freshest eggs in town. Learn all about them and get cooking.

.....

CHEESE + CIDER = ❤️

Fresh, aged, or bold and blue, cheeses are practically begging to be paired with the highest quality local ciders.



SUMNER

Double Tulips are the plush and plentiful stems dreams are made of, with double or triple the number of petals of regular tulips—and the same bold colors and patterns. Our varieties are grown by a second-generation Dutch tulip growing family in Sumner known for their great breadth of the highest quality blooms.



North Cap

Sweet Rosie

Horizon Road Geel

Fantasy Lady

MEET OUR FLOWER SUPERPOWERS!

All of our stores are powered by passionate Floral Managers and teams of knowledgeable bloom brains ready to knock your socks off with gorgeous arrangements and floral facts to keep your blossoms bright.

When building a gorgeous bouquet, I think of how colors vibrate and relate to each other. Tulips, dahlias, and blooming branches provide so much color and textural diversity.
- Amy, Magnolia

Fun floral fact: In nature, white flowers are often the most fragrant, as they have to attract pollinators to their blooms without having the advantage of bold colors. Think jasmine, gardenias, and citrus flowers!
- Caroline, Admiral

I've worked in floral for 25 years, in Minnesota, the Virgin Islands, and Seattle! In St. Thomas, we did cruise ship weddings daily, plus elaborate destination weddings, and all the hotels!
- Christy, Proctor

I've been in the industry for almost 40 years now! Tulips are my favorite flower because of their color variety and the fact that we can't control them. They keep growing even after they're cut and dance in their vases—a true free spirit.
- Liz, Kirkland

Met Market is special because of the vast number of growers we have to choose from when sourcing flowers. I feel like the entire world is at our fingertips—and it practically is!
- Patti, Sand Point

To keep bouquets fresher for longer, re-cut the stems of flowers you purchase before you put them in your vase, remove foliage that would be submerged below the water line, and change your water every 2-3 days!
- Molly, Uptown



EAST MEETS NORTHWEST LOCALLY MADE ASIAN FLAVORS

You don't have to book a ticket abroad to find flavorful Asian sauces. Here in the Seattle area, bright, spicy, tangy, and intense tastes are bottled up for use in your own cooking. So, put away your passport, pick up your wok, and get cooking.

ThaiFusions: Green Curry, Panang Curry, Sriracha Hot Sauce

Thaifusions creates handcrafted sauces and curries bringing their passion for authentic Thai flavors to all the foods you love. After opening Toi restaurant in Seattle, they realized just how popular their mom's recipes were — so they bottled them! Try their **Green Curry** and **Panang Curry** for an easy meal, or spice things up with their **Sriracha Hot Sauce**.

Taste ThaiFusions Green Curry at all stores (except Magnolia):
Sun. 4/20, 4-7PM



SEATTLE

Four Sisters Chili Sauce:

United by a love for food, four sisters from Vietnam came together to create bold, chile-based sauces to spice up traditional Vietnamese dishes and add some big flavor to anything you're cooking. Made from gourmet, Washington-grown ingredients, there are no preservatives, additives, MSG, or artificial ingredients in these flavor-packed jars. Try the **EverMild** or **OriginalRed** flavors.

Taste Four Sisters EverMild Sauce at Proctor, Sand Point, & Uptown:
Fri. 4/15, 4-7PM



BURIEN

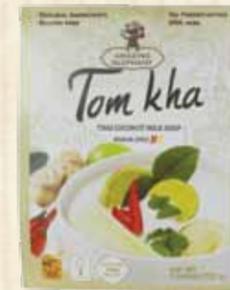


SEATTLE

Judy Fu's Gourmet Sauces: After customers at her popular Chinese restaurant, Snappy Dragon, asked her for her sauce secrets, longtime chef Judy Fu started her own line of sauces to use in your home cooking. The flavorful sauces are interpretations of the foods from her North China homeland. She makes it easy to create simple dishes like chicken or tofu sautéed in **Peanut Sauce**, a grilled flank steak marinated in **Jiao-zi/Potsticker Sauce**, or chicken and asparagus stir-fried in **Black Bean Sauce**, with these sauces and a few minutes at the stove.

ISSAQUAH Amazing Elephant Tom Kha Soup

Made in small batches using the highest quality ingredients, comforting coconut milk and lemongrass flavors come together in their Tom Kha Soup. Try the simple, delightful original flavor, or dig into a bowl with smoked salmon, to showcase a bit of the Pacific Northwest. Authentic flavors are packed into a pouch and easily reheat in minutes.



Taste it at Admiral, Proctor, Sand Point, & Kirkland: Thur. 4/7, 4-7PM

Taste Marinated Pan-Fried Salmon made with Judy Fu's Potsticker Sauce at all stores:
Wed. 4/13, 4-7PM

NATIONAL BEST BAGGER CHAMPION



A Checker at Metropolitan Market Admiral, Candice Lastimado took home the title of "Best Bagger" at the National Championships, along with \$10,000 she plans to put toward her education. A member of our team since 2010, Candice is studying Criminal Justice at UW Tacoma, and we could not be prouder of her dedication, commitment to customer service, and winning attitude. Next time you get in her lane, we hope you'll congratulate her on her extraordinary accomplishment.



Clean & Green

Earth Day comes once a year, but you can choose great, natural products all year long in our stores. From an all natural cleaner to nutrient-packed foods straight from the fields or urban farm, Met has what you need to love the Earth.



SHOO (FRUIT) FLIES!

A safe and natural solution for keeping away those pesky fruit flies that are about to start swarming, **Bye Bye Fruit**

Fly was created by one of our Sand Point customers! Pour the solution into a small dish and sweet-loving fruit flies will gather in the dish. Safe to pour down the drain, this remedy makes getting rid of unwanted invaders a cinch.



NUTRIENT-DENSE MICROGREENS

Microgreens have taken the culinary world by storm, and now **FarmBox**

Greens are at Metropolitan Market! These tiny little gems are itty bitty leaves and sprouts of plants including: arugula, broccoli, micro mix (arugula, pak choi, garnet mustard, mizuna, fun jen), radish, and pea shoots. They may be small, but they are mighty huge on flavor and nutrition, with four to six times the nutrients of the full leaves of the same plants.



Plus, they're local! In West Seattle, Dan Albert created a farm, right in his own front yard. The inventive urban farmer turned a residential garage into a totally sustainable set-up for growing FarmBox Greens, a Chef favorite at top restaurants across Seattle.

Seeds are germinated in a controlled, hydroponic environment, with no pesticides, herbicides, or predators of any sort. As they grow, their leaves shoot up and their roots go down into naturally nutrient-enhanced water. Once they're ready to harvest, they're clipped, packed, and driven straight to our stores.

There are tons of ways to use microgreens, as a bold garnish with major flavor appeal. Sprinkle some onto the top of a homemade pizza, add them into your salad, or arrange them on top of a piece of fresh fish.

Find Farmbox Greens at our Admiral, Uptown, and Magnolia stores!



ANCIENT GRAINS, MODERN FLAVORS

Since 2005, Brooke and Sam Lucy of **Bluebird Grains** have made ancient grains into a modern revival.

On their farm in the Methow Valley, the pair runs a family business with a huge impact. One of the founding companies to introduce emmer farro to chefs and home cooks, they've perfected their delicious products, available at Met Market.

Versatile emmer is a type of farro, an ancient hulled wheat, with a longer cook time and incredible texture. Plump, sweet, and full-bodied, the **Organic Split Emmer Farro** and **Whole Grain**

Emmer Farro have a wonderful chew that is perfect for grain salads, as a side dish mixed with seasonal vegetables, or even as risotto.

Change your plain old breakfast routine with their **Emmer Pancake & Waffle Mix**. Naturally sweet and nutty, high in protein, fiber, and B vitamins, it's a great source of energy in a delicious package.

Organic Cracked Farro Porridge is easily prepared with heated milk or water and your favorite mix-ins for a breakfast cereal. Or, substitute it into your best polenta recipe.

NOT JUST FOR BREAKFAST LOCAL GRANOLA

Washington is home to some of the best producers of craft products, and the granola set is one of the best. Check out four of our favorites, all made by your neighbors.



Crunchy Mama Granola:

Hand made from a family recipe in Anacortes, this crunchy, sweet granola comes in four flavors, including Pecan Cranberry. Add it to Greek yogurt!



Taste it at all stores (except Magnolia):
Sun. 4/3, 11AM-2PM

Mirracole Morsels Granola:

Made in Kingston, WA, Mirracole started as a farmers market favorite and soon built to an in-demand snack on our shelves. High quality nuts and heart-healthy oats are at the core!



Primal Island Granola:

Made on Whidbey Island, this gluten free granola is chunky, crunchy, and paleo-friendly. Try it in Toasted Coconut, Cranberry, or Blueberry. Take a baggie in your work or school bag for a fun and lovely snack.



Taste it at Uptown, Kirkland, & Magnolia:
Fri. 4/22, 12-3PM

Alki Girl Granola:

Local to West Seattle, as the name implies, this small batch granola is made using only healthy whole grains and nuts with no artificial ingredients. Naturally sweetened with honey, it's abundant with fruit and nuts.



metropolitanmarket

BROWN EGGS FRESH CAGE-FREE

LARGE GRADE AA LOCALLY RAISED SUSTAINABLY FARMED



Raised on a fully vegetarian diet, the Rhode Island Red hens who lay our large brown eggs are humanely treated at a nearby farm. These ladies have plenty of outdoor access to run, scratch, and see the sun. The sustainable farm grows feed for its beautiful birds, sourcing from other nearby family farms when supplies are needed. And you can taste this loving environment in every fresh Metropolitan Market egg you buy.

Delivered twice weekly, our eggs are always fresher than others you'll find in the grocery store. That's because we only sell eggs for up to a week before they're rotated out. Fresher eggs have creamier whites and stronger, brighter yolks, with richer egg flavor. They'll make your baking and cooking projects taste better, every time. Plus, since they're available in bulk, you can buy only as many as you need, so you'll always have the freshest eggs at home.

Next time you're in store, pick up a dozen—or a few!—of our delicious local eggs.



FISHS EDDY'S SEATTLE SKYLINE

Famed New York company Fishs Eddy brings local landmarks to our exclusive line of serveware, featuring hand-drawn takes on the Seattle skyline. Each piece features the Space Needle, Mount Rainier, The Great Wheel, Pike Place Market, the Smith Tower, Columbia Center, and the Seattle Aquarium.

Using the highest quality ceramic as the base of these platters, serving dishes, plates, mugs, and kitchen accessories, Fishs Eddy skyline pieces are beautiful keepsakes ideal for any lover of the 206.



SPOTLIGHT ON METROPOLITAN MARKET EGGS

Metropolitan Market Bulk Eggs get the royal treatment this month, with the Culinary Artists showcasing them in four ways in the Kiosk.

Spaghetti Carbonara Featuring MM Eggs
Admiral, Proctor, Sand Point, & Uptown:
Fri. 4/8, 4-7PM

Rich egg yolks from freshly laid eggs make all the difference in this classic preparation. The more straightforward and simple the recipe, the better the ingredients need to shine!

Scotch Eggs Featuring MM Eggs
All stores (except Magnolia):
Sun. 4/10, 11:30-2PM

A gastropub staple around the world, super-satisfying fresh eggs are cooked to a creamy texture, then wrapped in flavorful sausage, breaded, and fried. Comfort food in portable form.

Bacon & Egg Muffins Featuring MM Eggs
All stores

(except Magnolia):
Sun. 4/17, 11:30-2PM
Inspired by our favorite morning treat from San Francisco's Craftsman & Wolves, a cooked but lightly runny egg is baked inside a flaky biscuit studded with bacon. Perfect this and you win.

Frittata Primavera Featuring MM Eggs
Admiral, Sand Point, Uptown, & Kirkland:
Sun. 4/24, 11:30-2PM

Taste spring, now in stores and brightening up our skies (fingers crossed). Fresh, fluffy MM eggs mingle with the best of the season's produce in a breakfast delight that everyone will love.

CHEESE + CIDER: SPRING'S PERFECT MATCH

For years, cider has taken a back seat to another great cheese pairing. But Washington State is home to some of the best hard ciders in the market, and it's about time they got together with the best cheeses. Find both in store, and make a delicious love connection for the ages.



BLUE CHEESE + BOLD FRUIT CIDER

It's not new ground, but blue cheese and fruity flavors are meant for one another. The Big Boy Blue from Willapa Hills Farmstead Cheese in Chehalis, WA is a washed-rind blue with a pinky rind. Strong, sweet, and earthy, this big boy packs a bite.

Finnriver Farm & Cidery in Chimacum, WA is all about community, conservation, and celebration. Their Pear and Black Currant ciders are off-dry marvels with plenty of apple flavor spiked with additional fruit flavor, to tame piquant flavors while still falling on the dry side.



FRESH GOAT CHEESE + DRY & APRICOT CIDERS

Fresh Chevre from Gothberg Farms in Bow, WA is a versatile little one. Beautiful with sweet and savory preparations, its creamy, grassiness shines through all its pairings.

Tieton Cider Works in Yakima, WA specializes in American, English, and French-style craft ciders, with organically grown apples. Their Apricot cider brings a bit of sweetness and lovely stone fruit flavor to the palate. Seattle Cider Company Dry Cider is the pick when you want extra tartness.



AGED GOAT CHEESE + SEMI SWEET CIDER

Named for the gorgeous trail that circles Mt. Rainier, Mountain Lodge Farm's Wonderland is a local, raw milk version of the classic mountain tomme. Made in Eatonville, WA, it's a richly simple cheese, highlighted by a nutty taste and fruity notes.

Aged goat cheese loves a hint of sweetness, and Alpenfire Spark! is a great choice. Made in Port Townsend from a mix of traditional cider apples and heirloom varieties, its juicy fruit has a bit of residual sweetness to bridge the gap from one cheese nibble to the next. Seattle Cider Semi-Sweet is a great pick, too.



SEMI-FIRM COW CHEESE + CHERRY CIDER

An Italian-style table cheese, Ferndale's Caciotta is mild with a firm texture that softens on the tongue. Aged for a wee bit in Whatcom County, the flavor has a yeasty finish that begs for a bit of cherry. Tieton's Cherry cider lends a rich flavor without bringing too much sweetness to the combination.

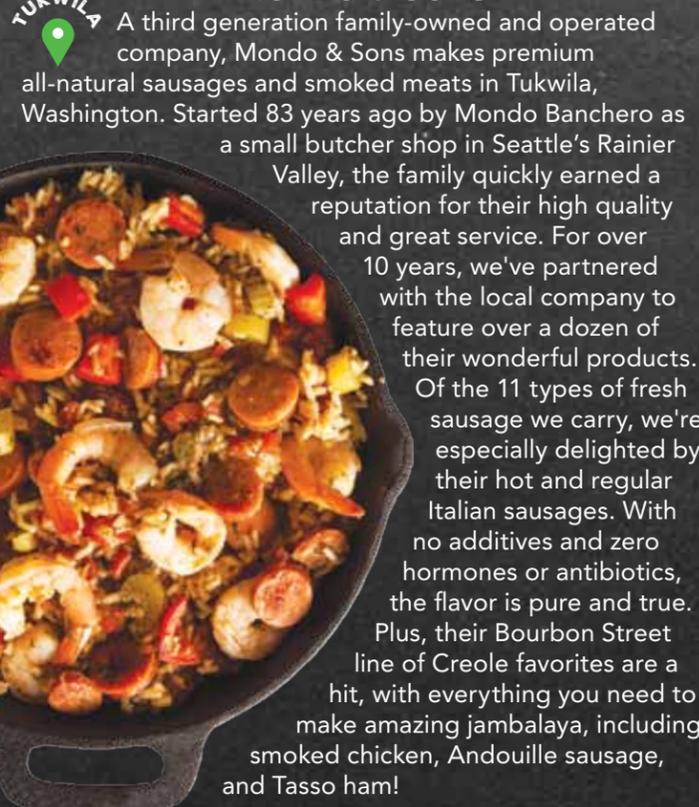


BLOOMY COW CHEESE + WILD FERMENTED CIDER

Mushroomy and soft near the rind, citrusy and fudgy at the center, Cascadia Creamery's Cloud Cap is a complex raw-milk cheese made in Trout Lake, WA.

Equally sophisticated is its optimal pairing: **Dragon's Head Cider's Wild Fermented Cider**. The hazy bevvie is made on Vashon Island with the wild yeast from the skin of the apples fueling fermentation. Medium bodied with a light effervescence, it ties the competing Cascadia textures together with its bright flavors.

TUKWILA



MONDO & SONS

A third generation family-owned and operated company, Mondo & Sons makes premium all-natural sausages and smoked meats in Tukwila, Washington. Started 83 years ago by Mondo Banchero as a small butcher shop in Seattle's Rainier Valley, the family quickly earned a reputation for their high quality and great service. For over 10 years, we've partnered with the local company to feature over a dozen of their wonderful products. Of the 11 types of fresh sausage we carry, we're especially delighted by their hot and regular Italian sausages. With no additives and zero hormones or antibiotics, the flavor is pure and true. Plus, their Bourbon Street line of Creole favorites are a hit, with everything you need to make amazing jambalaya, including smoked chicken, Andouille sausage, and Tasso ham!



Grand Central Bakery

SEATTLE

In 1989, a little bakery called Grand Central created a Como loaf in Seattle, and took the city by storm. Right away, lines snaked out the door of the bakery's Pioneer Square storefront, with folks excited to get their hands on the city's first Italian-style artisan bread, baked in a small Italian hearth oven in the basement of the Grand Central building. That appetite for great bread led owner Gwen Bassetti to open a wholesale bakery a few years later and, in 1992, Metropolitan Market became Grand Central's first grocery store customer — and the first Seattle market to sell artisan bread.

Now, nearly 25 years later, the bakery is still locally owned by a small group of family and friends, and Met Market has Grand Central's Como, Campagnolo, and rustic baguettes, plus many more on shelves and in our Delis.

"Even though we've gotten bigger, we haven't changed how we approach baking," says co-owner Gabrielle Moorhead. Modern equipment makes the job easier, but quality and attention to ingredients are still paramount to Grand Central's philosophy. Head baker Mel Darbyshire uses natural starters, long, slow fermentation, and hearth baking in Italian ovens to coax delicious flavors from simple ingredients.

Grand Central bakes multiple times throughout the day and night to ensure that customers have the freshest bread to put on their tables. The bakery sources flour from the region, using grains raised with sustainable farming methods and single-varietal flours suited to artisan baking. Sourced with care, made with love is how Grand Central describes its products. Which is to say, with every loaf, Grand Central celebrates its continued commitment to delicious bread, the very best ingredients and providing value for its customers.

BAVARIAN MEATS

SEATTLE

In 1961, the year before Seattle hosted the World's Fair, Max Hofstatter founded Bavarian Meats. An immigrant who came to America in 1933, he believed he could make a higher quality German sausage than any Seattle had seen before. Using recipes he brought with him from the Old Country, his authentic sausages were a huge hit, and that love of Bavarian Meats products has never wavered. Max passed the torch on to his sons, Jerry and Bob, who then passed it on to Jerry's twin daughters, Lynn and Lyla. The same great quality can be found in everything they make.

For 20 years, Metropolitan Market has delighted in selling Bavarian Meats's fresh and smoked sausages. Delivered weekly directly from the family, our customers love the authentic products. From landjaeger to smoked farmer cheese sausages, bockwurst to knackwurst, you can taste the history and commitment to quality in each bite.



WEEKEND FUN

When the weekend arrives, don't hesitate to head out to these fun gatherings in store and around town.

SEATTLE

COOKBOOK SIGNING

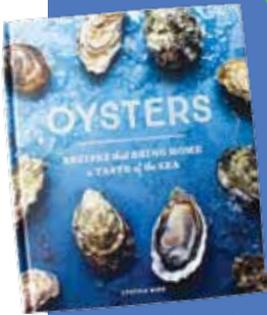
Oysters: Recipes that Bring Home a Taste of the Sea by Cynthia Nims

Proctor: Thur. 4/14, 4:30-6:30PM

Admiral: Fri. 4/15, 4:30-6:30PM

Kirkland: Sat. 4/16, 12-2PM

Oysters are one of our favorite foods, and who better to talk about how to eat them than local author and food lover Cynthia Nims! Her brand new book was just released and she's coming in to sign and snack. Taste her soon-to-be-famous oyster chowder and pick up a copy of her gorgeous book!

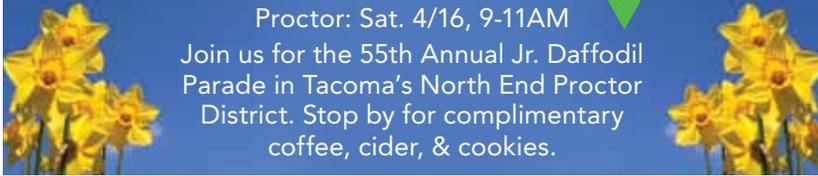


JR. DAFFODIL PARADE

Proctor: Sat. 4/16, 9-11AM

Join us for the 55th Annual Jr. Daffodil Parade in Tacoma's North End Proctor District. Stop by for complimentary coffee, cider, & cookies.

TACOMA



LOCAL SWEET TREATS

SEATTLE

Yukon Jackson's Herd of Turtles
Local confectioner Keith Jackson hand crafts delectable chocolates in small quantities



using fine Belgian chocolate. A native Seattlite, Keith grew up in West Seattle and first started working with chocolate at Boehm's chocolates in Issaquah. He mentored under Julius Boehm, learning the trade from a true artist. Delight in his Herds of Turtles candies, in milk or dark chocolate. And don't miss his Coffee Toffee.

Jonboy Caramels:

Key Lime with Sea Salt

The most delectable caramels are hand rolled and hand wrapped. And for a few magical weeks, they're flavored with puckery key lime for a tart treat. Available in all stores by April 7.

SEATTLE



ROASTER of the MONTH

Each month, Metropolitan Market will feature a different roaster from our wide assortment of quality coffee. Taste it at the Kiosk, pick up a cup in the Coffee Shop, and take home a bag to brew at home.

BELLINGHAM



Tony's Coffee is one of the Pacific Northwest's original craft coffee roasters.

They have been roasting specialty coffee in Bellingham since 1971 and remain a small, quality-focused, family-owned company. Tony's is committed to quality and sustainability at every level of the supply chain and prides themselves in constantly working to improve their craft.

Coffee Specialist Tristan says, "I love how passionate Tony's is for explaining and teaching brewing methods and techniques that best suit the coffee at hand taking the experience to a whole other level!"

This April, taste the Ganesha Roast in stores. Crisply sweet with dark, decadent flavor notes, you'll taste dark chocolate, hazelnut, and cherry in this espresso blend. Try it as espresso, or as a pour over or French press.

We're spilling the beans on the folks behind the coffee we sell with a big free event full of fun demonstrations, tons of tastings, and technique secrets. Get to know some of our favorite roasters, including Middle Fork, Stumptown, Tony's, and Vashon Island Roasters.

THE BIG BREW

Kirkland: Sat. 4/23
11AM-2PM

Proctor: Sun. 4/24,
11AM-2PM



Admiral
2320 42nd Avenue SW
Seattle, WA 98116
206.937.0551
Open 24 Hours

Kirkland
10611 NE 68th Street
Kirkland, WA 98033
425.454.0085
Open 24 Hours

Proctor
2420 N Proctor Street
Tacoma, WA 98406
253.761.3663
Open 24 Hours

Sand Point
5250 40th Avenue NE
Seattle, WA 98105
206.938.6600
Open 24 Hours

Uptown-Queen Anne
100 Mercer Street
Seattle, WA 98109
206.213.0778
Open 24 Hours

Magnolia
3830 34th Avenue W
Seattle, WA 98199
206.283.2710
Temporary hours during remodel:
Sun-Thurs 7AM-9PM
Fri & Sat 7AM-11PM



metropolitan-market.com