

metropolitanmarket



# MARKET CALENDAR

METROPOLITAN MARKET PRODUCTS & EVENTS — JULY/AUGUST 2016

CELEBRATING 20 YEARS

PEACH-O-RAMA

## HAPPY 20TH ANNIVERSARY, PEACH-O-RAMA!

Since 1996, we've offered the sweetest, juiciest peach you'll ever eat!

## CELEBRATE INDEPENDENCE DAY AT YOUR INDIE GROCERY

This 4th of July, fill your picnic table with favorites from Met Market, your independent grocery store since 1971.

## FLIPPIN' GREAT BURGERS

Our famous fresh ground beef marries flavorful ingredients in our custom patties.

## POPSICLES ARE COOL AGAIN

Keep cool in the summer heat with fun popsicles, made at home.

SPECIAL  
SUMMER EDITION  
WITH RECIPES





ONLY AT

MET MARKET

LOCALLY GROWN for ONION LOVERS



## MEET THE GROWER: LOCATI FARMS

In 1890, a French immigrant named Peter Pieri brought onion seeds from the island of Corsica to the Walla Walla Valley. Noticing that the onions were so sweet, you could practically eat them like an apple, local farmers saved seeds from Pieri's onions to grow their own.

The early 1900s saw Walla Walla growers plant acres of onions, and word spread of the distinctive sweetness.

After working for Pieri for a number of years, Italian immigrant Joe Locati bought a farm along the foothills of the Blue Mountains, starting his own onion operation in 1909.

In 1995, onion growers took steps to protect their unique vegetable, getting a USDA order for the Genuine Walla Walla Sweet seal to certify theirs as special. 12 years later, it became Washington's state vegetable.

The fertile Walla Walla Valley is famous for its ideal growing climate, with notable wineries for miles. But the most treasured prize in the region is the Walla Walla onion, and Metropolitan Market carries the sweetest one there is. Brought over from Corsica in 1890, these onions grow to a colossal size, with remarkably sweet flavor. Hurry in, because the Walla Walla Sweetest Onion is only at Metropolitan Market, and only for a short time.

### TASTING EVENTS

Grilled Chicken with  
Walla Walla Sweet  
Onion Mint Sauce

Admiral, Sand Point, Uptown,  
& Kirkland: Sat. 7/9, 3-6PM

Walla Walla Sweet Onion  
and White Bean Salad

Admiral, Proctor, Sand Point,  
Uptown, & Kirkland:  
Sun. 7/10, 3-6PM



Walla Walla, WA

Four generations of the Locati family have been integral in creating the distinctive flavor of Walla Walla sweet onions, and their name is synonymous with great product.

Locati Farms onions achieved an even greater distinction when people noticed that their onions seemed to be sweeter than any others being grown.

An independent lab tested the Colossal onions, and results showed that the onions indeed have an extremely low level of pyruvic acid — the lower the level, the sweeter the onion!

We knew we had to have these super sweet onions, and we're proud to celebrate our second year featuring these incredibly delicious Walla Walla Sweetest Onions at Met Market.

### TASTING EVENTS

#### FEATURING MM BACON

Maple Candied Bacon

Admiral, Proctor, Sand Point,  
Uptown, & Kirkland:  
Sun. 8/7, 11AM-2PM

Proctor, Sand Point, Uptown, &  
Kirkland: Sat. 8/20, 11:30AM-2PM

Bacon & Beer Burger

Admiral, Proctor, Sand Point,  
& Uptown: Fri. 8/12, 4-7PM

Bacon Wrapped Dates

All Stores: Sun. 8/14, 3-6PM

Penne Pasta with

MM Bacon & Spinach

All Stores: Wed. 8/17, 4-7PM

Wilted Spinach Salad

Proctor, Sand Point, Kirkland, &  
Magnolia: Thur. 8/25, 4-7PM

## BACON, BACON, BACON

Is there anything better than bacon? Wait, don't answer that. What we really want to know is, is there anything better than OUR bacon? That's right! Metropolitan Market is pleased as punch to introduce this brand new deliciousness, coming to stores in mid-July.

The thick and meaty slices come from hogs that are smaller than common varieties, for incredibly lean bacon. Our pigs are raised by a trusted partner and fed a 100% vegan diet with plenty of land to explore.

Locally cured and available in three flavors—Applewood Smoked, Maple Brown Sugar, and Black Pepper—Met Market center-cut bacon achieves our high standards for flavor and sourcing. The Applewood Smoked and Black Pepper are natural bacons with no added nitrates; the Maple Brown Sugar is a traditional cure. All are gluten- and MSG-free.

Try the Applewood Smoked on your next BLT or crumbled over your salad. Wake up to the Maple Brown Sugar's subtle sweetness as part of your perfect breakfast. And try the Black Pepper to spice up your sandwiches, add interest to your potato salad, or just for snacking.

COMING  
MID-JULY



## INTRODUCING: METROPOLITAN MARKET BBQ SAUCE & SLATHER

COMING  
MID-JULY



At Met Market, we consider BBQ season one of the most treasured times of the year. It's now that our grills come out of hiding, and our recipes get kicked into high gear thanks to the tangy, sweet kick of our favorite BBQ sauce. So, we're happy to announce that our new favorite sauce is our own: Introducing Metropolitan Market Hickory Smoke BBQ Sauce & Slather and Teriyaki BBQ Sauce & Slather.

Fans of classic BBQ sauce flavor will love our Hickory Smoke BBQ Sauce & Slather, with its tangy, smoked flavor that's ideal for steaks, ribs, and burgers. Savor the classic tang with all kinds of sandwiches, or try it with your favorite slow-cooker recipes. A classic American-style BBQ sauce, it's full of tomato, molasses, and brown sugar for a rich, deep, dark flavor.

The Seattle cook appreciates a variety of teriyaki take-offs and our Teriyaki BBQ Sauce & Slather will appeal to the grillmaster who loves sweet and spicy Asian flavors. Recognizable as the sauce we use in the Deli for our Bali BBQ Meatballs and Chicken, it's especially delicious with chicken, salmon, and kabobs, and is a delicious marinade for meats, seafood, fish, pork, grilled fruits, vegetables, and tofu. Use it as a stir fry sauce or drizzle it over cooked rice.

### TASTING EVENTS

#### FEATURING MM BBQ SAUCE

Pulled Pork Sandwich

Admiral, Proctor, Sand  
Point, & Uptown:  
Fri. 7/15, 4-7PM

BBQ Bacon Burger

Admiral, Proctor, Sand Point,  
Uptown, & Kirkland:  
Sat. 7/16, 11:30AM-2PM

Teriyaki Meatballs

Admiral, Proctor, Sand Point,  
Uptown, & Kirkland:  
Sun. 7/17, 3-6PM

MM BBQ Teriyaki Chicken Kabobs

Admiral, Proctor, & Uptown:  
Fri. 8/5, 4-7PM

Teriyaki Grilled Salmon

Admiral, Proctor, Sand Point, &  
Uptown: Fri. 8/19, 4-7PM



## PERFECT POTATO SALADS

When it comes time for American picnic holidays, you'd better believe potato salad is on the menu. But just because you grew up with a certain recipe doesn't mean you have to stick to it! Stop by the Met Market Deli and select from our 5 types of potato salad to find your favorite!

### Dill

For folks wanting that perfect marriage of creaminess and freshness, this potato salad made with mayonnaise, eggs, lemon juice, vinegar, and dill is the sweet spot.

### Deli

As All-American as a potato salad can get. Red potatoes, mayo, dijon, pickles, and celery unite for this classic recipe that pleases a crowd.

### German

For a meaty take on potato salad, just add smoked sausage! Our German-tinged version also packs in apple cider vinegar and mustard for a tangy finish to balance the smoke.

### Bacon & Blue Cheese

If the saying is so, bacon makes everything better. And when it partners with our pal blue cheese, you really can't go wrong.

### Mediterranean

Garlicky and bright, with plenty of lemon juice, cilantro, and paprika, our Mediterranean Potato Salad is the perfect pick for the picnicker who doesn't love creamy salads.



### MM Brioche Buns

Buttery, soft, and oh-so-crispable, our Brioche Buns are locally made just for us! Try them with one of our housemade burger patties, or for any of your BBQ sandwich needs!



## OUR OWN BURGERS

What would a cookout be without burgers? Not one we'd want to attend, that's for sure. Especially because Metropolitan Market is your headquarters for the best patties, ground fresh in house and available in four great varieties, including our classic all-beef Original variety.

### BACON BLUE CHEESE BURGER

Crumbles of salty tangy blue cheese meet crispable chunks of uncured bacon in this savory masterpiece.

### JALAPEÑO CHEDDAR BURGER

Aged cheddar adds unctuous flavor and we add fresh jalapeño peppers, seeds and all, for the truly spice-loving among us.

### MUSHROOM SWISS BURGER

Slices of fresh mushrooms and aged Swiss cheese are packed into burgers formed by hand in a single patty press.

Each patty weighs about half a pound, for a juicy burger every time. Plus, we make sliders in each flavor. Having a party and need a custom burger size? We can do that!

## BURGER BUDS!

When you're ready to perfect your burger of glory, you'll need some good toppings. Make your patty extra zesty, add a big punch of flavor, or cool down a hot mouth with these great add-ons.



### Fix Sriracha Hot Sauce

Not satisfied with commercially made, processed hot sauces, the folks at Fix set about to create a premium bottle of sauce that would bring home the flavors of South Asia. Here it is!



### Sir Kensington's Avocado Oil Mayonnaise

Everyone's favorite food, avocado, makes this non-GMO mayo luscious and smooth, and a hint of lime makes it sing.

### Los Roast New Mexico Green Chiles

Can't make it down to New Mexico during chile season? Pick up a flavor-packed jar in Mild, Medium, or Hot and add a dollop to zest up your burger!



## TASTING EVENTS



### Berry Shortcake

Admiral, Proctor, Sand Point, & Uptown:  
Fri. 7/1, 12-3PM



### Classic Burger with Mediterranean Potato Salad

Admiral, Proctor, Sand Point, & Uptown:  
Fri. 7/1, 4-7PM



### Jalapeño Cheddar Burger with Dill Potato Salad

Admiral, Proctor, Sand Point, Uptown, & Kirkland: Sat. 7/2, 3-6PM

### Mushroom & Swiss Burger with German Potato Salad

All Stores: Sun. 7/3, 11AM-2PM

### Blue Cheese Burger with Bacon & Blue Cheese Potato Salad

All Stores: Sun. 7/3, 3-6PM



### Gelatiamo July Flavor of the Month: Cherry Sorbet

Our dear friends at Gelatiamo teamed up with farmers market darlings Tonnemaker Farms to bring their salmon-safe cherries to a delightful cherry sorbet! Stop by and get a scoop in stores this July.



### Fresh Berry Cream Cake

Fresh berries meet light layers and frothy frosting to create this 4th of July favorite. Available in a 5" or 8" size, with two layers of cake and plenty of fruit.



Taste it at Admiral, Proctor, Sand Point, Uptown, & Kirkland: Sat. 7/2, 11AM-2PM





"My family lived in Yakima when I was young, and we picked peaches for eating, jam, and canning. Mom made pies and we ate peaches for dessert often. They were as good as you could get," Terry says. "There was nothing like making a mess eating the fully loaded, juicy, aromatic peaches."

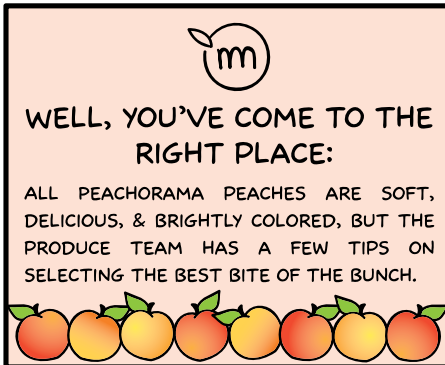
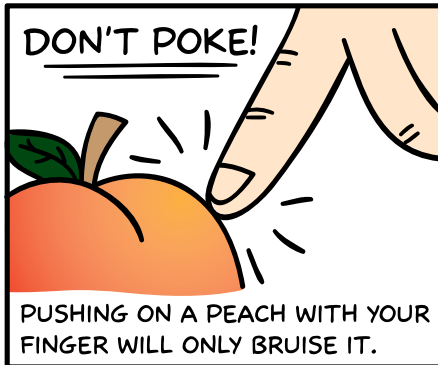
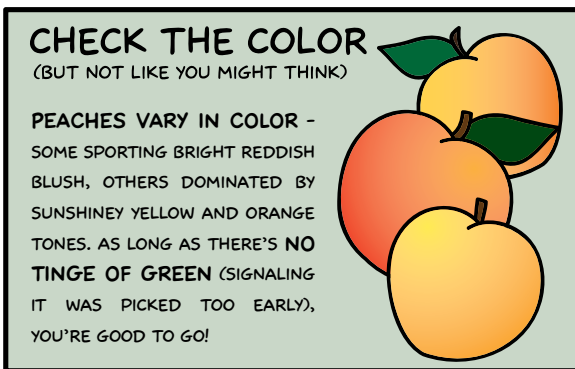
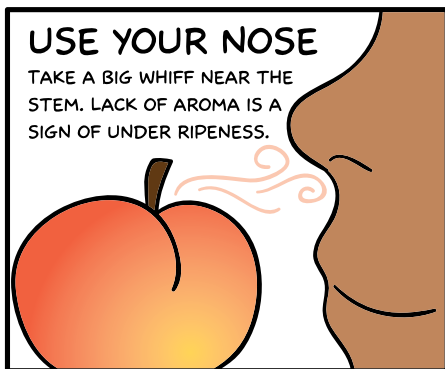
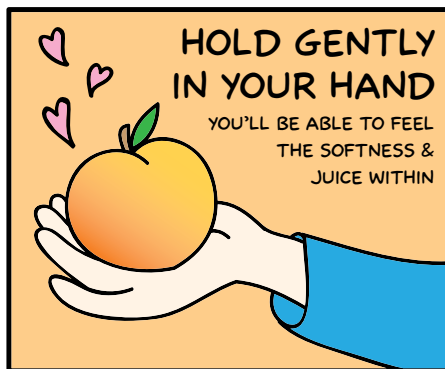


So, he challenged food consultant Jon Rowley to go find the best, ripest peaches — something no grocery store offered. Jon drove through peach country in three states over two seasons, meeting with peach growers. He asked for help from chefs and farmers to learn all he could about peaches and find a worthy specimen to bring back to Met Market.

Finally, after tasting hundreds of peaches, he found growers with peaches worthy of hoisting the Peach-O-Rama name. Using a refractometer to measure the immense amount of natural sugar in the peaches, he learned about the Brix index, and established a guideline for sweetness. He knew we had to get the growers to pick ripe peaches instead of the hard, green ones sold to other stores.

It took some convincing, but with a cooperative approach, Jon, Terry, and Met Market worked with growers to develop the growing and harvesting techniques necessary to get the ripest, sweetest peaches to our stores. Our exacting standards for picking peaches ripe and packing them in the fields, plus our commitment to sell ready-to-eat peaches of at least a 13 Brix measurement, make the difference at Met.

20 years later, we have the sweetest, juiciest, ripest peaches, and the best partners. Happy anniversary, Peach-O-Rama!



## TASTING EVENTS






**Sauteed Chicken  
Breast with Peaches**  
All Stores:  
Wed. 8/3, 4-7PM

**Grilled Peaches with  
MM BBQ Sauce**  
Proctor, Sand Point,  
Kirkland, & Magnolia:  
Thur. 8/4, 4-7PM

**Peach Kuchen**  
Sand Point, Uptown,  
& Kirkland:  
Sat. 8/6, 3-6PM

## HANDLE WITH CARE: HOW TO TAKE HOME YOUR PERFECT PEACH

As beautiful as they are to look at, handling peaches more than necessary bruises their delicate flesh. Peach-O-Rama peaches are handled only twice: as they're picked and when they're packed in signature single-layer Peach-O-Rama peach boxes. No hands—or anything else—touch them again until they get to you.

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- Pick your peach gently. Tenderly place the peach into a paper bag, not in a grocery cart or basket—which will indent your precious fruit.
- 
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- Be careful it's not smashed or jostled by other objects on the way home.
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- Eat your peach as soon as possible; Peach-O-Rama peaches are picked at their peak and best eaten immediately.
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- If you can't get to your peach right away, do not refrigerate it! A wise man once said, "Peaches shiver at the thought of being stuck into a cold fridge." Instead, set it stem side down on the counter.
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- We suggest a bib and a few paper towels/cloths to catch the juice as it rolls down your chin and arms while eating—saves on laundry.



**Meet Chef Jason  
Wilson and taste his  
Grilled Summer  
Peach Salad**  
Kirkland:  
Sat. 7/30, 12-2PM

## GRILLED SUMMER PEACH SALAD WITH RICOTTA & PROSCIUTTO Serves 4

Recipe courtesy of Chef Jason Wilson

4 peaches, skin on, sliced in long, large wedges, pits removed

2 Tbsp honey

1.5 Tbsp nice white wine (plus a glass for the cook)

1 tsp cracked black pepper

1 tsp Fresno chiles, finely chopped

3 Tbsp MM extra virgin olive oil,  
separated

Kosher or sea salt as needed

2/3 cup ricotta cheese

10 leaves fresh mint, rough chopped

5 leaves fresh basil, rough chopped

1 bunch scallions, separated at the greens, with both parts reserved

2 cups fresh arugula

8 pieces of thinly sliced prosciutto

2 Tbsp Marcona almonds, roasted

1. Get the grill super hot!
2. Marinate the peaches in honey, wine, black pepper, Fresno chiles, 1 Tbsp olive oil, and a pinch of salt. Allow to marinate while prepping the ricotta cheese mixture.
3. In a separate bowl, mix the ricotta cheese with 1 Tbsp olive oil and freshly chopped herbs. Set aside.
4. Start drinking the glass of wine. Grill the peaches quickly on all sides. Place grilled wedges evenly on 4 plates. Remove ends from scallions, grill tops and whites, then chop into large chunks. For vinaigrette, mix the remaining peach marinade, a pinch of salt, 1 Tbsp olive oil, and the scallions
5. Build a salad over grilled peaches with ricotta, arugula, prosciutto, and almonds. Dress with chunky vinaigrette as desired.



James Beard Award-winning chef Jason Wilson knows just how to showcase seasonal ingredients. Between his groundbreaking restaurant Crush, modern steakhouse Miller's Guild, and his forthcoming contemporary Northwestern restaurant Lakehouse (opening in Bellevue in 2017), his innovative approach is always delicious.





MM Wine Director Mark Takagi is always thinking of creative ways to pair wine with the season's freshest foods. This summer, it's all about making your own sangria. Pick up some Peach-O-Rama peaches and join in the fruity fun!

### SAVORY WHITE SANGRIA WITH PEACH-O-RAMA PEACHES, GINGER & LIME

Serves 15

If you find most sangrias too sweet, try this less traditional, savory version.

- 1 bottle (750) Riesling
- 1 bottle Michelle Extra Dry sparkling wine
- 1 bottle seltzer water – plain, lemon, or lime
- 1/2 Cup Domaine Canton Ginger Liqueur
- 2-3 fresh Peach-O-Rama peaches, sliced
- 1 large lemon, thinly sliced
- 1 handful fresh basil leaves, pressed to release oils (mint can be substituted or try a combination of the two)
- 1 tsp ginger root, freshly grated

Add all ingredients together in a pitcher or bowl, refrigerate, and chill for 2 hours. Serve in a large pitcher filled with ice, pour in tumblers or wine glasses.

### SWEET PEACH SANGRIA WITH PEACH-O-RAMA PEACHES

Serves 15

Most sangria recipes call for added sugar or simple syrup, but Mark says that a Riesling with a little more residual sugar, like CSM Harvest Select, will do the trick. Plus, seasonal Peach-O-Rama peaches have a higher Brix (translation: more natural sugar), which naturally sweetens things up while adding flavor.

- 2 bottles (750 ml each) Riesling
- 1 bottle (750 ml) seltzer water – plain, lemon, or lime
- 1 cup Giffard Crème de Peche Liqueur
- 2-3 fresh Peach-O-Rama peaches, sliced
- 1 cup fresh strawberries, halved
- 1 cup fresh raspberries
- 1 large lemon, thinly sliced

Add all ingredients together in a pitcher or bowl, refrigerate, and chill for 2 hours. Serve in a large pitcher filled with ice, pour in tumblers or wine glasses.

### RIESLING + PEACHES = ❤️

The secret to serving wines with tree-ripened, naturally sweet, hand-picked Peach-O-Rama peaches is to avoid serving dry wines. White or sparkling wines are ideal and a little residual sugar is ideal.

Riesling, with its natural stone fruit aromatics and flavors, compliments fresh peaches perfectly. Here are some of our favorite Washington Rieslings:



**2014 Chateau Ste Michelle "Harvest Select" Riesling** (4% residual sugar): Bursting with notes of fresh peaches and beautifully balanced with crisp acidity, this is the perfect sunny afternoon sipper. Drink it alongside fresh Peach-O-Rama peaches and berries along with a selection of soft or mild cheeses. If you're thinking of making a dessert with fresh peaches, it doesn't get any better than this great value, quality wine.

**2015 Chateau Ste Michelle Riesling** (>2% residual sugar): With about half of the residual sugar as the "Harvest Select," showcases the classic Riesling attributes of stone fruits and crisp acidity, with less sweetness. It's perfect to serve with fresh Dungeness crab, grilled fish topped with a fresh peach salsa, or chicken glazed with fresh peach flavor.

**2015 Chateau Ste Michelle "Dry" Riesling** (>1% residual sugar): Riesling offers so much fruit on the bouquet and palate, some think the wine is sweet. But technically, the wine is bone dry at less than 1% residual sugar. You'll taste a little more minerality and bright citrus notes, firm acidity, and the aromatics and flavors one loves in Riesling.

### MARINATED PEACHES, BUTTERMILK QUINOA CAKES & BASIL CREME FRAICHE

Serves 4  
Recipe courtesy of Chef Jason Wilson

#### Marinated Peaches:

- 3 large fresh ripe peaches, skin on, sliced in 8 large chunks, pits removed
- 3 Tbsp fresh maple syrup
- 1 Tbsp chopped fresh rosemary
- 1/2 tsp vanilla extract
- 5 mint leaves, chopped well
- 1/2 tsp salt

#### Basil Creme Fraiche:

- 1/2 cup creme fraiche
- 1.5 Tbsp fresh basil, finely chopped
- 1/2 tsp kosher salt
- 1/2 tsp lemon juice

#### Buttermilk Quinoa Cakes:

- 1 Tbsp orange juice
- 1/2 cup buttermilk
- 3 Tbsp brown sugar
- 1 tsp fresh dry active yeast
- 1 Tbsp fresh thyme, chopped
- 1/2 cup cooked quinoa
- 1 cup whole wheat flour
- 2 Tbsp melted butter
- 1/2 tsp kosher salt
- 1 tsp baking powder

1. Mix all Marinated Peaches ingredients in a bowl. Rest aside at room temperature while preparing the rest.
2. Mix the Basil Creme Fraiche ingredients in a bowl and refrigerate.
3. Bring orange juice and buttermilk to a boil in a small saucepan, then carefully pour into a medium mixing bowl. Add the sugar, yeast, thyme, and quinoa and stir to mix. Cover the bowl with plastic wrap and allow 20 minutes for yeast to activate. It will become cloudy and bubble. Slowly fold in the remaining Buttermilk Quinoa Cake ingredients. Heat a greased cast iron pan or non-stick pan over medium-high heat. Spoon mixture in and cook until brown and crisp, about 3-4 minutes per side.
4. Top quinoa cakes with peaches and creme fraiche.

## PRODUCING GREATNESS

You know Met Market's produce is the freshest and best, now meet the folks who keep it that way: our delightful and experienced Produce Managers.

I love heirloom tomatoes and even grow my own! Green Zebras are my favorite, with sweet flavor and meaty texture. Heirloom tomatoes have fewer seeds and more meat.  
- Greg, Kirkland

Produce is a great department to work in because it changes 4 times a year! It's always so exciting to see what the new season will bring each year.  
- Dennis, Admiral

My favorite fruit is raspberries, and my favorite thing about working at Met Market is seeing the huge variety of colorful produce every day.  
- Michael, Sand Point

Summer is my favorite season for produce, with so many local berries and peaches. Tomatoes are my favorite fruit — I eat them like they're apples, out of hand.  
- Gary, Magnolia

Pro tip: Color can be deceptive when you're determining the ripeness of fruits and vegetables; It's better to go by how it feels. The heavier it is, the more juices are in it!  
- Jake, Uptown



**Chef Jason Wilson's Marinated Peaches, Buttermilk Quinoa Cakes & Basil Creme Fraiche**  
Admiral, Proctor, Sand Point, Uptown, & Kirkland:  
Wed. 8/10, 4-7PM



# HOT DAY, COLD BREW

When the weather heats up, your coffee is extra delicious cooled down, like in cold brew you'll find popping up all over Met Market. With less acid than other coffees, it goes down easy, too.

## HOME BREWED OR READY-TO-DRINK

Start with Met Market Cold Brew Coffee Blend, then choose your method of brewing.



### Local Met Market Cold Brew Coffee Blend

Having great coffee on hand at all times is fabulous when the weather is too hot to be boiling water. MM Cold Brew coffee blend is made specifically for the cold brewing method, with beans sourced from Latin America and Asia Pacific, and a medium-dark body. With aromas of maple, cocoa, and vanilla, and flavors of dark chocolate, carob, and pecan, the syrupy MM Cold Brew is made just for us by a favorite local roaster.



### CoffeeSock DIY Cold Brew Kit

Sometimes the simplest methods are the best ones, and this is as easy as it gets, with a quart-sized Mason jar and a pure cotton filter creating an economical, eco-friendly coffee solution. Reusable and durable, washable coffee filters can be easily rinsed and hung to dry between batches, saving money—and the planet—in the process.

### OXO Good Grips Cold Brew Coffee Maker

Possibly the most user-friendly cold brew maker there is, OXO's machine works by pouring water through the rainmaker on top onto freshly ground coffee. Let the water and grounds mingle for 12-24 hours, and then flip the easy release switch to filter fresh-brewed coffee concentrate into a glass pitcher—complete with its own fridge-ready lid.

### Cold Bruer Drip Coffee Maker

Both beautiful and interactive, this is the gold standard when it comes to effective cold brew making and counter appeal. The Cold Bruer is made up of a high quality glass pitcher and a brew chamber, with premium food-safe silicone and stainless steel. Use it to make up to 20 ounces of coffee concentrate in just four hours.



In a bottle, can, or carton, ready-to-drink cold brew is being produced by the top coffee roasters across the country.



### Local Stumptown Coffee (Portland, OR)

The first cold brew sold commercially in the Pacific Northwest, they were also the first to do it right and consistently. Try it plain in bottled form, or in a carton made with milk or coconut milk, plus one with chocolate. Their nitro can cold brew is a singularly unique product, too, with the creamy, soft texture of Guinness to match their smooth coffee flavor.



### Blue Bottle Coffee (Oakland, CA)

New Orleans-Style Iced Coffee is brewed to replicate the one the French brought to New Orleans 200 years ago, when stout and chicory root combined to create a creamy, complex flavor.



### KonaRed Coffee (San Clemente, CA)

Kona and Columbian coffee + 100% Hawaiian coffee berries create a delicious, nutrient-rich brew that's ready to drink!



### Local Pier Coffee (Seattle, WA)

Started by a former barista and cafe owner in her basement laundry room, this small batch brew is made from beans chosen specifically for their cold brewed properties. Pop the top for a clean flavor and smooth texture.

### Local Tony's Coffee (Bellingham, WA)

Bellingham's favorite son teamed up with Smith Brothers Farm — and just a touch of sugar — in their brand new organic Cold Brew with Milk. Certified fair trade, try the original or the chocolate flavor.



## ROASTER of the MONTH

Each month, Metropolitan Market features 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.



### JULY: CAFFÈ UMBRIA

It all started in Italy, in the town of Perugia in the 1940s. There, the Bizzarri family began roasting coffee in the traditional Italian way. When the family moved to Seattle, they brought their coffee roasting traditions with them, with Master Roaster Emanuele Bizzarri continuing the legacy at Caffè Umbria.

And in their 70 years, the family has committed to carrying on the Italian style of artisan roasting, as they feel it results in a flavor experience that is more complex and sophisticated.

This month, we feature the signature Bizzarri Blend, a medium-dark coffee with a full bodied flavor and tastes of molasses, pecan, and banana. Featuring beans from Peru, El Salvador, and Uganda, it was created to pair with the sweetness of milk and cream.

### AUGUST: VASHON ISLAND COFFEE ROASTERIE

In 1969, coffee pioneer Jim Stewart founded one of the first micro-roasters, later selling it to someone you've probably heard of — Seattle's Best Coffee. In 2003, he passed on his connections to generations of coffee growers to owner Eva, granting access to some of the rarest beans in the world.

Vashon Island Coffee Roasteries' Midnight Blend will be showing off in August, thanks to its deep, rich complexity.

The blend of traditionally grown, direct-traded beans is a rich, dark rustic Italian style roast, full-bodied with a sweet, chocolatey, slightly smoky edge. Try it with dessert!



Each August, locals come together to swirl Washington's delicious wine in their glasses.

With some of the finest grapes in the world and the best local winemakers, Washington is brimming with wines that make us more than happy to raise a toast. And you'll find hundreds of regional reasons to celebrate, every day in our award-winning Wine Department.

From August 3 to 30, enjoy all Washington Wines — including cult favorites and collectibles — discounted up to 30% off!



### The ABCs of Washington White Wine

When it comes to white wine varietals, Chardonnay is still the most popular stand-out varietal in Washington State. But, that's not all there is, and if you're ready to change up what's in your glass, you need to learn the ABCs (Anything But Chardonnay).

Did you know we're also excelling in varietals like Viognier and Marsanne that are best known in the Rhone Valley of France? Our long and warm growing season allows the Viognier grapes to fully ripen, resulting in beautifully aromatic wines. Plus, cool nights ensure the right balance of flavor and acidity that makes for absolutely delicious sunny weather whites.

Two of our very favorite producers, aMaurice and Mark Ryan make outstanding bottles featuring this varietal. For sheer value alone, one should not overlook the Pour Me White, a cleverly disguised white Rhone blend from aMaurice.

Marsanne has recently started to show its pretty face here in Washington, with plantings increasing in recent years. It's previously been known for thriving in the Rhone Valley and the South of France and, like Viognier, it offers wonderful peach and stone fruit aromatics that are so seductive and delicious.

We're excited to rediscover the wines from Isenhower Cellars, whose 2015 Marsanne is very well made and represents a great value.





# PROTEIN POTS: THE NEW POWER LUNCH

When hunger strikes, it can be tempting to grab a bag of chips and plow through handful after handful, but there's a better option. New Protein Pots are delicious grab-n-go snack pods for a small lunch or quick bite, fueled by fresh, raw ingredients and nutritious proteins.



**The Medi Mezze**  
Falafel teams up with tabbouleh salad, a dollop of hummus, tomato, and feta in this study abroad pot.



**Seriously Sesame Chicken**  
Fresh grilled chicken tops jasmine rice and edamame with sesame seeds and sesame dressing in tow.



**Tangy Beet Chevre**  
Light and lovely, goat cheese adds plenty of tang to this mix of arugula, shredded carrots, shredded beets, and pumpkin seeds.



**Lotsa Lox**  
Flavorful cold smoked salmon gets a tangy boost from red onion and lemon, plus extra protein from a hard boiled egg and spinach.



**I Like Superfood**  
A mini grain bowl with lots to offer, red quinoa, spinach, edamame, pumpkin seeds, dried cranberries, and corn make for a great mid-day meal.



**Spice & Crunch Tofu**  
Crunchy cabbage, toothsome noodles, and spiced tofu are the bright and delicious boost you need.



**Green Eggs**  
As simple as can be, but so satisfying, edamame, pumpkin seeds, spinach, and hard boiled egg are just the right blend of the right proteins.

# THUMBS UP FOR HOMEMADE POPSICLES!



Thumbsicle Pop Mold (set of 4)



## MANGO YOGURT POPS

Serves 8

Local Greek yogurt + frozen fruit = the perfect pops, in no time. You can sub in fresh Peach-O-Rama peaches, toss in a few local berries, or even add a little zesty chile powder if you're making them for the spice-minded!

- 1/2 cup frozen mango chunks
- 1/3 cup Ellenos Greek yogurt
- Splash of coconut milk

Blend ingredients until smooth. Pour into Tovolo Pop Molds. Freeze. Eat.

## Funky Fun Popsicle Molds

Ditch your old, boring popsicle molds and try out something decidedly funkier this summer. Tovolo has the pops game on lock, with silicone molds that pick up more detail for cuter, sillier, cooler popsicles you can easily make at home. Make darling dinosaurs, yummy yetis, or twin pops! Try mixing your favorite fruit in a blender, add a little coconut milk or juice, and voilà!





# SPOTLIGHT ON METROPOLITAN MARKET FRESH-STRETCHED MOZZARELLA

There are few delights as pure as the soft, sweet, milky flavor, and tender texture of fresh-stretched mozzarella. We love it so much, we stretch it fresh daily from high-quality curd into beautiful, flavorful balls of mozzarella cheese. Get the full experience in each mouthful and learn why it earned the name “fior di latte” — flower of the milk.

Each day, our skilled cheesemongers cut curd and melt it together with just a touch of salt. Then, they stretch it and pinch it into soft balls of cheese ready to slice and eat or use in sandwiches, pizza, pasta, and salads. Because it’s always fresh, our mozzarella is highly perishable and best eaten as soon as possible.

Taste our fresh-stretched mozzarella in a creamy, smooth ball; in a fresh-stretched log, perfect for slicing and topping pizzas; herb-marinated with delicate bocconcini suspended in a blend of seasonal herbs and sunflower oil; and rotello, with a thin layer of fresh-stretched mozzarella stuffed and rolled with the finest prosciutto and basil.

Want to make your own? Pick up our fresh curds and stretch it at home, or try making burrata with fresh curds and stracciatella — the most precious part of burrata, made from smooth mascarpone cream and fresh mozzarella.

Stop by the Deli and try our Mozzarella & Peach Grilled Cheese with Basil, featuring Peach-O-Rama peaches, plus our Caprese Salad; Mozzarella, Tomato & Basil Baguette; Mozzarella & Tomato Stacks; Mozzarella in Tomato Pesto; Tomato & Basil Mozzarella Tart; Mozzarella & Grilled Roman Artichoke Salad; and Roasted Eggplant Parmesan.



## Local Basil

Bright and bursting basil flavor is among the most pleasing of summer delights. Ours is grown locally and brought in just in time for seasonal recipes.

## CAPRESE SALAD BRUSCHETTA

- 1 lb heirloom tomatoes, diced  
½ lb MM Fresh-Stretched Mozzarella, cut into small cubes  
8 basil leaves, chiffonade  
1 Tbsp MM Olive oil  
Sea Salt, to taste  
MM Balsamic Vinegar  
Crusty bread or crostini
1. Combine all ingredients in large bowl and chill for 15 minutes.
  2. Spoon over crusty bread or crostini and drizzle with balsamic vinegar.

## TASTING EVENTS

### Fresh-Stretched Mozzarella topped with O Basil Olive Oil & Sea Salt

All Stores: Wed. 7/20, 4-7PM

Bright, basil flavor is infused into olive oil for a sweet burst of green that pairs naturally well with milky mozz.

### Fresh-Stretched Mozzarella & Peach Salad (Recipe #1017A)

All Stores:  
Thur. 7/21, 4-7PM

Juicy peaches and fresh-made mozzarella are a delightful pairing, and cheese in a salad is always a good idea.

### Fresh-Stretched Mozzarella

Admiral, Sand Point, & Uptown:  
Fri. 7/22, 4-7PM

All Stores:  
Sun. 7/24, 11AM-2PM

Stop by and see Culinary Artists stretch mozzarella in the Kiosk. They may even let you try it warm and right from the cheese-making bowl!

### Grilled Peach & Fresh-Stretched Mozzarella Sandwich from the Deli

Admiral, Sand Point,  
Uptown, & Kirkland:  
Sat. 7/23, 11AM-2PM

You've had a ton of grilled cheese sandwiches, but none like this: a fresh, peachy take on the classic.

## HEIRLOOM TOMATOES

*What happened to the tomatoes our grandparents ate, the ones that were rich, sweet, salty, biting, and oh-so-flavorful? These days, so many of the tomatoes found in stores are bland replicas, but you don't have to suffer through another tasteless season!*

*In heirloom tomatoes, that flavor of yesteryear still exists, in every delicious bite.*

From Brandywines to Marvel Stripes, Great Whites to Evergreens, heirloom tomatoes are as diversely flavored as they are brightly colored.

These varieties have existed for generations, and purchasing tomatoes that are plump with history helps to keep that history alive and well.

These tomatoes vary in firmness and flavor, and are lovely in a salad, sliced in a sandwich, or simply layered with our Fresh-Stretched Mozzarella.

In California and Washington, where our heirlooms are grown, tomatoes are grown for flavor rather than beauty, meaning they may be oddly shaped but their flavor is so darn lovely.

## TASTING EVENTS

### Fresh-Stretched Mozzarella, Heirloom Tomato & Basil Salad topped with MM Olive Oil & MM Balsamic Vinegar

Admiral, Proctor, Sand Point,  
Uptown, & Kirkland:  
Sun. 7/31, 3-6PM

### Heirloom Tomato, Watermelon, & Feta Salad

Proctor, Sand Point, Kirkland, &  
Magnolia: Thur. 8/11, 4-7PM



# SPICE UP THE SUMMER

*Grilling, cooking, or just topping off your meal with a dollop of heat, we've got the goods to make this summer your spiciest, most thrillingly flavorful one ever.*



**Grilled Cheesesteak Pinwheels featuring Spiceologist Greek Freak Spice Blend**  
Admiral, Sand Point, Uptown, & Magnolia: Fri. 7/8, 4-7PM



**Shrimp on Grilled Ciabatta featuring No. 19 Just Cook Spice Blend**  
Proctor & Kirkland: Thur. 7/28, 4-7PM

## Just Cook All-Natural Spice Blends

New to the market, these flavorful blends feature both trendy and classic flavor profiles in easy to use applications. Herbed Coffee blends sweet and savory, Gimme Steak adds a citrusy blast, and No.19 Salmon lends Creole inspiration—and is even delicious on grilled Peach-O-Rama peaches!



## Spiceologist All-Natural Spice Blends

Ultra-premium ingredients make all the difference in off-the-wall rub blends like Greek Freak and Black Magic. Step outside your usual recipes for a fresh flavor lineup this summer.



## Hot Winter Hot Sauces

An accidental discovery of a hot pepper led to this flavorful hot sauce, packed with heirloom chiles that express the weather the year they were created. Think of how wine vintages vary and you're part way to understanding these blends featuring peppers like the Hinkelhatz, Santa Fe Grande, and their own Hot Winter hot pepper!



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**Proctor**  
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**Sand Point**  
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**Uptown-Queen Anne**  
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6AM-11PM Daily



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