

MARKET CALENDAR

METROPOLITAN MARKET PRODUCTS & EVENTS – SEPTEMBER 2016

GET YOUR KITCHEN SHOP-A-THON!

Celebrate your love of cooking with tools that combine scientific strides with artistic composition to become your secret weapon.



APPLES TO APPLES

New crop apples are arriving now. Learn where they came from, crunch on a new favorite, and pick up a bottle of local cider.



LA DOLCE VITA

We've searched high and low and around the world for charcuterie so delicious, we can't help but put our name on it. Now, it's here.



Finex Cast Iron is perfect for cooking cozy fall dishes.

NEW CROP ON THE BLOCK

With autumn leaves come new crop apples, bursting with sweet and tart flavors and that delightful crunch. As opposed to storage apples, which are brought to market all year long, new crop apples start coming off trees in August and are brought in fresh to stores through November, or until the first frost.

At Metropolitan Market, you'll find only Washington Extra Fancy apples, the highest grade available. We stock traditional varieties as well as a great selection of newer varieties that have arrived to market in the last decade.

It seems like each year brings better apples, and this year promises to be no exception. Here's what to look forward to and what you've probably seen arriving in stores:

GALA August 1

Vertically striped with mottled skin, they're light, aromatic, and perfect for eating out of hand or adding to salads or sauces.

HONEYCRISP August 15

Developed in Minnesota in 1960, they weren't released until 1991. While once slated to be discarded, they're now by far the most sought out apple by apple lovers, and we only carry the best crop of these beauties. Known for their exceptional flavor profile, they're sweet, firm, tart, and perfect eaten raw. The best Honeycrisps come from Honeybear, which snags the best of the variety from orchards in Washington State.

FUJI August 22

Very sweet and firm, Fujis originated in Fujisaki, Aomori, Japan in the 1930s. One of the most popular varieties in the United States, they make excellent applesauce.

GRANNY SMITH August 29

A classic for a reason, Grannys originated in Australia in 1868 and were named after Maria Ann Smith, who propagated them from a chance seedling. The acidic, tart apples are favorites for folks who steer away from sweet, or those wanting to make a lovely pie.

JONAGOLD September 12

Developed at Cornell University in 1953, Jonagolds are a cross between a Jonathan apple and a Golden Delicious. Sweet and sour, they're a favorite for baking, making some of the best apples and apple sauces, too.

BRAEBURN September 12

Discovered in New Zealand in 1952, these are thought to be a cross between a Granny Smith and a Lady Hamilton. Sweet with a slightly tart finish, they're one of the best eating apples there are — plus, they're one of the best apples to store or bake into a tart.

JAZZ September 19

What do you get when you cross a Royal Gala and a Braeburn? This melodiously sweet eating apple, which was developed in 1985 in New Zealand but only released commercially in 2004. Hard and crisp, they're juicy, sunny apples blushed with red and maroon streaks.

AURORA September 26

While it might look like a classic Golden Delicious, the Aurora is a super crisp, juicy, firm apple with sweet honey and tropical notes. Developed in British Columbia by crossing Gala and Splendour apples, it's only been around since 2003, and in the US marketplace for only a couple years.

CRIPPS PINK (AKA PINK LADY) October 17

Originally bred by John Cripps in Western Australia in 1973, they're also called a Pink Lady, with Lady Williams and Golden Delicious as its parents. Tart with a hint of sweetness, their late harvest adds density to the body, making them a great eating apple.

OPAL January

Bright yellow and beautiful, Golden Delicious and Topaz are the parents of these apples, which were discovered in 1999 in Prague, and brought to the US market in 2010. Sweet and tangy, they don't oxidize when cut, so they're perfect for your salad.

★
Crisp & juicy,
tangy & sweet

★
A customer
favorite!

★
Applesauce
magic



Just a 20 minute ferry ride from Seattle is Vashon Island, a lush landing only 13 miles long and eight miles wide. There, Wes and Laura Cherry produce some of the best ciders in the country at Dragon's Head Cider.

The name comes from Greek mythology, and the dragon who guards the apples of immortality in the Garden of Hesperides. Much of the fruit for their ciders comes from their 2,200 orchard trees, with more than 75 varieties of traditional French and English cider apples. The rest of their fruit is sourced from small family orchards in Washington State.

In September, harvest season begins and the Cherrys pick apples and begin pressing them. For three months each fall, the cider press processes thousands of apples at the peak of ripeness, concentrating their flavors and filling tanks with fresh pressed juice to prepare for fermentation.

The fermenting process is complex, and most ciders are fermented with a strain of yeast chosen to best express the flavors of the apples. But for their Wild Fermented Cider, the Cherrys allow the wild yeast found on the skin of the apples

to ferment the cider instead. The resulting cider is hazy in color with a medium body, mild astringency, and bold aromas of pineapple, green tea, and apple blossom. Lemony bite mingles with mild spice and a lasting grapefruit finish.

The following spring, the experienced cidemakers start blending trials, creating balanced bottles made from mixing varieties to find an ideal flavor, like in the Manchurian Crabapple-forward blend they call their Manchurian Cider. Huge dimensionality shapes the flavor of the cider, with blood orange, tangerine, and tart apple flavors and a tropical fruit aroma.

Very special apples, which ferment perfectly, are left to develop into single varietal ciders. Newtown Pippin apples, one of America's oldest varieties, was a favorite of Thomas Jefferson and George Washington. Its delicate flavors are reminiscent of a zesty, mineral-forward white wine, and its lightly effervescent body is infinitely drinkable.

Check out Dragon's Head Cider next time you're in store for an escape to verdant Vashon, called "The Heart of the Sound" by locals and anyone who's experienced its beauty.



TASTING EVENTS

MM SWEET SOPRESSATA & GENOA SALAMI

Magnolia: Fri. 9/2, 3-6PM

Admiral, Proctor, Sand Point, & Uptown: Fri. 9/2, 4-7PM

MM MORTADELLA & SPECK

Magnolia: Thur. 9/8, 3-6PM

Admiral, Proctor, Sand Point, Uptown, & Kirkland: Thur. 9/8, 4-7PM

MM PROSCIUTTO, ITALIAN DRY SALAME, & BLACK PEPPER COATED SALAME

All Stores: Sat. 9/10, 11AM-2PM

INTRODUCING METROPOLITAN MARKET CHARCUTERIE

Cured meats couldn't be more in demand right now, with many of the best restaurants featuring pricey platters of specialties from Italy, Spain, France, and beyond. But putting together a top tier plate is easy to do at Metropolitan Market, with our own charcuterie offerings now in stores. Traditional selections like prosciutto, salami, and speck are made from super premium meats by a trusted Italian family. Robust flavor, smooth texture, and expertly cured processes make Metropolitan Market Charcuterie the must-buy for your next meat platter.

We took our time to find a partner who could deliver the premium meats with nearly 200 years of experience producing meats in the traditional Italian style, with heritage recipes and generations of quality sourcing. The meat used in our line is 85% lean pork, fed only corn and soybeans.

Our charcuterie isn't just delicious, it's also beautiful and sold in flat packaging developed in Italy that helps to retain the integrity of the meat's flavor and texture. To serve the convenient flat packs, just peel back the cover and lay out on a platter for an instantly fancy fête.

Traditionally cured, our salami selection achieves enhanced flavors with more complexity than you'll find in others. Sopressata is packed with hunks of slowly aged pork. Genoa Salame is mild, with a hint of garlic. Get zingy with Black Pepper Salame or go classic with our Italian Dry Salame. Or try our delicately sweet Milano salame, available in a party-ready pack with fontina cheese.

Velvety soft Prosciutto is traditionally air-dried for superior flavor. We used the same all-natural prosciutto with no

added hormones and smoked it with juniper berries and garlic for our richly flavored Speck. Mortadella is like thin, sophisticated, grown-up bologna.

Serve our new Charcuterie with cheese, tuck it in crusty bread, add it to salads, or just enjoy on its own.



★
Sold in convenient flat packs



Dear North, Alaska Salmon

No one knows the gifts of Alaska better than natives whose roots in the land date back over 10,000 years. It's with that history and care that Dear North approaches their salmon products, and brought them exclusively to us.

Jarred **Alaska Smoked Sockeye Salmon** is wild caught and hand packed in Alaska, brined in fireweed nectar, and lightly smoked with alderwood. The thick fillets are delicious right out of the jar with crackers, tossed with pasta, or enjoyed in a salad.

TASTE FETTUCCINE WITH DEAR NORTH SMOKED SALMON

Magnolia: Thur. 9/15, 3-6PM

Admiral, Proctor, Sand Point, & Kirkland: Thur. 9/15, 4-7PM



Alaska Salmon Bites are made with wild caught Coho salmon, infused with bold flavors for a delicious jerky-style snack. Try them in Salted Rhubarb & Raspberries, Savory Sea Kelp & Sesame, or Wild Alaska Spruce flavors.

TASTE IN STORE

Magnolia: Thur. 9/15, 11AM-2PM
Admiral, Proctor, Sand Point, & Kirkland: Thur. 9/15, 12-3PM

THE UNEXPLORED FRANCE: REDISCOVERING OTHER WINE REGIONS AND GRAPES VARIETALS OF FRANCE

You're probably familiar with Champagne, Bordeaux, and a few other wine-making regions of France. But whether you got out your glossary or just want a little bit more French wine knowledge, Wine Director Mark Takagi has you covered.

BEAUJOLAIS: This region just north of the city of Lyon (in Eastern France) is bordered by the Burgundy region to the north and the Rhône region to the south. The region is divided into 10 "Crus" (the highest designation for wine), representing the finest wines from the region.

Gamay is the predominant red wine grape from this region, a varietal that is often overlooked or misunderstood. Typically, wines labeled as Beaujolais or Beaujolais-Villages are perceived as fresh and fruity. While this is true, wines from this region classified as Crus have much more going on. If you enjoy Pinot Noir, you'll enjoy two wines

we discovered that made us rethink the region.

The 2013 **Domaine Dupre "Morgon"** is produced from vineyards that were planted over 80 years ago. Red fruits and cherries with a touch of spice are expressed on the nose with freshness, stony minerality, and a little smokiness to complete this full-flavored, medium-bodied red.

Our other Cru offering is the 2014 **Domaine Fabien Collogne "Chiroubles,"** which offers juicy bright red berry fruit, floral notes, with a beautiful balance and acidity, resulting in a wine that will have you coming back for a second glass.

LOIRE VALLEY: One of the most beautiful wine regions in the world starts on the Atlantic Ocean near the city of Nantes and continues east for about 140 miles.

There, you'll find **Vouvrais** made with the Chenin Blanc grape varietal are as exciting as more well-known wines

California Crisps

Don't be fooled by their beauty: **California Crisps** are as delicious to eat as they are lovely to look at. These fine snackable fruit crisps are made of dried fruit, like pears, mandarin oranges, pineapple, blood orange, strawberry, and even tomatoes!

Enjoy the prettiest snack around on their own, or try them with a dollop of fresh chevre goat cheese or a smear of bloomy-rind brie. With no sugar or preservatives, these raw, vegan, kosher, gluten-free snacks are the pure and purty crisps you've been waiting for.

TASTE IN STORE

Magnolia: Fri. 9/9, 3-6PM
Admiral, Proctor, Sand Point, & Uptown: Fri. 9/9, 4-7PM



made with Sauvignon Blanc (Sancerre or Pouilly Fume) in the Loire Valley. Gone are the days when the wines made for the American market were entirely too sweet, and in their stead have come refreshing new classics.

The 2014 **Domaine Pichot Vouvray** is absolutely delicious, with aromas of pears, pineapple, and spiced baked apple. Juicy with a refreshing acidity, it's a lively, stylish wine perfect for roasted chicken, shellfish, grilled fish, or soft cheeses.

GEARING UP TO CELEBRATE 10 YEARS OF GREAT TASTE AT UPTOWN

Big changes are coming to Uptown, with our 10th anniversary celebration coming up in October. To prepare, we've given the whole store a makeover, with additional offerings in all the departments, thrilling new products, and a better shopping experience for you, our loyal customer. Get ready for all the goodies!

LOOKING SHARP, UPTOWN

Your knife for life

The best recipe for cooking is one part great ingredients, one part great tools. We've got both covered, and Uptown is getting supercharged with our brand new knife program!

Step inside the Kitchen Shop and take a peek into the full service knife case, stocked with top of the line knives from brands like Shun and J.A. Henckels. Our highly trained staff has sharpened up their knife knowledge and they're here for you to sharpen your knives and help you select the right knife for your life. You can even test them out!

Ever wonder what makes a knife last for generations? It could be as simple as forged versus stamped knives. Forged knives are "full tang," meaning their steel stretches the length of the whole knife, so it won't snap off over time. Pick up a solid forged knife, like one from Shun or J.A. Henckels—the best knives around, which should be part of any chef's arsenal.



★
*Shun Kanso
Hollow-Ground
Santoku 7"*

Better weighted, fluidly shaped, and sharpened perfectly, you deserve a great knife you can trust, and we're happy to help you find it!

COOK BETTER WITH NEW PRODUCTS THROUGHOUT THE STORE

Spices, oils, and more!

Spicely

Traveling the world is lovely and all, but when you need a quick escape, your kitchen is a great place to start—especially when you take with you Spicely's bold spices. Inspired by foods from around the world, Spicely combined their love of adventure with careful sourcing to create their line of fresh, high-quality, pure spice products.



Pick up a jar of organic, fair trade, kosher, vegan, and gluten-free products to kick-off or refresh your spice collection. Want to take a quick jaunt into a new flavor territory? Spicely eco-compacts are made for inspiring experiments, packaged in smaller sizes big enough for cooking 1-2 meals.

Thrive Algae Oil

Cooking oils are a dime a dozen, but it's time to pay attention to what you're using to sear, fry, and saute. Our newly enhanced oil selection includes an expanded olive oil set, including single varietals featuring the most flavorful olives from stateside and abroad. We've also added new biodynamic oils, with new rice, seed, nut, and even algae oil!

That's right, a company called Thrive discovered a way to harness oil from algae, with a much higher yield from each plant than you could get from other oilseed sources.

Thrive Algae Oil is totally neutral in flavor and has a staggeringly high smoke point, allowing you to cook with it up to 485 degrees without taking on any nasty flavors or harmful breakdown.

Plus, it has a unique fat profile, with 75% less saturated fat than olive oil, and the lowest percentage of saturated fat of any cooking oil on the market.



HELLO, SUGAR!

Sweet tooth? We're here for you!

Uptown's sweet shop is expanding and is overflowing with incredible candy selections. Look out for: sweets from around the world, a chocolate bar line-up that will impress and delight even the most passionate chocolate lover, rich toffees, buttery caramels, salty sweet licorices, local favorites, novelties from the '60s, '70s, and '80s, and a luxury candy boutique featuring Sugarfina from Beverly Hills.

ONLY AT UPTOWN

Sugarfina is a luxury candy boutique for grown-ups in Beverly Hills, established by founders Rosie O'Neill and Josh Resnick. With a mission to bring adults the joy of Willy Wonka-esque discovery, they've traveled all over the world to find the best candies.

Now, the thrill of their chic boutique has ventured north to take up residence at your Uptown store. Choose from their gourmet goodies and pack them into "candy bento boxes" of three, four, or eight selections.

What could be a better gift for the candy lover in your life than a box packed with cubes filled with Champagne Bears flown in from Germany, Sugarfina Pearls (crispy chocolate balls in a pearlescent shell) imported from Greece, and Sea Salt Licorice fresh from Holland. Travel the world of candy, now at Uptown!



GET TO THE SPA, WITHOUT GETTING TO THE SPA

Natural scents from fragrance experts

Thymes

For nearly 30 years, Thymes has blended nature, art, and science to create outstanding fragrances. With a mission to balance familiar smells with intriguing notes, they've refined the art into a sophisticated new line of body and hand lotions, body and hand wash, and corresponding home fragrance mists. Formulated with high-quality, plant based ingredients rather than chemical ingredients whenever possible, their offerings are clean, lovely, and now in store.



Beekman 1802

In 2008, Dr. Brent Ridge and Josh Kilmer-Purcell decided to leave NYC to move upstate to Beekman Farm. The Fabulous Beekman Boys didn't take long to launch their experiment in living better lives by the season. With 80 goats on the farm, they had quite a bit of extra milk, and decided to turn all that rich, buttery white gold into a full line of skin care made from goat milk. Now, we're proud to carry their line of bar soaps, lotions and creams, hair care products, and men's products at Uptown.



SPECIAL EVENT

OYSTER HAPPY HOUR

99-cent Oysters & Wine Tasting

Thur. 9/29, 5-7PM

Peak oyster season is just beginning, and we're celebrating with the best happy hour in Queen Anne. For less than a buck a shuck, our talented team will feed you the freshest oysters on the half shell while you enjoy a complimentary wine tasting.

KITCHEN SHOP-a-thon

20% OFF all regularly priced housewares merchandise + great deals, book signings, demos, giveaways, and much more!

For a complete list of up-to-date events and demos, visit www.metropolitan-market.com.

**SEPT. 24
TO
OCT. 4**

We travel the world to fill our aisles with the best food and drinks being produced anywhere — and our Kitchen Shop is no different! Every day, we strive to offer not just the most delicious ingredients, but also the tools you'll need to turn them into a memorable meal. We have all the top brands you need to cook like a pro, throw a great dinner party, decorate your home, and celebrate the holidays. Plus, we keep it local with hundreds of products made around these parts, stock the newest housewares pieces on the market, and staff up with experts who know exactly how to put your picks to good use.

MEET THE KITCHEN SHOP SQUAD

Great tools last for life, and our great Housewares Managers have made kitchen tools their life. Stop into the store and get the scoop on their secret weapons—the tools they turn to when they want to whip up their signature dishes, throw a legendary party, or just get the messy jobs done fast and well.

BRETT, KIRKLAND
21 years in Housewares



★
FAVORITE TOOL:
Chantal Cookware makes great non-stick pans that are especially useful for eggs & crepes.

MELANIE, MAGNOLIA
12 years in Housewares



★
FAVORITE TOOL:
12" Lodge Cast Iron Pan. It's great for grilling steaks on the range or roasting root vegetables in the oven.

RODD, SAND POINT
11 years in Housewares



★
FAVORITE TOOL:
Emile Henry products, thanks to their evenness of cooking, ease of clean-up, and their long history being made in France for over 150 years!

KAITLIN, ADMIRAL
4 years in Housewares



★
FAVORITE TOOL:
Sodastream. It's a dream for parties! I love that I can have a variety of beverages on hand to cater to any taste, and it cuts down on the cans.

RUTH, PROCTOR
12 years in Housewares



★
FAVORITE TOOL:
Finex cast iron pans. When used properly, they cook food perfectly. It's an awesome cast iron, but without sticking.

DEENA, UPTOWN
8 years in Housewares



★
FAVORITE TOOL:
Scan Pan. I like the way it cooks and cleans up. You can sear a steak in it or fry an egg. It's just an excellent heat conductor and a great tool all around.



1

LOCAL HERO: FINEX

Finex's premium Portland-made iron pans are the most beautiful cast iron pans there are—hands down. Seasoned with a thick coating of flax, it's so smooth, you can clean it in a moment. But it's as versatile as it is lovely. Toss it on the fire while camping, throw it on your grill, stick it in the oven, and put it back on your range without breaking a sweat. Oh, and did we mention it's local? Check them out at Proctor, Magnolia, and Kirkland Tent Events!



2

SLEEK & ON FLEEK: ESPRO

Smooth in style and function, the Espro French Press has major counter appeal and serves a crowd with style, in large 8- or 12-cup sizes. Plus, it has a double filtration system for clean coffee with zero grounds and a thick crema. For demo dates, visit our website.



3

SIDE WINDER: PL8

The best spiralizer we've tested, the PL8 laughs at flimsier spiralizers. Root vegetables are a cinch, and it's ready for apples, zucchini, beets, and beyond. Switch easily between settings and spiralize away at a better angle than others, so you can use more of your veggies. Plus, its stabilizing foot mounts up for hard tasks. Check it out at the Uptown Tent Event!

HIGH FIVE! GREAT GADGETS TO GET NOW

Our Housewares Managers love these 5 great products that will help you to enjoy that 20% discount where it counts.



4

SOLID SOPHISTICATE: STAUB

Is the Staub Cocotte better than a Le Creuset? Could be! Hand-cast with a thicker coating than its biggest rival, the French-made stunner boasts moisture dimples in the lid to help baste meat as it cooks. And just look at it: tres chic. For demo dates, visit our website.



5

HEAVY HITTER: CHANTAL

Brand new to us, the Chantal line of induction-ready cookware is made of heat-loving steel with a ceramic coating. Try the 8" or 10" fry pan, or the 5 quart saute pan and you'll see why every Housewares Manager is in love. Check them out at Proctor 9/22, Admiral 9/23, Uptown 9/29, & Sand Point 9/30: 12-3PM at all locations.

DON'T MISS YOUR STORE'S TENT EVENT

Look for the big tents outside stores to meet and mingle with a half dozen of our favorite housewares makers!

UPTOWN
Fri. 9/23
3-7PM

ADMIRAL
Sat. 9/24
12-4PM

SAND POINT
Sun. 9/25
12-4PM

PROCTOR
Fri. 9/30
3-7PM

MAGNOLIA
Sat. 10/1
12-4PM

KIRKLAND
Sun. 10/2
12-4PM

SPOTLIGHT ON METROPOLITAN MARKET KITCHEN + TABLE LINENS

If it's time to give your kitchen a modern update, it's time to check out our new line of Metropolitan Market housewares and linens. We chose a palette of classic yet on-trend colors to mix and match for an effortless makeover. Mix and match cloth napkins, kitchen towels, pot holders, and more.

We sought out the best materials for the line, prioritizing longevity alongside good looks. Housewares Buyer Jenny Vanderwalker also put sustainability and sourcing at the top of our list, finding a partner who works directly with ethical factories in India.

Our housewarming hits are perfect whether you need to start from scratch, want a perfect gift for the decor lover in your life, or just need to add a bit of life to your look.

Our Everyday Cloth Napkin set is made from the finest combed cotton chambray, and each set contains four 20 x 20 inch cloths. Durable enough to withstand repeated use and washing, they're subtly chic enough for a dinner party or just taco Tuesday at home.

Toss your old, ratty dish towels and pick up a pack of our Basketweave Towels instead. Thick and absorbent, they're decorated in sophisticated stripes.

Quilted, padded and so cushy, protect your hands from the stove with our luxe pot holders and oven mitts. The truly risk averse should stock up on our neoprene pads, because nothing else keeps your mitts safe in such a stylish way.



20% OFF
all regularly priced
housewares
9/21-10/4

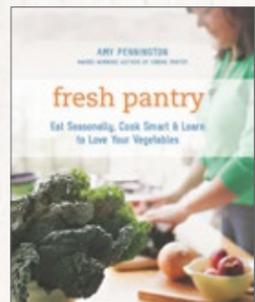
COOKBOOK SIGNINGS: MEET LOCAL AUTHORS

Kitchen Superstars come to Metropolitan Market to meet customers, personalize your cookbook, and answer your burning cooking questions.

FRESH PANTRY
Amy Pennington

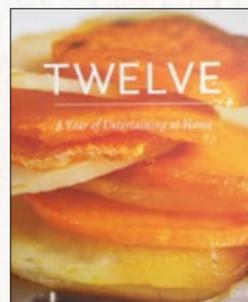
Admiral:
Wed. 9/21
3:30-5:30PM

Proctor:
Sun. 10/2
12-2PM



**TWELVE:
A YEAR OF
ENTERTAINING
AT HOME**
Dr. Chris Gaustad

Proctor:
Fri. 9/23
5-7PM



**MORE FROM
MACRINA**
Leslie Mackey

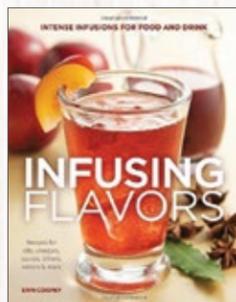
Admiral:
Thur. 9/29, 5-7PM

Sand Point:
Fri. 9/30
5-7PM



**INFUSING
FLAVORS**
Erin Coopey

Kirkland:
Sat. 9/24
12-2PM

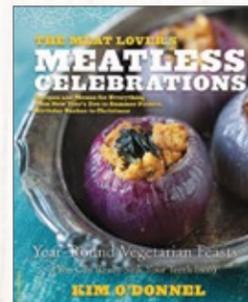


**THE MEAT LOVER'S
MEATLESS
CELEBRATIONS**
Kim O'Donnel

Magnolia:
Thur. 9/22, 4:30-6:30PM

Sand Point:
Thur. 9/29, 5-7PM

Admiral:
Sat. 10/1, 12-2PM



NATURAL SOLUTIONS

We care about your health, so we're always looking for great products to support your active lifestyle. From the richest-flavored almond milk to the best, most affordable dietary supplements and natural products, we've got you.

Three Trees Almond Milk

Alternative milks are all the rage, but it can be tough to find the ones that are as clean as they are delicious. Rich flavor is key, and Three Trees uses more almonds to produce their almond milk than other makers. That means you get a richer texture and no gums or fillers.



High in protein, with good fats, fiber, and micro-nutrients, Three Trees is also organic, non-GMO, and so flavorful. Meaning, this superfood-based milk is, well, super.

Try it in three flavors: Organic Unsweetened, Vanilla Unsweetened, and Cold Brew Coffee with Almond Milk. Oh, and you can only find it at Metropolitan Market.

Natural Directions

These days, a lot of foods are described as "natural," and it can be hard to discern what that means. To us, it means foods and products that are as untouched and pure as possible, translating what can be found in nature into great food, drinks, and household products.

Luckily, Natural Directions agrees, and the company makes a line of products that combine high-quality goods with trustworthy sourcing and—as often as possible—organic ingredients. They support the Non-GMO Project, with the majority of their food products already verified and the rest enrolled in the program. Plus, the ingredients are largely organic and grown in the United States whenever possible.

Available at only select retailers, we're proud to carry their quality goods at competitive prices. National brands may be more familiar, but getting to know Natural Directions pays off in delicious and satisfying ways.

Shop Natural Directions products at Met Market for products like organic whole milk, sparkling Italian mineral water, organic apple cider vinegar, organic beans, paper towels, and more.



TopCare

We care about you and your family, and we've always stocked our shelves with the best, most affordable selection for your healthcare needs. With a recent brand merge, we've replaced Western Family products with the TopCare line of wellness aids.

Equivalent to national brands, you can be confident in their quality. From first-aid to vitamins, over the counter drugs to beauty care, you'll find affordable prices on lab-tested products.

Look for TopCare in store and spend less time worrying about your health, and more time enjoying your life.

TASTING EVENT

BLACK & WHITE BEAN CHILI
FEATURING NATURAL DIRECTIONS
BLACK BEANS & WHITE BEANS
(RECIPE #124)

Magnolia: Wed. 9/14, 3-6PM
Admiral, Proctor, Sand Point,
Uptown, & Kirkland:
Wed. 9/14, 4-7PM



Get It Twisted: Fresh-Baked Pretzels

There's something magical about fresh-baked pretzels. Maybe it's the way soft dough is tossed and twisted and shellacked with butter before being baked to perfection. We love that breadly, crispy, chewy perfection so much, we're baking them fresh in store every day, starting now.

Huge and so satisfying, our House-Baked Pretzels are available in two varieties: one brushed with herby garlic butter and covered in Parmigiano-Reggiano; the other brushed with butter and finished with sea salt. Dip 'em in mustard, serve 'em with beer, or couple 'em up with some bratwurst this fall for a delicious snack.



TASTE IT IN STORE

All Stores:
Sun. 9/18, 3-6PM



Back to School & Back to Work: Bento Boxes Make Easy Eats

Making meals when you're totally slammed can be overwhelming, so we're helping you out with new bento boxes, with composed meals broken up into fun compartments with rotating choices.

Wake up to the Sunrise Bento, dig into the Asian bento, choose an Egg or Chicken Salad combo, go to the Mediterranean, or get kids lunchbox-ready with the Kids Pack.



People of the World: Spice Up Your Life

Turmeric and ginger are old friends, and a squeeze of lemon sets off the earthy flavors with citrusy excitement. Stop by the Coffee Shop in September and try one of our new turmeric drinks: Cold Turmeric Ginger Tonic or a Hot Turmeric Ginger Chai.

Organic, naturally caffeine free, and bursting with botanicals, these elixirs are replenishing, refreshing, and as comforting as those sweaters you're stockpiling for fall. Now in the Coffee Shop.



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.

Caffè Ladro

You can't fight a passion for coffee—just ask Jack Kelly! Though the Ladro founder moved to Seattle to study Marine Biology at the UW, he gave up that dream when he fell in love with the bean.

An original partner of Uptown Espresso, he took the money from selling his share of the business to open the first Caffè Ladro in Queen Anne.

His love for building relationships and serving customers extends to sourcing coffee beans. Now, he travels around the world to pick up each crop of beans, works directly with farms to support direct trade, and roasts beans seasonally in the light to medium spectrum to extract and highlight the flavor potential from each bean.

This month, taste the Ladro, their flagship espresso blend, with its balanced, sweet flavor that also makes big-bodied drip. You'll taste dark cherry and notes of caramel in the creamy, medium roast.

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
6AM-11PM Daily



metropolitan-market.com

Find Metropolitan Market recipes online at metropolitan-market.com/recipes and in store at demonstrations. All Market Calendar tasting dates are subject to change without notice. For the most current information, please consult your store's Culinary Artist.