



Organic Produce Specials

www.northcoastco-op.com



Kiwifruit **\$ 1.99 /lb**

LOCAL - Pierce Family
Farm, Orleans, CA



\$ 3.99 /ea

Blueberries
Chile



79¢ /lb

Russet Potatoes
Oregon



\$ 1.89 /lb

White Cauliflower
California



\$ 1.19 /lb

Minneola Tangelos
California



89¢ /ea

Hass Avocados
Mexico



\$ 1.99 /ea

Artichokes
California



\$ 1.29 /lb

Pink Lady Apples
California

Prices are effective
Jan. 31 - Feb. 6

Kiwifruit-Grapefruit Salad

This fruit salad makes a great dessert or light meal. The yogurt-lime dressing with honey tops off this light, healthy and easy-to-make dish.

Ingredients:

3 LOCAL kiwifruit, peeled and sliced

1 Grapefruit, peeled and sectioned

1/4 Cup fresh blueberries

1/4 Cup toasted sliced almonds

Yogurt-Lime Dressing

Yogurt-Lime Dressing:

Combine 1/4 cup plain yogurt with 1 teaspoon honey and 1/2 teaspoon grated lime peel; mix well.

Arrange fruit on platter; sprinkle with almonds. Serve with Yogurt-Lime Dressing.

Recipe courtesy of California
Kiwifruit Commission

