



Gluten-Free Trading Co.

Customer Update

June 2004



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It's Cookout Time!

After a long Wisconsin winter, spring has finally arrived at the Gluten-Free Trading Company. Our thoughts turn to the cookouts that are just around the corner. So through June 30 we are featuring condiments from Annie's Naturals all at 50 cents off the regular price! We have quite a selection: five mustards, ketchup, an intensely smokey marinade, and two new barbecue sauces.

Annie's Organic Mustards: Now In 5 Varieties

1 New! Organic Dijon Mustard.

An organic Dijon mustard with all the French country flavor and tangy gourmet taste mustard fans love – with a zesty, sharp bite and distinct stoneground texture. Vegetarian, Vegan, Gluten-free, Soy-Free, Dairy-Free.

Ingredients: Distilled white vinegar, mustard seed, salt, spices.

2 Organic Honey Mustard.

Classic spicy mustard and a touch of cinnamon complement the sweetness of honey. This mustard has a steady holding power, and a little sharpness leaves you wanting more. Gluten-free.

Ingredients: Mustard (apple cider vinegar, yellow mustard seed, salt), sugar, honey, cinnamon.

3 New! Organic Horseradish Mustard.

The bite of horseradish perfectly joined with garlic creates a mustard with character. This mustard has a strong but not overpowering flavor, and great stone-ground texture. If you like horseradish, you'll love this mustard! No added sweetener, Gluten-free.

Ingredients: Mustard (apple cider vinegar, mustard seed, salt, cloves), prepared horseradish (cider vinegar, horseradish, salt), garlic powder, natural horseradish flavor.

4 Organic Raspberry Mustard.

A subtle fruity taste, creamy texture and enticing color combine to make this a unique mustard. The flavors are complex - sweet with a hint of tartness, and an almost exotic deep mustard flavor. Appealing on grilled chicken breasts, pork chops, or sandwiches.

Ingredients: Mustard (apple cider vinegar, yellow mustard seed, salt), sugar, honey, raspberry concentrate, purple carrot extract.

5 New! Organic Yellow Mustard.

Enjoy the mellow flavor of yellow mustard seed, tangy vinegar and spices, and a traditional creamy texture, with no added sweeteners, artificial colors or preservatives. Vegetarian, Vegan, Gluten-free, Soy-Free, Dairy-Free.

Ingredients: Distilled white vinegar, mustard seed, turmeric, salt, spices.

WF GF & More 9 oz. squeeze bottle ~~\$3.19~~ **SALE \$2.69**

STORE & CATALOG HOURS (CENTRAL TIME ZONE)

Monday	Closed
Tues-Fri	10-1 & 2-7
Saturday	10:00-5:00
Sunday	11:00-4:00

New! Annie's Organic Ketchup



Why mess around with ketchups that contain mysterious additives when this delicious ketchup is made with gluten-free ingredients that are certified organic, too. Its spicy hints of clove and full-bodied flavor put it miles ahead in taste and texture. Vegetarian, Vegan, Gluten-free, Soy-Free, Dairy-Free.

Ingredients: Water, tomato paste, sugar, distilled white vinegar, sea salt, onion powder, allspice, clove powder.

WF GF & More. 24 Oz bottle ~~\$3.79~~ **Introductory Price \$3.29**

Annie's Smokey Campfire Marinade.

A huge hit when it was introduced last year, the porcini mushrooms and natural smoke flavor give this sauce a deep, woody taste. Excellent for marinating meats and baking with chicken.

Ingredients: Water, sunflower or safflower oil, apple cider vinegar, tomatoes, sugar, porcini mushrooms, sea salt, garlic, cornstarch, cayenne pepper, xanthan gum, basil, oregano, natural smoke flavor, black pepper.

WF GF Dairy-Free Vegan 12 Oz bottle ~~\$3.99~~ **SALE \$3.49**

Introducing Annie's Barbecue Sauces



Two great flavors to choose from. These sauces are dairy-free, gluten-free, and vegan. They are a great addition to our barbecue sauce lineup. The vinegar is corn based.

Original Recipe

The whole family will love it, especially the kids!

Ingredients: Water, Brown Rice Syrup, Tomato Paste, Cider Vinegar, Vegetarian Worcestershire Sauce, Prepared Mustard (vinegar, mustard seed, salt, spices, turmeric), Molasses, Expeller Pressed Canola Oil, Corn Starch, Salt, Spices.



Smokey Maple BBQ

Made with pure maple syrup and natural wood smoke, the sweet smokey flavor of this natural barbecue sauce is perfect for indoor as well as outdoor cooking.

Ingredients: Water, Brown Rice Syrup, Tomato Paste, Cider Vinegar, Vegetarian Worcestershire Sauce, Maple Syrup, Expeller Pressed Canola Oil, Corn Starch, Salt, Spices, Natural Hickory Smoke, Natural Hickory Flavor.

WF GF Vegan ... 12 Oz bottle ~~\$3.99~~ **Introductory Price \$3.49**

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New! Lundberg Rice Sensations Rice Mixes

Lundberg continues their tradition of bringing the world of rice to your doorstep. These four new rice blends travel the globe from exotic Thailand and Morocco to our own Southwest. Enjoy them as a side dish or add meat or vegetables for a light meal.



1 Zesty Southwestern

A zestful mix of organic long-grain white rice blended with tomatoes, bell peppers, chile and chipotle peppers.

Ingredients: Long grain white rice, dehydrated vegetables (freeze dried corn, tomato, onion, garlic, green bell pepper), sea salt, spices (oregano, cumin, paprika, chile pepper, chipotle pepper), sunflower oil, silicon dioxide as an anti-caking agent.

2 Ginger Miso

An aromatic and flavorful blend of organic sushi rice, garlic, onions, sesame and ginger.

Ingredients: Sushi rice, dehydrated vegetables (garlic, onion, carrot, green bell pepper), sea salt, organic spices (sesame seeds, ginger, cayenne), evaporated cane juice, tamari powder (soybeans, rice flour, maltodextrin, lecithin), sesame oil, seaweed, miso powder (soybeans, rice, salt, aspergillus oryzae), silicon dioxide as an anti-caking agent, ginger oil.

3 Moroccan Pilaf

Fragrant organic California basmati rice accented with onions, red bell peppers, and exotic spices.

Ingredients: California basmati rice, dehydrated vegetables (onion, red bell pepper, garlic), sea salt, spices (garam masala [cinnamon, bay, cumin, coriander, cardamom, black pepper, cloves, nutmeg, ginger, turmeric, parsley, cayenne]), orange peel powder, evaporated cane juice, sunflower oil, silicon dioxide as an anti-caking agent.

4 Thai Coconut Ginger

Aromatic organic California Jasmine rice with the delectable flavor of onions, garlic, ginger, and lemongrass.

Ingredients: California jasmine rice, dehydrated coconut, dehydrated vegetables (garlic, onion), nonfat dry milk, evaporated cane juice, spices (ginger, basil, paprika, lemongrass, cayenne), sea salt, sunflower oil, citric acid, silicon dioxide as an anti-caking agent, molasses, ginger oil, lime oil.

Some Upcoming Events

May 2004—Various Locations. Make Tracks for Celiacs Walk (fundraiser for celiac disease research).

June 4-6, 2004—Portland, OR. Gluten Intolerance Group Annual Education Conference. <http://www.gluten.net/events.asp>

June 12, 2004—Farmington Hills (Detroit), MI. Tri-County Celiac Sprue Association food fair and Celiac Walk. <http://www.tccsg.com>

June 28-30, 2004—Bethesda, MD. National Institutes of Health Consensus Development Conference on Celiac Disease. The Conference is free and open to the public. <http://www.consensus.nih.gov>

July 17, 2004—Chicago, IL. University of Chicago Celiac Disease Program Annual Family Fun Day.

New! Instant Hot Cereal From New World Morning



New World Morning cereals are made with quinoa ("keen-wa"), an ancient grain from the high plains of South America. Quinoa is a unique grain: It doesn't need to be combined with other foods to provide complete nutrition — and it's gluten free!

New World Morning is available as convenient, single-serving packets. Just grab one and go!

In addition to essential amino acids, every box of New World Morning contains five exciting new flavors:

- **Spiced Apple Raisin** -- Flaked quinoa, raisins, dried apples, sugar, cinnamon, & kosher salt.
- **Lemon Poppy Seed** -- Flaked quinoa, sugar, poppy seeds, lemon peel, corn starch, & kosher salt.
- **Orange Date** -- Flaked quinoa, dates, sugar, sunflower seeds, orange peel, cinnamon, kosher salt, & spices.
- **Chai Almond** -- Flaked quinoa, crystallized ginger, almonds, sugar, cinnamon, spices, & kosher salt.
- **Regular** -- Flaked quinoa.

They're fast and easy to make -- just one minute in the microwave and you have a satisfying breakfast. Each box contains 10 packets (two of each flavor).

WF GF Organic..... 15.4 oz. box **\$8.09**



Tortilla Strips from Green Mountain Gringo

We're pleased to introduce these crunchy corn tortilla strips.

The company provides the following design report: "The strip was invented to go beyond sturdy and reliable to a whole new level of taste satisfaction. A solid rectangle of pure leverage makes it stable enough for the most aggressive of dippers. Either end features an ergonomic handle allowing even the 'Power Dipper' an enjoyable experience."

Enjoy them with one of our Amy's Salsas -- Mild, Medium, or Black Bean and Corn.

Ingredients: Masa harina corn flour, non hydrogenated canola oil, salt.

WF GF..... 8 oz Bag **\$2.89**

Our new easy-to-remember web address:
www.food4celiacs.com