



Inspired Eating. Every Day.

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Inspired Eating
News and Views from Blue Spruce Market
June 19, 2008

Soft Shell Crabs are, once again available this Friday, June 20th. It has been a very strong season for these little guys so again, the Soft Shell Sandwich special will be available at the kitchen 11am-2pm and individual crabs will be available for purchase from the case.

Please pre-order if you would like us to set some aside for you. 303-674-1445

Specials!!!

- 2 for 1 - D.L. Jardine's Blazin Saddle XXX Hot Sauce - This is Jardine's hottest sauce that will make spicy food fans sit up and take notice!
- 20% off our 2 most popular Earth & Vine Grilling Sauces: Spicy Apricot Bourbon and Pineapple Sake Teriyaki!
- Look for our new line of barbeque accessories to enhance you grilling experience!



Learn a thing or two about cooking at our Caribbean Cooking Class!

The warm weather of the Caribbean lends itself to a fusion of flavors and outdoor cooking techniques that here in Colorado, with the onset of warm dry temperatures, we are ready to replicate. **Chef Alex will both demonstrate and involve his students in the unique fusion of caribbean ingredients and spices, as well as provide tips and techniques for grilling that the cultures of the Caribbean utilize.**

Where: Blue Spruce Market's demonstration kitchen

When: Saturday, June 28, 2008 5:30-7:30PM

How much: \$65 per person

Bring your friends, bring your family! These classes provide a very interactive, social learning environment!

Cool Case Items (or, "What we are most proud of today!")

- Lamb Sirloin with Port Stewed Figs and Fresh Mint
- Scalloped Potatoes with Carr Valley Applewood Smoked Cheddar Cheese
- Grilled Vegetable Napoleons
- Sirloin Steak with Lemon Chive Compound Butter
- Pork Tenderloin with Roasted Texas Peaches
- Spanish Pistou with PEI (Prince Edward Island) Mussels
- PEI Mussels with Saffron Rice
- Vegetable Lasagne
- Malted Yellow Wax Beans with Pancetta

Be sure to bring your out-of-town guests and family to our ever-improving market! Happy Grilling!

Carol and Seth Miller, Owners



Next Week - Wed., June 25, 2008 - Nutrition Chat and Cooking
Demonstration: Healthy Everyday Gourmet
With nutritionist Pam Goss and Chef Alex


So you say to yourself...Oh, I should go to this...I should cook healthier...I should really understand nutrients and the benefits of one ingredient or protein over another...I should, I should...well, should no more. Just come!

This event will provide tips for eating healthier. And don't be intimidated, we all still want to eat some of the things we shouldn't, we're only human, but this is your chance to glean information about balance in everyday cuisine from the experts who are also trying to feed their families and entertain friends. Call today to sign up.

303-674-1445 (5-7pm -- \$25 per person)

Hours: Monday - Friday 10 a.m.-7 p.m., Saturday 10 a.m.-5 p.m.
Blue Spruce Market, 1552 Bergen Parkway, Evergreen, CO 80439 | 303-674-1445 |
www.bluesprucemarket.com



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