

Compliments of Kowalski's

March – April 2025  
THE JOY OF GOOD FOOD

# KOWALSKI'S AT HOME

## BRING ON THE **bacon**



*Brunch Pasta (page 7)*

**Tasty Tropicals**

**EARTH DAY**  
THE HYDROPONIC WAY

# Thoughts from the KOWALSKIS

Everything we make and sell must deliver on the promise of “the joy of good food,” and there are some tried and true techniques to ensure success in our mission. Culinary Director (and *At Home* Art & Content Director) Rachael Perron assures us that one such foolproof method is to “add a little bacon to it!” From soup and pizza to waffles and even ice cream sundaes, the richness of smoky, salty-sweet bacon certainly adds a special sense of joyousness to a host of meals and recipes. Throughout this issue of *At Home* and in our companion recipe booklet, *Everything Bacon*, Rachael is proving this point with ideas for using bacon in and on sandwiches, salads, seafood, pasta and much more.

In April, we’ll celebrate Earth Month, so we’re devoting a little space herein to look at a few ways you can shop your way to environmentalism. One way is through your choice of grocery bags (page 10). Another is through your choice of fruits and vegetables. Hydroponics (page 13) is a growing category in the Produce Department that allows farmers to use less land and water resources and fewer chemicals in growing our food. It’s a practice that’s also less sensitive to the effects of climate change and helps local farmers offer more choices for extended periods during the growing season.

Local choices in the Produce Department mean fewer road miles and less fuel used to transport goods. The same is true in every department, including the center of the store, where we are proud to offer not only a wide assortment of local goods but also those grown and produced in environmentally and animal-friendly ways. Look to page 4 for new and trending products in the Grocery, Dairy and Frozen Departments that make great choices for Earth Day and any day.

We round out our issue with the promised Part 2 of a column from Sue Moores, M.S., R.D., on boosting flavors in your foods – the dietitian’s way! This time, she’s talking spices. Turn to page 15 to learn about a healthful way to bring life to your favorite dishes and recipes while enjoying the beneficial impact spices can have on your health.



See you in the stores!  
Kris Kowalski Christiansen  
and Mary Anne Kowalski



6



10



9



12

# a taste of TRADITION



## WARM GERMAN POTATO SALAD GF DF

SERVES 6

- |  |   |
|--|---|
| 2 lbs. unpeeled baby red potatoes                            | 2 tsp. kosher salt  |
| 12 oz. Kowalski's Applewood Smoked Bacon, cut into ¼" pieces | 1 tbsp. Dijon mustard   |
| 1 medium yellow onion, chopped                               | 1 ½ tsp. celery seeds   |
| ½ cup apple cider vinegar                                    | ¼ tsp. freshly ground Kowalski's Black Peppercorns  |
| ¼ cup water  | 2-3 tbsp. chopped fresh parsley, snipped chives and/or thinly sliced green onion, divided |
| ¼ cup sugar  |   |

### DIRECTIONS:

- Place potatoes in a large deep pot; cover with cold salted water. Bring to a boil over high heat; cook until potatoes are barely tender (about 10 min.).
- Drain potatoes; let cool at room temperature until cool enough to handle. Cut into evenly sized pieces of approx. the same shape (thick slices, cubes, etc.); set aside.
- In a medium sauté pan, cook bacon over medium-low heat until crispy, adjusting heat down as necessary to ensure it does not burn (about 10 min.). Using a slotted spoon, transfer bacon to a paper-towel-lined plate; set aside to drain.
- Remove all but 2 tbsp. bacon fat from the pan.
- Add onions to pan; cook over medium heat until softened and golden-brown (5-8 min.).
- Add next 7 ingredients (through pepper); bring to a boil over medium-high heat, cooking and stirring until sugar is dissolved.
- Stir in potatoes, ½ of the parsley and ½ of the bacon; cook until mixture is evenly warm (1-2 min.).
- Sprinkle with remaining bacon and parsley; serve warm.

I learned much from my grandmothers, but how to cook was not one of those things. My Grandma Mary, who I called *Nanny*, remains famous in our family for the fact that she regularly burned things. My Grandma Palmer, who I called *G'ma* (pronounced *GEE-ma*), could make exactly three things: rice, strawberry Jello and German potato salad.

When I was a kid, this style of potato salad was ever-present at family gatherings. We ate it cold in the summer and warm in the winter, and for most of my childhood, I didn't even know there was another kind of potato salad. Sure, it didn't have much competition, but it was my favorite thing G'ma made. Sweet, sour, salty, loaded with tender sautéed onions and piled with crispy bacon, her *Warm German Potato Salad* is the potato salad you don't have to wait for a picnic or a barbeque to serve. It's equally great alongside a thick slice of ham, juicy pan-roasted steak or pork chops. (To be honest, it's not bad with strawberry Jello, either.)

Warmly,  
*Rachael*



Rachael Perron,  
Culinary & Branding Director  
rperron@kowalskis.com

## SELECTION

FIND A LINK  
TO OUR BEST  
WEEKLY  
FEATURES HERE



# purchases with PURPOSE

This season, we're highlighting makers and producers who take extra care to source organic, non-GMO and local ingredients and who work with farmers and other partners that are taking action to improve the planet. From earth-friendly production to reusable packaging, they're doing their part to make doing *your* part to save the planet just a little bit more delicious.

NEW!



### STEVEN SMITH TEAKER TEAS

Founded by Steven Smith, co-founder of Stash Tea and TAZO Tea, Steven Smith Teaker sources high-quality ingredients directly from gardens employing sustainable growing practices. These premium teas are handcrafted, blended and packed in very small batches to carefully preserve their whole-leaf quality. The tea sachets themselves do not contain nylon, PET plastics, glue or staples.

### 18 CHESTNUTS SOUPS

Based in Asheville, North Carolina, 18 Chestnuts works with local farmers to source as many local ingredients as they can, strengthening community and ensuring sustainability in the production of their gourmet soups. Packed in recyclable glass jars, these gluten-free, vegan heat-and-eat soups are crafted with fresh veggies, ripe fruits and beneficial spices to provide maximum nutrient density and rich flavor profiles.



### LUNDBERG RICE

Lundberg Family Farms is committed to reducing their carbon footprint while increasing their positive impact on the planet. Their Regenerative Organic Certified rice is grown sustainably to benefit soil health, animal welfare and social fairness. Cover crops in some of their fields provide a nesting habit for ducks; in others, recycled water nourishes endangered salmon populations.



### NICHOLS FARMS PISTACHIOS

Nichols Farms is a fourth-generation family farm in California's San Joaquin Valley. They employ solar power, water recycling, solid waste composting and material recycling to help ensure environmental sustainability. Look for several uniquely delicious flavors and styles of their organic, Non-GMO Project verified pistachios in the Snack Aisle.

LOCAL

JOMOMMA'S SALSA

Locally produced in Hudson, Wisconsin, JoMomma's vegan, gluten and fat-free salsas are available in six bold flavors. Hearty and savory, smoky and spicy, or tangy and vibrant – JoMomma's makes a salsa for everyone.



LOCAL

SEVEN BRIDGES YUM YUM SAUCE

Chef Peter Hoff of NOLO's Kitchen & Bar in Minneapolis says his Yum Yum Sauce started out as a topper on the restaurant's breakfast fried rice, but guests were soon putting it on everything, plus asking for more to take home. This creamy, complex, locally bottled, craveable condiment is great on chicken, shrimp, tacos, fries and much more.

OCEAN'S HALO NOODLE BOWLS

Ocean's Halo pairs organic rice noodles, organic dried veggies and organic seasonings to create delicious, gluten-free, vegan pho and ramen-style bowls that are ready in just 4 minutes. Simply add water and microwave in their eco-friendly plant-fiber bowls. Two percent of Ocean's Halo's profits go to organizations that support ocean conservation.



NEW!

IYA OAXACA! MOLE SAUCES

Non-GMO Project verified iYa Oaxaca! makes gluten-free and vegan heat-and-serve traditional mole sauces from time-honored, traditional recipes. *Mole Negro* offers a well-balanced, rich and layered chile flavor. *Mole Rojo* has a brighter, slightly spicier chile flavor. Brush these versatile sauces on beef or chicken, use them to braise veggies or drizzle on tacos.

FILLO'S WALKING TAMALES

Fillo's vegan, Non-GMO Project verified Walking Tamales Corn Bars are made with clean, simple ingredients. Enjoy them anywhere, anytime, right out of the package or warmed. They're available in three delicious flavors: mild *Bean Salsa Verde*, medium *Bean Salsa Roja* and spicy *Bean Salsa Habanero*. Look for them in the Global Foods Section.

NEW!



# SIGNATURE PRODUCT FOCUS

# BACON BONANZA



## BREAKFAST CLUB SANDWICHES

MAKES 2

- 2 Kowalski's Multigrain Croissants (from the Artisan Bread Table), split horizontally and lightly toasted
- ¼ cup Kowalski's Signature Fresh Pesto (from the Prepared Produce Section)
- ¼ cup *Bourbon Bacon Jam* (find the recipe on page 14)
- 4 thin slices pepper jack cheese
- 1 cup baby arugula
- 4-5 oz. thickly sliced deli turkey (such as Boar's Head Bold PitCraft Slow Smoked Turkey Breast)
- 4 Kowalski's Extra-Large Free-Range Organic Eggs, scrambled, basted or fried, seasoned to taste with kosher salt and freshly ground Kowalski's Black Peppercorns, kept warm
- 6 strips Kowalski's Smoked Bacon, cooked crisp

### DIRECTIONS:

1. Spread cut sides of top croissant halves with pesto; spread bottoms with jam.
2. Evenly top bottom croissant halves with cheese, arugula, turkey, eggs and bacon.
3. Place top croissant halves on sandwiches; serve immediately.

Our Signature **Applewood**, **Cherrywood** and **Hickorywood Smoked Bacons** were made to maximize your eggs-and-bacon combos. These bacons taste better because they're made locally with no added nitrates or nitrites. The pork is raised on traditional family farms, fed an all-vegetarian diet and never treated with added growth promotants or antibiotics – ever!



## TASTY TIPS

- Cooking your bacon in a preheated 350° oven is a sure way to get flatter, crispier strips perfect for burgers and breakfast sandwiches – no turning necessary! This method also has the added advantage of being faster and much more hands-off than stovetop cooking, where bacon cooks mostly from the bottom and must be turned frequently. In the oven, the bacon cooks evenly on all sides at once. Line a rimmed baking sheet with parchment paper and arrange the bacon in a single layer. Cooking for 25 minutes should do the trick, but thick-cut bacon may take longer.



Try this sandwich with Kowalski's Bagels or Signature Artisan Breads, such as Kowalski's Signature Cranberry Wild Rice Bread. Find them in the Bakery Department.



## BRUNCH PASTA (from the cover)

SERVES 4

12 oz. Kowalski's Cherrywood Smoked Bacon, cut into ½" strips	½ cup finely grated Cheddar cheese
1 lb. Kowalski's Imported Italian Organic Spaghetti	4 egg yolks
½ cup finely grated Kowalski's Signature Parmigiano-Reggiano Cheese (from the Specialty Cheese Department), plus more for serving	½ tsp. freshly ground Kowalski's Black Peppercorns, plus more for serving
	4 eggs, fried or basted, seasoned to taste with kosher salt and kept warm
	- finely chopped Italian parsley, for garnish

### DIRECTIONS:

1. In a medium sauté pan, cook bacon over medium-low heat until crispy, adjusting heat down as necessary to ensure it does not burn (about 10 min.). Transfer bacon to a paper-towel-lined plate; set aside to drain.
2. In a large pot of salted water, cook pasta according to pkg. directions (do not overcook); near the end of cooking time, scoop approx. ½ cup pasta cooking water from the pot and set aside.
3. While pasta cooks, whisk together cheeses and egg yolks in an extra-large mixing bowl; season with pepper.
4. Quickly transfer a bit of hot pasta to the mixing bowl with the cheese and egg mixture; stir quickly and vigorously to coat pasta. Continue adding pasta a little at a time, stirring between each addition, until all pasta is added and sauce is thick, opaque and safely warmed through.
5. Add hot reserved pasta water a bit at a time until sauce reaches desired consistency.
6. Divide pasta between 4 serving bowls; garnish with bacon.
7. Top each serving with an egg, Parmigiano-Reggiano, pepper and parsley; serve immediately.

## BACON WRAPPED SCALLOPS GF DF

MAKES 12

- 12 oz. Kowalski's Cherrywood Smoked Bacon
- 12 large sea scallops
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- finely chopped fresh parsley and lemon wedges, for garnish

### DIRECTIONS:

1. Preheat oven to 350°.
2. Place bacon on a rimmed baking sheet; bake in preheated oven until bacon starts to crisp but is still pliable (about 16-18 min.).
3. Remove from oven (it will not be fully cooked); let bacon cool until just warm enough to handle.
4. While bacon cools, remove each scallop's abductor muscle (the little square muscle on the side of the scallop), if present.
5. Pat scallops dry with a paper towel; season with salt and pepper.
6. Lay scallops flat on a clean work surface; wrap each tightly with a slice of bacon around its circumference and secure with a toothpick. If needed, use kitchen shears to trim the bacon so it is fairly level with the height of the scallop (it doesn't have to be perfect).
7. In a large nonstick skillet, heat oil over medium-high heat until very hot but not smoking.
8. Add scallops to the pan, placing the side that was face down on your work surface face down in the skillet; cook until dark golden and just opaque in the center (about 2 min. per side, depending on the size of the scallop). Flip scallops only once and only when they release naturally from the skillet; if they feel at all stuck, let them cook a little longer.
9. Garnish with fresh parsley and a squeeze of fresh lemon juice; serve immediately.

## SIGNATURE

# tradition WITH A TWIST

This year, our Signature Spiral-Cut Ham Dinner features an upgrade to our best-in-class ham, **Berkshire**.

Berkshire pork comes from a specialty breed of pigs from Berkshire County, England. Considered by some to be the “Wagyu of pork,” Berkshire pork is known for its extensive marbling and rich color. It has a markedly more tender texture and juicier flavor than traditional pork. Our Berkshire hams have no added nitrites or nitrates\* and, of course, like all our pork, Kowalski’s Berkshire pork is raised without growth promotants or antibiotics – ever!

*\*except those naturally occurring in sea salt and celery powder*

**SIGNATURE HOLIDAY MEALS** from the Deli are a super solution for an easy, lovely Easter meal at home. Each meal comes with Berkshire ham, plus traditional sides and trimmings:

- **Kowalski’s Signature Spiral-Cut Berkshire Ham with Glaze**
- **Quattro Formaggio Cheesy Hash Browns**
- **Green Beans with Slivered Almonds**
- **Spring Mix Salad with Kowalski’s Signature Raspberry Poppy Seed Dressing**
- **Dinner Rolls**



ORDER ONLINE STARTING AROUND  
MARCH 15 AT KOWALSKIS.COM

### Find the perfect seasonal dessert for your dinner from the Bakery Department!

Great options include 5" and 7" layer cakes, like our perennially popular Spring Joy Cake and moist, classic Carrot Cake; creamy Blueberry Lemon Cheesecake, available whole or as a half; and single-layer counter cakes like our exclusive Banana Cake with Penuche Icing and show-stopping Lemon Meringue Cake.



SPRING JOY CAKE



CARROT CAKE



BLUEBERRY  
LEMON  
CHEESECAKE



LEMON MERINGUE CAKE





**PAPAYA** When the light green skin turns amber to orange and yields to gentle pressure, this fruit is ripe and ready to eat. It's usually eaten raw, without skin or seeds, even though the spicy round black seeds are indeed edible. Unripe green papaya, both raw and cooked, is often used in Southeast Asian dishes.

**PASSIONFRUIT** This roundish dark purple fruit has a juicy interior filled with crunchy black seeds that are larger than but otherwise similar to kiwi seeds. Wrinkly, heavily dimpled fruits are the ripest. Scoop out the fleshy interior and seeds, then discard the fibrous shell.



**YOUNG COCONUTS** These tropical delights are six to nine months old and lack the husk of the more well-known mature coconut. Refresh yourself with the sweet coconut water or scoop the tender flesh with a spoon as a quick snack. Young coconuts are also wonderful in drinks or as a sweet flavoring in desserts.



There's a lot more to tropical fruit than pineapple and mango! Look for these sweet treats in the Produce Department this season. *Selection and availability vary throughout the season and by market.*

# tasty TROPICALS



**RAMBUTAN** The flexible, spiny hairs on this leathery red fruit give rise to its name, which translates roughly to "hair." The translucent whitish to pale pink flesh is sweet-tart like a grape. Inside the fleshy pod is a soft, edible, nutty-tasting brown seed. The exterior, as one might guess, is inedible.

**GUAVA** There are many varieties of guavas, which vary widely in flesh color, skin color and flavor. The common *apple guava* turns green when ripe and has a beautiful deep pink flesh, sweet-tart flavor and distinct lemony fragrance.



**STARFRUIT** Named for its star-shaped cross section, this mildly sweet-tart fruit has the interior texture of a firm grape. Overly brown fruits are overripe. The entire fruit is edible.



**DRAGON FRUIT** The mildly flavored edible interior of dragon fruit contrasts with its wild-looking inedible exterior. The white flesh is flecked with tiny, crunchy black seeds.



**TROPICAL FRUIT IS ALSO A NUTRITIOUS CHOICE! READ ABOUT THE BENEFITS HERE AND ON SIGNAGE IN THE PRODUCE DEPARTMENT THIS SEASON.**

# Reuse & Recycle

At Kowalski's, we recognize the importance of offering sustainable options for transporting groceries from your cart to your kitchen counter. That's why we're proud to offer a variety of bag choices along with several in-store programs that make it easy to reuse and recycle your shopping bags.

DID YOU KNOW?

our plastic bags are **RECYCLABLE** at all of our markets



extend the life of our paper bags by reusing them again and again, as they take 4x more energy to produce than plastic bags



Kowalski's partners with Merrick, Inc., to offer plastic bag recycling in all our stores. We accept used plastic shopping bags, bubble wrap, newspaper sleeves, clean food storage bags, and other types of #2 and #4 plastic bags. All these plastic bags get turned into decking material! Look for the recycling bin near the front of the store.

Our customers love our durable paper bags, which are made from 100% post-consumer waste. To get the most out of them, we encourage you to bring them back to the store and reuse them over and over again.

KOWALSKI'S  
MARKETS

## spring cleanup

This Earth Month, Kowalski's and Great River Greening are teaming up with Shred Right, a locally owned document destruction company, to help customers safely shred and recycle their sensitive paper waste and keep it out of landfills.



GREAT RIVER GREENING

**DID YOU KNOW YOUR HOME SHREDDING IS NOT RECYCLABLE THROUGH YOUR RESIDENTIAL RECYCLING PROGRAM?**

Our stylish vinyl and canvas reusable bags are also eco-conscious alternatives to single-use grocery bags. They are machine washable and will hold up well to long-term use.

Our quality canvas bags are made right in Grand Rapids, Minnesota!



when used 3x/week, your  
**REUSABLE BAG**  
pays for itself in about  
**3 MONTHS**



reuse ANY bag to receive  
**5¢ BACK**  
or reinvest to protect our  
environment through a donation  
to *Great River Greening*

When you bring in your own grocery bags, you'll get 5¢ back for each bag you use. Alternatively, you can opt to donate your discount to **Great River Greening**, a nonprofit that works to conserve and restore local land and water resources.

For a \$10 per bag donation to Great River Greening, customers can participate at their local Kowalski's. Simply fill a bag with any personal or confidential paper documents (such as old tax filings, bills, medical records, receipts and other sensitive papers) and bring it to one of the secure shred events being held in the parking lots at the following Kowalski's locations from **11 a.m. to 1 p.m.** on the following dates:

<b>APRIL</b> <b>22</b> EDINA	<b>APRIL</b> <b>24</b> EDEN PRAIRIE	<b>APRIL</b> <b>25</b> GRAND AVE.	<b>APRIL</b> <b>26</b> SHOREVIEW
<b>APRIL</b> <b>28</b> WOODBURY	<b>MAY</b> <b>1</b> WHITE BEAR LAKE	<b>MAY</b> <b>2</b> OAK PARK HEIGHTS	<b>DOCUMENTS WILL BE SHREDDED ON-SITE BY SHRED RIGHT AND HAULED OFF-SITE FOR RECYCLING.</b>

From **April 22 to 29**, customers at Kowalski's Excelsior, Lyndale Avenue, Parkview and Uptown Markets can drop off their documents in-store during regular business hours. Just look for the specially labeled, secured, locked receptacles near the front of the store.



FRESH

# ENJOYING Oysters

Oysters may seem intimidating, but they're pretty easy to love once you know how to work with them. There are dozens of types of oysters, all varying in sweetness, salinity and minerality. Depending on where and when the oysters were grown, they can taste fruity, earthy or pleasantly metallic. There's a world of oysters to explore! Here are some starter tips for prepping and eating them.

**STORE & CLEAN** Our Seafood Cases are specially designed to drain melting freshwater away from the oysters sitting on ice, ensuring that water doesn't get into the shells. At home, you don't need to keep them on ice. Simply place them on a rimmed baking sheet or in a shallow bowl, cover them with a damp kitchen towel and keep them cold in the fridge until ready to use. They'll stay fresh for up to a week.

Scrub oysters under cold, running water to remove sandy grit, paying particular attention to the hinged area where you're going to insert your shucking knife. Toss any oysters that won't stay closed or that have broken shells or an "off" odor.

**SHUCK** Protect your hand with a thick glove or folded kitchen towel, and for safety and efficiency, use a tool especially designed for shucking (available in the Seafood Department).

DO NOT force your shucking tool into the oyster's hinge. This is a surefire way to damage/tear the belly of the oyster or stab yourself. Take your time, use light pressure with the tip of the shucker and rock back and forth gently until the lid "pops."

Make sure there are no shell bits or sand in the cup of the oyster.

Do not drain the liquid (liquor) from the cup of the oyster. It should be eaten with the oyster all in one bite.

**SERVE** Nestle ready-to-eat oysters in their half shells in crushed ice.

Serve simply with fresh lemon wedges – and Champagne!

Purists may balk at the idea, but plenty of people enjoy oysters with a dab of cocktail sauce, horseradish or a vinegary sauce called *mignonette*.

**ENJOY** Use a tiny fork to gently loosen the oyster from the shell.

Raise the edge of the shell to your lips and gently tip it back until the meat and liquor slide into your mouth.

Chew, don't swallow. It is a common misconception that you should swallow an oyster whole. Chewing is the best way to fully enjoy an oyster's flavor.



We can order a wide variety of oysters with just a day or two's notice. Just ask us!



WATCH A REAL-TIME DEMO OF OYSTERS BEING SHUCKED (OPENED) ONLINE HERE



NOT INTO RAW SEAFOOD? THAT'S OKAY. OYSTERS ARE GREAT COOKED, TOO. FIND OUR RECIPE FOR STUFFED OYSTERS HERE:

# hydroponics

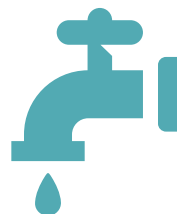
## yield planet-positive produce

When it comes to earth-friendly shopping, it's all about carbon footprint. Buying hydroponic produce is a great way to reduce yours. Hydroponic farmers aim to reduce their impact on the earth by using less land, water, pesticides and oil-based fuel in the production of their crops.



**LESS LAND** Hydroponic farms operate largely indoors, where they aren't affected by climate concerns. As such, plants may be cultivated almost anywhere, practically year-round. Hydroponic plants can grow closer together than in traditional fields, resulting in higher yields. Key growth elements like nutrient levels, the amount and type of light, and pH are also better controlled indoors, which contributes to less plant loss.

**LESS WATER** Traditional crops receive nutrients from soil, while hydroponic crops receive nutrients from nutrient-fortified water. In a hydroponic system, water is continuously captured and reused rather than allowed to run off or drain into the environment. In this way, hydroponic crops need as much as 10 times less water than traditional outdoor field crops, where water is sprayed over plants and potentially lost to evaporation or runoff.



**LESS PESTICIDES** While they don't require soil, some hydroponic systems use a growing medium to support plant roots and allow for improved water absorption into the roots. (A shredded, fibrous product made from coconut husk is one such growing medium.) A subset of hydroponics, called aeroponics, doesn't use a growing medium. Because they're typically grown indoors and without actual soil, hydroponic farmers generally don't have to concern themselves with the pests present in outdoor farms and in their soils, meaning they usually don't require any pesticides.

Look for these local hydroponic choices in the Produce Department:



**LESS FUEL** With less land use and more climate flexibility, farmers can grow food closer to their end consumers.



Accordingly, hydroponic crops use less transportation and therefore generate less vehicle-produced emissions to get their food to the people who buy it.

### GOOD QUESTION:

How is the Regenerative Organic certification different from the USDA Organic certification?

Regenerative Organic certification is overseen by the Regenerative Organic Alliance (ROA), a nonprofit that uses the USDA Organic standards as a baseline. From there, ROA adds important criteria and benchmarks for regenerating soil health, sustaining animal welfare and producing social fairness. Regenerative organic agriculture aims to meet these criteria through practices like cover cropping, crop rotation, minimal soil disturbance, composting, and rejection of chemical pesticides and fertilizers.



# that's my JAM



Our bacon issue wouldn't be complete without a recipe for bacon jam. Ours is made with a pinch of peppers and a splash of bourbon to add complexity to its sweet and salty flavor profile. The gooey goodness of *Bourbon Bacon Jam* is wonderful in a multitude of ways, any time of day. Below are some of our favorite uses:

- **Serve with or in place of bacon on a breakfast sammy, such as our recipe for *Breakfast Club Sandwiches* (page 6)**
- **Top aged Gouda or white Cheddar cheese on whole-grain or multigrain crackers (as pictured)**
- **Add a little to a burger, club sandwich, grilled cheese or BLT**
- **Toss some with hot-from-the-oven roasted veggies like Brussels sprouts, sweet potatoes or broccoli**
- **Use a spoonful to glaze roasted pork tenderloin or grilled pork chops**
- **Slather a bit on buttermilk biscuits**
- **Swirl a tablespoon or two into baked beans**
- **Spread some on meatloaf in the last few minutes of cooking**

## BOURBON BACON JAM GF DF

MAKES ABOUT 1 CUP

- 12 oz. Kowalski's Applewood Smoked Bacon, cut into ¼" pieces
- 8 oz. chopped onion (from the Prepared Produce Department)
- 2 large cloves garlic, finely minced
- ½ cup dark brown sugar
- ¼ cup Kowalski's Pure Maple Syrup
- ¼ cup apple cider vinegar
- zest and juice of 1 lemon
- ¼ tsp. Kowalski's Ground Cinnamon
- ¼ tsp. crushed red pepper flakes
- ¼ cup bourbon whiskey

## DIRECTIONS:

1. In a medium sauté pan, cook bacon over medium-low heat until crispy, adjusting heat down as necessary to ensure it does not burn (about 10 min.). Using a slotted spoon, transfer bacon to a paper-towel-lined plate; set aside to drain.
2. Remove all but ¼ cup bacon fat from the pan.
3. Add onions to the pan; cook and stir until onions are caramelized (about 10 min.), stirring often.
4. Add garlic; cook and stir for 1 min. Add brown sugar, syrup, vinegar, zest, juice, cinnamon, red pepper flakes and cooked bacon bits.
5. Remove pan from heat; stir in whiskey.
6. Return pan to heat; reduce heat to low and simmer, stirring occasionally, until mixture is thickened and thinly coats the back of a metal spoon without dripping off (about 6 min.). Jam will be loose when hot but will thicken as it cools.
7. Serve slightly warm or at room temperature.
8. Jam may be stored in the refrigerator, covered, for up to 5 days (see *Tasty Tip* below).

## TASTY TIPS

• The jam will set as it cools and a tiny bit more in the refrigerator. Be careful not to overcook it, or it will be too firm. If it seems too loose after cooling completely, you can cook it a bit longer.

• The jam is best served slightly warm or at room temperature. If you store it in the fridge, remove it a couple of hours before serving and/or warm it gently in the microwave or on the stovetop before serving.

# spice is nice



Susan Moores, M.S., R.D.  
smoores@kowalskis.com

When it comes to finding ways to take care of your health, adding spices to your meal is probably one of the easier, tastier strategies there is. We Minnesotans often shrink from the word “spicy.”

Rethink that notion; spices aren’t necessarily *spicy*. Spices bring fantastic flavor personalities to your food. And like herbs, when they’re an often-used ingredient in your kitchen, they can deliver a heaping helping of health-promoting benefits. Nearly every spice has valuable anti-inflammatory and antioxidant capabilities. These spices in particular have a rich résumé of other advantages:

## cinnamon

When taken before, during or after a meal (mixed in a drink or used as a rub or seasoning mix, for example), cinnamon can help minimize blood sugar spikes while moderating glucose levels overall. That’s consequential if you’re one of the millions of people with diabetes or prediabetes. Cinnamon may help lower blood pressure, total and LDL cholesterol levels, and triglycerides, which is great news for your heart and brain. Preliminary research suggests cinnamon may play a helpful role in cognitive function, too, including potentially slowing the progression of Alzheimer’s disease.



## turmeric

Though prized for its impact on overall inflammation, research also shows turmeric may help ease irritable bowel syndrome (IBS) and colitis symptoms. The curcumin in turmeric may also support brain health, particularly the “clearing out” of proteins in the brain associated with an increased risk of Alzheimer’s disease. Curcumin may also have antidepressant effects. Unfortunately, curcumin is poorly absorbed by the body; consuming as little as 1/20 of a teaspoon of black pepper and/or some source of fat in a meal with turmeric significantly helps aid absorption.

## ginger

If you have a queasy stomach, consider ginger. It has been shown to reduce nausea and vomiting caused by motion sickness, pregnancy or chemotherapy. It can help alleviate digestive issues such as bloating and constipation by encouraging the intestinal tract to contract, which then moves food through the “pipeline.” Certain substances in ginger may help ease migraine pain as well as menstrual and arthritis pain. Studies show it can help lower total and LDL blood cholesterol levels and, for some people, may turn up the body’s fat-burning capabilities.

## cayenne pepper and chile powders

Hot pepper spices have antimicrobial and antiseptic properties, plus an ability to help maintain healthy blood pressure. Capsaicin, the primary influential substance in these spices, may offer a protective effect against certain cancers, especially stomach cancer and, to a lesser extent, esophageal, gallbladder, breast and colon cancers. Regular consumption of capsaicin may also help increase the diversity of bacteria in the gut while supporting the production of beneficial bacteria. Some research suggests capsaicin could support weight management, too, by tempering hunger, increasing metabolism and encouraging fat tissue to burn calories.

### CAUTIONARY NOTE:

Be sure to talk with your healthcare provider as you explore using spices to help your health, whether through food (preferred) or supplements. Many factors affect how much of a spice is required to provide a specific benefit, such as health status and interactions with medications and/or other supplements. Risks also exist for consuming too much of certain spices, such as turmeric. And a final word of caution: There is no governing body that monitors the supplement industry for product safety and quality. Check out ConsumerLab.com as a resource that does.

TASTE

# seasonal supper

This seasonal supper comes together in a single skillet in less than 15 minutes. Featuring supertime star boneless skinless chicken breasts, this crowd-pleasing family-style meal packs a punch from two flavor powerhouses: Kowalski's Pizza Seasoning and Kowalski's Signature Fresh Buttermilk Ranch Salad Dressing. Served over a bed of creamy mashed potatoes and topped with crispy bacon (of course!), this one's a real winner of a dinner.

## BACON RANCH CHICKEN BREASTS **GF**

SERVES 4

- 1 ½ lbs. boneless skinless chicken breasts, pounded to an even ¼" thickness
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 tbsp. Kowalski's Pizza Seasoning
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- ½ cup low-sodium gluten-free chicken broth
- ½ cup Kowalski's Signature Fresh Buttermilk Ranch Salad Dressing (from the Produce Department)
- ¼ cup sour cream
- ½ cup finely shredded Cheddar cheese
- 2 strips Kowalski's Smoked Bacon, cooked crisp and crumbled
- chopped fresh Italian parsley and/or thinly sliced green onions, for garnish

### DIRECTIONS:

1. Season chicken on both sides with salt, pepper and pizza seasoning.
2. In a large oven-safe skillet, heat oil over medium-high heat; sear chicken, turning just once, until a dark golden-brown crust forms (3-4 min. per side). Transfer seared chicken to a plate; set aside.
3. Deglaze skillet with broth, scraping up any brown bits. Whisk in dressing and sour cream; bring sauce to a boil.
4. Reduce heat to low. Add chicken to the pan, along with any juices from the plate; simmer, covered, until chicken is thoroughly hot (about 3 min.).
5. While chicken warms, preheat broiler.
6. Spoon a little sauce on top of chicken; sprinkle chicken with cheese and bacon.
7. Transfer skillet to oven; broil until cheese is melted and sauce is bubbly (about 2 min.), watching closely to make sure sauce doesn't burn.
8. Serve garnished with parsley and green onion to taste.

*Selection and availability of products and ingredients vary by market.*

**KOWALSKI COMPANIES IDENTITY STATEMENT:** Kowalski Companies is a civic business. All stakeholders are obligated to organize, educate and set policy according to democratic principles and standards. We do this in partnership with other demonstrations of the Midwest Active Citizenship Initiative to renew and sustain democracy and to create a world that is abundant and just.

PRODUCTION

ART & CONTENT DIRECTOR  
Rachael Perron,  
Kowalski's Markets

PROOFREADERS  
Rachel Sitko, Marta Johnson  
Kowalski's Markets

DESIGNER  
Audra Norton,  
Kowalski's Markets

PRINCIPAL PHOTOGRAPHER  
Phil Aarrestad  
philaarrestadphoto.com

FOOD STYLISTS  
Maggie Stopera  
Susan Telleen

PRINTER  
Visual Expressions  
printve.com

CONTRIBUTORS: Sue Moores, M.S., R.D.; Mare Klassen – Kowalski's Markets

FIND YOUR LOCAL MARKET AT [KOWALSKIS.COM](http://KOWALSKIS.COM)

ISSUE NO. 90

©2025 Kowalski Companies  
All Rights Reserved. [kowalskis.com](http://kowalskis.com)