

Compliments of Kowalski's

January – February 2025
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

fresh START

FOR THE
LOVE OF LEMONS

citrusy selections
IN EVERY DEPARTMENT

Lemon Curd
Cookies (page 6)

A GLAMOROUS
Valentine's Day
DINNER

Thoughts from the KOWALSKIS

Even in the middle of winter, we're all about fresh. Unlike some places that take volume shipments weekly, our vendor partners deliver to us every day, ensuring that from field to refrigerator, no produce is better than the farm-fresh fruits and vegetables you'll find at Kowalski's.

Not only does the best of the best produce arrive daily, but we stock our selections all day long as new shipments arrive. Under the guidance of Produce Director Max Maddaus, our trained produce professionals ensure that only the most perfect pieces are on the sales floor at all times. We monitor our selection constantly, removing any pieces or products that don't meet our standards. You see these stakeholders working all day long in the department; their years of experience make them valuable resources for selecting, storing and preparing your "5 a day."

This time of year, lots of produce comes to us from warmer spots around the globe, but we still partner with as many local producers as possible! From lettuces and herbs to tomatoes and mushrooms, Minnesota Grown is a year-round initiative. We don't have Minnesota Grown citrus, but 'tis the season to live the lemon life (or orange, grapefruit, lime, etc.). Citrus flavors are everywhere this time of year, not just in the Produce Department. You'll find tart and tangy citrus all over the store right now, from the Deli to the Meat Department! See page 7 for a suggestion on the best way to enjoy their Lemon Pepper Chicken Wings, an easy add for your game day party menus.

We couldn't mention citrus without talking about our Signature Freshly Squeezed Juices! Some people won't drink any other orange juice and wait eagerly for the arrival of our Freshly Squeezed Lemonade and local Apple Cider when those seasons hit. But perhaps the best juices we offer year-round come in the smallest bottles. Turn to page 10 for more about our fresh-squeezed lemon and lime juice program.

Throughout this issue, Culinary & Branding Director Rachael Perron is sharing some sweet ways to enjoy orange and lemon in brand-new recipes. Whether you try her special Valentine's Day dinner, *Duck à l'Orange* (page 9), ginger-infused beef stir fry (back cover) or lemony pasta (page 3), you'll be making the most of our produce "picks of the season."

Looking for other ways to layer on the flavor this winter? Our friend and columnist Sue Moores, M.S., R.D., has you covered with ideas for using fresh herbs in the first of her two-part column. Look for her take on spices in the March issue.

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



10



6



4



11



7

THE

lemony

LIFE

COOKING AT HOME



CREAMY LEMON PASTA

SERVES 4

- | | |
|--|---|
| 1 lb. long-cut dried pasta (such as Kowalski's Imported Italian Mafaldine Pasta) | - juice and zest of 1 lemon, plus more for garnish |
| 6 tbsp. Kowalski's Unsalted Butter | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |
| 1 cup heavy cream | - fresh Italian parsley, for garnish |
| 1 cup freshly grated Kowalski's Signature Parmesan Cheese, plus more for garnish | - lemon slices or wedges, for garnish (optional) |

DIRECTIONS:

- In a large pot of heavily salted water, cook pasta according to pkg. directions until just al dente (do not overcook); about 3 min. before the end of cooking time, scoop 1 cup of pasta cooking water from the pot.
- Pour reserved pasta water into an extra-large sauté pan over medium-high heat; add butter to the pan a bit at a time, whisking until melted. Pour in cream; heat through.
- Sprinkle in cheese a bit at a time; stir and simmer until smooth and creamy (1-2 min.).
- Reduce heat to medium. Use tongs to transfer cooked pasta from the pot to the sauté pan with the sauce. Add lemon juice and zest; stir and simmer until thickened (1-2 min.). If needed, scoop more hot pasta water from the pot and add to the sauté pan a bit at a time until dish reaches desired consistency.
- Season with salt, if desired; top with more cheese and pepper to taste.
- Garnish with parsley, lemon slices or wedges and/or more lemon zest; serve immediately.

I've had a lifelong affinity for all things lemon. As a child, I always asked for a lemon meringue pie instead of cake for my birthday. My wedding cake was filled with lemon curd. At Kowalski's, I've created recipes for our Lemon Hummus, Lemon Chicken Orzo and Lemonade Cake (find a recipe for it on kowalskis.com). I love lemon chicken, lemon soup, lemon risotto and lemony shrimp scampi. It's the lemon life for me!

Here, I'm sharing a staple supper from home that I turn to whenever I need something fast, comforting, easy and a little bit tangy. I make *Creamy Lemon Pasta* often with fettuccine, but lately, I'm loving one of the newest noodle shapes in the Kowalski's Signature line: mafaldine. Its ruffy edges are perfect for holding on to lots of slurpable sauce.

Warmly,
Rachael



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

SELECTION



TRENDING

MINGLE MOCKTAILS

Mingle Premium Non-Alcoholic Mocktails are naturally infused botanical beverages made with clean ingredients and sweetened with organic cane sugar. They're a refreshing anytime alternative to boring seltzer with a light, not-too-sweet taste and just 60 calories per can.



HIYO

Mindfully crafted with premium ingredients like ashwagandha, lion's mane, L-theanine, lemon balm, passion flower and ginger, hiyo is an organic social tonic crafted with adaptogens, nootropics and functional botanicals for a better-than-alcohol alternative. hiyo comes in four refreshing, fruit-forward flavors with no caffeine and just 30 calories per can.



TRENDING

RECESS ZERO PROOF

Low-sugar, low-calorie Recess Craft Mocktails taste and feel like your favorite cocktails, without the next-day consequences. They're crafted with real ingredients like ginger, orange peel and lime zest, plus uplifting guayusa and balancing adaptogens like L-theanine and lemon balm. Each can contains 10 mg of naturally occurring caffeine from guayusa.

Find several flavors of each of these three drinks in the Beverage Aisle.

don't skip the AISLES

FIND A LINK TO OUR BEST WEEKLY FEATURES HERE



Our selection of new and exciting products in the middle of the market will have you skipping down the aisles – so don't skip them! From products to help you celebrate Dry January to fun new snacks and foods to stock your freezer, you'll find something sure to make you happy in stores right now.

SAYSO
Sayso presents a truly innovative way to enjoy your cocktail and mocktail favorites. Simply add an all natural sachet to cold water and spirits (or omit spirits for a mocktail). After about 1 minute, when most of the sachet's contents have dissolved, just add ice. Voilà! It's the perfect cocktail every time.

TRENDING

NIGHTINGALE ICE CREAM SANDWICHES

Handcrafted in small batches, Nightingale Ice Cream Sandwiches are made with 14% butterfat ice cream, fresh-baked cookies and homemade inclusions. Joyful and indulgent in nature, they evoke the playful tastes of childhood with grown-up sophistication.

NEW!

JAJU PIEROGI

Made from scratch using simple ingredients and traditional recipes, Jaju's traditional Polish dumplings are the real deal. Several flavors are available. Don't miss The Classic, made with buttery potatoes, onions, spices and farmers cheese. This pierogi is practically perfect with sauerkraut, sour cream or some sautéed onions!

Find them in the Frozen Meals Section.

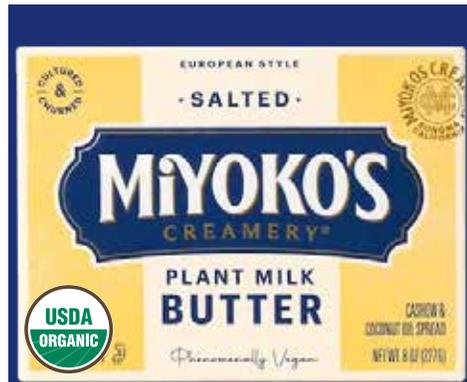
NEW!



NEW!

TALIA DI NAPOLI PIZZAS

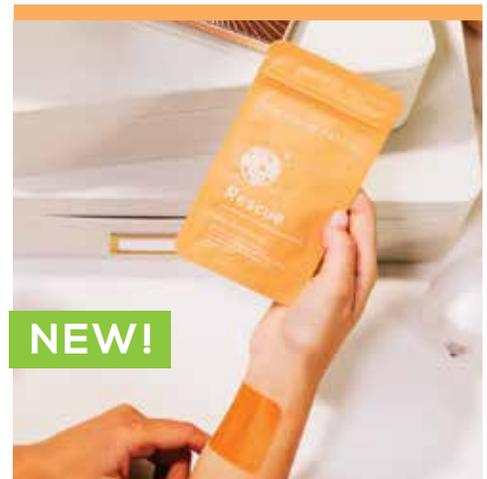
Talia di Napoli Pizzas are handmade one at a time by professional pizza makers (*pizzaioli*) from Naples, the city that invented pizza. Made with only natural ingredients and baked in a traditional wood-fired oven, they're as close as you can get to Italian pizza without going to Italy.



MIYOKO'S CREAMERY ORGANIC CULTURED PLANT MILK EUROPEAN BUTTER

Made from cashews and coconut oil, this delicious vegan butter is great as a 1:1 swap for regular butter. With just a hint of sea salt, this butter melts, spreads, bakes and browns beautifully.

Find it in the Dairy Department.



NEW!

THE GOOD PATCH

Natural, plant-powered wellness patches from The Good Patch harness the power of high-performing botanicals to help you meet your wellness goals. These patches undergo rigorous safety and efficacy testing and are free of more than 150 harmful substances, including parabens, phthalates and latex.

Find B12 Awake, Relax, Dream, and Rescue in the Health and Wellness Aisle.



PITAYA FOODS SMOOTHIE BOWLS

These ready-to-eat functional smoothie bowls don't require a long thaw or microwave to enjoy. Each organic, vegan and gluten-free variety is made with sustainably sourced exotic fruits and supports a specific health and wellness goal: Energy, Clarity, Recover, Immunity and Inner Health.

Find them with the frozen fruit.

TRENDING

LOCAL

P&TY GRANOLA BARS

P&TY (short for "Please & Thank You") are granola bars with manners. All five flavors are named after a different way to mind your manners, such as "Sharing is Caring," "Thank You" and "Golden Rule," reminding us to show mutual respect in a world where a little bit of kindness can go a long way. These gluten-free and dairy-free bars are free of artificial ingredients and made with Minnesota Grown honey. Their eco-friendly wrappers and packaging are kind to the earth, too!

Find them with the single-serve protein and snack bars.



SOUL GRAIN GRANOLA

Local, women-owned Soul Grain Granola has a distinctive light and crispy texture and features culturally inclusive flavors not traditionally found in granola. Inspired by soul food dishes and flavors such as banana pudding and grains of paradise, Soul Grain is the hippest granola in America!

Find Soul Grain in the cereal aisle.

LOCAL

DRUMROLL GLAZED DONUTS

Plant-based, gluten-free and grain-free mini donuts from Drumroll are fluffy, cakey, glazy treats that provide 10 g of protein with only 1 g of sugar. Three delightful flavors – Chocolate, Vanilla and Strawberry – are available in the Dairy Department.

TRENDING



CHIYA CHAI

Chiya Chai originated from the owners' long family history as tea merchants, some of the first to export Nepalese tea to the rest of the world. Their ready-to-drink tea selections are produced with tea leaves and spices sourced directly from Nepal, India and other nearby regions. Look for Original Masala, Unsweetened Masala, caffeine-free Ayurveda Masala and Ginger Cardamom.

Find Chiya Chai in the Coffee and Tea Aisle.

LOCAL



SIGNATURE PRODUCT FOCUS

SWEET & SOUR



LEMON AND LIME CURDS Our Lemon and Lime Curds are sweet, tangy and the perfect spread for all manner of baked goods. They are made in small batches with real lemon and lime juice and sweetened with real sugar, not corn syrup. Serve them on muffins, pancakes, waffles, biscuits, white cake, angel food cake, pound cake and berries or in tart shells, meringue shells or yogurt. We also love lemon curd with a slice of *Lemon Cloud Pie*.



LEMON CLOUD PIE V

Find recipes for *Lemon Cloud Pie* and *Lemon Curd Cookies* online at kowalskis.com or scan the QR code below.



LIME SIMPLE SYRUP This zesty take on our Classic Simple Syrup adds the perfect sweet-tart balance to any drink! Use it for mojitos, Moscow mules and margaritas or for adding a tangy citrus burst to iced tea and soft drinks.



LEMON CURD COOKIES V

easy peasy lemon squeezy



GREEK GRAIN SALAD V

Entertaining the lemon way is simple with lemony salads from the Deli Department. **Lemon Chicken Orzo** is a top seller year-round and a clear customer favorite. Look for bright and delightful choices **at the Deli Service Counter**, including:

GREEK GRAIN SALAD Just a touch of lemon zest adds Mediterranean flair to this award-winning quinoa and wheat berry salad featuring tomatoes, garbanzos, cucumber, feta and herbs.

LEMON CHICKEN ORZO Lemon zest and herbs brighten this simple yet satisfying chicken and pasta salad that features crunchy pepitas and sharp green onions.



Find recipes for these salads online at kowalskis.com.



LEMON CHICKEN ORZO DF



Get game-day ready with Gerber's Amish Farm Chicken Wings from the Meat Department! Our number-one seller year-round is Lemon Pepper! We especially love them prepared in the air fryer, with *Lemon Pepper Ranch* for dipping!

LEMON PEPPER RANCH:

In a small mixing bowl, whisk 4 ½ tsp. lemon pepper (such as Meat Church brand from the Meat Department) into your choice of Kowalski's Signature Fresh Buttermilk Ranch or Classic Ranch Salad Dressing. Use immediately or store in the refrigerator, covered, for up to 5 days.



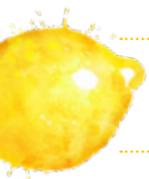
tangy treats

FROM THE BAKERY

There's no better time of year to indulge in the sunshiny sweetness and tart tanginess of citrus, even in the Bakery Department. Winter heralds the seasonal return of our **Signature Glazed Citrus Bread**. Get it while it lasts!

GLAZED CITRUS BREAD You'll adore this dense orange "cake," a batter bread made by hand with real orange zest and a hint of lemon for balance. Soaked with citrus syrup and topped with a light citrus glaze, it makes the perfect partner for coffee or tea. We also like it topped with a bit of bright yuzu marmalade and clotted cream, both available in the Specialty Cheese Department.

KEY LIME PIE Perhaps there's no better dessert to evoke the joy of a beach vacation than the key lime pie! Our scratch-made pie is a classic recipe, bright and fresh on a buttery graham crust.



Yes, we have Lemon Meringue Pie, too, of course!





DUCK À L'ORANGE GF

SERVES 2

- 2 duck breasts, thawed completely in the refrigerator (if frozen)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- ½ cup dry white wine
- ½ cup Kowalski's Signature Freshly Squeezed Orange Juice
- ¼ cup low-sodium chicken broth
- ½ cup orange marmalade
- 2 tbsp. Kowalski's Unsalted Butter, cold
- 2 navel oranges (such as Sky Valley Heirloom Navel Oranges), supremed (see *Tasty Tip*)

DIRECTIONS:

1. Let duck breasts stand at room temperature for 30 min.
2. Slice through fat in a crosshatch pattern, with cuts ½" apart in two perpendicular directions; season with salt and pepper to taste.
3. Preheat oven to 400°.
4. Heat a large oven-safe skillet over high heat. Add duck, skin side down; cook on first side until a moderately dark crust forms and breasts release easily from the pan (about 5 min.).
5. Flip breasts; move pan to preheated oven. Cook until duck nearly reaches desired doneness (for medium-rare, cook for about 12 min. to an internal temperature of 125°; temperature will increase to 130° or more as it rests).
6. Remove pan from oven; transfer breasts to a cutting board. Tent loosely with foil; let rest for 10 min.
7. Pour as much fat as possible from the pan; strain and reserve for another use, if desired.
8. Place pan on the stovetop over high heat. Add wine, scraping up brown bits with a wooden spoon; cook for 1 min. Add orange juice and broth; bring to a boil.
9. Reduce heat to medium-high; cook until sauce is reduced by at least ⅓.
10. Strain sauce and return to the pan; heat just until boiling.
11. Remove pan from heat; season sauce with salt and pepper to taste.
12. Whisk in marmalade and butter until sauce is glossy and slightly thickened.
13. Slice duck breasts into ½" slices; arrange on a serving platter or individual serving plates with orange segments between slices. Spoon sauce over top.

sweethearts' supper

Sweeten up your Valentine's Day with an elegant, citrus-infused recipe that's as stunning as it is scrumptious. Though duck may resemble chicken and comes in similar cuts (whole, breast, leg, wing), it has a much bolder, richer flavor that some describe the same way they would a steak. The deep rosy-brown color of duck gives it an appearance more akin to beef, too.



Finish your meal with brightly sweet and light *Frozen Lemon Soufflés*. Find the recipe online at kowalskis.com.

TASTY TIP

To supreme an orange, slice off the top and bottom ends of the fruit, exposing the brightly colored flesh; place one of these flat ends on a stable cutting board. Using a sharp knife, cut downward along the contour of the fruit to remove the peel and white pith from all sides. Hold the peeled fruit in one hand over a large bowl; use your other hand to carefully cut down into the fruit alongside the membranes to release the segments into the bowl.

TASTY TIP

Leave a bottle in the fridge at the office to freshen up your water throughout the day.



Freshly Squeezed

Our Signature Lemon and Lime Juices are fresh-squeezed locally and oh-so-convenient! Each bottle saves you from the hand-numbing agony of juicing as many as eight pieces of fruit! Use them in recipes for salad dressings, sauces, desserts, soups, grain and pasta dishes, and more. They're also ideal for cocktails. Find them **in the Produce Department!**

MINTED CITRUS COOLERS GF V VE DF

SERVES 4

- | | |
|--|--|
| 1 cup pineapple juice | ½ cup Kowalski's Lime Simple Syrup |
| 1 cup Kowalski's Signature Freshly Squeezed Orange Juice | - handful fresh mint leaves, plus more for garnish |
| 3 tbsp. Kowalski's Freshly Squeezed Lemon Juice | - ice |
| 2 tbsp. Kowalski's Freshly Squeezed Lime Juice | - orange, lemon and lime slices, for garnish |
| | 16 oz. ginger ale, cold |

DIRECTIONS:

1. In a large measuring glass, combine juices, syrup and mint leaves; cover and chill in the refrigerator for 4-8 hrs.
2. Fill 4 pint glasses with ice, more fresh mint leaves and citrus slices; strain and pour juice mixture evenly into glasses.
3. Top evenly with ginger ale.

TASTY TIP

Rinse fresh herbs in plenty of cool water before using. We love using a salad spinner to get herbs both clean and dry.



make *herb* a verb



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

Herbs have been around since prehistoric times for both culinary and medicinal purposes. They have the wonderful ability to weave layers of flavor into foods, turning a garden-variety fill-in-the-blank food, drink or dish into something that can make your taste buds sing. Herbs can brighten any recipe while doing double duty to brighten up your health.

Certainly, cooking with herbs makes it easier to tick back the amount of salt you use in recipes and at the table. Their pleasing flavors mean salt doesn't have to be your first or only seasoning move. That's a win for your heart and brain health, bones and blood pressure. Herbs also contain vitamins, minerals and phytonutrients. Together, they interact to strengthen our bodies' cells, tissues and systems, such as our immune, metabolic and cardiovascular systems. They also mingle within our intestinal microbiome, which we now know significantly influences numerous aspects of our health. Below are a handful of delicious herbs to add to your plate and their potential health wins.

SAGE rosemary THYME
BASIL oregano
lavender MINT

These seven herbs belong to the *Lamiaceae* botanical family. They have antibacterial and antiviral properties and benefit health as follows:

- **Protect cells**, including the DNA in cells, from damage through anti-inflammatory and antioxidant measures.
- **Facilitate communication between brain cells**, helping all brain-related functions.
- **Improve circulation** by enhancing blood flow through the body.
- **Support stress management**. For example, phytonutrients in rosemary may reduce certain stress hormones and protect the cells that produce dopamine, a brain chemical associated with feelings of reward and motivation. Safely absorbing or inhaling the essential oils of some herbs (including rosemary) may enhance cognition, reduce stress and offer anti-depressive effects.

parsley DILL
CILANTRO

These three herbs belong to the *Apiaceae* botanical family, which includes cumin, anise, celery and carrots. They are also anti-inflammatory and act as antioxidants to support strong, healthy cells. The nutrients in these herbs benefit the body in a few ways:

- **Help lower total and LDL cholesterol levels and blood pressure.**
- **Protect against kidney stone formation.**
- Just 2 tablespoons of fresh chopped parsley contains 100% of the recommended daily dose of **vitamin K**, which contributes to strong bones.

Unfortunately, there is no "prescribed" measure of herbs to use or eat to harness the above benefits. Both fresh and dried varieties contain helpful nutrients, but fresh herbs tend to offer more, as some nutrients are lost through processing. When it comes to herbs, the best advice is to choose widely and often. They've got the credentials, so get curious in the kitchen. Add herbs to salads, soups, stews, sauces, pasta, baked goods, grains, rubs, desserts and drinks – the more the merrier!

CAUTIONARY NOTE:

Be sure to let your healthcare provider know if you plan to use or are already using concentrated herb products. Because of their therapeutic actions, herbs can interact and interfere with over-the-counter and prescribed medicines and vice versa. Some medicines could diminish the benefit(s) of an herb. If you are considering consuming more concentrated amounts of an herb, such as a tincture or supplement, use a reliable, third-party source that tests and vets those products for quality and purity. There is little governance over them, so the label may not accurately reflect what's inside. Consumer Lab is a resource that can help (visit consumerlab.com).

SEASONAL SUPPER

Let you might think that light, bright citrus is only for seafood and poultry, we offer up this sweet and tangy beef stir fry. Inherently pungent spices and seasonings like garlic, onion and pepper are obvious choices for flavoring beef dishes. Intensely sweet orange, though, works magic when paired with the mild heat of ginger to bring out the rich, buttery, nutty goodness of steak.

ORANGE GINGER BEEF STIR FRY

SERVES 4

- | | |
|--|---|
| 5 tbsp. low-sodium gluten-free tamari, divided | 2 tsp. rice vinegar |
| 3 tbsp. sugar, divided | 1 tsp. ground ginger |
| 2 tbsp. cornstarch, divided | 1 tsp. ginger purée or paste |
| ½ tsp. kosher salt | 2 tbsp. canola oil |
| - freshly ground Kowalski's Black Peppercorns, to taste | 2 red bell peppers, sliced into ¼" strips |
| 1 lb. Kowalski's Certified Akaushi Top Sirloin Steak, sliced into strips ¼" wide x 4-6" long | 1 small yellow onion, sliced ¼" thick, then crosswise into half-moon shapes |
| ½ cup Kowalski's Signature Freshly Squeezed Orange Juice | 2 cloves garlic, finely minced |
| - freshly grated zest of 1 orange, plus more for garnish | - prepared basmati rice, warm, for serving |
| 2 tbsp. water, cold | 4 green onions, thinly sliced, for garnish |
| | - orange slices or wedges, for garnish |

DIRECTIONS:

1. In a medium mixing bowl, whisk together 1 tbsp. tamari, ½ tsp. sugar, 1 ½ tsp. cornstarch, salt and pepper. Add beef; toss to coat. Set bowl aside for 15 min.
2. In a small mixing bowl, whisk together remaining tamari, sugar and cornstarch with orange juice, zest, water, vinegar, ground ginger and ginger purée; set sauce aside.
3. In a large skillet, heat oil over high heat. Add beef; cook and stir until beef is well browned but not quite cooked through (about 3 min.). Remove beef from skillet with a slotted spoon; set aside.
4. Reduce heat to medium-high. Add bell peppers and yellow onion to the skillet; cook and stir until vegetables are tender but still somewhat crisp (about 4 min.). Add garlic; cook and stir for 1 min.
5. Reduce heat to medium-low. Rewhisk sauce; add to skillet with reserved beef. Cook and stir until beef and vegetables are evenly coated and sauce is nicely thickened (about 2 min.).
6. Serve mixture on top of warm rice; garnish with green onions, zest and orange slices.



TASTY TIP

It's easier to cut the steak into thin strips if you place it in the freezer for 10 min. before slicing.

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](https://www.kowalskis.com)

ISSUE NO. 89

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