



Featured Product this Month at Wegmans Nature's Marketplace

Affordable Gourmet Salad Dressing That Is also Good for You



Wegman's is dedicated to provide all of our health conscious consumers with every opportunity to eat right and live a healthy life. With this in mind Wegman's is proud to carry an all natural, quick and easy, gourmet salad dressing with all the trimmings that nature provides without breaking your bank. Drew's All Natural was founded by Chef Drew Starkweather in 1995 while working at the prestigious Deerfield Inn in Old Deerfield, Massachusetts. Drew was prompted to create a salad dressing label of his own following numerous appeals from patrons of the Deerfield Inn for bottles of his house dressing to take home.

Today, with seven years' labor and nine salad dressing varieties

for the health conscious gourmet consumer, Drew's is one of the most popular names in the natural food market. And it is due in large part to the company's mission of providing high quality, all-natural foods at reasonable prices. The Vermont-based company's founder has a long line of culinary and restaurateur experience that stretches from Boston and Martha's Vineyard to California, encompassing 23 years that all go back to when he first worked as an apprentice at the ripe old age of 12.

Drew's unique dressings are all natural, GMO-free, vegan and dairy free, low sodium. Many are also wheat free and made without sweeteners. Here is a description of a sample of Drew's salad dressings that you will find readily available at Wegman's:



Thai Sesame Lime: A delightful blend of citrus and sesame-fused Asian style with lemon grass, cilantro, ginger, coconut, and tamarind. It's the Oriental Express to a richer more enjoyable meal.



Roasted Garlic & Peppercorn: A sweet mellow flavor of slow roasted garlic blended in a creamy peppercorn base, achieving a delightful assortment of flavors that Drew's is renowned for.



Sesame Orange: A deliciously contrasting combination of oranges, toasted sesame seeds, and fresh ginger culminating in a unique flavor for salads, seafood, pork, and poultry.

Soy Ginger: The very first dressing that Drew's created. A blend of soy sauce, garlic and ginger, this vinaigrette style dressing also works as a marinade for fish, chicken, beef, and vegetables.



Rosemary Balsamic: A base of extra virgin olive oil, red wine, and balsamic vinegars for a vinaigrette of pulsating rosemary flavor. Adding garlic, basil, oregano, and a pinch of mustard creates an exceptionally complex and flavorful background to arouse your taste buds.



Smoked Tomato: A taste of the Mediterranean with garlic and basil highlighted, resulting in a marinade or dressing suitable for hot or cold pasta dishes and, of course, any salad.



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Get your Supplements in a FUN PORTABLE SNACK!

Have you ever wondered what life would be like if you didn't have to worry about remembering to take your vitamins every morning? Have you ever felt that you shouldn't have to take an array of supplements just to give your body the nutritional requirements it needs in this fast paced and ever evolving environment? If you answered in the affirmative to one or both of these questions, then Wegman's has the answer.

Eat Your Heart Out carries a plethora of delicious and nutritional snacks that are all natural and fruit and vegetable based. In addition, because of their state-of-the-art freeze-drying process, they are full of the vitamins and nutrients that you need in your daily diet. Eat Your Heart Out's method of drying removes only the water from their ingredients, leaving all the valuable vitamins, minerals, proteins, and enzymes remaining active. The result is a portable fruit and vegetable meal that is crunchy and fun for kids to eat; natural and loaded with flavor, making them a perfect snack for the rest of the family. Their varieties include Apple Cinnamon Wedges, Peach Wedges with Mango, Sweet & Sour Green Soybeans, Indian Spice Green Soybeans, and Salsa Green Soybeans; and all are GMO-free with no chemical additives or preservatives and are fat free.

Eat Your Heart Out snacks are heart healthy, and according to Denton A. Cooley, MD. of the Texas Heart Institute, these "products are not only tasty, but meet most of the nutritional requirements recommended by physicians and



nutritionists. They can be enjoyed with assurance of medical compliance."

Eat Your Heart Out snacks come in fun and attractive packages that are specifically designed for assured freshness and quality. Their snacks are made from only the finest ingredients, carefully chosen from seasonal harvests to guarantee their freshness. Their soy snacks are created under the guided principal of the power of the bean and the huge benefits of a diet rich in soy.

So the next time you are hungry, whether you are running out to work or preparing for your next track meeting — go ahead — Eat Your Heart Out!

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