

# YUMMY NORTHWEST

MARY ROSEWOOD, EDITOR AND PUBLISHER  
 LESLIE PHILLIPS, COPY EDITOR  
 SERVING IDAHO, MONTANA, OREGON, AND WASHINGTON

## E-Food

Shopping at a local business usually means meeting the owner face-to-face. But many local businesses also have Web sites, providing an opportunity for ordering their products online.

Disadvantages must be weighed against advantages when shopping online. Is the cost competitive? Is security assured? Will the shipment arrive in a timely manner? What about returns?

A big advantage to using the Web site of a business in your area is that you will often find they have better customer service. Many are small businesses that value good relationships with their customers.

There are many such Web sites, but here are a few to get you started.

## Let's go shopping

### Baked goods, grains, flours

**Chuck and James**  
 Sidney, Mont.  
 406-488-9894  
<http://www.chuckandjames.com>

Soft and chewy granola, tea cups, posters.

**Cream of the West**  
 Harlowton, Mont.  
 800-477-2383  
<http://www.creamofthewest.com>

Hot cereals, granola, honey, authentic dinner triangle, enamel dish sets, cookbook.



## E-Facts

Nearly 70 percent of computer owners spend at least eight hours surfing the Internet daily.

Although food is the smallest percentage of total online sales in the United States, shoppers spent over \$6 million in 2006 to buy food items with their computer.

47 percent of people surveyed did at least half of their holiday shopping online in 2006. Over a third said they wanted to avoid driving around town and then waiting in lines. Another third liked the flexibility of shopping anytime, day or night.

70 percent of shoppers plan to be hunting for gifts within five days of Christmas.

38 percent of shoppers admit that they shop online during work hours.

Facts supplied by  
[mrpricegrabber.com](http://mrpricegrabber.com)

### Montana Monster Munchies

Bozeman, Mont.  
 800-752-2158  
<http://www.mtmonstermunchies.com>

"The Last Best Cookie": chocolate chip/peanut butter/oatmeal/wheat-free; a second version also contains whole raisins. The company says these stay fresh for up to two months because they use raisins as a preservative; see Web site for more information. Coffee is included in some gift packs.

**SnoqualmieFalls.com**  
 Snoqualmie, Wash.  
 425-985-6906  
<http://www.snoqualmiefalls.com>

Oatmeal, and mixes for brownies, cornbread, biscuits, and pancakes.

**Wheat Montana**  
 Three Forks, Mont.  
 800-535-2798  
<http://www.wheatmontana.com>

Flour, grains (lentils, beans, flax seeds, rice, etc.), bread mixes, wheat chili mix, honey – all chemical-free and GMO-free; cookbook.

### Chocolate

**Dagoba**  
 Ashland, Ore.  
 800-393-6075  
<http://www.dagobachocolate.com>

Bars, nibs, cocoa, soap, chipper (to cut chocolate), apothecary, samplers.

**Cowgirl Chocolates**  
 Moscow, Idaho  
 888-882-4098  
<http://www.cowgirlchocolates.com>

Truffles, hot chocolate mixes, dessert toppings, caramel corn, peanut brittle.

### King's Cupboard

Red Lodge, Mont.  
800-962-6555  
<http://www.kingscupboard.com>

"Pure, simple, natural ingredients" in hot chocolate mix, dessert sauces (sugar-free variety available), cake mix, pudding mix.

### Pet food

#### Beggar Dog Biscuits

Portland, Ore.  
800-564-1455  
<http://www.beggardogbiscuits.com>

Dog biscuits without additives, preservatives, or artificial flavors or colors.

#### Wet Noses

Monroe, Wash.  
866-938-6673  
<http://www.wet-noses.com>

Dog treats and frozen raw meat (for dogs or cats) with no preservatives, chemicals, or animal by-products.

### Produce

#### Huckleberry Haven

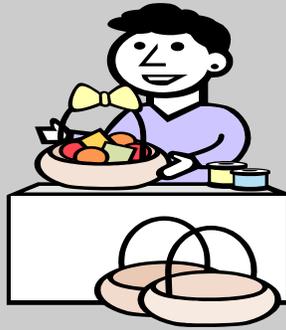
Kalispell, Mont.  
800-774-8257  
<http://www.huckleberryhaven.com>

Huckleberries are only one wild fruit put in these products, which include jams and jellies, syrups, glazes, teas, pancake mixes, vinaigrettes, and dessert toppings. (Buffaloberry, chokecherry, elderberry, saskatoon, and spruce are other plants used; see Web site for descriptions.) Poorly designed site, but products are worth searching for.

#### Olympic Lavender Farm

Sequim, Wash.  
360-683-4475  
<http://www.olympiclavender.com>

Culinary products include lavender buds, pepper, honey, lemonade, and teas. (**Yummy Northwest** highly recommends their Blue Eyes herbal tea.)



### Gift Idea

#### Chocolate Chip Cookies

If shopping online isn't fast enough and you need a quick present, create this cookie mix. Wrap the dry goods in a nice bag and include the recipe.

Put in a plastic bag:  
1/2 cup white sugar  
1/2 cup brown sugar

Put in a second bag:  
1 cup plus 2 tablespoons flour (whole wheat is a good choice)  
1/2 teaspoon baking soda  
1/2 teaspoon salt

Put in third bag:  
1 cup chocolate chips (or any flavor chips)

Recipe:

Preheat oven to 375.

In a mixing bowl, soften 1/2 cup butter and stir in sugars. Beat in 1 large egg. Gradually add flour mixture. Stir in chocolate chips.

Put on a cookie sheet and bake until golden brown, about 10 minutes.

Remove from oven and let cool.

Makes 2 dozen.

### Tea

#### Blue Moon Tea

Tacoma, Wash.  
888-857-1226  
<http://www.bluemoontea.com>

Seattle Market Spice Tea in all its variations is sold here. Enjoy imported teatime treats like shortbread and Devon cream. Also, tea accessories, including children's tea sets and items for cat lovers.

### Variety

#### Harry and David

Medford, Ore.  
877-322-1200  
<http://www.harryanddavid.com>

The biggest company here but also the widest selection, including chocolate, fruit, and seafood.

#### MaryJanesFarm

Moscow, Idaho  
888-750-6004  
<http://www.maryjanesfarm.com>

Organic vegetarian food mixes (for home, office, or camping), chocolate bars, jams, cookbook. If you're a farm girl at heart, this is a fun Web site to explore even if you don't want to buy anything.

### Vegan

#### Food Fight!

Portland, Ore.  
503-233-3910  
<http://store.foodfightgrocery.com>

Wide selection of all-vegan foods. If you don't see what you want, ask for it.



### About Yummy Northwest

Each monthly issue highlights an edible delight available in the Pacific Northwest and Montana.

### Contact the editor

Comments, corrections, topic ideas, and submissions are all most welcome at [Yummy\\_Northwest@hotmail.com](mailto:Yummy_Northwest@hotmail.com). View archives at [yummynorthwest.com](http://yummynorthwest.com).