

Back to the Basics Natural Foods

Because the basics are better™

Bringing exceptional quality food to your table and giving Local Business' a home

Featuring: Local or direct products from farmer, rancher, and supplier



Beef

(in stock year round)

Back Country Beef of Colorado

"We do not use chemical fertilizers, pesticides, or herbicides on our pastures. We do not treat our grass fed calves with antibiotics, synthetic growth hormones, nor feed animal by-products."

**Grass-fed only, no hormones, no antibiotics, no pesticides used on property,
One rancher-source identifiable beef: less likely to carry e-coli or be cross
contaminated with other meats**

www.backcountrybeef.com

Pork

(in stock year round)

Torpedo Farms

"Colorado's finest pork has been raised and fed in Pueblo County on the Mauro family farm for five generations."

**Antibiotic & Steroid Free
88% lean-All Natural Pork**

www.torpedofarms.com

Fish-Sockeye Salmon and Halibut

(in stock year round)

2312 Vickers Drive Colorado Springs, CO 80918 Jim or Maggie Southworth 719.590.9143

Fax 719.531.5741 Message/Order line 719-532-0553

bttb@qwestoffice.net

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Smoky Bay Fisheries

Cold ocean waters of Smoky Bay Alaska, quick frozen and shipped to Colorado

- High in Antioxidants
- High Quality Protein, Easy and Safe to Digest for People of All Ages
 - Contains No Detectable Mercury
- Rich in Omega-3 Fatty Acids. A heart-healthy source of protein
www.smokybayfish.com (check for recipes)

Elk and Bison

(ground and patties in stock year round)

Grande Premium Meats

REAL ELK™

Colorado raised

the pure North American Species*.

* Some sell NZ Red Deer or Wapiti elk-deer hybrids and call it "Elk", but it's not **REAL ELK** meat. The Real Elk meat is made in America.

All Natural, NO Growth Hormones, NO growth-promoting Antibiotics, NO Animal Byproducts

www.elkusa.com

Almonds and Almond Butter

(in stock year round)

Zinke Orchards of California

3rd generation orchard, no insecticides used.

“Why buy organic when you can buy affordable insecticide-free almonds?”

Direct from orchard to Back to the Basics (no middle man, fresh)

No peanuts or other nuts processed in this almond facility

Nut butter is shelf stable without oil separating for 2 months

Peanuts and Peanut Butter

(in stock year round)

2312 Vickers Drive Colorado Springs, CO 80918 Jim or Maggie Southworth 719.590.9143

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100% organic

Fresh ground on site so the nut butter is shelf stable without oil separating for 2 months

Pecans 100% Organic

(special order) Direct from the grower-Fresh!

Missouri Northern Pecans

Honey

(in stock year round)

Simply Honey

"I don't heat the honey beyond warming it, nor do I micro-filter the honey."

Local, Raw, unfiltered, 6th generation bee keeper

www.simplyhoney.com

Coffee

(in stock year round and special order)

Umpire Estates-Colorado Springs roaster

fair trade coffee and organic beans

www.coloradocoffeemerchants.com

Bread

(special order)

Outside the Breadbox

Colorado Springs Bakery

The Breadbox, a dedicated gluten-free, wheat-free, and nut-free bakery located in Colorado Springs, Colorado.

www.outsidethebreadbox.com

Milk

(in stock year round and special order)

Morning Fresh-Colorado Farm

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No Artificial Hormones, No Pesticides, No preservatives, No rBGH

Raw Milk

(Year round supply) Cow share program: Raw, local, cow milk
(Registered shareholders may request drop off location of Back to the Basics)

Isle Farms Colorado family ranch

www.islefarms.com

Raw Goat milk

(Registered shareholders may request drop off location of Back to the Basics)

Bare Bottom Ranch

Colorado family ranch

Goat share program: Raw, local goat milk

www.barebottomranch.com

Eggs-Variety of sources

Cage free, vegetarian fed, no antibiotics, (in-stock year round)

Bare Bottom Ranch Eggs

Pasture raised, no antibiotics, FRESH (coming Spring 2009)

Colorado family ranch

Produce

Organic (in stock year round)

Austin Farms and other local suppliers

(seasonal)

CSA (community supported agriculture) pickups available

You may ask your CSA to drop off your share at Back to the Basics Natural Foods

www.grantfarms.com www.chadschickenranch.com

Back to the Basics Natural Foods

Because the basics are better™

And for your skin... *Facial Cream*

(in stock year round)

Ms Lavenda

Certified Aroma-therapist located in Colorado Springs area

Producing cosmetics stabilized only by the essential oils-no synthetic preservatives

Food based ingredients

www.mslavenda.com

And for your kitchen... *hand made scrubbies*

Nylon crocheted scrubbies to take care of your quality

kitchen clean ups

And for your bread making... *Fresh, stone-*

ground flour available upon request.

We have a stone mill in house and grind Wheat

Montana's Golden Prairie hard white wheat flour for just

\$1.25 per pound

We also carry many bread making ingredients like:

Baking Yeast

Dough Enhancer

Gluten

Real salt

Lecithin

And cooking oils

*And, Much, Much, **More***