

# Go Green, Buy Bulk

## New Herbs, Spices & Teas – July 2009



### Introducing Cacao Nibs

<b>Product</b>	Cacao Nibs, <b>FAIR TRADE CERTIFIED™, ORGANIC</b>
<b>Botanical Name:</b>	<i>Theobroma Cacao</i>
<b>Package:</b>	1 pound bulk bag
<b>Item :</b>	#2962
<b>UPC:</b>	0-89836-02962-1
<b>Pricing:</b>	<b>WHL</b> - \$7.70/lb, <b>SRP</b> - \$15.40/lb, \$0.99/oz
<b>Origin:</b>	Peru

**Description:** These crunchy nibs are made by roasting and breaking cacao beans into small segments which are about 1 to 3 mm in diameter. Useful in many dishes and desserts and makes a great topper! 100% organic and Fair Trade Certified™, this special treat tastes great and helps improve the lives and communities for those who produce it.

### The Benefits of Fair Trade

Fair Trade helps encourage the strengthening of communities as well as sustainable living and fair labor practices. Half of the Fair Trade premium goes towards projects such as infrastructure improvements while the other half goes directly to the farmer.

Our cacao nibs come from a farmers coop in Peru where Fair Trade practices has helped them to become self-sufficient. The Fair Trade premiums has allowed the coop to put in place a schooling system, medical care, a credit system, women empowerment training, and much more! Fair Trade goes beyond aid, which relies on donations, but instead focuses on sustainable benefits for everyone.

### Recipe - Sugar Cookies with Cacao Nibs

#### Ingredients:

½ cup organic butter	½ tsp cream of tartar
1 cup organic cane sugar	½ tsp salt
1 organic egg	1 tsp baking soda
½ cup organic canola oil	2 ¾ cups organic
2 tsp organic vanilla	all-purpose flour
extract	½ cup cacao nibs

**Directions:** Cream sugar and butter. Add egg, oil, and vanilla. Beat well. Add sifted dry ingredients. Mix well. Spoon onto cookie sheet the size you desire. Bake at 350 degrees for about 10 minutes.



**FRONTIER™**  
NATURAL PRODUCTS CO-OP