



September 16, 2008

The Buzz Around the Farm

During the last several months, select Cascadian Farm organic foods have been featured in several national news publications and web sites. We know our delicious breakfast cereals, tasty granola bars, and premium frozen fruits and vegetables are great, so it's exciting when others "taste and tell" as well. Cascadian Farm thanks our loyal consumers who choose our products because every bite is good for them, their family and the world we share.

Here are highlights of what folks are saying about Cascadian Farm...

Cascadian Farm Organic Sweet & Salty Bars Standout

Granola bar fans know where to turn when they're looking for a handy snack, an easy lunch box favorite and a mid-day energy booster. When reviewers at *REAL SIMPLE* magazine took granola bars for a spin as part of their Road Test review in the September 2008 issue, they examined bars based on both nutrition and flavor. Taking the prize in the chocolate category was Cascadian Farm Sweet & Salty Mixed Nut bars. One panelist highlighted the indulgent bar's "blissful chocolate coating" and was pleasantly surprised to discover that the newest organic option from Cascadian Farm met the magazine's healthful snacking criteria based on fat, calories and fiber content.

Parent Pick: Cascadian Farm Chocolate Chip Granola Bars

This summer *TIME Magazine's* online edition reported on nine food products and recommended Cascadian Farm Organic Chocolate Chip Granola Bars as a better choice for kids compared to a similar snack bar. The site notes: "With this organic alternative, kids get whole grains and zero trans fats plus much less added sugar. And they can't complain – there's still chocolate chips!" Get the full scoop at www.time.com; type Cascadian Farm in the search bar and scroll to the July 18, 2008 entry.

Purely O's Top for Tots

An online review on The Healthy Snacks Blog last March featured Cascadian Farm Organic Purely O's cereal as one of three healthy snack ideas for toddlers. The author noted that, "the tiny Os are the perfect size for toddlers to pick up and snack on." The blog highlighted Purely O's nutritional line up, citing its 11 essential vitamins and minerals, while noting that one serving delivers an excellent source of whole grains, providing at least 16 grams of whole grains per serving. Visit www.thehealthysnacksblog.com for the whole story.

Winter Squash Spotlight

The online foodologist Hungry Girl—known for dishing on everything food related in her free daily e-mails—called out Cascadian Farm's organic Gourmet Winter Squash in a round-up on favorite natural food finds. Hungry Girl recommends serving squash as a "sweet and delicious" side dish and she also calls for mashed squash in many recipes. She cites Cascadian Farm's organic frozen squash as a convenient alternative to peeling, cutting and de-seeding a butternut squash. Hungry Girl summed it up by saying, "This stuff is AWESOME!" Look for her full review, which ran on April 25, 2008, at www.Hungry-Girl.com.