



# Potatoes.

Potatoes are good for a healthy, sustainable earth and America's favorite vegetable. Try our featured Shepherd's Pie and Truffle Parmesan potatoes in our Restaurants or stop by our Specialty Coffee bars for the featured Deviled Egg Potato Salad.

### NUTRITION

Potatoes aren't only delicious, they're also more energy-packed than any other popular vegetable and have more potassium than a banana. One medium, skin-on potato has 110 calories and provides 30% of your daily value of vitamin C, along with all the carbohydrates, potassium and energy you need to perform at your best! Plus potatoes are naturally fat-, sodium- and gluten-free. They're one of the world's most versatile vegetables and can play a key role in a healthful diet.

Learn More About Potatoes

### **HERITAGE**

With pioneering roots that run generations deep, the potatoes grown in the United States on nearly 2,000 family farms are anything but ordinary. The high-quality potatoes start in the fields with generations of experience. From the day they're planted to the day they reach the table of food lovers around the world, U.S. potatoes reflect the care and experience of growers. There are more than 200 varieties of potatoes in the United States, including popular types like russet, red, white, yellow, blue/purple, fingerling and petite.

## **SUSTAINABILITY**

Potato farmers use sustainable growing techniques to ensure healthy crops generation after generation. The care of the soil is a year-round affair involving the addition of compost, rotation of crops and growing cover crops. These reduce erosion and add nutrients to the soil naturally. Great care is taken to conserve water and reduce evaporation with constant monitoring of irrigation. According to the U.N.'s Food and Agriculture Organization, potatoes produce more nutritious food quicker, on less land and in harsher climates than any other major crop. Potatoes play an important role in food security, particularly for developing countries. And they produce more food energy per cubic meter of water used than any other major crop and use less land per kilogram of production than most other foods.



#EatDrinkNordstrom









This month, we're featuring Tillamook Cheese in our Restaurants and Specialty Coffee bars.

## **FARMER OWNED**

Founded in 1909 as a farmer-owned cooperative, Tillamook County Creamery Association (TCCA) prides itself on its commitment to bringing to market the most consistent, best tasting, highest quality dairy products made in the most natural way possible. Guided by the belief that everyone deserves real food that makes them feel good every day, they produce internationally recognized, awardwinning cheese as well as exceptional ice cream, butter, cream cheese spreads, yogurt and sour cream—all made with unwavering values that never sacrifice or compromise quality for profit. For more information, visit

### Tillamook.com

## CERTIFIED B CORPORATION®

In 2020, Tillamook County Creamery
Association became a Certified B
Corporation. Simply put, they meet
the highest standards of social and
environmental performance, transparency
and accountability. This rigorous certification
process involves measuring a company's
performance in five categories: governance,
workers, customers, community and the
environment. It's a signal to the customers
and consumers that they do right by people,
the environment and their communities.

## **MADE RIGHT**

Tillamook products taste better because they're made right. When you take a bite of the foods they make, it should represent everything they stand for. That's why they only use the highest quality ingredients, naturally age their cheddar and even add more cream than the industry standard in their ice cream. They never use growth hormones or high-fructose corn syrup, or add anything artificial like preservatives, colors or flavors. Since their founding over a century ago, the expectation remains the same: delicious products made the right way.









## CELEBRATING WOMEN IN COFFEE

Our Nordstrom coffee is 100% ethically sourced, coming from farms where sustainable production is supported, workers are treated fairly and the environment is protected.

## NORDSTROM WOMEN-PRODUCED COFFEE

We're proud to feature a rotating selection of women-produced coffees throughout the year in our stores and online. In 2021, we paid premiums totaling \$8,475 to the women producing those products, benefitting their local communities.

#### Colombian Las Rosas

The premiums helped support household improvements on the farms of the most vulnerable members of the association, some of which are lacking proper sanitation infrastructure. Watch the Las Rosas documentary to get an idea of the achievements of their 5-year project.

#### Peru Suena Mujer

The priority in 2021 for Aprysa was solar drying trays, which are game changers for the women of the association due to the time savings they provide. Plus, consistent drying yields a higher-quality coffee, allowing for increased pricing. The premium was also used to do wet mill improvements, adding to the free time of these women, which they used to develop their own interests.

#### Burundi Karehe

Typically, women reinvest 90 percent of their income back into their families and community. The premiums paid here were used to finance activities such as buying farm equipment, hiring field workers, paying school fees for their children, raising more farm animals and financing side businesses—thus bringing support to the whole community.

#### El Salvador Las Mercedes

Keeping the community safe was the priority for the premium paid by Nordstrom, which was used to build a hand washing station in 2020 and will continue to provide medical supplies. Plus, they were able to build a grey water collection system to prevent pollution and six raised beds to increase drying capacity.

## Rwanda Direct Trade Kurabya

Ishema Washing Station has continued to thrive and produce world-class coffee despite a challenging worldwide climate, thanks to the tireless efforts of owner Joy Tushabe. In 2019, Joy funded a Sewing Training Center with the premium she received. Since opening, the center has seen 39 young women graduate. They are now able to make clothes for their family members, some have been able to sell clothes, and one of the first graduates has become an instructor at the training center.

Our Nordstrom coffee partner, Farmer Brothers, is committed to continuous improvement and support of the Ishema Washing Station. In partnership with Nordstrom, Farmer Brothers will donate sewing machines and materials to continue education and skill-based training for the women in these villages.

Learn More



#EatDrinkNordstrom







## STRONG AT SEA

We're proud to feature Alaska Seafood on our menus and celebrate Women in Fishing.

## THE SOUL OF THE OCEAN

The "Strong at Sea" collection celebrates the women fishing Alaska's waters for wild, natural and sustainable seafood. These female fishermen represent the heart and soul of Alaska's commercial fleet: hard-working, thoughtful and deeply connected to the ocean that shares their livelihood. Also featured are profiles of women working in Alaska's important whitefish, groundfish and dive fisheries.

### **Learn More About Their Stories**

## WILD, NATURAL & SUSTAINABLE

Alaska pioneered applying science-based sustainable management practices and continues to serve as the gold standard for fisheries around the world in preventing overfishing or harm to ecosystems and fishing communities. Alaska strives to use 100% of each fish by using remaining materials to create different products after primary processing. This increases the value and creates diversity in the marketplace for Alaska Seafood.

#### Learn More About Alaska Seafood

## **WELLNESS**

Healthy lifestyles begin with Alaska Seafood. There are a multitude of health benefits associated with Alaska Seafood. It's a key source of marine omega-3 fatty acids and is naturally high in many minerals and essential vitamins including E, A, D and B12. Other wellness benefits include heart health, mood boosting, brain health, immune function, vision health, gut health, inflammation and diabetes, and it's good for mom and baby.

Learn About Seafood Nutrition

"Fishing is a rare lifestyle where you can learn a really specific set of skills from your parents, continue to make a living with those skills and raise your kids in the same environment."

- Megan Corazza

Alaska Seafood Harvester

- "I get to harvest a 100% renewable resource in an amazing state and carry on the tradition of four generations of my family fishing."
- Julianne Curry

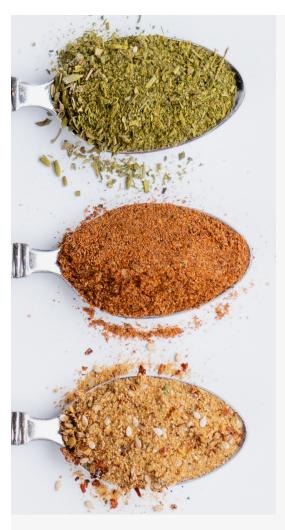
Alaska Seafood Harvester



Wild, Natural & Sustainable®



#EatDrinkNordstrom







# Nordstrom Chef's Recipe SIGNATURE SPICE BLENDS

## FROM OUR KITCHEN TO YOURS

Food has the unique power to bring everyone together.

Our handcrafted spice blends are meticulously developed to showcase modern twists on classic flavor profiles. These blends are designed to simplify the life of the home cook with quick and easy marinades and recipes.

This month we are featuring our **Truffle Parmesan**, an enticing aromatic truffle and cheesy garlic seasoning. Try it on our featured Truffle Parmesan potatoes available this month in our restaurants or take home a jar and toss it with your popcorn.

## AVAILABLE SPICES

Cajun Blackening Sonora Southwest

Salt & Pepper Crush Truffle Parmesan

Tuscan Lemon & Herb Citrus Honey Ancho

Korean BBQ Sweet Spice BBQ

5-Alarm Island Jerk Alderwood Smoked Sea Salt

Single Jar: \$7-\$9

5-Pack: \$30-\$35

## **NORDSTROM**

#EatDrinkNordstrom







## SPRING IN SONOMA

At Sonoma-Cutrer, crafting unforgettable wine includes a commitment to 100% sustainable practices, from soil to bottle. This month we're featuring the Russian River Ranches Chardonnay in all our Restaurants and the Rosé of Pinot Noir in our U.S. Restaurants. In connection with these wine offerings at Nordstrom, Sonoma-Cutrer will be making a donation to LandPaths to support their efforts.

## **WOMEN IN WINE**

In a male-dominated industry, our wines are crafted by an award-winning team led by Cara Morrison, Chardonnay Winemaker, and Zidanielia "Z" Arcidiacono, Pinot Noir Winemaker. They make the wine, run vineyard operations, manage the cellar and ensure the safety of everyone on the team. As they guide and shape every aspect of our winemaking process, these skilled professionals collaborate to share insights, improvements, successes and surprises. It's just one more way we uphold our tradition of bringing together extraordinary people to craft prize-worthy Russian River Valley wines in a very special place.

Learn More About the Russian River Chardonnay

## **AN ARTFUL BALANCE**

At its heart, Sonoma-Cutrer is an agriculture company, dependent on the natural world. Sonoma-Cutrer Vineyards prides itself on taking measurable steps to support sustainable wine growing and production practices. 100% of Sonoma-Cutrer's Winery and Estate Vineyards are Certified Sustainable and Fish Friendly. Sonoma-Cutrer Vineyard has also partnered with Sonoma County to become the first winegrowing region in the world to be 99% sustainable. The brand's environmental sustainability strategy aims to protect and conserve natural resources—for our business and for future generations.

<u>Learn More About the Rosé of</u> Pinot Noir

### **LANDPATHS**

LandPaths is a conservation and environmental education organization with the mission to foster a love of the land in Sonoma County. They provide a diverse array of exceptional outdoor experiences that connect people of all backgrounds to nature, creating ways for people to experience the beauty, understand the value and assist in healing the land. LandPaths engages thousands of Sonoma residents in nature each year with multi-day youth programs, handson volunteer-powered stewardship over 2,000 acres and two urban community gardens, and increasing equity in access to the outdoors through experiences and cultural celebrations in Spanish and English.

Learn More About LandPaths



#FatDrinkNordstrom