

"I've got over 120 different Oregon wines from the \$2 range to the rare old vintages," he added. "I've got Dom Perignon," he pointed out. He discourages "paying for a name," however.

Sundance also has an Italian selection and many high-quality table wines, McComas said.

He enjoys finding dusty old vintages lying in wait on their racks in dusty distributor's cellars.

He calls his wine selection "one of the best."

But Sundance goes beyond the traditional vegetable produce market, as McComas will attest.

"We're putting out a newsletter, we display local artwork in our windows, we have full-spectrum lights in the store..."

"We like to think of it as a homey atmosphere," he added with pride.

"We have a bulletin board," McComas said. "We are a community-oriented market."

For information about Sundance, call 343-9142.

Other bargains can be found at Sahalie's Natural Foods, located at 595 E. 13th Ave. Here again vegetables vie with vintages although a delicatessen competes for the customer's attention.

"I have a real variety of foods," said Dana Gardner, proprietor of Sahalie's.

Sahalie's has everything from natural foods to regular grocery foods, Gardner said.

"It's probably 75 percent natural foods and 25 percent regular foods," she added.

"There (are) probably over 200 import beers," Gardner said. "I have a lot of local wineries and small wineries from California," Gardner said.

She also buys fresh produce locally as well as bulk foods. Bulk food occupies one-fourth of the floor space in the store, she added.

The store carries bulk herbs, spices and teas, Gardner said.

"I also have a deli in the back," she added. "We serve sandwiches, salads, coffee drinks, beer and wine."

"I think we're competitively priced," she said.

"We run different things on special," Gardner said. "Our bulk foods are very competitively priced," she added. Prices are also reasonable in the deli.

"You get a salad or a bowl of soup and half a sandwich for \$2.29," Gardner said.

The store only markets high-quality meats, Gardner said. She tries to buy the best. "We buy our meat from a wholesaler, she said. "With the buying power I have with the store, it keeps all our ingredients real fresh," she added.

The market's ambiance is unlike that of a regular supermarket. "We get to know our customers," she added.

Satisfaction is also a high priority. "The combination of natural, regular, and deli foods makes it so people can get a little of everything," Gardner said.

"Not everyone wants all natural foods," she added.

Perhaps her customers would agree.

For information about Sahalie's, call 484-6460.



Photo by Stephen Maher

Sahalie's Natural Foods provides shoppers with an extensive bulk foods section, a delicatessen, and an assortment of conventional and natural foods.

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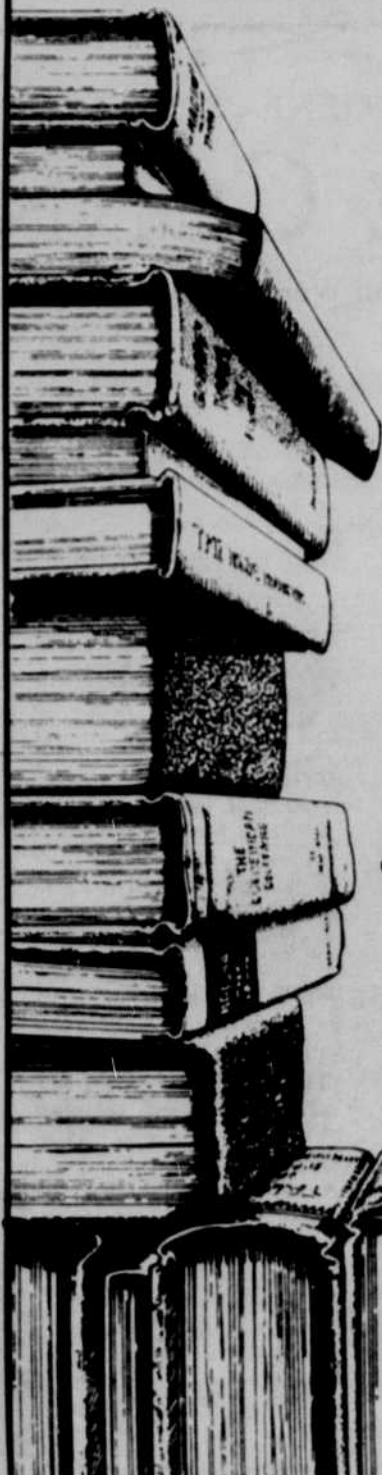
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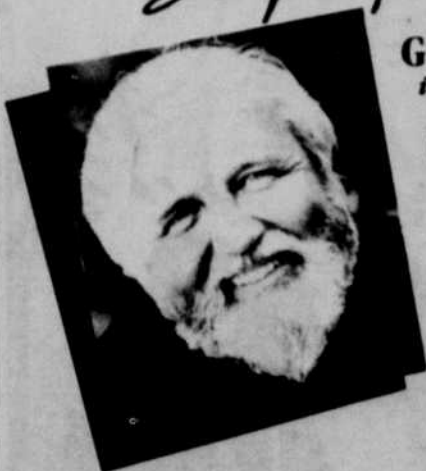
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