

coopTM deals

DEC 2 - DEC 15, 2015



\$3.69

CROFTER'S

Organic Premium
Fruit Spread

16.5 oz., selected varieties
10-11 oz. varieties also on sale



\$2.99

KASHI

Organic Cereal

9.5-16.3 oz., selected varieties



\$9.99

SPECTRUM

Organic Unrefined
Extra Virgin Olive Oil

25.4 oz., selected varieties



3/\$7

**ENDANGERED
SPECIES**

Chocolate Bar

3 oz., selected varieties

Featured Inside:

- Sweet, seasonal persimmons star in a delicious bread pudding recipe
- DIY gifts! At the co-op, it's easy to please just about anyone on your list
- Our mouthwatering Maple Mustard Brisket recipe is a crowd-pleasing dinner
- Read all about naturally-delicious dates (and get a quick-to-fix appetizer idea, too)



Maple Mustard Brisket

Serves 8. Prep time: 30 minutes active; 6 hours, 30 minutes total.

- 14-pound beef brisket
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- ½ teaspoon each of salt and black pepper
- 4 tablespoons Dijon or stone ground mustard, divided
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 1 carrot, sliced
- 1 celery stalk, sliced crosswise
- 3 cloves garlic, peeled and smashed
- ½ cup red wine
- ½ cup water
- 2 tablespoons maple syrup

Season the brisket with the garlic powder, paprika, salt, pepper and 2 tablespoons of mustard. Wrap the brisket in plastic wrap and refrigerate for 3 hours (or overnight).

Preheat the oven to 300 degrees F.

Heat a large oven-proof skillet over medium-high heat. Add the oil and brown the brisket for 5 minutes on each side. Remove the brisket from the pan and set aside.

In the same skillet, sauté the onion, carrots, celery and garlic for a few minutes in the brisket juices, then add the red wine and water. Place the brisket back in the pan on top of the veggies and cover the pan tightly with an oven-proof lid or aluminum foil. Place the pan in the oven and cook the brisket, covered, for 3 hours until very tender. Remove from oven.

To prepare the maple sauce, carefully remove 1 cup of the juices from the brisket pan and put into a small skillet or saucepan. Add the maple syrup and remaining mustard and bring to a simmer for about 5 minutes. Slice the warm brisket across the grain and serve with sauce.

Some items may not be available at all stores or on the same days.



2/\$4

FIELD DAY

Organic Broth

32 oz., selected varieties



3/\$5

NEAR EAST

Couscous Dinner Mix

5.4-5.9 oz., selected varieties
other Near East Dinner Mixes
also on sale



\$2.99

MONTEBELLO

Organic Pasta

16 oz., selected varieties



\$7.99

SPECTRUM

Organic Unrefined

Coconut Oil

14 oz.
other Coconut Oil products
also on sale



\$2.69

POMI

Tomatoes

26.46 oz., selected varieties



3/\$7

FIELD DAY
Organic Crackers
4.4-8 oz., selected varieties



\$4.99 KINGDOM
Organic Sharp
Cheddar Cheese
7 oz.



\$3.99

BOVE'S
Pasta Sauce
24 oz., selected varieties



\$3.39 DAIYA
Cream Cheese Style
Spread
8 oz., selected varieties



\$1.99 JOVIAL
Organic Brown Rice
Pasta
12 oz., selected varieties



3/\$7

KETTLE BRAND
Organic Potato Chips
5 oz., selected varieties



2/\$6

**EQUAL
EXCHANGE**
Organic Chocolate
Bar
3.5 oz., selected varieties



3/\$7

**WAY BETTER
SNACKS**
Tortilla Chips
5.5 oz., selected varieties
Other Way Better Chips
also on sale



2/\$5

**ANNIE'S
HOMEGROWN**
Cookies
8.4 oz., selected varieties



2/\$4

**ANNIE'S
HOMEGROWN**
Organic Pasta &
Cheese Dinner
6 oz., selected varieties



DIY Gifts

Still searching for a last-minute gift? Look no further than the food co-op! There are plenty of great items for all sorts of people. Here are just a few:

- Host/hostess gift – cheeses, spiced nuts, dates and figs, with an assortment of crackers
- College student – energy bars, trail mix, snacks, cozy socks and a gift card for the co-op nearest their campus
- Bestie – bath salts scented with your own special blend of essential oils, lip balm, lotions
- Fitness buff – energy bars, protein shake mixes, warming/healing massage oil

Pack in a basket, reusable container or bag, add a heartfelt message, and you're good to go!

Visit www.strongertogether.coop for more DIY gift ideas.



Persimmon Bread Pudding

Serves 8. Prep time: 60 minutes active; 2 hours total.

- 4 to 5 ripe Hachiya persimmons
- 3 eggs
- 2 cups milk
- $\frac{3}{4}$ cup sugar, divided
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- 1 loaf (about 16 ounces) challah, torn or cut into bite-sized pieces
- $\frac{1}{2}$ cup raisins

Cut the ripe fruit in half. Scoop the pulp out with a spoon and puree or mash until smooth. Measure 1 $\frac{1}{2}$ cups of puree for the recipe (refrigerate or freeze extra puree to spoon over oatmeal, yogurt or ice cream).

In a bowl, whisk together the persimmon puree, eggs, milk, sugar (reserve 1 tablespoon), vanilla, cinnamon and ginger. Stir the bread and raisins into the mixture, cover and let sit in the refrigerator for at least 1 hour.

Preheat the oven to 350 degrees F. Grease a 9 x 13 inch casserole dish with butter and sprinkle the dish with 1 tablespoon sugar. Pour the bread pudding mixture into the casserole dish, spread out evenly and bake for 40 to 45 minutes until just set but still pudding-like. Remove from oven and serve warm.

Tip: Hachiya persimmons are ready to enjoy when they are very, very soft, like an overripe tomato or water balloon.

Some items may not be available at all stores or on the same days.



\$3.99

WOODSTOCK

Organic Frozen Fruit
10 oz., selected varieties
other Frozen Fruit also on sale



\$3.99

WHOLESOME!

Organic Brown Sugar
24 oz., selected varieties
other Wholesome Sweeteners
also on sale



\$5.69

BULK

Organic Dried
Sweetened Cranberries
per pound in bulk



\$6.69

PAMELA'S

Baking & Pancake Mix
24 oz.
other Pamela's products
also on sale



\$3.99

ORGANIC VALLEY

Organic Pasture Butter
8 oz.



\$1.19

BULK

Organic Rolled Oats
per pound in bulk



2/\$6

YOGI

Tea
16 ct., selected varieties



\$12.99

BULK

Organic Pecans
per pound in bulk



\$6.99

FAGE

Total Yogurt
35.3 oz., selected varieties



\$4.39

SUNSPIRE

Organic Chocolate Chips
9 oz., selected varieties
Other Sunspire Baking Chips
also on sale



2/\$3

MORI-NU

Silken Tofu
12-12.3 oz., selected varieties
Organic Silken Tofu on sale
\$1.69



\$2.39

ARROWHEAD MILLS

Organic Whole
Wheat Flour
32 oz.
other Arrowhead Mills Flour
also on sale



\$3.69

RUDI'S

Organic Sandwich
Bread
20-24 oz., selected varieties



2/\$6

NATURE'S PATH

Organic Granola Bars
6.2-7.4 oz., selected varieties



\$2.69

ORGANIC PRAIRIE

Organic Mighty Bar
1 oz., selected varieties



Persimmons

Discover the uniquely sweet taste of persimmons—peak season arrives just in time for holiday celebrations. Hachiya persimmons are shaped a bit like acorns, and aren't ripe until they begin to wrinkle and feel like a bag full of jelly. Scoop out the soft flesh from Hachiyas and use it in a cake with walnuts and lemon zest. Fuyu persimmons are smaller, shaped like tomatoes and much firmer when ripe. Complement the flavor with warming winter spices. Mix cinnamon, allspice and ginger with honey and water, then pour over sliced Fuyus before baking. Finish under the broiler and top this brightly-colored treat with whipped cream.

Visit www.strongertogether.coop
for more recipes and ideas.



Fresh in the Deli

Co-op chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature.

Persimmon Cookies

Sweet, seasonal cookies blend the delicate flavor of persimmons with cinnamon, clove and vanilla.

save 25¢ each

Breadshop™
NATURAL FOODS

\$3.99 BREADSHOP
NATURAL FOODS
Honey Gone Nuts
Granola
per pound in bulk



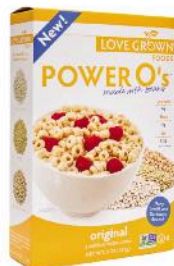
\$3.39
SO DELICIOUS
Coconut Milk Yogurt
16 oz., selected varieties



2/\$4
SO DELICIOUS
Coconut Milk Creamer
16 oz., selected varieties



\$3.69
ARROWHEAD
MILLS
Buttermilk Pancake
and Waffle Mix
26 oz., selected varieties
other Pancake & Waffle Mix
also on sale



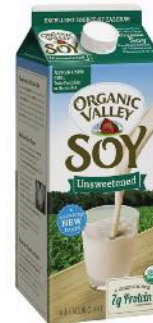
\$2.99
LOVE GROWN
FOODS
Cereal
8-12 oz., selected varieties



\$7.99
EQUAL
EXCHANGE
Organic French Roast
Coffee
per pound in bulk
Decaf French Roast Coffee
\$11.99 per pound



\$6.99
EQUAL
EXCHANGE
Organic Coffee
10-12 oz., selected varieties
Decaf Coffee \$8.99



\$3.69
ORGANIC VALLEY
Organic Soy Beverage
64 oz., selected varieties



5/\$5
LIBERTE
Mediterranean Yogurt
6 oz., selected varieties



\$2.39
WESTSOY
Organic Soymilk
32 oz., selected varieties



\$3.39

SANTA CRUZ ORGANIC

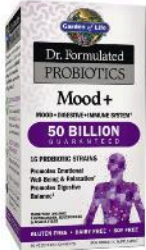
Organic Juice
32 oz., selected varieties



\$21.99

NORDIC NATURALS

Ultimate Omega
60 ct.
other Nordic Naturals products
also on sale



\$32.99

GARDEN OF LIFE

Dr. Formulated
Probiotics Mood +
60 ct.
other Garden of Life products
also on sale



\$9.99

HERB PHARM

Soothing Throat Spray
1 oz.
other Herb Pharm Extracts
also on sale



2/\$6

DR. BRONNER'S

Bar Soap
5 oz., selected varieties



\$3.99

DESERT ESSENCE

Tea Tree Toothpaste
6.25 oz., selected varieties



\$7.99

SEVENTH GENERATION

Unbleached Bath Tissue
12 ct.
other Seventh Generation
Paper products also on sale



\$2.99

SEVENTH GENERATION

Baby Wipes
64 ct.
other Baby Care products
also on sale



\$6.99

ALBA BOTANICA

Acnedote Scrub
8 oz.
other Alba Botanica Facial Care
also on sale



\$3.99

ECOVER

Fabric Softener
32 oz.
other Ecover Laundry products
also on sale



All About Dates

Thanks to their sticky sweetness, many people think that dates are a dried fruit. They're actually a fresh fruit, but because they contain less water than most other fruits, they naturally appear a bit dehydrated. Stuffed with nuts and cream cheese, dates are a popular (and easy) hors d'oeuvre. They're also luscious atop morning oatmeal or dinnertime pilafs. Add dates to a smoothie or blend with milk (or almond milk) and drizzle over ice cream or yogurt. Dates are surprisingly delicious in chicken or tuna salad, puddings and cookies. Few treats this sweet are also good for you!

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

CONNECTICUT

Willimantic Food Co-op
91 Valley Street, Willimantic

DELAWARE

Newark Natural Foods Co-op
230 East Main Street, Newark

FLORIDA

Ever'man Cooperative Grocery & Cafe
315 W. Garden Street, Pensacola

New Leaf Market Co-op
1235 Apalachee Parkway, Tallahassee

GEORGIA

Life Grocery & Cafe
1453 Roswell Road, Marietta

Sevananda Natural Foods Market
467 Moreland Avenue N.E., Atlanta

MAINE

Belfast Co-op
123 High Street, Belfast

Blue Hill Co-op Community Market
4 Ellsworth Road, Blue Hill

Rising Tide Community Market
323 Main Street, Damariscotta

MARYLAND

The Common Market
5728 Buckeystown Pike, Frederick

TPSS Co-op

201 Ethan Allen Avenue, Takoma Park

MASSACHUSETTS

Berkshire Co-op Market
42 Bridge Street, Great Barrington

Green Fields Market
144 Main Street, Greenfield

Harvest Co-op Market - Arboretum
3815 Washington Street, Jamaica Plain

Harvest Co-op Market - Cambridge
580 Mass Avenue, Cambridge

McCusker's Market
3 State Street, Shelburne Falls

River Valley Co-op
330 North King Street, Northampton

Wild Oats Market
320 Main Street, Williamstown

NEW HAMPSHIRE

Concord Food Co-op
24 South Main Street, Concord

Concord Food Co-op of New London
52 Newport Road, New London

Hanover Co-op Market
43 Lyme Road, Hanover

Hanover Co-op Food Store
45 South Park Street, Hanover

Littleton Food Co-op
43 Bethlehem Road, Littleton

Monadnock Food Co-op
34 Cypress Street, Keene

NEW YORK

Abundance Cooperative Market
62 Marshall Street, Rochester

Fiatbush Food Cooperative
1415 Cortelyou Road, Brooklyn

GreenStar Cooperative Market

701 West Buffalo Street, Ithaca
215 North Cayuga Street, Ithaca

Honest Weight Food Co-op
100 Watervliet Avenue, Albany

Hungry Hollow Co-op
841 Chestnut Ridge Road, Chestnut Ridge

Lexington Cooperative Market
807 Elmwood Avenue, Buffalo

Syracuse Real Food Co-op
618 Kensington Road, Syracuse

NORTH CAROLINA
Chatham Marketplace

480 Hillsboro Street, Pittsboro

Company Shops Market
268 E. Front Street, Burlington

Deep Roots Market
600 North Eugene Street, Greensboro

Durham Co-op Market
1111 W. Chapel Hill Street, Durham

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
60 S. Charleston Lane, Hendersonville

Tidal Creek Cooperative Food Market
5329 Oleander Drive, Wilmington

Weaver Street Market
101 E. Weaver Street, Carrboro

716 Market Street, Chapel Hill
228 South Churton Street, Hillsborough

PENNSYLVANIA

East End Food Co-op
7516 Meade Street, Pittsburgh

Mariposa Food Co-op
4824 Baltimore Avenue, Philadelphia

Weavers Way Co-op Mt. Airy
559 Carpenter Lane, Philadelphia

Weavers Way Co-op Chestnut Hill
8424 Germantown Avenue, Philadelphia

Whole Foods Cooperative
1341 West 26th Street, Erie

TENNESSEE

Three Rivers Market
1100 N. Central Street, Knoxville

VERMONT

Brattleboro Food Co-op
2 Main Street, Brattleboro

City Market/Onion River Co-op
82 S. Winooski Avenue, Burlington

Co-op Food Store
209 Maple Street, White River Jct.

Hunger Mountain Co-op
623 Stone Cutters Way, Montpelier

Middlebury Natural Foods Co-op
9 Washington Street, Middlebury

Putney Food Co-op
8 Carol Brown Way, Putney

Springfield Food Co-op
335 River Street, Springfield

Upper Valley Food Co-op
193 N. Main Street, White River Jct.

VIRGINIA

Friendly City Food Co-op
150 East Wolfe Street, Harrisonburg

Roanoke Natural Foods Co-op
1319 Grandin Road S.W., Roanoke

1 Market Square S.E., Roanoke



\$5.99

AURA CACIA

Peppermint Essential
Oil

.5 oz.
other Essential Oils also on sale



\$5.99

BACH

Rescue Pastilles

50 gr., selected varieties
other Rescue Remedy
products also on sale



Merry Mint Spray

Infuse your home, car or office with the refreshing scent of peppermint and sweet orange for extra holiday cheer. This uplifting scented spray makes a great DIY gift, too!

- 4 drops Aura Cacia peppermint essential oil
- 6 drops Aura Cacia sweet orange essential oil
- 1/4 teaspoon vanilla extract
- 2 ounces distilled water

Place water and essential oils in a small spray bottle. Shake contents before spritzing the air lightly with this seasonal fragrance.

Give the gift of great food with a co-op gift card.



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