

coopTM deals

JUNE 1 - JUNE 14, 2016



2/\$5

**ANNIE'S
NATURALS**

Organic Dressing
8 oz., selected varieties



\$2.39

KEVITA

Organic Kombucha
15.2 oz., selected varieties



3/\$5

**SANTA CRUZ
ORGANIC**

Organic Lemonade
32 oz., selected varieties



2/\$5

BLUE SKY

Soda
6 pack, selected varieties

Featured Inside:

- Peach and strawberry bruschetta? Yes, please!
- Savor summer with a surprising twist on pesto pasta
- Info for your family on all-natural, nontoxic sun protection
- Are you itching for better bug spray? Tips on natural repellents



Peach And Strawberry Bruschetta

Serves 4-6. Prep time: 15 minutes.

- 2 fresh peaches
- ½ pint fresh strawberries
- 1 tablespoon honey
- ½ teaspoon smoked sea salt
- ¼ cup chopped fresh chives
- 1 teaspoon chopped fresh thyme
- 1 teaspoon sherry vinegar
- 2 tablespoons olive oil, divided
- 6 ounces chevre
- 1 whole wheat baguette, sliced

Preheat the oven to 375 degrees F.

Peel the peaches by bringing a pot of water to boil. Cut a small "X" into the pointed end of each peach, and submerge in boiling water for approximately 30 seconds. Remove the peaches from the boiling water with a strainer or tongs, and drop into a bowl of ice water. The skin will slip off, or at least, be fairly easy to peel. Halve, pit and dice the peaches and stem and dice the strawberries. Stir in the honey, sea salt, chives, thyme, sherry vinegar and 1 tablespoon of the olive oil; set aside. Brush the baguette slices lightly with the rest of the olive oil, and place in a single layer on a baking sheet in the oven to toast for 15 or 20 minutes, turning once halfway through. Spread the warm baguette slices with chevre and top with the fruit mixture.

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



2/\$6

**CASCADIAN
FARM**

Organic Frozen Fruit
8-10 oz., selected varieties



2/\$5

BLUE DIAMOND

Nut Thins
4.25 oz., selected varieties



\$3.39 **SO DELICIOUS**

Non-Dairy Frozen
Novelties

4 ct., selected varieties
other Frozen Novelties also on sale



\$3.69

ZICO

Coconut Water
33.8 oz., selected varieties



5/\$5

CLIF

Energy Bar
2.4 oz., selected varieties



\$3.69

SUJA
Organic Uber Greens
12 oz. // // //, selected varieties



\$3.69

LITTLE SECRETS
Chocolate Candies
5 oz., selected varieties



\$4.39

JULIE'S ORGANIC
Ice Cream Sandwiches
6 ct.
other Frozen Novelties
also on sale



2/\$7

GARDEN OF EATIN'
Tortilla Chips
16 oz., selected varieties



3/\$7

FOOD SHOULD TASTE GOOD
Potato Chips
4.5 oz., selected varieties



\$3.99

KIND
Granola Clusters
11 oz., selected varieties



2/\$4

PROBAR
Meal Bar
3 oz., selected varieties



\$2.39

SNYDER'S OF HANOVER
Gluten-Free Pretzels
8 oz., selected varieties



\$1.69

GURU
Energy Drink
8.4 oz., selected varieties



Savoring Summer's Bounty

When summer fruits are at their peak, consider some easy ways to preserve the sweet taste of the season. Freezing berries is a breeze: just wash, stem (if necessary), and spread in a single layer on a baking sheet. Pop them into the freezer; when they're completely frozen transfer to a freezer bag for storage. You'll be able to take just a berry or two out of the bag or a cup for a batch of muffins.

For a more unusual way to savor summer in the winter months, try the recipe for rumtopf you'll find on www.strongertogether.coop. Fruit preserved in rum makes a delicious dessert topping.



Zucchini Pesto “Pasta”

Serves 4. Prep time: 20 minutes.

- 1/3 cup unsalted almonds
- 1/2 cup olive oil
- 6 to 8 cloves of garlic, peeled
- 3 packed cups fresh basil leaves, stems removed
- 1/2 cup grated Parmesan cheese (optional)
- 1 tablespoon lemon juice
- 3 pounds zucchini
- 1 cup halved cherry tomatoes
- Salt and black pepper to taste

Using a blender or food processor, process the almonds, olive oil and garlic until they form a slightly-chunky paste. Blend the basil leaves into the almonds, olive oil and garlic, adding in small batches, until it forms a thick smooth paste. Blend in the grated Parmesan cheese and lemon juice until desired consistency and add salt to taste.

Peel the zucchini and cut each in half lengthwise. Hold one half with one hand and use the tip of a spoon to scoop out the seeds. Repeat the process for all the zucchini.

Using a julienne peeler or spiralizer, slice the zucchini into long, thin strips or spirals. Place zucchini “noodles” into a large bowl. Toss the zucchini noodles with the basil pesto, adding the cherry tomatoes before serving.

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



\$3.69

YVES

Kale & Root Vegetable Patties

9.9 oz.

other Yves products also on sale



2/\$5

WESTBRAE

Organic Beans

25 oz., selected varieties



\$2.99

MUIR GLEN

Organic Tomatoes

23 oz., selected varieties



\$9.99

NAPA VALLEY NATURALS

Organic Extra Virgin Olive Oil

25.4 oz.

other Napa Valley Naturals products also on sale



3/\$5

NEAR EAST

Couscous Dinner Mix

5.4-10 oz., selected varieties

other Near East Dinner Mixes also on sale



\$3.39

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



\$3.39

LAKWOOD ORGANIC

Organic Pomegranate
Juice Blend
32 oz., selected varieties



\$3.69

ANNIE'S HOMEGROWN

Snack Mix
9 oz., selected varieties
Annie's Bunny Crackers and
Pretzels also on sale



2/\$6

SAFE CATCH

Wild Albacore Tuna
5 oz., selected varieties



2/\$3

HAPPY BABY

Organic Baby Food
4 oz., selected varieties



\$3.39

BULK

Organic Thompson
Raisins
per pound in bulk



\$3.39

BULK

Organic Dry
Roasted Peanuts
per pound in bulk,
Great for freshly-ground
nut butter



\$4.29

ORGANIC VALLEY

Organic Stringles
6 oz., selected varieties



\$5.69

ONCE AGAIN

Organic Peanut Butter
16 oz., selected varieties



Zucchini

Virtually unknown in the US until a little over thirty years ago, zucchini now plays an important supporting role in dishes ranging from relishes and ratatouille to mixed veggie grills and chocolate cake. This versatile summer squash is naturally low in calories yet contains folate, potassium, vitamin A and is a good source of vitamin C. As with other vegetables, the darker the skin, the higher the nutrient content. For a change-of-pace appetizer, try zucchini blossoms stuffed with herbed goat cheese. Zucchini is abundant during the summer months and available year-round. Try zucchini sliced lengthwise and brushed with olive oil on the grill, or in a hearty weeknight vegetable stew.



What is the Paleo Diet?

The concept behind the Paleo diet (sometimes called "primal eating") in its simplest form is pretty easy to understand: eat foods that are as close to how you find them in nature as you can, and stay away from packaged and processed foods. The focus is very much on vegetables and fruits, raw nuts and seeds and fats like coconut oil, avocado, butter and ghee (clarified butter). While most Paleo followers rely on animal products (meat, eggs and honey), there are some vegetarian versions as well. As with any other change in dietary habits, discuss your choices with a nutritionist or doctor.



\$8.99

EQUAL EXCHANGE

Organic Love Buzz Coffee

per pound in bulk
Decaf Love Buzz Coffee not on sale



\$1.19

BULK

Organic Rolled Oats
per pound in bulk



\$5.99

ORGANIC VALLEY

Organic Butter
16 oz., selected varieties



\$3.39

IMMACULATE

Cinnamon Rolls

17.5 oz.
other Immaculate products also on sale



\$3.39

SILK

Almond Milk

64 oz., selected varieties
other Silk products also on sale



\$3.29

ANNIE'S HOMEGROWN

Organic Cereal
10 oz., selected varieties



2/\$6

LIFEWAY

Kefir
32 oz., selected varieties
Organic Kefir also on sale



\$4.39

ORGANIC VALLEY

Organic Omega 3 Large Brown Eggs
doz.



\$2.39

PACIFIC

Organic Non-Dairy Oat Beverage

32 oz., selected varieties
other Non-Dairy Beverages also on sale



\$5.69

REDWOOD HILL FARM

Plain Goat Kefir

32 oz.
Blueberry Pomegranate Kefir also on sale



\$8.99

SWEETLEAF

Organic Stevia Powder
25 gr.
other Stevia products
also on sale



\$6.99

QUANTUM

Buzz Away
Extreme Spray
4 oz.
other Buzz Away products
also on sale



\$6.39

NUTIVA

Organic Hempseed
8 oz.
other Hemp Heart varieties
also on sale



\$5.49

**MANITOBA
HARVEST**

Hemp Hearts
8 oz.
other Hemp Heart varieties
also on sale



\$17.99

MEGAFOOD

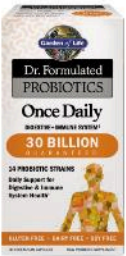
Kids Daily Multi
1.8 oz.
other Megafood
Supplements also on sale



\$15.99

**MANITOBA
HARVEST**

Hemp Protein
Smoothie
11 oz., selected varieties



\$21.99

GARDEN OF LIFE

Dr. Formulated
Probiotics Once Daily
Women's
30 ct.
other Garden of Life products
also on sale



\$54.99

**NORDIC
NATURALS**

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



5/\$10

VEGA

Sport Performance
Protein
1.5-1.6 oz., selected varieties
other Vega products also on sale



\$12.99

NUTIVA

Organic Hemp Protein
16 oz., selected varieties
other Hemp products also on sale



Choosing Bug Spray

No matter where you live, you'll undoubtedly face bugs at some point during the year. What's your best defense against bug bites? It turns out that not all chemicals in insect repellent are created equal.

It's important to be mindful of what we're slathering on our skin. We all want protection against critters but when you consider the long-term implications of exposure to the chemical cocktails often found in bug repellents, you may want to explore more natural, yet still effective options, like products containing citronella, lavender, eucalyptus, pennyroyal or tea tree oils.

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
6668 Thomasville Road, 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
12 Centerra Parkway, Lebanon

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

Flatbush 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

Chestnut Hill
8424 Germantown Avenue, Philadelphia

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



2/\$6

DR. BRONNER'S
Bar Soap
5 oz., selected varieties



\$3.99

TOM'S OF MAINE
Toothpaste
4.2-5.5 oz., selected varieties



\$5.99

AVALON ORGANICS
Shampoo or
Conditioner
11 oz., selected varieties



\$9.49

PLANET
Liquid Laundry
Detergent
100 oz.



\$1.69

GREEN FOREST
Bath Tissue
4 ct.
other Paper products
also on sale



\$2.99

ECOVER
Dishwashing Liquid
25 oz., selected varieties

Savor summer's fresh flavors!

coopTM
stronger together

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