

# coop<sup>TM</sup> deals

JUNE 3 - JUNE 16, 2015



4/\$5

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



2/\$5

**ANNIE'S  
NATURALS**  
Organic Dressing  
8 oz., selected varieties



2/\$3

**SANTA CRUZ  
ORGANIC**  
Organic Lemonade  
32 oz., selected varieties



\$3.39

**SO DELICIOUS**  
Minis Coconut Milk Bars  
4 ct.

## Featured Inside:

- It's time to pack a picnic – check out our simple tips
- A colorful panzanella salad recipe that tastes amazing
- Drinks, snacks, easy meals and more now on sale at the co-op
- Summer's in full swing! Stop by the co-op for fresh, fun and local food





## Sweet Onion Panzanella

Serves 4. Prep time: 40 minutes.

- 1 day-old baguette, cut in 1/2-inch cubes (about 3 cups cubed bread)
- 1 tablespoon olive oil
- 1 cup julienned sweet onion
- Large pinch of salt
- 1/4 cup red wine vinaigrette, divided
- 1 14-ounce can artichoke hearts, drained and quartered
- 1 cup chopped heirloom tomatoes, cut into small chunks
- 1/3 cup chopped pitted Kalamata olives
- 1 cup roughly-chopped fresh spinach

Preheat the oven to 300 degrees F. Toss the cubed bread with the olive oil, place on a baking tray and toast until just lightly browned, about 15 minutes. Remove and set aside. In a small bowl, toss the onion with a large pinch of salt and 1 tablespoon vinaigrette and let marinate while preparing the rest of the salad.

Mix all of the ingredients, except for the onion, together in a large salad bowl. Rinse and drain the marinated onion, then toss with the rest of the salad. Let the salad sit for 10 to 60 minutes to absorb the vinaigrette before serving.

Serving suggestion: Chiffonade of fresh basil, seeded cucumber and flaked Parmesan or feta cheese are all common additions to this summery salad. The proportions of this bread and tomato salad are flexible; adjust them to your liking or based on what you have on hand. We used a prepared vinaigrette in this updated version of the classic dish, but you can replace it with a combination of olive oil and balsamic vinegar, if preferred.

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



**\$5.69**

**A. VOGEL**

Organic Seasoning  
8.8 oz., selected varieties



**\$6.99**

**MANITOBA HARVEST**

Organic Hemp Seed Hearts

7 oz.  
other Manitoba Harvest Hemp products also on sale



**\$2.99**

**NATIVE FOREST**  
Quartered Artichoke Hearts

14 oz.  
other Native Forest products also on sale



**\$14.99**

**BIONATURAE**

Organic Extra Virgin Olive Oil  
25.4 oz.



**\$2.99**

**RUSTIC CRUST**

Pizza Crust  
10-13 oz., selected varieties





**\$3.39**

**ANNIE'S  
HOMEGROWN**

Snack Crackers  
9 oz., selected varieties



**\$4.99**

**ORGANIC VALLEY**

Mozzarella Stringles

6 oz.  
other Stringles also on sale



**\$3.99**

**RUDI'S ORGANIC  
BAKERY**

Organic Bread  
22 oz., selected varieties



**\$3.99**

**BULK**

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



**5/\$5**

**CLIF BAR**

Energy Bar  
2.4 oz., selected varieties



**\$3.39**

**BULK**

Organic Thompson  
Raisins  
per pound in bulk



**\$1.99**

**PROBAR**

Meal Bar  
3 oz., selected varieties



**\$6.99**

**WOODSTOCK**

Dark Chocolate  
Covered Almonds  
per pound in bulk  
other Bulk Snacks also on sale



**\$2.99**

**DR. BRONNER'S**

Bar Soap  
5 oz., selected varieties



**\$9.99**

**BADGER**

Sunscreen  
2.9 oz., selected varieties



## Picnic Time

Food, friends and the great outdoors...that's all you really need for a picnic! Your food co-op can help, too, with great options for portable snacks, drinks, fresh fruits and vegetables, pre-made salads, sandwiches and delicious desserts. Pack your picnic fixings in reusable containers – and use ice packs and coolers to keep chilled items cold. If you'll be grilling, maximize your fun time by prepping food ahead as much as possible – cut fruits and veggies and assemble on kebab skewers beforehand, for example, or fill double packets of foil with preseasoned chopped veggies for roasting in the coals.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for great seasonal recipes and more tips for picnic fun!





## Sweet and Sour Cucumbers

Serves 6. Prep time: 15 minutes active; 75 minutes total.

- 2 tablespoons honey
- ½ cup white vinegar
- 1 teaspoon yellow mustard seeds
- 1 garlic clove, peeled and smashed
- 1 pound English cucumbers, very thinly sliced
- 1 small sweet onion, thinly julienned
- Salt and black pepper to taste

In a small saucepan, bring the honey, vinegar, mustard seeds and garlic to a boil. Reduce heat and simmer 1 minute. Remove the pan from the heat and let cool. Discard the garlic clove. In a large bowl, toss the cooled vinegar mixture with the cucumbers and onion and a pinch each of salt and black pepper. Let the cucumbers sit for at least 1 hour before serving.

Serving suggestion: This classic summertime recipe is the perfect picnic salad and pairs well with grilled meats, seafood and poultry, particularly Thai- or Mediterranean-inspired dishes. A few drops of sesame oil adds an Asian twist, or toss in some minced serrano pepper to spice it up.

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



**\$3.99**

**SAN PELLEGRINO**  
Sparkling Fruit Beverage  
6 pack, selected varieties



**2/\$6**

**JULIE'S ORGANIC**  
Organic Ice Cream  
16 oz., selected varieties



**\$2.69**

**MI-DEL**  
Cookies  
8-10 oz., selected varieties



**\$4.39**

**SO DELICIOUS**  
Coconut Milk Dessert  
16 oz., selected varieties



**2/\$5**

**BLUE DIAMOND**  
Nut Thins  
4.25 oz., selected varieties





**\$3.69**

**HARVEST BAY**  
Coconut Water  
33.8 oz.



**\$13.99**

**VEGA**  
Protein Smoothie  
8.9-9.9 oz., selected varieties



**\$12.99**

**NUTIVA**  
Organic Hemp Oil  
16 oz.  
other Nutiva Hemp products  
also on sale



**\$6.99**

**SAMBAZON**  
Organic Acai Juice  
33.8 oz., selected varieties



**\$2.39**

**KEVITA**  
Sparkling Probiotic  
Drink  
15.2 oz., selected varieties



**\$8.99**

**HERB PHARM**  
Black Cohosh Extract  
1 oz.  
other Herb Pharm Extracts  
also on sale



**\$21.99**

**NORDIC  
NATURALS**  
Ultimate Omega  
60 ct.  
other Ultimate Omega  
products also on sale



**\$13.99**

**MANITOBA  
HARVEST**  
Hemp Pro 50  
Protein Powder  
16 oz.  
other Manitoba Harvest  
Hemp products also on sale



**\$5.99**

**AVALON  
ORGANICS**  
Shampoo or  
Conditioner  
11 oz., selected varieties



**\$4.99**

**LIGHT  
MOUNTAIN**  
Natural Hair Color  
4 oz., selected varieties

## Vidalia Onions

This pale yellow onion has become a culinary favorite with its sweet flavor and muted bite. Add thinly-sliced Vidalia onions to a toasted BLT sandwich or a light salad of peppery arugula, tangy goat cheese and seasonal tomatoes. Sauté chopped onion in olive oil with mushrooms and fresh chives and heap onto toasted baguette slices, spread with ricotta cheese, for a savory snack. Braise onions in butter and stir into pasta with pine nuts, torn basil leaves and grated Parmesan. A homemade pico de gallo is as simple as chopping Vidalias, tomatoes, garlic and cilantro.





## 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.

### Blackberry Muffins

*A touch of fresh thyme lends a surprising savory, woody undertone to this delicious, any-time-of-day pastry.*

save **25¢** each



**\$3.99**

**NANCY'S**

Organic Yogurt  
32 oz., selected varieties



**\$2.99**

**BARBARA'S**

Cereal  
10-14 oz., selected varieties



**2/\$5**

**DREAM**

Organic Sprouted Rice  
Drink  
32 oz., selected varieties



**\$1.99**

**REDWOOD HILL  
FARM**

Goat Milk Yogurt  
6 oz., selected varieties



**\$1.69**

**SILK**

Soy Creamer  
16 oz., selected varieties



**\$8.99**

**EQUAL  
EXCHANGE**

Organic Breakfast Blend  
Coffee  
per pound in bulk  
Decaf Breakfast Blend Coffee  
\$10.99



**\$3.39**

**NATURE'S PATH**

Organic Cereal  
10.6-14 oz., selected varieties



**\$3.39**

**BLUE DIAMOND**

Almond Breeze  
64 oz., selected varieties



**\$1.19**

**BULK**

Organic Rolled Oats  
per pound in bulk



**\$3.69**

**SO DELICIOUS**

Coconut Milk Yogurt  
16 oz., selected varieties





**\$2.99**

**NATURE'S PATH**

Organic Granola Bars  
6.2 oz., selected varieties



**4/\$5**

**CHOBANI**

Greek Yogurt  
5.3 oz., selected varieties



**\$3.39**

**BEARITOS**

Tortilla Chips  
16 oz., selected varieties



**2/\$6**

**SALPICA**

Salsa  
16 oz., selected varieties



**3/\$5**

**BOULDER CANYON**

Potato Chips  
5 oz., selected varieties



**\$2.69**

**ALEXIA**

Sweet Potato Fries  
15 oz.  
other Alexia products  
also on sale



**\$5.99**

**DAIYA**

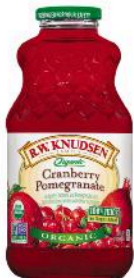
Pizza  
12-13.8 oz., selected varieties



**3/\$7**

**MEDITERRANEAN SNACKS**

Baked Lentil Chips  
4.5 oz., selected varieties



**2/\$6**

**R.W. KNUDSEN**

Organic Juice  
32 oz., selected varieties



**3/\$10**

**ZEVIA**

Zero Calorie Soda  
6 pack, selected varieties



## Smart Snacking

Whether you're feeding a hungry toddler, active teen or busy adult, steering snack choices away from empty calories and towards something that's deliciously good-for-you is a great strategy. If your family's snack repertoire need a re-boot, summertime's abundance of fresh fruits and veggies is an inspiring place to start.

Keep a tray of freshly-rinsed berries or cherry tomatoes in the refrigerator, and some zip-lock bags of washed grapes in the freezer. Pea pods, strips of red and orange bell pepper and carrot coins make for a colorful grouping (just add hummus or Greek yogurt for dipping!).

Get more snack ideas at  
[www.strongertogether.coop](http://www.strongertogether.coop) –  
and recipes, too!



## 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 Market**  
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

**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

**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



**\$2.69**

**EARTH FRIENDLY PRODUCTS**

Dishmate  
25 oz., selected varieties



**\$7.99**

**SEVENTH GENERATION**  
Unbleached Bath Tissue  
12 rolls  
other Seventh Generation paper products also on sale



**coop kitchen**

See what's cooking at  
[www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen)



**Summertime fun starts at the co-op!**

**coop**™  
stronger together

NESE0615AZ3