

coopTM deals

SEPT 30 - OCT 20, 2015



2/\$6

**EQUAL
EXCHANGE**

Organic Chocolate Bar
3.5 oz., selected varieties



\$7.99

DR. BRONNER'S
Organic Coconut Oil
14 oz., selected varieties



2/\$4

**LATE JULY
ORGANIC**

Organic Snack Chips
5.5 oz., selected varieties



\$3.99

EVERYDAY SHEA

Hand Soap
12 oz., selected varieties

Featured Inside:

- A smoky roasted cauliflower recipe makes a great snack or side
- Quick-pickled chimichurri-spiced veggies are fun to make and fun to eat
- What's fresh in the co-op deli this month? Curried Cauliflower with Carrots
- Celebrate Co-op Month and Fair Trade Month at your community co-op!



Sirloin Steak with Coffee Rum Sauce

Serves 4. Prep time: 30 minutes.

- ½ teaspoon each of cumin, coriander and chili powder
- ¼ teaspoon allspice
- Pinch each of salt and black pepper
- 1 pound sirloin steak, trimmed
- 2 tablespoons unsalted butter, divided
- 1 tablespoon minced garlic
- 1 cup sliced yellow onion
- 1 tablespoon brown sugar
- ¾ cup brewed coffee
- ¼ cup rum

In a small bowl, stir together the cumin, coriander, chili powder, allspice, salt and pepper until thoroughly mixed. Season both sides of the sirloin with the spice mix.

Heat a large iron skillet over medium-high heat and add 1 tablespoon of butter. When hot, place the sirloin in the pan and cook for a few minutes on each side until steak reaches desired doneness. Remove the steak from the pan and set aside to rest.

In the same pan, add the remaining butter and sauté the garlic and onion until tender. Add the brown sugar, coffee and rum to the pan and bring to a simmer. Stir to incorporate any brown bits left in the pan from cooking the steak. Let simmer until the sauce slightly reduces, about 5 to 10 minutes.

Spoon the sauce over the steak and garnish with a sprinkle of cilantro before serving.

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



\$2.39

CASCADIAN FARM

Organic Vegetables
16 oz., selected varieties



\$10.99

CALIFORNIA OLIVE RANCH

Everyday Olive Oil
25.4 oz.



\$8.99

EQUAL EXCHANGE

Organic Coffee
per pound in bulk
Sale does not include
Decaf Coffee



\$4.99

WESTSOY

Chicken Style Seitan
18 oz.



\$2.69

ALEXIA

Frozen Potatoes
15-16 oz., selected varieties
other Alexia products also on sale



\$2.39

WESTBRAE

Organic Beans
25 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Shredded
Cheese
6 oz., selected varieties



\$1.99

EVOL

Burrito
6 oz., selected varieties



\$2.39

**HEALTH VALLEY
ORGANIC**

Organic Soup
14.5-15 oz., selected varieties



\$5.39

BULK

Organic Red Quinoa
per pound in bulk



2/\$5

**ANCIENT
HARVEST**

Gluten-Free Pasta
8 oz., selected varieties



\$3.69

**MICHAEL
ANGELO'S**

Italian Entrees
10 oz., selected varieties



5/\$5

KOYO

Ramen
2.1 oz., selected varieties



\$3.39

SAN-J

Organic Tamari
10 oz.
Shoyu and Reduced Sodium
Tamari also on sale



Fair Trade Primer

Food co-ops and our partners in the cooperative supply chain are integral supporters of Fair Trade products and ingredients, which help to improve the lives of farmers and workers around the world and the environment we all share. Fair trade encourages democratic decision-making, transparency, gender equity and independence. While fair trade certification is not available for all products, it's a growing trend. Look for the fair trade label on coffee, tea, spices, chocolates, sugar, body care products and more from companies like Alaffia, Aura Cacia, Dr. Bronner's, Equal Exchange, Frontier and Pachamama. Visit www.strongertogether.coop to learn more about the relationship between fair trade and cooperatives.



Smokey Roasted Cauliflower

Serves 4. Prep time: 10 minutes active; 30 minutes total.

- 1 head cauliflower, stems removed, cut into florets
- 3 tablespoons olive oil
- 3 cloves garlic, peeled and roughly chopped
- 1 teaspoon minced chipotle peppers in adobo sauce
- Salt and black pepper to taste

Preheat oven to 375 degrees F.

In a large mixing bowl, toss the cauliflower florets with the olive oil, garlic, chipotle peppers and a pinch each of salt and pepper. Spread the cauliflower out onto a baking sheet and place in the oven. Bake for 20 to 25 minutes, stirring halfway through, until cauliflower begins to brown and is tender.

Serving suggestion: A great side for roasted or grilled beef, pork or chicken, this savory cauliflower is also a tasty snack, warm or chilled, served with lime-spiked yogurt dipping sauce. Substitute smoked paprika for the chipotle peppers to reduce the spice level.

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



\$2.39 **NATURAL SEA**

Yellowfin Tuna

5 oz., selected varieties
other Natural Sea Tuna
varieties also on sale

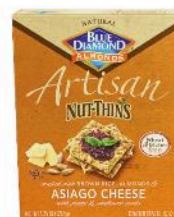


\$3.99

RUDI'S

Organic Bread

20-22 oz., selected varieties
Organic Spelt Bread \$4.39



2/\$5

BLUE DIAMOND
ALMONDS

Nut Thins

4.25 oz., selected varieties



2/\$4

ANNIE'S
HOMEGROWN

Organic Grass Fed

Macaroni & Cheese

6 oz., selected varieties



2/\$8

ZEVIA

Zero Calorie Soda

6 pack, selected varieties



\$2.69

**POPCORN
INDIANA**

Popcorn
4.75-7 oz., selected varieties



3/\$7

**FOOD SHOULD
TASTE GOOD**

Tortilla Chips
5.5 oz., selected varieties



\$2.69

GOOD HEALTH

Veggie Snacks
6.75 oz., selected varieties



\$3.39

**GREEN
MOUNTAIN
GRINGO**

Salsa
16 oz., selected varieties



\$3.39

**ANNIE'S
HOMEGROWN**

Mini Pizza Bagels
6.65 oz., selected varieties



2/\$4

KETTLE BRAND

Baked Potato Chips
4 oz., selected varieties



2/\$6

GO RAW

Organic Sprouted
Cookies
3 oz., selected varieties



\$1.39

JUSTIN'S

Organic Peanut Butter
Cups
1.4 oz., selected varieties



\$2.69

MI-DEL

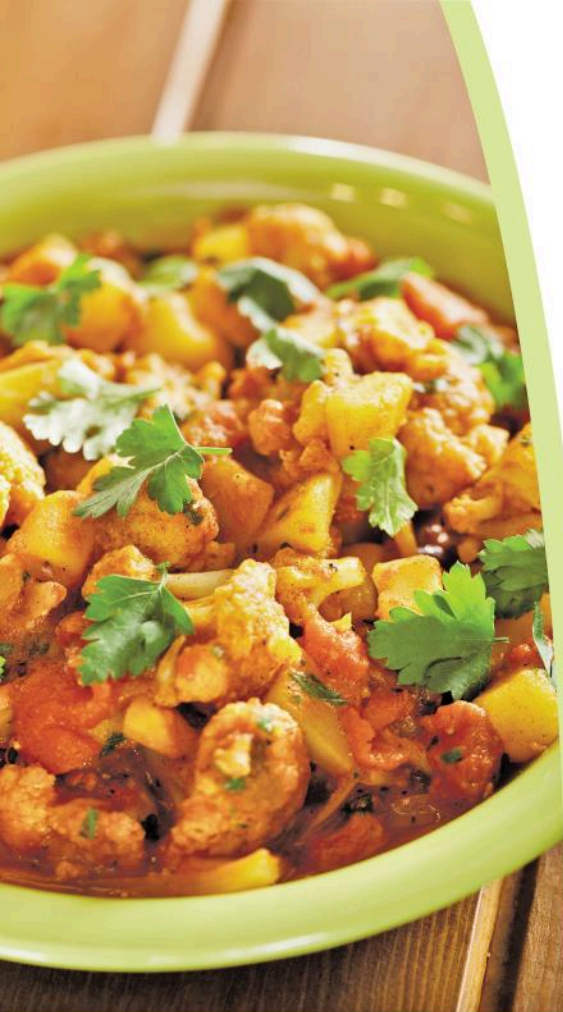
Cookies
8-10 oz., selected varieties



Cauliflower

Cauliflower is a bit of a culinary chameleon, as a delicious stand-in for rice, potatoes and even steak! Cauliflower "rice" is popular in grain-free meals; grate florets and add raw to salads as you would cooked grains, or quickly sauté in oil and serve as a side dish. Simmer chopped cauliflower in milk and puree for a mashed potato alternative. Or slice cauliflower into thick "steaks," brush with olive oil and roast, then drizzle with romesco sauce and sprinkle with fresh parsley. Of course, its milky-sweet and slightly nutty flavor makes cauliflower, steamed, raw or baked, a welcome addition to any meal.





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.

Curried Cauliflower with Carrots

Cauliflower and carrots gently steeped with Indian spices and tossed with potatoes.

save **\$1.00**
per pound



\$3.69

STONYFIELD
Organic Yogurt
32 oz., selected varieties



\$4.39

RUDI'S
Gluten-Free Bread
18 oz., selected varieties
other Rudi's products
also on sale



4/\$5

KIND
Fruit & Nut Bar
1.4-1.6 oz., selected varieties



5/\$5

LARABAR
Fruit & Nut Bar
1.6-1.8 oz., selected varieties



\$13.99

BULK
Organic Almonds
per pound in bulk



\$2.99

KIND
Healthy Grains Bars
5 ct., selected varieties



\$3.99

GREEN VALLEY ORGANICS
Organic Kefir
32 oz., selected varieties



\$2.69

ORGANIC PRAIRIE
Organic Mighty Bar
1 oz., selected varieties



2/\$6

R.W. KNUDSEN
Nature's Peak
Juice Blend
32 oz., selected varieties



4/\$5

EARTH'S BEST
Infant Food Puree
Pouches
3.5-4.2 oz., selected varieties



\$3.69

ENVIROKIDZ

Organic Kid's Cereal

10 oz., selected varieties

Envirokidz Organic Bars

also on sale



4/\$5

CHOBANI

Greek Yogurt

5.3 oz., selected varieties



\$3.39

CASCADIAN FARM

Organic Granola

13.2-16 oz., selected varieties



2/\$5

VAN'S

Waffles

7.5-9 oz., selected varieties

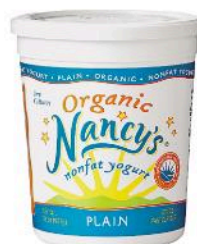


\$3.99

WOODSTOCK

Organic Fruit

10 oz., selected varieties



\$4.39

NANCY'S

Organic Plain Yogurt

32 oz., selected varieties



\$2.99

BARBARA'S

Cereal

13-14 oz., selected varieties



\$2.39

PACIFIC

Nut or Grain Beverage

32 oz., selected varieties



\$1.19

BULK

Organic Steel Cut Oats

per pound in bulk



\$2.69

COUNTRY CHOICE ORGANIC

Organic Oats

18 oz., selected varieties



Fair Trade Bananas

Bananas are the world's fourth most valuable food crop (after rice, wheat and potatoes), and the most popular fresh fruit in the U.S. The fact that we eat so many of them (26 pounds per person each year, on average!) means we can make quite an impact by choosing Fair Trade bananas. Doing so ensures that banana growers aren't exploited—that they're paid a fair wage for their work—and that the bananas are grown with sustainable farming methods, without exposing growers or the environment to harmful chemicals. So indulge in this tropical delight, pre-packed by nature in a handy yellow wrapper.

October is Co-op Month!

Food co-ops and other co-ops around the world are guided by the 7 Cooperative Principles.

7 Cooperative Principles

1 voluntary and open membership



2 democratic member control



3 member economic participation



4 autonomy and independence



5 education, training and information



6 cooperation among cooperatives



7 concern for community





3/\$7

**CELESTIAL
SEASONINGS**

Herbal Tea
20 ct., selected varieties



\$1.19

SILK
Soy Yogurt
5.3 oz., selected varieties



\$3.69

LIGHTLIFE
Smart Sausages
12 oz., selected varieties



\$3.39

SILK
Cashew Milk
64 oz., selected varieties



\$9.99

**MANITOBA
HARVEST**
Organic Protein
Powder with Fiber
16 oz.
other Manitoba Harvest
products also on sale



\$5.69

**MANITOBA
HARVEST**
Hemp Hearts
8 oz.
other Manitoba Harvest
Hemp Hearts also on sale



\$4.69

**ORGANIC
VALLEY**
Organic Omega-3 Milk
64 oz., selected varieties



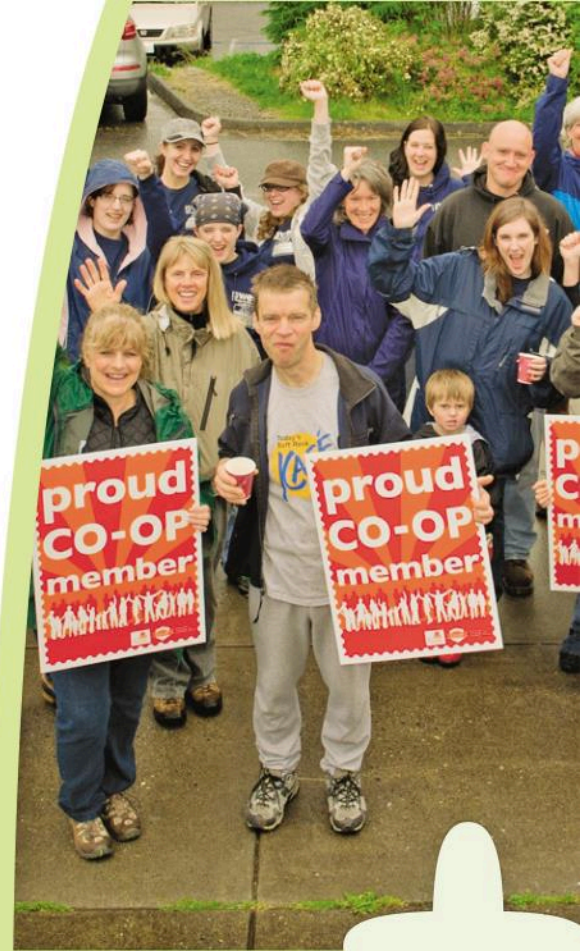
2/\$6

YOGI
Organic Tea
16 oz., selected varieties



2/\$4

AMY & BRIAN
Coconut Juice
17.5 oz., selected varieties



Celebrating Co-ops

October is celebrated as Co-op Month around the world. Food co-ops, like ours, use the 7 Cooperative Principles to guide our work, in order to provide value to our owners and our community—and to help make the world a better place. We are proud to be a co-op.

To co-op owners, shoppers and supporters everywhere, we say "Happy Co-op Month!" You have helped to build something special: a store that is owned by and operated for the people who use it. Together, in this community and around the globe, we can build a better world through cooperation.



Spicy Chimichurri Pickled Vegetables

Makes 1 quart. Prep time: 30 minutes active; one week total.

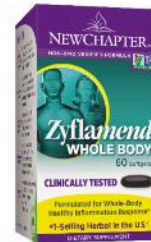
- 1 pound mixed vegetables washed and cut into bite-sized pieces (try cauliflower, bell peppers, onion, carrots, green beans, or other sturdy vegetables)
- 1 cup red wine vinegar
- 1 lemon, juiced
- 2 tablespoons white sugar
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon ground coriander
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 tablespoons fresh oregano, roughly chopped
- 3 tablespoons fresh parsley, roughly chopped
- 6-8 whole garlic cloves, peeled

Place the garlic cloves, oregano, and parsley in the bottom of a one-quart jar. Pack the rest of the vegetables tightly into the jar.

In a saucepan, mix the vinegar, lemon juice, sugar, chili flakes, coriander, salt, and pepper and bring to a boil to make a brine. Remove from heat and pour the hot brine over the vegetables. Add hot water until the liquid covers the vegetables. Let cool, then put the lid on tightly and place in the refrigerator. Allow the vegetables to pickle for about a week, shaking the jar occasionally.

Serving suggestion: These spicy pickled vegetables complement grilled meats, burgers, hearty chili and stews, accompanied by a good craft beer. Try adding them to an antipasto platter or relish tray for extra kick.

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



\$29.99

NEW CHAPTER
Zyflamend Whole Body
60 ct.
other Zyflamend Supplements
also on sale



\$19.99

JARROW FORMULAS
Jarro-Dophilus + FOS
200 ct.
other Jarro-Dophilus
products also on sale



\$2.39

KEVITA
Organic Kombucha
15.2 oz., selected varieties



\$7.99

LILY OF THE DESERT
Organic Aloe Vera Juice
32 oz., selected varieties



\$31.99

GARDEN OF LIFE
Perfect Food Alkalizer
& Detoxifier
285 grams
other Perfect Food products
also on sale



\$10.99

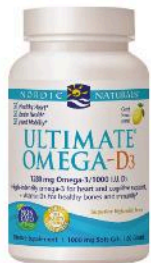
BOIRON
Oscilloccinum
6 dose



\$10.99

OREGON'S WILD HARVEST

Organic Echinacea
90 ct.
other Herbal Supplements
also on sale



\$24.99

NORDIC NATURALS

Ultimate Omega D3
60 ct.
other Nordic Naturals
Supplements also on sale



\$1.99

RICOLA

Cough Drops
24 ct., selected varieties



\$19.99

NATURAL FACTORS

Tranquil Sleep
60 ct.
other Natural Factors
Supplements also on sale



\$14.99

NATURAL VITALITY

Original Natural Calm
8 oz.
other Natural Calm products
also on sale



\$7.99

ACURE

Facial Cleanser
4 oz., selected varieties
other Acure products
also on sale



\$7.99

AURA CACIA

Lavender Essential Oil
.5 oz.
other Essential Oils
also on sale



\$10.99

DR. BRONNER'S

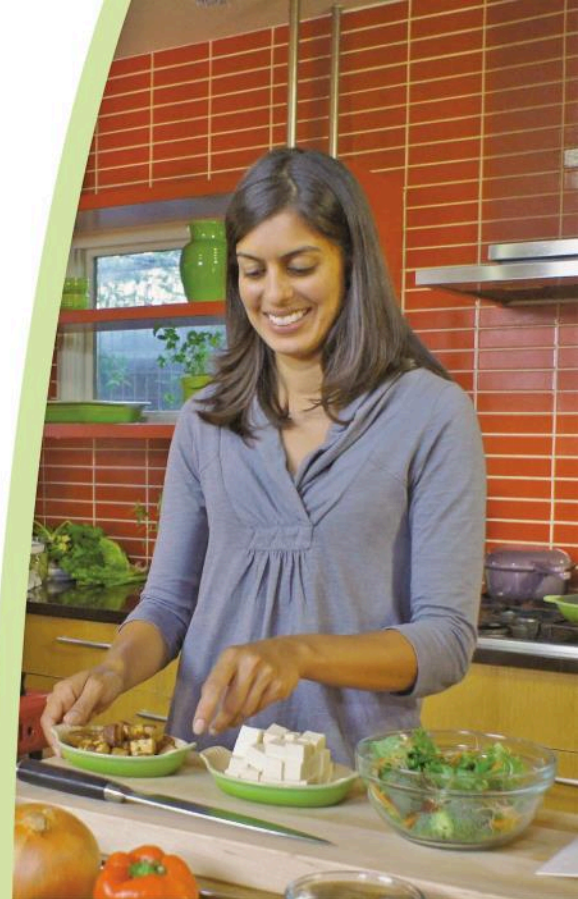
Liquid Castile Soap
32 oz., selected varieties



\$3.99

TOM'S OF MAINE

Toothpaste
4-5.5 oz., selected varieties



coop kitchen

Autumn Wheatberry Salad

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

Shefaly Ravula shares a delicious, flexible (and thrifty!) recipe for a seasonal wheatberry salad that's easy to make. Check out the video at: www.strongertogether.coop/recipes/autumn-wheatberry-salad/.

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

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



\$1.29

CASTOR & POLLUX

Organic Cat Food
5.5 oz., selected varieties
other Castor & Pollux
Varieties also on sale



\$8.99

BIORLEEN

Liquid Laundry
Detergent
64 oz., selected varieties



coop kitchen

See what's cooking at

www.strongertogether.coop/coop-kitchen



Celebrate Co-op Month at your community co-op!

coop™
stronger together

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