



# coop<sup>TM</sup> deals

**APR 29 - MAY 19, 2015**



**\$ | .99**

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



**4/\$5**

**GUAYAKI**  
Organic Sparkling  
Yerba Mate  
12 oz., selected varieties



**\$7.99**

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



**2/\$7**

**GREEN  
MOUNTAIN  
GRINGO**  
Salsa  
16 oz., selected varieties

## Featured Inside:

- Plan a delicious brunch with our great tips and recipes
- Try a recipe for a crunchy, savory roasted radish side dish
- Looking for something special (yet simple)? Eggs in a basket!
- What's fresh in the co-op's deli this month? A radish and bacon tart





## Eggs in a Basket

Serves 4. Prep time: 30 minutes.

- 1/3 pound ground breakfast sausage
- 1 tablespoon unsalted butter
- 4 slices whole wheat sandwich bread
- 4 large eggs
- Black pepper
- 4 tablespoons shredded cheddar cheese
- 2 teaspoons minced chives

Preheat the oven to 375 degrees F.

In a small skillet, cook the sausage and set aside to drain on paper towels. Liberally butter 4 cups of a standard muffin pan.

Cut each slice of bread into a 4-inch square, removing the crust. Gently press one slice into each of the 4 buttered cups in the pan to make a bowl shape. Add one teaspoon of cooked sausage to each bread bowl. Crack an egg into each, and sprinkle lightly with pepper. Place in the oven and bake for 15 minutes until the whites are no longer translucent and the eggs are becoming firm. Top each egg with remaining cooked sausage and the cheddar cheese and bake another 2 minutes. Remove from the oven, let cool a few minutes and lift out gently using a fork. Garnish with minced chives and serve.

Serving suggestion: Experiment with your favorite flavor combinations in this versatile brunch dish. Try diced jalapeño peppers with Mexican cheeses and picante sauce; minced prosciutto and Gruyere cheese; or tomatoes and fresh herbs. The baskets can be cooked for a shorter or longer time depending on whether you prefer a runny or set yolk.

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



**\$3.19**

**THE GREEK GODS**

Greek Yogurt  
24 oz., selected varieties



**\$4.39**

**UDI'S GLUTEN FREE**

Bread  
12 oz., selected varieties



**\$3.99**

**FOOD FOR LIFE**

Organic Ezekiel 4:9  
Sesame Bread  
24 oz.  
other Food for Life products  
also on sale



**\$3.39**

**ARROWHEAD  
MILLS**

Pancake & Waffle Mix  
26 oz., selected varieties



**\$9.99**

**EQUAL  
EXCHANGE**

Organic Coffee  
per pound in bulk  
Decaf Coffee not on sale





**\$1.19**

**BULK**

Organic Steel Cut  
Oats  
per pound in bulk



**\$4.39**

**RICE DREAM**

Rice Drink  
64 oz., selected varieties



**\$3.19**

**FAGE**

Total Greek Yogurt  
17.6 oz., selected varieties



**\$3.39**

**CASCADIAN FARM**

Organic Cereal  
9.2-14.6 oz., selected varieties



**\$3.39**

**NANCY'S**

Organic Kefir  
32 oz., selected varieties



**\$1.29**

**ALMOND DREAM**

Non-Dairy Yogurt  
6 oz., selected varieties



**\$3.39**

**ENVIROKIDZ**

Organic Cereal  
10-11.5 oz., selected varieties



**\$4.39**

**GREEN VALLEY ORGANICS**

Organic Kefir  
32 oz., selected varieties



**\$2.99**

**SO DELICIOUS**

Organic Coconut Milk  
64 oz., selected varieties



## Simple Brunch Ideas

Whether it's a Mother's Day celebration or just a lazy weekend, there's nothing quite like a festive brunch. Whipping up a mid-morning meal doesn't have to be complicated, though; there are plenty of simple options. Make oatmeal special by soaking steel-cut oats overnight in milk, juice or almond milk, then cook and top with fresh fruit and yogurt. Try a springtime bruschetta, with sliced fresh strawberries and softened mascarpone cheese. And don't forget the Mom-Osa: a tall glass of peach nectar mixed with sparkling wine or seltzer water and garnished with mint.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more delicious brunch ideas.





## Roasted Radishes with Bacon

Serves 4 to 6. Prep time: 10 minutes active; 45 minutes total.

- 1 pound (about 3 cups) radishes
- 4 slices uncooked bacon
- 2 tablespoons minced garlic
- 2 tablespoons minced fresh sage
- Pinch each of salt and black pepper

Preheat the oven to 375 degrees F. Oil a rimmed sheet pan.

Cut the radishes in half after removing leaves and dice the bacon. Mix all ingredients in a large bowl and lay out on the sheet pan. Bake for 30 to 35 minutes, stirring occasionally, until the bacon is well-cooked and the radishes are tender. Drain off some of the bacon grease before serving warm on a bed of fresh greens.

Serving suggestion: This earthy dish works best alongside simple roasted or grilled meats and poultry. Omit the bacon and add a splash of balsamic vinegar for a perky, vegetarian option that pairs well with mac and cheese.

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



**\$4.39**

**ORGANIC VALLEY**

Organic Shredded Cheese  
6 oz., selected varieties



**\$9.99**

**NAPA VALLEY  
NATURALS**

Organic Extra Virgin  
Olive Oil

25.4 oz.  
other Cooking Oils also on sale



**2/\$5**

**DREW'S**

Dressing  
12 oz., selected varieties



**\$4.99**

**R.W. KNUDSEN**

Cranberry Just Juice

32 oz.  
other Just Juice also on sale



**2/\$5**

**FOOD MERCHANTS**

Organic Polenta  
18 oz., selected varieties





**\$3.19**

**SILVER HILLS  
SPROUTED  
BAKERY**  
Hamburger Buns  
18.7 oz.



**\$3.99**

**IAN'S**  
Gluten-Free Fish Sticks  
8 oz., selected varieties  
other Ian's products  
also on sale



**\$2.39**

**SESMARK**  
Crackers  
3.2-7 oz., selected varieties



**3/\$4**

**LOTUS FOODS**  
Rice Ramen  
2.8 oz., selected varieties



**\$3.69**

**QUE PASA**  
Organic Tortilla Chips  
16 oz., selected varieties



**\$1.79**

**FRONTERA**  
Cooking Sauce  
8 oz., selected varieties



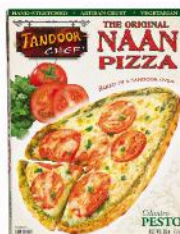
**\$2.39**

**BULK**  
Organic Pinto Beans  
per pound in bulk



**2/\$4**

**FANTASTIC  
WORLD FOODS**  
Entrees and Side Dishes  
3.7-8 oz., selected varieties



**\$1.99**

**TANDOOR CHEF**  
Naan Pizza  
7.4-8.5 oz., selected varieties  
other Tandoor Chef products  
also on sale



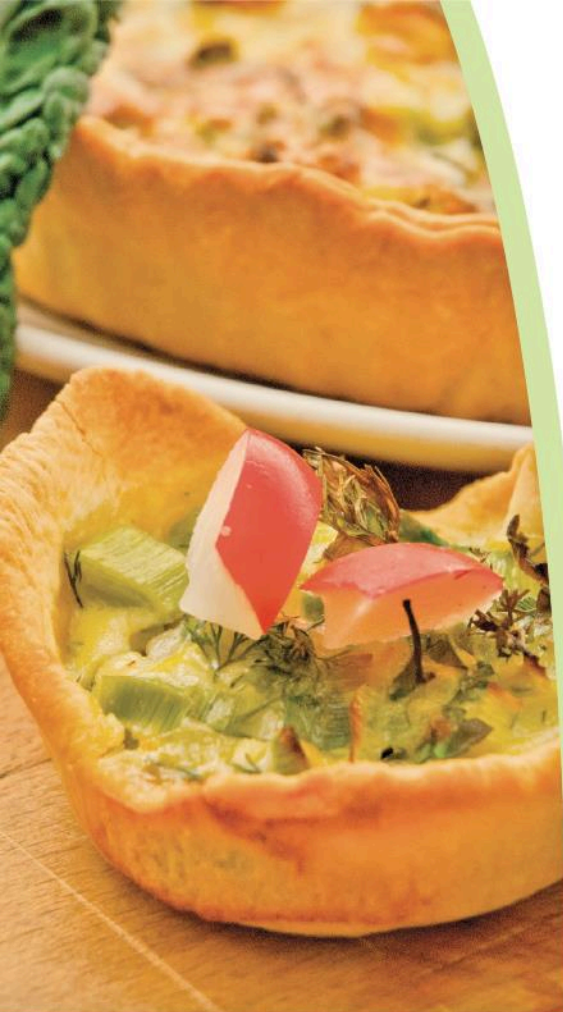
## Radishes

Crisp, peppery radishes in beautiful bright red, purple and white signal that spring is in full swing! Julienned or diced, radishes are a crunchy, flavorful addition to tacos stuffed with black beans, brown rice, salsa, cilantro and shredded cheddar or crumbled queso fresco. Spring peas and chopped radishes, topped with lemon juice and zest and your favorite fresh herbs, are a delicious seasonal take on bruschetta. And a classic French snack (baguette optional) is as easy as swiping a fresh radish through softened butter and sprinkling with sea salt before taking a bite.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more ways to use seasonal veggies.







## 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.

### Roasted Radish and Bacon Tart

*A savory rustic tart with radish,  
bacon, fennel and chevre.*

save **50¢** each



**\$2.99**

#### BULK

Organic Shelled  
Sunflower Seeds  
per pound in bulk



**2/\$6**

#### ANNIE'S HOMEGROWN

Snack Crackers  
7.5 oz., selected varieties



**2/\$5**

#### BOULDER CANYON

Potato Chips  
5.25-6.5 oz., selected varieties



**2/\$6**

#### EQUAL EXCHANGE

Organic Chocolate Bar  
3.5 oz., selected varieties



**\$2.99**

#### CLIF KID

Organic Zbars  
6 ct., selected varieties



**\$11.99**

#### MARANATHA

Almond Butter

16 oz.  
other Maranatha Almond Butter  
also on sale



**\$2.39**

#### BEANITOS

Bean Chips  
6 oz., selected varieties



**\$1.69**

#### GIMME

Organic Seaweed  
Snacks  
.35 oz., selected varieties



**\$3.39**

#### ENJOY LIFE

Cookies

6-7 oz., selected varieties



**3/\$4**

#### HAPPY TOT

Organic Baby Food

4.22 oz., selected varieties  
other Happy Baby products  
also on sale





**\$3.39**

**EQUAL  
EXCHANGE**

Organic Tea  
20 ct., selected varieties



**\$5.99**

**SAMBAZON**

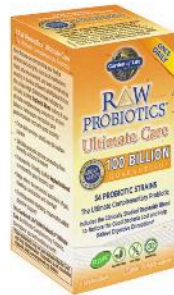
Organic Acai  
Smoothie Packs  
14 oz., selected varieties



**\$22.99**

**HEALTHFORCE  
NUTRITIONALS**

Vitamineral Green  
150 grams



**\$39.99**

**GARDEN OF LIFE**

RAW Probiotics

Ultimate Care

30 ct.  
other Garden of Life  
Supplements also on sale



**\$9.99**

**BOIRON**

Arnicare Gel Value Pack

2.6 oz.+ 80 Pellets, selected  
varieties



**\$17.99**

**NORDIC  
NATURALS**

Nordic Omega-3

Gummies

60 ct.  
other Nordic Naturals Children's  
Supplements also on sale



**\$14.99**

**TERA'S WHEY**

Whey Protein

12 oz., selected varieties



**\$18.99**

**RAINBOW LIGHT**

Women's One

Multivitamin

90 ct.  
other Women's Supplements  
also on sale



**\$7.99**

**NUTIVA**

Organic Black Chia  
Seeds

12 oz., selected varieties  
other Nutiva Chia products  
also on sale



**\$3.99**

**SPRY**

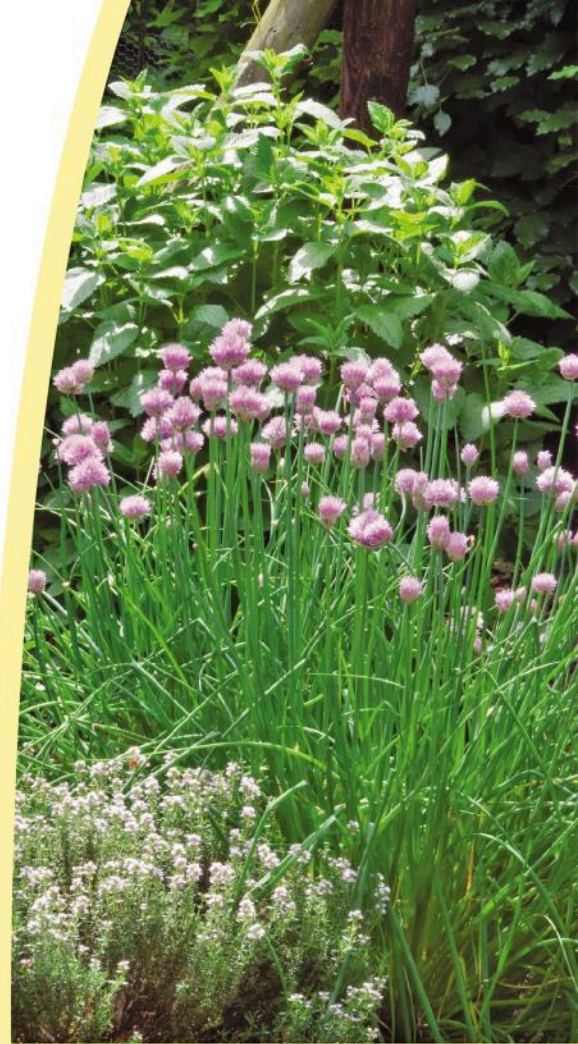
Toothpaste

4 oz., selected varieties  
other Spry products also on sale

## Herb Gardening 101

Fresh herbs are not just flavorful additions to your favorite dishes; they're also lovely to look at. That may be one of the many reasons more than 14 million households in the United States grow herbs. Parsley, chives, thyme, basil and rosemary (or whatever other herbs you favor) are wonderful additions to a backyard garden, or, for apartment-dwellers, a window box or row of pretty plant pots on a sunny windowsill.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) if you'd like to learn more about growing your own herbs, as well as information on ways to use them.





## 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

**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**  
111 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



\$11.99

### ACURE

Brightening Facial Scrub

4 oz.  
other Acure Facial Care  
also on sale



\$5.99

### ALAFFIA

African Black Soap

16 oz., selected varieties



2/\$10

### NATURE'S GATE

Haircare

18 oz., selected varieties



\$2.99

### DR. BRONNER'S

Bar Soap

5 oz., selected varieties



\$9.99

### PLANET

Liquid Laundry

Detergent

100 oz., selected varieties



3/\$5

### GREEN FOREST

Bath Tissue

4 pack

Find tasty brunch fixings at your co-op.

**coop**™  
stronger together

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