

coopTM deals

MAR 4 - MAR 17, 2015



2/\$5

NATURE'S PATH

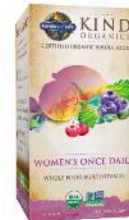
Organic Waffles
7.4 oz., selected varieties



\$2.39

PACIFIC

Organic Almond
Beverage
32 oz., selected varieties



\$21.99

GARDEN OF LIFE

Women's Once Daily
Multivitamin

30 ct.
other KIND Organics products
also on sale



5/\$5

LARABAR

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

Featured Inside:

- Try a fresh take on lunch with a salad in a jar
- Fresh in the co-op deli this month: Ramen Cabbage Crunch
- Make a homemade salad dressing with inspiration from our quick tutorial
- Recipes with international flair: Peruvian soup and Indian braised cabbage



Peruvian Quinoa Soup

Serves 6. Prep time: 45 minutes.

- 2 tablespoons vegetable oil
- 2 cups diced yellow onion
- 1 cup diced carrots
- 1 poblano pepper, seeded and diced
- 3 tablespoons minced garlic
- 1 teaspoon dried oregano
- 2 medium red potatoes, diced
- 1 15-ounce can diced tomatoes
- 4 cups vegetable broth
- 2 cups water
- ½ cup uncooked quinoa, rinsed thoroughly
- 1 cup corn kernels
- ¾ cup diced zucchini
- Salt and black pepper to taste
- 2 tablespoons roughly-chopped fresh cilantro

In a large soup pot, heat the oil over medium-high heat and sauté the onion, carrots and peppers for 5 minutes until softening, then add the garlic and oregano and sauté for one minute. Add the potatoes, tomatoes, broth and water and bring to a boil. Reduce to a simmer and stir in the quinoa. Cook the soup for 10 minutes, stirring occasionally. Add the corn and zucchini and simmer another 5 to 10 minutes until everything is tender and the quinoa is translucent. Season with salt and black pepper and stir in the cilantro before serving.

Serving suggestion: Serve with empanadas, the traditional Central and South American savory turnovers, or add 1 to 2 cups of cooked, chopped chicken to the soup for an easy one-pot meal.

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



\$4.19

MISO MASTER
Organic White Miso
8 oz.
other Miso also on sale



4/\$7

NEAR EAST
Rice, Couscous or
Grain Dishes
5.4-10 oz., selected varieties



\$2.19

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



2/\$5

BIONATURAE
Organic Strained
Tomatoes
24 oz.
other Organic Tomatoes
also on sale



\$3.39

IMAGINE
Organic Soup
32 oz., selected varieties



\$3.99

MEDITERRANEAN ORGANIC

Organic Preserves
13 oz., selected varieties



\$6.39

MARANATHA

Organic Peanut Butter
16 oz., selected varieties



\$3.69

SIMPLY ORGANIC

Organic Ground Ginger
1.64 oz.
other Bottled Herbs & Spices
also on sale



\$4.19

RUDI'S ORGANIC BAKERY

Organic Sandwich Bread
20-24 oz., selected varieties



\$1.99

BIONATURAE

Organic Pasta
16 oz., selected varieties



\$2.99

MUIR GLEN

Organic Pasta Sauce
25.5 oz., selected varieties



\$1.89

LUNDBERG FAMILY FARMS

Organic Long Grain Brown Rice
per pound in bulk
Organic Short Grain Brown Rice
per pound \$1.69



\$2.69

ALEXIA

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



\$2.39

BULK
Organic Pinto Beans
per pound in bulk

\$1.99

EVOL
Burritos
6 oz., selected varieties



Salad in a Jar

Besides pickles, jam and lemonade, what else can you put in a canning jar? Well, how about a homemade, healthy lunch salad? All you need is a clean, dry mason jar (about a pint is the perfect size). Add 1 to 2 tablespoons of your favorite dressing, followed by some harder chopped veggies like carrots, celery and onion – these will absorb some of the flavor from the dressing while retaining their crunch. Add some cooked beans or grains, like leftover rice or wheat berries from last night's pilaf, followed by some cubed tofu, shredded cooked chicken or tuna. Top with cheese or some chopped fresh or dried fruit, pop on the lid and you're ready to go!

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



Indian Braised Red Cabbage

Serves 6. Prep time: 20 minutes.

- 1 tablespoon vegetable oil
- 2 teaspoons yellow (or brown) mustard seeds
- 2 teaspoons minced fresh ginger
- 1 cup thinly-sliced yellow onion
- 1 ½ pounds red cabbage, cored and thinly sliced
- 3 tablespoons apple cider vinegar
- 2 tablespoons honey
- 2 teaspoons ground coriander
- Pinch of crushed red chili flakes (optional)
- Salt and black pepper to taste

In a large skillet or wok, heat the vegetable oil over medium heat. Add the mustard seeds and sauté for 1 to 2 minutes until they begin to darken and pop, then add the ginger and onion and sauté for 5 more minutes. Add the cabbage, vinegar, honey, coriander and chili flakes to the pan and stir well. Cook the cabbage, stirring frequently, for 10 minutes or until tender. Season with salt and black pepper to taste and serve warm.

Serving suggestion: Full-flavored enough to stand up as a side to hearty dishes, a small bed of this braised cabbage is a colorful accompaniment to skin-on, bone-in roasted chicken, lamb or pork chops or baked, seasoned tempeh patties.

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



\$3.39

WILD PLANET

Albacore Tuna

5 oz., selected varieties
other Tuna also on sale



\$3.39

GLUTINO

Crackers

4.4 oz., selected varieties



2/\$6

SALPICA

Salsa

16 oz., selected varieties



3/\$5

FOOD SHOULD TASTE GOOD

Tortilla Chips

5.5 oz., selected varieties



\$2.99

JOVIAL

Organic Cookies

8.8 oz., selected varieties



\$3.49

CASCADIAN FARM

Organic Granola Bars
6.2-7.4 oz., selected varieties



\$3.69

NATURAL BREW

Soda
4 pack, selected varieties



\$3.39

NEWMAN'S OWN ORGANICS

Fig Newmans
10 oz., selected varieties



2/\$4

POPCHIPS

Potato Chips
3.5 oz., selected varieties



\$2.69

EARTH FRIENDLY

Dishmate
25 oz., selected varieties



2/\$8

KETTLE

Potato Chips
13 oz., selected varieties



\$2.99

SEVENTH GENERATION

Baby Wipes
64 ct.
other Baby products
also on sale



\$4.99

WELLNESS

Core Superfood
Protein Bars
5.5 oz., selected varieties
other Wellness Dog Food
products also on sale



\$7.99

SEVENTH GENERATION

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



4/\$5

EARTH'S BEST

Infant Puree Pouches
4-5.5 oz., selected varieties

Cabbage

Bright magenta red cabbage, ruffled Savoy cabbage, the lovely, classic green cabbage or crinkly, crispy Napa cabbage can all be chopped and added to nearly any salad for extra crunch and color, of course. But they're incredibly versatile and cost-effective in the kitchen, too. Cabbage and onion sautéed in butter becomes a sweet addition to mashed potatoes or soups and stews, and complements sausages and savory tofu steaks as well. If you're so inclined, try it in a quick and spicy homemade kimchi. And shredded and sautéed cabbage alongside corned beef is quite the thing this time of year!

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



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.

Ramen Cabbage Crunch

An Asian-flavored cabbage slaw with crunchy ramen noodles and sliced almonds.

save **\$ 1.00**
per pound



\$ 1.69

STONYFIELD
Organic Greek Yogurt
5.3 oz., selected varieties



\$ 2.99

SO DELICIOUS
Organic Coconut Milk
64 oz., selected varieties



\$ 1.79

UNCLE MATT'S
Organic Juice
12 oz., selected varieties



\$ 9.69

SHADY MAPLE FARMS
Organic Maple Syrup
12-12.7 oz., selected varieties



\$ 3.69

SILVER HILLS SPROUTED BAKERY
Bread
15-22 oz., selected varieties



\$ 9.99

EQUAL EXCHANGE
Organic Bulk Coffee
per pound in bulk,
selected varieties
Decaf Bulk Coffee not on sale



\$ 2.99

BULK
Organic Shelled
Sunflower Seeds
per pound in bulk



\$ 1.19

BULK
Organic Rolled Oats
per pound in bulk



\$ 13.99

PAMELA'S
Gluten-Free Pancake &
Baking Mix
4 lb.
24 oz. Pancake & Baking Mix
\$5.39



\$ 2.99

KASHI
Organic Cereal
10.3-16.3 oz., selected varieties



\$3.69

LIFEWAY
Frozen Kefir
16 oz., selected varieties



2/\$6

SO DELICIOUS
Coconut Milk Yogurt
16 oz., selected varieties



\$5.69

R.W. KNUDSEN
Organic Just Tart
Cherry Juice
32 oz.
other Just Juice also on sale



2/\$6

YOGI
Tea
16 ct., selected varieties



\$7.99

TEA TREE THERAPY
Pure Tea Tree Oil
1 oz.
other Tea Tree Therapy products also on sale



\$10.99

BACH
Rescue Remedy
10 ml.
other Rescue Remedy products also on sale



\$7.99

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



\$16.99

JARROW FORMULAS
Jarro-Dophilus EPS
60 ct.



\$22.99

NORDIC NATURALS
Algae Omega
60 ct.
other Omega products also on sale



\$3.39

ORGANIC INDIA
Organic Tulsi Tea
18 ct., selected varieties



Making Salad Dressing

A simple homemade dressing is one of the easiest ways to transform a salad. There are so many wonderful combinations you can try – and a tasty freshly-made dressing is a great addition to cooked grains, fish, chicken or tofu, too. Try lime juice vinaigrette, made with good olive oil and crushed garlic, on a tomato and avocado salad. Drizzle a basic balsamic dressing on freshly-steamed green beans for a slightly sweet side dish. Adding a spoonful or two of Dijon mustard and snippets of fresh garden herbs to a basic oil and vinegar dressing will brighten up a mixed green salad.

Visit www.strongertogether.coop for recipes and a quick video tutorial on making your own salad dressings.

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

Harvest Co-op Market - Jamaica Plain
57 South Street, Jamaica Plain

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 Bentmore 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

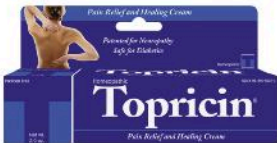
Upper Valley Food Co-op
193 N. Main Street, White River Jct.

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



\$10.99 TOPRICIN
Pain Relief Cream
2 oz.
other Topricin products
also on sale



3/\$4 CLEARLY NATURAL
Glycerin Bar Soap
4 oz., selected varieties



\$4.99 GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties

coop kitchen

See what's cooking at www.strongertogether.coop/coop-kitchen



\$13.99 WELEDA
Arnica Massage Oil
3.4 oz.
other Weleda Body Care
products also on sale

Find fresh tastes at the co-op!

coopTM
stronger together

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