

co+opTM deals



APR 1 - APR 14, 2015



\$6.49

NATURE'S PATH

Organic Eco-Pac
Cereal

26.4-32 oz., selected varieties



\$6.39

**LAKEWOOD
ORGANIC**

Organic Pure
Cranberry Juice

32 oz.

Pomegranate and Blueberry
Juice also on sale



\$9.99

DR. BRONNER'S

Castile Liquid Soap

32 oz., selected varieties



\$8.99

**EARTH FRIENDLY
PRODUCTS**

Liquid Laundry
Detergent

100 oz., selected varieties

Featured Inside:

- Time for fresh asparagus! Read our asparagus tips inside
- Plus spicy pickled asparagus is what's fresh in the co-op deli
- The Co+op Kitchen video feature this month is all about tofu
- The Hot and Spicy Tofu recipe feature makes a quick and tasty dinner



Hot and Spicy Tofu

Serves 6. Prep time: 30 minutes.

- 2 tablespoons vegetable oil
- 1 14-ounce block extra firm tofu, drained and cut into 1- to 2-inch cubes
- 1 red onion, thinly julienned
- 2 bell peppers, thinly julienned
- 3 tablespoons minced garlic
- 1 jalapeño pepper, seeded and finely diced
- 3 tablespoons tamari
- 3 tablespoons rice vinegar
- 1 tablespoon brown sugar
- Pinch of crushed red pepper flakes (optional)

In a large skillet or wok, heat the vegetable oil over medium-high heat. Add the cubed tofu and sauté for 5 to 6 minutes until it begins to brown, stirring occasionally to brown all sides. Add the onion and bell peppers and sauté for 4 to 5 minutes more. Add the garlic and jalapeño and cook another 1 to 2 minutes. Stir in the tamari, rice vinegar, brown sugar and red pepper flakes and let simmer for a few more minutes.

Serving suggestion: Serve on a bed of steaming hot jasmine or japonica rice or alongside sesame-seasoned udon or soba noodles. Add baby salad greens or shredded cabbage and roll in a warmed whole-wheat tortilla for an Asian wrap. Substitute sriracha or gochujang for the crushed red pepper flakes if desired.

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



\$3.19

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



2/\$3

MORI-NU
Silken Tofu
12.3 oz., selected varieties



\$1.99

FIELD DAY
Organic Broth
32 oz., selected varieties



\$7.99

NUTIVA
Organic Coconut
Manna
15 oz.
other Nutiva Coconut products
also on sale



\$2.19

WOODSTOCK
Organic Frozen
Vegetables
10 oz., selected varieties



\$2.69

IMMACULATE

Crescent Rolls

8 oz.
other Rolls and Biscuits also
on sale



\$6.69

BULK

Organic Medjool
Dates
per pound in bulk



\$9.19

BULK

Organic Whole Raw
Cashews
per pound in bulk



\$2.99

RUSTIC CRUST

Pizza Crust
10-13 oz., selected varieties



\$1.69

BULK

Organic Green Laird
Lentils
per pound in bulk



\$3.99

DAIYA

Dairy-Free Cheese
Style Shreds
8 oz., selected varieties



\$3.69

QUORN

Chik'n Patties
10.6 oz.
other Quorn products
also on sale



3/\$7

STACY'S

Pita Chips
8 oz., selected varieties



\$3.99

RUDI'S

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



coop kitchen

Tofu

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.

Tofu is legendary for its versatility. Watch "Choosing and Storing Tofu," in which Shefaly Ravula shows us which type of tofu to use in sauces, stir-fries and scrambles. You'll also find a delicious recipe for an Orange Dream Silken Smoothie at www.strongertogether.coop/coop-kitchen. And, be sure to check out the FREE Co+op Kitchen iPad app for iOS6 on iTunes.

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Chicken and Asparagus Roulade

Serves 6. Prep time: 45 minutes.

- ½ cup sun-dried tomatoes, diced
- ¾ cup shredded Italian cheese (mozzarella, Asiago or Parmesan or a blend)
- 4 ounces soft chevre
- Salt and black pepper
- 10 to 12 asparagus spears
- 4 6-ounce boneless, skinless chicken breasts

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

In a small bowl, mix together the sun-dried tomatoes, cheeses and a pinch each of salt and black pepper. Trim off the woody ends of the asparagus, then split each spear in half lengthwise. Set aside.

To butterfly the chicken breasts, lay them smooth side down on a cutting board and remove any tenderloin. Holding a knife parallel to the cutting board, start at the thickest side of each breast and carefully slice in half widthwise almost to the other edge. Keep the thin edge intact and open the breasts along the "fold," like a book. Starting with the thickest part, gently pound each breast between two pieces of plastic wrap until it is consistently thin (¼ to ½ inch thick) without any holes. Season each breast with salt and black pepper on both sides.

Place ¼ of the tomato and cheese mixture near the edge of each breast and top with a few asparagus spears, laying them lengthwise with the breast. Lift the edge of the breast up and slightly over the filling and firmly roll it up like a jelly roll (the asparagus tips may peek out the ends). Place the roll, seam side down, on the sheet pan. Repeat with each breast. Secure the rolls with toothpicks before baking if needed. Bake the chicken for 15 to 20 minutes or until it reaches an internal temperature of 165 degrees F. Remove from the oven and let sit for 5 to 10 minutes, then slice each roll crosswise into 6 pieces and put 4 pieces on each plate to serve.

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



\$2.99

MONTEBELLO
Organic Pasta
16 oz., selected varieties



2/\$4

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$12.99

SPECTRUM
Organic Mediterranean
Extra Virgin Olive Oil
33.8 oz.



\$3.69

NEWMAN'S OWN
Dressing
16 oz., selected varieties



\$3.69

MEDITERRANEAN ORGANIC
Organic Olives
8.1-8.6 oz., selected varieties



4/\$5

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



\$3.39

BLUE SKY
Organic Soda
6 pack, selected varieties



\$2.39

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



\$2.69

BACK TO NATURE
Crackers
4-8.5 oz., selected varieties
Saltine Crackers \$3.19



5/\$2

STRETCH ISLAND FRUIT CO.
Fruit Strips
.5 oz., selected varieties



2/\$6

WOODSTOCK MINI ME'S
Organic Rice Bites
2.1 oz., selected varieties



\$2.39

ANGIE'S
Boomchickapop
Popcorn
4.5-7 oz., selected varieties



\$1.19

RUNA
Organic Ready-to-Drink
Guayusa
14 oz., selected varieties



2/\$4

KETTLE BRAND
Organic Potato Chips
5 oz., selected varieties



4/\$5

LARABAR
Uber, Jocalat or ALT
Bar
1.42-2.12 oz., selected varieties

Asparagus

Tender stalks of green, purple or white asparagus are a delicately-flavored springtime delight. While most often served steamed or roasted, asparagus is delicious raw, shaved into long elegant strands or chopped on the diagonal for crunchy bites in a salad of greens, grains or pasta. Add a squeeze of lemon juice or a sprinkle of zest to complement its flavor. Asparagus pairs well with earthy mushrooms or hearty roasted meats, or enjoy it grilled and folded into an omelet with tangy goat cheese and crispy prosciutto. Of course, relishing the subtle flavor of warm asparagus topped with butter and a pinch of salt is hard to beat.

Visit www.strongertogether.coop for more in-season ideas.



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.

Pickled Asparagus

Fresh asparagus pickled in-house with red bell peppers, onion and a dash of spicy crushed chilies.

save **\$1.00**
per pound



\$1.19

CHOBANI
Greek Yogurt
5.3 oz., selected varieties



\$5.39

MANITOBA HARVEST
Hemp Hearts
8 oz.
other Hemp Heart products also on sale



\$2.79

PEACE
Cereal
10-16 oz., selected varieties



\$2.39

RICE DREAM
Non-Dairy Beverage
32 oz., selected varieties



\$8.99

EQUAL EXCHANGE
Organic French Roast Coffee
per pound in bulk
Decaf French Roast Coffee \$11.99



\$1.69

SILK
Soy Creamer
16 oz., selected varieties



\$2.39

GOLDEN TEMPLE
Bulk Granola
per pound in bulk



\$3.69

EARTH BALANCE
Buttery Spread
13-15 oz., selected varieties



\$4.39

WOODSTOCK
Organic Frozen Blueberries
10 oz.
other Frozen Fruit also on sale



2/\$6

THE GREEK GODS
Greek Yogurt
24 oz., selected varieties



\$9.99

MANITOBA HARVEST

Organic Protein Pro Powder

16 oz.
other Hemp Protein Powder also on sale



5/\$5

WHOLESoy

Soy Yogurt
6 oz., selected varieties



5/\$5

LIBERTE

Yogurt
6 oz., selected varieties



\$2.39

KEVITA

Organic Probiotic Drink
15.2 oz., selected varieties



\$21.99

NORDIC NATURALS

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



2/\$6

R.W. KNUDSEN
Simply Nutritious Juice
32 oz., selected varieties



2/\$6

SAMBAZON

Organic Acai Juice Drinks
10.5 oz., selected varieties



\$1.69

C2O

Pure Coconut Water
17.5 oz., selected varieties



\$18.99

MEGAFOOD

Blood Builder
60 ct.
other Megafood Supplements also on sale



\$29.99

GARDEN OF LIFE

Perfect Food Raw
10 oz., selected varieties



Breakfast Smoothies

If you need a quick breakfast, a smoothie can be just the thing! A blender and some pre-breakfast preparation, as well as some simple tips, can help to speed you along. When you load up your blender with healthy ingredients, it's important to start with hard stuff, like frozen fruit, and then add leafy greens. If you plan on including powdered ingredients like protein powders, add them next and then finish with the liquid ingredients.

Freeze too-ripe bananas for a great smoothie texture and a potassium boost and keep prepared frozen fruits on hand (as well as pre-washed leafy greens). And don't be afraid to experiment with in-season ingredients or your favorite yogurt!

Visit www.strongertogether.coop for more smoothie tips and a great basic recipe.

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

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
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



\$8.99

SIMILASAN

Homeopathic Eye Care
.33 oz., selected varieties



\$7.99

MYCHELLE

Fruit Enzyme Facial
Cleanser

2.1 oz.
all MyChelle products on sale



2/\$10

MINERAL

FUSION

Nail Polish
.33 oz., selected varieties



\$5.39

SWEETLEAF

Stevia Sweetener
100 ct.
other Stevia Sweeteners
also on sale



\$10.99

ANCIENT SECRETS

Nasal Cleansing Pot
each



2/\$5

SEVENTH GENERATION

Dish Liquid
25 oz., selected varieties

Explore energizing ingredients at the co-op!

coop™
stronger together

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