

coopTM deals



DEC 16 - DEC 29, 2015



\$4.99

**ORGANIC
VALLEY**

Organic Monterey Jack
Cheese

8 oz.
Organic Cheddar Cheese
also on sale



\$3.39

**SIMPLY
ORGANIC**

Organic Cinnamon

2.45 oz.
other Simply Organic
products also on sale



\$4.99

BADGER BALM

Balm for Hardworking
Hands

2 oz.
other Badger products
also on sale



2/\$6

R.W. KNUDSEN

Sparkling Juice
750 ml., selected varieties

Featured Inside:

- Try a festive Brussels sprout dish, baked with a pomegranate glaze
- How to put together a perfect cheese course for your next party or potluck
- Say "hello" to the New Year with our festive (and fun) brunch recipes and tips
- The focus is on creamy Camembert cheese, and pretty, sweet-tart pomegranates



Beef and Scallion Rolls

Serves 6. Prep time: 60 minutes.

- 1 pound center-cut beef tenderloin
- Salt and black pepper
- 3 tablespoons olive oil, divided
- 2 portobello mushrooms, cleaned and sliced about ½-inch thick
- 6 scallions, trimmed and sliced thinly lengthwise
- 2 ounces blue cheese, crumbled
- 2 tablespoons water
- 2 tablespoons balsamic vinegar
- 1 tablespoon Worcestershire sauce

Cut the tenderloin horizontally into 6 slices and pound between pieces of plastic wrap until thin. Season both sides of meat with salt and pepper.

Heat 1 tablespoon olive oil in a skillet over medium-high heat and sauté the sliced mushrooms for 5 minutes until soft. Remove the mushrooms from the pan, drain and set aside.

Lay out a slice of steak. Place a few slices each of mushrooms and scallions and a sprinkle of blue cheese crumbles near the edge closest to you. Roll the steak around the filling and secure with a toothpick if needed. Repeat for each slice of steak.

In the pan used to sauté the mushrooms, heat remaining oil over medium-high heat. When the pan is hot, add the steak rolls and sear on all sides until meat reaches desired doneness. Remove the rolls from the skillet, lower the heat and add the water, vinegar and Worcestershire sauce to the pan. Bring the sauce to a simmer for several minutes until it begins to thicken. Serve the steak rolls drizzled with sauce.

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



2/\$4

CASCADIAN FARM

Organic Vegetables
16 oz., selected varieties



2/\$4

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$2.69

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



\$5.39

LUNDBERG FAMILY FARMS
Organic White Basmati Rice
32 oz.
other 16 or 32 oz. Packaged Rice also on sale



2/\$6

PACIFIC
Organic Soup
32 oz., selected varieties



\$1.99 BULK
Organic Red Split
Lentils
per pound in bulk



\$8.99 BULK
Organic Roasted and
Salted Pistachios
per pound in bulk



\$2.69 IMMACULATE
Buttermilk or Flaky
Biscuits
16 oz., selected varieties



\$2.99 RUSTIC CRUST
Tuscan Six Grain Pizza
Crust
13 oz.
Organic Pizza Crust on sale
\$3.69



\$2.19 DEBOLES
Organic Artichoke
Pasta
8 oz., selected varieties
other DeBoles Pasta
also on sale



2/\$6
RISING MOON
ORGANIC
Organic Ravioli
8 oz., selected varieties



2/\$4 EVOL
Burrito
6 oz., selected varieties



3/\$5
BACK TO NATURE
Organic Pasta & Cheese
Dinner
6 oz., selected varieties



2/\$5
EARTH FRIENDLY PRODUCTS
Dishmate
25 oz., selected varieties



The Cheese Course

A really nice cheese plate makes nearly every occasion just a bit better. To elevate your plate to the next level, remember some simple tips.

- Always serve cheeses at room temperature for maximum flavor. About an hour is the right amount of time to allow your cheeses to "bloom."
- Look for 3 to 5 cheeses that will complement one another with contrasting flavors, textures and colors.
- Adorn the platter with sweet and savory accompaniments, like fruit chutneys, stone ground mustard, quick-pickled vegetables, spiced nuts and dried fruits.

Visit www.strongertogether.coop for more holiday entertaining ideas.



Brussels Sprouts with Pomegranate Glaze

Serves 4. Prep time: 45 minutes.

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- Pinch each of salt and black pepper
- 2 tablespoons pomegranate juice
- 1 tablespoon balsamic vinegar
- 2 tablespoons pomegranate seeds

Preheat the oven to 375 degrees F.

Toss the Brussels sprouts with the oil, salt and pepper, place on a rimmed sheet pan and roast in the oven for 20 minutes. Remove the pan from oven and pour the pomegranate juice and vinegar over the Brussels sprouts, stirring well to coat. Return the pan to the oven for another 15 minutes, stirring the Brussels sprouts halfway through baking. Remove from the oven when the sprouts are tender and the pomegranate-vinegar glaze has been absorbed. Toss with the pomegranate seeds and serve warm.

Serving suggestion: The sweetness of the pomegranate juice caramelizes the sprouts, which are delicious served warm as a side dish with ham, turkey or roasted chicken, or at room temperature on an appetizer or antipasto platter.

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\$13.99

BULK

Organic Walnuts
per pound in bulk



\$3.69

**EARTH
BALANCE**

Vegan Spreads and
Baking Sticks
10-16 oz., selected varieties



\$6.99

SUNSPIRE

Organic Semisweet
Chocolate Chips
per pound in bulk



\$3.39

**ONE DEGREE
ORGANIC FOODS**

Sprouted Whole Wheat
Flour

32 oz.
other One Degree Flour also on sale



2/\$5

NATIVE FOREST

Organic Canned Fruit
14-15 oz., selected varieties



\$13.99

**AVALON
ORGANICS**

Vitamin C Renewal
Cream

2 oz.

other Avalon Organics Facial
Care also on sale



\$6.99

ALAFFIA

Shea Butter Shampoo
or Conditioner
8 oz., selected varieties



\$8.99

JASON

Body Wash

30 oz., selected varieties



\$14.99

**MAGGIE'S
ORGANICS**

Cotton Crew Socks
3 pack, selected varieties



\$1.69

GREEN FOREST

Bath Tissue

4 pack

Green Forest Paper Towels
also on sale



\$8.99

PLANET

Liquid Laundry
Detergent

100 oz.



\$2.99

**NEWMAN'S
OWN**

Dog Treats

10 oz., selected varieties



\$29.99

NEW CHAPTER

Bone Strength Take Care

60 ct.

other New Chapter Supplements
also on sale

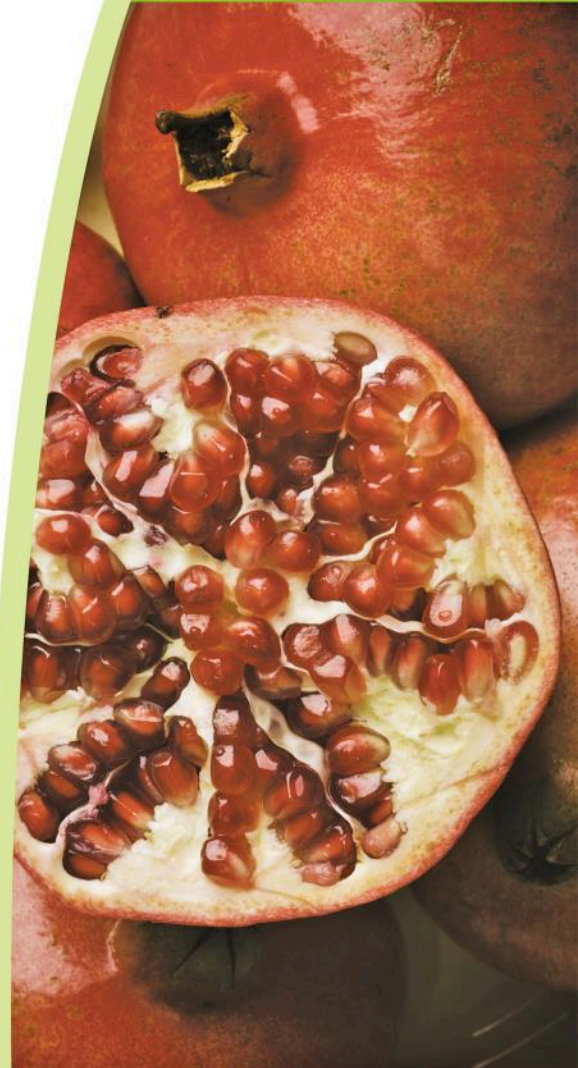


\$21.99

SPECTRUM

Fish Oil 1000mg

250 ct.



Pomegranates

The jewel-like seeds of the pomegranate are just the thing to adorn festive holiday platters and drinks. These little rubies have a sweet-tart flavor that makes them great in salads, floating in punches or sprinkled onto puddings or custards. They can add a kick to your morning oatmeal or muesli, too! Pomegranate is particularly complementary to Middle Eastern dishes such as couscous, hummus or roasted lamb and flavors like cumin, garlic, honey, lemon and parsley. For a unique take on lentil soup, swirl in bright scarlet pomegranate juice and seeds just before serving for a surprising tangy taste.





Camembert

Boasting an earthy flavor more intense than Brie, Camembert is a soft and creamy French cheese. Its similarities to Brie make it perfect for spreading on crusty baguette with a dollop of strawberry or grape jam. Or stud a pasta and vegetable casserole with this buttery cheese before baking. The strong flavor of Camembert provides a tasty contrast to bitter leafy vegetables like grilled radicchio or a wilted arugula salad. And an impressive holiday hors d'oeuvre combines sliced pears with a whole wheel of baked Camembert topped with a brandy-maple syrup sauce.

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



\$3.69

MARY'S GONE CRACKERS

Organic Crackers
5.5-6.5 oz., selected varieties



\$3.99

GARDEN OF EATIN'

Corn Chips
13-16 oz., selected varieties



3/\$5

BOULDER CANYON

Potato Chips
5 oz., selected varieties



2/\$4

BEARITOS

Organic Refried Beans
16 oz., selected varieties



\$8.99

MARANATHA

No Stir Almond Butter
12 oz., selected varieties
other Almond Butter
also on sale



2/\$6

GOOD HEALTH

Veggie Snacks
3-6.75 oz., selected varieties
Other Good Health Snacks
also on sale



\$3.99

BACK TO NATURE

Fudge Mint Cookies
6.4 oz.
other Back To Nature Cookies
also on sale



3/\$5

CHOCOLOVE

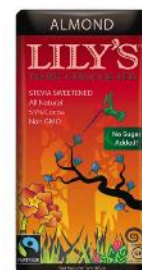
Chocolate Bar
2.9-3.2 oz., selected varieties



3/\$4

JUSTIN'S

Organic Peanut Butter Cups
1.4 oz., selected varieties
4.7 oz. Mini Peanut Butter Cups
also on sale \$4.39



\$2.99

LILY'S

Chocolate Bar
3 oz., selected varieties
Other Lily's Chocolate items
also on sale



2/\$6

NATURE'S PATH

Organic Oatmeal
14 oz., selected varieties



\$7.99

EQUAL EXCHANGE

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



\$39.99

**VIBRANT
HEALTH**

Green Vibrance
12.8 oz.
other Vibrant Health
products also on sale



\$1.69

SILK

Soy Creamer
16 oz., selected varieties



\$2.69

PEACE

Cereal
9-12 oz., selected varieties



4/\$5

CHOBANI

Greek Yogurt
5.3 oz., selected varieties



\$2.99

RUDI'S

Organic English
Muffins
12 oz., selected varieties



\$3.99

**MEDITERRANEAN
ORGANIC**

Organic Fruit Preserves
13 oz., selected varieties



\$4.39

ORGANIC VALLEY

Organic Grassmilk
Yogurt
24 oz., selected varieties

New Year's Day Brunch

Kick off the New Year in the best way possible with a festive brunch celebration. Start with an array of sparkling juices; just add sparkling water and freshly-cut fruit to your favorite juice. Add a basket of muffins or scones and a spinach, ham and Gruyere strata served warm in bite-sized squares. A quinoa salad made bright with roasted beets, sweet dates, tangy orange segments and pomegranate seeds is a great accompaniment to the hearty strata; or slice peeled oranges and blood oranges into rounds and arrange on a bed of greens, sprinkled with balsamic vinegar, olive oil and chopped walnuts.

Visit www.strongertogether.coop
for the strata and quinoa salad
recipes!



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 Co-op
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



Happy New Year

Food co-ops bring people together to share good food and create healthy communities. On behalf of all of us at the co-op, we'd like to wish you a happy and peaceful 2016, filled with good health and delicious food to share.

Great parties start at the co-op.

