

# coop<sup>TM</sup> deals

FEB 17 - MAR 1, 2016



\$2.69

**PACIFIC**

Organic Soup

32 oz., selected varieties



2/\$6

**STONYFIELD**

Organic Yogurt

32 oz., selected varieties



\$3.69

**CROFTER'S**

Organic Fruit Spread

16.5 oz., selected varieties

10-11 oz. Fruit Spread  
also on sale



2/\$5

**CASCADIAN  
FARM**

Organic Granola

13.25-16 oz., selected varieties

## Featured Inside:

- Eat the Mediterranean way for health ... and flavor!
- A quick "couscous" salad with a not-so-secret ingredient
- Sort your way through salmon varieties with a handy guide
- Creamy Havarti cheese is in the spotlight; try it for breakfast



## Salmon Chermoula

Serves 4. Prep time: 20 minutes active; 50 minutes total.

- 1/3 cup plain yogurt
- 2 tablespoons olive oil
- 1 lemon, zest and juice
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh cilantro
- 1 clove garlic, peeled and minced
- 1 jalapeño, stem and seeds removed, minced
- 1 1/2 teaspoons ground cumin
- Pinch each of salt and black pepper
- 1 pound skin-on salmon filet, cut into 4 even pieces

In a mixing bowl, stir together all of the ingredients except the salmon. Cover and refrigerate 1/2 cup of the chermoula sauce to serve with the finished salmon.

Place the salmon in a baking dish and pour the remaining chermoula sauce over the filets to marinate, cover and refrigerate for 30 minutes.

Heat an oiled grill or a skillet over medium-high heat. Remove the salmon from the marinade and place on the grill, skin side down. Cook the salmon for 4 to 5 minutes, flip gently and cook another few minutes until the fish reaches desired doneness. Remove from heat and serve with the remaining chermoula sauce.

Serving suggestion: Accompanied by a wild rice blend studded with slivered almonds, this North African-inspired salmon dish is a bright and colorful main dish. Just add a wedge or two of lemon on the side.

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



2/\$4

**BACK TO NATURE**  
Organic Pasta & Cheese  
Dinner  
6 oz., selected varieties



3/\$5

**MUIR GLEN**  
Organic Tomatoes  
28 oz., selected varieties



\$3.39

**BRAGG**  
Liquid Aminos  
16 oz.



\$7.99

**SPECTRUM**  
Organic Unrefined  
Coconut Oil  
14 oz.



\$10.99

**SPECTRUM**  
Organic Unrefined  
Extra Virgin Olive Oil  
25.4 oz.  
other Cooking Oils and Sprays  
also on sale



**\$2.19 BULK**  
Organic Navy Beans  
per pound in bulk



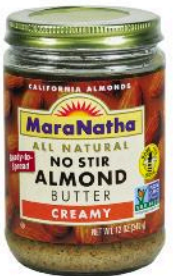
**\$3.99 BULK**  
Organic Quinoa  
per pound in bulk



**\$4.99**  
**UDI'S GLUTEN FREE**  
Pizza  
10 oz., selected varieties



**\$3.99**  
**RUDI'S**  
Gluten-Free Sandwich  
Bread  
18 oz., selected varieties



**\$7.99**  
**MARANATHA**  
Almond Butter  
12 oz., selected varieties



**\$2.39** **NATURAL SEA**  
Yellowfin Tuna  
5 oz., selected varieties  
other Tuna varieties  
also on sale



**\$2.69**  
**ECOVER**  
Dishwashing Liquid  
25 oz., selected varieties



**\$2.99**  
**WESTSOY**  
Seitan  
8 oz., selected varieties



**4/\$5** **NEWMAN'S OWN**  
Cat Food  
5.5 oz., selected varieties  
other Pet Food also on sale



**\$7.99** **SEVENTH GENERATION**  
Unbleached Bath Tissue  
12 pack  
other Bath Tissue also on sale



## Choosing Salmon

Of the Pacific salmon varieties, Chinook are revered as royalty. Also called king salmon because of their large size, Chinook are favored for the soft texture of their high-fat meat. The smaller, firmer Sockeye stand out for their intense red-orange flesh. Coho, or silver, are paler in color with a milder flavor. Salmon may be farmed in aquaculture operations or wild caught by commercial fisheries; the Marine Stewardship Council certifies fisheries committed to sustainable practices. All salmon is a good source of omega-3 fatty acids and low in sodium, making any variety a heart-healthy choice.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for delicious salmon recipes.



## Spiced Broccoli "Couscous" Salad

Serves 6. Prep time: 30 minutes.

- 1 pound cauliflower florets
- 2 tablespoons olive oil or butter
- ½ yellow onion, thinly sliced
- 2 cloves garlic, peeled and minced
- 2 cups broccoli florets
- ⅓ cup raisins
- 1 15-ounce can chickpeas, drained and rinsed
- 1 tablespoon curry powder
- ⅓ cup water
- Juice of 1 lemon
- Salt and black pepper to taste

In a food processor, pulse the cauliflower florets until they resemble coarse grains that look like couscous. Set aside.

Heat the oil or butter over medium-high heat in a large pot. Add the onion and sauté for 2 minutes. Add the garlic and broccoli and sauté another 3 to 5 minutes. Add the raisins, chickpeas, curry powder and water and stir well. Add the cauliflower "couscous" and cook 3 to 5 minutes more. Remove from heat and stir in the lemon juice. Taste for salt and pepper and serve warm.

Serving suggestion: The cauliflower "couscous" is a fun way to add a fresh crunch to this warm winter salad. Sweet raisins and zesty curry powder make it a flavorful companion to braised chicken. Garnish with crumbled feta cheese if desired. Add cubed marinated and baked tofu to any leftovers and stuff into a pita for tomorrow's lunch.

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



**2/\$3**

**C20**

Coconut Water  
17.5 oz., selected varieties



**\$3.99**

**ROYAL HAWAIIAN ORCHARDS**

Macadamia Nuts  
5 oz., selected varieties



**2/\$6**

**BLUE SKY**

Natural Soda  
6 pack, selected varieties



**2/\$4**

**LATE JULY**

Tortilla Chips  
5.5 oz., selected varieties



**2/\$5**

**R.W. KNUDSEN**  
Organic Very Veggie

Juice  
32 oz., selected varieties



2/\$6

**TAZO**  
Tea

20 ct., selected varieties  
other Tazo Teas also on sale



2/\$4

**NOOSA**  
Yoghurt

8 oz., selected varieties



2/\$5

**CLIF KIDZ**  
Organic Zbars

7.62 oz., selected varieties



2/\$6

**FOOD SHOULD TASTE GOOD**

Tortilla Chips

11 oz., selected varieties



\$3.99

**GLUTINO**  
Pretzels

14.1 oz., selected varieties  
other Pretzels also on sale



2/\$4

**SESMARK**

Rice Thins

3.2-4.2 oz., selected varieties  
Sesame Thins & Crackers  
also on sale



\$2.69

**GT'S**

Enlightened Kombucha  
16 oz., selected varieties



\$2.69

**GREEN & BLACK'S**

Organic Chocolate Bar

3.5 oz., selected varieties



2/\$4

**GOOD HEALTH**

Avocado Oil Potato Chips  
5 oz., selected varieties



## Broccoli

Deep emerald green and mild in flavor, broccoli is a reliable friend in the kitchen. It's perfect simply chopped and tossed into a stir-fry or pasta, or steamed and topped with butter and lemon zest. Broccoli pesto is simple: purée cooked broccoli with garlic, pine nuts, Parmesan, lemon juice and olive oil, and toss with hot cooked pasta. Oven-roasted broccoli florets, carrots, onion, zucchini and garlic, drizzled with olive oil, and sprinkled with dried herbs makes a tasty warm side for almost any dinner. Serve leftovers atop mixed greens and sprinkled with cubed goat cheese and pepitas for an easy (and nutritious) lunch salad.

Check out [www.strongertogether.coop](http://www.strongertogether.coop) for more ideas on enjoying what's in season.



## Havarti

Creamy and rich, this pale yellow semisoft cheese is very buttery, which makes it a top-notch sandwich cheese. Try slices of Havarti layered with ham, Dijon mustard and sliced green apples on crusty French bread. Or roast beef, radicchio and roasted red peppers with Havarti on tangy pumpernickel. Stack turkey and Havarti, sliced pear, dried cranberries and mesclun on sourdough for another tasty sandwich. And a simple combination of the sliced cheese, mustard and frisée on whole grain wheat couldn't be easier. Don't forget breakfast! Slices of Havarti and Jarlsberg cheeses, pickled cucumbers and beets, hard-boiled eggs and toast is a delicious way to start the day.



**3/\$4**

**ALMOND DREAM**  
Non-Dairy Yogurt  
6 oz., selected varieties



**\$1.19**

**BULK**  
Organic Steel Cut Oats  
per pound in bulk



**2/\$6**

**LIFEWAY**  
Organic Lowfat Kefir  
32 oz., selected varieties



**2/\$5**

**CASCADIAN FARM**  
Organic Frozen Fruit  
8-10 oz., selected varieties



**\$3.69**

**BOB'S RED MILL**  
Organic Rolled Oats  
32 oz.  
other Bob's Red Mill products also on sale



**2/\$5**

**GOODBELLY**  
Organic Probiotic Juice Drink  
32 oz., selected varieties



**\$3.39**

**ENVIROKIDZ**  
Organic Cereal  
10-14 oz., selected varieties



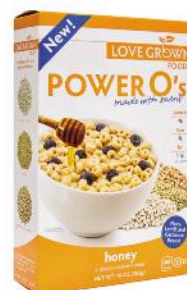
**\$8.99**

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



**2/\$6**

**SO DELICIOUS**  
Dairy-Free Milk Beverages  
48 oz., selected varieties



**\$2.99**

**LOVE GROWN FOODS**  
Cereal  
10-12 oz., selected varieties



\$10.99

**BADGER**  
Man Care Beard  
Conditioning Oil  
1 oz.  
other Badger products  
also on sale



\$2.99

**ECO-DENT**  
Dental Floss  
100 yd., selected varieties  
other Oral Care products  
also on sale



\$27.99

**HOST DEFENSE**  
MyCommunity  
Comprehensive  
Immune Support  
60 ct.  
other Host Defense products  
also on sale



2/\$10

**NATURE'S GATE**  
Shampoo or  
Conditioner  
18 oz., selected varieties



\$21.99

**MEGAFOOD**  
Balanced B Complex  
60 ct.



\$21.99

**NORDIC  
NATURALS**  
Ultimate Omega Fish Oil  
60 ct.  
other Nordic Naturals products  
also on sale



\$14.99

**NATURAL  
VITALITY**  
Natural Calm  
Magnesium Supplement  
8 oz., selected varieties



\$4.99

**SPECTRUM**  
Organic Flaxseeds  
12-15 oz., selected varieties



\$24.99

**TERA'S**  
Active Nutrition  
Recovery Blend  
12.5 oz., selected varieties



## Mediterranean Diet Tips

People living around the Mediterranean Sea share similar dietary habits — ones that may lead to longer, healthier lives. The “Mediterranean Diet” is simple (and also delicious). Here are some tips:

- Use herbs in abundance. For example, stir fragrant herb pesto into a white bean soup.
- Olive oil makes a great dip (and butter alternative) for bread.
- Smaller amounts of red meat and sausages are used to flavor dishes, rather than served alone as entrées.
- Lighten up on dairy; it's easy with full-flavored (and lower fat) goat and sheep's milk cheeses like feta, chevre and Manchego.
- Enjoy a glass of red wine now and then, especially with good friends and family!

## FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

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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

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**Berkshire Co-op Market**  
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**Green Fields Market**  
144 Main Street, Greenfield

**Harvest Co-op Market - Arboretum**  
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**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

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### GreenStar Cooperative Market

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**Hungry Hollow Co-op**  
841 Chestnut Ridge Road, Chestnut Ridge

**Lexington Cooperative Market**  
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**French Broad Food Co-op**  
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**Hendersonville Community Co-op**  
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**Tidal Creek Cooperative Food Market**  
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**Weaver Street Market**  
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559 Carpenter Lane, Philadelphia

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**City Market/Onion River Co-op**  
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**Co-op Food Store**  
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**Putney Food Co-op**  
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**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**  
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local **co+**lor

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