

coopTM deals

NOV 4 - NOV 17, 2015



2/\$4

CASCADIAN FARM

Organic Frozen Vegetables
10 oz., selected varieties



2/\$5

PACIFIC

Organic Broth
32 oz., selected varieties



\$3.99

FRONTIER

Organic Ground Cinnamon

1.9 oz.
other Herbs and Spices
also on sale



2/\$3

FARMER'S MARKET

Organic Pumpkin
15-16 oz., selected varieties

Featured Inside:

- Try a colorful, seasonal apple-stuffed squash recipe for the holidays
- At the deli this month: a butternut squash pasta salad is just the thing
- Unsalted, sweet cream, cultured? Get to know butter better in this issue
- Holiday baking is a breeze with great ingredients from your local food co-op!



Chocolate Cinnamon Pancakes

Serves 4 to 6. Prep time: 30 minutes.

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 teaspoons cinnamon
- 2 tablespoons sugar or honey
- 1 ½ cups milk
- 2 tablespoons melted butter
- 2 large eggs, beaten
- ½ cup chocolate chips

In a bowl, whisk together all of the ingredients except for the chocolate chips.

Heat a large skillet or griddle over medium heat and brush with butter or oil. When the griddle is hot, cook the pancakes in batches; use a small ladle to spoon the batter onto the griddle, and then sprinkle each pancake with several chocolate chips. When pancakes just begin to set and small bubbles form around the outside edges, gently flip the pancakes and cook another 1 to 2 minutes on the other side. Transfer to a plate and keep warm in the oven while cooking the remainder of the pancakes. Serve warm with maple syrup.

Serving suggestion: Top the pancakes with sliced bananas, drizzle with honey and serve with melon slices and a strawberry yogurt parfait or smoothie for a special-occasion breakfast.

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



\$4.39 **EQUAL EXCHANGE**
Organic Chocolate Chips
10 oz., selected varieties



\$5.99 **ORGANIC VALLEY**
Organic Butter
16 oz., selected varieties



\$3.39
WHOLESOME SWEETENERS
Organic Brown Sugar
24 oz., selected varieties
other Organic Sugar also on sale



\$7.99
EQUAL EXCHANGE
Organic Coffee
per pound in bulk
Decaf Coffee not on sale



\$4.39
ARROWHEAD MILLS
Organic Unbleached White Flour
5 lb.
other Arrowhead Mills Flour also on sale



\$3.69

**SWEET EARTH
NATURAL FOODS**

Hickory Smoked Seitan
Bacon

5.5 oz.

other Sweet Earth Seitan products
also on sale



4/\$5

ALMOND DREAM

Non-Dairy Yogurt
6 oz., selected varieties



\$2.79

**CASCADIAN
FARM**

Organic Cereal

9.6-14.6 oz., selected varieties



\$3.39

DAIYA

Dairy-Free Cream
Cheese

8 oz., selected varieties



2/\$5

**CELESTIAL
SEASONINGS**

Tea

20 ct., selected varieties



\$3.99

**ORGANIC
VALLEY**

Organic Grassmilk
Yogurt

24 oz., selected varieties



\$3.39

**EVOLUTION
FRESH**

Super Green Juice
Blend Smoothie

15.2 oz.

other Evolution Fresh
products also on sale



\$3.99

RUDI'S

Organic Sandwich
Bread

18-22 oz., selected varieties



\$1.69

SILK

Soy Creamer

16 oz., selected varieties



Which Butter is Better?

Recipes for many holiday favorites call for a bit of butter. While most specify which type of butter you should use, it's still nice to know what the labels mean. Unsalted butter, also called "sweet cream butter" is simply made from milk and/or cream – nothing else! It's typically 80% butterfat, and can be used for just about anything from sautéing and frying to baking, so it's called for in a lot of recipes. Salted butter is great for spreading on bread – and may be specified in some recipes. Whipped butter has air or gas beaten into it, so it's easier to spread, but not recommended for cooking or baking. Organic butter comes from the milk of cows fed only certified organic feed. And European-style butter, often called cultured butter because it is made with fermented cream, is just a bit richer in butterfat than the regular kind.



Cinnamon Apple Stuffed Squash

Serves 4 to 6. Prep time: 60 minutes.

- 2 acorn squash, cut in half, seeds removed
- 3 tablespoons unsalted butter
- 3 cups diced yellow onion
- 2 celery stalks, diced
- 3 cups diced apple, cored and seeds removed (about 2 large apples)
- ½ cup dried cranberries
- 2 tablespoons maple syrup
- ⅓ cup water
- ½ teaspoon cinnamon
- Pinch each of salt and black pepper

Preheat oven to 375 degrees F. Place acorn squash halves face down on a rimmed sheet pan or baking dish and add ½ inch of water to the pan. Bake squash for 40 minutes.

While the squash is baking, heat the butter in a saucepan over medium heat. Add the onion and celery and sauté for 5 to 10 minutes until soft. Add the apples, cranberries, maple syrup, water and cinnamon; stir well and cook another 5 to 10 minutes until the apples begin to soften. Season with salt and pepper. Remove from heat.

After the squash has baked for 40 minutes, remove from the oven, turn them cut side up, and fill each with the apple stuffing. Place back into the oven and bake another 15 to 20 minutes until the squash is tender. Serve warm.

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



\$3.39

**EQUAL
EXCHANGE**

Organic Tea
20 ct., selected varieties



\$1.69 LUNDBERG FAMILY FARMS

Organic Short Grain
Brown Rice

per pound in bulk
Organic Long Grain Brown Rice \$1.99



\$2.69

**ANNIE'S
NATURALS**

Dressing
8 oz., selected varieties



3/\$5

TASTY BITE

Ready-to-Eat Rice
8.8 oz., selected varieties



\$11.99 GARDEIN
Holiday Roast with Stuffing
40 oz.
other Gardein products also on sale



2/\$5

FIELD DAY
Organic Pasta Sauce
26 oz., selected varieties



2/\$4

EVOL
Burrito
6 oz., selected varieties



\$1.99

BIONATURAE
Organic Pasta
16 oz., selected varieties



2/\$5

BIONATURAE
Organic Tomatoes
24-28.2 oz., selected varieties



2/\$5

BACK TO NATURE
Crackers
4-8.5 oz., selected varieties



\$3.99

RUMIANO
Organic Cheese
8 oz., selected varieties



2/\$5

TERRA
Exotic Vegetable Chips
5-6 oz., selected varieties
other Terra Chips also on sale



2/\$5

**ANNIE'S
HOMEGROWN**
Organic Classic
Crackers
6.5 oz., selected varieties



2/\$6

**SEVENTH
GENERATION**
Dish Liquid
25 oz., selected varieties



Acorn Squash

This sweet winter squash is ready-made for the root-to-stalk trend, maximizing edible parts of fresh produce. Halve acorn squash and scoop out the seeds for toasting. Leave on the dark green, golden orange or creamy white skin (yes, it's edible!) for an extra dash of color, slice and roast with other fall favorites like carrots and parsnips, and serve with toasted pistachios and torn mint. Try it with mushrooms, onion and garlic seasoned with sage and spicy red pepper flakes. A simple side of roasted squash drizzled with honey and sprinkled with salt and pepper may become a seasonal staple.

Visit www.strongertogether.coop for more squash 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.

Roasted Butternut Pasta Salad

Penne pasta tossed with oven-roasted squash, seasoned with sage and dusted with shredded Parmesan cheese.

save **\$1.00**
per pound



\$24.99

HEALTHFORCE
Vitamineral Earth
150 gr.



2/\$5

R.W. KNUDSEN
Organic Very Veggie
Juice
32 oz., selected varieties



\$17.99 **BOIRON**
Oscillococcinum
12 dose
other Boiron products
also on sale



\$21.99

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



\$14.99

**NUTRITION
NOW**
PB 8 Probiotic
120 ct.
other Nutrition Now products
also on sale



\$5.99

**NUBIAN
HERITAGE**
Lotion
13 oz., selected varieties



\$11.99

WELEDA
Skin Food
2.5 oz.
other Weleda products
also on sale



\$5.99

GIOVANNI
2Chic Haircare
8.5 oz., selected varieties



\$6.99

DR. BRONNER'S
Organic Liquid Hand
Soap
12 oz., selected varieties



\$4.99 **SEVENTH
GENERATION**

Tampons
20 ct., selected varieties
other Feminine Care products
also on sale



\$5.99

BULK
Organic Sweetened
Dried Cranberries
per pound in bulk



\$1.19

BULK
Organic Rolled Oats
per pound in bulk



\$12.99

BULK
Organic Pecans
per pound in bulk



\$3.69

**BITSY'S
BRAINFOOD**
Cookies
5 oz., selected varieties



\$2.99 **IMMACULATE**
Ready-to-Bake Pie Crusts
15 oz., selected varieties



\$3.69 **EARTH
BALANCE**
Non-Dairy Spread
13-16 oz., selected varieties



2/\$6

**EQUAL
EXCHANGE**
Organic Chocolate Bar
3.5 oz., selected varieties



\$6.99

TALENTI
Peppermint Bark Gelato
32 oz.
other Gelato and Sorbet
also on sale



\$5.99

R.W. KNUDSEN
Just Cranberry Juice
32 oz.
other Just Juice also on sale



Holiday Baking Tips

Cakes, pies, cookies, homemade bread and dinner rolls are part of many holiday meals. It's often time to revisit cherished family recipes, or try a new one, so to make your baking even better, here are a few quick tips:

- Allow ingredients to come to room temperature
- Never substitute baking powder for baking soda or vice-versa; they cause different reactions when combined with other ingredients
- Make sure that your oven has come up to the required temperature before putting your baked goods in the oven
- Have fun! Getting the little ones involved in measuring, mixing and decorating is a treat for them and the baker

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

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



2/\$3

**ANNIE'S
HOMEGROWN**

Pasta & Cheese

Dinner

6 oz., selected varieties



2/\$6

**ANNIE'S
HOMEGROWN**

Snack Crackers

7.5 oz., selected varieties



\$5.99

MARANATHA

Organic Peanut Butter

16 oz., selected varieties

coop kitchen

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



4/\$5

LARABAR

UBER Bar

1.42 oz., selected varieties

Your co-op: holiday baking headquarters!

coop™
stronger together

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