

coopTM deals

JULY 20 - AUG 2, 2016



\$9.99

**NAPA VALLEY
NATURALS**

Organic Extra Virgin
Olive Oil

25.4 oz.
other Napa Valley Naturals
products also on sale



3/\$4

KIND

Fruit & Nut Bar

1.2-1.6 oz., selected varieties



3/\$10

ZEVIA

Zero Calorie Soda

6 pack, selected varieties



2/\$4

**LATE JULY
ORGANIC**

Organic Multigrain
Chips

6 oz., selected varieties

Featured Inside:

- Summertime is salad time – and we've got the stuff
- Ripe nectarines star in a quick quinoa chicken salad recipe
- Mediterranean flavors bring together tomatoes and cucumbers
- More vine-ripened tomatoes? Serve with sliced fresh mozzarella



Cranberry Nectarine Chicken Salad

Serves 6. Prep time: 15 minutes active, 35 minutes total.

- 1 pound boneless, skinless chicken breasts
- 3 tablespoons olive oil, divided
- 1 garlic clove, peeled and minced
- Sea salt
- Black pepper
- 1 cup uncooked quinoa, rinsed thoroughly
- 1/3 cup dried cranberries
- 2 nectarines, pitted and diced
- 1/3 cup chopped walnuts
- 2 to 4 tablespoons chopped fresh herbs (parsley, basil, mint)
- 4 tablespoons red wine vinegar
- 4 ounces goat cheese, crumbled

Preheat the oven to 375° F. Toss the chicken breasts with 1 tablespoon olive oil, garlic, salt and pepper and place on a rimmed baking sheet. Bake in the oven for about 20 minutes until chicken is thoroughly cooked. Remove from the oven and allow to cool. When cooked chicken is cool to the touch, slice or dice into bite-sized pieces.

While the chicken is baking, place 2 cups of water in a saucepan and bring to a boil. Add quinoa, stir, and cook, uncovered for 15 minutes. Set aside to cool.

In a large mixing bowl, gently toss together the cooked quinoa with the cranberries, nectarines, nuts, herbs, olive oil and vinegar. Season with salt and pepper to taste. To serve, place a scoop of the quinoa salad on each plate, top with chicken and sprinkle with goat cheese.

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



\$4.39

BRAGG

Dressing

12 oz., selected varieties



\$1.99

MUIR GLEN

Organic Tomatoes

28 oz., selected varieties



\$6.99

SPECTRUM

Organic Unrefined Coconut Oil

14 oz.

Organic Refined Coconut Oil also on sale



\$2.99

BULK

Organic White Quinoa
per pound in bulk



\$12.99

BULK

Organic Walnuts
per pound in bulk



2/\$8

TOFURKY

Veggie Burgers
10.5 oz., selected varieties



2/\$6

ALEXIA

Frozen Potatoes
20-28 oz., selected varieties



\$1.69

WOODSTOCK

Frozen Vegetables
10 oz., selected varieties
other Woodstock Frozen
Vegetables also on sale



2/\$7

BOCA

Veggie Patties
10 oz., selected varieties



\$3.39

DAIYA

Cheezy Mac
10.6 oz., selected varieties



2/\$5

TASTY BITE

Indian Entrees
10 oz., selected varieties
other Tasty Bite products
also on sale



\$2.39

**ANCIENT
HARVEST**

Organic Quinoa Pasta
8 oz., selected varieties



\$3.69

NASOYA

Nayonaise Sandwich
Spread
15 oz., selected varieties



\$2.79

MUIR GLEN

Organic Pasta Sauce
25.5 oz., selected varieties



\$8.99

BULK

Organic Pistachios
per pound in bulk

Fun Salad Toppings

Bring some zing to your summer salads with a few new ideas for toppings. For a protein boost, try cubes of seasoned baked tofu, fresh green edamame or spiced chickpeas, baked until they're crispy. In the summertime, there's no need to rely on dried fruit – fresh berries, sliced peaches or juicy chunks of melon are all delicious ways to add some sweetness to a savory salad. And don't forget the seeds! Pumpkin, hemp or sunflower seeds, either raw or lightly toasted, add a tasty crunch.



Mediterranean Cucumber Tomato Salad

Serves 4. Prep time: 15 minutes.

- 2 tablespoons olive oil
- 1 garlic clove, peeled and minced
- Juice of 1 lemon
- ¼ cup chopped fresh mint
- ¼ cup chopped fresh parsley
- ½ cup diced red onion
- 2 cups diced cucumber
- 2 cups diced tomatoes
- Salt and pepper to taste

In a large mixing bowl, gently toss together all of the ingredients. Add salt and pepper to taste. Let sit 10-15 minutes before serving to allow the flavors to meld.

Serving suggestion: This chopped salad is amenable to all sorts of variations. Add Kalamata olives, feta cheese, cubes of watermelon or cantaloupe, or just about any other seasonal diced veggies you like. Serve on a bed of fresh spinach or cooked leftover grains.

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\$3.39

KOZYSHACK

Pudding

22 oz., selected varieties



\$4.69

JULIE'S ORGANIC

Organic Ice Cream

Sandwiches

6 ct..

other Julie's Organic Novelties also on sale



\$4.39

RICE DREAM

Organic Frozen Non-Dairy

Dessert

32 oz., selected varieties



\$3.99

TALENTI

Gelato

16 oz., selected varieties



\$3.39

NATURE'S PATH

Organic Granola Bars

6.2-7.4 oz., selected varieties



\$4.39

KINGDOM
Organic Cheddar
Cheese
6 oz., selected varieties



\$1.19

CHOBANI
Greek Yogurt
5.3 oz., selected varieties



\$4.99

R.W. KNUDSEN
Just Juice
32 oz., selected varieties
Organic Just Cranberry or
Pomegranate \$6.99



\$5.39

ILLY ISSIMO
Coffee Drink
4 pack, selected varieties



\$2.39

DETOX WATER
Organic Detox Water
16 oz., selected varieties



2/\$5

R.W. KNUDSEN
Organic Juice Boxes
4 ct., selected varieties



\$1.99

MATCHA LOVE
Organic Ready-to-Drink
Green Tea
16.9 oz., selected varieties
ITO-EN Ready-to-Drink Tea
also on sale



2/\$6

VITA COCO
Coconut Water
33.8 oz., selected varieties



5/\$5

SWEETLEAF
Organic Ready-to-Drink
Tea
16 oz., selected varieties

Tomatoes

There are many thousands of varieties of tomatoes, from small to large, acidic to mild, and an array of colors—including red, yellow, orange, green, purple and brown. Not all tomatoes are round, either. You'll find heirlooms, in particular, in a bevy of shapes and colors, each with subtly different flavors and textures. During the peak of the growing season (July through September in most areas), choose vine-ripened tomatoes, since they'll have the best taste and the highest nutrient content. A vine-ripened tomato will smell delicious, too! Remember to store your tomatoes at room temperature for maximum flavor and juiciness.



Fresh Mozzarella

While milky fresh mozzarella cheese is very often served with sliced ripe tomatoes, there are plenty of other summer vegetables that are excellent partners: eggplant, roasted peppers, dark green spinach, grilled onions and mushrooms all benefit from the addition of some mildly-flavored fresh mozzarella. And a skewer of cubed melons and peaches, interspersed with small bocconcini-sized balls of cheese is a simple and memorable appetizer. Experiment with grilling a pizza, topped with slices of fresh mozzarella and finished with a handful of fresh basil – delicioso!



\$2.99

FRONTERA

Salsa

16 oz., selected varieties



2/\$4

LAKEWOOD ORGANIC

Organic Lemonade

32 oz., selected varieties



3/\$7

LUNDBERG FAMILY FARMS

Rice Chips

6 oz., selected varieties



\$2.39

MAYA KAIMAL

Naan and Chickpea

Chips

4.5-6 oz., selected varieties



\$2.99

DREW'S

Organic Salsa

12 oz., selected varieties



2/\$5

GARDEN OF EATIN'

Tortilla Chips

7.5-8.1 oz., selected varieties



\$2.99

GO RAW

Organic Sprouted Cookies

3 oz., selected varieties

other Go Raw Snack items also on sale



\$3.69

ALIVE & RADIANT

Kale Krunch

2.2 oz., selected varieties



2/\$4

BOULDER CANYON

Potato Chips

5.25-6.5 oz., selected varieties



3/\$7

WAY BETTER SNACKS

Tortilla Chips

5.5 oz., selected varieties



\$9.99

EQUAL EXCHANGE

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



\$4.99 **ORGANIC VALLEY**
Organic Brown Eggs
dozen, selected varieties



5/\$5

LIBERTE

Yogurt
6 oz., selected varieties



\$2.69

GOODBELLY
Organic Probiotic
Drink

32 oz., selected varieties



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



\$3.39

SILK

Cashewmilk
64 oz., selected varieties



\$1.99

SAMBAZON

Organic Amazon
Energy
12 oz., selected varieties



\$2.99

KASHI

GoLean Cereal
13.2-14 oz., selected varieties



\$3.39

BARBARA'S

Cereal
12-14 oz., selected varieties



\$5.99

BACH

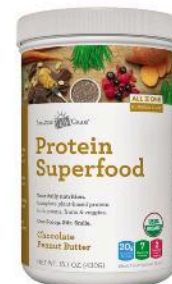
Rescue Pastilles
50 gr., selected varieties
other Rescue Remedy
products also on sale



2/\$4

GOMACRO

Organic Macrobar
2.1-2.5 oz., selected varieties



\$19.99

AMAZING GRASS

Protein SuperFood
12-15.1 oz., selected varieties
other Amazing Grass products
also on sale



\$16.99

MEGAFOOD

Magnesium
60 ct.
other MegaFood products
also on sale



\$19.99

GARDEN OF LIFE

Organic Raw Meal
454-475 gr., selected varieties

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
6668 Thomasville Road, 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

PENNSYLVANIA
East End Food Co-op
7516 Meade Street, Pittsburgh

Mariposa Food Co-op
4824 Baltimore Avenue, Philadelphia

Weavers Way Co-op

Chestnut Hill
8424 Germantown Avenue, Philadelphia

Weavers Way Co-op Mt. Airy
559 Carpenter Lane, 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



3/\$10

EVERYDAY SHEA

Hand Soap
12 oz., selected varieties
Alaffia products also on sale



2/\$10

MINERAL FUSION

Nail Polish
.33 oz., selected varieties
other Mineral Fusion products also on sale



\$4.99

LIGHT MOUNTAIN

Natural Hair Color
4 oz., selected varieties



\$3.69

NATRACARE

Feminine Care Pads
10-14 ct., selected varieties



2/\$6

SEVENTH GENERATION

Household Cleaners
26-32 oz., selected varieties



3/\$5

WELLNESS

Cat Food
5.5 oz., selected varieties
other Wellness Cat Food also on sale

Fresh, delicious, local salad fixings: at the co-op now!

coop™
stronger together

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