

coopTM deals

NOV 18 - DEC 1, 2015



\$8.99

TOFURKY

Vegetarian Roast

26 oz.
other Tofurky products also
on sale

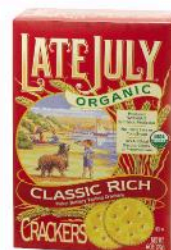


2/\$4

IMAGINE

Organic Broth

32 oz., selected varieties



2/\$5

**LATE JULY
ORGANIC**

Organic Crackers

6 oz., selected varieties



2/\$6

R.W. KNUDSEN

Sparkling Juice

750 ml., selected varieties

Featured Inside:

- Company's coming! Get the great (and local) goods at your co-op
- Tips, tricks and hints for stress-free gravies, mashed potatoes and perfect pies
- An orange-glazed Brussels sprout recipe will brighten up your veggie course
- We thank you for your support – and we thank our local farmers for all they do!



Hot Fudge Pudding Cake

Serves 8. Prep time: 10 minutes active; 45 minutes total.

- ½ teaspoon vegetable oil
- 1 cup all-purpose flour
- ⅓ cup sugar
- ¼ cup plus one tablespoon cocoa powder (divided)
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 egg
- 3 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract
- ¾ cup brown sugar
- 1 cup brewed coffee
- ⅓ cup water

Preheat oven to 375 degrees F. Oil an 8- or 9-inch square or round baking pan. In a mixing bowl, sift together the flour, sugar, ¼ cup cocoa powder, baking powder and salt.

In a separate bowl, whisk together the egg, butter and vanilla. Stir the wet ingredients into the dry ingredients and mix gently until just blended. Pour the cake batter into the pan and spread evenly.

Stir together the brown sugar and remaining cocoa powder and sprinkle evenly across the top of the cake batter. Stir together the coffee and water and gently pour over the top of the entire cake (the liquid topping will become the bottom pudding portion of the cake while baking). Place in the oven and bake for about 25 minutes until a toothpick comes out clean from the center (the bottom of the cake will still be molten). Remove the cake from the oven and let sit for 10 minutes before serving. Serve warm.

Serving suggestion: Spoon portions into small dessert bowls or plates and garnish each serving with a few small scoops of vanilla bean ice cream (use a melon baller) or fresh berries.

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



\$3.39 **IF YOU CARE**
Recycled Aluminum Foil
50 sq. ft.
other If You Care products
also on sale



\$3.99
FRONTIER
Organic Ground
Cinnamon
1.9 oz.
other Herbs and Spices
also on sale



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



\$5.99
SPECTRUM
Refined Canola Oil
32 oz.



\$5.99
BOB'S RED MILL
Organic Unbleached
White Flour
5 lb.



\$7.99

NUTIVA

Organic Virgin
Unrefined Coconut Oil

14 oz.

other Nutiva products
also on sale



2/\$6

GREEN & BLACK'S

Organic Chocolate Bar

3.5 oz., selected varieties



\$5.69 ALDEN'S ICE CREAM

Organic Ice Cream
48 oz., selected varieties



\$2.99 SO DELICIOUS

Cocowhip

9 oz., selected varieties



2/\$6

CASCADIAN FARM

Organic Fruit

8-10 oz., selected varieties



\$4.99

LUNA & LARRY'S

Organic Coconut Bliss

16 oz., selected varieties



3/\$7

THEO

Organic Chocolate Bar

3 oz., selected varieties

other Theo Chocolate items
also on sale



\$3.69

GLUTINO

Perfect Pie Crust Mix

16 oz.

other Glutino products also
on sale



\$3.99

**ANNIE'S
HOMEGROWN**

Organic Graham Crackers

14.4 oz., selected varieties



Homemade Pie Crust

Making your own flaky pie crust is as easy as "3:2:1!" That's the classic ratio of ingredients, according to pastry chef Megan Dorn in her online article "Everything You Need to Know About Pie Dough." Using 3 parts flour, 2 parts fat, 1 part water and just a touch of salt will give you delicious pie crusts every time. Get more hints and tips from a pastry chef, plus other great ideas for holiday baking at www.strongertogether.coop, and enjoy your Thanksgiving holiday.



Parmesan Herb-Crusted Potatoes

Serves 6. Prep time: 10 minutes active; 40 minutes total.

- 2 tablespoons olive oil
- 1 tablespoon minced fresh rosemary
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon lemon zest
- ½ teaspoon salt
- ½ teaspoon cracked black pepper
- 2 pounds fingerling potatoes
- ¼ cup finely-shredded Parmesan cheese

Preheat oven to 425 degrees F.

In a large bowl, combine the olive oil, herbs, lemon zest and spices. Add the potatoes and toss to coat. Add the cheese and toss until thoroughly mixed. Arrange the potatoes in a single layer in a large, rimmed baking pan coated with cooking spray. Sprinkle any remaining cheese and herb mix over the potatoes. Bake for 20 minutes. Check for doneness, stir and bake for 10 minutes more (or as needed).

Serving suggestion: Delicious served hot as a side dish or at room temperature as an appetizer. Be creative with dipping sauce ideas: ranch dressing, pesto, jalapeño-seasoned sour cream or sriracha aioli all taste great with these potatoes.

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\$1.39

DR. MCDUGALL'S

Big Cup Soup

1.8-3.4 oz., selected varieties

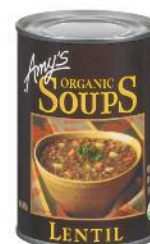


\$3.69

AMY'S

Bowls

9-10 oz., selected varieties



\$2.69

AMY'S

Soup

14.1-14.5 oz., selected varieties



2/\$5

LUNDBERG

FAMILY FARMS

Organic Entrees

6 oz., selected varieties



\$1.69

BULK

Organic Green Lentils

per pound in bulk



2/\$4

WOODSTOCK
Organic Cranberry
Sauce
14 oz., selected varieties



\$2.69

ARROWHEAD MILLS
Organic Stuffing Mix
10 oz.



\$4.99

SPECTRUM
Organic Mayonnaise
16 oz.
other Mayonnaise products
also on sale



3/\$5

WESTBRAE
Organic Canned
Vegetables
14.5-15.25 oz., selected varieties



2/\$4

WOODSTOCK
Organic Frozen
Vegetables
10 oz., selected varieties



\$9.99

**NAPA VALLEY
NATURALS**
Organic Extra Virgin
Olive Oil
25.4 oz.
other Napa Valley Naturals
products also on sale



4/\$5

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



\$2.39

DREW'S
Dressing
12 oz., selected varieties



2/\$6

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



\$4.39

ECOVER
Automatic Dishwashing
Tablets
45 ct., selected varieties
other Ecover Dishwashing products
also on sale



Fingerling Potatoes

These heritage potatoes with delicate yellow, orange or purple skin naturally grow small and narrow and don't need to be peeled. For a tasty and tart side dish, sauté boiled fingerlings with garlic, onion, stock and wine, and finish with fresh thyme and lemon juice. An elegant hors d'oeuvre pairs roasted fingerlings with a creamy homemade sauce; heat chevre and buttermilk in a double boiler, then season with chopped fresh chives and thyme. And, especially at this time of year, you can't go wrong roasting a chicken with herbed fingerling potatoes, pearl onions, garlic and carrots.



Gruyere

Creamy, earthy and nutty, this Swiss-style cheese will stand up to hearty dishes of the season. Shredded Gruyere gets melty and slightly crisp atop a parsnip gratin with nutmeg and fresh thyme. Warm up on a chilly afternoon with a bowl of French onion soup, topping caramelized onions in broth with crusty croutons and rich, creamy Gruyere. A homemade Gruyere and hazelnut cracker is the perfect addition to your holiday appetizer platters; buttery and flakey, this cracker is excellent with soft goat cheese.

Go to www.strongertogether.coop for recipes using Gruyere.



\$2.99 **ORGANIC VALLEY**
Organic Cream Cheese
8 oz., selected varieties



\$2.39 **SESMARK**
Crackers
3.2-7 oz., selected varieties



2/\$5
BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



\$3.39
MEDITERRANEAN ORGANIC
Organic Olives
8.1-8.5 oz., selected varieties
other Mediterranean Organic products also on sale



\$4.39
WOODSTOCK
Organic Pickles
24 oz., selected varieties



\$3.39
BEARITOS
Tortilla Chips
16 oz., selected varieties



\$2.39
KETTLE BRAND
Potato Chips
5 oz., selected varieties



\$2.99
WOODSTOCK
Wasabi Peas
7.5 oz.
other Woodstock Packaged Snacks also on sale



\$2.69
LATE JULY ORGANIC
Organic Multigrain Chips
10-11 oz., selected varieties



\$2.39
NEWMAN'S OWN
Family Recipe Cookies
6.5-7 oz., selected varieties



4/\$3

BROWN COW

Yogurt

6 oz., selected varieties



\$10.99

SHADY MAPLE FARMS

Organic Maple Syrup

12.7 oz., selected varieties



\$2.29

ORGANIC VALLEY

Organic Soy Creamer

16 oz., selected varieties



\$3.39

NATURE'S PATH

Organic Cereal

10.6-14 oz., selected varieties



2/\$6

SANTA CRUZ ORGANIC

Organic Applesauce

23 oz., selected varieties



Making Mashed Potatoes

It seems as though every chef and food magazine has a different method for making "perfect" mashed potatoes, whether it's adding butter (LOTS of butter), using a particular variety of potato (high starch russets are rumored to be best, but Yukon Gold or other yellow potatoes work fine, too) or adding special touches like Gruyere or blue cheese to the mash.

One helpful hint is to cook the potatoes in their skins; this will prevent them from absorbing too much water, which would make the mashed potatoes mushy. For a more rustic dish, leave the skins on while mashing – this will add some extra nutrients, as well. For a lighter dish, incorporate other cooked veggies, like parsnips, cauliflower, carrots or cabbage.

Visit www.strongertogether.coop for more recipes and tips for holiday dishes.

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



Good food matters! Thank your local farmer.

Happy Thanksgiving! Your co-op makes it a priority to support local food from local farms and suppliers. As we gather together during the holidays with family and friends, let's give thanks to the people who provide healthy and delicious food for our families.



\$3.39

WALLABY

Organic Lowfat Yogurt
32 oz., selected varieties



\$3.39

BARBARA'S

Puffins Cereal
9-14 oz., selected varieties



\$3.39

THE GREEK GODS

Greek Yogurt
24 oz., selected varieties



\$5.69

SAMBAZON

Organic Acai Berry
Superfruit Packs
4 ct., selected varieties



4/\$5

CLIF

Organic Trail Mix Bar
1.41 oz., selected varieties



Orange-Glazed Brussels Sprouts

Serves 4. Prep time: 30 minutes.

- 1 pound fresh Brussels sprouts
- 2 tablespoons butter
- 1 clove garlic, minced
- ½ cup water or vegetable broth
- 2 tablespoons apple cider vinegar
- 1 tablespoon brown sugar
- 2 tablespoons orange juice
- Zest of one orange
- Pinch each of salt and ground black pepper
- 2 tablespoons toasted pine nuts

To prepare the Brussels sprouts, rinse them in cold water, trim the stems, remove the outer leaves (including any torn or ragged ones) and cut them in half from top to bottom (choose smaller Brussels sprouts with tightly-closed heads).

In a large skillet, melt the butter over medium-high heat. Add the halved Brussels sprouts and sauté for about 4 minutes, then add the garlic and sauté 1 minute more until the Brussels sprouts start to brown on the edges. Add the water or broth, cover the skillet, and let the Brussels sprouts steam for 5 minutes.

While the sprouts are steaming, prepare the glaze by stirring together the apple cider vinegar, brown sugar, orange juice, orange zest, salt and pepper in a small mixing bowl. Remove lid from the Brussels sprouts and add the glaze ingredients. Cook on high for about 2 minutes or until the glaze becomes syrupy, stirring or tossing the Brussels sprouts until well coated. Sprinkle the Brussels sprouts with the toasted pine nuts and serve warm.

Serving suggestion: This is a perfect side dish for pork, chicken or salmon, especially when those proteins are seasoned with Asian spices or marinades. Try doubling the glaze recipe and toss the sprouts and glaze with cooked linguini noodles to make a nice pasta dish.

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Mushroom Gravy

Serves 8. Prep time: 30 minutes.

- ¼ cup olive oil, divided
- 3 tablespoons finely-diced onion
- 2 tablespoons finely-diced carrots
- 2 tablespoons finely-diced celery
- ½ cup sliced button mushrooms
- 1 ¾ cups vegetable stock
- ½ tablespoon tamari
- 2 teaspoons chopped fresh rosemary
- ½ teaspoon dried thyme
- 3 tablespoons all-purpose flour

In a medium saucepan, heat 1 tablespoon olive oil and add onion, carrots and celery. Sauté until softened, then add the mushrooms and sauté until browned. Add the vegetable stock, tamari, rosemary and thyme and bring to a boil.

In a small skillet, heat the remaining olive oil and whisk in the flour to form a roux. Add the roux to the stock once it begins to boil and whisk until smooth. Bring to boil, reduce heat and simmer for 10 to 15 minutes or until it reaches desired thickness. Serve immediately.

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



\$5.99

ONCE AGAIN
Organic American
Classic Peanut Butter
16 oz., selected varieties



\$2.39

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



2/\$4

BARE
Coconut Chips
1.4 oz., selected varieties



\$3.99

BULK
Organic Unsalted Dry
Roasted Peanuts
per pound in bulk
Great for freshly-ground nut butter!



\$3.39

BULK
Organic Thompson Raisins
per pound in bulk



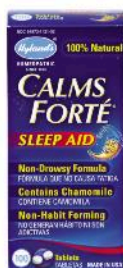
\$9.99

SIMILASAN

Homeopathic Eye

Drops

.33 oz., selected varieties



\$7.99

HYLAND'S

Calms Forte

100 ct.

other Calms Forte products

also on sale



\$21.99

NORTH

AMERICAN HERB

& SPICE

Oreganol

.45 oz.

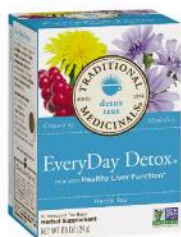


\$21.99

GARDEN OF LIFE

Organic Plant Protein

260 gr., selected varieties



2/\$6

**TRADITIONAL
MEDICINALS**

Organic Tea

16 ct., selected varieties



\$4.99

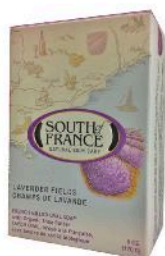
**AMERICAN
HEALTH**

Original Papaya Enzymes

250 ct.

other Digestive products

also on sale

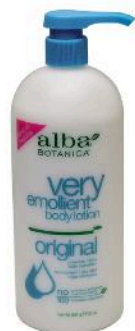


\$2.99

**SOUTH OF
FRANCE**

Bar Soap

6 oz., selected varieties



\$10.99

ALBA BOTANICA

Very Emollient Lotion

32 oz., selected varieties



\$3.99

JASON

Toothpaste

4.2-6 oz., selected varieties



\$6.99

**AVALON
ORGANICS**

Shampoo or Conditioner

11 oz., selected varieties

Gravy Tips

Making gravy might seem intimidating to novice cooks, but it's really just a simple thickened sauce made from meat or vegetable stock. A common method of thickening gravy is making a roux out of butter or oil cooked together with an equal amount of flour while constantly stirring over medium heat; the stock can be whisked into the roux. Some gravies call for cornstarch as a thickening agent. An enriched gravy uses cream and butter, or sometimes yogurt or sour cream, to give the sauce more thickness. For a super-rich vegetarian gravy, rehydrate dried morel or porcini mushrooms in warm water; chop the mushrooms and don't forget to use the liquid they were soaked in. Delish!



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

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
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



\$9.99

**SEVENTH
GENERATION**

Liquid Laundry
Detergent

100 oz., selected varieties



\$9.99

**MAGGIE'S
ORGANICS**

Organic Wool Snuggle
Socks

1 pair, selected varieties



coop kitchen

See what's cooking at

www.strongertogether.coop/coop-kitchen



Happy Thanksgiving from your co-op!

coop™
stronger together

NESEI | 15BZ1,2,3