

coopTM deals

JAN 21 - FEB 3, 2015



2/\$7

ZEVIA

Zero Calorie Soda
6 pack, selected varieties



\$4.99

UDI'S

Gluten-Free Pizza
9.3-10.1 oz., selected
varieties



3/\$5

**LATE JULY
ORGANIC**

Organic Multigrain
Chips
5.5-6 oz., selected varieties



\$10.99

BOIRON

Oscilloccinum
6 ct.

Featured Inside:

- Gear up for Game Day with great specials, recipes and party ideas
- Avocados are a strong contender for favorite fruit; find out why
- Potluck or party, our savory herb cheese bites are sure to please a crowd
- Stock up on snacks, appetizers and delicious ingredients at the co-op



Savory Herb Cheese Bites

Makes approximately 15. Prep time: 20 minutes.

- 4 ounces cream cheese, softened
- 1 teaspoon minced garlic
- Pinch of salt
- 4 ounces Gruyere cheese, shredded
- 2 teaspoons minced fresh sage
- 1 teaspoon minced fresh rosemary
- ¼ cup finely-chopped walnuts
- 1 tablespoon minced parsley

In a food processor, blend the cream cheese, garlic and salt until smooth. Transfer cream cheese mixture to a bowl and stir in the Gruyere cheese, sage and rosemary until evenly distributed. Line a plate or pan with parchment paper. Roll the cheese mixture into 1-inch balls and set on the parchment paper. In a small bowl, combine the walnuts and parsley and stir until well mixed. Roll each ball in the mixture and return to plate or pan. Place the cheese balls in the refrigerator to firm. Serve with crackers or crostini.

Serving suggestion: These fun little bites are perfect for entertaining. Make cheese lollipops using thin pretzel sticks, serve cheese balls with water crackers or baguette slices, or try changing up the flavors. You'll find recipes for cranberry-blue cheese and jalapeño-cheddar cheese bites at www.strongertogether.coop.

Tip: You can make a variety of different combinations using the basic mixture of cream cheese and garlic. Start with 12 ounces of softened cream cheese blended with 2 cloves of garlic and a pinch of salt, then experiment with new and different flavors. Cranberry-blue cheese and jalapeño-cheddar are just two possibilities!

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



2/\$4

FOOD SHOULD TASTE GOOD

Tortilla Chips

5.5 oz., selected varieties



2/\$7

GREEN MOUNTAIN GRINGO

Salsa

16 oz., selected varieties



\$2.69

BACK TO NATURE

Crackers

4-8 oz., selected varieties



\$3.39

HOPE FOODS

Organic Hummus

8 oz., selected varieties



\$3.39

AMY'S

Single-Serve Light & Lean Cheese Pizza

5 oz.

other Light & Lean products also on sale



\$11.99

BULK

Organic Almonds
per pound in bulk



\$3.69

EARTH BALANCE

Organic Buttery Spread
13 oz.
other Non-Dairy Spreads
also on sale



\$3.19

**LAKEWOOD
ORGANIC**

Organic Pomegranate
Juice Blend
32 oz., selected varieties



2/\$5

**HILARY'S EAT
WELL**

Veggie Burgers
6.4 oz., selected varieties



2/\$4

KETTLE BRAND

Potato Chips
5 oz., selected varieties



\$2.19

NATURAL SEA

Yellowfin Tuna
5 oz., selected varieties
other Tuna varieties also on sale



\$2.69

**DOCTOR
KRACKER**

Organic Crispbreads
6-7 oz., selected varieties



3/\$7

PIRATE BRANDS

Snacks
4-6 oz., selected varieties



\$2.39

ANGIE'S

Boomchickapop.
4.8-6 oz., selected varieties



\$3.69

**ANNIE'S
HOMEGROWN**

Organic Fruit Snacks
4 oz., selected varieties



Cooking with Beer

Craft-brewed beers, once a bit of a rarity, have been booming for the past several years – along with guides to pairing beers with cheeses and other foods. While beer and cheese have a natural affinity (think beer cheese soup!), there are so many other creative ways to cook with beer. It's a tasty and simple marinade; darker beers like stout or porter are great for marinating beef, and lighter ales and lagers for chicken. Beer batter is a classic light and crispy coating for fried veggies or fish fillets, of course. And for something a bit more unusual, add a scoop of vanilla ice cream or sorbet to a fruity lambic for a refreshing float!

Go to www.strongertogether.coop to find recipes for broccoli cheese beer soup and beer-battered tempura.



Chorizo and Avocado Salsa

Makes 6 servings. Prep time: 20 minutes.

- 6 ounces chorizo sausage, diced small
- 1 tablespoon minced garlic
- 1 jalapeño pepper, seeded and minced
- 1 tomato, diced
- 2 avocados, peeled and diced
- 1 cup corn kernels
- 1 tablespoon minced chipotle peppers in adobo sauce
- 1 lime, zest and juice
- Salt to taste

Sauté the diced chorizo in a skillet until lightly browned. Remove from the skillet and set on a paper towel to drain and cool.

In a mixing bowl, stir together the garlic, jalapeño, tomato, avocado, corn, chipotle peppers and lime zest and juice. Add the chorizo and salt to taste.

Serving suggestion: This salsa is delicious in a breakfast burrito or taco. For a party platter, cut 3 avocados in half and remove the pits. Use a tablespoon to remove some of the avocado flesh and create a well. Slice a small piece from the bottom of the avocado so it will sit flat without rocking. Spoon the salsa into the individual avocado halves and serve with tortilla chips and spoons.

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\$3.69

TOFURKY

Italian Sausages

14 oz.

other Tofurky Sausages also on sale



2/\$3

MUIR GLEN

Organic Tomatoes

14.5 oz., selected varieties



3/\$5

WESTBRAE

Organic Beans

15 oz., selected varieties



\$2.29

BULK

Organic Navy Beans

per pound in bulk



\$1.99

EVOL

Burrito

6 oz., selected varieties



\$2.39

HEALTH VALLEY

Organic Soup
14.5-15 oz., selected varieties



\$3.69

NANCY'S

Organic Cottage Cheese
16 oz.



4/\$7

**ANNIE'S
HOMEGROWN**

Pasta & Cheese Dinner
6 oz., selected varieties
Family Size Pasta & Cheese
also on sale



\$9.99

**NAPA VALLEY
NATURALS**

Organic Extra Virgin
Olive Oil
25.4 oz.
other Oils & Vinegars also on sale



\$2.69

GO VEGGIE!

Dairy Free Parmesan
Grated Topping
4 oz.
other Go Veggie! Dairy Free
products also on sale



\$2.69

JOVIAL

Organic Brown Rice
Pasta
12 oz., selected varieties



2/\$5

TASTY BITE

Indian Entrees
10 oz., selected varieties



2/\$4

**CASCADIAN
FARM**

Organic Vegetables
10 oz., selected varieties



\$1.69

BULK

Organic Green Laird
Lentils
per pound in bulk



\$6.39

MISO MASTER

Organic Miso
16 oz., selected varieties

Avocado

A combination of rich, buttery taste, healthy fats and a handful of other nutrients makes the avocado a strong contender for favorite fruit. And adding a squeeze of tangy lemon or lime brings a new dimension to its subtle flavor. Chop and combine cheerful green avocado, tangy pink grapefruit and crunchy jicama and top with mint or cilantro for a fruit salad that adds a tropical flair to your brunch. Diced avocado can add an unexpected creamy bite to hearty stock-based soups like chicken noodle. Of course, we'd be remiss not to mention the classic (and mouth-watering) deliciousness of a heaping serving of guacamole on a salty crisp corn chip.

Want more ? Visit
www.strongertogether.coop for
delicious avocado recipes.





Cream Cheese

Rich and tangy cream cheese is versatile enough to accompany almost anything, from a quick lunchtime sandwich to an elegant spread of holiday appetizers. Hearty rye bread lightens up with a smear of vegetable-flavored cream cheese and layers of cucumber, red pepper, radish, sprouts or sun-dried tomato. Spread crisp flatbreads with plain cream cheese and add a spoonful of hot pepper jam to amp up your afternoon snack. Lightly-toasted slices of baguette are dressed for a party with herbed cream cheese, torn arugula, roasted red peppers, a drizzle of olive oil and a sprinkle of sea salt and black pepper.

Visit www.strongertogether.coop for more information on food and great recipes!



\$1.39

STONYFIELD
Organic Lowfat Petite
Crème
5.3 oz., selected varieties



2/\$3

STONYFIELD
Organic Greek Yogurt
5.3 oz., selected varieties



\$2.99

CASCADIAN FARM
Organic Cereal
9.2-14.6 oz., selected varieties
Cascadian Farms Granola Bars
also on sale



\$3.39

SILK
Organic Soymilk
64 oz., selected varieties



\$2.99

KASHI
GoLean Cereal
13.2-14 oz., selected varieties



\$2.99

PACIFIC
Hemp Milk
32 oz., selected varieties



\$2.99

GOOD KARMA
Flax Milk
64 oz., selected varieties



\$3.39

BOB'S RED MILL
Organic Flaxseed Meal
16 oz.
other Flaxseed products
also on sale

\$2.49

GOLDEN TEMPLE
Granola
per pound in bulk,
selected varieties
Select Granola \$3.29 per pound



\$9.99

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



4/\$5

CLIF
Builder's Protein Bar
2.4 oz., selected varieties



2/\$3

WALLABY
Organic Greek Yogurt
5.3 oz., selected varieties



\$2.99

CLIF KID
Organic Zbars
6 ct., selected varieties



\$5.99

SPECTRUM
Organic Flaxseed Meal
14 oz.
other Flaxseed products
also on sale



\$4.69

NUMI
Organic Tea
18 ct., selected varieties



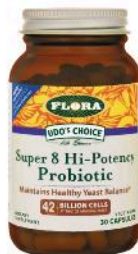
\$35.99

GARDEN OF LIFE
Raw Fit
451 grams
other Raw Fit products
also on sale



\$3.99

**TRADITIONAL
MEDICINALS**
Organic Tea
16 ct., selected varieties



\$17.99

FLORA
Udo's Choice Super 8
Hi-Potency Probiotic
30 ct.
other Udo's Choice Probiotics
also on sale



2/\$5

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



\$9.99

HERB PHARM
Pharma Kava Extract
1 oz.
other Herbal Extracts also on sale



Quick Party Tips

Some people love to plan a party...and some folks love to be spontaneous. If you like a little last-minute in your festive gatherings, check out all the options the co-op has to offer! In the beverage aisle, combine chilled sparkling water or ginger ale with your favorite fruit juice, like cherry or lime, and add a wheel of freshly-sliced citrus to the glass before serving. Fast snacks from the deli could include hummus, dips and spreads with an array of crackers and sliced breads, or baked flavored tofu served cubed on skewers, alternating with fresh veggies and pineapple chunks.

On Game Day or any day, stop by the co-op for great party options.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

CONNECTICUT

Willimantic Food Co-op
91 Valley Street, Willimantic

DELAWARE

Newark Natural Foods Co-op
280 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

Harvest Co-op Market - Jamaica Plain
57 South Street, Jamaica Plain

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
12 Centerra Parkway, Lebanon

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
111 W. Chapel Hill Street, Durham

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
715 S. Grove Street, 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



\$6.99

AUBREY

Shampoo or
Conditioner

11 oz., selected varieties



\$9.99

JASON

Body Wash

30 oz., selected varieties



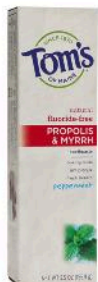
\$2.99

SEVENTH

GENERATION

Dish Liquid

25 oz., selected varieties



\$3.99

**TOM'S OF
MAINE**

Toothpaste

4.7-5.5 oz., selected varieties



\$6.99

NATURE'S GATE

Herbal Moisture Lotion

18 oz.

other Body Lotions also on sale



3/\$5

WELLNESS

Cat Food

5.5 oz., selected varieties

other Cat Food also on sale

Gear up for Game Day at the co-op!

coop™
stronger together

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