

# coop<sup>TM</sup> deals

**AUG 3 - AUG 16, 2016**



**\$2.99**

**ENVIROKIDZ**

Organic Cereal  
10-14 oz., selected varieties



**3/\$10**

**SANTA CRUZ  
ORGANIC**

Organic Applesauce  
6 pack, selected varieties



**5/\$5**

**ANNIE'S  
HOMEGROWN**

Pasta & Cheese Dinner  
5.25-6 oz., selected varieties



**10/\$10**

**HONEST**

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

## Featured Inside:

- Get ready for school with tasty, easy lunch tips
- Stock up at the co-op for the last blast of summer
- Make pickled cucumbers Japanese-style, with miso
- Is it hot in here? Or is that our Charred Pepper Taco recipe?





## Misozuke (Miso Pickles)

Makes about one pint jar. Prep time: 10 minutes active; 5 hours total.

- 1 pound seedless cucumbers, sliced into ¼-inch thick rounds (do not peel)
- 2 teaspoons salt
- 1 garlic clove, thinly sliced
- 1 tablespoon sugar
- ½ cup white miso
- 2 tablespoons rice vinegar
- Red pepper flakes (optional)

Toss the cucumbers with the salt and place in a colander in the sink. Put a heavy weighted bowl on top of the cucumbers to help press out any excess liquid. Let sit for 4 hours or up to overnight to drain.

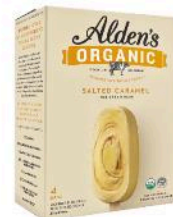
Pat the cucumbers dry. In a large bowl, gently mix the cucumbers with the garlic, sugar, miso and vinegar. For a spicier pickle, eliminate the sugar and add ½ teaspoon of red pepper flakes to the miso mixture. Place the miso pickles into a pint- or quart-sized Mason jar with a tightly fitting lid and allow the pickles to sit at room temperature for 30 minutes, or up to 2 hours. Rinse the pickles and pat dry before serving. Refrigerate any leftover pickles for 2-3 weeks.

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



**\$7.69**

**SO DELICIOUS**  
Frozen Non-Dairy  
Dessert  
32 oz., selected varieties



**\$2.69**

**ALDEN'S**  
Organic Ice Cream  
Novelties  
12 oz., selected varieties  
other Ice Cream Novelties  
also on sale



**3/\$5**

**CASCADIAN FARM**  
Organic Vegetables  
10 oz., selected varieties



**\$4.69** **NATURAL SEA**

Fish Sticks  
8 oz.  
Natural Sea Fish Fillets also on sale



**\$3.69** **QUORN**  
Meat-Free Chik'n  
7-12 oz., selected varieties





2/\$5

**COCONUT DREAM**

Coconut Drink  
32 oz., selected varieties  
other Non-Dairy Beverages  
also on sale



\$4.39

**ORGANIC VALLEY**

Organic Grassmilk  
Yogurt  
24 oz., selected varieties



4/\$5

**ALMOND DREAM**

Almond Non-Dairy  
Yogurt  
6 oz., selected varieties



4/\$5

**STONYFIELD**

Organic Greek  
Yogurt  
5.3 oz., selected varieties



\$5.99

**WALLABY ORGANIC**

Organic Greek Yogurt  
32 oz., selected varieties



2/\$6

**BLUE DIAMOND**

Almond Breeze  
64 oz., selected varieties



\$8.99

**EQUAL EXCHANGE**

Organic Breakfast  
Blend Coffee  
per pound in bulk  
Bulk Decaf Coffee not on sale



\$3.69

**EREWHON**

Organic Cereal  
10 oz., selected varieties



\$3.69

**ONE DEGREE ORGANIC FOODS**

Organic Cereal  
8-12 oz., selected varieties



## Roasting Peppers

For flavorful antipasto, salsa, pizza and sandwiches, try roasting peppers. Arrange whole peppers on a baking sheet and broil in a 450° F. oven, or roast peppers directly on the grill. Turn them with tongs, cooking until soft and evenly charred. Put cooked peppers in a paper bag or a large bowl and cover; steam will loosen the skin. Use a knife to remove the stem, seeds and skin – leave a few blackened bits for more flavor. Roasting spicy peppers? Wear gloves and avoid rubbing your eyes! Roasted peppers keep in the refrigerator for a few days, or can be frozen.







## Charred Pepper Tacos

Serves 6. Prep time: 15 minutes active; 30 minutes total.

- 3 bell peppers, seeded and cut lengthwise into ½-inch strips
- 3 tablespoons olive oil, divided
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 tablespoon chili powder
- 2 tablespoons tomato paste
- ¾ cup vegetable broth
- 2 15-ounce cans black beans, rinsed and drained
- Salt and pepper to taste
- ¼ cup chopped fresh cilantro
- 1 lime, cut into quarters
- 12 corn tortillas
- Salsa and sour cream (optional)

Heat the oven to 450 degrees F. On a sheet pan, toss the pepper strips with 2 tablespoons olive oil and roast in the oven for about 15 minutes, stirring halfway through, until peppers are tender and turning black on the edges. Remove from the oven.

In a medium-sized saucepan, heat 1 tablespoon olive oil over medium-high heat. Sauté the onions and garlic for a few minutes until soft. Add the spices, tomato paste, broth and beans and stir well; simmer for 10-15 minutes. Season with salt and pepper.

To assemble the tacos, spoon some of the bean mixture and roasted peppers onto a tortilla, and sprinkle with cilantro and freshly squeezed lime juice. Top with sour cream or salsa, if desired.

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



**\$3.39**

**ORGANIC VALLEY**

Organic Sour Cream  
16 oz., selected varieties



**\$4.99**

**ORGANIC VALLEY**

Organic Raw Sharp Cheddar Cheese  
8 oz.  
other Organic Valley Cheese also on sale



**3/\$5**

**EDEN ORGANIC**

Organic Beans  
15 oz., selected varieties



**2/\$7**

**BEARITOS**

Tortilla Chips  
16 oz., selected varieties  
other Bearitos Snacks also on sale



**2/\$5**

**DREW'S**

Dressing  
12 oz., selected varieties





**\$3.99**

**MISS JONES  
BAKING CO.**

Organic Baking Mix  
14.67-15.87 oz.,  
selected varieties  
Organic Frosting also on sale



**\$1.69**

**BULK**

Organic Green Lentils  
per pound in bulk



**\$2.99**

**MONTEBELLO**

Organic Pasta  
16 oz., selected varieties



**\$3.69**

**LIFEWAY**

Frozen Kefir  
16 oz., selected varieties



**\$13.99**

**NATURAL  
VITALITY**

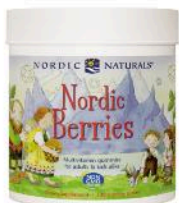
Calm  
8 oz., selected varieties



**\$17.99**

**GARDEN OF LIFE**

Dr. Formulated  
Probiotics Once Daily  
30 ct.  
other Dr. Formulated products  
also on sale



**\$16.99**

**NORDIC  
NATURALS**

Nordic Berries  
120 ct.  
other Nordic Naturals  
Supplements also on sale



**\$26.99**

**NEW CHAPTER**

Every Woman's  
One Daily Multi  
48 ct.  
other New Chapter  
Supplements also on sale



**\$11.99**

**SEVENTH  
GENERATION**

Liquid Laundry Detergent  
100 oz., selected varieties



## Bell Peppers

With bold colors and bright flavors, bell peppers make a dazzling addition to everything from side salads to the main course. With twice as much vitamin C as an orange, bell peppers are a healthy choice, too. Red and green bell pepper rings are a must for a traditional antipasto salad with pepperoni, mozzarella and red onion, but have you tried them on a simple turkey or hummus sandwich, in place of a tomato? Alternate chunks of different colored bell peppers with onions on skewers and grill for an easy, sweet, and festive accompaniment to grilled fish, tofu, or chicken.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more information on how to enjoy fresh, seasonal produce.





## Five Easy Lunches

Bringing lunch from home is great in so many ways: it's nearly always cheaper, tastier and more nutritious than a fast-food or convenience store option. A little planning up front can make it easy and delicious, too! The idea of "planned leftovers" can go a long way towards creative, tasty lunch options for the whole family. For example, one roasted chicken or a couple of pounds of savory baked tofu, prepared on the weekend, can form the basis of soups, sandwiches, wraps and salads throughout the week.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) to read our "5 Days, 5 Ways" lunch series highlighting great ideas for using precooked beans, tofu and chicken.



**\$1.39**

**ORGANIC VALLEY**

Organic Good to Go Milk

11 oz., selected varieties



**2/\$5**

**ANNIE'S HOMEGROWN**

Bunny Grahams & Crackers

7.5 oz., selected varieties



**5/\$5**

**JUSTIN'S**

Almond Butter Squeeze Pack

1.15 oz., selected varieties  
16 oz. Nut Butter also on sale



**\$4.49**

**SANTA CRUZ ORGANIC**

Organic Peanut Butter  
16 oz., selected varieties



**\$4.39**

**RUDI'S GLUTEN-FREE**

Sandwich Bread

18 oz., selected varieties



**4/\$5**

**CLIF BAR**

Organic Nut Butter Filled Bar

1.76 oz., selected varieties



**2/\$6**

**ANNIE'S HOMEGROWN**

Cookies

8.4 oz., selected varieties  
5.5 oz. Cookie Bites 2/\$5



**2/\$1**

**STRETCH ISLAND FRUIT CO.**

Organic Fruit Strip  
.5 oz., selected varieties



**2/\$7**

**BACK TO NATURE**

Cookies

8-12 oz., selected varieties



**\$2.99**

**WILD PLANET**

Skipjack Tuna

5 oz., selected varieties



**\$4.39**

**UDI'S GLUTEN FREE**

Sandwich Bread  
12 oz., selected varieties



**5/\$4**

**KOYO**

Ramen  
1.9-2.1 oz., selected varieties



**3/\$5**

**SANTA CRUZ ORGANIC**

Organic Lemonade  
32 oz., selected varieties



**2/\$5**

**JACKSON'S HONEST**

Potato Chips  
5 oz., selected varieties



**2/\$5**

**BEANFIELDS**

Bean & Rice Chips  
5.5-6 oz., selected varieties



**\$4.69**

**SAN PELLEGRINO**

Sparkling Beverage  
6 pack, selected varieties



**\$2.99**

**HAIL MERRY**

Miracle Tart  
3 oz., selected varieties



**\$2.99**

**KIND**

Healthy Grains Bars  
5 ct., selected varieties



**2/\$6**

**R.W. KNUDSEN**

Organic Juice  
32 oz., selected varieties



**\$5.69**

**BULK**

Organic Large Turkish  
Apricots  
per pound in bulk



**\$2.99**

**BULK**

Organic Shelled  
Sunflower Seeds  
per pound in bulk

**WOODSTOCK**  
EAT BECAUSE  
IT'S GOOD!

**\$10.99**

**WOODSTOCK**

Organic Dark  
Chocolate Covered  
Almonds  
per pound in bulk  
other Woodstock Fruit and  
Nuts also on sale



**3/\$4**

**SAHALE**

Layered Nut Bar  
1.4 oz., selected varieties



**3/\$5**

**GO RAW**

Organic Sprouted  
Protein Bar  
1.9 oz., 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

**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

**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



**\$3.99**

**DR. BRONNER'S**  
Toothpaste  
5 oz., selected varieties



**\$10.99**

**AVALON ORGANICS**  
Intense Defense  
Renewal Cream  
2 oz.

other Facial Care also on sale



**\$5.99**

**JASON**  
Foaming Shower Oil  
10 oz., selected varieties



**\$5.99**

**ALBA BOTANICA**  
Shampoo or  
Conditioner  
12 oz., selected varieties



**\$2.99**

**EO**  
Organic Hand  
Sanitizer Spray  
2 oz., selected varieties



**\$9.99**

**SEVENTH GENERATION**  
Baby Diapers  
20-40 ct., selected varieties

**Garden-fresh local produce - at the co-op!**

**coop**<sup>TM</sup>  
stronger together

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