

# coop<sup>TM</sup> deals

OCT 30 - NOV 12, 2013



\$2.69

**CASCADIAN  
FARMS**

Organic Frozen Fruit  
8-10 oz., selected varieties



2/\$5

**LATE JULY  
ORGANIC**

Organic Crackers  
6 oz., selected varieties



\$2.99

**PACIFIC**

Organic Soup  
32 oz., selected varieties



2/\$6

**ANNIE'S  
HOMEGROWN**

Snack Mix  
9 oz., selected varieties

## Featured Inside:

- Company's coming! Bake up a special pumpkin gingerbread loaf
- Leeks are in the seasonal spotlight with our potato leek soup recipe
- Follow the tips inside for perfect from-scratch pie crust every time
- What's fresh in the co-op deli? Satisfying leek and mushroom quiche



## Pumpkin Gingerbread

Makes 2 loaves. Prep time: 20 minutes active; 65 minutes total.

- 2 cups sugar
- 1/2 cup canola oil
- 1 cup applesauce
- 1/2 cup blackstrap molasses
- 4 large eggs
- 2 teaspoons vanilla extract
- 1/2 cup water
- 1 15-ounce can pumpkin puree
- 1 tablespoon ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 2 cups all purpose flour
- 1 1/2 cups whole wheat flour

Preheat the oven to 350°F. Grease two 9 x 5 inch loaf pans.

In a mixing bowl, whisk together the spices, salt, baking soda, baking powder and flours.

In a second large mixing bowl, whisk together the sugar, oil, applesauce, molasses, eggs, vanilla, water, and pumpkin until smooth and well blended. Add the flour mix to the wet ingredients and blend well, then pour the batter evenly into the loaf pans.

Bake for 45-50 minutes until a toothpick inserted into the center of the loaf comes out clean, being careful not to over-bake. Let cool for 15 minutes before removing from the pan.

Serving suggestion: Pumpkin bread is a delicious breakfast treat served warm with a smear of cream cheese and a drizzle of honey.

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



**\$4.39**

**ARROWHEAD  
MILLS**

Organic Unbleached  
White Flour  
5 lb.



**\$4.99**

**MADHAVA**

Organic Agave Nectar  
23.5 oz., selected varieties



**\$1.59**

**BULK**

Organic Sugar  
per pound in bulk



**\$1.39**

**BULK**

Brown Sugar  
per pound in bulk



**\$6.79**

**BULK**

Organic Allergen-Free  
Dark Chocolate Chips  
per pound in bulk



**\$2.99**

**JOVIAL**  
Organic Cookies  
7-8.8 oz., selected varieties



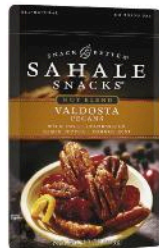
**\$2.69**

**KOZY SHACK**  
Chocolate  
Pudding  
22 oz., selected varieties



**2/\$4**

**KETTLE**  
Potato Chips  
5 oz., selected varieties



**\$3.29**

**SAHALE SNACKS**  
Fruit & Nut Snacks  
4 oz., selected varieties



**2/\$5**

**FIELD DAY**  
Organic Crackers  
4.4-8 oz., selected varieties



**2/\$3**

**SAN PELLEGRINO**  
Sparkling Mineral Water  
750 ml.



**\$3.79**

**ANNIE'S  
HOMEGROWN**  
Organic Fruit Snacks  
4 oz., selected varieties



**\$3.99**

**ORGANIC VALLEY**  
Organic American  
Cheese Singles  
8 oz.



**\$2.99**

**FOOD SHOULD  
TASTE GOOD**  
Tortilla Chips  
11 oz., selected varieties



**\$2.19**

**SESMARK**  
Crackers  
3.2-7 oz., selected varieties



## coop kitchen

### Whipping and Folding

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

A dollop of sweet cream whipped by hand is a delectable addition to fresh summer fruit. Watch Chris Ryding demonstrate how to whip and fold ingredients at [www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen), and you'll be enjoying dessert in no time!



Sponsored by Organic Valley



## Potato Leek Soup with Gruyere

Serves 8. Prep time: 15 minutes active; 45 minutes total.

- 3 tablespoons butter
- 3 large leeks, washed well, trimmed and thinly sliced
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 2 pounds russet potatoes, washed and diced into 1-inch pieces
- ½ cup white wine
- 4 cups vegetable or chicken broth
- 2 ½ cups water
- ¼ cup flour
- 8 ounces Gruyere cheese, shredded
- Salt and ground black pepper, to taste

In a large stock pot or Dutch oven, melt the butter over medium-high heat. Add the sliced leeks and sauté for 5 minutes until leeks are soft. Add the garlic and thyme and cook for 2 more minutes, then add the potatoes, white wine, vegetable broth, and 2 cups of water. Bring to a boil, then reduce heat to a simmer and cook for about 10 minutes until the potatoes are just tender.

While potatoes are cooking, whisk together the remaining ½ cup of water with the flour in a small bowl. Whisk the flour-water mixture into the soup once the potatoes are tender and simmer for another 5 minutes.

Remove the soup from heat, remove 2 to 3 cups of the soup from the pot to a blender and blend in the cheese, then slowly stir the cheesy soup mixture back into the soup pot. Season with salt and black pepper and serve hot.

Serving suggestion: This hearty vegetarian soup tastes even better when garnished with crispy fried leeks, or chopped bacon or ham. Serve in small bowls with multigrain crackers for a warming and welcoming appetizer course.

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



**\$3.99**

**LUNA & LARRY'S**  
Organic Coconut Bliss  
16 oz., selected varieties



**\$1.49**

**LUNDBERG FAMILY FARMS**  
Organic Short Grain Brown Rice  
per pound in bulk



**\$2.39**

**DREW'S**  
Dressing  
12 oz., selected varieties



**\$2.19**

**AMY'S**  
Organic Low-Sodium Soup  
14.1-14.5 oz., selected varieties



**\$1.89**

**WOODSTOCK**  
Organic Frozen Vegetables  
10 oz., selected varieties



**\$8.99**

**ZOE**  
Organic Extra Virgin  
Olive Oil  
25.5 oz.



**2/\$7**

**SAMBAZON**  
Organic Acai Sorbet  
16 oz.



**3/\$4**

**ANNIE'S  
HOMEGROWN**  
Pasta & Cheese Dinner  
6 oz., selected varieties



**\$3.99**

**BEYOND MEAT**  
Chicken Free Strips  
12 oz., selected varieties



**\$2.99**

**RISING MOON  
ORGANICS**  
Organic Pasta Sauce  
14 oz., selected varieties



**2/\$5**

**RISING MOON  
ORGANICS**  
Organic Ravioli  
8 oz., selected varieties



**2/\$5**

**BIONATURAE**  
Organic Strained  
Tomatoes  
24 oz.  
other Organic Tomatoes  
also on sale



**\$1.99**

**BIONATURAE**  
Organic Pasta  
16 oz., selected varieties



**\$3.29**

**NATE'S**  
Vegetarian Meatballs  
10.5 oz., selected varieties

**\$2.99**

**GARDENBURGER**  
Veggie Burgers  
10 oz., selected varieties



## Leeks

Elegant and refined, the leek is perhaps the most sophisticated member of the onion family. With a mild onion flavor, soft, tender texture, and a lovely pale green color, leeks are a wonderful substitute for onions in recipes where you want something just a little more special. Try a fresh, simple leek and carrot sauté as an accompaniment to baked turkey or tempeh, or feature leeks in a starring role with classic creamy potato leek soup. Roast a tray of button mushrooms and sliced leeks with thyme until fragrant and use as the base for a traditional bread stuffing that will contribute to a memorable holiday meal.

Go to [www.strongertogether.coop](http://www.strongertogether.coop) for more tips and hints on using seasonal veggies.



## 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.

### Mushroom and Leek Quiche

Perfect for brunch, this savory quiche is full of earthy fall flavors, including leeks, mushrooms and zucchini, blended with Swiss and Asiago cheeses.

save **25¢**  
per slice



**69¢**

**BROWN COW**  
Yogurt  
6 oz., selected varieties



**\$2.69** **IMMACULATE BAKING**  
Biscuits  
16 oz., selected varieties

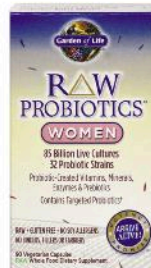


**\$2.19** **GO VEGGIE!**  
Dairy-Free Plain  
Cream Cheese  
8 oz.



**\$2.99**

**CASCADIAN FARMS**  
Organic Cereal  
8.6-14.6 oz., selected varieties



**\$37.99**

**GARDEN OF LIFE**  
RAW Probiotics  
Women  
90 ct.  
other RAW Probiotics  
products also on sale



**\$8.99**

**EQUAL EXCHANGE**  
Organic Bulk Coffee  
per pound in bulk  
Decaf Bulk Coffee not on sale



**4/\$5**

**THINKTHIN**  
Protein Bar  
2.1 oz., selected varieties



**\$3.99**

**R.W. KNUDSEN**  
Just Black Cherry Juice  
32 oz.  
other Just Juice also on sale



**\$3.39**

**NATURE'S PATH**  
Organic Flax Plus  
Cereal  
10.5-14 oz., selected varieties



**\$6.69**

**HYLAND'S**  
Calms Forte Sleep Aid  
100 ct.



**\$10.99** **HIMALAYAN INSTITUTE**

Ceramic Neti Pot  
each  
other Himalayan Institute  
products also on sale



**\$9.39**

**HERB PHARM**

Super Echinacea  
Extract  
1 oz.  
other Herbal Extracts  
also on sale



**\$37.99**

**NORDIC NATURALS**

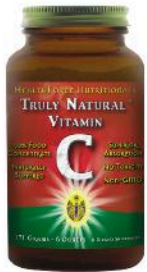
Ultimate Omega  
120 ct.  
other Ultimate Omega products  
also on sale



**\$3.69**

**SOUTH OF FRANCE**

Bar Soap  
6 oz., selected varieties



**\$13.99**

**HEALTHFORCE NUTRITIONALS**

Truly Natural  
Vitamin C  
171 gr., selected varieties



**2/\$6**

**YOGI**

Tea  
16 ct., selected varieties



**\$9.99**

**ALBA BOTANICA**

Very Emollient  
Body Lotion  
32 oz., selected varieties



**\$6.99**

**AVALON ORGANICS**

Vitamin C Facial  
Cleanser  
8.5 oz., selected varieties



**\$5.99**

**DESERT ESSENCE**

Shampoo or  
Conditioner  
8 oz., selected varieties



**\$5.99**

**DR. BRONNER'S**

Organic Shave Gel  
7 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" at [www.strongertogether.coop/pie-dough](http://www.strongertogether.coop/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](http://www.strongertogether.coop), and enjoy your Thanksgiving holiday.

## FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

### CONNECTICUT

**Elm City Market**  
777 Chapel Street, New Haven  
**Willimantic Food Co-op**  
91 Valley Street, Willimantic

### FLORIDA

**Ever'man Natural Foods Co-op**  
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**  
8309 Grubb Road, Silver Spring  
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  
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  
**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  
**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



\$3.39

### CITRADISH

Natural Dish Soap  
25 oz., selected varieties



\$12.99

### SEVENTH GENERATION

Liquid Laundry  
Detergent  
100 oz., selected varieties

What's to love about food co-ops?

Food co-ops in the U.S. generate more than \$1.4 billion in sales and are owned by over 1.3 million people.

We're stronger together.

Learn more at [www.strongertogether.coop](http://www.strongertogether.coop).

Company's coming! Stock up for the holidays at the co-op.



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