

JULY 5 - JULY 18, 2017



\$1.99

ANNIE'S NATURALS

Organic Ketchup

other Condiments also on sale



2/\$7

GARDEN OF EATIN'

Tortilla Chips 10-16 oz., selected varieties



\$2.99

SILK

Almondmilk 64 oz., selected varieties



10/\$10

KIND

Fruit & Nut Bar 1.2-1.4 oz., selected varieties

Featured Inside:

- Summer comfort food recipes for the grill and the oven
- It's the most wonderful time of the year: corn season!
- Liven up your next barbecue with a little imagination
- Cool down with a sweet treat using ingredients from the co-op



Baby Back Ribs with Maple-Mustard Glaze

Serves 6. Prep time: 30 minutes active; 3 hours total.

- 2 tablespoons brown sugar
- 1 tablespoon paprika
- 1 teaspoon dry mustard
- 1 teaspoon dried oregano
- 1 teaspoon coarse salt
- 1 teaspoon freshly cracked pepper

- 4 pounds baby back ribs
- ½ cup Dijon mustard
- 1/4 cup balsamic vinegar
- 1/4 cup maple syrup

Heat oven to 275 degrees F. In a small bowl, combine the sugar, paprika, dry mustard, oregano, salt and pepper. Place the ribs on a large rimmed baking sheet, rub with the spice mixture and tightly cover the baking sheet with foil. Bake for 2 ½ hours. The meat will be tender and easily pull away from the bone. Let cool.

While the ribs bake, make the sauce. In a small bowl, combine the Dijon mustard, vinegar and maple syrup. Transfer ½ cup of the sauce into a small bowl for serving.

Heat grill to medium-high. Grill the ribs, basting with the remaining sauce and turning occasionally, until just turning brown, 4 to 5 minutes. Serve with the reserved sauce.

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



\$5.99

ORGANIC PRAIRIE

Organic Beef Hot Dogs
12 oz.



2/\$7

UDI'S GLUTEN FREE

Hamburger or
Hot Dog Buns
10.8-14.4 oz., selected varieties



2/\$5
HILARY'S
Veggie Burgers
6.4 oz., selected varieties



\$2.39

KETTLE BRAND
Potato Chips
5 oz., selected varieties



3/\$5

SANTA CRUZ

ORGANIC

Organic Lemonade
32 oz., selected varieties



\$7.99

SPECTRUM

Organic Mayonnaise 32 oz. other Mayonnaise also on



2/\$6

LIGHTLIFE

Veggie Hot Dogs
12-13.5 oz., selected varieties



2/\$7

FOOD SHOULD TASTE GOOD

Tortilla Chips
11 oz., selected varieties



\$5.99

HOPE

Organic Guacamole
15 oz., selected varieties



\$2.99

DREW'S

Organic Salsa 12 oz., selected varieties



\$2.69

QUE PASA

Organic Tortilla Chips 12.3-16 oz., selected varieties Salsa also on sale



\$3.69

MARY'S GONE CRACKERS

Organic Crackers 5.5-6.5 oz., selected varieties



2/\$7

BLUE SKY

Organic Soda 6 pack, selected varieties





5/\$5

TAZO

Ready-to-Drink Tea 13.8 oz., selected varieties



BBQ, Reimagined

Everyone loves a cookout! Get creative and add the fresh, unexpected flavors of your favorite summer fruits to barbecue with a fruit-based BBQ sauce. Sweet and tangy berries, cherries and peaches all compliment the bold, smoky taste of grilled meats and veggies. Making your own sauce is easy — most recipes call for blending 1 to 2 cups of the ripe summer fruit of your choice, a little vinegar, salt, tomatoes, onion, garlic and fresh chilies then cooking it on the stove until thick and reduced by half. Pineapple, peach-habanero, blueberry, raspberry-jalapeño your imagination is the limit. Visit www.strongertogether.coop for a great recipe for Cherry Chipotle Barbecue Sauce, and go



Roasted Sweet Corn Bread

Makes 9 servings. Prep time: 20 minutes active; 40 minutes total.

- 1 ear sweet corn (2 if small)
- 1 cup unbleached flour
- 1 cup cornmeal
- 1/4 cup sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1/4 cup butter, melted
- 1 cup plain nonfat yogurt
- 2 large eggs

To roast the corn, heat the oven to 400 degrees F. Place the husked corn on an oiled sheet pan and roast, turning every 5 minutes until the corn is browned and soft. Let cool and then cut the kernels from the cob. You should get about 1 cup.

For the cornbread, heat the oven to 400 degrees F. Butter or grease an 8-inch square metal pan. In a medium bowl, combine the flour, cornmeal, sugar, baking powder and salt, and whisk to combine. Place the yogurt, melted butter and eggs in a medium bowl and whisk to combine. Pour the yogurt mixture over the cornmeal mixture and stir until almost mixed, then add the roasted corn and stir just until the ingredients are combined. Scrape the batter into the prepared pan and smooth the top. Bake for 15 to 20 minutes, until a toothpick inserted in the center of the pan comes out clean. Let cool in the pan for 5 minutes before serving, and cut into 9 squares.



4/\$5
STONYFIELD
Organic Greek
Yogurt

5.3 oz., selected varieties



\$3.99 ORGANIC VALLEY
Organic Large
Brown Eggs



\$4.99

ORGANIC

VALLEY

Organic Grassmilk

64 oz., selected varieties



\$2.99

WOODSTOCK
Organic Mangoes
10 oz.
other Frozen Fruit also on sale



\$8.99

EQUAL EXCHANGE
Organic Whole Bean Coffee per pound in bulk

Decaf Coffee not on sale



\$3.39

NATURE'S PATH ORGANIC

Organic Granola 11.5-12.34 oz., selected varieties Gluten-Free Granola \$3.99



\$3.69

DREAM

Ultimate Almond Beverage 32 oz., selected varieties



\$2.99

SO DELICIOUS

Organic Coconut Milk 64 oz., selected varieties



\$3.39

EREWHON

Organic Cereal 10-11 oz., selected varieties



\$7.99

ARTISANA ORGANICS

Organic Raw Coconut Butter 14 oz.



\$10.99

ONCE AGAIN

Organic Cashew Butter

16 oz. other Cashew Butter also on sale



2/\$4

BIZZY

Organic Coffee Shot 2 oz., selected varieties



\$2.69

R.W. KNUDSEN

Organic Very Veggie Juice 32 oz.

other Juice also on sale





2/\$4

NOOSA

Yoghurt 8 oz., selected varieties



Corn

There is something special about picking up that first bunch of sweet corn from the co-op or farmers market. Corn is a quintessential side on summer days and the options for enjoying it are almost endless: grilled, boiled, steamed or even microwaved. For a savory dish, garnish one cob (or many) with cumin-seasoned butter or sprinkle with Parmesan and black pepper. Add corn kernels and black beans to green salad mixed with spicy dressing for lunch or mix into cornbread to accompany your barbecue. Slice the cooked kernels off the cobs and freeze for later. With an average of 800 kernels per cob, you'll have fresh corn flavor well into fall.



Cool Treats for the Summer Heat

Break out the ice pop molds and beat the summer heat with some simple, sweet recipes for homemade healthy frozen treats. To start, mix up fresh berries with honey, Greek yogurt, lemon juice and a touch of sugar, pour into molds and freeze. Get creative by adding some fresh herbs into the mix; strawberries and mint make for a wildly refreshing snack. Raspberries and rosehips bring some fancy late-summer flavors to the freezer. For the adults, try stirring up a twist on a classic cocktail. Blueberry mojito ice pops are equal parts fun and delicious, but keep the liquor content light so the pops freeze properly, or use rum flavoring instead.



\$3.39

DREAM

on sale

Frozen Almond Bites 6.6 oz., selected varieties other Frozen Novelties also



2/\$7

THREE TWINS

Organic Ice Cream

16 oz., selected varieties



2/\$4

KATE'S Real Food Bar 2.2-3 oz., selected varieties



2/\$7
TALENTI
Gelato

16 oz., selected varieties



4/\$5

LARABAR

Fruits + Greens Bar 1.24 oz., selected varieties



2/\$3

MUNK PACK

Oatmeal Fruit Squeeze 4.2 oz., selected varieties



\$2.39

POPCORN INDIANA

Popcorn 4.4-8 oz., selected varieties



\$4.99

POK POK SOM

Vinegar Sodas 4 pack, selected varieties



\$1.39

BULK

Organic Yellow Popcorn per pound in bulk



\$9.39

BULK

Organic Raw Almonds per pound in bulk



2/\$5
GOODBELLY
Organic Probiotic Drink
32 oz., selected varieties



\$2.69
GT'S
Organic Kombucha

16-16.2 oz., selected varieties



\$2.69

EVOLVE

Protein Shake
12 oz., selected varieties



\$19.99

OREGON'S WILD

Milk Thistle 90 ct. other Herbal Supplements also on sale



\$16.99

JARROW FORMULAS

Jarro-Dophilus EPS 60 ct. other Probiotic products also on sale



\$53.99

NORDIC NATURALS

Ultimate Omega 180 ct. other Omega products also on sale



\$5.99

DR. BRONNER'S

Arnica-Menthol Organic Magic Balm 2 oz.

2 oz. Baby Unscented Organic Magic Balm \$4.99



\$2.99

DR. BRONNER'S

Peppermint Bar Soap 5 oz., selected varieties other Peppermint products also on sale



\$5.99

AVALON ORGANICS

Shampoo or Conditioner 11 oz., selected varieties



\$6.99

ALBA BOTANICA

Hawaiian Detox Scrub 4 oz. other Facial Care products also on sale



\$3.99

JASON

Toothpaste 4.2-6 oz., selected varieties



\$8.99

ECOS

Liquid Laundry Detergent

100 oz., selected varieties





\$2.99

SEVENTH GENERATION

Dish Liquid
22-25 oz., selected varieties



\$6.69 SEVENTH

Bath Tissue

12 ct. other Paper products also on sale

FIND MORE AT THE FOLLOWING NATURAL FOOD 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

Common Market Co-op 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 Food Stores

43 Lyme Road, Hanover

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 Food Co-op 571 South Avenue, Rochester

Flatbush Food Cooperative 1415 Cortelyou Road, Brooklyn

GreenStar Cooperative Market

307 College Avenue, Ithaca 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 1678 Hertel Avenue, Buffalo

Syracuse Real Food Co-op 6 8 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
IIII W. Chapel Hill Street, Durham

French Broad Food Co-op

90 Biltmore Avenue, Asheville Hendersonville Community Co-op

60 S. Charleston Lane, Hendersonvil **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 Co+op 1319 Grandin Road S.W., Roanoke I Market Square S.E., Roanoke



\$2.69

SWEETLEAF ORGANICS

Organic Stevia

other Stevia products also on sale



ZEVIA

Zero Calorie Soda 6 pack, selected varieties



WESTBRAE

Organic Beans 15 oz., selected varieties



\$8.99

NAPA VALLEY NATURALS

Organic Extra Virgin Olive Oil 25.4 oz.



2/\$5

TASTY BITE

Indian Entrees 10 oz., selected varieties



Organic White Quinoa per pound in bulk

Find big summer savings at the co-op!

