

# coop<sup>TM</sup> deals

SEPT 16 - SEPT 29, 2015



2/\$6

**CASCADIAN FARM**

Organic Fruit  
8-10 oz., selected varieties



\$2.99

**KASHI**

Organic Cereal  
10.3-16.3 oz., selected varieties



3/\$5

**ANNIE'S  
HOMEGROWN**

Organic Pasta &  
Cheese Dinner  
6 oz., selected varieties



4/\$5

**CLIF KIT'S  
ORGANIC**

Fruit & Nut Bar  
1.69, selected varieties

## Featured Inside:

- Time to celebrate the organic harvest with great food at the co-op
- Supper is a snap with a 30-minute or less Garlic Basil Ratatouille recipe
- All hail kale! A shaved kale salad, studded with raisins, is just the thing
- Make grilled cheese gourmet with hearty sharp cheddar and dried cherries



## Garlic Basil Ratatouille

Serves 6. Prep time: 30 minutes.

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 1 red or green bell pepper, seeded and diced
- 3 tablespoons minced garlic
- 1 small zucchini, diced
- 1 small yellow squash, diced
- 1 small eggplant, stem removed, cut into ½-inch cubes
- 1 14.5-ounce can Muir Glen Diced Tomatoes
- ½ cup minced fresh basil
- 2 tablespoons pine nuts
- Salt and black pepper to taste

In a large soup pot, heat the olive oil over medium-high heat. Sauté the onion, bell peppers and garlic for a few minutes. Add the zucchini, yellow squash, eggplant and diced tomatoes (with juice) and bring to a simmer. Cover the pot and simmer on low for 10 to 15 minutes, stirring frequently. When the eggplant and squash are tender, stir in the basil and pine nuts, and taste for salt and black pepper. Remove from heat and serve warm.

Serving suggestion: Serve this delicious vegetable stew over cooked couscous or nutty brown rice sprinkled with shredded or flaked Manchego cheese, and a side of garlic green beans. Use fire-roasted instead of plain diced tomatoes for a smoky, outdoor flavor!

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



**3/\$5**

**WESTBRAE**  
Organic Beans  
15 oz., selected varieties



**\$11.99**

**SPECTRUM  
NATURALS**  
Organic Unrefined  
Extra Virgin Olive Oil  
25.4 oz.



**\$1.99**

**MUIR GLEN**  
Organic Tomatoes  
28 oz., selected varieties



**\$2.69**

**PACIFIC**  
Organic Soup  
17-17.6 oz., selected varieties



**\$3.99**

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



**\$2.39 BULK**  
Organic Black Turtle Beans  
per pound in bulk



**3/\$5**  
**STONYFIELD**  
Organic Greek Yogurt  
5.3 oz., selected varieties



**2/\$6**  
**RISING MOON ORGANICS**  
Pasta  
8 oz., selected varieties



**\$7.99**  
**NUTIVA**  
Organic Coconut Manna  
15 oz.  
other Nutiva Coconut Oil also on sale



**\$2.99**  
**LUNDBERG FAMILY FARMS**  
Organic Rice Cakes  
8.5-9.6 oz., selected varieties



**\$3.69**  
**MARY'S GONE CRACKERS**  
Organic Crackers  
6.5 oz., selected varieties



**\$8.49**  
**EQUAL EXCHANGE**  
Organic Coffee  
per pound in bulk  
Decaf Coffee not on sale



**\$14.99**  
**ONCE AGAIN**  
Organic Almond Butter  
16 oz., selected varieties



**\$2.99**  
**GREEN & BLACK'S**  
Organic Chocolate Bar  
3.5 oz., selected varieties



**\$3.99**  
**LUNA & LARRY'S**  
Organic Coconut Bliss Bars  
3-4 pack, selected varieties



## Celebrate the Organic Harvest

Sales of certified organic food continue to grow in the United States and world-wide. According to the Organic Trade Association, 2014 was a record-breaking year, with over \$39 billion in organics purchased around the country. While this still represents only 5% of the total food market, it is a healthy trend. When you see the USDA Certified Organic seal on food, you can be sure that its production has been rigorously reviewed by inspectors to ensure strict standards were met. The label represents a sustainable, transparent and ecologically sound system of food production that not only produces abundant, nutritious, delicious food but also embodies a set of positive goals for our food system.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) to learn more!



## Shaved Kale Salad

Serves 4. Prep time: 20 minutes active; 45 minutes total.

- 1 bunch kale
- 1 ½ tablespoons olive oil
- 1 tablespoon lemon juice
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon minced garlic
- 3 tablespoons sliced almonds
- 2 tablespoons raisins, roughly chopped
- Salt and black pepper to taste

Wash one large bunch of kale and remove the thick center stems from the leaves. Slice the kale into very thin strips and set aside.

In a small bowl, whisk together the olive oil, lemon juice, vinegar, mustard and garlic.

In a large salad bowl, toss the shredded kale with the dressing, almonds and raisins. Season to taste with salt and pepper. Let the salad sit for at least 15 and up to 30 minutes before serving.

Serving suggestion: This slaw-like kale salad is a sweet, tangy and crunchy accompaniment to roasted pork or chicken. Wrap some in lavash with curried rice and pan-fried seitan for an on-the-go meal.

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



**\$5.69**

**BULK**  
Organic Dried  
Sweetened Cranberries  
per pound in bulk



**\$11.99**

**BULK**  
Organic Almonds  
per pound in bulk



**\$1.99** **WILD PLANET**  
Sardines  
4.375 oz., selected varieties



**\$2.99**  
**RUSTIC CRUST**  
Pizza Crust  
9-14 oz., selected varieties  
Organic Pizza Crust \$3.39



**\$2.39**  
**TOFURKY**  
Deli Slices  
4-5.5 oz., selected varieties



2/\$4

**SVELTE**  
Organic Protein Shake  
11 oz., selected varieties



2/\$6

**THE GREEK GODS**  
Greek Yogurt  
24 oz., selected varieties



\$3.39

**ORGANIC INDIA**  
Organic Tulsi Tea  
18 ct., selected varieties



\$2.39

**KEVITA**  
Organic Probiotic Drink  
15.2 oz., selected varieties



4/\$5

**RAW REVOLUTION**  
Organic Superfoods Bar  
1.6-1.8 oz., selected varieties



2/\$5

**VEGA**  
All-in-One Nutritional Shake Packet  
1.4-1.6 oz., selected varieties



\$22.99

**MEGAFOOD**  
Turmeric Strength for Whole Body  
60 ct.  
other Megafood Supplements also on sale



\$19.99

**SPECTRUM ESSENTIALS**  
Fish Oil  
250 ct.s



\$9.99

**EMERGEN-C**  
Vitamin C Dietary Supplement  
30 ct.



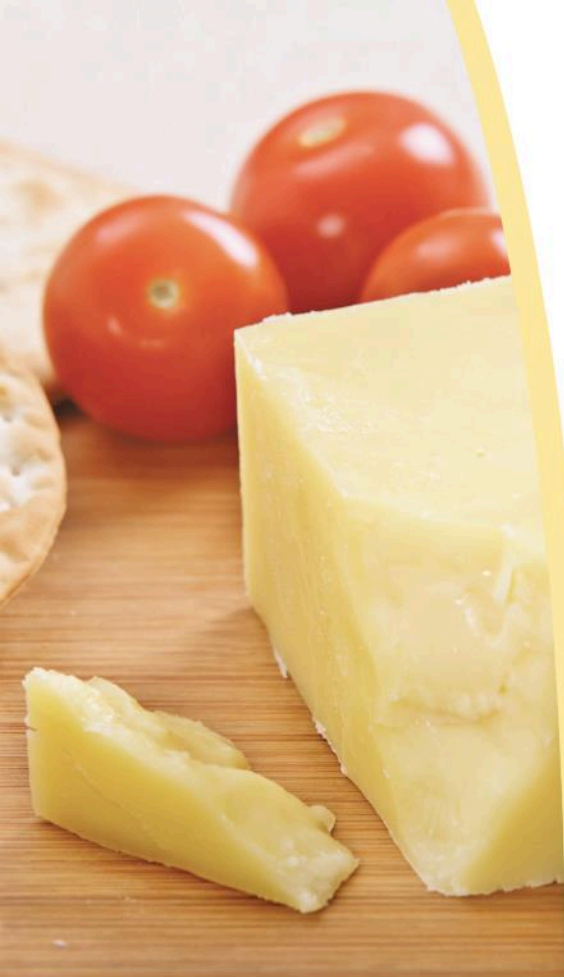
\$8.99

**BOIRON**  
Coldcalm  
60 ct.



## Kale

Believe the hype – kale is an earthy and hearty vegetable versatile enough to be a shopping list staple. Shredded kale sautéed with onion lends depth to a frittata sprinkled with sharp cheddar cheese. Steamed kale is the foundation for a flavorful salad; add cooked brown rice and sliced radishes and cucumber, and top with micro greens and a generous scoop of guacamole or hummus. A kid-friendly kale soup is sweetened with apples; sauté chopped kale, onions and apples in olive oil, add vegetable stock and simmer. Finish by blending with an immersion blender and serve topped with a dollop of crème fraîche.



## Sharp Cheddar

Aging develops the complex, tangy flavors of sharp cheddar cheese; one of the oldest known cheddars was mislaid in a Wisconsin cheese shop and unintentionally aged for 40 years. Even less dramatically-aged sharp cheddars boast distinctive flavors – like caramel, spices or nuts – that set them apart from their milder cousins. Stir thinly-sliced leeks and grated cheddar into your next batch of cornmeal muffins. A grown-up grilled cheese combines sharp cheddar, dried sour cherries and fresh sage between thick slices of crusty whole grain bread. Potatoes, bacon, scallions, garlic and cheddar in a hearty soup may have you craving the return of cooler weather.



**99¢**

**LIBERTE**

Yogurt

6 oz., selected varieties



**\$6.99**

**ORGANIC VALLEY**

Organic Raw Cheddar Cheese

8 oz., selected varieties



**\$3.39**

**NATURE'S PATH**

Organic Cereal

10.6-14 oz., selected varieties



**\$4.99**

**ORGANIC VALLEY**

Organic Grassmilk

64 oz., selected varieties



**\$3.99**

**WALLABY ORGANIC**

Organic Kefir

32 oz., selected varieties



**\$5.69**

**R.W. KNUDSEN**

Just Pomegranate Juice

32 oz.

other R.W. Knudsen Juice also on sale



**2/\$6**

**BROWN COW**

Yogurt

32 oz., selected varieties



**\$3.69**

**RICE DREAM**

Enriched Rice Drink

64 oz., selected varieties



**\$5.69**

**UNCLE MATT'S ORGANIC**

Organic Juice

59 oz., selected varieties



**\$2.99**

**PLANET**

Dishwashing Liquid

25 oz.



**\$4.39** **ZEVIA**  
Zero Calorie Soda  
6 pack, selected varieties



**2/\$4** **EVOL**  
Burrito  
6 oz., selected varieties  
other Evol Burritos also on sale



**2/\$5**  
**LATE JULY ORGANIC**  
Organic Multigrain  
Chips  
11 oz., selected varieties



**2/\$4**  
**STACY'S**  
Pita Chips  
7.33-8 oz., selected varieties



**2/\$4**  
**BOULDER CANYON**  
Potato Chips  
5 oz., selected varieties



**\$3.39**  
**SILVER HILLS SPROUTED BAKERY**  
Bread  
15-22 oz., selected varieties



**2/\$4**  
**POPCHIPS**  
Potato Chips  
3.5 oz., selected varieties



**\$2.99**  
**IMMACULATE**  
Cookie Dough  
14 oz., selected varieties



**2/\$6**  
**ENJOY LIFE**  
Cookies  
6-6.3 oz., selected varieties



**3/\$7**  
**PIRATE BRANDS**  
Snacks  
4-6 oz., selected varieties



## Healthy Snacks

Kids (and adults) need refueling in the course of a day. Preparing healthy snacks ahead of time can help you and your family make easy, healthful choices when hunger strikes.

Here are just a few ideas:

- Fruit pinwheels. Spread cream cheese or nut butter on soft, whole grain tortillas. Add fresh fruit slices (or dried fruit pieces), then roll and slice.
- Squirrel food. Make your own trail mix with nuts and seeds, dried fruits and, if you like, whole grain cereal.
- Ice pops. Pour unsweetened fruit juice into molds or ice cube trays. Include fruit, like raspberries or blueberries, and yogurt for a dairy boost.
- Cut pita bread into triangles, brush with a little olive oil, sprinkle with Italian seasoning, garlic powder, or grated Parmesan. Bake until lightly browned, and dip in hummus.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more healthy snack ideas.

## 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



**\$3.99**

**JASON**  
Toothpaste

4.2-6 oz., selected varieties



**\$4.99**

**SHIKAI**

Shampoo or Conditioner

12 oz., selected varieties



**\$6.99**

**THAYERS**

Witch Hazel

12 oz., selected varieties



**\$2.99**

**SEVENTH GENERATION**

Hand Wash

12 oz., selected varieties



**\$11.99**

**SEVENTH GENERATION**

Liquid Laundry

Detergent

100 oz., selected varieties



**\$7.99**

**SEVENTH GENERATION**

Bath Tissue

12 pack

Celebrate the organic harvest at the co-op.

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

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