

coopTM deals

FEB 15 - FEB 28, 2012



\$2.79

NATURE'S PATH

Organic
Instant Oatmeal
8 ct., selected varieties



\$2.99

IMAGINE

Organic Soup
32 oz., selected varieties



\$2.99

LAKWOOD

Organic Pomegranate
Blend Juice
32 oz., selected varieties



\$13.99

NORDIC NATURALS

Omega-3 Purified Fish Oil
60 ct.
other Nordic Natural products also
on sale

Featured Inside:

- Savory Ginger Baked Tofu makes a tasty weeknight meal
- Tasty tidbits about rice, bananas and Parmesan cheese
- Wake up your tastebuds with a Caribbean-inspired Banana Habanero Salsa
- Chef Kevin Gillespie visits co-ops in Vermont and Washington in our video series



Ginger Baked Tofu

Serves 4. Prep time: 60 minutes.

- 1 pound extra firm tofu, sliced into ½-inch thick rectangles
- ¼ cup sesame oil
- 1 tablespoon garlic, minced (2-3 cloves)
- ½ cup tamari
- ⅓ cup Mirin*
- ¼ cup maple syrup
- 2 tablespoons fresh ginger, peeled and minced (2-inch piece)

Preheat oven to 400 degrees F. Pat the tofu rectangles dry with a paper towel, and place on a sheet pan with a rim. Brush the tofu with the sesame oil. Bake for 30 minutes, flipping each piece over after 15 minutes. Carefully drain most of the oil from the sheet pan. Mix together the ginger, garlic, tamari, Mirin and maple syrup, and pour it over the tofu. Bake for another 15 minutes until the tofu is firm and the sauce has reduced. Remove from heat and serve, drizzled with the sauce from the baking pan and garnished with fresh minced ginger, sesame seeds and scallions.

*Mirin is a sweetened rice wine that is an essential component of Japanese cooking. You can substitute white wine sweetened with a bit of sugar (¼ cup wine plus 1 tablespoon sugar) or use apple juice if you prefer.

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



\$3.29

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



\$1.79

WOODSTOCK
Organic Tofu
14 oz., selected varieties



\$10.49

SHADY MAPLE FARMS
Organic Grade B
Maple Syrup
12.7 oz.



\$2.99

CHOICE
Organic Tea
16 ct., selected varieties



\$9.99

EQUAL EXCHANGE
Bulk Coffee
per pound in bulk, selected varieties



\$ 1.99 **BIONATURAE**
Organic Pasta
16 oz., selected varieties



\$ 12.99
BIONATURAE
Organic Extra Virgin
Olive Oil
25.4 oz.



2/\$5
NEWMAN'S OWN
Pasta Sauce
15-24 oz.,
selected varieties



\$2.59
KETTLE CUISINE
Soup
10 oz., selected varieties



\$ 1.79
LATE JULY
Organic Crackers
5-6 oz.,
selected varieties



2/\$4
**PACIFIC
NATURAL FOODS**
Soup
17.6 oz.,
selected varieties



\$ 1.99
**FANTASTIC
FOODS**
Dinner Mixes
2.7-10 oz.,
selected varieties



\$4.79
BULK
Whole Almonds
per pound in bulk



\$5.49
FRONTERA
Pizza
12.5-13.1 oz.,
selected varieties



\$ 1.89 **BULK**
Organic Red Lentils
per pound in bulk



Varieties of Rice

White or brown rice are staples in many kitchens: inexpensive, easy to cook and versatile in main dishes, sides and even desserts. But there's so much more to rice! Next time you're at the co-op, why not explore some new varieties? With Asian dishes, try a fragrant, nutty basmati or flowery jasmine rice. Hearty meats, root vegetables, or savory seitan are delicious with wild rice (which is really a member of the grass family), Himalayan red rice or exotic black rice. Arborio is the classic ingredient for risotto dishes, but medium-grain rice can be substituted in a pinch, since it has a higher starch content than long-grain rice.

Visit www.strongertogether.coop for seasonal recipes and more!





Parmesan

If you could only have one cheese in your refrigerator, would it be Parmesan, perhaps? There are so many delicious ways to use Parmesan cheese, from appetizers and salads to pizza and pasta. Buying Parmesan in wedges instead of shredded or grated is not only more economical, it also means you'll be using fresh and flavorful cheese in all your culinary creations. Parmesan cheese freezes well, too—just wrap carefully in plastic wrap, ensuring that the cheese is completely covered. Don't throw away the rind; it's completely edible and makes a delicious addition to soups and stews.



The Real Deal

Thinly-sliced Parmesan cheese is a tasty complement to fresh fruit, particularly apples and pears. Besides being an essential ingredient in Alfredo sauce, risotto and pesto, it adds fantastic flavor to crunchy coatings for chicken and fish.

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\$2.19

**LUNDBERG
FAMILY FARMS**

Rice Chips
6 oz., selected varieties
Organic Rice Chips on sale for \$2.49



\$2.99

ENJOY LIFE
Nut and Gluten Free
Cookies
6-6.3 oz., selected varieties



2/\$4

BLUE SKY
Natural Soda
6 pack, selected varieties



\$2.99

**POPCORN
INDIANA**

Popcorn
5.4-10.5 oz.,
selected varieties



2/\$5

KETTLE
Tias! Tortilla Chips
8 oz., selected varieties



\$ 10.99

ALBA BOTANICA
Even Advanced Sea Moss Moisturizer
2 oz.
other Even Advanced products also on sale



\$ 19.99

EMERITA
Pro-Gest Cream
2 oz.
other Emerita products also on sale



\$ 4.99

SPECTRUM ESSENTIALS
Organic Ground Flaxseed
14 oz.



\$ 17.99

NATURAL FACTORS
RxOmega-3 Factors
120 ct.



\$ 3.49

SOUTH OF FRANCE
Bar Soap
8 oz., selected varieties



\$ 12.99

MANITOBA HARVEST
Hemp Pro 50 Protein Powder
16 oz.
other Hemp products also on sale



\$ 4.99

NATURE'S GATE
Shampoo or Conditioner
18 oz., selected varieties



\$ 5.99

EO
Liquid Hand Soap
12 oz., selected varieties



\$ 12.99

BIOKLEEN
Laundry Powder
10 lb.



\$ 10.99

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



Making fresh veggie wraps at Putney Community Garden.

Lights, Cameras, Co-ops!

The United Nations declared 2012 the International Year of Cooperatives and we're celebrating food co-ops, fresh food and the stories of the people they bring together through an online video series hosted by celebrity chef Kevin Gillespie.

This month, Kevin travels to 70 year old Putney Food Co-op in Putney, Vermont, and Community Food Co-op in Bellingham, Washington, visiting an award-winning artisan cheesemaker and one of the highest-rated organic egg producing farms in the country. Check out the videos at www.strongertogether.coop.





Spicy Banana Habanero Salsa

Serves 6. Prep time: 20 minutes.

- 2 tablespoons canola oil
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- 1 tablespoon fresh ginger, peeled and minced
- 2 large firm bananas, peeled and diced (about 2 cups)
- ½ cup yellow bell pepper, diced
- ½ cup green pepper, diced
- ½ cup red onion, diced
- 3 tablespoons fresh minced cilantro
- 1 teaspoon fresh habanero pepper, seeded and minced (1 pepper)

In a medium-sized bowl, whisk together the oil, lime juice, brown sugar and fresh ginger. Add the bananas, peppers, onion and cilantro and mix well.

Serving suggestion: This Caribbean-inspired salsa's sweet-hot flavor adds zest to a simply prepared meal of fish or poultry, and tops a morning omelet or breakfast sandwich with tropical flair. Add chunks of ripe mango or pineapple if you like!

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\$8.29

**SPECTRUM
NATURALS**

Organic Canola Oil
32 oz.



\$1.99

BRAGG

Organic Apple Cider
Vinegar Drink
16 oz., selected varieties



\$5.99

NUTIVA

Organic Coconut Manna
15 oz.



\$3.29

BOCA

Meatless Burgers
10 oz., selected varieties



\$4.29

SO DELICIOUS

Organic Non-Dairy
Frozen Dessert
32 oz., selected varieties



3/\$4

OIKOS
Organic Greek Yogurt
5.3 oz., selected varieties



5/\$4

WALLABY
Organic Lowfat Yogurt
6 oz., selected varieties



\$3.29

ORGANIC VALLEY
Organic Soy Beverage
64 oz., selected varieties



\$2.99

BARBARA'S
Puffins Cereal
9-11 oz., selected varieties



\$1.99

PACIFIC NATURAL FOODS
Organic Almond Beverage
32 oz., selected varieties



\$2.99

ARROWHEAD MILLS
Pancake Mix
26 oz., selected varieties



\$2.99

NATURE'S PATH
Organic Manna Bread
14 oz., selected varieties

BreadshopTM
NATURAL FOODS

\$2.79 BREADSHOP

Honey Gone Nuts Granola
per pound in bulk
other varieties also on sale



\$1.49

BULK
Organic Brown Flaxseed
per pound in bulk



\$4.99

MANITOBA HARVEST
Hemp Hearts
8 oz.
other Hemp products also on sale



Bananas

It's probably no surprise that the banana is the most popular fresh fruit in the United States. After all, where would your cereal bowls, ice cream "splits" and fruit salads be without it? On average, every single person in the U.S. eats 26 pounds of bananas per year! The banana is a healthful snack, pre-packed by nature in a handy yellow jacket. If you have access to Fair Trade bananas—which guarantee fair wages for workers and sustainable farming methods—so much the better.

Learn more about in-season fruits and Fair Trade practices at www.strongertogether.coop.



FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ARKANSAS

Ozark Natural Foods
1554 N. College Ave., Fayetteville

ILLINOIS

Common Ground Food Co-op
300 S Broadway Ave., Urbana

Neighborhood Co-op Grocery
1815 W. Main St., Carbondale

INDIANA

Bloomingsfoods - Market And Deli
3220 E. 3rd St., Bloomington
316 W. 6th St., Bloomington
419 E. Kirkwood Ave., Bloomington

Maple City Market

314 S. Main St., Goshen

Three Rivers Food Co-op

1612 Sherman Blvd., Ft. Wayne

IOWA

New Pioneer Co-op
22 S. Van Buren St., Iowa City
1101 2nd St., Coralville

Oneota Community Co-op

312 W. Water St., Decorah

Wheatsfield Co-op
413 Northwestern Ave., Ames

KANSAS

The Merc
901 Iowa St., Lawrence

KENTUCKY

Good Foods Market & Cafe
455-D Southland Dr., Lexington

MICHIGAN

East Lansing Food Coop
4960 Northwind, East Lansing

Grain Train Natural Foods Market

220 E. Mitchell, Petoskey

GreenTree

Cooperative Grocery
214 N. Franklin, Mt. Pleasant

Marquette Food Co-op
109 W. Baraga Ave., Marquette

Oryana Natural Foods Market
260 E. 10th St., Traverse City

People's Food Co-op

216 N. 4th Ave., Ann Arbor

People's Food Co-op
507 Harrison St., Kalamazoo

Ypsilanti Food Co-op
312 N. River St., Ypsilanti

MINNESOTA

Bluff Country Co-op
121 W. 2nd St., Winona

City Center Market
122 N. Buchanan St., Cambridge

Cook County Co-op
20 E. First St., Grand Marais

Eastside Food Cooperative
2551 Central Ave. N.E., Minneapolis

Harmony Co-op
302 Irvine Ave. N.W., Bemidji

Harvest Moon
2380 W. Wayzata Blvd., Long Lake

Just Food Co-op
516 S. Water St., Northfield

Lakewinds Natural Foods
435 Pond Promenade, Chanhassen
17501 Minnetonka Blvd., Minnetonka

Linden Hills Co-op
3815 Sunnyside Ave., Minneapolis

Mississippi Market
1500 West 7th St., Saint Paul
622 Selby Ave., Saint Paul

People's Food Co-op - Rochester
1001 6th St. N.W., Rochester

River Market Community Co-op
221 N. Main St., Stillwater

Seward Co-op Grocery & Deli
2823 E. Franklin Ave., Minneapolis

St. Peter Food Co-op
228 Mulberry St., St. Peter

Valley Natural Foods
13750 County Road 11, Burnsville

Wedge Co-op
2105 Lyndale Ave. S., Minneapolis

Whole Foods Co-op
610 E. 4th St., Duluth

NEBRASKA

Open Harvest
1618 South St., Lincoln

OHIO

Phoenix Earth Food Co-op
1447 W. Sylvania Ave., Toledo

WISCONSIN

Basics Cooperative
1711 Lodge Dr., Janesville

Chequamegon Food Co-op
215 Chapple Ave., Ashland

Menomonie Market
521 2nd St. E., Menomonie

Outpost Natural Foods
2826 S. Kinnickinnic Ave., Bayview
100 E. Capitol Dr., Milwaukee
7000 W. State St., Wauwatosa

People's Food Co-op - La Crosse
315 5th Ave. S., La Crosse

Viroqua Food Co-op
609 N. Main St., Viroqua

Willy Street Grocery Co-op
1221 Williamson St., Madison
6825 University Ave., Middleton



99¢

LUNA

Nutrition Bar
for Women

1.69 oz., selected varieties



2/\$5

SEASON'S

Potato Chips

8 oz., selected varieties

Chef Kevin Gillespie hosts the new Co+op, stronger together video series celebrating 2012

International Year of Cooperatives.

Check it out at www.strongertogether.coop, or scan this QR code.



Celebrating 2012 International Year of Cooperatives

