

coopTM deals

NOV 5 - NOV 18, 2014



\$2.99

WHOLESOME SWEETENERS

Organic Brown Sugar
24 oz., selected varieties
other Wholesome Sweetener
products also on sale



\$2.99

KASHI

Organic Cereal
10.3-16.3 oz., selected
varieties



2/\$7

ANNIE'S HOMEGROWN

Snack Mix
9 oz., selected varieties



2/\$6

CASCADIAN FARM

Organic Frozen Fruit
8-10 oz., selected varieties

Featured Inside:

- Find delicious ingredients for holiday baking at your co-op
- Pumpkins are the produce feature, with a savory recipe to try
- What's fresh in the deli? Why, pumpkin whoopie pies, of course
- Pecans and apples star in our simple spiced bundt cake recipe



Spiced Apple Bundt Cake

Prep time: 20 minutes active; 75 minutes total.

Pecan filling:

- 1 cup chopped pecans
- 1/4 cup brown sugar, lightly packed
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/2 teaspoon ground ginger

Cake batter:

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 1/2 cup sugar
- 1/2 cup brown sugar, lightly packed
- 1 teaspoon salt
- 2 eggs, beaten
- 3/4 cup vegetable oil
- 1 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 3 cups peeled and diced tart apples

Preheat oven to 350°F.

To make the pecan filling, mix together the pecans, sugar and cinnamon in a small bowl and set aside.

For the cake batter, whisk together the flours, sugars, salt, baking soda and spices in large bowl. In a separate bowl, mix together the eggs, oil, applesauce and vanilla. Add the wet mixture to the dry ingredients and stir just until blended. Fold in the diced apples.

Grease the Bundt pan, spoon half the batter into the bottom of the pan, sprinkle evenly with the pecan filling and top with the remaining batter. Place in the oven and bake for 45-50 minutes. Check for doneness and continue baking if needed. Let the cake cool in the pan before turning it out.

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



\$3.99

MEDITERRANEAN ORGANIC

Organic Fruit Preserves
13 oz., selected varieties



\$1.19

BULK

Organic Rolled Oats
per pound in bulk



\$12.99

BULK

Organic Pecan Halves
per pound in bulk



\$5.39

BOB'S RED MILL

Organic Unbleached
Flour

5 lb., selected varieties
other 5 lb. Flour also on sale



2/\$5

GREEN & BLACK'S

Organic Chocolate Bar
3.5 oz., selected varieties



2/\$6

FOOD SHOULD TASTE GOOD

Tortilla Chips
11 oz., selected varieties



\$2.69 **BLUE SKY**
Natural Soda
6 pack, selected varieties



\$2.39

THEO
Organic Chocolate
Bar
3 oz., selected varieties



\$2.99

EVOLUTION FRESH
Defense Up Smoothie
15.2 oz.
other Juice and Smoothies
also on sale



2/\$3

SAN PELLEGRINO
Sparkling Mineral
Water
750 ml.



\$6.99

ALTER ECO
Organic Assorted
Truffles
8 ct.



\$2.69

SANTA CRUZ ORGANIC
Organic Applesauce
23 oz., selected varieties



\$2.19

BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



\$2.69

BACK TO NATURE
Crackers
4-8.5 oz., selected varieties



4/\$5 **LARABAR**
Uber Fruit & Nut Bar
1.42 oz., selected varieties



What's luscious, melt-in-your-mouth delicious and makes the perfect gift? Just in time for the holidays, we bring you these exclusive Alter Eco Truffles. Each box includes a pair each of sweet dark chocolate Black Truffles, silky-smooth milk chocolate Velvet Truffles, classic Salted Caramel Truffles and mouthwatering Sea Salt Truffles. Did we mention they're organic, fair trade, made with cooperatively-sourced ingredients and come in individual compostable wrappers? It's like a gift within a gift!





Savory Stuffed Pumpkin

Serves 4. Prep time: 20 minutes active; 90 minutes total.

- 2 small pie pumpkins
- Pinch each of salt and ground black pepper
- 1 tablespoon unsalted butter
- ½ cup chopped onion
- 8 ounces vegetarian or regular sausage, crumbled
- 1 clove garlic, minced
- ½ cup chopped Granny Smith apples
- 1 6-ounce package stuffing mix
- ½ cup shredded Swiss cheese (optional)
- 1 cup vegetable broth

Preheat oven to 350°F.

Use a sharp knife to remove the tops from each pumpkin (like a jack-o'-lantern). Scrape out the seeds and filaments and discard. Season the inside of the pumpkins with salt and pepper.

Melt butter in a large skillet over medium heat. Add the onion and sauté for 5 minutes or until limp. Add sausage and cook until lightly browned, then add the garlic and apples and cook 2 minutes more. Remove from heat.

In a medium bowl, combine the onion and sausage mixture with the stuffing mix, cheese and broth and mix together until combined and slightly moistened. Divide and lightly pack the stuffing into the pumpkins until completely full. Replace the tops on the pumpkins, place them on a lined or lightly-oiled baking sheet or dish and into the oven. Depending on the size of the pumpkin and amount of flesh, the pumpkins should take about an hour to bake. Check after 30 minutes and, when nearly cooked, remove the tops and bake until the filling is browned. The pumpkins are done when easily pierced with a knife. Use two metal spatulas to move them from the baking dish onto the serving platter, to help keep the pumpkins intact. To serve, slice pumpkins into wedges or halves.

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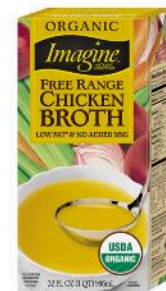
\$ 1.89

WOODSTOCK
Organic Vegetables
10 oz., selected varieties
other Organic Vegetables \$1.99



\$ 3.39

GLUTINO
Cornbread Baking Mix
12 oz.
other Baking Mixes also on sale



2/\$4

IMAGINE
Organic Broth
32 oz., selected varieties



\$ 5.89

BULK
Organic Dried Cranberries
per pound in bulk



\$ 5.99

QUORN
Meat-Free Turk'y Roast
16 oz.



\$7.99

**ANNIE'S
HOMEGROWN**
Family Size Frozen
Entrees
28 oz., selected varieties



3/\$4

**ANNIE'S
HOMEGROWN**
Microwavable Mac &
Cheese Cup
1.62-2.01 oz., selected varieties



\$1.69

**LUNDBERG
FAMILY FARMS**
Organic Short Grain
Brown Rice
per pound in bulk
Organic Long Grain Brown Rice
\$1.99



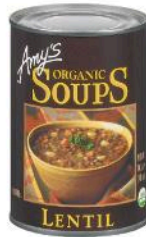
\$2.39

DREW'S
All Natural Dressing
12 oz., selected varieties



\$3.39

GARDEIN
Meat-Free Crispy
Tenders
9 oz.
other Gardein products
also on sale



2/\$5

AMY'S
Organic Soup
14-14.5 oz., selected varieties



\$1.99

BIONATURAE
Organic Pasta
16 oz., selected varieties



\$2.39

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



2/\$5

FIELD DAY
Organic Pasta Sauce
26 oz., selected varieties



2/\$5

PACIFIC
Organic Soup
17 oz., selected varieties



Pie Pumpkins

For a DIY project with a delicious reward, bake a from-scratch pumpkin pie. Pie pumpkins are smaller than those you'll find at a Halloween pumpkin patch; they also have fewer seeds and proportionately more tender, sweet flesh. To prepare, wash the pumpkin thoroughly, slice it in half, remove the stem, and scrape out the seeds and as much of the stringy fiber as you can. Cut each section in half once more, lay the quarters on a baking sheet and bake at 350°F for about 45 minutes or until tender. The skin should peel away easily so you can blend or mash the pumpkin flesh. Store any extra pumpkin puree in the freezer for later use in pancakes, soup, bread, muffins or cheesecake.

Visit www.strongertogether.coop for more ways to use seasonal fruits and 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.

Pumpkin Whoopie Pies

Fresh-baked pumpkin cookie sandwiches stuffed with seasoned cream cheese frosting.

save **25¢**



79¢

BROWN COW
Cream Top Yogurt
6 oz., selected varieties



\$3.69

TAZO
Tea
20 ct., selected varieties



\$3.69

RUDI'S ORGANIC BAKERY
Organic Bread
20-22 oz., selected varieties



\$7.69

R.W. KNUDSEN
Organic Just
Cranberry Juice
32 oz.
other Just Juice also on sale



\$2.69

BROWN COW
Cream Top Yogurt
32 oz., selected varieties



\$9.99

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



2/\$3

SILK
Soy Creamer
16 oz., selected varieties



\$6.69

MARANATHA
Organic Peanut Butter
16 oz., selected varieties



\$2.99

ORGANIC VALLEY
Organic Cream
Cheese Bar
8 oz.



\$2.69 **IMMACULATE BAKING**

Biscuits
16 oz., selected varieties



2/\$5

GT'S

Organic Kombucha
16 oz., selected varieties



\$29.99

NEW CHAPTER

Zyflamend
Whole Body
60 ct.



\$8.99

NUTIVA

Organic Hempseed
12 oz.
other Nutiva products also on sale



\$16.99

JARROW
FORMULAS

Jarro-Dophilus EPS
60 ct.



\$9.99

BOIRON

Oscilloccinum
6 dose



\$21.99

NORDIC
NATURALS

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



\$1.69

WELLNESS

Cat Food
5.5 oz., selected varieties
other Wellness Cat and Dog
Food products also on sale



\$8.99

HERB PHARM

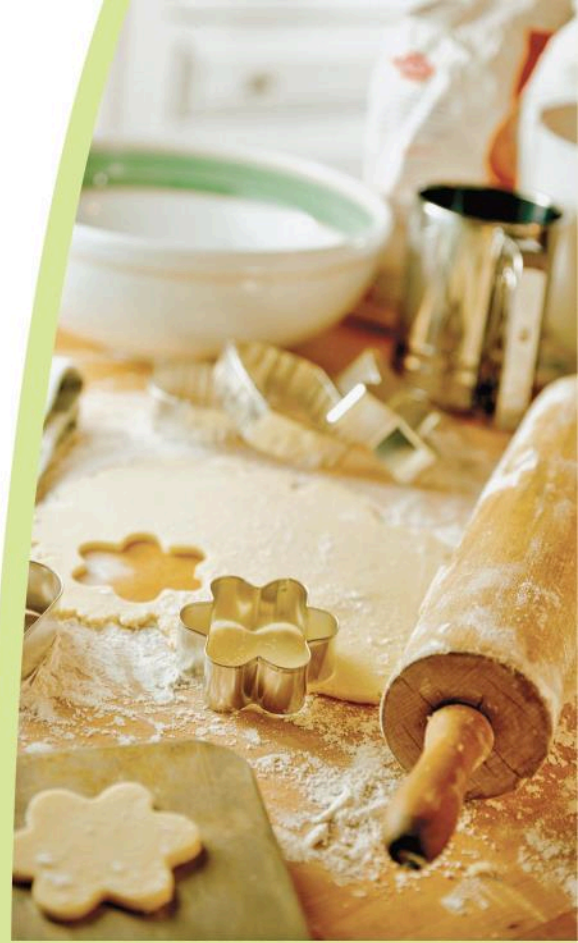
Passionflower Extract
1 oz.
other Herb Pharm Extracts
also on sale



2/\$6

YOGI

Tea
16 ct., selected varieties



Holiday Cookie Revival

Whether you grew up in a family of bakers or not, holiday baking traditions can be lots of fun. And baking up a big batch of cookies is a simple way to start! Cookies are (mostly) easy to make and loved by (nearly) everyone. A simple sugar cookie recipe is one place to start; or buttery jam-filled thumbprints, perhaps, customized with your favorite jam or jelly flavors. Double the batch so you'll have plenty for gifts, cookie exchanges or just to store in the freezer for later. Your house will smell extra-welcoming, too.

Visit www.strongertogether.coop for great holiday recipes and entertaining ideas.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ILLINOIS

Common Ground Food Co-op
300 S Broadway Ave., Urbana
Neighborhood Co-op Grocery
1815 W. Main St., Carbondale

INDIANA

3 Rivers Natural Grocery
1612 Sherman Blvd., Fort Wayne
Bloomingsfoods Market and Deli
614 E. 2nd St., Bloomington
3220 E. 3rd St., Bloomington
316 W. 6th St., Bloomington
419 E. Kirkwood Ave., Bloomington
Ivy Tech, 200 Daniels Way, Bloomington
Maple City Market
314 S. Main St., Goshen

IOWA

New Pioneer Co-op
22 S. Van Buren St., Iowa City
3338 Center Point Rd N.E., Cedar Rapids
1101 2nd St., Coralville
Oneota Community Co-op
312 W. Water St., Decorah
Wheatfield Cooperative
413 Northwestern Ave., Ames

KANSAS

The Merc
901 Iowa St., Lawrence

KENTUCKY

Good Foods Co-op
455-D Southland Dr., Lexington

MICHIGAN

East Lansing Food Co-op
4960 Northwind, East Lansing
Grain Train Natural Foods Market
220 E. Mitchell, Petoskey
Grain Train Neighborhood Market
104 S. Park St., Boyne City
GreenTree Cooperative Grocery
214 N. Franklin, Mt. Pleasant
Keweenaw Co-op Natural Foods Market & Deli
1035 Ethel Ave., Hancock
Marquette Food Co-op
502 W. Washington, 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 Whole Foods Co-op

20 E. First St., Grand Marais

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

Harmony Natural Foods Co-op

302 Irvine Ave. N.W., Bemidji

Harvest Moon Natural Foods

2380 W. Wayzata Blvd., Long Lake

Just Food Co-op

516 S. Water St., Northfield

Lakewinds Food Co-op

435 Pond Promenade, Chanhassen

17501 Minnetonka Blvd., Minnetonka

6420 Lyndale Ave. S., Richfield

Linden Hills Co-op

3815 Sunnyside Ave., Minneapolis

Mississippi Market

1500 West 7th St., Saint Paul

622 Selby Ave., Saint Paul

Natural Harvest Food Co-op

503 3rd St. N., Virginia

People's Food Co-op - Rochester

519 1st Avenue S.W., Rochester

River Market Community Co-op

221 N. Main St., Stillwater

Seward Community Cooperative

2823 E. Franklin Ave., Minneapolis

St. Peter Food Co-op & Deli

228 W. Mulberry St., St. Peter

The Wedge Co-op

2105 Lyndale Ave. S., Minneapolis

Valley Natural Foods

13750 County Road 11, Burnsville

Whole Foods Co-op

610 E. 4th St., Duluth

NEBRASKA

Open Harvest Cooperative Grocery
1618 South St., Lincoln

OHIO

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

SOUTH DAKOTA

The Co-op Natural Foods
410 W. 18th St., Sioux Falls

WISCONSIN

Basics Cooperative

1711 Lodge Dr., Janesville

Chequamegon Food Co-op

700 Main St. W., Ashland

Menomonie Market Food Co-op

521 2nd St. E., Menomonie

Outpost Natural Foods Cooperative

2826 S. Kinnickinnic Ave., Bayview

7590 Mequon Rd., Mequon

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 Co-op

1221 Williamson St., Madison

6825 University Ave., Middleton



\$3.99 **TOM'S OF MAINE**
Toothpaste
5.5 oz., selected varieties



\$5.99
DESERT ESSENCE
Shampoo or
Conditioner
8 oz., selected varieties



\$3.39
CITRASOLV
Homesolv Dish Soap
25 oz., selected varieties



\$11.99
DR. BRONNER'S
Organic Shikakai Soap
24 oz., selected varieties



\$11.99
SEVENTH GENERATION
Liquid Laundry
Detergent
100 oz., selected varieties



\$1.99
FUCHS
Record V Toothbrush
each, selected varieties

Find your holiday baking supplies at the co-op!

coopTM
stronger together

MW114AZ2,3