

# coop<sup>TM</sup> deals

OCT 1 - OCT 21, 2014



\$6.39

**NATURE'S PATH**  
Organic Cereal  
26.4-32 oz., selected varieties



\$4.39

**ORGANIC VALLEY**  
Organic Omega-3 Milk  
64 oz., selected varieties



2/\$4

**LATE JULY  
ORGANIC**  
Organic Snack Chips  
6 oz., selected varieties



\$2.99

**EQUAL  
EXCHANGE**  
Organic Chocolate Bar  
3.5 oz., selected varieties

## Featured Inside:

- Happy Co-op Month! Co-ops are all about you
- Enjoy delicious savings on great products at your co-op
- Fresh in the deli this month: squash with pumpkin seed pesto
- Delicious butternut squash stars in our easy apple bacon hash recipe



## Jerk-Style Tempeh Stew

Serves 4. Prep time: 40 minutes.

- 2 tablespoons vegetable oil
- 1 cup diced onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 1 tablespoon minced ginger
- 2 tablespoons minced jalapeño pepper
- 1 tablespoon minced garlic
- ½ teaspoon crushed red pepper
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- ½ tablespoon cracked black pepper
- 2 teaspoons ground allspice
- 2 cups tempeh, cut into ½-inch cubes
- 2 cups diced sweet potatoes
- 3 cups water
- 2 cups diced tomatoes
- 2 cups tomato sauce
- 1 tablespoon Sriracha sauce
- 3 tablespoons sugar

In a large pot, heat the oil over high heat. Add the onion, carrot and celery and sauté 3 minutes, then add the ginger and jalapeño and cook for 2 more minutes. Next, add the garlic, spices, tempeh and sweet potatoes and sauté 2 minutes. Pour in the water, cover and bring to a boil. Reduce heat to medium and boil 5 minutes. Add the diced tomatoes, tomato sauce, Sriracha sauce and sugar and simmer 15 minutes until the sweet potatoes are tender.

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



**\$5.99**

**BULK**

Organic Quinoa  
per pound in bulk



**\$3.69**

**DAIYA**

Dairy-Free Shreds  
8 oz., selected varieties



**\$12.99**

**SPECTRUM**

Organic Extra Virgin  
Mediterranean Olive Oil  
33.8 oz.



**\$2.39**

**WESTBRAE**

Organic Beans  
25 oz., selected varieties



**2/\$5**

**TASTY BITE**

Indian Cuisine  
10 oz., selected varieties



**\$6.99**

**ANNIE'S  
HOMEGROWN**

Pizza  
22.5-23.1 oz.,  
selected varieties



**\$3.39**

**IMAGINE**  
Organic Soup  
32 oz., selected varieties



**\$2.99**

**ANNIE'S  
HOMEGROWN**

Skillet Dinner  
8.7-10.6 oz., selected varieties



**\$3.39**

**GLUTINO**  
Gluten-Free Sandwich  
Bread  
14.1 oz., selected varieties



**5/\$4**

**KOYO**  
Ramen  
1.9-2.1 oz., selected varieties



**\$2.19**

**ANNIE'S  
NATURALS**  
Dressing  
8 oz., selected varieties



**\$3.69**

**BLAKE'S**  
Chicken Pot Pie  
8 oz.  
other Frozen Entrees  
also on sale



**2/\$6**

**YOGI**  
Organic Tea  
16 ct., selected varieties



**\$2.69**

**ALEXIA**  
Sweet Potato Fries  
15 oz.  
other Alexia products  
also on sale



**\$3.69**

**BOCA**  
Veggie Patties  
10 oz., selected varieties

## 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.

### Butternut Squash with Pumpkin Seed Pesto

*Oven-roasted butternut squash  
tossed with a cilantro and toasted  
pumpkin seed pesto.*

save **50¢**  
per pound



## Squash, Bacon and Apple Hash

Serves 4-6. Prep time: 25 minutes active; 45 minutes total.

- 4 cups diced butternut squash (about a 3-pound squash)
- 2 teaspoons vegetable oil
- ½ pound bacon
- 1 cup diced yellow onion
- 1 apple, peeled, cored and diced into 1-inch cubes
- 2 teaspoons minced fresh sage
- Salt
- Ground black pepper

Preheat the oven to 400°F.

Peel, seed and dice the butternut squash into 1-inch cubes. In a bowl, toss the squash with the vegetable oil and a pinch of salt and pepper. Place the squash on a baking tray and bake for 20-25 minutes, stirring halfway through, until the squash is tender. Remove from the oven and set aside.

While the squash bakes, cook the bacon in a large skillet over medium heat until crispy, turning occasionally. Remove the bacon from the pan and set aside on paper towels. Carefully drain all but 2 tablespoons of the bacon grease from the pan. Add the onion to the pan and sauté over medium-high heat for 5 minutes, then add the apple and cook another 5 minutes, stirring occasionally. Crumble or chop the bacon into bite-sized pieces.

Add the cooked butternut squash, bacon and sage back into the pan and let the hash cook, without stirring, for several minutes to build up a nice brown crust on the bottom. Sprinkle in a pinch each of salt and pepper and continue to cook another few minutes until the hash is adequately brown and crisp.

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



**\$ 1.99**

**NATURAL SEA**

Yellowfin Tuna  
5 oz., selected varieties



**\$4.39**

**RUDI'S  
GLUTEN-FREE  
BAKERY**

Sandwich Bread  
18 oz., selected varieties



**\$5.39**

**ONCE AGAIN**

Organic Sunflower  
Seed Butter  
16 oz., selected varieties



**2/\$5**

**MEDITERRANEAN  
SNACKS**

Lentil Crackers  
4.5 oz., selected varieties



**\$3.99**

**BLUE SKY**

Zero Calorie Soda  
6 pack, selected varieties



2/\$3

**C20**

Coconut Water  
17.5 oz., selected varieties



5/\$5

**WHOLESOY**

Soy Yogurt  
6 oz., selected varieties



2/\$5

**FOOD SHOULD TASTE GOOD**

Pita Puffs  
4 oz., selected varieties



2/\$5

**KETTLE BRAND**

Baked Potato Chips  
4 oz., selected varieties



2/\$5

**GARDEN OF EATIN'**

Corn Chips  
7.5-8.1 oz., selected varieties



\$3.19

**GREEN MOUNTAIN GRINGO**

Salsa  
16 oz., selected varieties



\$9.99

**BULK**

Organic Almonds  
per pound in bulk



2/\$5

**BLUE DIAMOND**

Nut Thins  
4.25 oz., selected varieties



\$4.99

**GLUTINO**

Gluten-Free Pretzels  
14.1 oz., selected varieties



2/\$6

**RHYTHM SUPERFOODS**

Organic Kale Chips  
2 oz., selected varieties

## Butternut Squash

Sweet and hearty butternut squash is wonderfully versatile; bake, braise, roast or steam this fall favorite to create a delectable variety of soups, sides and main dishes. Baked cubes of squash mashed with butter and cinnamon makes a warming side dish with roasted meat or fish. For a beautiful golden soup, steam squash and blend with cooked carrots, onion, leeks, butter or cream, and thyme or nutmeg. Roasted or steamed squash also complements earthy grains like faro, quinoa or wild rice. At its best from early fall through winter, store whole unblemished squash for up to three months in a cool, dry place.

# Co-ops working together

October is celebrated internationally as Co-op Month. One of the Cooperative Principles (the seven core principles under which cooperatives around the world operate) is “cooperation among cooperatives,” and your local food co-op is part of this movement.



## A Co-op of Cooperatives

One of the ways your food co-op cooperates with other like-minded businesses is through its membership in National Cooperative Grocers Association (NCGA), a business services cooperative owned by more than 140 food co-ops around the United States. Besides providing direct services to help co-ops grow and prosper, NCGA advocates on behalf of its co-ops for a sustainable food system, fair treatment of people and a healthy environment.

## Support for Organic Farming

Through NCGA, your co-op is supporting organic farming in partnership with the National Organic Coalition, which, among other efforts, helped push for a Farm Bill that helps small farmers afford organic certification and supports research on organic farming – and more organic farms means more food grown without synthetic chemicals and pesticides and fewer toxins in the environment.

## Labeling

Food co-ops are working together to support transparency in food labeling, like statewide efforts to label GMOs and the nation-wide work of Just Label It. Co-op shoppers want to know where their food comes from and the ingredients it contains, and NCGA co-ops are working to maintain high standards in both these areas.

## Healthy Environment

In partnership with NCGA, your co-op supports other organizations that share a collective vision for a healthy environment, including Beyond Pesticides, Seed Matters, Environmental Working Group and Center for Food Safety.

## Co+op Forest

Some of this advocacy and other work NCGA performs on behalf of the co-ops it serves requires air travel, which carries with it an environmental cost. To help offset those costs, and gain other benefits, NCGA is engaged in a cooperative effort to promote a healthy environment through the Co+op Forest. NCGA is working with the international environmental collective Pur Projet on this unique carbon offset program that plants native trees to help restore the Peruvian rainforest.

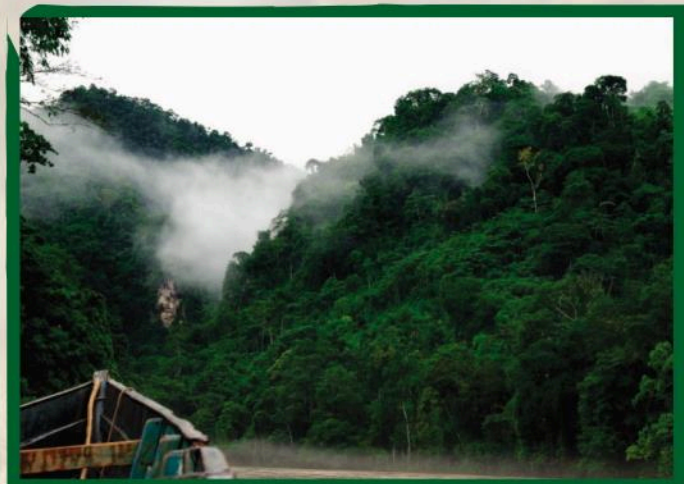
**You can learn more about Co+op Forest, NCGA's advocacy efforts, cooperative principles and values and more at [www.strongertogether.coop](http://www.strongertogether.coop).**



Chef Kevin Gillespie (left) talks with Minnesota farmer/co-op supplier Rae Rusnak (right)



Greens being harvested at certified organic farm, Gardens of Eagan, a co-op supplier.



The Co+op Forest in Northern Peru helps offset NCGA's carbon footprint



Photo courtesy of National Co-operative Archive

## Co-op History: The Rochdale Pioneers

In 1843 workers in the textile mills of Rochdale, England, went on strike. When the strike failed, they began to look for other ways to improve their lives. Instead of asking charitable groups for help, workers took control of one of the most immediate and pressing areas of their lives: food. Twenty-eight people founded the Rochdale Equitable Pioneers Society to provide an alternative to “the company store.”

The Rochdale Pioneers weren't the first group to try forming a co-op, but they were the first to make their co-op succeed. Today, Rochdale is considered the birthplace of the modern cooperative movement.

October is Co-op Month; to learn more, visit [www.strongertogether.coop](http://www.strongertogether.coop).



**4/\$5**

**CLIF**  
Builder's Protein Bar  
2.4 oz., selected varieties



**99¢**

**LARABAR**  
Fruit & Nut Bar  
1.6-1.8 oz., selected varieties



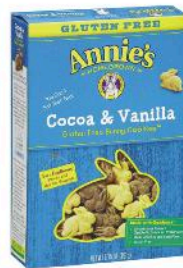
**\$6.99**

**ALTER ECO**  
Assorted Truffles  
8 ct.



**2/\$5**

**ANGIE'S**  
Boomchickapop  
Popcorn  
4.5-7 oz., selected varieties



**\$2.99**

**ANNIE'S  
HOMEGROWN**  
Gluten-Free Bunny  
Cookies  
6.75 oz., selected varieties



**2/\$6**

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



**\$2.99**

**GO RAW**  
Organic Coconut Crisps  
2 oz., selected varieties



**4/\$5**

**JUSTIN'S**  
Organic Peanut Butter  
Cups  
1.4 oz., selected varieties



**3/\$4**

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



**\$2.99**

**MI-DEL**  
Cookies  
8-10 oz., selected varieties





2/\$5

**R.W. KNUDSEN**  
Simply Nutritious Juice  
32 oz., selected varieties



\$9.99

**EQUAL EXCHANGE**  
Organic Bird of Paradise  
Coffee  
per pound in bulk



3/\$5

**SO DELICIOUS**  
Organic Coconut Milk  
32 oz., selected varieties



2/\$6

**EQUAL EXCHANGE**  
Organic Tea  
20 ct., selected varieties



\$3.39

**ENVIROKIDZ**  
Organic Cereal  
10-14 oz., selected varieties  
Envirokidz Bars on sale for \$2.99



2/\$4

**BLUE DIAMOND**  
Almond Breeze  
Nondairy Beverage  
32 oz., selected varieties



\$3.99

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



\$6.99

**EQUAL EXCHANGE**  
Organic Packaged  
Coffee  
10-12 oz., selected varieties  
Decaf Coffee \$8.99



\$3.69

**SILK**  
Almondmilk  
64 oz., selected varieties



\$2.79

**PEACE**  
Cereal  
10-16 oz., selected varieties



## Celebrate Co-op Month

Food co-ops were founded with the mission to be the most trusted source for the best in fresh, wholesome food. People from all walks of life came together to meet their community's needs based on the value of local ownership. Co-op owners help build something special—a store owned by the people who patronize it.

Every October, we celebrate cooperation and the power it has to improve lives. To co-op member-owners and shoppers everywhere, happy Co-op Month! We truly are stronger, together.

To learn more, visit [www.strongertogether.coop](http://www.strongertogether.coop).



# Banana Oat Bars

Makes 20 bars.  
Prep time: 35 minutes.

- ¾ cup softened butter
- ½ cup brown sugar
- ½ cup white sugar
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 ½ cups mashed fair trade bananas
- 1 cup whole rolled oats
- ¾ cup all-purpose flour
- 2 teaspoons baking powder
- 1 cup semisweet chocolate chips
- ½ cup chopped pecans (optional)

Preheat oven to 350°F. Grease and flour a 9 x 13-inch baking pan. In a large bowl, cream together the butter and sugars. Mix in egg and vanilla extract. Fold in mashed banana. In a small bowl, mix together oats, flour and baking powder, then fold dry ingredients into the wet mixture. Stir in chocolate chips and nuts (if using). Spread into prepared pan and bake 25 minutes, until set. Let cool before cutting into squares. Use fair trade bananas, sugar and chocolate for an extra-sweet lunchbox treat.



**5/\$5**

**LIBERTE**  
Mediterranean Yogurt  
6 oz., selected varieties



**\$1.19**

**BULK**  
Organic Steel-Cut Oats  
per pound in bulk



**\$2.39**

**GOLDEN TEMPLE**  
Granola  
per pound in bulk,  
selected varieties



**2/\$5**

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



**\$8.69**

**ORGAIN**  
Organic Nutrition  
Shake  
4 pack, selected varieties



**\$5.39**

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



**\$43.99**

**GARDEN OF LIFE**  
Organic Meal  
Replacement  
2.5-2.7 lb., selected varieties



**\$9.99**

**MANITOBA HARVEST**  
Organic Hemp Protein  
Powder  
16 oz.  
other Manitoba Harvest  
products also on sale



**\$21.99**

**NORDIC NATURALS**  
Ultimate Omega  
60 ct.  
other Nordic Naturals  
products also on sale



**\$8.99**

**NUTRITION NOW**  
PB8 Acidophilus  
60 ct.  
other Nutrition Now products  
also on sale



4/\$5

**HAPPY BABY**

Organic Stage 2  
Baby Food  
3.5 oz., selected varieties



\$3.99

**AURA CACIA**

Sweet Almond Skin  
Care Oil  
4 oz.  
other Skin Care Oil also on sale



\$14.99

**ACURE**

Day Cream  
1.75 oz.  
other Acure products  
also on sale



\$6.99

**ALAFFIA**

Shea Butter Shampoo  
or Conditioner  
8 oz., selected varieties



\$9.99

**JASON**

Body Wash  
30 oz., selected varieties



\$10.99

**DR. BRONNER'S**

Liquid Soap  
32 oz., selected varieties



2/\$5

**SEVENTH  
GENERATION**

Dish Liquid  
25 oz., selected varieties



\$1.19

**FIELD DAY**

Facial Tissues  
85 ct.



\$8.99

**BIOKLEEN**

Liquid Laundry  
Detergent  
64 oz., selected varieties  
other Biokleen Laundry items  
also on sale



4/\$5

**ORGANIX**

Organic Cat Food  
5.5 oz., selected varieties  
other Castor & Pollux Organix  
Cat Food items also on sale



photo courtesy of Dr. Bronner's Magic Soaps

## What is Fair Trade?

Fair trade is an ethical partnership between consumers and producers around the world. Food and other products that are purchased via fair trade support the farmers and artisans who produce them, their families and communities, and the environment. Over a million farmers and workers in 58 developing countries—across Africa, Asia, and Latin America—are currently participating in fair trade. Fair trade benefits farmers and workers and their communities by guaranteeing decent living wages for products—wages that enable producers to support their families and contribute to the betterment of their communities. Besides chocolate, tea, handcrafts and coffee, there are many more fair trade products that are available. Look for fair trade products at your local co-op.

## 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  
**Bloomingfoods 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  
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

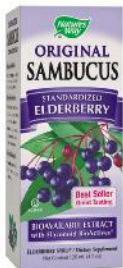
**Phoenix Earth Food Co-op**  
1447 W. Sylvania Ave., Toledo

### 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



\$10.99

**NATURE'S WAY**

Sambucus Syrup  
4 oz., selected varieties



\$1.99

**RICOLA**

Cough Drops  
21-24 ct., selected varieties



**coop kitchen**

See what's cooking at

[www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen)



**Celebrate Co-op Month at your community co-op!**

**coop**™  
stronger together

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