

coopTM deals

MAR 4 - MAR 17, 2015



2/\$5

NATURE'S PATH

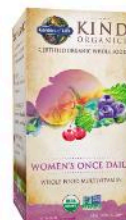
Organic Waffles
7.4 oz., selected varieties



\$2.39

PACIFIC

Organic Almond
Beverage
32 oz., selected varieties



\$21.99

GARDEN OF LIFE

Women's Once Daily
Multivitamin

30 ct.
other KIND Organics products
also on sale



5/\$5

LARABAR

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

Featured Inside:

- Try a fresh take on lunch with a salad in a jar
- Fresh in the co-op deli this month: Ramen Cabbage Crunch
- Make a homemade salad dressing with inspiration from our quick tutorial
- Recipes with international flair: Peruvian soup and Indian braised cabbage



Peruvian Quinoa Soup

Serves 6. Prep time: 45 minutes.

- 2 tablespoons vegetable oil
- 2 cups diced yellow onion
- 1 cup diced carrots
- 1 poblano pepper, seeded and diced
- 3 tablespoons minced garlic
- 1 teaspoon dried oregano
- 2 medium red potatoes, diced
- 1 15-ounce can diced tomatoes
- 4 cups vegetable broth
- 2 cups water
- ½ cup uncooked quinoa, rinsed thoroughly
- 1 cup corn kernels
- ¾ cup diced zucchini
- Salt and black pepper to taste
- 2 tablespoons roughly-chopped fresh cilantro

In a large soup pot, heat the oil over medium-high heat and sauté the onion, carrots and peppers for 5 minutes until softening, then add the garlic and oregano and sauté for one minute. Add the potatoes, tomatoes, broth and water and bring to a boil. Reduce to a simmer and stir in the quinoa. Cook the soup for 10 minutes, stirring occasionally. Add the corn and zucchini and simmer another 5 to 10 minutes until everything is tender and the quinoa is translucent. Season with salt and black pepper and stir in the cilantro before serving.

Serving suggestion: Serve with empanadas, the traditional Central and South American savory turnovers, or add 1 to 2 cups of cooked, chopped chicken to the soup for an easy one-pot meal.

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



\$4.19

MISO MASTER
Organic White Miso
8 oz.
other Miso also on sale



4/\$7

NEAR EAST
Rice, Couscous or
Grain Dishes
5.4-10 oz., selected varieties



\$2.19

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



2/\$5

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



\$3.39

IMAGINE
Organic Soup
32 oz., selected varieties



\$3.99

MEDITERRANEAN ORGANIC

Organic Preserves
13 oz., selected varieties



\$6.39

MARANATHA

Organic Peanut Butter
16 oz., selected varieties



\$3.69

SIMPLY ORGANIC

Organic Ground Ginger
1.64 oz.
other Bottled Herbs & Spices
also on sale



\$4.19

RUDI'S ORGANIC BAKERY

Organic Sandwich Bread
20-24 oz., selected varieties



\$1.99

BIONATURAE

Organic Pasta
16 oz., selected varieties



\$2.99

MUIR GLEN

Organic Pasta Sauce
25.5 oz., selected varieties



\$1.89

LUNDBERG FAMILY FARMS

Organic Long Grain Brown Rice
per pound in bulk
Organic Short Grain Brown Rice \$1.69



\$2.39

BULK
Organic Pinto Beans
per pound in bulk



\$2.69

ALEXIA

Sweet Potato Fries
15 oz.
other Alexia Fries also on sale



\$1.99

EVOL
Burritos
6 oz., selected varieties



Salad in a Jar

Besides pickles, jam and lemonade, what else can you put in a canning jar? Well, how about a homemade, healthy lunch salad? All you need is a clean, dry mason jar (about a pint is the perfect size). Add 1 to 2 tablespoons of your favorite dressing, followed by some harder chopped veggies like carrots, celery and onion – these will absorb some of the flavor from the dressing while retaining their crunch. Add some cooked beans or grains, like leftover rice or wheat berries from last night's pilaf, followed by some cubed tofu, shredded cooked chicken or tuna. Top with cheese or some chopped fresh or dried fruit, pop on the lid and you're ready to go!

Visit www.strongertogether.coop for more great DIY ideas.



Indian Braised Red Cabbage

Serves 6. Prep time: 20 minutes.

- 1 tablespoon vegetable oil
- 2 teaspoons yellow (or brown) mustard seeds
- 2 teaspoons minced fresh ginger
- 1 cup thinly-sliced yellow onion
- 1 ½ pounds red cabbage, cored and thinly sliced
- 3 tablespoons apple cider vinegar
- 2 tablespoons honey
- 2 teaspoons ground coriander
- Pinch of crushed red chili flakes (optional)
- Salt and black pepper to taste

In a large skillet or wok, heat the vegetable oil over medium heat. Add the mustard seeds and sauté for 1 to 2 minutes until they begin to darken and pop, then add the ginger and onion and sauté for 5 more minutes. Add the cabbage, vinegar, honey, coriander and chili flakes to the pan and stir well. Cook the cabbage, stirring frequently, for 10 minutes or until tender. Season with salt and black pepper to taste and serve warm.

Serving suggestion: Full-flavored enough to stand up as a side to hearty dishes, a small bed of this braised cabbage is a colorful accompaniment to skin-on, bone-in roasted chicken, lamb or pork chops or baked, seasoned tempeh patties.

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



\$3.39

WILD PLANET

Albacore Tuna

5 oz., selected varieties
other Tuna also on sale



\$3.39

GLUTINO

Crackers

4.4 oz., selected varieties



2/\$6

SALPICA

Salsa

16 oz., selected varieties



3/\$5

FOOD SHOULD TASTE GOOD

Tortilla Chips

5.5 oz., selected varieties



\$2.99

JOVIAL

Organic Cookies

8.8 oz., selected varieties



\$3.49

CASCADIAN FARM

Organic Granola Bars
6.2-7.4 oz., selected varieties



\$3.69

NATURAL BREW

Soda
4 pack, selected varieties



\$3.39

NEWMAN'S OWN ORGANICS

Fig Newmans
10 oz., selected varieties



2/\$4

POPCHIPS

Potato Chips
3.5 oz., selected varieties



\$2.69

EARTH FRIENDLY

Dishmate
25 oz., selected varieties



2/\$8

KETTLE

Potato Chips
13 oz., selected varieties



\$2.99

SEVENTH GENERATION

Baby Wipes
64 ct.
other Baby products
also on sale



\$4.99

WELLNESS

Core Superfood
Protein Bars
5.5 oz., selected varieties
other Wellness Dog Food
products also on sale



\$7.99

SEVENTH GENERATION

Unbleached Bath Tissue
12 ct.
other Paper products
also on sale



4/\$5

EARTH'S BEST

Infant Puree Pouches
4-5.5 oz., selected varieties

Cabbage

Bright magenta red cabbage, ruffled Savoy cabbage, the lovely, classic green cabbage or crinkly, crispy Napa cabbage can all be chopped and added to nearly any salad for extra crunch and color, of course. But they're incredibly versatile and cost-effective in the kitchen, too. Cabbage and onion sautéed in butter becomes a sweet addition to mashed potatoes or soups and stews, and complements sausages and savory tofu steaks as well. If you're so inclined, try it in a quick and spicy homemade kimchi. And shredded and sautéed cabbage alongside corned beef is quite the thing this time of year!

Visit www.strongertogether.coop for more ideas and recipes.



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.

Ramen Cabbage Crunch

An Asian-flavored cabbage slaw with crunchy ramen noodles and sliced almonds.

save **\$ 1.00**
per pound



\$ 1.69

STONYFIELD
Organic Greek Yogurt
5.3 oz., selected varieties



\$ 2.99

SO DELICIOUS
Organic Coconut Milk
64 oz., selected varieties



\$ 1.79

UNCLE MATT'S
Organic Juice
12 oz., selected varieties



\$ 9.69

SHADY MAPLE FARMS
Organic Maple Syrup
12-12.7 oz., selected varieties



\$ 3.69

SILVER HILLS SPROUTED BAKERY
Bread
15-22 oz., selected varieties



\$ 9.99

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



\$ 2.99

BULK
Organic Shelled
Sunflower Seeds
per pound in bulk



\$ 1.19

BULK
Organic Rolled Oats
per pound in bulk



\$ 13.99

PAMELA'S
Gluten-Free Pancake &
Baking Mix
4 lb.
24 oz. Pancake & Baking Mix
\$5.39



\$ 2.99

KASHI
Organic Cereal
10.3-16.3 oz., selected varieties



\$3.69

LIFEWAY
Frozen Kefir
16 oz., selected varieties



2/\$6

SO DELICIOUS
Coconut Milk Yogurt
16 oz., selected varieties



\$5.69

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



\$4.99

KALONA
Organic Cottage
Cheese
16 oz., selected varieties



2/\$6

YOGI
Tea
16 ct., selected varieties



\$7.99

**TEA TREE
THERAPY**
Pure Tea Tree Oil
1 oz.
other Tea Tree Therapy
products also on sale



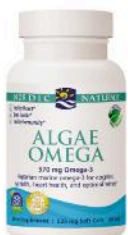
\$10.99

BACH
Rescue Remedy
10 ml.
other Rescue Remedy
products also on sale



\$7.99

**LILY OF THE
DESERT**
Organic Aloe Vera Juice
32 oz., selected varieties



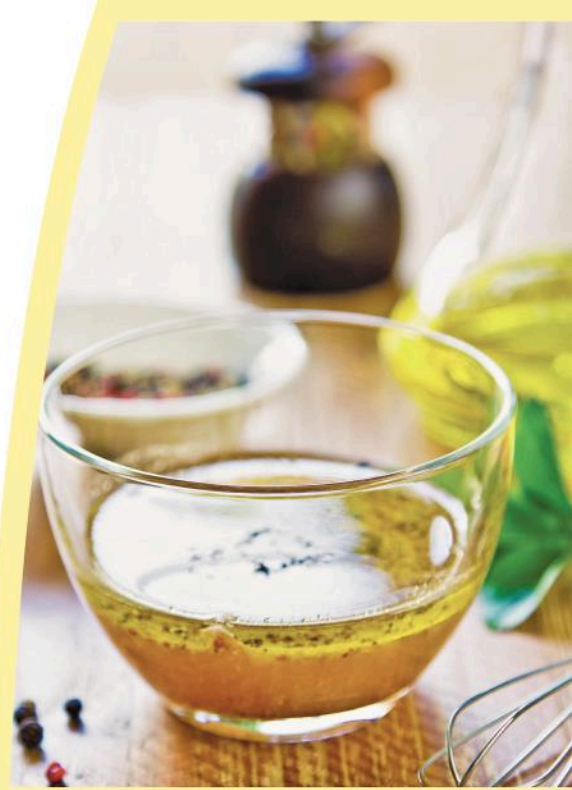
\$22.99

**NORDIC
NATURALS**
Algae Omega
60 ct.
other Omega products
also on sale



\$3.39

ORGANIC INDIA
Organic Tulsi Tea
18 ct., selected varieties



Making Salad Dressing

A simple homemade dressing is one of the easiest ways to transform a salad. There are so many wonderful combinations you can try – and a tasty freshly-made dressing is a great addition to cooked grains, fish, chicken or tofu, too. Try lime juice vinaigrette, made with good olive oil and crushed garlic, on a tomato and avocado salad. Drizzle a basic balsamic dressing on freshly-steamed green beans for a slightly sweet side dish. Adding a spoonful or two of Dijon mustard and snippets of fresh garden herbs to a basic oil and vinegar dressing will brighten up a mixed green salad.

Visit www.strongertogether.coop for recipes and a quick video tutorial on making your own salad dressings.

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
Wheatsfield 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
505 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 TOPRICIN
Pain Relief Cream
2 oz.
other Topricin products
also on sale



3/\$4 CLEARLY NATURAL
Glycerin Bar Soap
4 oz., selected varieties



\$4.99 GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties

coop kitchen

See what's cooking at www.strongertogether.coop/coop-kitchen



\$13.99 WELEDA
Arnica Massage Oil
3.4 oz.
other Weleda Body Care
products also on sale

Find fresh tastes at the co-op!

coopTM
stronger together

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