



# coop<sup>TM</sup> deals

APR 29 - MAY 19, 2015



\$ 1.99

**SO DELICIOUS**  
Coconut Milk  
Creamer  
16 oz., selected varieties



4/\$5

**GUAYAKI**  
Organic Sparkling  
Yerba Mate  
12 oz., selected varieties



\$7.99

**DR. BRONNER'S**  
Organic Coconut Oil  
14 oz., selected varieties



2/\$7

**GREEN  
MOUNTAIN  
GRINGO**  
Salsa  
16 oz., selected varieties

## Featured Inside:

- Plan a delicious brunch with our great tips and recipes
- Try a recipe for a crunchy, savory roasted radish side dish
- Looking for something special (yet simple)? Eggs in a basket!
- What's fresh in the co-op's deli this month? A radish and bacon tart



## Eggs in a Basket

Serves 4. Prep time: 30 minutes.

- ½ pound ground breakfast sausage
- 1 tablespoon unsalted butter
- 4 slices whole wheat sandwich bread
- 4 large eggs
- Black pepper
- 4 tablespoons shredded cheddar cheese
- 2 teaspoons minced chives

Preheat the oven to 375 degrees F.

In a small skillet, cook the sausage and set aside to drain on paper towels. Liberally butter 4 cups of a standard muffin pan.

Cut each slice of bread into a 4-inch square, removing the crust. Gently press one slice into each of the 4 buttered cups in the pan to make a bowl shape. Add one teaspoon of cooked sausage to each bread bowl. Crack an egg into each, and sprinkle lightly with pepper. Place in the oven and bake for 15 minutes until the whites are no longer translucent and the eggs are becoming firm. Top each egg with remaining cooked sausage and the cheddar cheese and bake another 2 minutes. Remove from the oven, let cool a few minutes and lift out gently using a fork. Garnish with minced chives and serve.

Serving suggestion: Experiment with your favorite flavor combinations in this versatile brunch dish. Try diced jalapeño peppers with Mexican cheeses and picante sauce; minced prosciutto and Gruyere cheese; or tomatoes and fresh herbs. The baskets can be cooked for a shorter or longer time depending on whether you prefer a runny or set yolk.

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



**\$3.19**

**THE GREEK GODS**

Greek Yogurt  
24 oz., selected varieties



**\$4.39**

**UDI'S GLUTEN FREE**

Bread  
12 oz., selected varieties



**\$3.99**

**FOOD FOR LIFE**

Organic Ezekiel 4:9  
Sesame Bread  
24 oz.  
other Food for Life products  
also on sale



**\$3.39**

**ARROWHEAD MILLS**

Pancake & Waffle Mix  
26 oz., selected varieties



**\$9.99**

**EQUAL EXCHANGE**

Organic Coffee  
per pound in bulk  
Decaf Coffee not on sale



**\$1.19**

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



**\$3.19**

**FAGE**  
Total Greek Yogurt  
17.6 oz., selected varieties



**\$4.39**

**RICE DREAM**  
Rice Drink  
64 oz., selected varieties



**\$3.39**

**CASCADIAN FARM**  
Organic Cereal  
9.2-14.6 oz., selected varieties



**\$3.39**

**NANCY'S**  
Organic Kefir  
32 oz., selected varieties



**\$1.29**

**ALMOND DREAM**  
Non-Dairy Yogurt  
6 oz., selected varieties



**\$3.39**

**ENVIROKIDZ**  
Organic Cereal  
10-11.5 oz., selected varieties



**\$4.39**

**GREEN VALLEY ORGANICS**  
Organic Kefir  
32 oz., selected varieties



**\$2.99**

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



## Simple Brunch Ideas

Whether it's a Mother's Day celebration or just a lazy weekend, there's nothing quite like a festive brunch. Whipping up a mid-morning meal doesn't have to be complicated, though; there are plenty of simple options. Make oatmeal special by soaking steel-cut oats overnight in milk, juice or almond milk, then cook and top with fresh fruit and yogurt. Try a springtime bruschetta, with sliced fresh strawberries and softened mascarpone cheese. And don't forget the Mom-Osa: a tall glass of peach nectar mixed with sparkling wine or seltzer water and garnished with mint.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more delicious brunch ideas.



## Roasted Radishes with Bacon

Serves 4 to 6. Prep time: 10 minutes active; 45 minutes total.

- 1 pound (about 3 cups) radishes
- 4 slices uncooked bacon
- 2 tablespoons minced garlic
- 2 tablespoons minced fresh sage
- Pinch each of salt and black pepper

Preheat the oven to 375 degrees F. Oil a rimmed sheet pan.

Cut the radishes in half after removing leaves and dice the bacon. Mix all ingredients in a large bowl and lay out on the sheet pan. Bake for 30 to 35 minutes, stirring occasionally, until the bacon is well-cooked and the radishes are tender. Drain off some of the bacon grease before serving warm on a bed of fresh greens.

Serving suggestion: This earthy dish works best alongside simple roasted or grilled meats and poultry. Omit the bacon and add a splash of balsamic vinegar for a perky, vegetarian option that pairs well with mac and cheese.

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



**\$4.39**

**ORGANIC VALLEY**  
Organic Shredded Cheese  
6 oz., selected varieties



**\$9.99**

**NAPA VALLEY NATURALS**  
Organic Extra Virgin Olive Oil  
25.4 oz.  
other Cooking Oils also on sale



**2/\$5**

**DREW'S**  
Dressing  
12 oz., selected varieties



**\$4.99**

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



**2/\$5**

**FOOD MERCHANTS**  
Organic Polenta  
18 oz., selected varieties



**\$3.19**

**SILVER HILLS SPROUTED BAKERY**

Hamburger Buns  
18.7 oz.



**\$2.39**

**SESMARK**

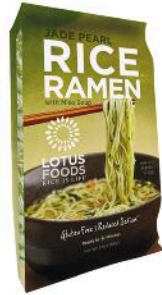
Crackers  
3.2-7 oz., selected varieties



**\$3.99**

**IAN'S**

Gluten-Free Fish Sticks  
8 oz., selected varieties  
other Ian's products  
also on sale



**3/\$4**

**LOTUS FOODS**

Rice Ramen  
2.8 oz., selected varieties



**\$3.69**

**QUE PASA**

Organic Tortilla Chips  
16 oz., selected varieties



**\$1.79**

**FRONTERA**

Cooking Sauce  
8 oz., selected varieties



**\$2.39**

**BULK**

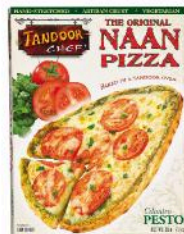
Organic Pinto Beans  
per pound in bulk



**2/\$4**

**FANTASTIC WORLD FOODS**

Entrees and Side Dishes  
3.7-8 oz., selected varieties



**\$1.99**

**TANDOOR CHEF**

Naan Pizza  
7.4-8.5 oz., selected varieties  
other Tandoor Chef products  
also on sale



## Radishes

Crisp, peppery radishes in beautiful bright red, purple and white signal that spring is in full swing! Julienned or diced, radishes are a crunchy, flavorful addition to tacos stuffed with black beans, brown rice, salsa, cilantro and shredded cheddar or crumbled queso fresco. Spring peas and chopped radishes, topped with lemon juice and zest and your favorite fresh herbs, are a delicious seasonal take on bruschetta. And a classic French snack (baguette optional) is as easy as swiping a fresh radish through softened butter and sprinkling with sea salt before taking a bite.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more ways to use seasonal 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.

## Roasted Radish and Bacon Tart

*A savory rustic tart with radish, bacon, fennel and chèvre.*

save **50¢** each



**\$2.99**

**BULK**  
Organic Shelled Sunflower Seeds  
per pound in bulk



**\$11.99**

**MARANATHA**  
Almond Butter  
16 oz.  
other Maranatha Almond Butter also on sale



**2/\$6**

**ANNIE'S  
HOMEGROWN**  
Snack Crackers  
7.5 oz., selected varieties



**\$2.39**

**BEANITOS**  
Bean Chips  
6 oz., selected varieties



**2/\$5**

**BOULDER  
CANYON**  
Potato Chips  
5.25-6.5 oz., selected varieties



**\$1.69**

**GIMME**  
Organic Seaweed Snacks  
.35 oz., selected varieties



**2/\$6**

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



**\$3.39**

**ENJOY LIFE**  
Cookies  
6-7 oz., selected varieties



**\$2.99**

**CLIF KID**  
Organic Zbars  
6 ct., selected varieties



**3/\$4**

**HAPPY TOT**  
Organic Baby Food  
4.22 oz., selected varieties  
other Happy Baby products also on sale



\$3.39

**EQUAL EXCHANGE**

Organic Tea  
20 ct., selected varieties



\$5.99

**SAMBAZON**

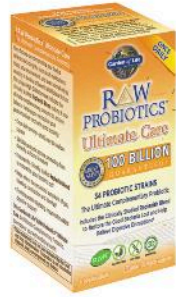
Organic Açaí  
Smoothie Packs  
14 oz., selected varieties



\$22.99

**HEALTHFORCE NUTRITIONALS**

Vitamineral Green  
150 grams



\$39.99

**GARDEN OF LIFE**

RAW Probiotics

Ultimate Care

30 ct.  
other Garden of Life  
Supplements also on sale



\$9.99

**BOIRON**

Arnicare Gel Value Pack

2.6 oz.+ 80 Pellets, selected  
varieties



\$17.99

**NORDIC NATURALS**

Nordic Omega-3

Gummies

60 ct.  
other Nordic Naturals Children's  
Supplements also on sale



\$14.99

**TERA'S WHEY**

Whey Protein

12 oz., selected varieties



\$18.99

**RAINBOW LIGHT**

Women's One

Multivitamin

90 ct.  
other Women's Supplements  
also on sale

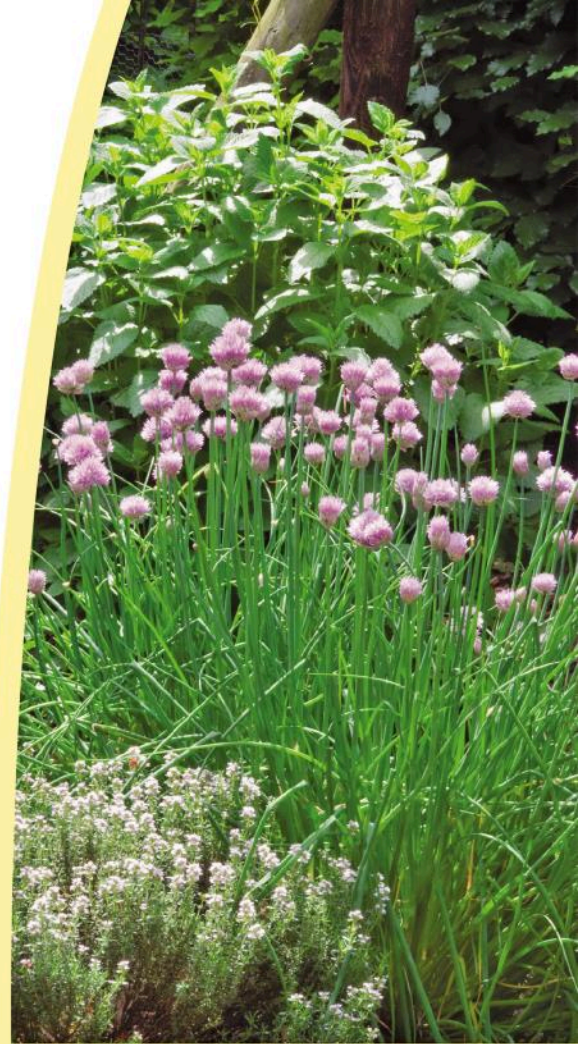


\$7.99

**NUTIVA**

Organic Black Chia Seeds

12 oz., selected varieties  
other Nutiva Chia products  
also on sale



## Herb Gardening 101

Fresh herbs are not just flavorful additions to your favorite dishes; they're also lovely to look at. That may be one of the many reasons more than 14 million households in the United States grow herbs. Parsley, chives, thyme, basil and rosemary (or whatever other herbs you favor) are wonderful additions to a backyard garden, or, for apartment-dwellers, a window box or row of pretty plant pots on a sunny windowsill.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) if you'd like to learn more about growing your own herbs, as well as information on ways to use them.



## 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  
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**  
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



\$11.99

### ACURE

Brightening Facial Scrub  
4 oz.  
other Acure Facial Care  
also on sale



\$5.99

### ALAFFIA

African Black Soap  
16 oz., selected varieties



2/\$10

### NATURE'S GATE

Haircare  
18 oz., selected varieties



\$2.99

### DR. BRONNER'S

Bar Soap  
5 oz., selected varieties



\$3.99

### SPRY

Toothpaste  
4 oz., selected varieties  
other Spry products  
also on sale



3/\$5

### GREEN FOREST

Bath Tissue  
4 pack

Find tasty brunch fixings at your co-op.

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

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