

coopTM deals

AUG 19 - SEPT 1, 2015



2/\$6

THE GREEK GODS

Greek Yogurt

24 oz., selected varieties



\$3.69

CROFTER'S

Organic Premium Fruit

Spread

16.5 oz., selected varieties

11-12 oz. Crofter's Spreads
also on sale



4/\$5

ANNIE'S

HOMEGROWN

Pasta & Cheese

Dinner

6 oz., selected varieties



5/\$5

LARABAR

Fruit & Nut Bar

1.6-1.8 oz., selected varieties

Featured Inside:

- Try our quick and tasty orzo pasta lunch salad recipe
- Pack your lunch salad in a reusable jar – handy hints and tips inside!
- Check out the co-op savings on back-to-school snacks, treats and staples
- String cheese (everybody's favorite high-protein snack) is the featured cheese



Orzo Pasta Lunch Salad

Serves 4. Prep time: 30 minutes.

Equipment:

- 4 wide-mouth pint canning jars with lids

Dressing:

- 1 garlic clove, peeled
- 1/3 cup fresh basil
- 4 to 5 sun-dried tomato halves, roughly chopped
- 3 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1 tablespoon water
- Pinch each of salt and black pepper

Salad:

- 1/2 cup dry orzo pasta
- 1/2 cup quartered canned artichoke hearts
- 1 cup finely-diced red bell peppers
- 2 cups roughly-chopped fresh spinach
- 3/4 pound ham, cut into bite-sized pieces
- 4 tablespoons shredded Parmesan cheese (optional)

Cook the orzo according to package directions. Drain, chill and set aside.

In a blender or food processor, puree the dressing ingredients until smooth. Set aside.

To assemble the salads in the jars, pour 2 to 3 tablespoons of dressing and then layer a quarter of each of the ingredients into each of the four jars as follows: artichoke hearts, red peppers, spinach, ham, cooked orzo and top with Parmesan cheese. Place lids tightly onto the jars and refrigerate. Gently stir or shake together the ingredients just before eating.

Serving suggestion: Make this salad your own by adding olives, feta cheese, salami or cooked garbanzo beans. The salad will last a few days in the refrigerator.

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



2/\$5

NATURAL SEA

Yellowfin Tuna

5 oz., selected varieties
other Natural Sea Tuna also on sale



\$3.69

RUDI'S ORGANIC BAKERY

Organic Bread

22 oz., selected varieties



\$2.69

DREW'S

All Natural Dressing

12 oz., selected varieties



5/\$5

KOYO

Ramen

2-2.1 oz., selected varieties



3/\$7

TERRA

Exotic Vegetable Chips

5-6 oz., selected varieties



\$1.99

WOODSTOCK
Frozen Vegetables
10 oz., selected varieties



\$2.99 BULK
Organic Dark Red
Kidney Beans
per pound in bulk



\$2.39
WESTBRAE
Organic Beans
25 oz., selected varieties



\$3.69
RHYTHM SUPERFOODS
Organic Kale Chips
2 oz., selected varieties



3/\$10
BEARITOS
Tortilla Chips
16 oz., selected varieties



4/\$5
THINKTHIN
High Protein Bar
2.1 oz., selected varieties



\$6.39
BULK
Organic Medjool
Dates
per pound in bulk



4/\$5
HUBERT'S
Lemonade
16 oz., selected varieties



\$2.99
HAIL MERRY
Miracle Tart
2.5-3.5 oz., selected varieties



2/\$6
BLUE SKY
Natural Soda
6 pack, selected varieties



Know Your Stone Fruit

The family of deliciousness known as stone fruits includes sweet and sour cherries, plums, peaches, nectarines and apricots, as well as an array of other fruits that are produced by crossbreeding (typically through hand-pollination) of two varieties.

Pluots are a cross between plums and apricots, with the plum characteristics a bit more dominant in their smooth skin and variety of colors. An aprium, while also a plum/apricot cross, has fuzzy skin and more of an apricot flavor too. Plumcots have been around for more than a century, and are just about half plum and half apricot. Eat them ripe, and enjoy them often!



Heirloom Tomato Gazpacho

Serves 6. Prep time: 20 minutes active; 1 to 3 hours total.

- 2 pounds ripe heirloom tomatoes, roughly chopped
- 1 cucumber, seeds removed, roughly chopped
- 1 small red onion, chopped
- 1 green bell pepper, chopped
- 2 tablespoons minced garlic
- 1 jalapeño pepper, chopped
- 1 cup cubed bread (French or rustic bread)
- 2 tablespoons red wine vinegar
- 2 tablespoons lime juice
- 4 tablespoons olive oil
- 2 tablespoons chopped fresh cilantro
- Salt and black pepper to taste

Combine all ingredients in a blender (in 2 to 3 batches, as everything will not fit into the blender at once). Blend until very smooth. Place in a bowl, stir the blended batches together and refrigerate for a few hours to allow the flavors to meld. Taste for salt and black pepper and serve chilled.

Serving suggestion: A summer favorite, this Spanish soup makes a refreshing and simple lunch with a green salad and crusty bread or alongside a meze platter. You can sweeten the dish by adding some cubed fresh melon or strawberries. Gazpacho is best served slightly chilled, not ice cold.

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



\$4.39

SO DELICIOUS
Coconut Milk Frozen
Dessert
16 oz., selected varieties



\$1.69

BULK
Organic Brown
Flaxseeds
per pound in bulk



\$8.99

EQUAL EXCHANGE
Organic French Roast
Coffee
per pound in bulk
Decaf French Roast Coffee \$11.99



\$3.69

CASCADIAN FARM
Organic Cereal
15-16 oz., selected varieties



\$1.19

SILK
Dairy-Free Yogurt
5.3 oz., selected varieties



3/\$7

WESTSOY
Organic Soy Beverage
32 oz., selected varieties



2/\$4

SO DELICIOUS
Coconut Milk
32 oz., selected varieties



\$3.39

NATURE'S PATH
Organic Cereal
10.6-14 oz., selected varieties



\$3.99

GREEN VALLEY ORGANICS
Organic Kefir
32 oz., selected varieties



\$4.99

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



\$2.99

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



2/\$7

BLUE DIAMOND
Almond Breeze
64 oz., selected varieties



\$2.99

SYNERGY
Organic Kombucha with Chia
16 oz., selected varieties



2/\$4

AMY & BRIAN
Coconut Juice
17.5 oz., selected varieties



\$2.69

YVES
Meatless Canadian Bacon
6 oz.
other Yves products also on sale



Heirloom Tomatoes

Bursting with flavor and available in a veritable rainbow of colors, heirloom tomatoes are a beautiful part of a seasonal meal. Add thick slices of heirlooms, basil leaves and a smear of herbed chevre to a fried or basted egg on a toasted English muffin for a tasty breakfast. A tomato-bread salad is a delicious alternative to a classic caprese salad. Bake garlic cloves and torn day-old bread, tossed in olive oil, and then combine with diced tomatoes, chopped fresh basil, salt, black pepper, balsamic and olive oil. A juicy heirloom slice may take your BLT to bold new levels.



String Cheese

So, what makes string cheese stringy? It's made by heating cheese (most often mozzarella) until it becomes stretchy and forms into strands. The perfect ready-to-eat snack for anyone, ages 8 to 80, string cheese offers a mild and milky flavor in a convenient, single serving. Slice string cheese into rounds and add to toothpick kebabs with cherry tomatoes and olives, then drizzle with olive oil and sprinkle with herbs for a Mediterranean antipasto platter. Or coat with a mixture of bread crumbs, milk and dried herbs and bake in a hot oven; serve the homemade mozzarella sticks with warmed marinara sauce for a blockbuster snack.



3/\$10

NEWMAN'S OWN

Newman-O's
Cookies
13 oz., selected varieties



\$3.69

**ANNIE'S
HOMEGROWN**

Organic Graham
Crackers
14.4 oz., selected varieties



\$4.99

**ORGANIC
VALLEY**

Organic Stringles
6 oz., selected varieties



2/\$6

**ANNIE'S
HOMEGROWN**

Organic Fruit Snacks
4 oz., selected varieties



\$3.69

**CASCADIAN
FARM**

Organic Granola Bars
7.4 oz., selected varieties



\$3.99

**EARTH
BALANCE**

Peanut Butter Spread
16 oz., selected varieties



3/\$5

GIMME

Organic Seaweed
Snacks
.35 oz., selected varieties



2/\$6

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



2/\$7

HONEST KIDS

Organic Juice Drink
8 ct., selected varieties



\$3.69

NATURAL BREW

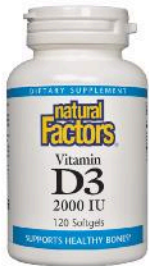
Soda
4 pack, selected varieties



\$3.99 **TOM'S OF MAINE**
Toothpaste
4-4.7 oz., selected varieties



\$14.99
NATURAL VITALITY
Natural Calm
8 oz., selected varieties



\$5.99
NATURAL FACTORS
Vitamin D3 2000 IU
120 ct.
other Natural Factors
Supplements also on sale



\$18.99
RENEW LIFE
Ultimate Flora Adult
Formula 15 Billion
30 ct.
other Probiotic products
also on sale



\$7.99
HYLAND'S 4 KIDS
Cold 'n Cough
4 oz., selected varieties
other Hyland's 4 Kids products
also on sale



\$14.99
RAINBOW LIGHT
Kid's One Multivitamin
90 ct.
other Children's Supplements
also on sale



\$11.99
AVALON ORGANICS
Vitamin C Moisturizer
4 oz.
other Facial Care products
also on sale



\$5.99
DESERT ESSENCE
Thoroughly Clean
Face Wash
8.5 oz., selected varieties
other Facial Care products
also on sale



3/\$10 **ALAFFIA**
Bar Soap
5 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.

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



\$6.99

FIELD DAY

Bath Tissue

12 ct.
other Field Day Paper products also on sale



2/\$5

SEVENTH GENERATION

Dish Liquid

25 oz., selected varieties



\$2.99

EO

Organic Hand Sanitizer Spray

2 oz.

coop kitchen

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



\$2.39 **SEVENTH GENERATION**

Baby Wipes

30 ct.

Baby Diapers also on sale

Everyone welcome, every day!

coop™
stronger together

MW0815BZ3