

coopTM deals

SEPT 30 - OCT 20, 2015



2/\$6

**EQUAL
EXCHANGE**

Organic Chocolate Bar
3.5 oz., selected varieties



\$7.99

DR. BRONNER'S

Organic Coconut Oil
14 oz., selected varieties



2/\$4

**LATE JULY
ORGANIC**

Organic Snack Chips
5.5 oz., selected varieties



\$3.99

EVERYDAY SHEA

Hand Soap
12 oz., selected varieties

Featured Inside:

- A smoky roasted cauliflower recipe makes a great snack or side
- Quick-pickled chimichurri-spiced veggies are fun to make and fun to eat
- What's fresh in the co-op deli this month? Curried Cauliflower with Carrots
- Celebrate Co-op Month and Fair Trade Month at your community co-op!



Sirloin Steak with Coffee Rum Sauce

Serves 4. Prep time: 30 minutes.

- ½ teaspoon each of cumin, coriander and chili powder
- ¼ teaspoon allspice
- Pinch each of salt and black pepper
- 1 pound sirloin steak, trimmed
- 2 tablespoons unsalted butter, divided
- 1 tablespoon minced garlic
- 1 cup sliced yellow onion
- 1 tablespoon brown sugar
- ¾ cup brewed coffee
- ¼ cup rum

In a small bowl, stir together the cumin, coriander, chili powder, allspice, salt and pepper until thoroughly mixed. Season both sides of the sirloin with the spice mix.

Heat a large iron skillet over medium-high heat and add 1 tablespoon of butter. When hot, place the sirloin in the pan and cook for a few minutes on each side until steak reaches desired doneness. Remove the steak from the pan and set aside to rest.

In the same pan, add the remaining butter and sauté the garlic and onion until tender. Add the brown sugar, coffee and rum to the pan and bring to a simmer. Stir to incorporate any brown bits left in the pan from cooking the steak. Let simmer until the sauce slightly reduces, about 5 to 10 minutes.

Spoon the sauce over the steak and garnish with a sprinkle of cilantro before serving.

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



\$2.39

CASCADIAN FARM

Organic Vegetables
16 oz., selected varieties



\$10.99

CALIFORNIA OLIVE RANCH

Everyday Olive Oil
25.4 oz.



\$8.99

EQUAL EXCHANGE

Organic Coffee
per pound in bulk
Sale does not include Decaf Coffee



\$4.99

WESTSOY

Chicken Style Seitan
18 oz



\$2.69

ALEXIA

Frozen Potatoes
15-16 oz., selected varieties
other Alexia products also on sale



\$2.39

WESTBRAE
Organic Beans
25 oz., selected varieties



\$3.99

ORGANIC VALLEY
Organic Shredded
Cheese
6 oz., selected varieties



\$1.99

EVOL
Burrito
6 oz., selected varieties



\$2.39

HEALTH VALLEY ORGANIC
Organic Soup
14.5-15 oz., selected varieties



\$5.39

BULK
Organic Red Quinoa
per pound in bulk



2/\$4

ANNIE'S HOMEGROWN
Organic Grass Fed
Macaroni & Cheese
6 oz., selected varieties



\$3.69

MICHAEL ANGELO'S
Italian Entrees
10 oz., selected varieties



5/\$5

KOYO
Ramen
2.1 oz., selected varieties



2/\$5

ANCIENT HARVEST
Gluten-Free Pasta
8 oz., selected varieties



\$3.39

SAN-J
Organic Tamari
10 oz.
Shoyu and Reduced Sodium
Tamari also on sale



Fair Trade Primer

Food co-ops and our partners in the cooperative supply chain are integral supporters of Fair Trade products and ingredients, which help to improve the lives of farmers and workers around the world and the environment we all share. Fair trade encourages democratic decision-making, transparency, gender equity and independence. While fair trade certification is not available for all products, it's a growing trend. Look for the fair trade label on coffee, tea, spices, chocolates, sugar, body care products and more from companies like Alaffia, Aura Cacia, Dr. Bronner's, Equal Exchange, Frontier and Pachamama. Visit www.strongertogether.coop to learn more about the relationship between fair trade and cooperatives.



Smokey Roasted Cauliflower

Serves 4. Prep time: 10 minutes active; 30 minutes total.

- 1 head cauliflower, stems removed, cut into florets
- 3 tablespoons olive oil
- 3 cloves garlic, peeled and roughly chopped
- 1 teaspoon minced chipotle peppers in adobo sauce
- Salt and black pepper to taste

Preheat oven to 375 degrees F.

In a large mixing bowl, toss the cauliflower florets with the olive oil, garlic, chipotle peppers and a pinch each of salt and pepper. Spread the cauliflower out onto a baking sheet and place in the oven. Bake for 20 to 25 minutes, stirring halfway through, until cauliflower begins to brown and is tender.

Serving suggestion: A great side for roasted or grilled beef, pork or chicken, this savory cauliflower is also a tasty snack, warm or chilled, served with lime-spiked yogurt dipping sauce. Substitute smoked paprika for the chipotle peppers to reduce the spice level.

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



\$2.39 **NATURAL SEA**

Yellowfin Tuna

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



\$3.99

RUDI'S

Organic Bread

20-22 oz., selected varieties
Organic Spelt Bread \$4.39



2/\$5

BLUE DIAMOND
ALMONDS

Nut Thins

4.25 oz., selected varieties



\$3.39

HOPE

Organic Hummus

8 oz., selected varieties



2/\$8

ZEVIA

Zero Calorie Soda

6 pack, selected varieties



\$2.69

POPCORN INDIANA

Popcorn
4.75-7 oz., selected varieties



3/\$7

FOOD SHOULD TASTE GOOD

Tortilla Chips
5.5 oz., selected varieties



\$2.69

GOOD HEALTH

Veggie Snacks
6.75 oz., selected varieties



\$3.39

GREEN MOUNTAIN GRINGO

Salsa
16 oz., selected varieties



\$3.39

ANNIE'S HOMEGROWN

Mini Pizza Bagels
6.65 oz., selected varieties



2/\$4

KETTLE BRAND

Baked Potato Chips
4 oz., selected varieties



2/\$6

GO RAW

Organic Sprouted Cookies
3 oz., selected varieties



\$1.39

JUSTIN'S

Organic Peanut Butter Cups
1.4 oz., selected varieties



\$2.69

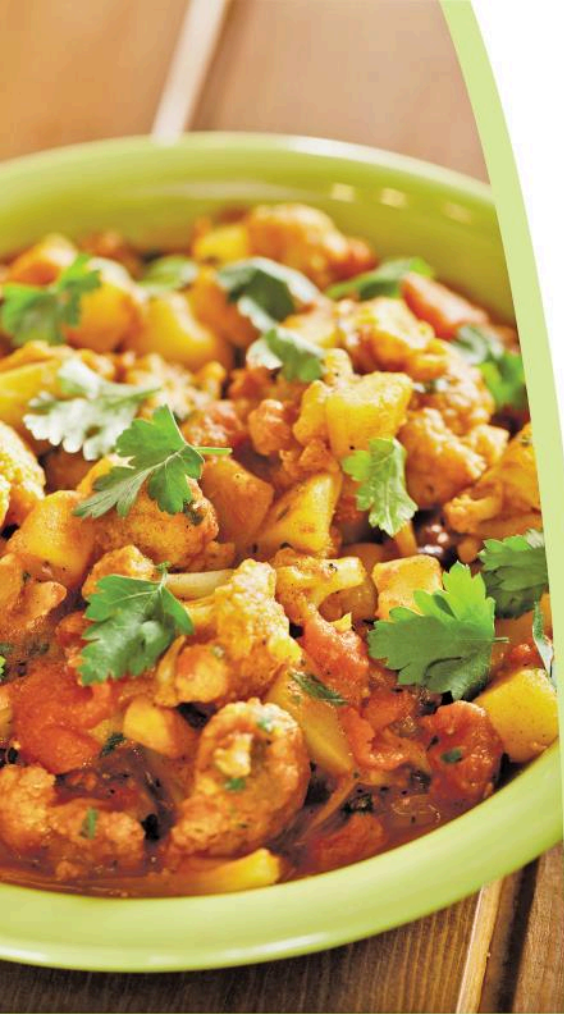
MI-DEL

Cookies
8-10 oz., selected varieties



Cauliflower

Cauliflower is a bit of a culinary chameleon, as a delicious stand-in for rice, potatoes and even steak! Cauliflower "rice" is popular in grain-free meals; grate florets and add raw to salads as you would cooked grains, or quickly sauté in oil and serve as a side dish. Simmer chopped cauliflower in milk and puree for a mashed potato alternative. Or slice cauliflower into thick "steaks," brush with olive oil and roast, then drizzle with romesco sauce and sprinkle with fresh parsley. Of course, its milky-sweet and slightly nutty flavor makes cauliflower, steamed, raw or baked, a welcome addition to any meal.



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.

Curried Cauliflower with Carrots

Cauliflower and carrots gently steeped with Indian spices and tossed with potatoes.

save **\$1.00**
per pound



\$3.69

STONYFIELD
Organic Yogurt
32 oz., selected varieties



\$4.39

RUDI'S
Gluten-Free Bread
18 oz., selected varieties
other Rudi's products
also on sale



4/\$5

KIND
Fruit & Nut Bar
1.4-1.6 oz., selected varieties



**\$7.69 SUNRIDGE
FARMS**

Chocolate Covered
Almonds
per pound in bulk



\$13.99

BULK
Organic Almonds
per pound in bulk



\$2.99

KIND
Healthy Grains Bars
5 ct., selected varieties



\$3.99

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



**\$2.69 ORGANIC
PRAIRIE**

Organic Mighty Bar
1 oz., selected varieties



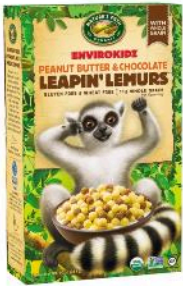
2/\$6

R.W. KNUDSEN
Nature's Peak
Juice Blend
32 oz., selected varieties



4/\$5

EARTH'S BEST
Infant Food Puree
Pouches
3.5-4.2 oz., selected varieties



\$3.69

ENVIROKIDZ
Organic Kid's Cereal
10 oz., selected varieties
Envirokidz Organic Bars
also on sale



4/\$5

CHOBANI
Greek Yogurt
5.3 oz., selected varieties



\$3.39

CASCADIAN FARM
Organic Granola
13.2-16 oz., selected varieties



2/\$5

VAN'S
Waffles
7.5-9 oz., selected varieties



\$3.99

WOODSTOCK
Organic Fruit
10 oz., selected varieties



\$4.39

NANCY'S
Organic Plain Yogurt
32 oz., selected varieties



\$2.99

BARBARA'S
Cereal
13-14 oz., selected varieties



\$2.39

PACIFIC
Nut or Grain Beverage
32 oz., selected varieties



\$1.19

BULK
Organic Steel Cut Oats
per pound in bulk



\$2.69

COUNTRY CHOICE ORGANIC
Organic Oats
18 oz., selected varieties



Fair Trade Bananas

Bananas are the world's fourth most valuable food crop (after rice, wheat and potatoes), and the most popular fresh fruit in the U.S. The fact that we eat so many of them (26 pounds per person each year, on average!) means we can make quite an impact by choosing Fair Trade bananas. Doing so ensures that banana growers aren't exploited—that they're paid a fair wage for their work—and that the bananas are grown with sustainable farming methods, without exposing growers or the environment to harmful chemicals. So indulge in this tropical delight, pre-packed by nature in a handy yellow wrapper.

October is Co-op Month!

Food co-ops and other co-ops around the world are guided by the 7 Cooperative Principles.

7 Cooperative Principles

2 democratic member control



3 member economic participation



4 autonomy and independence



5 education, training and information



6 cooperation among cooperatives



7 concern for community



1 voluntary and open membership





3/\$7

CELESTIAL SEASONINGS

Herbal Tea
20 ct., selected varieties



\$1.19

SILK
Soy Yogurt
5.3 oz., selected varieties



\$8.99

ECO TEAS
Organic Loose Leaf
Yerba Mate
16 oz.



\$3.39

SILK
Cashew Milk
64 oz., selected varieties



\$9.99

MANITOBA HARVEST
Organic Protein
Powder with Fiber
16 oz.
other Manitoba Harvest
products also on sale



\$5.69

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



\$4.69

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



2/\$6

YOGI
Organic Tea
16 oz., selected varieties



\$3.69

LIGHTLIFE
Smart Sausages
12 oz., selected varieties



2/\$4

AMY & BRIAN
Coconut Juice
17.5 oz., selected varieties



Celebrating Co-ops

October is celebrated as Co-op Month around the world. Food co-ops, like ours, use the 7 Cooperative Principles to guide our work, in order to provide value to our owners and our community—and to help make the world a better place. We are proud to be a co-op.

To co-op owners, shoppers and supporters everywhere, we say "Happy Co-op Month!" You have helped to build something special: a store that is owned by and operated for the people who use it. Together, in this community and around the globe, we can build a better world through cooperation.



Spicy Chimichurri Pickled Vegetables

Makes 1 quart. Prep time: 30 minutes active; one week total.

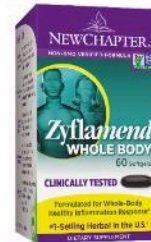
- 1 pound mixed vegetables washed and cut into bite-sized pieces (try cauliflower, bell peppers, onion, carrots, green beans, or other sturdy vegetables)
- 1 cup red wine vinegar
- 1 lemon, juiced
- 2 tablespoons white sugar
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon ground coriander
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 tablespoons fresh oregano, roughly chopped
- 3 tablespoons fresh parsley, roughly chopped
- 6-8 whole garlic cloves, peeled

Place the garlic cloves, oregano, and parsley in the bottom of a one-quart jar. Pack the rest of the vegetables tightly into the jar.

In a saucepan, mix the vinegar, lemon juice, sugar, chili flakes, coriander, salt, and pepper and bring to a boil to make a brine. Remove from heat and pour the hot brine over the vegetables. Add hot water until the liquid covers the vegetables. Let cool, then put the lid on tightly and place in the refrigerator. Allow the vegetables to pickle for about a week, shaking the jar occasionally.

Serving suggestion: These spicy pickled vegetables complement grilled meats, burgers, hearty chili and stews, accompanied by a good craft beer. Try adding them to an antipasto platter or relish tray for extra kick.

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



\$29.99

NEW CHAPTER
Zyflamend Whole Body
60 ct.
other Zyflamend Supplements
also on sale



5/\$5

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



\$2.39

KEVITA
Organic Kombucha
15.2 oz., selected varieties



\$7.99

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



\$31.99

GARDEN OF LIFE
Perfect Food Alkalizer
& Detoxifier
285 grams
other Perfect Food products
also on sale



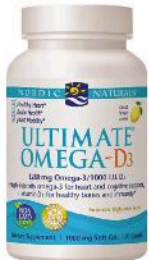
\$ 10.99

BOIRON
Oscilloccinum
6 dose



\$ 10.99

OREGON'S WILD HARVEST
Organic Echinacea
90 ct.
other Herbal Supplements
also on sale



\$ 24.99

NORDIC NATURALS
Ultimate Omega D3
60 ct.
other Nordic Naturals
Supplements also on sale



\$ 1.99

RICOLA
Cough Drops
24 ct., selected varieties



\$ 19.99

NATURAL FACTORS
Tranquil Sleep
60 ct.
other Natural Factors
Supplements also on sale



\$ 14.99

NATURAL VITALITY
Original Natural Calm
8 oz.
other Natural Calm products
also on sale



\$ 7.99

ACURE
Facial Cleanser
4 oz., selected varieties
other Acure products
also on sale



\$ 7.99

AURA CACIA
Lavender Essential Oil
.5 oz.
other Essential Oils
also on sale



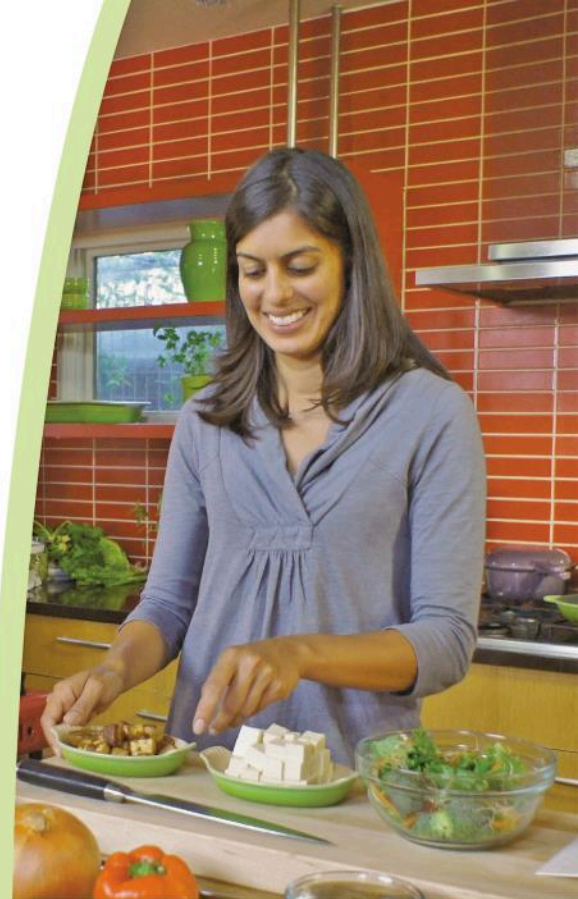
\$ 10.99

DR. BRONNER'S
Liquid Castile Soap
32 oz., selected varieties



\$ 3.99

TOM'S OF MAINE
Toothpaste
4-5.5 oz., selected varieties



coop kitchen

Autumn Wheatberry Salad

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

Shefaly Ravula shares a delicious, flexible (and thrifty!) recipe for a seasonal wheatberry salad that's easy to make. Check out the video at: www.strongertogether.coop/recipes/autumn-wheatberry-salad/.

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 Dell
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
3338 Center Point Rd N.E., Cedar Rapids
1101 2nd St., Coralville
22 S. Van Buren St., Iowa City
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 & Dell
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
740 E. 7th St., Saint Paul
1500 W. 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
317 E. 38th St., Minneapolis

St. Peter Food Co-op & Dell
2823 E. Franklin Ave., Minneapolis
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
814 Main Street, 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



\$1.29

CASTOR & POLLUX

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



\$8.99

BIOTEK

Liquid Laundry
Detergent
64 oz., selected varieties



coop kitchen

See what's cooking at

www.strongertogether.coop/coop-kitchen



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

coopTM
stronger together

MW1015AZ2,3