

coopTM deals



DEC 16 - DEC 29, 2015



\$4.99

ORGANIC VALLEY

Organic Monterey Jack Cheese

8 oz.
Organic Cheddar Cheese also on sale



\$3.39

SIMPLY ORGANIC

Organic Cinnamon

2.45 oz.
other Simply Organic products also on sale



\$4.99

BADGER BALM

Balm for Hardworking Hands

2 oz.
other Badger products also on sale



2/\$6

R.W. KNUDSEN

Sparkling Juice

750 ml., selected varieties

Featured Inside:

- Try a festive Brussels sprout dish, baked with a pomegranate glaze
- How to put together a perfect cheese course for your next party or potluck
- Say "hello" to the New Year with our festive (and fun) brunch recipes and tips
- The focus is on creamy Camembert cheese, and pretty, sweet-tart pomegranates



Beef and Scallion Rolls

Serves 6. Prep time: 60 minutes.

- 1 pound center-cut beef tenderloin
- Salt and black pepper
- 3 tablespoons olive oil, divided
- 2 portobello mushrooms, cleaned and sliced about ½-inch thick
- 6 scallions, trimmed and sliced thinly lengthwise
- 2 ounces blue cheese, crumbled
- 2 tablespoons water
- 2 tablespoons balsamic vinegar
- 1 tablespoon Worcestershire sauce

Cut the tenderloin horizontally into 6 slices and pound between pieces of plastic wrap until thin. Season both sides of meat with salt and pepper.

Heat 1 tablespoon olive oil in a skillet over medium-high heat and sauté the sliced mushrooms for 5 minutes until soft. Remove the mushrooms from the pan, drain and set aside.

Lay out a slice of steak. Place a few slices each of mushrooms and scallions and a sprinkle of blue cheese crumbles near the edge closest to you. Roll the steak around the filling and secure with a toothpick if needed. Repeat for each slice of steak.

In the pan used to sauté the mushrooms, heat remaining oil over medium-high heat. When the pan is hot, add the steak rolls and sear on all sides until meat reaches desired doneness. Remove the rolls from the skillet, lower the heat and add the water, vinegar and Worcestershire sauce to the pan. Bring the sauce to a simmer for several minutes until it begins to thicken. Serve the steak rolls drizzled with sauce.

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



2/\$4

CASCADIAN FARM

Organic Vegetables
16 oz., selected varieties



2/\$4

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$2.69

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



\$5.39

LUNDBERG FAMILY FARMS

Organic White Basmati Rice
32 oz.
other 16 or 32 oz. Packaged Rice also on sale



2/\$6

PACIFIC
Organic Soup
32 oz., selected varieties



\$1.99 BULK
Organic Red Split
Lentils
per pound in bulk



\$8.99 BULK
Organic Roasted and
Salted Pistachios
per pound in bulk



\$2.69 IMMACULATE
Buttermilk or Flaky
Biscuits
16 oz., selected varieties



\$3.99
MEDITERRANEAN ORGANIC
Organic Fruit Preserves
13 oz., selected varieties



\$2.19 DEBOLES
Organic Artichoke
Pasta
8 oz., selected varieties
other DeBoles Pasta
also on sale



2/\$6
RISING MOON ORGANIC
Organic Ravioli
8 oz., selected varieties



2/\$4 EVOL
Burrito
6 oz., selected varieties



3/\$5
BACK TO NATURE
Organic Pasta & Cheese
Dinner
6 oz., selected varieties



2/\$5
EARTH FRIENDLY PRODUCTS
Dishmate
25 oz., selected varieties



\$2.99
RUSTIC CRUST
Tuscan Six Grain Pizza Crust
13 oz.
Organic Pizza Crust on sale \$3.69



The Cheese Course

A really nice cheese plate makes nearly every occasion just a bit better. To elevate your plate to the next level, remember some simple tips.

- Always serve cheeses at room temperature for maximum flavor. About an hour is the right amount of time to allow your cheeses to "bloom."
- Look for 3 to 5 cheeses that will complement one another with contrasting flavors, textures and colors.
- Adorn the platter with sweet and savory accompaniments, like fruit chutneys, stone ground mustard, quick-pickled vegetables, spiced nuts and dried fruits.

Visit www.strongertogether.coop for more holiday entertaining ideas.



Brussels Sprouts with Pomegranate Glaze

Serves 4. Prep time: 45 minutes.

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- Pinch each of salt and black pepper
- 2 tablespoons pomegranate juice
- 1 tablespoon balsamic vinegar
- 2 tablespoons pomegranate seeds

Preheat the oven to 375 degrees F.

Toss the Brussels sprouts with the oil, salt and pepper, place on a rimmed sheet pan and roast in the oven for 20 minutes. Remove the pan from oven and pour the pomegranate juice and vinegar over the Brussels sprouts, stirring well to coat. Return the pan to the oven for another 15 minutes, stirring the Brussels sprouts halfway through baking. Remove from the oven when the sprouts are tender and the pomegranate-vinegar glaze has been absorbed. Toss with the pomegranate seeds and serve warm.

Serving suggestion: The sweetness of the pomegranate juice caramelizes the sprouts, which are delicious served warm as a side dish with ham, turkey or roasted chicken, or at room temperature on an appetizer or antipasto platter.

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



\$ | 3.99

BULK
Organic Walnuts
per pound in bulk



\$3.69

**EARTH
BALANCE**
Vegan Spreads and
Baking Sticks
10-16 oz., selected varieties



\$6.99

SUNSPIRE
Organic Semisweet
Chocolate Chips
per pound in bulk



\$3.39

**ONE DEGREE
ORGANIC FOODS**
Sprouted Whole Wheat
Flour
32 oz.
other One Degree Flour also on sale



2/\$5

NATIVE FOREST
Organic Canned Fruit
14-15 oz., selected varieties



\$13.99

AVALON ORGANICS

Vitamin C Renewal Cream

2 oz.
other Avalon Organics Facial Care also on sale



\$6.99

ALAFFIA
Shea Butter Shampoo or Conditioner
8 oz., selected varieties



\$8.99

JASON
Body Wash

30 oz., selected varieties



\$14.99

MAGGIE'S ORGANICS
Cotton Crew Socks
3 pack, selected varieties



\$1.69

GREEN FOREST

Bath Tissue
4 pack
Green Forest Paper Towels also on sale



\$2.99

NEWMAN'S OWN

Dog Treats
10 oz., selected varieties



\$39.99

VIBRANT HEALTH

Green Vibrance
12.8 oz
other Vibrant Health products also on sale



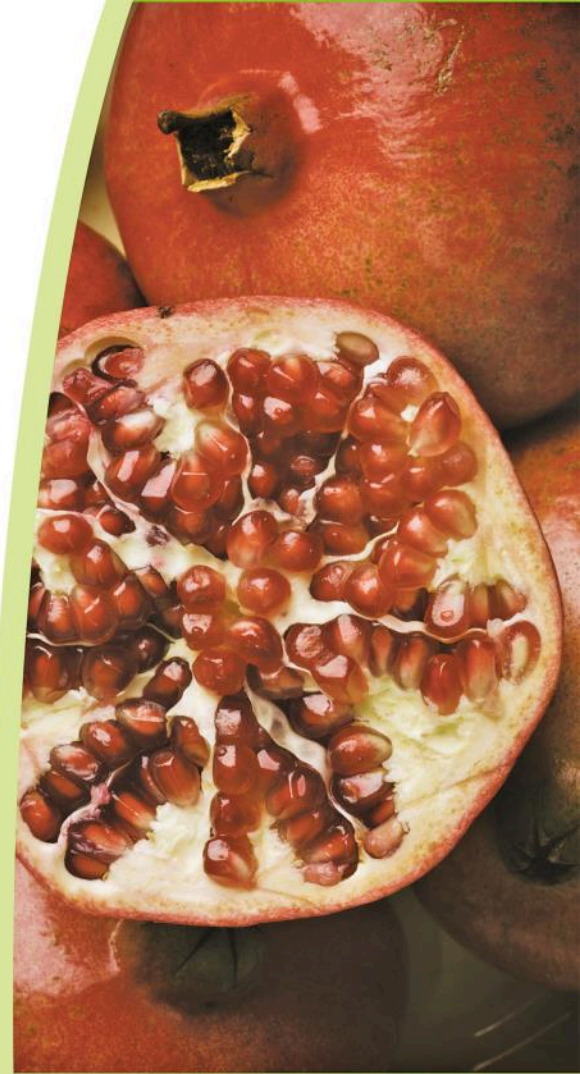
\$29.99

NEW CHAPTER
Bone Strength Take Care
60 ct.
other New Chapter Supplements also on sale



\$21.99

SPECTRUM
Fish Oil 1000mg
250 ct.



Pomegranates

The jewel-like seeds of the pomegranate are just the thing to adorn festive holiday platters and drinks. These little rubies have a sweet-tart flavor that makes them great in salads, floating in punches or sprinkled onto puddings or custards. They can add a kick to your morning oatmeal or muesli, too! Pomegranate is particularly complementary to Middle Eastern dishes such as couscous, hummus or roasted lamb and flavors like cumin, garlic, honey, lemon and parsley. For a unique take on lentil soup, swirl in bright scarlet pomegranate juice and seeds just before serving for a surprising tangy taste.



Camembert

Boasting an earthy flavor more intense than Brie, Camembert is a soft and creamy French cheese. Its similarities to Brie make it perfect for spreading on crusty baguette with a dollop of strawberry or grape jam. Or stud a pasta and vegetable casserole with this buttery cheese before baking. The strong flavor of Camembert provides a tasty contrast to bitter leafy vegetables like grilled radicchio or a wilted arugula salad. And an impressive holiday hors d'oeuvre combines sliced pears with a whole wheel of baked Camembert topped with a brandy-maple syrup sauce.

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



\$3.69

MARY'S GONE CRACKERS

Organic Crackers
5.5-6.5 oz., selected varieties



\$3.99

GARDEN OF EATIN'

Corn Chips
13-16 oz., selected varieties



3/\$5

BOULDER CANYON

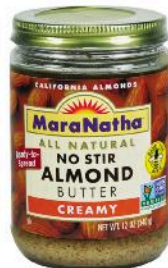
Potato Chips
5 oz., selected varieties



2/\$4

BEARITOS

Organic Refried Beans
16 oz., selected varieties



\$8.99

MARANATHA

No Stir Almond Butter
12 oz., selected varieties
other Almond Butter
also on sale



2/\$6

GOOD HEALTH

Veggie Snacks
3-6.75 oz., selected varieties
Other Good Health Snacks
also on sale



\$3.99

BACK TO NATURE

Fudge Mint Cookies
6.4 oz.
other Back To Nature Cookies
also on sale



3/\$5

CHOCOLOVE

Chocolate Bar
2.9-3.2 oz., selected varieties



3/\$4

JUSTIN'S

Organic Peanut Butter
Cups
1.4 oz., selected varieties
4.7 oz. Mini Peanut Butter
Cups also on sale \$4.39



\$2.99

LILY'S

Chocolate Bar
3 oz., selected varieties
Other Lily's Chocolate items
also on sale



\$7.99

EQUAL EXCHANGE

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



\$1.69

SILK

Soy Creamer
16 oz., selected varieties



4/\$5

CHOBANI

Greek Yogurt
5.3 oz., selected varieties



\$2.99

RUDI'S

Organic English Muffins
12 oz., selected varieties



2/\$6

NATURE'S PATH

Organic Oatmeal
14 oz., selected varieties



New Year's Day Brunch

Kick off the New Year in the best way possible with a festive brunch celebration. Start with an array of sparkling juices; just add sparkling water and freshly-cut fruit to your favorite juice. Add a basket of muffins or scones and a spinach, ham and Gruyere strata served warm in bite-sized squares. A quinoa salad made bright with roasted beets, sweet dates, tangy orange segments and pomegranate seeds is a great accompaniment to the hearty strata; or slice peeled oranges and blood oranges into rounds and arrange on a bed of greens, sprinkled with balsamic vinegar, olive oil and chopped walnuts.

Visit www.strongertogether.coop for the strata and quinoa salad recipes!

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
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 Co-op
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 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
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
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
814 Main Street, Menomonie

Outpost Natural Foods Co-op
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



\$4.39

ORGANIC VALLEY

Organic Grassmilk
Yogurt
24 oz., selected varieties



\$2.69

PEACE

Cereal
9-12 oz., selected varieties



community

Food co-ops bring people together to share good food and create healthy communities. On behalf of all of us at the co-op, we'd like to wish you a happy and peaceful 2016, filled with good health and delicious food to share.

Great parties start at the co-op.

coopTM
stronger together

MW1215BZ2,3