

coopTM deals

DEC 30 - JAN 19, 2016



\$5.99

WALLABY
Organic Greek Yogurt
32 oz., selected varieties



5/\$5

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



4/\$5

**ANNIE'S
HOMEGROWN**
Pasta & Cheese
Dinner
6 oz., selected varieties



\$5.99

NATURE'S PATH
Organic Cereal
Eco-Pac
26.4-32 oz., selected varieties

Featured Inside:

- Warm up your winter with some homemade stock
- A Thai noodle soup recipe is flavored with ginger and lemongrass
- Super-easy bean soup is a filling supper in 30 minutes
- Get Chef Robin Asbell's recipe for DIY (and healthy) smoothies



Thai Tofu Noodle Soup

Serves 4. Prep time: 40 minutes.

- 1 tablespoon coconut oil
- 1 cup sliced yellow onion
- 1 cup sliced celery, cut diagonally into 1-inch pieces
- 1 cup sliced carrot, cut diagonally into 1-inch pieces
- 1 ½ tablespoons trimmed and minced lemongrass
- 2 teaspoons peeled and minced fresh ginger
- 2 cloves garlic, peeled and minced
- 4 cups vegetable broth
- 13-ounce package udon noodles
- 1 cup frozen snow peas, whole or halved
- 8 ounces extra-firm tofu, cubed
- 1 tablespoon tamari
- 2 teaspoons sriracha sauce
- ½ cup minced fresh basil
- 1 lime, quartered (optional)

In a large pot, heat the oil over medium-high heat and sauté the onion and celery for 2 to 3 minutes. Add the carrots, lemongrass, ginger and garlic and cook another few minutes. Add the broth, cover and bring to a boil. Add the udon noodles to the boiling broth, stir well and cook 2 to 3 minutes. Add the peas, tofu, tamari and sriracha and simmer another 2 minutes. Remove from heat when noodles are al dente and vegetables are tender. Add the basil just before serving. Serve with lime wedges if desired.

Serving suggestion: This warming soup will chase away chilly days. Substitute rice noodles for the udon, use shredded leftover cooked chicken instead of tofu, or replace part of the vegetable broth with coconut milk for a richer flavor. Make a pot on Sunday for cheerful lunches throughout the week.

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



5/\$4

KOYO

Ramen

1.9-2.1 oz., selected varieties



\$1.99 **WOODSTOCK**
Frozen Vegetables

10 oz., selected varieties
other Woodstock Vegetables
also on sale



\$3.69 **QUORN**
Meat-Free Chik'n

9.7-10.6 oz., selected varieties



\$8.99

BOB'S RED MILL

Gluten-Free Almond
Flour

16 oz.



\$4.69

**NUMI ORGANIC
TEA**

Tea

18 ct., selected varieties



\$4.99

ORGANIC VALLEY
Organic Sliced
American Cheese
8 oz.



\$3.39

IMAGINE
Organic Soup
32 oz., selected varieties



\$7.99

ARTISANA
Organic Coconut
Butter
14 oz.



\$4.39

FOOD FOR LIFE
Organic Bread
24 oz., selected varieties



\$2.99

BIONATURAE
Organic Fruit Spread
9 oz., selected varieties



2/\$4

KETTLE BRAND
Popcorn
3-3.5 oz., selected varieties



\$2.39

HILARY'S EAT WELL
Veggie Burgers
6.4 oz., selected varieties



\$3.39

ALEXIA
Fries and Potatoes
15-28 oz., selected varieties



2/\$4

EVOL
Burrito
6 oz., selected varieties



\$3.99

TOFURKY
Veggie Sausages
14 oz., selected varieties



Making Stock for Soups

Spend an afternoon cooking a big batch of homemade stock and you'll have a flavorful base for soups all winter. Sauté that classic, fragrant foursome—onion, garlic, carrots and celery—in a deep pot with your favorite combination of fresh herbs and whole spices. To make a savory chicken stock, use bones left over from a roasted bird. For a vegetarian version, opt for earthy mushrooms. Add water to fill the pot and bring to a boil; reduce heat and simmer for four hours. Stock freezes well in 2-cup containers—simply thaw as needed. Find a collection of soup recipes at www.strongertogether.coop.



Farmhouse Bean Soup with Parsnips and Greens

Serves 6. Prep time: 15 minutes active; 30 minutes total.

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 1 large carrot, peeled and diced
- 3 parsnips, peeled and diced
- 3 cloves garlic, peeled and minced
- 1 15-ounce can diced tomatoes
- 4 cups vegetable broth
- 3 to 4 sprigs each of fresh rosemary and thyme
- 1 15-ounce can northern beans, rinsed and drained
- 1 15-ounce can pinto beans, rinsed and drained
- 1 15-ounce can kidney beans, rinsed and drained
- 5 cups fresh spinach, chopped
- Salt and black pepper to taste

In a large pot, heat the oil over medium-high heat. Add the onion, carrots, parsnips and garlic and sauté 5 to 7 minutes. Add the tomatoes, broth and herbs and bring to a boil. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in the spinach and season with salt and pepper to taste. Serve warm.

Serving suggestion: Thanks to convenient and nutritious canned beans, this soup is a fast and tasty weeknight main dish. Just add a side salad and a plate of corn tortillas.

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



2/\$5

WESTBRAE
Organic Beans
25 oz., selected varieties



2/\$5

MUIR GLEN
Organic Pasta Sauce
25.5 oz., selected varieties



\$2.99

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$1.99

ANNIE'S NATURALS
Dressing
8 oz., selected varieties



\$2.39

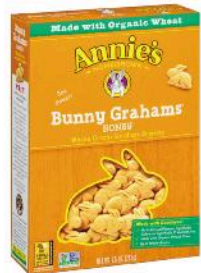
ANCIENT HARVEST
Organic Quinoa Pasta
8 oz., selected varieties



2/\$5

**ANNIE'S
HOMEGROWN**

Snack Crackers
10 oz., selected varieties
other Crackers and Snack
Mixes also on sale



\$2.39

**ANNIE'S
HOMEGROWN**

Bunny Grahams
7.5 oz., selected varieties



4/\$5

KIND

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



\$2.99

KIND

Granola Bars
5 ct., selected varieties



2/\$6

**RIISING MOON
ORGANICS**

Organic Pasta
8 oz., selected varieties



2/\$5

R.W. KNUDSEN

Organic Juice Boxes
4 pack, selected varieties



4/\$5

EARTH'S BEST

Organic Baby Food
3.5-4.2 oz., selected varieties
other Organic Baby Food
also on sale



\$3.99

**WONDERFULLY
RAW**

Brussel Bytes
2 oz., selected varieties
other Wonderfully Raw products
also on sale



\$3.69

**RHYTHM
SUPERFOODS**

Organic Kale Chips
2 oz., selected varieties
1.5 oz. Broccoli Bites also on sale



2/\$6

**LUNDBERG
FAMILY FARMS**

Organic Rice Cakes
8.5-10 oz., selected varieties



Parsnips

Sweet and nutty parsnips are a tasty cold weather staple. Shaped like their carrot relatives, parsnips are cream-colored and earthier in flavor. Roast sliced parsnips tossed in olive oil with garlic and fresh rosemary and add to hearty salads or drizzle with tart yogurt and serve. Savor a soup of cooked parsnips puréed in vegetable stock, then swirled with cream and sprinkled with smoked salt. Combine shredded parsnips and sweet potatoes in crispy latkes and top with a chipotle sour cream sauce. Or make a Swedish parsnip cake—ginger, cinnamon and clove will complement the parsnips' flavor and perfume your kitchen with warming fragrance.

A Smoothie Start to 2016



Starting off the New Year with new ways to enjoy delicious and healthy foods is always a good thing. In that spirit, why not try this easy-to-customize basic smoothie recipe for a quick meal or a post-workout snack? You can add your favorite fruits, vegetables, liquids and other add-ins and experiment to your heart's delight.

Basic Smoothie Recipe

- 1 ½ cups liquid: fruit juice, milk, almond, rice or soy milk, etc.
- ½ cup frozen banana or cooked sweet potato chunks
- 1 ½ cups other fruits and/or vegetables
- Nutritional add-ins: chia, flaxseeds, hemp seeds, oats, spirulina, nut butter
- Ice (optional)

Put frozen fruit/veggies in the blender first, along with any leafy greens. Next, add powdered ingredients or seeds, followed by fresh fruits and vegetables. Pour in the liquid last and blend until all ingredients are mixed thoroughly.

Visit www.strongertogether.coop for more hints on making delicious smoothies, and check out Robin Asbell's recipes for a Creamy Cocoa Banana Smoothie, a Mixed Berry and Oat Smoothie with Granola and more!



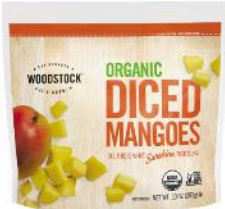
\$3.39

SILK
Organic Soy Milk
64 oz., selected varieties



\$5.99

R.W. KNUDSEN
Organic Just Juice
32 oz., selected varieties
Organic Just Cranberry and
Just Pomegranate \$7.99



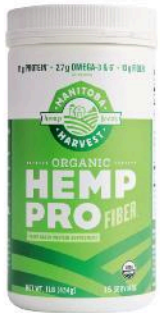
\$3.39

WOODSTOCK
Organic Mangoes
10 oz.
other Woodstock Fruit
also on sale



2/\$6

HARVEST BAY
Coconut Water
33.8 oz.



\$9.99

MANITOBA HARVEST
Organic Hemp Pro
Powder
16 oz.
other Hemp products
also on sale



\$4.99

MANITOBA HARVEST
Hemp Heart Seeds
8 oz.
other Hemp Seeds also on sale



\$8.99

BOIRON
Coldcalm
60 ct.



\$29.99

GARDEN OF LIFE
RAW Fit Powder
420-451 gr., selected varieties



\$10.99

OREGON'S WILD HARVEST
Organic Echinacea
90 ct.
other Oregon's Wild Harvest
products also on sale



\$9.99 **EMERGEN-C**
Vitamin C Dietary
Supplement
30 ct., selected varieties



Winter Health Tips

Flu season is upon us, but there are simple steps you can take to help make sure it doesn't get you down. Prevent flu symptoms and boost your immune system by eating more fresh foods and fewer refined sugars, exercising regularly and getting plenty of quality rest. Supplements like vitamin C and herbal remedies such as black elderberry can also help to strengthen your immune response.

One of the most effective preventative measures you can take is probably the easiest: washing your hands more frequently. Keep a pocket-size hand sanitizer spray or gel in your pocket, purse, backpack or glove compartment for times when soap and water aren't readily available.



Parsnip Apple Soup

Serves 4-6. Prep time: 30 minutes active; 45 minutes total.

- 2 tablespoons vegetable oil
- 3 cups diced yellow onion (1 medium onion)
- 1 ½ pounds parsnips, peeled and diced
- 2 cups peeled and diced apple
- 2 teaspoons ground coriander
- Salt
- 4 cups vegetable broth
- 1 cup heavy cream or milk
- ½ cup minced parsley
- Ground black pepper
- 4 ounces chèvre (optional)

Heat a stockpot over medium-high heat and sauté the onion in the oil for 5 minutes. Add the parsnips and apples and sauté another 6-8 minutes, stirring occasionally. Add the coriander, a pinch of salt and the broth and bring to a boil. Reduce heat to a simmer and cook for 10-15 minutes until parsnips are soft. Remove from heat and add the cream or milk, parsley and a pinch each of salt and pepper. Use a food processor or blender to puree the soup (in small batches if necessary). Season with salt and pepper and serve warm with a small dollop of chèvre on top.

Serving suggestion: Serve this soup with rustic bread as a delicious prelude to any fall meal, particularly turkey or earthy grain-based dishes, such as wheat berry or kamut salads.

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



2/\$6

YOGI

Tea

16 ct., selected varieties



\$2.39

KEVITA

Organic Probiotic Drink

15.2 oz., selected varieties



\$29.99

NEW CHAPTER

Every Woman's One Daily

48 ct.

other New Chapter Supplements also on sale



\$21.99

NORDIC

NATURALS

Ultimate Omega

60 ct.

other Nordic Naturals Omega products also on sale



2/\$3

ESSENTIA

Ionized Water

1.5 ltr.



\$2.39

ORGAIN

Organic Protein Shake
11 oz., selected varieties
other Orgain Shakes also on sale



\$4.39

EVOLUTION FRESH

Juice Blends
15.2 oz., selected varieties



\$8.99

JASON

Body Wash
30 oz., selected varieties



5/\$5

LARABAR

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



\$4.99

TOM'S OF MAINE

Deodorant Stick
2.25 oz., selected varieties



\$5.99

AVALON ORGANICS

Shampoo or
Conditioner
11 oz., selected varieties



\$8.99

EARTH FRIENDLY PRODUCTS

Ecos Liquid Laundry
Detergent
100 oz., selected varieties



\$3.99

DR. BRONNER'S

Toothpaste
5 oz., selected varieties



\$5.99

BIOKLEEN

Bac-Out Stain & Odor
Eliminator
32 oz.



\$6.69

SEVENTH GENERATION

Bath Tissue
12 ct.
12 ct. Unbleached Bath Tissue \$7.99



Healthy Resolutions

Thinking about making some healthy changes in the new year? Here are a few to consider:

- Go for the low-hanging fruit (and vegetables): add one more serving of fruits or vegetables to your daily routine. Grab a banana on your way out, sneak some chopped broccoli onto a pizza, or snack on a few frozen grapes while you're watching a movie.
- Think rainbows of fruits and veggies: eating a multi-colored diet increases the variety of nutrients (plus adding color makes for a prettier plate).
- Move more: dance, walk, climb a flight of stairs, play kickball (exercise is more fun if it's, well, fun!).
- Make something from scratch: www.strongertogether.coop has lots of great recipes to try.



Super Party Tips

Whether it's for the "big game" or family game night, here are some quick tips for boosting the flavor (and fun) for your next party:

- Try a remix of your favorite dips—add cooked, crumbled bacon to guacamole, or add chipotle chili powder for a smoky, vegetarian version.
- Buffalo sauce isn't just for wings. It is delicious on baked tofu bites or even roasted potatoes; serve with blue cheese dressing and celery.
- Warm it up! Simple snacks like nuts and olives are made fragrant and special by a quick warm-up in the oven.
- Set up a build-your-own canapé bar. Have a variety of toppings ready so guests can assemble their own two-bite masterpiece—on a cracker!

Check out some great game day recipes on www.strongertogether.coop.



2/\$4

NEWMAN'S OWN

Pretzels
7-8 oz., selected varieties



\$2.99

BULK

Organic Hulled Sunflower Seeds
per pound in bulk



\$4.39

IZZE

Sparkling Juice
4 pack, selected varieties



\$2.39

ANNIE'S HOMEGROWN

Cookies
8.4 oz., selected varieties



\$3.69

BEARITOS

Tortilla Chips
16 oz., selected varieties
other Bearitos Snacks also on sale



2/\$6

FRONTERA

Salsa
16 oz., selected varieties



\$2.39

STACY'S

Pita Chips
6.75-8 oz., selected varieties



\$3.69

QUE PASA

Organic Tortilla Chips
16 oz., selected varieties



2/\$4

BOULDER CANYON

Canyon Cut Potato Chips
5.25-6.5 oz., selected varieties



2/\$5

GOOD HEALTH

Veggie Snacks
6.75 oz., selected varieties



\$3.69

BULK

Organic Thompson Raisins
per pound in bulk



\$1.19

BULK

Organic Rolled Oats
per pound in bulk



\$8.99

EQUAL EXCHANGE

Organic Bulk Coffee
per pound in bulk
Decaf Coffee not on sale



\$2.39

SWEETLEAF

Stevia Sweetener
35 ct.
other Stevia products
also on sale



2/\$6

KASHI

Cereal
9.3-14 oz., selected varieties



2/\$5

PACIFIC

Organic Almond Beverage
32 oz., selected varieties
other Non-Dairy Beverages
also on sale



\$2.69

SO DELICIOUS

Organic Coconut Milk
64 oz., selected varieties



2/\$3

SO DELICIOUS

Cultured Coconut Milk
5.3 oz., selected varieties



\$2.19 VAN'S

Waffles
7.5-9 oz., selected varieties



A Hearty Breakfast

Most of us know that whole grains, with their soluble fiber and great nutrition, are considered heart-healthy foods. But sometimes making a whole grain breakfast can be challenging. If you'd like to try some heart-healthy options to rev up your morning, here are some simple ideas.

Check your stash of leftovers and reheat already-cooked brown rice, quinoa or other grains in a pot with one and a half times as much water, milk or soy milk. Simmer for about 20 minutes, and season with honey, maple syrup, a pinch of salt and whatever fresh or dried fruit you might have. Or soak steel-cut oats in water, milk or almond milk overnight in the refrigerator. You can eat them cold with chopped apples or a handful of berries, or warm them up.

Get more ideas at
www.strongertogether.coop.

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
Wheatfields 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



Happy New Year

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.

Happy New Year from your co-op!



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