Co+op™ deals

FEB 2 - FEB 15, 2011

2/$5

GREEN & BLACK'S
Organic Chocolate Bar
3.5 oz., selected varieties

$2.79

KASHI
TLC Crackers
8-9 oz., selected varieties

$2.99

ENVIROKIDZ
Organic Cereal
10-11.5 oz., selected varieties

$7.99

SPECTRUM ESSENTIALS
Omega 3 Fish Oil
100 ct.

Featured Inside:

- Why artichokes might be the ultimate in "slow food"
- An artichoke-lover's pasta recipe: Linguini with Artichokes and Caramelized Onions
- Fresh in the Deli's featured side dishes, sparked with citrus and fresh herbs
- Hints and tips for a healthier heart

Linguini with Artichokes and Caramelized Onions

Makes 4-6 servings. Prep time: 30 minutes.

- ½ pound whole wheat linguini
- ½ cup olive oil, divided
- 1 yellow onion, julienned ¼-inch thick
- 2 cloves garlic, peeled and minced
- ¼ pound asparagus, cut into small spears
- ¼ cup sun-dried tomatoes in oil, drained and diced
- ¼ cup walnuts, chopped
- 1 - 6.5 ounce jar of marinated artichoke hearts, drained and quartered
- 2 tablespoons fresh oregano, chopped
- 2 tablespoons pitted Kalamata olives, chopped
- 2 ounces Parmesan cheese, shredded
- salt and pepper to taste

Heat a large pot of water to boiling. Cook linguini according to package directions. Drain.

In a large skillet, heat 2 tablespoons of the olive oil over low to medium heat. Add the onions and cook, stirring frequently, until they are soft and caramelized, about 15 to 20 minutes. Add the rest of the olive oil to the pan, along with the garlic, asparagus, sun-dried tomatoes, and walnuts, and cook for 5 more minutes until asparagus becomes tender. Remove the pan from the heat and stir in the artichokes, oregano, and olives. Toss the veggies with the pasta, add salt and pepper to taste, and top each serving with Parmesan cheese.

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

$4.99

MEDITERRANEAN ORGANIC
Organic Sun-Dried Tomatoes in Olive Oil
8.3 oz.
other Mediterranean Organic products also on sale

$1.99

BIONATURAE
Organic Tomatoes
28.2 oz., selected varieties

$2.99

INES ROSALES
Tortas
6.34 oz., selected varieties

$8.99

EQUAL EXCHANGE
Organic Love Buzz Coffee
per pound in bulk

$1.79

CHOCOLOVE
Chocolate Bar
3.2 oz., selected varieties

2/$5

MUIR GLEN
Organic Pasta Sauce
25.5 oz., selected varieties

$4.99

AMY'S
Pizza
13-14 oz., selected varieties

2/$4

EVOL
Burrito
6 oz., selected varieties

99¢

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

2/$5

CASCADIAN FARM
Organic Frozen Potatoes
16 oz., selected varieties

$1.99

AMY'S
Organic Soup
14.1-14.5 oz., selected varieties

$2.99

NEWMAN'S OWN ORGANICS
Newman-O's
16 oz., selected varieties

$3.59

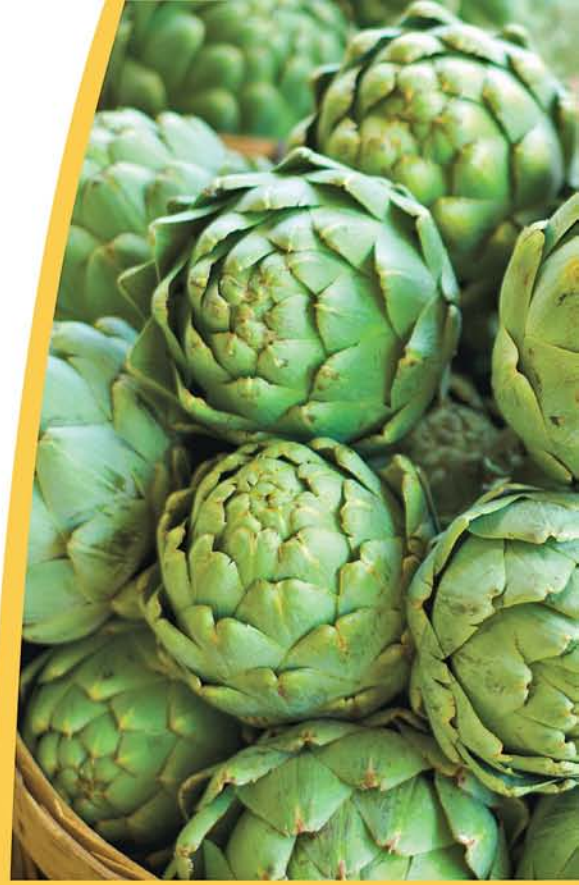
WESTSOY
Chicken Style Seitan
18 oz.

$4.29

PAMELA'S
Gluten Free Brownie Mix
16 oz.
other Pamela's Baking Mixes also on sale

$6.49

SPECTRUM NATURALS
Organic Unrefined Coconut Oil
14 oz.



Artichokes

While there are all kinds of ways to include artichokes in dishes, artichoke lovers seem to agree that nothing beats sliding the freshly steamed leaves (dipped in all manner of sauces) through your teeth, one at a time. Talk about the ultimate slow food! Artichokes contain cynarin, a compound that stimulates taste buds, so they're thought to make everything else they are eaten with taste better. Of course, if you enjoy artichokes you won't pass up the opportunity to top your pizza or paella with them, either. Go ahead and indulge; they're a good source of dietary fiber and vitamin C, low in calories, and fat free!

For more great ideas and information about seasonal produce, visit www.strongertogether.coop.

Fresh in the Deli

Co-ops chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature. This month's deli features are satisfying side dishes sparked with bright citrus and fresh herbs.

Satisfying Sides from Your Co-op

Orange Quinoa Salad

Recipe courtesy of The Food Co-op
Port Townsend, Washington

A blend of nuts, currants and highly-nutritious quinoa is dressed in a vinaigrette seasoned with cinnamon, orange, and curry. A nice accompaniment for tofu, meat, or seafood dishes.

save 50¢ per lb.

Herb Roasted Potatoes with Goat Cheese

Recipe courtesy of People's Food Co-op
Ann Arbor, Michigan

Seasoned and roasted with thyme and rosemary, these delicious potatoes are mixed with garlic, wilted spinach, and fresh crumbled goat cheese. Delicious with roast pork or your favorite veggie burger.

save 75¢ per lb.

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

$3.29
ORGANIC VALLEY
Organic Soymilk
64 oz., selected varieties

$3.99
RUDI'S ORGANIC BAKERY
Gluten Free Bread
18 oz., selected varieties

$3.49
GARDEN OF EATIN'
Tortilla Chips
16 oz., selected varieties

$2.99
MUIR GLEN
Organic Salsa
16 oz., selected varieties

$1.79
KETTLE
Potato Chips
5 oz., selected varieties

$2.99

R.W. KNUDSEN
Organic Juice
32 oz., selected varieties

4/$3

BROWN COW
Whole Milk Yogurt
6 oz., selected varieties

$2.29

PACIFIC
Non-Dairy Nut and Grain Beverage
32 oz., selected varieties

$2.99

KASHI
Heart to Heart Cereal
12.4-13.4 oz., selected varieties

$4.99

BOB'S RED MILL
Gluten Free Oats
32 oz., selected varieties

$2.99

CASCADIAN FARM
Organic Frozen Juice Concentrate
12 oz., selected varieties

$2.79

LIFEWAY
Lowfat Kefir
32 oz., selected varieties

2/$6

YOGI
Tea
16 ct., selected varieties

$2.99

CITRADISH
Dishwashing Liquid
25 oz., selected varieties

$12.99

BIOKLEEN
Laundry Powder
10 lb., selected varieties

February is "Heart Healthy Month"

When it comes to reasons for eating well, heart health sits near the top of the list. It all starts with food shopping, of course—by filling your cart with heart-healthy foods at your co-op, you can help lower your risk of heart disease, including heart attack and stroke.

Choose foods that are high in fiber and potassium; look for "good fats" like olive oil and nuts; and limit your intake of saturated fats, sweets, and alcohol for a start! To find out more about maintaining heart health, check out the article "Eating for a Healthy Heart" at www.strongertogether.coop.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

FLORIDA

Ever'man Natural Foods
315 W. Garden Street, Pensacola

New Leaf Market
1235 Apalachee Parkway, Tallahassee

GEORGIA

Life Grocery & Cafe
1453 Roswell Road, Marietta

Sevananda Natural Foods Market
467 Moreland Avenue Ne, Atlanta

MAINE

Blue Hill Co-op Community Market
4 Ellsworth Road, Blue Hill

Rising Tide Community Market
323 Main Street, Damariscotta

MARYLAND

Common Market
5728 Buckeystown Pike, Frederick

Silver Spring Co-op
8309 Grubb Road, Silver Spring

Takoma Park Co-op
201 Ethan Allen Avenue, Takoma Park

MASSACHUSETTS

Berkshire Co-op Market
42 Bridge Street, Great Barrington

Green Fields Market
144 Main Street, Greenfield

Harvest Co-op Markets
581 Massachusetts Avenue, Cambridge

57 South Street, Jamaica Plain

Mccusker's Market
3 State Street, Shelburne Falls

River Valley Market
330 North King Street, Northampton

Wild Oats Co-op
320 Main Street, Williamstown

NEW HAMPSHIRE

Concord Cooperative Market
24 South Main Street, Concord

Co-op Community Market
43 Lyme Rd, Hanover

Hanover Co-op Food Store
45 South Park Street, Hanover

Kearsarge Cooperative Grocer
52 Newport Road, New London

Lebanon Co-op Food Store
12 Centerra Parkway, Lebanon

NEW YORK

Abundance Cooperative Market
62 Marshall Street, Rochester

Flatbush Food Cooperative
1415 Cortelyou Road, Brooklyn

Greenstar Cooperative Market
701 West Buffalo Street, Ithaca
215 North Cayuga Street, Ithaca

Honest Weight Food Co-op
484 Central Avenue, Albany

Hungry Hollow Co-op
841 Chestnut Ridge Road, Chestnut Ridge

Lexington Cooperative Market
807 Elmwood Avenue, Buffalo

Syracuse Real Food Co-op
618 Kensington Road, Syracuse

NORTH CAROLINA

Chatham Marketplace
480 Hillsboro Street, Pittsboro

Deep Roots Market
3728 Spring Garden Street, Greensboro

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
715 Old Spartanburg Highway, Hendersonville

Tidal Creek Cooperative Food Market
5329 Oleander Drive, Wilmington

Weaver Street Market
101 E. Weaver Street, Carrboro
716 Market Street, Chapel Hill
228 South Churton Street, Hillsborough

PENNSYLVANIA

East End Food Co-op
7516 Meade Street, Pittsburgh

Weavers Way Co-op Mt. Airy
559 Carpenter Lane, Philadelphia

Weavers Way Co-op Chestnut Hill
8424 Germantown Avenue, Philadelphia

Weavers Way Co-op Ogontz
2129 72nd Avenue, Philadelphia

Whole Foods Cooperative
1341 West 26th Street, Erie

TENNESSEE

Three Rivers Market
937 N. Broadway, Knoxville

VERMONT

Brattleboro Food Co-op
2 Main Street, Brattleboro

City Market
82 S. Winooski Avenue, Burlington

Hunger Mountain Co-op
623 Stone Cutter's Way, Montpelier

Middlebury Natural Foods
9 Washington Street, Middlebury

Putney Food Co-op
8 Carol Brown Way, Putney

Springfield Food Co-op
335 River St., Springfield

Upper Valley Food Co-op
193 N. Main Street, White River Jct

VIRGINIA

Roanoke Natural Foods
1319 Grandin Road, Roanoke

$8.99
NUTRITION NOW
PB8 Acidophilus
60 ct., selected varieties

$12.99
WELEDA
Arnica Massage Oil
3.4 oz.
other Weleda Body Oil also on sale

$7.99
AVALON ORGANICS
Hand & Body Lotion
12 oz., selected varieties

$9.99
SEVENTH GENERATION
Baby Diapers
22-44 ct., selected varieties

$10.99
BOIRON
Oscillococcinum
6 dose
other Homeopathic Medicine also on sale

$1.99
AURA CACIA
Mineral Bath
2.5 oz., selected varieties

Join the conversation at www.strongertogether.coop

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