co+op™ deals

FEB 16 - MAR 1, 2011

$2.59

LAKEWOOD ORGANIC
Organic Pomegranate Juice Blend
32 oz., selected varieties

$2.99

CASCADIAN FARM
Organic Cereal
8.5-17 oz., selected varieties

$2.29

MUIR GLEN
Organic Fire Roasted Tomatoes
28 oz., selected varieties

$1.39

EDEN ORGANIC
Organic Beans
15 oz., selected varieties

Featured Inside:

- Pucker up for lip-smacking flavor-packing limes
- Simple, tasty Thai Salmon Cakes are the recipe feature
- "Please pass the Parmesan:" the cheese spotlight is on this flavorful favorite
- Learn why Fair Trade is good for farmers, their families and communities

Thai Salmon Cakes

Makes 6-8 cakes. Prep time: 45 minutes.

- ¾ pound fresh salmon, skinned and deboned and cut into small chunks
- 1 egg
- ¾ cup carrots, shredded
- 3 scallions, chopped
- 2 tablespoons fresh basil, chopped
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons soy sauce
- 1 tablespoons honey
- Zest from 1 lime
- Juice from ½ lime (reserve other half to slice and serve with the cakes)
- 1 ½ tsp. red curry paste
- 1 ½ cups coarse bread crumbs (such as Panko), divided
- Ponzu sauce for dipping
- 2 tablespoons chopped peanuts (optional)

Preheat oven to 425 degrees F. Oil a baking sheet.

In a food processor, pulse the salmon chunks until almost pureed. In a large bowl, mix the salmon with the egg, carrots, scallions, basil, cilantro, soy sauce, honey, lime zest and juice, curry paste, and 1 cup of bread crumbs. Divide the salmon mixture evenly and shape into 6 to 8 patties. Coat each cake in bread crumbs and place on the baking sheet. Bake for 20 to 25 minutes, turning after 10 minutes in order to brown both sides. Serve with Ponzu sauce, lime wedges, and chopped peanuts.

$2.99 **LUNDBERG FAMILY FARMS**
Organic Brown Basmati Rice
32 oz., selected varieties

$1.99 **LUNDBERG FAMILY FARMS**
Rice Chips
6 oz., selected varieties

$8.99 **NAPA VALLEY NATURALS**
Organic Extra Virgin Olive Oil
25.4 oz.

$3.49 **DESERT PEPPER**
Salsa
16 oz., selected varieties

2/$5 **SEASON'S**
Reduced Fat Potato Chips
8 oz., selected varieties

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

$2.79 **BARBARA'S**
Crackers
9-12 oz., selected varieties

$1.99 **PACIFIC**
Soup
17.6 oz., selected varieties

$2.99 **BOCA**
Meatless Burgers
10 oz., selected varieties

$1.89 **FANTASTIC WORLD FOODS**
Vegetarian Entrees
4.4-10 oz., selected varieties

$2.99 **ETHNIC GOURMET**
Frozen Entrees
10-11 oz., selected varieties

$3.99 **SO DELICIOUS**
Non-Dairy Frozen Dessert
32 oz., selected varieties

$1.29 **NEWMAN'S OWN ORGANICS**
Cat Food
5.5 oz., selected varieties

$6.99 **SEVENTH GENERATION**
Liquid Laundry Detergent
50 oz., selected varieties

$5.99 **DESERT ESSENCE**
Tea Tree Oil
.5 oz., selected varieties
other Desert Essence products also on sale

$8.99 **ALACER**
Emergen-C
30 ct., selected varieties

Limes

For such a small fruit, limes pack a powerful puckering punch. In fact, many varieties of limes are more acidic than lemons. While in America lime wedges are most often found on the rim of a glass, many ethnic cuisines--like Southeast Asian, Mexican, Latin American, and Caribbean--rely on limes for their distinctive flavor. To add a twist of lime to your cooking repertoire, consider using it in place of lemon now and then, on seafood, for example, or for making for limeade. Just include plenty of sweetener to tame that pucker!

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

Parmesan

Is there another cheese that makes such a frequent appearance on the dinner table? Whether it's grated on pizza or dipping oils, defining Eggplant Parmesan, or gracing a cheese tray, Parmesan is an undeniable favorite. Maybe it's the mild nutty taste that makes it so friendly. Or maybe its affinity for everything from soups to salads, red wines to amber ales. By the way, for freshest taste, you'll want to buy a wedge and grate or slice as needed. No matter the meal, "Please pass the Parmesan" almost always seems appropriate!

The Real Deal

Drizzle aged balsamic vinegar on thin slices of Parmesan and serve with pears, or grate fresh Parmesan onto thick slices of fresh tomatoes and broil until the cheese begins to melt--quick and easy appetizers. Add Parmesan cheese to mashed potatoes or tomato soup for an extra-satisfying dish.

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$1.19

THE GREEK GODS
Greek Yogurt
6 oz., selected varieties

2/$5

NATURE'S PATH
Organic Waffles
7.5 oz., selected varieties

$2.89

ARROWHEAD MILLS
Pancake & Waffle Mix
26 oz., selected varieties

$2.79

LIGHTLIFE
Smart Bacon
5 oz.
other Lightlife products also on sale

$1.49

STONYFIELD
Organic Smoothie
10 oz., selected varieties

$2.59 **RUDI'S ORGANIC BAKERY**
Organic English Muffins
12 oz., selected varieties

99¢ **LUNA**
Nutrition Bar for Women
1.69 oz., selected varieties

$1.99 **WESTSOY**
Organic Non-Dairy Beverage
32 oz., selected varieties

$2.79 **TAZO**
Tea
20 ct., selected varieties

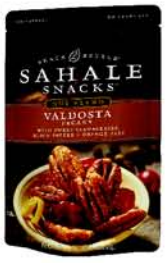
$2.79 **NATURE'S PATH**
Organic Instant Oatmeal
8 ct., selected varieties

$2.29 **CASCADIAN FARM**
Organic Fruit Spread
10 oz., selected varieties

89¢
Organic Oats
per pound in bulk

$1.99
Organic Thompson Raisins
per pound in bulk

$1.99 **BIONATURAE**
Organic Pasta
16 oz., selected varieties



$3.29 **SAHALE SNACKS**
Fruit & Nut Snacks
5 oz., selected varieties

Fair Trade Facts

Fair trade is an ethical partnership between consumers and producers around the world. Food and other products that are purchased via Fair Trade support the farmers and artisans who produce them, their workers and communities, and the environment. Over a million farmers and workers in 58 developing countries—across Africa, Asia, and Latin America—are currently participating in Fair Trade.

Fair Trade benefits farmers and workers and their communities by guaranteeing decent living wages for products—wages that enable producers to support their families and contribute to the betterment of their communities. And it's not just for coffee, tea, and chocolate anymore; products with Fair Trade certification now include mangoes, rice, sugar, wine, and bananas. Look for Fair Trade-certified products at your local co-op. For more information on Fair Trade, visit www.Fairtradeusa.org.

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

$4.99 **NATRACARE**
Tampons
16 ct., selected varieties

$19.99 **NEW CHAPTER**
1,000 mg. Wholemega
60 ct.

$3.99 **KISS MY FACE**
Deodorant
2.48-3 oz., selected varieties

$10.49 **GAIA HERBS**
Echinacea Supreme
1 oz.
other Gaia Herbs also on sale

$14.99 **DR. DUNNER**
Sambu Guard
5.9 oz.

$4.79 **NATURE'S GATE**
Shampoo or Conditioner
18 oz., selected varieties

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