

coopTM deals

JAN 18 - JAN 31, 2012



\$3.99

ZEVIA

Natural Diet Soda
6 pack, selected varieties



\$1.99

**FOOD SHOULD
TASTE GOOD**

Tortilla Chips
5.5-6 oz., selected varieties



\$2.29

ALEXIA

Oven Fries
15-16 oz., selected varieties



\$4.99

**RISING MOON
ORGANICS**

Pizza
11 oz., selected varieties

Featured Inside:

- Super party tips for planning your game day gathering
- Blue cheeses offer a world of flavors
- Can carrots really improve your eyesight?
- Lights! Cameras! Co-ops! Our new video series premieres online January 21!



Vegetable Jambalaya

Serves 6. Prep time: 45 minutes.

- 3 tablespoons canola oil
- 1 large yellow onion
- 2 ribs celery
- 3 medium carrots
- 1 green pepper
- 2 tablespoons minced garlic
- 2 tablespoons minced jalapeño peppers (fresh or pickled)
- ½ teaspoon chipotle chili powder
- 1 teaspoon oregano
- 1 ½ cups long grain brown rice, uncooked
- 2 cups water
- 2 vegetable bouillon cubes
- 6 ounces tomato paste
- 2 15-ounce cans diced tomatoes
- 1 cup okra, sliced (fresh or frozen)
- 1 ½ cups vegetarian meat substitute (ground beef style and/or sliced meatless sausage links)
- ½ teaspoon black pepper
- ½ teaspoon sea salt
- 3 tablespoons chopped fresh parsley

In a large pot, sauté the onions, carrots, celery and green pepper in 3 tablespoons of canola oil until soft, about 5 minutes. Add the garlic, jalapeño peppers, chili powder and oregano and sauté 2 more minutes. Add the rice and mix well. Add the water, bouillon cubes and tomato paste, mix well, bring to a boil and reduce to rolling simmer for 10 minutes, then add the okra, diced tomatoes, salt and pepper. In a skillet, brown the meat substitute and add it to the pot. Cover and simmer until the rice is cooked, about 20 minutes. Stir in the chopped parsley and serve.

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



\$ 12.99

**SPECTRUM
NATURALS**

Organic Mediterranean
Extra Virgin Olive Oil
33.8 oz.



\$ 1.59

BIONATURAE

Organic Tomato Paste
7 oz.
other Bionaturae Tomatoes
also on sale



\$ 3.79

WESTSOY

Chicken Style Seitan
18 oz.
other Westsoy Seitan
also on sale



\$ 1.59

MORI-NU

Organic Firm Tofu
12.3 oz.



\$ 1.79

**LUNDBERG
FAMILY FARMS**

Organic Basmati Rice
per pound in bulk,
Brown or White



\$4.29 **NATURAL SEA**
Fish Sticks
8 oz.
Natural Sea Fish Fillets
also on sale



\$2.39 **RUSTIC CRUST**
Pizza Crust
9-16 oz., selected varieties



\$2.49 **AMY'S**
Macaroni & Cheese
Dinner
9 oz.
other Amy's products
also on sale



\$2.79
DR. KRACKER
Organic Flatbread
7 oz., selected varieties



\$1.99
WOODSTOCK
Organic Vegetables
10 oz., selected varieties



\$2.19
HEALTH VALLEY
Organic Soup
14.5-15 oz., selected varieties



79¢
KOYO
Ramen Noodles
2-2.1 oz., selected varieties



2/\$5
ANNIE CHUN'S
Soup Bowl
5.3-9.1, selected varieties



\$1.89
SAN-J
Tamari
10 oz.
other San-J sauces
also on sale



\$3.29
R.W. KNUDSEN
Just Black Cherry Juice
32 oz.
other Just Juices also on sale



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:

- Make a party snack mix using whole-grain cereals, popcorn, pretzels, nuts and raisins or other dried fruit
- Use nonfat Greek yogurt instead of sour cream in your favorite creamy dip recipe, and serve with baked chips or raw vegetables
- Add pureed edamame (green soybeans, available in the frozen veggie section and sometimes in produce) to guacamole for added protein and fiber
- Make a fruit juice spritzer by mixing sparkling water with your favorite juice, and garnish with a citrus slice

Share your favorite party tips on the Co+op, stronger together Facebook page.





Blue Cheese

There are so many varieties of blue cheese, and each one has its own distinctive flavor and character. From pungent French Roquefort and English Stilton to Danish Saga Blue and Spanish Cabrales, there's a blue cheese for nearly every taste. Gorgonzola cheese is thought to have made its debut somewhere around 879 A.D., and cheesemakers are continuing to create new varieties. The distinctive blue veins and pockets come from penicillium cultures, which are injected into the cheese or mixed with the curds before they are pressed. Blue cheese can be made from cow, sheep or goat's milk, and the texture varies from crumbly to creamy.



The Real Deal

Add salty blue cheese crumbles and toasted walnuts to whole-wheat pasta for a quick and satisfying supper. A blue cheese and sour cream or yogurt dip is just the thing for crispy veggies or potato chips. The classic combo of blue cheese with sliced pears or apples is a lovely way to end a meal.

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\$9.99

EQUAL EXCHANGE
Bulk Coffee
per pound in bulk



2/\$6

YOGI
Tea
16 ct., selected varieties



\$2.29 **CELESTIAL SEASONINGS**

Herbal Tea
20 ct., selected varieties



\$3.49

GLUTINO
Sandwich Bread
14.1 oz., selected varieties



\$3.89

BULK
Organic Black Mission Figs
per pound in bulk



\$2.99

BARBARA'S
Cereal

12-14 oz., selected varieties



5/\$4

STONYFIELD

Organic
Fat Free Yogurt
6 oz., selected varieties



\$2.99

**EARTH
BALANCE**

Organic Soy Milk
64 oz., selected varieties



\$2.39

OLD WESSEX

5 Grain Hot Cereal
18.5 oz.
other Old Wessex Hot Cereal
also on sale



99¢

BULK

Organic Rolled Oats
per pound in bulk



\$2.79

LIFEWAY

Lowfat Kefir
32 oz., selected varieties



\$2.99

**CASCADIAN
FARM**

Organic Frozen Juice
Concentrate
12 oz., selected varieties



\$3.39

**CASCADIAN
FARM**

Organic Granola Bars
6.2-7.4 oz., selected varieties



\$1.59

BULK

Organic
Golden Flaxseed
per pound in bulk



2/\$3

SO DELICIOUS

Coconut Milk Yogurt
6 oz., selected varieties



Carrots

The old adage is right. As the richest food source of beta-carotene, carrots are good for your eyesight and a treat for your taste buds to boot! Snack on raw carrots, or shred them into your salads, where they'll contribute lovely color and texture. Juice them for the classic health food beverage, or add them to casseroles, soups, breads and muffins. Don't forget carrot cake, where they partner beautifully with warm spices like cinnamon and cardamom and fruits like pineapple and raisins. Simply steamed, with fresh-snipped herbs and a bit of butter, bright carrot coins enliven any dinner plate.

For more information on seasonal fruits and vegetables and great ways to enjoy them, visit www.strongertogether.coop.





\$1.29 **KIND**
Fruit & Nut Bar
1.4-1.6 oz., selected varieties



99¢ **LARABAR**
Nutritional Bar
1.6-1.8 oz., selected varieties



\$1.99
STACY'S
Pita Chips
8 oz., selected varieties



\$11.99
ALBA BOTANICA
Very Emollient Body Lotion
32 oz., selected varieties



39¢
STRETCH ISLAND FRUIT CO.
Fruit Leather
.5 oz., selected varieties



\$1.99
POPCHIPS
Potato Chips
3 oz., selected varieties



\$8.99
SIMILASAN
Homeopathic Eye Drops
.33 oz., selected varieties



\$3.99 **TOM'S OF MAINE**
Toothpaste
4.7-5.5 oz., selected varieties



\$13.99
AUBREY
Rosa Mosqueta Moisturizing Cream
4 oz.



\$5.99
AMERICAN HEALTH
Chewable Acidophilus
100 ct., selected varieties



\$9.99
RAINBOW LIGHT
Advanced Enzyme System
90 ct.
other Rainbow Light products also on sale



\$7.99
YERBA PRIMA
Psyllium Husks Powder
12 oz.
other Yerba Prima products also on sale



\$22.99
AMAZING GRASS
Green Super Food Powder
8.5 oz., selected varieties



\$13.99
GAIA HERBS
Black Elderberry Syrup
3 oz., selected varieties



\$23.99
NEW CHAPTER
Bone Strength Take Care
60 ct.



\$3.39

MEDITERRANEAN ORGANIC

Organic Olives
8.1-8.6 oz., selected varieties



\$3.29

GREEN MOUNTAIN GRINGO

Salsa
16 oz., selected varieties



\$1.99

R.W. KNUDSEN

Organic Lemon Recharge
32 oz.
other Recharge also on sale



3/\$5

GREEN MOUNTAIN GRINGO

Tortilla Strips
8 oz., selected varieties



\$2.49

KEVITA

Probiotic Drink
16 oz., selected varieties



\$2.49 **NEWMAN'S OWN ORGANICS**

Pops Corn
3 ct., selected varieties



\$9.99

EARTH FRIENDLY

ECOS Liquid Laundry Detergent
100 oz., selected varieties



\$2.79

BIONATURAE

Organic Fruit Nectar
25.4 oz., selected varieties



3/\$5

PETGUARD

Canned Cat Food
14 oz., selected varieties



\$1.99

BARBARA'S

Cheese Puffs
5.5-7 oz., selected varieties



Lights, Camera, Co-ops!

Help us kick off International Year of Cooperatives

The spotlight is on food co-ops for the world premiere of a new video series celebrating the International Year of Cooperatives and hosted by celebrity chef Kevin Gillespie. Join us online Saturday, January 21 at 7pm Central for a virtual premiere party featuring stories of co-ops, fresh, delicious food, and the people they bring together.

Grab some snacks and log onto www.strongertogether.coop/premiere to discover what makes co-ops and their communities stronger together.



FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

CONNECTICUT

Elm City Market
777 Chapel Street, New Haven

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

TPSS Co-op
8309 Grubb Road, Silver Spring
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 Road, 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

Company Shops Market
268 E. Front Street, Burlington

Deep Roots Market
3728 Spring Garden Street, Greensboro

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
715 S. Grove Street, 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

Whole Foods Cooperative
1341 West 26th Street, Erie

TENNESSEE

Three Rivers Market
1100 N. Central Street, Knoxville

VERMONT

Brattleboro Food Co-op
2 Main Street, Brattleboro

City Market
82 S. Winooski Avenue, Burlington

Co-op Food Store
209 Maple Street, White River Jct.

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 Street, Springfield

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

VIRGINIA

Friendly City Food Co-op
150 East Wolf Street, Harrisonburg

Roanoke Natural Foods
1319 Grandin Road S.W., Roanoke

“I feel like the co-op is an extension of our farm. We talk to them about what they need and what they'd like us to grow. It's a very special relationship.”

Rae Rusnak

Farmer and owner of L&R Poultry & Produce,
Partner of Just Food Co-op, Northfield, MN



Check out our video series celebrating 2012 United Nations International Year of Cooperatives at www.strongertogether.coop, or scan this QR code.



Celebrating 2012 International Year of Cooperatives

