

coopTM deals

FEB 1 - FEB 14, 2012



\$1.99 **CHOCOLIVE**
Chocolate Bar
3.2 oz., selected varieties



\$2.79
CROFTER'S
Organic
Just Fruit Spread
10 oz., selected varieties



\$1.99
MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$2.29 **CASCADIAN FARM**
Organic Vegetables
7-16 oz., selected varieties

Featured Inside:

- Heart-healthy foods for February (chocolate included!)
- Citrus is in season; learn a few fun facts about oranges
- Recipes in this issue: Turkey Spinach Meatballs and a tangerine salad with jicama
- A profile of successful cooperatives in Spain and Great Britain



Turkey Spinach Meatballs

Makes 6 servings. Prep time: 20 minutes active; 45 minutes total.

- 1 pound ground turkey
- 2 tablespoons fresh garlic, minced
- 1 10-ounce package frozen spinach, thawed and drained
- ½ cup yellow onion, minced
- 3 tablespoons tomato sauce
- 1 egg, lightly beaten
- ½ cup whole wheat breadcrumbs
- 1 teaspoon ground oregano
- ½ teaspoon salt
- ½ teaspoon black pepper

Preheat oven to 375 degrees F. In a large mixing bowl, mix all of the ingredients until well blended. Form into 1 ½-inch balls and place on a sheet pan. Bake the meatballs for about 25 minutes, turning them a couple of times during baking to allow them to brown on all sides. The meatballs should have an internal temperature of 175 degrees when a meat thermometer is inserted into the center.

Serving suggestion: Move beyond traditional spaghetti and meatballs and serve these delicious meatballs over a bed of noodles with a rich mushroom-based or spicy Arrabbiata sauce. They make a fantastic meatball sandwich, too!

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



\$2.49

AMY'S

Organic Soup

14-14.5 oz.,
selected varieties



\$1.99

SESMARK

Crackers

3.2-7 oz., selected varieties



\$4.99

AMY'S

Pizza

12-14 oz., selected varieties



\$3.29

ETHNIC GOURMET

Frozen Entrees

10-11 oz., selected varieties



\$2.29

CASCADIAN FARM

Frozen Potatoes

16 oz., selected varieties



\$3.79

**LUNDBERG
FAMILY FARMS**

Organic Brown
Basmati Rice
32 oz.
other 32 oz. packaged
rice also on sale



\$2.99

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



2/\$4

WESTBRAE

Organic Beans
25 oz., selected varieties



\$2.79

GREEN & BLACK'S

Organic Chocolate Bar
3.5 oz., selected varieties



\$7.49

**SPECTRUM
NATURALS**

Organic Unrefined
Coconut Oil
14 oz.



\$7.29

WOODSTOCK

Dark Chocolate
Almonds
per pound in bulk
other bulk candy
also on sale



\$1.99

BULK

Organic
Garbanzo Beans
per pound in bulk



3/\$4

**ANNIE'S
HOMEGROWN**

Pasta & Cheese Dinner
6 oz., selected varieties



2/\$6

YOGI

Organic Tea
16 ct., selected varieties



\$3.49

AH!LASKA

Organic Chocolate Syrup
22 oz.



Heart-Healthy Foods for February

It's no surprise that February is both "Healthy Heart Month" and the month we celebrate all things romantic. Many heart-healthy foods are reputed to be boons to romance, too! Avocados and asparagus are both high in vitamin E. Bananas are a great source of potassium, which helps strengthen muscles and is essential for a healthy heart. Red wine, grapes and chocolate are rich in antioxidants. Omega-3 fatty acids, found in salmon and other types of fish, are known to decrease triglycerides, lower cholesterol and ease inflammation. So if you're cooking for your loved ones this Valentine's Day, remember to include some food for their hearts.



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 selections have a "sweet" theme!

Vegan Chocolate Mousse

Recipe courtesy of Lexington Cooperative Market
Buffalo, New York

Sweet and simple, this rich-tasting dessert is made by blending together silken tofu, semisweet chocolate, soymilk and a touch of vanilla.

save 50¢ per pound

Bombay Sweet Potatoes

Recipe courtesy of La Montañita Co-op
Albuquerque, New Mexico

Saucy sweet potatoes seasoned with ginger, turmeric, fresh cilantro and chili powder. Perfect served with basmati rice and samosas.

save 75¢ per pound

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



\$9.99

**EQUAL
EXCHANGE**

Bulk Coffee
per pound in bulk,
selected varieties



\$2.99

JOVIAL

Cookies

7-8.8 oz., selected varieties



\$3.29

**NEWMAN'S OWN
ORGANICS**

Newman-O's

13 oz., selected varieties



\$2.49

KOZY SHACK

Pudding Cups

4 pack, selected varieties



\$2.49

ORGANIC VALLEY

Organic Cream Cheese

8 oz.



2/\$5

TERRA

Exotic Vegetable Chips
5.5-6 oz., selected varieties



\$1.99

KETTLE

Potato Chips
5 oz., selected varieties



2/\$5

GT'S

Kombucha
16 oz.,
selected varieties



\$11.99

**SEVENTH
GENERATION**

4X Liquid Laundry
Detergent
50 oz., selected varieties



\$19.99

NEW CHAPTER

Wholemega 1,000 mg.
60 ct.
other Wholemega
products also on sale



\$2.79

R.W. KNUDSEN

Organic Sparkling Juice
750 ml., selected varieties



\$1.59

SAN PELLEGRINO

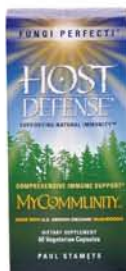
Sparkling
Mineral Water
1 ltr.



3/\$4

GREEN FOREST

Size Your Own
Paper Towels
each



\$29.99

**FUNGI PERFECTI'S
HOST DEFENSE**

MyCommunity
Comprehensive Immune
Support
60 ct.
other Fungi Perfecti
products also on sale



\$8.99

HERB PHARM

Super Echinacea
Herbal Extract
1 oz.



Tangerine and Jicama Salad

Serves 6. Prep time: 30 minutes.

- 3 tangerines, peeled and segmented
- 1 cup pineapple chunks, diced
- 3 cups jicama, peeled and cut into matchsticks
- ½ cup red onion, julienned
- ½ cup carrots, peeled and shredded
- ½ cup green bell pepper, diced
- 3 tablespoons minced fresh cilantro
- ⅓ cup fresh lime juice

Combine all ingredients and mix well.



Grand opening of The Co-operative Group's grocery store in Clapham, England.

Cooperative Enterprises Build a Better World

Mondragon and The Co-operative Group

Cooperatives all over the world help people achieve community ownership, demonstrate the benefits of self-help and have a huge impact on their country's local economy. Here are two European co-ops that show what people, working together for their mutual benefit, can accomplish.

The Mondragon Corporation, a worker-owned co-op in the Basque region in Spain counts as its holdings 256 companies, and employs more than 83,000 people, with revenues of \$20 billion. The co-op's companies manufacture consumer goods, industrial components, construction products and provide business services. The Co-operative Group, located in Manchester, England is one of the United Kingdom's largest retail business groups, encompassing everything from hardware stores to funeral services. The Co-operative Group's grocery stores now boast their own line of more than fifty Fair Trade products, including mangoes, pineapples, wine, and bean sprouts.

The United Nations declared 2012 the International Year of Cooperatives; read more about these and other co-ops at www.strongertogether.coop, or scan the code below to watch a short video about The Co-operative Group.



2/\$5

**BOULDER
CANYON**

Rice & Bean Chips
5 oz., selected varieties



\$3.79

**ANNIE'S
HOMEGROWN**

Organic Snack Mix
9 oz., selected varieties



\$3.29

SAHALE

Nut Blends
4 oz., selected varieties



\$2.99

MUIR GLEN

Organic Salsa
16 oz., selected varieties



\$2.99

BEARITOS

Tortilla Chips
16 oz., selected varieties



4/\$3

BROWN COW
Whole Milk Yogurt
6 oz., selected varieties



\$4.99

CHOBANI
Nonfat Greek Yogurt
32 oz., selected varieties



\$1.99

WESTSOY
Organic Soymilk
32 oz., selected varieties



\$3.49

CASCADIAN FARM
Organic Cereal
9-17 oz., selected varieties



\$2.29

VAN'S
Wheat & Gluten-Free
Waffles
7.5-9 oz.,
selected varieties



\$3.29

ENVIROKIDZ
Organic Cereal
10-14 oz.,
selected varieties



\$4.49

MARANATHA
Organic Peanut Butter
16 oz., selected varieties



\$3.29

FOOD FOR LIFE
Organic English Muffins
16 oz., selected varieties



\$1.19

BULK
Organic
Quick Rolled Oats
per pound in bulk



\$2.39

BULK
Organic Thompson
Seedless Raisins
per pound in bulk



Oranges

Oranges are an amazing fruit (so amazing that author and essayist John McPhee wrote an entire book about them). With a history that stretches back to ancient China, oranges are consumed in many different ways around the world. Given their nutritional value (an excellent source of both vitamin C and fiber) and fresh flavor, it's no surprise that oranges are so popular. In general, the sweetest oranges are the ones that are grown the closest to the Equator, but orange trees can be found as far afield as Brooklyn and even Iceland. The peak season for oranges in the U.S. is generally December through March.

Get great recipes and information on seasonal foods at
www.strongertogether.coop.



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



\$5.99

DESERT ESSENCE
Hand and Body Lotion
8 oz., selected varieties



\$5.99

AURA CACIA
Bubble Bath
13 oz., selected varieties



\$14.99

WELEDA
Body Oil
3.4 oz., selected varieties



\$10.99 **ANCIENT SECRETS**
Nasal Cleansing Pot
each



\$6.99 **KISS MY FACE**
Olive Oil Soap
3 pack, selected varieties



\$7.99 **AVALON ORGANICS**
Hand and Body Lotion
12 oz., selected varieties
other Avalon Organics
also on sale

Celebrating 2012 International Year of Cooperatives

coop™
stronger together