

coopTM deals

FEB 15 - FEB 28, 2012



\$2.79

NATURE'S PATH

Organic
Instant Oatmeal
8 ct., selected varieties



\$2.99

IMAGINE

Organic Soup
32 oz., selected varieties



\$2.99

LAKEWOOD

Organic Pomegranate
Blend Juice
32 oz., selected varieties



\$13.99

NORDIC NATURALS

Omega-3 Purified Fish Oil
60 ct.
other Nordic Natural products also
on sale

Featured Inside:

- Savory Ginger Baked Tofu makes a tasty weeknight meal
- Tasty tidbits about rice, bananas and Parmesan cheese
- Wake up your tastebuds with a Caribbean- inspired Banana Habanero Salsa
- Chef Kevin Gillespie visits co-ops in Vermont and Washington in our video series



Ginger Baked Tofu

Serves 4. Prep time: 60 minutes.

- 1 pound extra firm tofu, sliced into ½-inch thick rectangles
- ¼ cup sesame oil
- 1 tablespoon garlic, minced (2-3 cloves)
- ⅓ cup tamari
- ⅓ cup Mirin*
- ¼ cup maple syrup
- 2 tablespoons fresh ginger, peeled and minced (2-inch piece)

Preheat oven to 400 degrees F. Pat the tofu rectangles dry with a paper towel, and place on a sheet pan with a rim. Brush the tofu with the sesame oil. Bake for 30 minutes, flipping each piece over after 15 minutes. Carefully drain most of the oil from the sheet pan. Mix together the ginger, garlic, tamari, Mirin and maple syrup, and pour it over the tofu. Bake for another 15 minutes until the tofu is firm and the sauce has reduced. Remove from heat and serve, drizzled with the sauce from the baking pan and garnished with fresh minced ginger, sesame seeds and scallions.

*Mirin is a sweetened rice wine that is an essential component of Japanese cooking. You can substitute white wine sweetened with a bit of sugar (¼ cup wine plus 1 tablespoon sugar) or use apple juice if you prefer.

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



\$3.29

THE GREEK GODS
Traditional Greek Yogurt
24 oz., selected varieties



\$1.79

WOODSTOCK
Organic Tofu
14 oz., selected varieties



\$2.99

POPCORN INDIANA
Popcorn
5.4-10.5 oz.,
selected varieties



\$2.99

CHOICE
Organic Tea
16 ct., selected varieties



\$9.99

EQUAL EXCHANGE
Bulk Coffee
per pound in bulk, selected varieties



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



\$12.99
BIONATURAE
Organic Extra Virgin
Olive Oil
25.4 oz.



2/\$5
NEWMAN'S OWN
Pasta Sauce
15-24 oz.,
selected varieties



\$2.59
KETTLE CUISINE
Soup
10 oz., selected varieties



\$1.79
LATE JULY
Organic Crackers
5-6 oz., selected varieties



2/\$4
**PACIFIC
NATURAL FOODS**
Soup
17.6 oz., selected varieties



\$1.99
**FANTASTIC
FOODS**
Dinner Mixes
2.7-10 oz.,
selected varieties



\$4.79
BULK
Whole Almonds
per pound in bulk



\$1.89 **BULK**
Organic Red Lentils
per pound in bulk



Varieties of Rice

White or brown rice are staples in many kitchens: inexpensive, easy to cook and versatile in main dishes, sides and even desserts. But there's so much more to rice! Next time you're at the co-op, why not explore some new varieties? With Asian dishes, try a fragrant, nutty basmati or flowery jasmine rice. Hearty meats, root vegetables, or savory seitan are delicious with wild rice (which is really a member of the grass family), Himalayan red rice or exotic black rice. Arborio is the classic ingredient for risotto dishes, but medium-grain rice can be substituted in a pinch, since it has a higher starch content than long-grain rice.

Visit www.strongertogether.coop for seasonal recipes and more!



**Celebrating 2012 United
Nations International
Year of Cooperatives**



Scan this QR code to learn more!





Parmesan

If you could only have one cheese in your refrigerator, would it be Parmesan, perhaps? There are so many delicious ways to use Parmesan cheese, from appetizers and salads to pizza and pasta. Buying Parmesan in wedges instead of shredded or grated is not only more economical, it also means you'll be using fresh and flavorful cheese in all your culinary creations. Parmesan cheese freezes well, too—just wrap carefully in plastic wrap, ensuring that the cheese is completely covered. Don't throw away the rind; it's completely edible and makes a delicious addition to soups and stews.



The Real Deal

Thinly-sliced Parmesan cheese is a tasty complement to fresh fruit, particularly apples and pears. Besides being an essential ingredient in Alfredo sauce, risotto and pesto, it adds fantastic flavor to crunchy coatings for chicken and fish.

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\$2.19

**LUNDBERG
FAMILY FARMS**

Rice Chips

6 oz., selected varieties
Organic Rice Chips on sale for \$2.49



\$2.99

ENJOY LIFE

Nut and Gluten Free
Cookies

6-6.3 oz., selected varieties



2/\$4

BLUE SKY

Natural Soda

6 pack, selected varieties



\$3.49

DESERT PEPPER

Salsa

16 oz., selected varieties



2/\$5

KETTLE

Tias! Tortilla Chips

8 oz., selected varieties



\$10.99

ALBA BOTANICA

Even Advanced Sea Moss Moisturizer

2 oz.
other Even Advanced products also on sale



\$19.99

EMERITA

Pro-Gest Cream

2 oz.
other Emerita products also on sale



\$4.99

SPECTRUM ESSENTIALS

Organic Ground Flaxseed
14 oz.



\$27.99

GARDEN OF LIFE

Organic Raw Protein

622 gr.
other Garden of Life products also on sale



\$3.49

SOUTH OF FRANCE

Bar Soap
8 oz., selected varieties



\$12.99

MANITOBA HARVEST

Hemp Pro 50 Protein Powder

16 oz.
other Hemp products also on sale



\$4.99

NATURE'S GATE

Shampoo or Conditioner
18 oz., selected varieties



\$5.99

EO

Liquid Hand Soap
12 oz., selected varieties



\$12.99

BIOKLEEN

Laundry Powder
10 lb.



\$10.99

SEVENTH GENERATION

Baby Diapers
20-40 ct., selected varieties



Making fresh veggie wraps at Putney Community Garden.

Lights, Cameras, Co-ops!

The United Nations declared 2012 the International Year of Cooperatives and we're celebrating food co-ops, fresh food and the stories of the people they bring together through an online video series hosted by celebrity chef Kevin Gillespie.

This month, Kevin travels to 70 year old Putney Food Co-op in Putney, Vermont, and Community Food Co-op in Bellingham, Washington, visiting an award-winning artisan cheesemaker and one of the highest-rated organic egg producing farms in the country. Check out the videos at www.strongertogether.coop.





Spicy Banana Habanero Salsa

Serves 6. Prep time: 20 minutes.

- 2 tablespoons canola oil
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- 1 tablespoon fresh ginger, peeled and minced
- 2 large firm bananas, peeled and diced (about 2 cups)
- ½ cup yellow bell pepper, diced
- ½ cup green pepper, diced
- ½ cup red onion, diced
- 3 tablespoons fresh minced cilantro
- 1 teaspoon fresh habanero pepper, seeded and minced (1 pepper)

In a medium-sized bowl, whisk together the oil, lime juice, brown sugar and fresh ginger. Add the bananas, peppers, onion and cilantro and mix well.

Serving suggestion: This Caribbean-inspired salsa's sweet-hot flavor adds zest to a simply prepared meal of fish or poultry, and tops a morning omelet or breakfast sandwich with tropical flair. Add chunks of ripe mango or pineapple if you like!



\$8.29

**SPECTRUM
NATURALS**

Organic Canola Oil
32 oz.



\$1.99

BRAGG

Organic Apple Cider
Vinegar Drink
16 oz., selected varieties



\$5.99

NUTIVA

Organic
Coconut Manna
15 oz.



\$3.29 BOCA

Meatless Burgers
10 oz., selected varieties



\$4.29

SO DELICIOUS

Organic Non-Dairy
Frozen Dessert
32 oz., selected varieties

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



3/\$4

OIKOS

Organic Greek Yogurt
5.3 oz., selected varieties



5/\$4

WALLABY

Organic Lowfat Yogurt
6 oz., selected varieties



\$3.29

ORGANIC VALLEY

Organic Soy Beverage
64 oz., selected varieties



\$2.99

BARBARA'S

Puffins Cereal
9-11 oz., selected varieties



\$1.99

PACIFIC NATURAL FOODS

Organic Almond Beverage
32 oz., selected varieties



\$2.99

ARROWHEAD MILLS

Pancake Mix
26 oz., selected varieties



\$2.99

NATURE'S PATH

Organic Manna Bread
14 oz., selected varieties

Breadshop™
NATURAL FOODS

\$2.79 BREADSHOP

Honey Gone Nuts Granola
per pound in bulk
other varieties also on sale



\$1.49

BULK

Organic Brown Flaxseed
per pound in bulk



\$4.99

MANITOBA HARVEST

Hemp Hearts
8 oz.
other Hemp products also on sale



Bananas

It's probably no surprise that the banana is the most popular fresh fruit in the United States. After all, where would your cereal bowls, ice cream "spliffs" and fruit salads be without it? On average, every single person in the U.S. eats 26 pounds of bananas per year! The banana is a healthful snack, pre-packed by nature in a handy yellow jacket. If you have access to Fair Trade bananas—which guarantee fair wages for workers and sustainable farming methods—so much the better.

Learn more about in-season fruits and Fair Trade practices 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



2/\$5

SEASON'S

Potato Chips

8 oz., selected varieties



99¢

LUNA

Nutrition Bar
for Women

1.69 oz., selected varieties

**Chef Kevin Gillespie hosts the
new Co+op, stronger together
video series celebrating 2012
International Year
of Cooperatives.**

Check it out at
www.strongertogether.coop,
or scan this QR code.



Celebrating 2012 International Year of Cooperatives

