

coopTM deals

MAY 2 - MAY 15, 2012



2/\$1

BROWN COW

Yogurt

6 oz., selected varieties



2/\$5

ORGANIC VALLEY

Organic Sour Cream

16 oz., selected varieties



\$6.99

ALBA BOTANICA

Sunscreen

4 oz., selected varieties



99¢

LARABAR

Nutritional Bar

1.4-1.8 oz., selected varieties

Featured Inside:

- Celebrate World Fair Trade Day and support Fair Trade farmers
- Learn how one shea butter cooperative is changing lives
- What's fresh in the co-op deli? Mango salsa and oatmeal cream pie
- Try our maple cinnamon cupcake recipe for a not-too-sweet treat



Maple Cinnamon Cupcakes

Yield: 6 each. Prep time: 10 minutes active; 30 minutes total.

- ⅓ cup soymilk
 - ½ teaspoon apple cider vinegar
 - ½ cup maple syrup
 - ⅓ cup applesauce
 - ⅓ cup vegetable oil
 - 1 teaspoon vanilla extract
 - 1 ¼ cups all-purpose flour
 - ¾ teaspoon baking powder
 - ½ teaspoon baking soda
 - ½ teaspoon ground cinnamon
 - ¼ teaspoon salt
 - ½ cup chocolate chips, grain sweetened
 - ¼ cup cocoa powder (optional)
- Icing :
- 4 tablespoons margarine
 - 1 ½ cups confectioners' sugar
 - 1 tablespoon soymilk
 - 1 teaspoon maple syrup
 - ¼ teaspoon ground cinnamon

Preheat the oven to 350 degrees F. Insert paper cupcake liners into a medium muffin pan.

In a large bowl, combine the soymilk and vinegar. Let this mixture stand for 5 minutes, then whisk in the maple syrup, applesauce, oil and vanilla extract. Sift in the flour, salt, baking soda, baking powder, cinnamon and cocoa powder (if you prefer chocolate cupcakes), and mix to a smooth batter. Fill the paper cups two-thirds full and bake 18–20 minutes or until a toothpick inserted into the center comes out clean.

To make the icing, cream together margarine, cinnamon and half the confectioners' sugar in a bowl, add the soymilk and maple syrup and blend well; then add and blend in the remaining sugar. Ice the cupcakes after they are completely cooled.

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



\$4.29

SO DELICIOUS
Coconut Milk Non-Dairy
Frozen Dessert
16 oz., selected varieties



\$3.49

SUNSPIRE
Chocolate Chips
10 oz., selected varieties



\$4.99

**SPECTRUM
NATURALS**
Organic Refined
Canola Oil
16 oz.



\$6.29

**COCONUT
SECRET**
Coconut Crystals
12 oz.



\$2.79

STONYFIELD
Organic Frozen
Yogurt
16 oz., selected varieties



2/\$5

EQUAL EXCHANGE

Organic Tea
20 ct., selected varieties



2/\$5

EQUAL EXCHANGE

Organic Chocolate Bar
3.5 oz., selected varieties



\$2.99

ARROWHEAD MILLS

Pancake and Waffle Mix
26 oz., selected varieties



\$6.99

EQUAL EXCHANGE

Organic Coffee
10-12 oz., selected varieties



\$1.49

BULK

Organic Brown Flaxseed
per pound in bulk



\$6.99

ALAFFIA

Handcrafted Shea Butter
2 oz., selected varieties



\$3.39

BULK

Dried Sweetened Cranberries
per pound in bulk



\$6.99

DR. BRONNER'S

Organic Hand & Body Shikakai Soap
12 oz., selected varieties



\$1.89

BULK

Organic Buckwheat Groats
per pound in bulk



\$9.99

EQUAL EXCHANGE

Organic Breakfast Blend Coffee
per pound in bulk



Equal Exchange supplier Binita Rai, in her tea garden, Darjeeling, India. She is a member of Sanjukta Vikash Co-op.

May 12 is World Fair Trade Day

Between May 1 and 15, 1%* of your purchase of **Alaffia, Alter Eco, Dr. Bronner's Magic Soaps, Equal Exchange, Guayake Yerba Mate, and Maggie's Organics** products at this cooperative and others around the country will be donated to Root Capital.

Root Capital is a nonprofit social investment fund that provides loans and financial training to small and growing rural businesses in Africa and Latin America. The participating companies are strong supporters of Fair Trade principles, including stable and fair prices for farmers, organic and sustainable agriculture practices, and community-led development projects.

Learn more about Root Capital at www.rootcapital.org.



*Up to a maximum of \$5,500.



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 recipes are perfect for end of school year and graduation celebrations!

Mango Salsa

Recipe courtesy of River Valley Market
Northampton, Massachusetts

Ripe, juicy mango, jalapeño pepper, fresh cilantro and a splash of lime juice make this Caribbean-inspired fruit salsa sing. Try it on grilled burgers, fish or poultry.

save 75¢ per pound

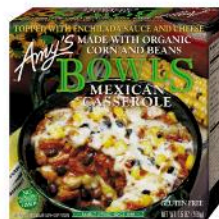
Oatmeal Cream Pie

Recipe courtesy of Wheatsville Co-op
Austin, Texas

This freshly baked oatmeal cookie sandwich features a creamy, nondairy filling.

Save 25¢ each

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\$3.59

AMY'S
Entrée Bowl
8-10 oz., selected varieties



\$2.99

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$1.99

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



3/\$4

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



\$2.29

EVOL
Burrito
6-8 oz., selected varieties



\$3.59

ORGANIC VALLEY
Organic Shredded Cheese
6 oz., selected varieties



2/\$5

SEASON'S
Reduced Fat Potato Chips
8 oz., selected varieties



2/\$5

KETTLE
Tias! Tortilla Chips
8 oz., selected varieties



\$1.79

BEARITOS
Refried Beans
16 oz., selected varieties



\$3.49

NATURAL BREW
Natural Soda
4 pack, selected varieties



\$2.99

SANTA CRUZ ORGANIC
Organic Sparkling Beverage
4 pack, selected varieties



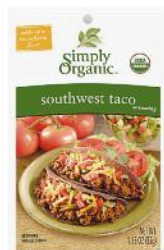
\$2.99

INES ROSALES
Tortas
6.34 oz., selected varieties



\$2.49

MARIA AND RICARDO'S
Tortillas
8 ct., selected varieties



99¢

SIMPLY ORGANIC
Organic Seasoning Packet
.71-1.13 oz., selected varieties



Alaffia Shea Butter Cooperative

Alaffia Shea Butter Cooperative was founded in Togo in 2004 with the vision of helping West African communities become more sustainable. Helping women is a primary goal, because very few know how to read and write and many are denied access to meaningful employment. Often, mothers have to leave their children to find jobs to support them. Starting a co-op allowed these women to use resources they already had—the skills, knowledge and traditions of natural shea butter production—to empower themselves, preserve indigenous culture, and produce a high quality skin care product. Alaffia shea butter products are now available in 150 retailers across the U.S., including many local food co-ops.

2012 is the International Year of Cooperatives; to find more co-op stories, visit www.stories.coop, or www.strongertogether.coop.



Celebrating 2012 United Nations International Year of Cooperatives



Scan this QR code to learn more!





German New Potato Salad

Serves 6. Prep time: 30 minutes.

- 2 pounds small red-skinned potatoes
- 1 ½ cups yellow onion, minced
- ¼ pound uncooked bacon, diced or ¼ cup soy-based vegetarian bac'un bits
- 1 tablespoon vegetable oil (if using vegetarian bac'un bits)
- ½ cup vegetable stock
- ¼ cup apple cider vinegar
- 2 tablespoons whole grain mustard
- ½ cup freshly chopped parsley
- Salt and pepper to taste

In a large pot, boil the potatoes in salted water 14-15 minutes, until just tender. Drain, and when cool enough to handle, cut the potatoes into 1/4-inch slices or 1 inch cubes and place into a mixing bowl.

If using bacon, sauté the bacon in a large skillet for 4-5 minutes while the potatoes are cooking, drain off most of the fat, and return the pan to the stove. Add the onions and sauté another 7-8 minutes. Add the stock, vinegar, and mustard and simmer for a few more minutes.

For a vegetarian potato salad, sauté the onions in 1 tablespoon of vegetable oil for 7-8 minutes. Add the stock, vinegar, and mustard and simmer for a few more minutes.

Toss the hot dressing with the sliced potatoes. Season with salt and pepper, and stir in the fresh parsley (and vegetarian bac'un bits for the meatless version) just before serving.

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2/\$5

TERRA
Exotic Vegetable Chips
5 oz., selected varieties



\$3.79

BACK TO NATURE
Cookies
4.5-8.5 oz., selected varieties



\$2.79

BACK TO NATURE
Crackers
4-8.5 oz., selected varieties



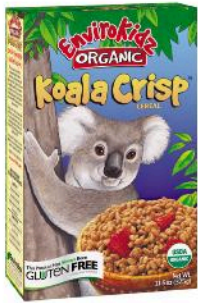
\$2.79

BIONATURAE
Organic Fruit Spread
9 oz., selected varieties



\$7.99

MARANATHA
Roasted Almond Butter
16 oz., Creamy or Crunchy



\$3.29

ENVIROKIDZ

Organic Cereal
10-14 oz., selected varieties



\$2.99

LAKWOOD

Organic Pomegranate
Blend Juice
32 oz., selected varieties



\$2.49

RICE DREAM

Enriched Rice
Beverage
32 oz., selected varieties



\$3.29

LIFEWAY

Organic Lowfat Kefir
32 oz., selected varieties



\$3.39

EREWHON

Organic Cereal
10-15 oz., selected varieties



5/\$2

**STRETCH ISLAND
FRUIT CO.**

All-Natural Fruit Strip
.5 oz., selected varieties



2/\$5

HAPPY BABY

Organic Puffs
2.1 oz., selected varieties



\$18.99

**NORDIC
NATURALS**

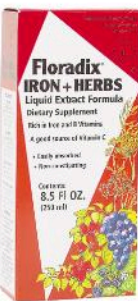
Children's DHA -
Strawberry
180 ct.



\$8.99

EMERGEN-C

Dietary Supplement
30 ct., selected varieties



\$19.99

FLORA

Floradix Iron + Herbs
8.5 oz.



\$8.99

HERB PHARM

Stinging Nettle Blend
1 oz.



\$29.99

RENEW LIFE

Ultimate Flora
Critical Care 50 Billion
30 ct.
other Ultimate Flora
also on sale



\$2.99

**ONE WITH
NATURE**

Dead Sea Salt Soap
7 oz., selected varieties



\$3.99

JASON

Toothpaste
4-6 oz., selected varieties



\$6.99

NATURE'S GATE

Moisturizing Lotion
18 oz., selected varieties

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

The 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 Market
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



3/\$8

SEVENTH GENERATION

Dish Liquid
25 oz., selected varieties



\$ 1.79

PETGUARD

Dog Food
14 oz., selected varieties



\$ 2.39

CLIF BAR

Crunch Granola Bars
7.4 oz., selected varieties



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

Scan this QR code to learn more!



99¢

HARVEST BAY

Coconut Water
8.45 oz., selected varieties

Celebrating 2012 International Year of Cooperatives

