

coopTM deals

MAY 16 - MAY 29, 2012



\$3.49

YVES

Veggie Hot Dogs
12-13.4 oz., selected varieties



\$2.39

MUIR GLEN

Organic Ketchup
24 oz.



2/\$5

**RUDI'S ORGANIC
BAKERY**

Organic Hot Dog Buns
12 oz., selected varieties
Hamburger Buns also on sale



\$3.49

**GARDEN OF
EATIN'**

Tortilla Chips
16 oz., selected varieties

Featured Inside:

- A quick and tasty Jamaican bean burger recipe
- Chef Kevin Gillespie visits New Mexico co-ops in our video series
- How to build a better burger (veggie or not!)
- Goat cheese: a seasonal food lover's delight



Jamaican Bean Burgers

Makes 6 burgers. Prep time: 30 minutes.

- 2 tablespoons vegetable oil
- 2 teaspoons minced garlic
- 1 ½ cups diced yellow onions
- 1 cup chopped button mushrooms
- 2 tablespoons minced jalapeño pepper
- 1 teaspoon ground allspice
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ¼ teaspoon chili powder
- 1 15-ounce can black-eyed peas, rinsed and drained
- 2 tablespoons freshly minced peeled ginger
- 1 cup cooked brown rice
- 1 ½ cups panko bread crumbs

Heat 1 tablespoon of oil in a skillet over medium-high heat; add the diced onions and sauté for 2 minutes. Add the garlic and the chopped mushrooms and sauté 3-4 minutes, until onions begin to lightly brown. Add the jalapeño pepper, allspice, nutmeg, ground ginger and chili powder and sauté one minute more.

Remove the mixture to a large bowl, and add the beans, fresh ginger, bread crumbs and rice. Using your hands, squish, mash and mix all the ingredients together; the mixture should be slightly chunky and somewhat sticky. Form the mixture into 6 equal balls, then flatten them into patties. Heat a tablespoon of oil in a wide skillet and gently pan-fry each burger over medium heat, approximately 3-4 minutes on each side until browned and crispy.

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



\$9.99

EQUAL EXCHANGE

Organic Breakfast Blend Coffee
per pound in bulk



\$4.79

BULK

Almonds
per pound in bulk



\$4.99

SPECTRUM NATURALS

Organic Refined Canola Oil
16 oz.



89¢

BULK

Organic Pearled Barley
per pound in bulk



\$1.69

BULK

Organic Kidney Beans
per pound in bulk



\$2.29

AMY'S
Chili
14.7 oz., selected varieties



\$4.99 **APPLEGATE FARMS**
Organic Hot Dogs
16 oz., selected varieties



\$1.99

KETTLE
Potato Chips
5 oz., selected varieties



\$3.49

WOODSTOCK
Organic Pickles
24 oz., selected varieties



2/\$4

WESTBRAE
Organic Beans
25 oz., selected varieties



\$2.29

NEWMAN'S OWN ORGANICS
Pretzels
7-8 oz., selected varieties



\$3.49

GREEN MOUNTAIN GRINGO
Salsa
16 oz., selected varieties



3/\$5

GREEN MOUNTAIN GRINGO
Tortilla Strips
8 oz., selected varieties



2/\$5

BLUE SKY
Soda
6 pack, selected varieties



\$2.79

PAMELA'S PRODUCTS
Wheat-Free, Gluten-Free
Cookies
7.25 oz., selected varieties

Beyond Ketchup: Build a Better Burger

Gone are the days when burgers and veggie burgers only came in three styles: plain, cheese or California (with lettuce, tomato and maybe some mayo). Add some variety to your warm-weather grilling with an array of condiments, like spicy North African harissa, garlicky aioli or pesto. Top your patty with grilled mushrooms, onions or pineapple and crumbled blue or goat cheese.

And it's not just what's on your burgers; blend in some sundried tomatoes, garlic and black olives for a Mediterranean flavor, or add black beans, corn and pickled jalapeños to your southwestern style sandwich. Served open-faced on grilled bread or in a Kaiser roll, these burgers bring the flavor!

For more ideas for summer entertaining, visit www.strongertogether.coop.





Goat Cheeses

Goat cheeses are a seasonal food lover's delight; they brighten up soups, salads, pasta, poultry, and even desserts year-round. While originally from the Mediterranean, goat cheese is now made worldwide. White in color, with flavors ranging from mild and delicate to tart and earthy, goat cheeses are often enhanced with a variety of regional ingredients like honey, fresh or dried herbs, peppers, and wild mushrooms. Also known as chevre, goat cheeses are best stored in wax paper and in separate containers for up to two weeks in the refrigerator.



The Real Deal

There's a goat cheese for all seasons and all meals! Try a springtime rhubarb salad with goat cheese. Pair honeyed goat cheese with summer berries and Prosecco. Enjoy a fall breakfast of scrambled eggs, herbed goat cheese and toast, or warm up winter with goat cheese ravioli.

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



\$1.99 **SESMARK**
Crackers
3.5 oz., selected varieties



\$2.19
DREW'S
Dressing
12 oz., selected varieties



\$11.99
BIONATURAE
Organic Extra Virgin
Olive Oil
25.4 oz.
other Olive Oil and Balsamic
Vinegar products also on sale



\$1.99
LUNDBERG
FAMILY FARMS
Organic Risotto
5.5-5.9 oz., selected varieties



\$2.79 **JOVIAL**
Organic Brown Rice
Pasta
12 oz., selected varieties



\$3.29

KASHI
Heart to Heart Cereal
12.4-13.4 oz.,
selected varieties



4/\$5

OIKOS
Organic Greek Yogurt
5.3 oz., selected varieties



\$1.99

SO DELICIOUS
Organic Coconut
Milk Beverage
32 oz., selected varieties



5/\$4

WALLABY
Organic Lowfat Yogurt
6 oz., selected varieties



99¢

HONEST TEA
Organic Ready to
Drink Tea
16 oz., selected varieties



2/\$5

NATURE'S PATH
Organic Toaster
Pastries
11 oz., selected varieties



\$4.79

**WHOLESOME
SWEETENERS**
Organic Stevia Packets
75 ct.



\$1.79

R.W. KNUDSEN
Recharge
32 oz., selected varieties
Organic Lemon Recharge \$1.99



\$3.49

KASHI
Chewy Granola Bars
6 ct., selected varieties



2/\$3

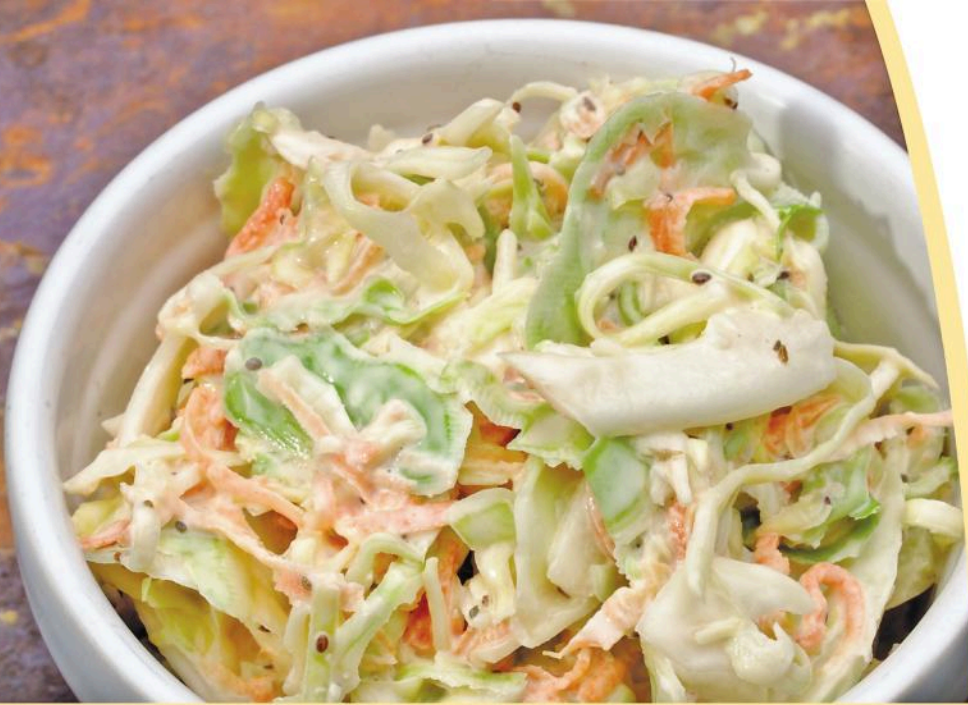
SO DELICIOUS
Non-Dairy Cultured
Coconut Milk
6 oz., selected varieties



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 New Mexico to visit La Montaña and Los Alamos co-ops and learn about the innovative ways these two co-ops are building a healthy local food economy in their region. View the videos online at www.strongertogether.coop, or scan the QR code.





Curried Coleslaw

Serves 6. Prep time: 20 minutes.

Salad:

- 5 cups thinly-sliced green cabbage (about 1 pound)
- 1 cup shredded carrots
- 4 green onions or scallions, thinly sliced
- 2 cups red apples, cored and diced
- ¼ cup raisins
- ¼ cup shelled peanuts, roasted (optional)

Dressing:

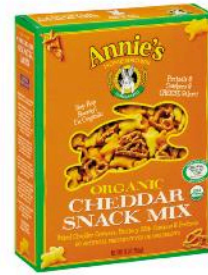
- ½ cup light mayonnaise
- ¼ cup lime juice
- 1 tablespoon curry powder
- ¼ teaspoon ground turmeric
- 1 pinch cayenne pepper

In a large mixing bowl, blend together the mayonnaise, lime juice, turmeric, cayenne and curry powder.

Remove any tough outer leaves from the cabbage, then remove the core and shred or slice the cabbage into thin strips. Add the cabbage and all remaining ingredients to the curried mayonnaise and mix well.

Serving suggestion: Not your average coleslaw, this golden-hued, slightly sweet recipe complements Indian-spiced dishes like lamb or chicken satay. Make the salad up to a day ahead of time to allow the flavors to meld.

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\$3.79

ANNIE'S HOMEGROWN

Organic Snack Mix
9 oz., selected varieties



\$4.29

IAN'S Wheat-Free, Gluten-Free Chicken

7-8 oz., selected varieties



\$3.99

ORGANIC BISTRO

Frozen Entrée
10-11 oz., selected varieties



\$2.29

THAI KITCHEN

Red Curry Paste

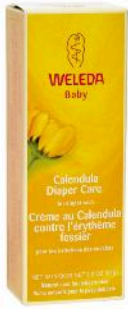
4 oz.
other Thai Kitchen products
also on sale



2/\$5

LUNDBERG FAMILY FARMS

Organic Rice Cakes
8-9.6 oz., selected varieties



\$8.99

WELEDA
Calendula Diaper Care
2.8 oz.
other baby products
also on sale



\$10.99

**SEVENTH
GENERATION**
Baby Diapers
20-40 ct., selected varieties



\$12.99

BIOKLEEN
Laundry Powder
10 lb., selected varieties



\$2.79

COOL FRUITS
Fruit Juice
Freeze Pops
14 oz., selected varieties



\$12.99

AUBREY
Sunscreen
4 oz., selected varieties



\$3.49

**SOUTH OF
FRANCE**
French Milled Bar Soap
8 oz., selected varieties



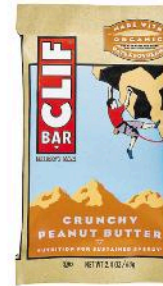
\$5.49

**DESERT ESSENCE
ORGANICS**
Hand & Body Lotion
8 oz., selected varieties



\$5.99

SHIKAI
Shower Gel
12 oz., selected varieties



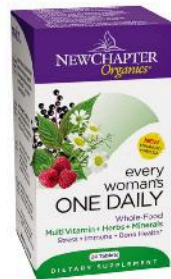
99¢

CLIF BAR
Energy Bar
2.4 oz., selected varieties



\$4.99

**SPECTRUM
ESSENTIALS**
Organic Ground
Flaxseed
14 oz.



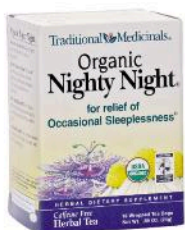
\$16.99

NEW CHAPTER
Every Woman's
One Daily
24 ct.
other Women's Supplements
also on sale



\$16.99

**JARROW
FORMULAS**
Fem-Dophilus
30 ct.



\$3.49

**TRADITIONAL
MEDICINALS**
Organic Herbal Tea
16 ct., selected varieties



\$7.49

HYLAND'S
Calms Forte
100 ct.
other Hyland's products
also on sale



\$13.99

**PETER GILLHAM'S
NATURAL VITALITY**
Natural Calm
8 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



\$2.19

TRUWHIP
Natural Whipped
Topping
10 oz.



\$1.79 **NEWMAN'S OWN ORGANICS**
Licorice Twists
5 oz., selected varieties



2/\$5
GREEN & BLACK'S
ORGANIC
Dark Chocolate
made with fine Taster's
Choice beans for an intense taste
70% Cocoa Content
NET WT. 3.5oz (100g)



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

Scan this QR code to learn more!



\$3.29
CIAO BELLA
Sorbet or Gelato
16 oz., selected varieties

Celebrating 2012 International Year of Cooperatives

