

**In This Issue:**

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- Lighten up



**LIGHTLIFE**  
 Veggie Dogs  
**\$2.79**



12-13.5 oz.,  
 selected varieties

**RUDI'S ORGANIC BAKERY**  
 Organic Hot Dog Buns  
**\$2.49**



6 pack, Wheat or White

**MUIR GLEN**  
 Organic Ketchup  
**\$2.49**



24 oz.

**ALDEN'S**  
 Organic Ice Cream  
**\$3.99**



48 oz., selected varieties

**GREEN MOUNTAIN GRINGO**  
 Salsa  
**\$3.29**



16 oz., selected varieties

**BOULDER CANYON**  
 Kettle Chips  
**\$1.79**



5 oz., selected varieties

**LARABAR**  
 Nutritional Bar  
**99¢**



1.7-1.8 oz.,  
 selected varieties

**NEW CHAPTER**  
 Bone Strength Take Care  
**\$22.99**



60 tab.  
 other New Chapter Supplements  
 also on sale

# GROCERY

## NATURE'S PATH

Organic Cereal

**\$5.79**



26.4-32 oz.,  
selected varieties

## YOGI

Cereal

**\$2.99**



12 oz., selected varieties

## WHOLESUME SWEETENERS

Organic Blue Agave

**\$4.99**



23.5 oz., selected varieties

## RICE DREAM

Enriched Rice Drink

**2/\$5**



32 oz., selected varieties

## KASHI

GoLean Cereal

**\$2.99**



14.1-15 oz.,  
selected varieties

## R.W. KNUDSEN

Organic Very Veggie Juice

**\$2.79**



32 oz., selected varieties  
other Very Veggie Juice also on sale

## R.W. KNUDSEN

Just Black Cherry Juice

**\$3.29**



32 oz.  
other Just Juice also on sale

## COUNTRY CHOICE ORGANIC

Organic Sandwich Cookies

**\$2.79**

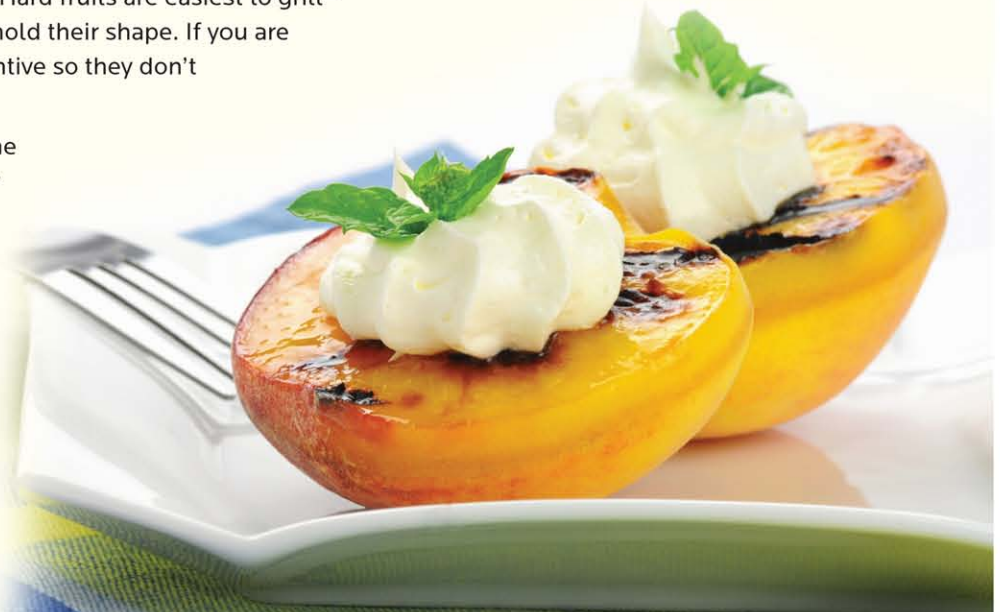


12 oz., selected varieties

## Grilling Fruit

Fruit is surprisingly easy to prepare on the grill, and the resulting caramelized, soft and smoky flavors of grilled fruit make for delightful desserts, side dishes and sauces. You can make them into a salsa or fruit-based barbecue sauce. Grilled fruits are also wonderful as they are, or served with ice cream, yogurt or chopped nuts. Here are some tips for successfully grilling fruit.

- Keep their peelings on until after grilling. Hard fruits are easiest to grill—apples, pears, pineapples—because they hold their shape. If you are grilling soft fruits it's important to be attentive so they don't overcook.
- Soak prepped fruits with cold water and the juice of one lemon (to hold their color) for 20 to 30 minutes. It will help them retain moisture on the grill.
- Clean your grill grates well. You definitely don't want the flavors from other foods ruining the fruit's taste.
- Coat the fruit with oil or melted butter to keep fruits from sticking on the grill.
- Add seasonings after the fruits are cooked, especially sugar, which easily burns on the grill.



# GROCERY

## BLUE SKY

Organic Soda  
\$3.29



6 pack, selected varieties

## WOODSTOCK FARMS

Organic Pickles  
\$3.49



24 oz., selected varieties

## LITTLE BEAR

Refried Beans  
3/\$5



16 oz., selected varieties

## LITTLE BEAR

Tortilla Chips  
\$2.79



16 oz., selected varieties

## STACY'S

Pita Chips  
\$1.99



8 oz., selected varieties

## LUNDBERG FAMILY FARMS

Rice Chips  
\$1.99



6 oz., selected varieties

## COOL FRUITS

Fruit Juice Freeze Pops  
\$2.49



14 oz., selected varieties

## KIND

Fruit & Nut Bar  
4/\$5



1.4-1.6 oz., selected varieties

## FOOD SHOULD TASTE GOOD

Tortilla Chips  
\$1.99



6 oz., selected varieties

## LAKWOOD

Organic Lemonade  
\$1.99



32 oz., selected varieties



## Fresh New Look, More Great Deals

Look for these exciting changes coming September 2010

Starting in September, you'll notice some changes to this flyer, as well as the coupon books and sales signs developed by National Cooperative Grocers Association (NCGA) on behalf of your food co-op.

Besides a fresh new look, you'll see more deals, more often, with quarterly coupon books and twice the number of sales flyers. So what's the deal? It's Co+op, stronger together.

# Summer Celebrations



Anyone who bites into a perfectly ripened peach on a warm summer day knows that few other food experiences transcend moments like that. As we all head outdoors to area parks or our own back yards this time of year, we celebrate those special moments with friends, family and good food. At your local food co-op, we are proud to offer local and organic foods for the grill and outdoor potlucks that will enhance all your summer celebrations.



## Grilled Peach and Prosciutto Salad

Makes 4 servings, Prep time 30 minutes

Contributed by: Christie Borders, Bloomington, Indiana

### Ingredients

**2 large ripe peaches, sliced into 8 wedges each**  
**4 cups mixed greens, packed**  
**6-8 oz. thin sliced Prosciutto (or thinly sliced ham)**  
**4 oz. goat cheese, crumbled**  
**1/4 cup pistachios, shelled (or pine nuts)**

### Dressing (makes 1 cup)

**1 clove shallot, peeled**  
**1 clove garlic, peeled**  
**2 Tbsp. red wine vinegar**  
**1 Tbsp. Dijon mustard**  
**1 1/2 Tbsp. fresh mint, roughly chopped**  
**1 tsp. honey**  
**1/4 cup orange juice**  
**Zest from 1 orange**  
**1/3 cup olive oil**  
**Salt and pepper to taste**

### Preparation

In a blender or food processor, combine the shallot, garlic, mustard, orange juice and zest, honey and red wine vinegar.

Blend until smooth. With the blender on low speed, slowly add the olive oil until it is incorporated into the dressing. Season to taste with salt and pepper, and set aside.

Preheat the grill or a grill pan over medium-high heat. Lightly brush the peach slices with a little of the prepared dressing. Grill peaches on each side 2-3 minutes.

Arrange 1 cup of greens on each plate and top with 2 ounces of Prosciutto or ham and 4 slices of grilled peaches. Sprinkle each salad with 1 tablespoon pistachios or pine nuts and 1 ounce of goat cheese crumbles, then drizzle with about 2 tablespoons of the remaining dressing.



## Lighten Up on July 4

Summer parties in particular tend to rely on an over abundance of meat, mayo-based salads, and high carbohydrates. You can lighten up your menu to include more tasty and good-for-you foods. Try these menu modifications to make your picnic healthy and delicious.

- Offer fresh foods as much as possible over pasta and potato salads. For example, have corn on the cob, fruit and vegetable salads.
- Take advantage of seasonal produce. Offer a fresh chopped vegetable plate, or grill vegetables tossed with herbs and olive oil.
- Use whole wheat buns, or instead make a wrap, and be sure to add vegetables to your sandwich.
- Switch from ground beef patties to low-fat chicken or turkey, or add a veggie burger to the menu.



# GROCERY

## ANNIE'S NATURALS

Salad Dressing

2/\$5



8 oz., selected varieties

## BIONATURAE

Organic Extra Virgin  
Olive Oil

\$12.99



25.4 oz.

## KASHI

TLC Crackers

\$2.79



6-9 oz., selected varieties

## MEDITERRANEAN ORGANIC

Organic Roasted Peppers

\$4.49



16 oz., selected varieties

## ANCIENT HARVEST QUINOA

Gluten Free Organic Pasta

\$1.79



8 oz., selected varieties

## DR. KRACKER

Organic Flatbread

\$2.99

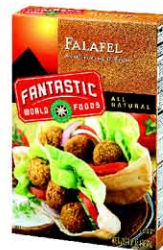


7 oz., selected varieties

## FANTASTIC FOODS

Dinner Mix

\$2.29



2.7-10 oz.,  
selected varieties

## THAI KITCHEN

Organic Coconut Milk

\$1.69



14 oz., selected varieties

## SWEET LEAF

Organic Sweet Tea

\$1.19



16 oz., selected varieties



# BULK

## EQUAL EXCHANGE

Organic Love Buzz Coffee

\$7.99



per pound

Raw Almonds

\$4.79

per pound

Organic Golden Flaxseed

\$1.39

per pound

Organic Walnuts

\$7.99

per pound

Organic Navy Beans

\$1.49

per pound

## GOLDEN TEMPLE

Granola

\$2.59



per pound

Organic Raw  
Sunflower Seeds

\$2.49

per pound

Organic Yellow Split Peas

\$1.19

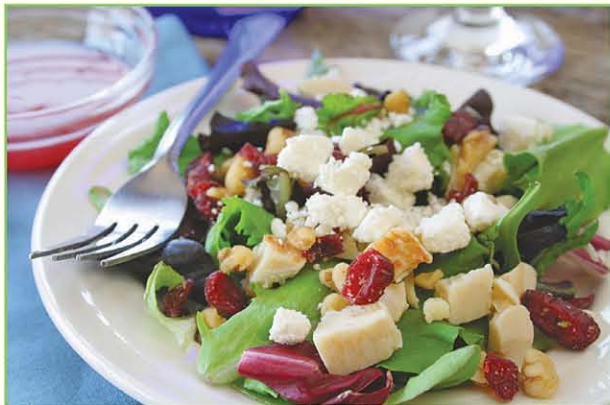
per pound

# Fresh in the Deli

favorite foods from our co-op chefs

## Featured Cheese: Feta

A Greek classic traditionally made from sheep or goat's milk, feta is a slightly salty, brined cheese commonly produced in blocks or cakes. Soft to semi dry with a slightly grainy texture, feta can be easily cubed or crumbled, and its tangy flavor is perfect in green salads, as a topping on your favorite pizza or blended and used as a spread.



On sale at your co-op deli from 7/1/10 - 7/15/10

Community Mercantile  
Lawrence, Kansas

## HEIRLOOM TOMATOES WITH SWEET CORN AND TARRAGON

Simple and refreshing, we mix together tomatoes, whole kernel sweet corn and fresh tarragon and then toss it with garlic and olive oil. Perfect served as a side dish with grilled meats.

save 75¢ per lb.

New Pioneer Co-op  
Coralville, Iowa

## RADICCHIO CHICKEN SALAD

Marinated, oven roasted chicken breast is julienned and combined with fresh radicchio, snow peas, pecans and dried cranberries, then dressed in a light and zesty sherry vinaigrette

save \$1.00 per lb.

## REFRIGERATED

### WALLABY

Organic Lowfat Yogurt

5/\$4



6 oz., selected varieties

### WHOLESOY

Soy Yogurt

89¢



6 oz., selected varieties

### ORGANIC VALLEY

Organic Cottage Cheese

\$3.49



16 oz., selected varieties

### GT'S

Organic Kombucha

\$2.79



16 oz., selected varieties

### FIELD ROAST

Vegan Sausages

\$4.49



12.95 oz., selected varieties

### WILDWOOD ORGANIC

Tofu Veggie Burgers

\$2.79



6 oz., selected varieties

### WESTSOY

Chicken Style Seitan

\$3.99



18 oz.  
other Westsoy Tofu also on sale



Some items may not be available at all stores or on the same days in the month of July 2010.

# WELLNESS

## JASON

Toothpaste  
\$4.99



4-6 oz., selected varieties

## SHIKAI

Color Reflect Shampoo  
or Conditioner  
\$5.99



8 oz., selected varieties

## EO

Hand Soap  
\$5.99



12 oz., selected varieties

## DR. BRONNER'S

Organic Peppermint  
Castile Soap  
\$6.49



16 oz.

## BADGER

Sunscreen  
\$11.99



2.9 oz., selected varieties

## EARTH SCIENCE

Almond Aloe Moisturizer  
with SPF  
\$6.99



5 oz.  
other Earth Science  
products also on sale

## BOIRON

Sinusalia  
\$7.99



60 tab.

## MANITOBA HARVEST

Hemp Pro 50  
Protein Powder  
\$13.49



16 oz.



## Working Together Works!

Your food co-op is a member of National Cooperative Grocers Association, which brings together co-ops nationwide to help maximize the benefits they can offer their members. This monthly flyer and the specials contained in it are examples of how you can benefit from co-ops working together.

# NONFOOD



SEVENTH GENERATION  
Liquid Laundry Detergent  
\$7.49



50 oz., selected varieties

ECOVER  
Dishwashing Liquid  
\$3.49



32 oz., selected varieties

BIOKLEEN  
Bac-Out Stain & Odor  
Eliminator  
\$5.99



32 oz.

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Co-op Advantage specials are available at the following natural food co-ops:



**GO  
CO-OP!**

**FLORIDA**  
**Everman 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

**Silver Spring Co-op  
 Common Market**  
 8309 Grubb Road, Silver Spring

**Takoma Park Co-op**  
 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 Rd, 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

**Deep Roots Market**  
 3728 Spring Garden Street,  
 Greensboro

**French Broad  
 Food Co-op**  
 90 Biltmore Avenue, Asheville

**Hendersonville  
 Community Co-op**  
 715 Old Spartanburg Highway,  
 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

**Weavers Way Co-op Ogontz**  
 2129 72nd Avenue, Philadelphia

**Whole Foods Cooperative**  
 1341 West 26th Street, Erie

**TENNESSEE**  
**Three Rivers Market**  
 937 N. Broadway, Knoxville

**VERMONT**  
**Brattleboro Food Co-op**  
 2 Main Street, Brattleboro

**City Market**  
 82 S. Winooski Avenue, Burlington

**Hunger Mountain Co-op  
 Community 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 St., Springfield

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

**VIRGINIA**  
**Roanoke Natural Foods**  
 1319 Grandin Road, Roanoke

**FROZEN**

**STONYFIELD**

Organic Ice Cream  
**\$2.99**



16 oz., selected varieties

**RICE DREAM**

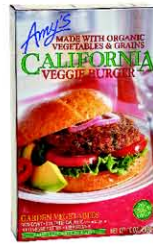
Organic Non-Dairy  
 Dessert  
**\$2.49**



16 oz., selected varieties

**AMY'S**

Veggie Burgers  
**\$3.99**



10 oz., selected varieties

**RIISING MOON ORGANICS**

Pizza  
**\$4.99**



11 oz., selected varieties

**SO DELICIOUS**

Coconut Milk Bars  
**\$3.29**



4 pack, selected varieties

**CASCADIAN FARM**

Organic Vegetables  
**\$1.99**



10 oz., selected varieties

