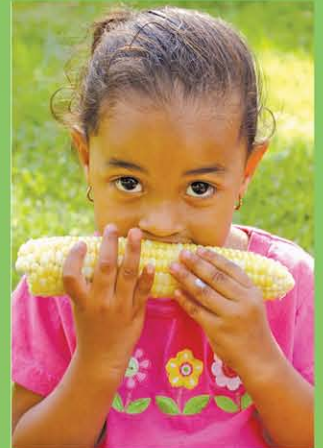




In This Issue:
 Make the most of summer:

- Eco-friendly BBQ
- Salmon kabobs
- Grilling vegetables



SANTA CRUZ ORGANIC

Organic Lemonade

2/\$3



32 oz., selected varieties

KETTLE

Krinkle Cut Chips

\$3.49



14 oz., selected varieties

JULIE'S ORGANIC

Organic Ice Cream

\$2.79



16 oz., selected varieties

LET'S DO ORGANIC

Organic Ice Cream Cones

\$1.99



2.3 oz.

NANCY'S

Organic Plain Yogurt

\$2.99



32 oz., selected varieties

ANNIE'S HOMEGROWN

Bunny Crackers

2/\$5



7-7.5 oz., selected varieties

MUIR GLEN

Organic Tomatoes

2/\$3



14.5 oz., selected varieties

CASCADIAN FARM

Organic Vegetables

2/\$5



16 oz., selected varieties

GROCERY

KASHI

Heart to Heart Cereal

\$2.99



12.4-13.4 oz.,
selected varieties

ARROWHEAD MILLS

Organic Cereal

\$2.99



12 oz., selected varieties

LIVING HARVEST

Tempt Hempmilk

2/\$5



32 oz., selected varieties

PACIFIC NATURAL FOODS

Organic Almond Beverage

\$2.29



32 oz., selected varieties

NATURE'S PATH

Organic Optimum Cereal

\$2.99



10.6-14 oz.,
selected varieties

R.W. KNUDSEN

Simply Nutritious Juice

\$2.39



32 oz., selected varieties

CROFTER'S

Organic Premium Spread

\$2.79



10 oz., selected varieties

AMERICAN CLASSIC

Organic Peanut Butter

\$3.99



16 oz., selected varieties

ANNIE'S HOMEGROWN

Organic Fruit Snacks

\$3.49



4 oz., selected varieties

INES ROSALES

Tortas

\$3.29



6.34 oz., selected varieties

BARBARA'S BAKERY

Fig Bars

\$3.29



12 oz., selected varieties

RUDI'S ORGANIC BAKERY

Organic Bread

\$2.99



20-22 oz.,
selected varieties

NEWMAN'S OWN ORGANICS

Chocolate Cups

\$1.19

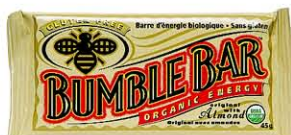


1.2 oz., selected varieties

BUMBLE BAR

Organic Energy Bar

2/\$3



1.6 oz., selected varieties



GROCERY

ANNIE'S HOMEGROWN

Organic Pasta & Cheese Dinner

\$1.79



6 oz., selected varieties

SUZIE'S

Flatbread

\$2.29



4.5 oz., selected varieties

BIONATURAE

Organic Pasta

\$1.99



16 oz., selected varieties

NAPA VALLEY NATURALS

Organic Extra Virgin Olive Oil

\$9.99



25.4 oz.
Rich & Robust Olive Oil
also on sale



WESTBRAE

Organic Beans

3/\$4



15 oz., selected varieties

WILD PLANET

Wild Sardines

\$1.99



4.375 oz.,
selected varieties

ZOE

Organic Extra Virgin Olive Oil

\$9.99



25.5 oz.

ANNIE'S NATURALS

Organic Dressing

\$2.99



8 oz., selected varieties

BULK

EQUAL EXCHANGE

Organic Mind Body & Soul Coffee

\$7.99



per pound



Organic French Couscous

\$2.29

per pound

SPECTRUM NATURALS

Organic Unrefined Coconut Oil

\$6.99



14 oz.
Refined Coconut Oil also on sale



Organic Green Lentils

\$1.29

per pound

Organic Hulled Millet

99¢

per pound

Organic Pinto Beans

\$1.29

per pound

Organic Red Quinoa

\$3.29

per pound

Summertime Grilling



Warm weather goes hand-in-hand with outdoor cooking where the flavors of local foods come together on your plate. What most grilled foods have in common is simplicity. Most things can be prepared in under 30 minutes or made ahead of time in marinades. All that's required is placing it on the grill and savoring the taste when it's finished. Nearly every culinary tradition includes grilled foods, and at your local co-op you'll find all the essentials for outdoor cookery.

Lemon & Dill Salmon Kabobs

Makes 4 servings. Prep time: 30 minutes

Contributed by: Christie Borders,
Bloomington, Indiana

Ingredients

16 oz. thick (center cut) wild salmon fillet, skinned and cut into 2 inch pieces

1/2 large green bell pepper, cut into 1 – 1 1/2 inch chunks

1/2 large red or yellow bell pepper, cut into 1 – 1 1/2 inch chunks

Marinade

2 lemons, juiced

4 Tbs. white wine

2 Tbs. olive oil

1 tsp. minced garlic (about 2 cloves)

1 tsp. dried dill

1/2 tsp. paprika or smoked paprika salt and pepper to taste

8-10 bamboo skewers, soaked in water for 30 minutes prior to using



Preparation

Mix the marinade ingredients in a bowl and toss with the salmon pieces. Let marinate for 15-30 minutes.

Toss bell pepper chunks with a little olive oil and set aside.

Preheat the grill to medium-high heat.

Assemble the kabobs on the soaked skewers alternating between salmon and bell pepper pieces. Gently place the kabobs on the hot grill and grill about 4 minutes on each side. Serve hot with a side of grilled potatoes or asparagus. Garnish with fresh dill and lemon wedges.

Eco-Friendly BBQ

You can reduce your impact on the environment through different methods for outdoor cooking and grilling food.

- Limit residues on food and ground level ozone by using propane, electric grills, solar ovens, or lump coal for cooking food. Charcoal briquettes often contain chemical inputs.
- Use a chimney starter for briquettes instead of lighter fluids.
- Choose lean, organic and locally grown meats, and trim the fat to avoid carcinogens that could occur from charcoal smoke and flame ups.
- Set the picnic table with reusable dishware. If that's not possible look for biodegradable or recycled paper napkins, cups and plates.



GROCERY

GARDEN OF EATIN'

Tortilla Chips
\$2.99



16 oz., selected varieties

DESERT PEPPER

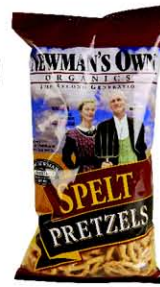
Salsa
\$3.49



16 oz., selected varieties

NEWMAN'S OWN ORGANICS

Pretzels
\$2.29



7-8 oz., selected varieties

WALNUT ACRES

Organic Baked Beans
\$1.79



15 oz., selected varieties

AMY & BRIAN

Coconut Juice
\$1.79



17.5 oz., selected varieties

BIONATURAE

Organic Fruit Nectar
\$2.99



25.4 oz., selected varieties

LOACKER

Wafer Cookies
\$2.99



7.76-8.82 oz., selected varieties

NEWMAN'S OWN ORGANICS

Newman O's
\$3.49



16 oz., selected varieties

HONEST TEA

Organic Ready to Drink Tea
\$2.49



64 oz., selected varieties

LAKWOOD

Organic Pure Pineapple Juice
\$3.69



32 oz.
other select Pure Juice also on sale

Creamy Strawberry Panna Cotta

Makes 6 servings, prep time 30 minutes

Contributed by: Christie Borders, Bloomington, Indiana

Ingredients

- 2 Tbs. water
- 1 1/2 tsp. unflavored powdered gelatin
- 2 cups heavy cream (divided)
- 1 1/4 cup whole milk plain yogurt
- 1 tsp. vanilla
- pinch of salt
- 1/2 cup of sugar
- 1/4 cup (about 6-8 medium) strawberries, hulled and sliced

Preparation

In a small bowl, sprinkle gelatin over water and let it soften for 15 minutes.

In a large bowl, whisk together one cup of cream with the yogurt, vanilla and salt. In a saucepan, heat the other cup of cream with the sugar and stir until just simmering and the sugar is dissolved. Remove it from the heat and stir in the gelatin until the gelatin is dissolved. Whisk the heated mixture into the rest of the ingredients except for the strawberries.

Place the sliced strawberries in the bottom of six 6oz. ramekins and pour in the cream mixture evenly in each ramekin. Refrigerate until cold, then cover and refrigerate overnight before serving.

To serve, heat a small paring knife under hot water. Gently slide the paring knife along the inside edge of each ramekin to separate the panna cotta from the edges. Gently turn the panna cotta upside down onto a plate and garnish with mint and more strawberries if desired.



Fresh in the Deli

favorite foods from our co-op chefs

Featured Cheese: Brie



A true crowd pleaser, Brie is a soft, mellow cheese with a white, edible rind. Rich and creamy, the flavor ranges from mild when young to pungent when aged. It is best served at room temperature. Double and triple cream varieties, especially those imported from France, are popular as dessert cheeses.

Brie is delicious when served with fresh berries and fruit, and complements sparkling wines, chardonnay, and Pinot Noir.

On sale at your co-op deli from 6/1/10 - 6/15/10

Three Rivers Co-op Natural Foods and Deli
Fort Wayne, Indiana

RHUBARB PIE

Simple and delicious, we cook tart rhubarb with a hint of orange zest, sugar and butter to make this classic, early summer favorite.

save \$1.00 off a whole pie

Weaver Street Market
Carrboro, North Carolina

BEETS WITH LEMON, MINT AND CILANTRO

Fresh beets, red onions and a touch of fresh mint are combined and marinated in lemon cilantro vinaigrette. Try this crunchy raw vegetable salad in place of traditional coleslaw with your favorite grilled meats.

save 75¢ per lb.

REFRIGERATED

ORGANIC VALLEY

Organic Milk

\$3.49



64 oz., selected varieties

ORGANIC VALLEY

Organic Half & Half

\$1.69



16 oz.

REDWOOD HILL FARM

Goat Yogurt

\$1.79



6 oz., selected varieties

STONYFIELD

Organic Yogurt

5/\$4



6 oz., selected varieties

HIGH COUNTRY

Organic Kombucha

\$2.29



16 oz., selected varieties

SOYA KAAS

Natural Cheese
Alternative

\$4.29



12 oz., selected varieties



Springfield Creamery, the makers of Nancy's Yogurt,
celebrates 50 years! Family owned since 1960.

www.nancysyogurt.com

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

WELLNESS

DR. BRONNER'S

Organic Bar Soap

\$2.79



5 oz., selected varieties

EARTH SCIENCE

Shampoo or Conditioner

\$4.99



12 oz., Fragrance Free or Citress

ALBA BOTANICA

Cocoa Butter Hand & Body Lotion

\$6.99



7 oz.
other Alba Botanica products also on sale

TOM'S OF MAINE

Deodorant Stick

\$4.99



2.25 oz., selected varieties

THAYERS

Witch Hazel

\$6.79



12 oz., selected varieties

BOIRON

Calendula Ointment

\$4.99



1 oz.

NATRACARE

Panty Shields

\$2.49



30 ct., selected varieties
other Feminine Care products also on sale

RAINBOW LIGHT

Men's One Multivitamin

\$17.99



90 tabs.
other Rainbow Light supplements also on sale

SPECTRUM ESSENTIALS

Omega 3 Fish Oil

\$8.99



100 softgels

NEW CHAPTER

Zyflamend

\$23.99



60 softgels

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

WELLNESS

Cat Food

\$1.29



5.5 oz., selected varieties

EARTH FRIENDLY

Dishmate

\$2.49



25 oz., selected varieties

PLANET

Liquid Laundry Detergent

\$8.99



100 oz.

SEVENTH GENERATION

Cleaning Products

\$2.99



32 oz., selected varieties

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



**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
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

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

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
623 Stone Cutter's Way, Montpelier

**Middlebury
Natural Foods**
1 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

AMY'S

Spinach Pizza
\$4.99



14 oz.
other Amy's pizza varieties
also on sale

BOCA

Organic Veggie Burgers
\$2.99



10 oz., selected varieties

SO DELICIOUS

Organic Dairy
Free Dessert
\$3.99



32 oz., selected varieties

CIAO BELLA

Single Serve Sorbet
or Gelato
99¢



3.5 oz., selected varieties

AMY'S

Enchilada
\$3.29



9-10 oz., selected varieties

MICHAEL ANGELO'S

Italian Entrees
\$3.29



10-12 oz.,
selected varieties

RISING MOON ORGANICS

Organic Pasta
\$2.79



8 oz., selected varieties

