

coopTM deals

SEPT 1-SEPT 14, 2010



10/\$7

BROWN COW
Yogurt
6 oz., selected varieties



2/\$5

NATURE'S PATH
Organic Waffles
7.5 oz., selected varieties



\$2.99

BARBARA'S BAKERY
Shredded Cereal
13-16 oz., selected varieties



2/\$5

SANTA CRUZ ORGANIC
Organic Applesauce
23 oz., selected varieties

Featured Inside:

- Zucchini: A to Z
- Roasted Ratatouille recipe
- Show us why your co-op rocks!
- Fall features in your co-op deli



Roasted Ratatouille

Description

Serves: 4-6. Prep time: 40-45 minutes.

Ingredient Checklist

- | | |
|--|---|
| <ul style="list-style-type: none"> ● 1 eggplant (about 1 lb.), chopped into 1 ½ inch pieces ● 2 zucchini (about ¾ lb.), chopped into 1 ½ inch pieces ● 1 bell pepper, chopped into 1 ½ inch pieces ● 1 pint cherry tomatoes ● ½ large red onion, chopped into 1 ½ inch pieces | <p>Marinade:</p> <ul style="list-style-type: none"> ● 2 tablespoons olive oil ● 2 tablespoons red wine vinegar ● 1 tablespoon tomato paste ● 1 teaspoon dried basil ● 1 teaspoon sea salt ● ½ teaspoon dried thyme ● ½ teaspoon black pepper ● ½ teaspoon dried rosemary ● ¼ cup red wine ● 3 cloves garlic, minced |
|--|---|

Preparation

Preheat the oven to 400 degrees. In a large mixing bowl, stir all marinade ingredients together. Toss the chopped vegetables with the marinade and let sit for 30 minutes to an hour. Place vegetables and marinade on a large sheet pan and roast in the oven for 30-40 minutes, stirring every 15 minutes, until vegetables look roasted and are tender. Serve as a side dish or with couscous.

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



\$7.99

EQUAL EXCHANGE

Organic Breakfast Blend Coffee

per pound in bulk



99¢

BULK

Organic Millet

per pound in bulk



\$1.39

BULK

Organic Pinto Beans

per pound in bulk



\$1.99

MUIR GLEN

Organic Tomatoes

28 oz., selected varieties



\$11.99

SPECTRUM NATURALS

Organic Extra Virgin Olive Oil

25.4 oz.



\$2.99

KASHI
Organic Strawberry
Fields Cereal
10.4 oz.



\$2.29

PACIFIC
Organic Almond Beverage
32 oz., selected varieties



\$2.49

**BARBARA'S
BAKERY**
Cereal Bars
7.8 oz., selected varieties



\$3.29

R.W. KNUDSEN
Organic Juice
32 oz., selected varieties



\$2.79

**RUDI'S ORGANIC
BAKERY**
Organic English Muffins
12 oz., selected varieties



\$2.99

**NEWMAN'S OWN
ORGANICS**
Fig Newmans
12 oz., selected varieties



\$3.99

**MEDITERRANEAN
ORGANIC**
Organic Fruit Preserves
13 oz., selected varieties



\$1.99

CHOCOLOVE
Chocolate Bar
3.2 oz., selected varieties



\$2.69

**SEVENTH
GENERATION**
Bath Tissue
per 4 pack
352 sheets, 2-ply



\$9.99

EARTH FRIENDLY
Liquid Laundry Detergent
100 oz., selected varieties



Zucchini

Virtually unknown in the US until a little over thirty years ago, zucchini now plays an important "supporting role" in dishes ranging from relishes and ratatouille to mixed veggie grills and chocolate cake. This versatile summer squash is naturally low in calories yet contains folate, potassium, vitamin A and is a good source of vitamin C. As with other vegetables, the darker the skin, the higher the nutrient content. For a change-of-pace appetizer, try zucchini blossoms stuffed with herbed goat cheese. Zucchini is abundant during the summer months and available year-round. Try zucchini sliced lengthwise and brushed with olive oil on the grill, or in a hearty weeknight vegetable stew.

For more fresh ideas and recipes, join the conversation at www.strongertogether.coop.



Fresh in the Deli

As summer turns to fall, look for crunchy cruciferous veggies like cabbage and cauliflower at the market. Both of these co-op favorites have a zing that will complement your end of season grilling rituals and upcoming tailgate parties.

Try These Fresh Deli Salads

Community Mercantile
Lawrence, Kansas

Curried Cauliflower

Cauliflower, carrots and potatoes are gently heated and infused with East Indian spices.

save 75¢ per lb.

Oryana Natural Foods Market
Traverse City, Michigan

Ramen Cabbage Crunch

Toasted ramen noodles and slivered almonds mixed with crisp fall cabbage and an Asian-inspired rice wine dressing.

save 50¢ per lb.

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



\$2.99

DR. KRACKER
Organic Flatbread
7 oz., selected varieties



\$3.99

ORGANIC VALLEY
Organic Stringles Cheese
6 oz., selected varieties



\$2.99

ANNIE'S NATURALS
Organic Dressing
8 oz., selected varieties



2/\$5

TERRA
Exotic Veggie Chips
6 oz., selected varieties



\$2.79

YVES
Veggie Dogs
9.7 oz.



\$1.39

WILD WOOD
Soy milk Creamer
Plain
16 oz.



2/\$10

RISING MOON ORGANICS
Pizza
11 oz., selected varieties



\$1.79

REDWOOD HILL YOGURT
Goat Yogurt
Plain
6 oz., selected varieties



2/\$5

RISING MOON ORGANICS
Organic Pasta
8 oz., selected varieties



\$2.99 **STAHLBUSH ISLAND FARMS**
Frozen Fruit
10 oz., selected varieties



\$1.99

FANTASTIC FOODS
Vegetarian Entrée Mix
2.7-10 oz., selected varieties



\$3.79

WOODSTOCK FARMS
Organic Pickles
24 oz., selected varieties



\$2.49

TASTY BITE
Indian Entrees
10 oz., selected varieties



\$1.79

PIRATE BRANDS
Baked Snacks
4-6 oz., selected varieties



99¢

CLIF
Endurance Bar
2.4 oz., selected varieties

WHY DOES YOUR CO-OP ROCK?



Show us your video.

The My Co-op Rocks Video Contest is back! **Starting September 1**, enter your original online video to show the world why your co-op rocks. Get in on the action at www.MyCoopRocks.coop, where you can watch video submissions, leave comments and ratings, and submit your own video for a chance to win super sweet prizes.

Win cool prizes!



www.MyCoopRocks.coop

Sponsors:



FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

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

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
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
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



\$3.49

TRADITIONAL MEDICINALS
Organic Women's Tea
16 ct., selected varieties



\$19.99

NORDIC NATURALS
Children's DHA
180 ct.
other Children's supplements
also on sale



\$5.99

DESERT ESSENCE
Thoroughly Clean Face Wash
8.5 oz.



\$29.99

FLORA
Floressence Tea Blend
17 oz.



\$5.99

BADGER
Organic Healing Balm
2 oz.



\$4.99

GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties

Join the conversation at www.StrongerTogether.coop

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