

# coop<sup>TM</sup> deals

FEB 3 - FEB 16, 2016



3/\$5

**CHOCOLOVE**

Chocolate Bar

2.9-3.2 oz., selected varieties



\$7.99

**EVERYDAY SHEA**

Body Lotion

32 oz., selected varieties  
other Everyday Shea products  
also on sale



\$6.99

**DR. BRONNER'S**

Organic Coconut Oil

14 oz., selected varieties



3/\$5

**KETTLE BRAND**

Potato Chips

5 oz., selected varieties

## Featured Inside:

- Pesto Di Noci for Valentine's Day!  
Done in 30 minutes
- Plan a foodie movie night — with  
thematic snacks
- Do-it-yourself chocolate bark makes a  
thoughtful gift
- February is "Healthy Heart Month;" give  
your heart some love





## Pesto Di Noci

Serves 6. Prep time: 10 minutes active; 30 minutes total.

- ½ cup walnuts
- 1 12-ounce package whole wheat linguine
- 2 cloves garlic, peeled
- 3 tablespoons olive oil
- 2 cups fresh basil leaves
- ½ cup ricotta cheese
- Salt and black pepper to taste

Heat oven to 350 degrees F. Spread walnuts in a single layer on an ungreased baking sheet and toast in the oven for 5 to 10 minutes until golden brown. Cook the pasta, according to package directions, until al dente. Drain and set aside.

While the pasta cooks, blend the toasted walnuts, garlic, olive oil and basil in a food processor until a smooth paste is formed. Toss the warm linguine with the pesto, then fold in the ricotta cheese. Add salt and pepper to taste and serve warm.

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



**\$1.99** **BIONATURAE**  
Organic Pasta  
16 oz., selected varieties



**\$9.99**  
**NAPA VALLEY  
NATURALS**  
Organic Extra Virgin  
Olive Oil  
25.4 oz., selected varieties



**3/\$5**  
**BIONATURAE**  
Organic Tomato Paste  
7 oz.  
Bionaturae Tomatoes  
also on sale



**\$2.69**  
**DREW'S**  
Dressing  
12 oz., selected varieties



**2/\$4**  
**CASCADIAN FARM**  
Organic Frozen  
Vegetables  
16 oz., selected varieties





2/\$3

**ANNIE'S**  
Organic Pasta &  
Cheese Dinner  
5.5-6 oz., selected varieties



2/\$8

**TALENTI**  
Gelato or Sorbet  
16 oz., selected varieties



2/\$5

**HEALTH VALLEY ORGANIC**  
Soup  
14.5-15 oz., selected varieties



\$5.39

**AMY'S**  
Pizza  
12-14 oz., selected varieties



\$4.69

**TRUROOTS**  
Organic Sprouted  
Quinoa  
12 oz.



\$4.69 **NATURAL SEA**  
Fish Sticks or Fillets  
8 oz., selected varieties



\$1.99

**SAN-J**  
Black Label Tamari  
10 oz.  
other 10 oz. Sauces and  
Tamari also on sale



\$3.69

**DAIYA**  
Dairy-Free Cheese  
Shreds  
8 oz., selected varieties



4/\$5

**LOTUS FOODS**  
Rice Ramen  
2.8 oz., selected varieties



\$3.39

**WILD PLANET**  
Albacore Tuna  
5 oz., selected varieties



## Movie Night!

Need an idea for a great night in? Why not pair a food movie with dinner? For family night, watch the animated film "Ratatouille" while savoring its namesake dish, served with slices of crusty French bread and a green salad; it's fun, fresh and flavorful. Or for something a bit more romantic, take your pick of noodle dishes: a steaming bowl of ramen noodles in savory broth and "Tampopo" on the screen; or a classic platter of spaghetti and red sauce with (what else?) "Lady and the Tramp." And the French film "Chocolat" inspires hand-made chocolate truffles as a dessert course.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for a simple and sweet truffle recipe, or a Garlic Basil Ratatouille that takes just 30 minutes to make.





## Kale and Potato Hash

Serves 4. Prep time: 30 minutes.

- 1 16-ounce package frozen hash browns, slightly thawed
- 1 bunch kale, trimmed and thinly sliced (chiffonade)
- ½ yellow onion, minced
- 1 clove garlic, peeled and minced
- 4 ounces vegetarian sausage, crumbled
- Salt and black pepper to taste
- 2 tablespoons vegetable oil or butter

In a mixing bowl, stir together the hash browns, kale, onion, garlic, veggie sausage crumbles and a pinch each of salt and pepper.

In a large skillet, heat the oil or butter over medium-high heat. When the skillet is very hot, add the hash brown mixture and press firmly into the pan. Cook for a few minutes until browned on the bottom, stir, press down again and cook another few minutes until browned on the bottom. Continue to cook and brown the hash browns until desired doneness. Serve warm.

**Serving suggestion:** This simple, filling one-skillet dish is as great a choice for winter weekend breakfasts as it is for quick weeknight suppers. Use pork or chicken sausage crumbles, chopped bacon or leftover pulled chicken or pork instead of vegetarian sausage if you prefer, and top with a fried egg for a super-hearty dish.

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



**\$8.99**

**EQUAL  
EXCHANGE**

Organic Love Buzz  
Coffee

per pound in bulk  
Decaf French Roast Coffee  
\$11.99 per pound



**\$3.39**

**THE GREEK GODS**

Greek Yogurt  
24 oz., selected varieties



**\$3.39**

**NATURE'S PATH**

Organic Love Crunch  
Cereal

10.6-11.5 oz., selected varieties



**2/\$7**

**ARROWHEAD  
MILLS**

Pancake & Waffle Mix

26 oz., selected varieties  
other Pancake & Waffle Mixes  
also on sale



**\$5.99**

**UNCLE MATT'S  
ORGANIC**

Juice  
59 oz., selected varieties





**2/\$4**

**SO DELICIOUS**

Coconut Milk  
32 oz., selected varieties



**\$2.99**

**KASHI**

Organic Cereal  
9.5-16.3 oz., selected varieties



**2/\$6**

**R.W. KNUDSEN**

Organic Juice  
32 oz., selected varieties  
other 32 oz. Organic Juices  
also on sale



**2/\$6**

**BROWN COW**

Cream Top Yogurt  
32 oz., selected varieties



**\$4.39**

**GREEN VALLEY ORGANICS**

Organic Kefir  
32 oz., selected varieties



**\$2.69**

**OREGON CHAI**

Organic Chai  
Concentrate  
32 oz., selected varieties



**2/\$6**

**GOOD KARMA**

Flax Milk  
64 oz., selected varieties



**2/\$8**

**WALLABY**

Organic Kefir  
32 oz., selected varieties



**\$2.39**

**MARIA AND RICARDO'S**

White Flour Tortillas  
8 ct.  
other Tortillas also on sale



**\$3.39**

**EREWHON**

Organic Cereal  
10-15 oz., selected varieties



## Russet Potatoes

Mashed, boiled, baked or fried, versatile potatoes are a beloved dinnertime staple. Brown, thick-skinned russets are perfect for baking and frying. Homemade hash browns are best with russets, too; the trick is to squeeze out excess moisture after grating. A tasty potato leek soup is simple: purée cubed russets and leeks cooked in water or stock, then top with Greek yogurt or sour cream. Enjoy a twice-baked potato stuffed with sautéed onion and garlic and shredded sharp cheddar. Or sauté russets, green pepper, yellow onion and ham in olive oil and top with a basted egg for a hearty breakfast scramble.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more ideas and recipes.





## ILY DIY\*

A great way to share the love for Valentine's Day is also super-easy and fun: make your own custom chocolate bark. Line a baking sheet with foil or parchment paper. Chop up a pound of chocolate and melt in a double-boiler or heatproof bowl set over a pot of boiling water. Pour the melted chocolate (use dark, milk or white) onto the lined baking sheet, and get creative with whatever toppings suit your fancy: nuts, dried fruit, granola, candied ginger, pomegranate seeds. For a tropical twist, try chopped macadamia nuts, coconut and dried pineapple. Or sweet and salty, with crushed potato chips and peanuts. Let the bark harden in the fridge, break into pieces and get ready to say "you're welcome!"

\* "I Love You" and "Do It Yourself"



**3/\$10**

**NEWMAN'S OWN**

Newman-O's

13 oz., selected varieties  
other Newman's Own Cookies  
also on sale



**\$2.39**

**THEO**

Organic Chocolate Bar

3 oz., selected varieties  
other Theo products  
also on sale



**\$1.39**

**BULK**

Organic Sugar  
per pound in bulk



**\$1.99**

**EVOL**

Burrito

6 oz., selected varieties



**2/\$5**

**TERRA**

Exotic Vegetable Chips

5-6 oz., selected varieties  
other Terra Chips also on sale



**\$1.39**

**JUSTIN'S**

Organic Peanut Butter  
Cups

1.4 oz., selected varieties  
4.7 oz. Sharing Sizes \$3.99



**2/\$6**

**GO RAW**

Sprouted Cookies

3 oz., selected varieties



**2/\$7**

**ZEVIA**

Zero Calorie Soda  
6 pack, selected varieties



**\$4.99**

**ORGANIC VALLEY**

Organic Cheese

8 oz., selected varieties



**2/\$4**

**GARDEN OF  
EATIN'**

Corn Tortilla Chips

7.5-8.1 oz., selected varieties





**\$13.99**

**BULK**  
Organic Walnuts  
per pound in bulk



**3/\$5**

**AMY & BRIAN**  
Coconut Water  
17.5 oz., selected varieties



**\$5.99**

**BULK**  
Organic Dried  
Cranberries  
per pound in bulk



**\$3.99**

**EARTH BALANCE**  
Coconut & Peanut  
Spread  
16 oz., selected varieties  
other Spreads also on sale



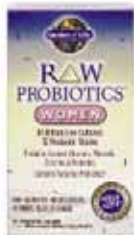
**2/\$4**

**PROBAR**  
Meal Bar  
3 oz., selected varieties



**\$2.39**

**HAPPY BABY**  
Organic Yogis  
1 oz., selected varieties



**\$39.99**

**GARDEN OF LIFE**  
RAW Probiotics  
90 ct., selected varieties



**\$18.99**

**GAIA HERBS**  
Turmeric Supreme  
Extra Strength  
60 ct.  
other Gaia Herbs products  
also on sale



**\$9.99**

**BOIRON**  
Oscillococcinum  
6 dose  
other Boiron products also on sale



## Heart-Healthy Foods

It's no coincidence that February is both "Healthy Heart Month" and the month we celebrate all things romantic. Many heart-healthy foods are reputed to be boons to romance, too! Avocados and asparagus are both high in vitamin E. Bananas are a great source of potassium, which helps strengthen muscles and is essential for a healthy heart. Red wine, grapes and chocolate are rich in antioxidants. Omega-3 fatty acids, found in salmon and other types of fish, are known to decrease triglycerides, lower cholesterol and ease inflammation. So if you're cooking for your loved ones this Valentine's Day, remember to include some food for their hearts.

## FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

### CONNECTICUT

**Willimantic Food Co-op**  
91 Valley Street, Willimantic

### DELAWARE

**Newark Natural Foods Co-op**  
230 East Main Street, Newark

### FLORIDA

**Ever'man Cooperative Grocery & Cafe**  
315 W. Garden Street, Pensacola

**New Leaf Market Co-op**  
1235 Apalachee Parkway, Tallahassee

### GEORGIA

**Life Grocery & Cafe**  
1453 Roswell Road, Marietta

**Sevananda Natural Foods Market**  
467 Moreland Avenue N.E., Atlanta

### MAINE

**Belfast Co-op**  
123 High Street, Belfast

**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

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 Market - Arboretum**  
3815 Washington Street, Jamaica Plain

**Harvest Co-op Market - Cambridge**  
580 Mass Avenue, Cambridge

**McCusker's Market**  
3 State Street, Shelburne Falls

**River Valley Co-op**  
330 North King Street, Northampton

**Wild Oats Market**  
320 Main Street, Williamstown

### NEW HAMPSHIRE

**Concord Food Co-op**  
24 South Main Street, Concord

**Concord Food Co-op of New London**  
52 Newport Road, New London

**Hanover Co-op Market**  
43 Lyme Road, Hanover

**Hanover Co-op Food Store**  
45 South Park Street, Hanover

**Littleton Food Co-op**  
43 Bethlehem Road, Littleton

**Monadnock Food Co-op**  
34 Cypress Street, Keene

### 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**  
100 Watervliet 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**  
600 North Eugene Street, Greensboro

**Durham Co-op Market**  
1111 W. Chapel Hill Street, Durham

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

**Hendersonville Community Co-op**  
60 S. Charleston Lane, 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

**Mariposa Food Co-op**  
4824 Baltimore Avenue, Philadelphia

### 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/Onion River Co-op**  
82 S. Winooski Avenue, Burlington

**Co-op Food Store**  
209 Maple Street, White River Jct.

**Hunger Mountain Co-op**  
623 Stone Cutters Way, Montpelier

**Middlebury Natural Foods Co-op**  
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 Wolfe Street, Harrisonburg

**Roanoke Natural Foods Co-op**  
1319 Grandin Road S.W., Roanoke

1 Market Square S.E., Roanoke



**\$2.99**

**EO**  
Hand Sanitizer Spray  
2 oz., selected varieties  
other EO products  
also on sale



**\$3.99** **JASON**  
Toothpaste  
4.2-6 oz., selected varieties



**\$29.99**  
**THE DIVA CUP**  
Menstrual Cup  
each, selected varieties



**\$9.99**  
**SEVENTH GENERATION**  
Liquid Laundry  
Detergent  
100 oz., selected varieties



**\$1.69** **GREEN FOREST**  
Facial Tissues  
175 ct.



**\$7.99**  
**SUSTAIN**  
Condoms  
10 ct., selected varieties

**Great deals you'll love - at the co-op!**

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stronger together

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