

coopTM deals

FEB 17 - MAR 1, 2016



\$2.69

PACIFIC

Organic Soup

32 oz., selected varieties



2/\$6

STONYFIELD

Organic Yogurt

32 oz., selected varieties



\$3.69

CROFTER'S

Organic Fruit Spread

16.5 oz., selected varieties

10-11 oz. Fruit Spread
also on sale



2/\$5

CASCADIAN

FARM

Organic Granola

13.25-16 oz., selected varieties

Featured Inside:

- Eat the Mediterranean way for health ... and flavor!
- A quick "couscous" salad with a not-so-secret ingredient
- Sort your way through salmon varieties with a handy guide
- Creamy Havarti cheese is in the spotlight; try it for breakfast



Salmon Chermoula

Serves 4. Prep time: 20 minutes active; 50 minutes total.

- ½ cup plain yogurt
- 2 tablespoons olive oil
- 1 lemon, zest and juice
- ½ cup chopped fresh parsley
- ½ cup chopped fresh cilantro
- 1 clove garlic, peeled and minced
- 1 jalapeño, stem and seeds removed, minced
- 1 ½ teaspoons ground cumin
- Pinch each of salt and black pepper
- 1 pound skin-on salmon filet, cut into 4 even pieces

In a mixing bowl, stir together all of the ingredients except the salmon. Cover and refrigerate ½ cup of the chermoula sauce to serve with the finished salmon.

Place the salmon in a baking dish and pour the remaining chermoula sauce over the filets to marinate, cover and refrigerate for 30 minutes.

Heat an oiled grill or a skillet over medium-high heat. Remove the salmon from the marinade and place on the grill, skin side down. Cook the salmon for 4 to 5 minutes, flip gently and cook another few minutes until the fish reaches desired doneness. Remove from heat and serve with the remaining chermoula sauce.

Serving suggestion: Accompanied by a wild rice blend studded with slivered almonds, this North African-inspired salmon dish is a bright and colorful main dish. Just add a wedge or two of lemon on the side.

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



2/\$4

BACK TO NATURE

Organic Pasta & Cheese
Dinner

6 oz., selected varieties



3/\$5

MUIR GLEN

Organic Tomatoes

28 oz., selected varieties



\$3.39

BRAGG

Liquid Aminos

16 oz.



\$7.99

SPECTRUM

Organic Unrefined
Coconut Oil

14 oz.



\$10.99

SPECTRUM

Organic Unrefined
Extra Virgin Olive Oil

25.4 oz.

other Cooking Oils and Sprays
also on sale



\$2.19 BULK
Organic Navy Beans
per pound in bulk



\$3.99 BULK
Organic Quinoa
per pound in bulk



\$4.99
UDI'S GLUTEN FREE
Pizza
10 oz., selected varieties



\$3.99
RUDI'S
Gluten-Free Sandwich
Bread
18 oz., selected varieties



\$7.99
MARANATHA
Almond Butter
12 oz., selected varieties



\$2.39 NATURAL SEA
Yellowfin Tuna
5 oz., selected varieties
other Tuna varieties
also on sale



\$2.69
ECOVER
Dishwashing Liquid
25 oz., selected varieties



\$2.99
WESTSOY
Seitan
8 oz., selected varieties



4/\$5
NEWMAN'S OWN
Cat Food
5.5 oz., selected varieties
other Pet Food also on sale



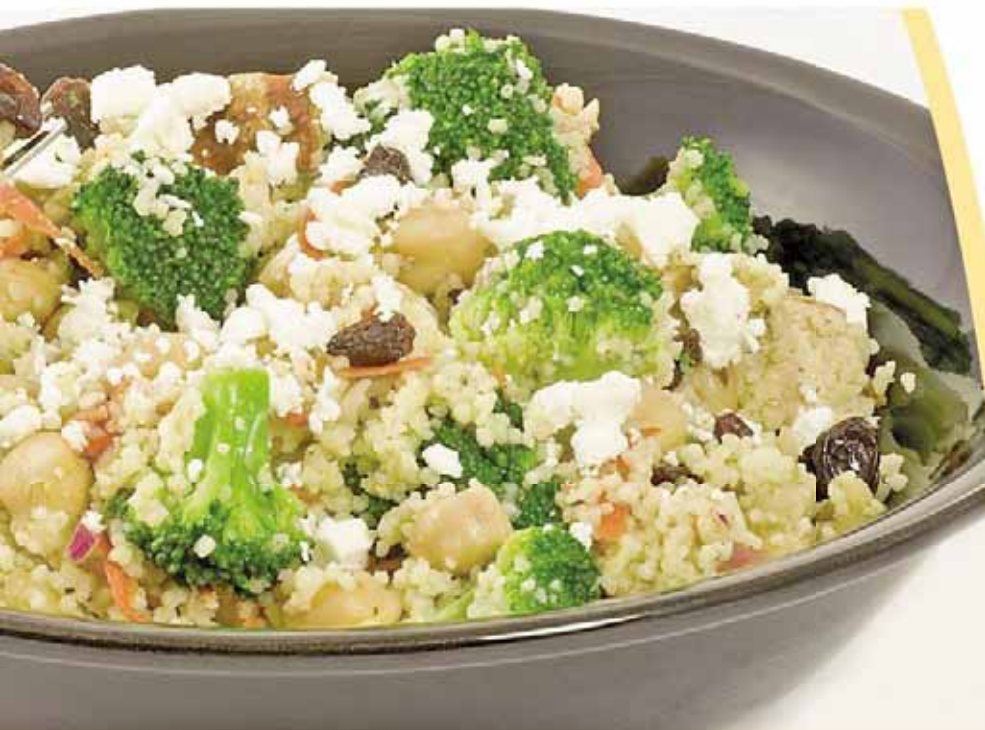
\$7.99 SEVENTH GENERATION
Unbleached Bath Tissue
12 pack
other Bath Tissue also on sale



Choosing Salmon

Of the Pacific salmon varieties, Chinook are revered as royalty. Also called king salmon because of their large size, Chinook are favored for the soft texture of their high-fat meat. The smaller, firmer Sockeye stand out for their intense red-orange flesh. Coho, or silver, are paler in color with a milder flavor. Salmon may be farmed in aquaculture operations or wild caught by commercial fisheries; the Marine Stewardship Council certifies fisheries committed to sustainable practices. All salmon is a good source of omega-3 fatty acids and low in sodium, making any variety a heart-healthy choice.

Visit www.strongertogether.coop
for delicious salmon recipes.



Spiced Broccoli "Couscous" Salad

Serves 6. Prep time: 30 minutes.

- 1 pound cauliflower florets
- 2 tablespoons olive oil or butter
- ½ yellow onion, thinly sliced
- 2 cloves garlic, peeled and minced
- 2 cups broccoli florets
- ⅓ cup raisins
- 1 15-ounce can chickpeas, drained and rinsed
- 1 tablespoon curry powder
- ⅓ cup water
- Juice of 1 lemon
- Salt and black pepper to taste

In a food processor, pulse the cauliflower florets until they resemble coarse grains that look like couscous. Set aside.

Heat the oil or butter over medium-high heat in a large pot. Add the onion and sauté for 2 minutes. Add the garlic and broccoli and sauté another 3 to 5 minutes. Add the raisins, chickpeas, curry powder and water and stir well. Add the cauliflower "couscous" and cook 3 to 5 minutes more. Remove from heat and stir in the lemon juice. Taste for salt and pepper and serve warm.

Serving suggestion: The cauliflower "couscous" is a fun way to add a fresh crunch to this warm winter salad. Sweet raisins and zesty curry powder make it a flavorful companion to braised chicken. Garnish with crumbled feta cheese if desired. Add cubed marinated and baked tofu to any leftovers and stuff into a pita for tomorrow's lunch.

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



2/\$3

C2O

Coconut Water
17.5 oz., selected varieties



\$3.99

ROYAL HAWAIIAN ORCHARDS

Macadamia Nuts
5 oz., selected varieties



2/\$6

BLUE SKY

Natural Soda
6 pack, selected varieties



2/\$4

LATE JULY

Tortilla Chips
5.5 oz., selected varieties



2/\$5

R.W. KNUDSEN

Organic Very Veggie
Juice
32 oz., selected varieties



2/\$6

TAZO

Tea

20 ct., selected varieties
other Tazo Teas also on sale



2/\$4

NOOSA

Yoghurt

8 oz., selected varieties



2/\$5

CLIF KIDZ

Organic Zbars

7.62 oz., selected varieties



2/\$6

**FOOD SHOULD
TASTE GOOD**

Tortilla Chips

11 oz., selected varieties



\$3.99

GLUTINO

Pretzels

14.1 oz., selected varieties
other Pretzels also on sale



2/\$4

SESMARK

Rice Thins

3.2-4.2 oz., selected varieties
Sesame Thins & Crackers
also on sale



\$2.69

GT'S

Enlightened Kombucha

16 oz., selected varieties



\$2.69

GREEN & BLACK'S

Organic Chocolate Bar

3.5 oz., selected varieties



2/\$4

GOOD HEALTH

Avocado Oil Potato Chips

5 oz., selected varieties



Broccoli

Deep emerald green and mild in flavor, broccoli is a reliable friend in the kitchen. It's perfect simply chopped and tossed into a stir-fry or pasta, or steamed and topped with butter and lemon zest. Broccoli pesto is simple: purée cooked broccoli with garlic, pine nuts, Parmesan, lemon juice and olive oil, and toss with hot cooked pasta. Oven-roasted broccoli florets, carrots, onion, zucchini and garlic, drizzled with olive oil, and sprinkled with dried herbs makes a tasty warm side for almost any dinner. Serve leftovers atop mixed greens and sprinkled with cubed goat cheese and pepitas for an easy (and nutritious) lunch salad.

Check out
www.strongertogether.coop for
more ideas on enjoying what's
in season.



Havarti

Creamy and rich, this pale yellow semisoft cheese is very buttery, which makes it a top-notch sandwich cheese. Try slices of Havarti layered with ham, Dijon mustard and sliced green apples on crusty French bread. Or roast beef, radicchio and roasted red peppers with Havarti on tangy pumpernickel. Stack turkey and Havarti, sliced pear, dried cranberries and mesclun on sourdough for another tasty sandwich. And a simple combination of the sliced cheese, mustard and frisée on whole grain wheat couldn't be easier. Don't forget breakfast! Slices of Havarti and Jarlsberg cheeses, pickled cucumbers and beets, hard-boiled eggs and toast is a delicious way to start the day.



3/\$4

ALMOND DREAM
Non-Dairy Yogurt
6 oz., selected varieties



\$1.19

BULK
Organic Steel Cut Oats
per pound in bulk



2/\$6

LIFEWAY
Organic Lowfat Kefir
32 oz., selected varieties



2/\$5

CASCADIAN FARM
Organic Frozen Fruit
8-10 oz., selected varieties



\$3.69

BOB'S RED MILL
Organic Rolled Oats
32 oz.
other Bob's Red Mill products also on sale



2/\$5

GOODBELLY
Organic Probiotic Juice Drink
32 oz., selected varieties



\$3.39

ENVIROKIDZ
Organic Cereal
10-14 oz., selected varieties



\$8.99

EQUAL EXCHANGE
Organic Love Buzz Coffee
per pound in bulk
Decaf French Roast Coffee
\$11.99 per pound



2/\$6

SO DELICIOUS
Dairy-Free Milk Beverages
48 oz., selected varieties



\$2.99

LOVE GROWN FOODS
Cereal
10-12 oz., selected varieties



\$10.99

BADGER
Man Care Beard
Conditioning Oil
1 oz.
other Badger products
also on sale



\$27.99

HOST DEFENSE
MyCommunity
Comprehensive
Immune Support
60 ct.
other Host Defense products
also on sale



\$21.99

MEGAFOOD
Balanced B Complex
60 ct.



\$2.99

ECO-DENT
Dental Floss
100 yd., selected varieties
other Oral Care products
also on sale



2/\$10

NATURE'S GATE
Shampoo or
Conditioner
18 oz., selected varieties



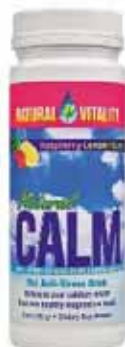
\$21.99

**NORDIC
NATURALS**
Ultimate Omega Fish Oil
60 ct.
other Nordic Naturals products
also on sale



\$4.99

SPECTRUM
Organic Flaxseeds
12-15 oz., selected varieties



\$14.99

**NATURAL
VITALITY**
Natural Calm
Magnesium Supplement
8 oz., selected varieties



\$24.99

TERA'S
Active Nutrition
Recovery Blend
12.5 oz., selected varieties



Mediterranean Diet Tips

People living around the Mediterranean Sea share similar dietary habits — ones that may lead to longer, healthier lives. The “Mediterranean Diet” is simple (and also delicious). Here are some tips:

- Use herbs in abundance. For example, stir fragrant herb pesto into a white bean soup.
- Olive oil makes a great dip (and butter alternative) for bread.
- Smaller amounts of red meat and sausages are used to flavor dishes, rather than served alone as entrées.
- Lighten up on dairy; it's easy with full-flavored (and lower fat) goat and sheep's milk cheeses like feta, chevre and Manchego.
- Enjoy a glass of red wine now and then, especially with good friends and family!

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

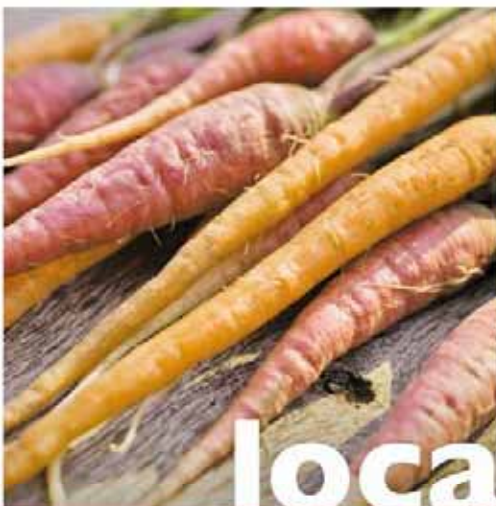
Upper Valley Food Co-op
193 N. Main Street, White River Jct.

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



local **co+lor**

Look for energizing recipes using spring's freshest local ingredients in next month's Co+op Deals flyers. Exclusively at your co-op!

Thanks for shopping co-op!



stronger together

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