

# coop<sup>TM</sup> deals

FEB 1 - FEB 14, 2012



**\$1.99** **CHOCOLOVE**  
Chocolate Bar  
3.2 oz., selected varieties



**\$2.79**  
**CROFTER'S**  
Organic  
Just Fruit Spread  
10 oz., selected varieties



**\$1.99**  
**MUIR GLEN**  
Organic Tomatoes  
28 oz., selected varieties



**\$2.29** **CASCADIAN FARM**  
Organic Vegetables  
7-16 oz., selected varieties

## Featured Inside:

- Heart-healthy foods for February (chocolate included!)
- Citrus is in season; learn a few fun facts about oranges
- Recipes in this issue: Turkey Spinach Meatballs and a tangerine salad with jicama
- A profile of successful cooperatives in Spain and Great Britain



## Turkey Spinach Meatballs

Makes 6 servings. Prep time: 20 minutes active; 45 minutes total.

- 1 pound ground turkey
- 2 tablespoons fresh garlic, minced
- 1 10-ounce package frozen spinach, thawed and drained
- ½ cup yellow onion, minced
- 3 tablespoons tomato sauce
- 1 egg, lightly beaten
- ½ cup whole wheat breadcrumbs
- 1 teaspoon ground oregano
- ½ teaspoon salt
- ½ teaspoon black pepper

Preheat oven to 375 degrees F. In a large mixing bowl, mix all of the ingredients until well blended. Form into 1 ½-inch balls and place on a sheet pan. Bake the meatballs for about 25 minutes, turning them a couple of times during baking to allow them to brown on all sides. The meatballs should have an internal temperature of 175 degrees when a meat thermometer is inserted into the center.

Serving suggestion: Move beyond traditional spaghetti and meatballs and serve these delicious meatballs over a bed of noodles with a rich mushroom-based or spicy Arrabbiata sauce. They make a fantastic meatball sandwich, too!

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



**\$2.49**

**AMY'S**  
Organic Soup  
14-14.5 oz.,  
selected varieties



**\$1.99**

**SESMARK**  
Crackers  
3.2-7 oz., selected varieties



**\$4.99**

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



**\$3.29**

**ETHNIC GOURMET**  
Frozen Entrees  
10-11 oz., selected varieties



**\$2.29**

**CASCADIAN FARM**  
Frozen Potatoes  
16 oz., selected varieties



**\$3.79** **LUNDBERG FAMILY FARMS**

Organic Brown Basmati Rice  
32 oz.  
other 32 oz. packaged rice also on sale



**\$2.99**

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



**2/\$4**

**WESTBRAE**  
Organic Beans  
25 oz., selected varieties



**\$2.79**

**GREEN & BLACK'S**  
Organic Chocolate Bar  
3.5 oz., selected varieties



**\$7.49**

**SPECTRUM NATURALS**  
Organic Unrefined Coconut Oil  
14 oz.

EAT BECAUSE  
**WOODSTOCK**  
IT'S GOOD!

**\$7.29** **WOODSTOCK**

Dark Chocolate Almonds  
per pound in bulk  
other bulk candy also on sale



**\$1.99** **BULK**  
Organic Garbanzo Beans  
per pound in bulk



**3/\$4**

**ANNIE'S HOMEGROWN**  
Pasta & Cheese Dinner  
6 oz., selected varieties



**2/\$6**

**YOGI**  
Organic Tea  
16 ct., selected varieties



**\$3.49**

**AH!LASKA**  
Organic Chocolate Syrup  
22 oz.



## Heart-Healthy Foods for February

It's no surprise 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.



## Fresh in the Deli

Co-ops chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature. This month's selections have a "sweet" theme!

### Vegan Chocolate Mousse

Recipe courtesy of Lexington Cooperative Market  
Buffalo, New York

*Sweet and simple, this rich-tasting dessert is made by blending together silken tofu, semisweet chocolate, soymilk and a touch of vanilla.*

save 50¢ per pound

### Bombay Sweet Potatoes

Recipe courtesy of La Montañita Co-op  
Albuquerque, New Mexico

*Saucy sweet potatoes seasoned with ginger, turmeric, fresh cilantro and chili powder. Perfect served with basmati rice and samosas.*

save 75¢ per pound

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



\$9.99

**EQUAL EXCHANGE**

Bulk Coffee  
per pound in bulk,  
selected varieties



\$2.99

**JOVIAL**

Cookies  
7-8.8 oz., selected varieties



\$3.29

**NEWMAN'S OWN ORGANICS**

Newman-O's  
13 oz., selected varieties



\$2.49

**KOZY SHACK**

Pudding Cups  
4 pack, selected varieties



\$2.49

**ORGANIC VALLEY**

Organic Cream Cheese  
8 oz.



2/\$5

**TERRA**

Exotic Vegetable Chips  
5.5-6 oz., selected varieties



\$ 1.99

**KETTLE**

Potato Chips  
5 oz., selected varieties



2/\$5

**GT'S**

Kombucha  
16 oz.,  
selected varieties



\$ 11.99

**SEVENTH  
GENERATION**

4X Liquid Laundry  
Detergent  
50 oz., selected varieties



\$ 19.99

**NEW CHAPTER**

Wholemega 1,000 mg.  
60 ct.  
other Wholemega  
products also on sale



\$2.79

**R.W. KNUDSEN**

Organic Sparkling Juice  
750 ml., selected varieties



\$ 1.59

**SAN PELLEGRINO**

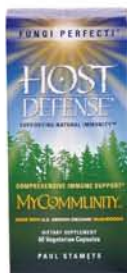
Sparkling  
Mineral Water  
1 ltr.



3/\$4

**GREEN FOREST**

Size Your Own  
Paper Towels  
each



\$29.99

**FUNGI PERFECTI'S  
HOST DEFENSE**

MyCommunity  
Comprehensive Immune  
Support  
60 ct.  
other Fungi Perfecti  
products also on sale



\$8.99

**HERB PHARM**

Super Echinacea  
Herbal Extract  
1 oz.



## Tangerine and Jicama Salad

Serves 6. Prep time: 30 minutes.

- 3 tangerines, peeled and segmented
- 1 cup pineapple chunks, diced
- 3 cups jicama, peeled and cut into matchsticks
- ½ cup red onion, julienned
- ½ cup carrots, peeled and shredded
- ½ cup green bell pepper, diced
- 3 tablespoons minced fresh cilantro
- ½ cup fresh lime juice

Combine all ingredients and mix well.



Grand opening of The Co-operative Group's grocery store in Clapham, England.

## Cooperative Enterprises Build a Better World

### Mondragon and The Co-operative Group

Cooperatives all over the world help people achieve community ownership, demonstrate the benefits of self-help and have a huge impact on their country's local economy. Here are two European co-ops that show what people, working together for their mutual benefit, can accomplish.

The Mondragon Corporation, a worker-owned co-op in the Basque region in Spain counts as its holdings 256 companies, and employs more than 83,000 people, with revenues of \$20 billion. The co-op's companies manufacture consumer goods, industrial components, construction products and provide business services. The Co-operative Group, located in Manchester, England is one of the United Kingdom's largest retail business groups, encompassing everything from hardware stores to funeral services. The Co-operative Group's grocery stores now boast their own line of more than fifty Fair Trade products, including mangoes, pineapples, wine, and bean sprouts.

The United Nations declared 2012 the International Year of Cooperatives; read more about these and other co-ops at [www.strongertogether.coop](http://www.strongertogether.coop), or scan the code below to watch a short video about The Co-operative Group.



**2/\$5**

**BOULDER CANYON**

Rice & Bean Chips  
5 oz., selected varieties



**\$3.79**

**ANNIE'S HOMEGROWN**

Organic Snack Mix  
9 oz., selected varieties



**\$3.29**

**SAHALE**

Nut Blends  
4 oz., selected varieties



**\$2.99**

**MUIR GLEN**

Organic Salsa  
16 oz., selected varieties



**\$2.99**

**BEARITOS**

Tortilla Chips  
16 oz., selected varieties



**4/\$3**

**BROWN COW**  
Whole Milk Yogurt  
6 oz., selected varieties



**\$4.99**

**CHOBANI**  
Nonfat Greek Yogurt  
32 oz., selected varieties



**\$1.99**

**WESTSOY**  
Organic Soymilk  
32 oz., selected varieties



**\$3.49**

**CASCADIAN FARM**  
Organic Cereal  
9-17 oz., selected varieties



**\$2.29**

**VAN'S**  
Wheat & Gluten-Free  
Waffles  
7.5-9 oz.,  
selected varieties



**\$3.29**

**ENVIROKIDZ**  
Organic Cereal  
10-14 oz.,  
selected varieties



**\$4.49**

**MARANATHA**  
Organic Peanut Butter  
16 oz., selected varieties



**\$3.29**

**FOOD FOR LIFE**  
Organic English Muffins  
16 oz., selected varieties



**\$1.19**

**BULK**  
Organic  
Quick Rolled Oats  
per pound in bulk



**\$2.39**

**BULK**  
Organic Thompson  
Seedless Raisins  
per pound in bulk



## Oranges

Oranges are an amazing fruit (so amazing that author and essayist John McPhee wrote an entire book about them). With a history that stretches back to ancient China, oranges are consumed in many different ways around the world. Given their nutritional value (an excellent source of both vitamin C and fiber) and fresh flavor, it's no surprise that oranges are so popular. In general, the sweetest oranges are the ones that are grown the closest to the Equator, but orange trees can be found as far afield as Brooklyn and even Iceland. The peak season for oranges in the U.S. is generally December through March.

Get great recipes and information on seasonal foods at

[www.strongertogether.coop](http://www.strongertogether.coop).



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

### CONNECTICUT

**Elm City Market**  
777 Chapel Street, New Haven

### 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

**TPSS Co-op**  
8309 Grubb Road, Silver Spring  
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 Road, 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

**Company Shops Market**  
268 E. Front Street, Burlington

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

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

**Hendersonville Community Co-op**  
715 S. Grove Street, 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

**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**  
82 S. Winooski Avenue, Burlington

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

**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 Street, Springfield

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

### VIRGINIA

**Friendly City Food Co-op**  
150 East Wolf Street, Harrisonburg

**Roanoke Natural Foods**  
1319 Grandin Road S.W., Roanoke



\$5.99

**DESERT ESSENCE**  
Hand and Body Lotion  
8 oz., selected varieties



\$5.99

**AURA CACIA**  
Bubble Bath  
13 oz., selected varieties



\$14.99

**WELEDA**  
Body Oil  
3.4 oz., selected varieties



\$10.99

**ANCIENT SECRETS**  
Nasal Cleansing Pot  
each



\$6.99

**KISS MY FACE**  
Olive Oil Soap  
3 pack, selected varieties



\$7.99

**AVALON ORGANICS**  
Hand and Body Lotion  
12 oz., selected varieties  
other Avalon Organics  
also on sale

Celebrating 2012 International Year of Cooperatives

**coop**<sup>TM</sup>  
stronger together