

# coop<sup>TM</sup> deals

OCT 22 - NOV 4, 2014



**\$2.99** **SANTA CRUZ ORGANIC**  
Organic Applesauce  
6 ct., selected varieties



**\$2.19**  
**PACIFIC**  
Organic Almond  
Beverage  
32 oz., selected varieties



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



**\$3.39**  
**MARY'S GONE CRACKERS**  
Organic Gluten-Free  
Crackers  
6.5 oz., selected varieties

## Featured Inside:

- Try our hearty, warming wild rice mushroom soup recipe
- How about a local cheese plate? Just ask your co-op staff
- Autumn flavors abound at the co-op, like roasted root veggies
- Time for some tangy cranberries – on a mellow sweet potato





## Wild Rice Mushroom Soup

Serves 6. Prep time: 30 minutes active; 60 minutes total.

- 2 tablespoons vegetable oil
- 1 cup diced yellow onion
- ½ cup diced celery
- ½ cup diced carrot
- ½ cup diced red bell pepper
- 3 cloves garlic, minced
- 1 pound button mushrooms, sliced
- 2 teaspoons dried thyme leaf
- ½ cup white wine
- 1 cup wild rice (or wild rice blend)
- 6 cups vegetable broth
- 1 cup roughly-chopped spinach
- 1 cup whole milk (or cream, if preferred)
- Salt
- Ground black pepper

In a large Dutch oven or stockpot, heat the oil over medium-high heat. Sauté the onion, celery, carrot and bell pepper for 5-10 minutes before adding the garlic, mushrooms, thyme, white wine and a pinch of salt. Cook for a few minutes until the mushrooms start to soften. Add the rice and broth and stir well. Bring to a boil, reduce the heat, cover and simmer 30 minutes or until rice is tender. Add the spinach and cook for a few more minutes. Stir in the milk and season to taste with salt and ground black pepper. Serve warm.

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



**\$2.39** **ANCIENT HARVEST**  
Organic Gluten-Free Pasta  
8 oz., selected varieties



**\$2.19**  
**HEALTH VALLEY**  
Organic Soup  
14.5-15 oz., selected varieties



**\$12.99**  
**BIONATURAE**  
Organic Extra Virgin  
Olive Oil  
25.4 oz., selected varieties



**\$3.99**  
**BRAGG**  
Salad Dressing  
12 oz., selected varieties  
Bragg Apple Cider Vinegar  
also on sale



**\$3.99**  
**RUDI'S ORGANIC BAKERY**  
Organic Bread  
20-22 oz., selected varieties





2/\$4

**CELESTIAL SEASONINGS**

Herbal Tea  
20 ct., selected varieties



\$2.69

**STONYFIELD**

Organic Frozen Yogurt  
16 oz., selected varieties



\$3.19

**ANNIE'S HOMEGROWN**

Deluxe Pasta & Cheese Dinner  
9.3-11 oz., selected varieties



\$3.99

**WESTSOY**

Chicken-Style Seitan  
18 oz.



2/\$5

**CASCADIAN FARM**

Organic Vegetables  
16 oz., selected varieties



\$5.39

**UDI'S**

Gluten-Free Pizza  
10 oz., selected varieties



\$3.29

**RUSTIC CRUST**

Pizza Crust  
16 oz., selected varieties  
Organic Pizza Crust on sale for \$3.99



\$4.39

**ORGANIC VALLEY**

Organic Cheese  
8 oz., selected varieties



\$7.99

**SPECTRUM**

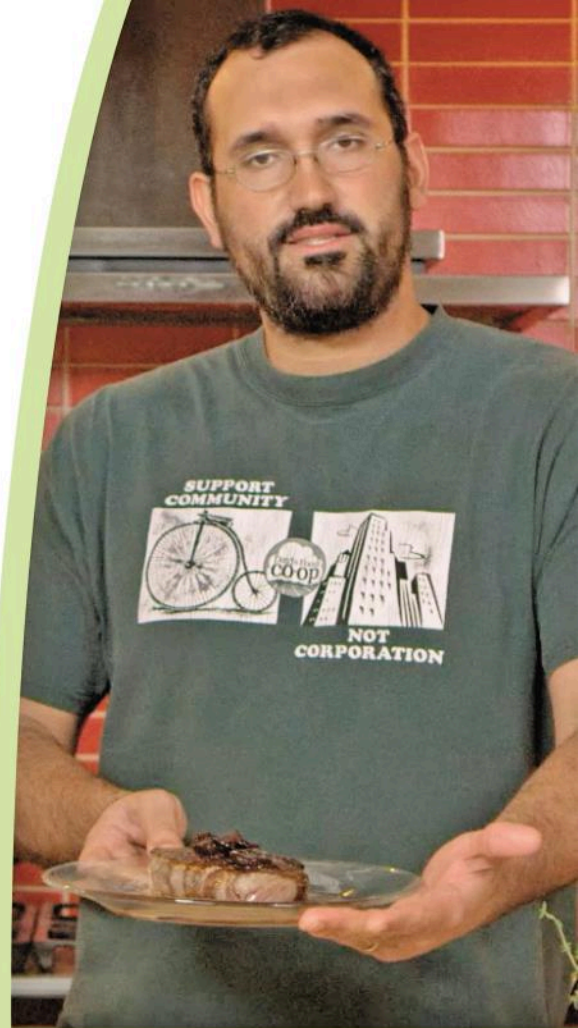
Organic Unrefined Coconut Oil  
14 oz.



\$1.69

**BULK**

Organic Black Turtle Beans  
per pound in bulk



# coop kitchen

## Pan Sauces

A good pan sauce can add another dimension of flavor to meat and poultry dishes. In this short video, Johnny Livesay explains how to pan-sear meat, deglaze a pan, and keep your sauce from breaking while making a red wine pan sauce.

At [www.strongertogether.coop/collections/coop-kitchen](http://www.strongertogether.coop/collections/coop-kitchen), you'll find this and more Co+op Kitchen videos featuring information and easy recipes for making delicious meals at home, as well as handy hints from chefs and food enthusiasts who love sharing their passion for great food.





## Maple-Cranberry Sweet Potatoes

Serves 4. Prep time: 20 minutes active; 60 minutes total.

- 2 sweet potatoes
- 1 orange, juice and zest
- 1 tablespoon vegetable oil
- 3 tablespoons maple syrup
- ½ cup peeled and minced shallots
- 1 tablespoon unsalted butter
- 1 teaspoon peeled and minced fresh ginger
- Salt
- 3 ½ cups cranberries (fresh or frozen)
- Ground black pepper

Preheat the oven to 400°F. Pierce each sweet potato several times with a fork and place on a baking sheet. Bake the sweet potatoes for 45-60 minutes or until completely tender, then remove from the oven.

While potatoes are baking, begin heating the oil in a small sauce pot. Add the shallots and ginger and sauté over medium-high heat for 2-3 minutes. Add the cranberries, orange juice and zest, maple syrup and a pinch each of salt and pepper. Bring to a boil, reduce the heat and simmer on low for 10-15 minutes until the cranberries have broken down and the sauce is thickened. Remove from heat and stir in butter. Taste for salt. Cut the baked sweet potatoes in half lengthwise, spoon warm cranberry sauce over each half and serve.

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



**\$2.69**

**BROWN COW**

Yogurt

32 oz., selected varieties



**\$2.99**

**KASHI**

GoLean Cereal

13.1-14 oz., selected varieties



**2/\$5**

**RICE DREAM**

Rice Drink

32 oz., selected varieties



**\$3.39**

**LAKWOOD ORGANIC**

Organic Pomegranate

Blend Juice

32 oz., selected varieties



**\$8.99**

**SWEETLEAF**

Sweet Drops Stevia

Sweetener

2 oz., selected varieties





\$3.69

**LIFEWAY**  
Organic Kefir  
32 oz., selected varieties



2/\$3

**STONYFIELD**  
Organic Petite Crème  
5.3 oz., selected varieties



\$9.99

**EQUAL EXCHANGE**  
Organic Bird of Paradise Coffee  
per pound in bulk



2/\$6

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



\$2.99

**CASCADIAN FARM**  
Organic Cereal  
8.6-14.6 oz., selected varieties



\$3.39

**BLUE DIAMOND**  
Almond Breeze  
Nondairy Beverage  
64 oz., selected varieties



\$8.99

**BOIRON**  
Coldcalm  
60 ct.



\$19.99

**HEALTHFORCE SUPERFOODS**  
Vitaminal Earth  
5.3 oz.



\$26.99

**HOST DEFENSE**  
MyCommunity  
60 ct.  
other Host Defense products  
also on sale



\$28.99

**NEW CHAPTER**  
Every Woman's One Daily  
48 ct.  
other New Chapter products  
also on sale



## Cranberries

These tangy and tart little gems will brighten up salads, soups, sides, or even breakfasts and desserts. Delicious with rich cream cheese, nutty wild rice or zesty oranges, cranberries can be a surprise culinary superstar. Simmer fresh cranberries with a sliced orange and dash of sugar until berries are soft and begin to burst. The resulting compote swirled with fresh ricotta cheese and flecked with lemon zest makes for a colorful fall dessert. Or serve cranberry relish alongside a hearty red wine pot roast. Dried cranberries and toasted crushed walnuts will give creamy oatmeal or other hot cereals a bit of zing as well!

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





## Local cheeses

You might know your farmer, but do you know your cheesemaker? Locally-produced cheese is on the rise in the United States, with new regional varieties being developed using traditional old world methods. Instead of importing cheese from regions of Europe, now you can try familiar European-style cheeses produced in regions near you! Award-winning varieties of Gouda, brie, and cheddar can be found from Maine to California—as well as numerous domestic cheeses that have been developed here in the United States.

Your co-op is a great source for local products. Ask your deli or cheese staff to recommend a locally produced cheese, and get to know your cheesemaker!



5/\$5

**CHOBANI**  
Greek Yogurt  
5.3 oz., selected varieties



\$2.39

**WASA**  
Crispbread  
7-9.7 oz., selected varieties



\$2.99

**FRONTERA**  
Salsa  
16 oz., selected varieties



2/\$4

**FOOD SHOULD TASTE GOOD**  
Tortilla Chips  
5.5 oz., selected varieties



\$6.99

**ALTER ECO**  
Assorted Truffles  
8 ct.



\$2.39

**GO VEGGIE!**  
Cream Cheese  
Alternative  
8 oz., selected varieties



\$1.99

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



5/\$4

**LUNA**  
Nutrition Bar for  
Women  
1.69 oz., selected varieties



4/\$5

**KIND**  
Fruit & Nut Bar  
1.4 oz., selected varieties



\$3.69

**CASCADIAN FARM**  
Organic Granola Bars  
6.2-7.4 oz., selected varieties





**\$8.99**

**BULK**  
Organic Whole Raw  
Cashews  
per pound in bulk



**\$9.99**

**NUTIVA**  
Organic Chia Seeds  
12 oz.  
other Nutiva products  
also on sale



**\$3.99**

**BULK**  
Organic Raw Pumpkin  
Seeds  
per pound in bulk



**10/\$10**

**TAZO**  
Ready-to-Drink Tea  
13.8 oz., selected varieties



**2/\$5**

**BEANITOS**  
Bean Chips  
6 oz., selected varieties



**\$1.99**

**ENDANGERED  
SPECIES**  
Chocolate Bar  
3 oz., selected varieties



**2/\$5**

**WAY BETTER  
SNACKS**  
Tortilla Chips  
5.5 oz., selected varieties



**\$2.99**

**POPCORN  
INDIANA**  
Popcorn  
3.5-7.75 oz., selected varieties



**\$2.99**

**HAIL MERRY**  
Miracle Tart  
2.5 oz., selected varieties



## Roasting Foods

With fall's chillier temperatures, meals made in the oven take on new appeal. Delicious smells and savory flavors are simple to create with oven-roasted vegetables, meat and poultry, and even fruit. So what is roasting, exactly? Basically, roasting is a way to cook food using dry heat.

There are many different methods for roasting; the ideal temperature and technique depends a fair bit on what it is you are cooking. Here's a simple method for tasty roasted root vegetables:

Preheat the oven to 400° degrees F. Cut approximately 2 pounds of root vegetables (carrots, beets, potatoes, rutabagas, turnips, in any combination) into 1-inch cubes. Add onions or garlic cloves if you like, and toss the veggies with a tablespoon of olive oil and a pinch of salt. Place the vegetables on a baking sheet and roast for a total of 45-50 minutes, stirring every 15 minutes or so, until tender and just beginning to brown.



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

### CONNECTICUT

**Elm City Market**  
777 Chapel Street, New Haven  
**Willimantic Food Co-op**  
91 Valley Street, Willimantic

### DELAWARE

**Newark Natural Foods Co-op**  
280 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  
**Harvest Co-op Market - Jamaica Plain**  
57 South Street, Jamaica Plain

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

**River Valley Market**  
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  
12 Centerra Parkway, Lebanon  
**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  
**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

**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



**\$7.99**

**AVALON ORGANICS**  
Hand & Body Lotion  
12 oz., selected varieties



**\$3.99**

**MRS. MEYER'S**  
Liquid Hand Soap  
12.5 oz., selected varieties



**\$9.99**

**TOPRICIN**  
Pain Relief and Healing Cream  
2 oz.  
other Topricin products also on sale



**\$3.99**

**TOM'S OF MAINE**  
Toothpaste  
4.7-5.5 oz., selected varieties



**\$4.99**

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



**\$9.99**

**EARTH FRIENDLY PRODUCTS**  
Liquid Laundry Detergent  
100 oz., selected varieties

Everyone welcome, every day!

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

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