Co+op deals™

FEB 5 - FEB 18, 2014

$1.79

CHOCOLOVE
Chocolate Bar
3.2 oz., selected varieties

$2.19

PACIFIC
Organic Almond Beverage
32 oz., selected varieties

$2.99

ENVIROKIDZ
Organic Cereal
10-14 oz., selected varieties

$7.99

EVERYDAY SHEA
Shampoo or Conditioner
32 oz., selected varieties

Featured Inside:

- A recipe for sweet Swedish pancakes for your Valentine's Day brunch
- Learning how to whip and fold a light Chantilly Cream in the Co+op Kitchen
- Make a heart-healthy quinoa tabouli, finished with a squeeze of lemon
- Savory citrus? Check out our suggestions for citrus salsa, salads and more

Swedish Pancakes

Serves 6 (makes 12 pancakes). Prep time: 30 minutes.

- ½ cup all-purpose flour
- ¼ cup whole wheat flour
- 2 tablespoons sugar
- 1 teaspoon ground cardamom
- Pinch of salt
- 1 cup milk
- 3 large eggs
- 5 tablespoons unsalted butter
- 1 14.5-oz. jar of fruit jam or preserves (lingonberry, raspberry or strawberry)

Preheat oven to 200°F. Place a sheet pan in the oven so you can keep the finished pancakes warm as you prepare them.

In a food processor or blender, blend the flours, sugar, cardamom, salt, milk, eggs and 3 tablespoons of melted butter together until smooth. Set aside.

To prepare the pancakes, heat a griddle or skillet over medium heat. When it is hot, coat lightly with a half-teaspoon of butter, then add about 3 tablespoons of batter and spread it very thin to create a pancake about 6 inches in diameter. Cook the pancake for 1 minute or until lightly browned, then flip with a spatula and cook on the other side for another minute. Gently place the finished pancake on the sheet pan in the oven to keep it warm. Add another half-teaspoon of butter to the skillet, and repeat the steps to cook the remaining pancakes. Spread each pancake with about 2 teaspoons of jam, then fold or roll it up and serve warm.

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

$1.49

BULK

Organic Sugar

per pound in bulk

$8.99

EQUAL EXCHANGE

Organic Love Buzz Whole Bean Coffee

per pound in bulk

2/$6

R.W. KNUDSEN

Nature's Peak Juice

32 oz., selected varieties

$4.39

FLORIDA CRYSTALS

Natural Cane Sugar

48 oz.

other Florida Crystals Sugar also on sale

$2.69

YVES

Meatless Canadian Bacon

6 oz.

other Yves products also on sale

$11.99

BULK
Organic Walnut Halves & Pieces
per pound in bulk

$4.49

LUNA & LARRY'S
Organic Coconut Bliss
16 oz., selected varieties

$2.19

HEALTH VALLEY
Organic Soup
14.25-15 oz.,
selected varieties

$4.99

AMY'S
Pizza
12-14 oz., selected varieties
other Pizzas also on sale

$7.69

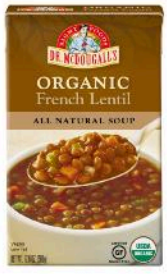
ANNIE'S HOMEGROWN
Family-Size Entrée
28 oz., selected varieties

$3.99

ORGANIC VALLEY
Organic Cheese
8 oz., selected varieties

$2.99

ANNIE'S HOMEGROWN
Deluxe Shells & Cheese Dinner
9.3-11 oz., selected varieties



2/$5

DR. MCDOUGALL'S
Organic Soup
17.6-18 oz., selected varieties

2/$7

BOCA
Veggie Burgers
10 oz., selected varieties

$2.39

WESTBRAE
Organic Chili
17.3 oz., selected varieties

co+op kitchen

Chantilly Cream

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

Find our recipe for sumptuous Chantilly Crème at www.strongertogether.coop/recipes/chantilly-creme, and watch Chris Ryding demonstrate the basic techniques for whipping and folding.

ORGANIC VALLEY

Sponsored by Organic Valley

Quinoa Tabouli

Serves 6. Prep time: 30 minutes.

- 1 cup quinoa (rinsed in a sieve until water runs clear)
- 3 cups water
- 1 bunch parsley, rinsed well, stems removed, and minced
- 1 large cucumber, seeded and diced
- 1 large tomato, diced
- 4 scallions, diced
- ¼ cup fresh mint, minced
- ⅓ to ½ cup fresh lemon juice
- 1 clove garlic, minced
- ¼ cup olive oil
- Pinch each of salt and ground black pepper

In a 3-quart sauce pan, boil 3 cups of water. Stir in the quinoa. Reduce heat to a simmer, cover and cook for about 15 minutes or until quinoa is tender. Drain the cooked quinoa and let it cool.

In a large bowl, mix together the prepared parsley, cucumber, tomato, scallions, mint, lemon juice, garlic and olive oil. Add the cooled quinoa and season with salt and pepper.

Serving suggestion: This versatile salad makes a delicious vegetarian sandwich filling, too. Stuff a whole-wheat pita with hummus, dolmas or falafel patties and add a scoop of tabouli. Garnish with lemon wedges or plain yogurt.

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

$1.99

BIONATURAE

Organic Pasta

16 oz., selected varieties

$2.39

BIONATURAE

Organic Tomatoes

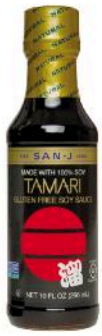
24-28.2 oz., selected varieties

$2.39

DREW'S

Salad Dressing

12 oz., selected varieties



$1.99

SAN-J

Black Label Tamari Soy Sauce

10 oz.

other San-J products also on sale

$2.19

CASCADIAN FARM

Organic Vegetables

16 oz., selected varieties

$4.99
BULK
Organic Sweetened Dried Cranberries
per pound in bulk

5/$5
CHOBANI
Yogurt
6 oz., selected varieties

$2.39
OZERY'S
Morning Rounds
6 ct., selected varieties

$2.99
CASCADIAN FARM
Organic Cereal
9.2-14.6 oz., selected varieties

$2.19
WESTSOY
Organic Soymilk
32 oz., selected varieties

69¢
BROWN COW
Yogurt
6 oz., selected varieties

$5.39
NUMI
Organic Tea
16 ct., selected varieties

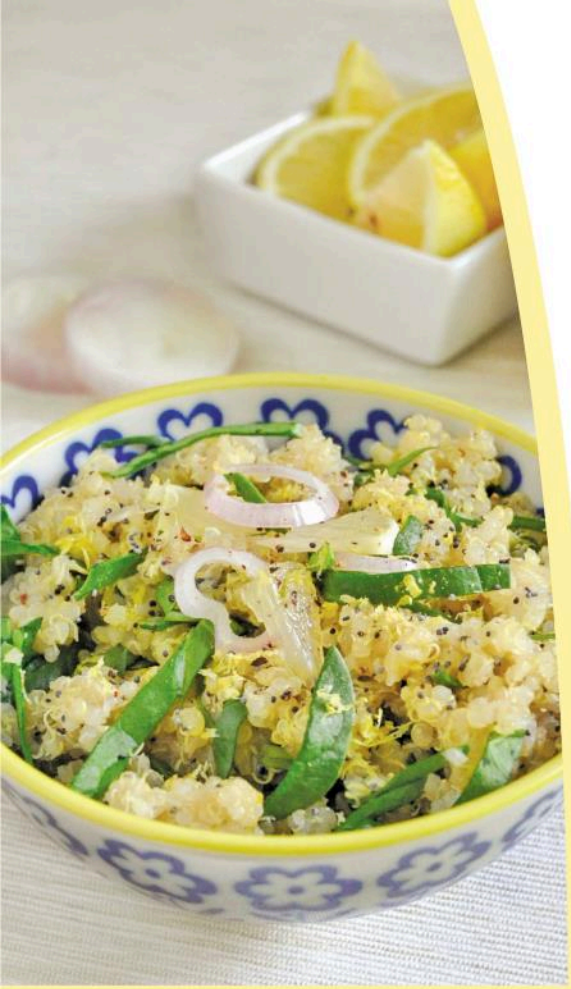
2/$6
DR. PRAEGER'S
Vegetable Pancakes
12 oz., selected varieties

2/$6
THE GREEK GODS
Greek Yogurt
24 oz., selected varieties

Lemons

Once you've learned what lemons can do in the kitchen, they become as essential to cooking as salt and pepper. A squeeze of lemon juice brightens flavors in recipes ranging from roasted potatoes to vegetable soup, fresh garden salads and all things in between. In dishes where lemon is the star, like tart and tangy lemon bars or a rich, creamy lemon-caper pasta sauce, lemon zest brings flavor and a burst of sunshine. Try whipping up a couldn't-be-easier lemon vinaigrette with olive oil, lemon zest and juice, then use it on green beans, steamed beets, mixed greens, grain salads…you get the idea!

Visit www.strongertogether.coop for more ways to use seasonal fruits and veggies.



Fresh
in the Deli

Co-op chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature.

Lemon Spinach Quinoa

A classic Mediterranean dressing of fresh lemon juice, olive oil and garlic give this nutrition- packed dish a burst of vibrant flavor.

save **75¢**
per pound

2/$6
HOPE FOODS
Organic Lentil Dip
8 oz., selected varieties

$2.99
BEARITOS
Tortilla Chips
16 oz., selected varieties

2/$7
UDI'S GLUTEN-FREE
Bread
12-14.2 oz., selected varieties

$4.99
SPECTRUM NATURALS
Organic Soy Mayonnaise
16 oz.

$2.99
R.W. KNUDSEN
Sparkling Juice
750 ml., selected varieties

$2.69
EQUAL EXCHANGE
Organic Chocolate Bar
3.5 oz., selected varieties

2/$4
KETTLE BRAND
Potato Chips
5 oz., selected varieties

4/$5
JUSTIN'S
Organic Peanut Butter Cups
1.4 oz., selected varieties

$2.29
NATURAL SEA
Yellowfin Tuna
5 oz., selected varieties

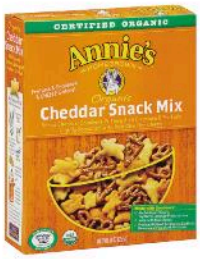
2/$5
LATE JULY ORGANIC
Organic Crackers
6 oz., selected varieties

$2.99

ANNIE'S HOMEGROWN
Cheddar Bunnies
10 oz.

10/$10

HAPPY BABY
Organic Baby Food
3.5 oz., selected varieties



$3.69

ANNIE'S HOMEGROWN
Bunny Snack Mix
7-9 oz., selected varieties

5/$5

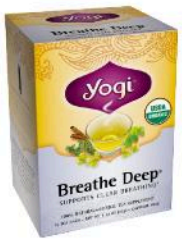
CLIF
Kit's Organic Fruit & Nut Bar
1.73 oz., selected varieties

2/$5

CLIF
Crunch Bars
5 ct., selected varieties

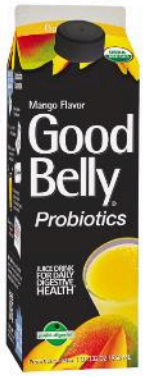
4/$5

THINKTHIN
Protein Bar
2.1 oz., selected varieties



2/$7

YOGI
Organic Tea
16 ct., selected varieties



$2.69

GOOD BELLY
Organic Probiotic Drink
32 oz., selected varieties

$11.99

SEVENTH GENERATION
Liquid Laundry Detergent
50 oz.

$29.99

VEGA
Vega One Nutritional Shake
15-15.4 oz., selected varieties

Savory Citrus

When citrus is in season, it's a great opportunity to explore the savory side of these versatile fruits. A sesame dipping sauce spiked with orange juice is the perfect complement to fresh spring rolls, for example, or add segments of bright oranges or tangerines to a quinoa salad that features roasted beets, juicy pomegranate seeds and sweet dates. A grapefruit salsa with fresh jalapeños livens up baked white fish or fish tacos.

At www.strongertogether.coop, you'll find these recipes and much more!

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

FLORIDA
Ever'man Natural Foods Co-op
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

$22.99

NEW CHAPTER
Wholemega Whole Fish Oil
60 ct.
other Wholemega products also on sale

$6.99

NATURAL FACTORS
Coenzyme Q10 100 mg.
30 ct.

$6.99

EO
Everyone Soap
32 oz., selected varieties

$18.99

HEALTHFORCE NUTRITIONALS
Vitamineral Green
150 gr., selected varieties

$5.39

BOIRON
Chestal for Children
4.2 oz.
other Children's Cold Remedies also on sale

$5.69

DESERT ESSENCE
Hand & Body Lotion
8 oz., selected varieties

Learn more at www.strongertogether.coop!

co+op™
stronger together

NESE0214AZ1,2,3