

coopTM deals

JAN 22 - FEB 4, 2014



\$3.99

ZEVIA

Zero Calorie Soda
6 pack, selected varieties



4/\$5

MUIR GLEN

Organic Tomatoes
14.5 oz., selected varieties



2/\$4

**LATE JULY
ORGANICS**

Multigrain Snack Chips
6 oz., selected varieties



\$10.99

BOIRON

Oscilloccinum
6 dose
other Boiron Oscillo products
also on sale

Featured Inside:

- Gear up for Game Day with great recipes and delicious savings
- Check out StrongerTogether.coop's super party tips for tasty snacks
- Feeling chili? We've got four regional chili variations for you to try
- Try some recipes with a Mexican flavor, for taquitos, a pulled pork cemitita and more



Black Bean Taquitos

Serves 4. Prep time: 20 minutes active; 35 minutes total.

- 3 tablespoons vegetable oil
- ½ cup yellow onion, diced
- 2 cloves garlic, minced
- 1 jalapeño pepper, seeded and minced
- ¼ cup red bell pepper, diced
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon ground coriander
- Pinch of cayenne pepper (optional)
- 1 15-ounce can black beans, rinsed and drained
- ½ cup tomato, diced
- ½ cup cooked corn kernels, frozen or canned
- Pinch of salt
- 2 tablespoons fresh cilantro, minced
- ¼ pound queso fresco cheese, crumbled
- 12 10-inch corn or flour tortillas

Preheat the oven to 400° F.

Heat 2 teaspoons vegetable oil in a skillet over medium-high heat. Add onion and sauté for 2 minutes. Add garlic, jalapeño and red pepper, and sauté another 3-4 minutes until soft. Add the spices and cook for one minute. Add black beans, tomato, corn, salt and cilantro, and cook until heated through. Remove from heat and gently mash the mixture with the back of a spoon or a potato masher so the mixture sticks together. The beans do not need to be entirely mashed. Gently stir in queso fresco, and set aside.

Wrap tortillas in a clean, damp towel and heat in the microwave for a few seconds until warm and pliable. Brush one side of a tortilla with vegetable oil, flip tortilla over and place 1-2 tablespoons of filling near one edge of the tortilla. Roll up gently but tightly and place tortilla seam-side down on a greased baking sheet. Repeat until all tortillas are filled. Bake 10-15 minutes, checking frequently, until tortillas begin to crisp and hold their shape. Remove from oven and serve hot.

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



\$1.99

LUNDBERG FAMILY FARMS

Bulk Organic Basmati Rice
per pound in bulk, Brown or White



\$2.39

LIGHTLIFE

Organic Tempeh
8 oz., selected varieties



\$4.39

ORGANIC VALLEY
Organic Sharp Cheddar
Cheese

8 oz.
other Organic Cheese also on sale



\$3.39

IMAGINE

Organic Soup
32 oz., selected varieties



\$2.99

DAIYA

Dairy-Free Cheese Shreds
8 oz., selected varieties



\$3.39

EARTH BALANCE

Buttery Spread

13-15 oz., selected varieties



\$6.99

MISO MASTER

Organic Miso

16 oz., selected varieties



\$1.99

WOODSTOCK

Organic Vegetables

10 oz., selected varieties



\$1.79

WOODSTOCK

Veggies & Greens

10 oz., selected varieties



4/\$3

KOYO

Ramen Noodles

2-2.1 oz., selected varieties



\$9.99

**NAPA VALLEY
NATURALS**

Organic Olive Oil

25.4 oz., selected varieties



\$1.69

BULK

Organic Green Lentils

per pound in bulk



\$2.99

MONTEBELLO

Organic Pasta

16 oz., selected varieties



\$9.99

BULK

Organic Almonds

per pound in bulk



\$3.49

SUNSHINE BURGER

Organic Veggie Burgers

3 ct., selected varieties



Queso fresco

Queso fresco, translated literally as "fresh cheese," is a crumbly, unaged cheese traditionally used in Mexican cooking. Similar to a mild feta, the salty, slightly tangy flavor of queso fresco accents a variety of dishes, from enchiladas to spicy cabbage salads. Since it doesn't melt, you can top hot foods with queso fresco and it retains its texture and distinctive flavor. Try it crumbled onto a bowl of smoky chipotle pinto beans, served with fresh cornbread and honey butter. Mix queso fresco into a cumin-scented sweet corn and cilantro salad – a great side dish with roasted chicken or slow-cooked pork tacos.



Pulled Pork Cemitita Sandwich

Makes 4 sandwiches. Prep time: 20 minutes active; 3 hours total.

- 2 pounds pork butt or shoulder, bones removed, cut into large chunks
- 4 cloves garlic, peeled and crushed
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon paprika or smoked paprika
- 2 cups (approximately) broth or water
- Juice of 1 lime
- 4 cemitita rolls or sesame seed buns
- 1 avocado, peeled and sliced
- ½ small white onion, thinly sliced
- 1 tomato, sliced
- 4 tablespoons fresh cilantro
- 3 ounces Oaxaca cheese, queso fresco, or mozzarella, shredded or crumbled
- 3 tablespoons finely-chopped chipotle pepper in adobo sauce

Place pork and spices in a large Dutch oven or stock pot and add broth or water just to cover the pork. Bring to a boil then reduce heat to a simmer. Cover the pot and simmer for 2 hours. Remove lid, adjust heat to medium, and cook to reduce liquid for another 30-40 minutes, turning pork pieces occasionally.

Preheat oven to 425°F. Gently remove the pork pieces from the Dutch oven, reserving the cooking liquid, and place on an oiled sheet pan.

Place in the oven for 15 minutes to crisp and brown the edges of the pork. Remove from oven and using tongs or forks, gently shred the pork and mix with about ½ cup of the remaining cooking liquid and the juice of 1 lime. Set aside.

To make the sandwiches, spread some of the chopped chipotles on both sides of each bun. Layer with pulled pork, cheese, cilantro leaves, tomato, onion and avocado. Serve.

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



\$2.29 **PJ'S ORGANICS**
Burrito
6 oz., selected varieties



5/\$5
BACK TO NATURE
Pasta & Cheese Dinner
6-6.5 oz., selected varieties



\$2.99
ANNIE'S
HOMEGROWN
Organic Skillet Dinner
8.7-10.6 oz., selected varieties



2/\$5 **R.W. KNUDSEN**
Organic Juice Boxes
4 ct., selected varieties



\$2.79 **SANTA CRUZ ORGANIC**
Applesauce Cups
6 ct., selected varieties



\$8.99

**EQUAL
EXCHANGE**

Organic Bulk Coffee
per pound in bulk
Decaf Bulk Coffee not on sale



\$1.39

WALLABY

Organic Greek Yogurt
5.3 oz., selected varieties



\$2.99

SO DELICIOUS

Organic Coconut Milk
64 oz., selected varieties



\$6.39

NUTIVA

Organic Coconut Manna
15 oz.



\$5.99

**WHOLESOME
SWEETENERS**

Organic Stevia
75 ct.
other Stevia products
also on sale



\$3.99

NUMI

Organic Tea
18 ct., selected varieties



2/\$5

RICE DREAM

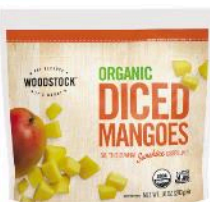
Rice Beverage
32 oz., selected varieties



\$2.99

KASHI

GoLean Cereal
13.1-14 oz., selected varieties



\$2.39

WOODSTOCK

Organic Mangoes
10 oz.
other Woodstock Frozen Fruit
also on sale



\$3.39

NATURE'S PATH

Organic Cereal
10.5-14 oz., selected varieties



Avocado

The rich, buttery avocado is a natural foodie's best friend. Not only are these delectable fruits delicious, but their unique, monounsaturated fats are heart-healthy and aid the body in the absorption of vitamins A and D. Try smooth, creamy slices of avocado on a traditional chef's salad, with chunks of your favorite proteins like cheese, eggs, turkey or tofu. Whip ripe avocados with sour cream and chives and use as a luxurious garnish for chili or other Southwestern-inspired soups and stews. Top diced avocado, pineapple, papaya, and mango with a honey-lime dressing for a creamy, fruity salad that is straight from the tropics.

Visit www.strongertogether.coop
for more great Game Day ideas!



coop kitchen

Chipotle Black Bean Dip

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.

Christy Morgan demonstrates how to make a festive (and tasty) chipotle black bean dip your party guests will love. Using vegetable broth boosts the flavor with no fat calories added. Watch the video at www.strongertogether.coop/recipes/chipotle-black-bean-dip, and you'll have a great appetizer in no time.



Sponsored by Imagine



\$5.99

**ANNIE'S
HOMEGROWN**

Pizza

22.5-23.1 oz., selected varieties



\$5.39

DAIYA

Dairy-Free Pizza

12-13.8 oz., selected varieties



2/\$4

**BOULDER
CANYON**

Bean Chips

5 oz., selected varieties



\$1.49

BULK

Organic Yellow Popcorn
per pound in bulk



2/\$5

**GARDEN OF
EATIN'**

Tortilla Chips

8.1 oz., selected varieties



2/\$6

**GREEN MOUNTAIN
GRINGO**

Salsa

16 oz., selected varieties



10/\$10

HONEST TEA

Organic Ready-to-Drink
Tea

16 oz., selected varieties



\$5.39

GLUTINO

Pretzels

14.1 oz., selected varieties



\$3.39

**CASCADIAN
FARMS**

Organic Granola Bars

7.4 oz., selected varieties



2/\$5

ANGIE'S

Popcorn

4.5-7 oz., selected varieties



2/\$5

REED'S

Kombucha

13.5 oz., selected varieties



\$5.99

R.W. KNUDSEN

Organic Tart Cherry Juice

32 oz.

other Organic Juice also on sale



\$1.69

C2O

Coconut Water

17.5 oz., selected varieties



\$3.39

TRADITIONAL MEDICINALS

Organic Tea

16 ct., selected varieties



99¢

LARABAR

Fruit and Nut Bar

1.6-1.8 oz., selected varieties



\$8.99

MANITOBA HARVEST

Organic Hemp Protein Powder

16 oz.

other Hemp Protein Powder also on sale



\$2.69

LUNDBERG FAMILY FARMS

Organic Rice Cakes

8.5-10 oz., selected varieties



\$5.99

AMERICAN HEALTH

Chewable Acidophilus

100 ct., selected varieties



\$27.99

GARDEN OF LIFE

Organic RAW Protein Powder

622-650 gr., selected varieties



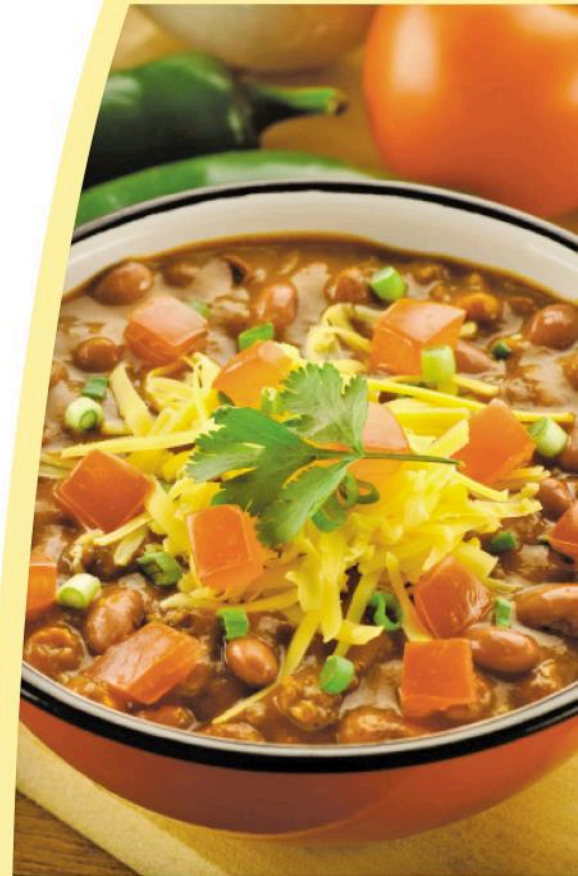
\$29.99

NATURAL FACTORS

PGX Daily

120 ct.

other Natural Factors Supplements also on sale



Know Your Chili

More than with most dishes, what we think of as "chili" probably has a lot to do with where we live. Here are some popular regional chili varieties to try!

- Texas chili: classic, spicy tomato-based all-beef chili that is sometimes served with a side of beans
- Cincinnati chili: add cinnamon, cloves, allspice, or chocolate and serve over spaghetti with optional toppings of cheese, onions, and beans
- Southwestern-style chili verde: green chilies, garlic, tomatillos and cubed pork make a rich, tangy chili
- Chicago-style chili: ground beef, kidney beans, tomatoes, onions and beer—perfect for topping a hotdog

Visit www.strongertogether.coop for more great Game Day ideas!

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



\$17.99

AUBREY

Revitalizing Therapy
Moisturizer

1.7 oz.
other Revitalizing Therapy
products also on sale



\$5.99

NATURE'S GATE

Herbal Moisturizing
Lotion

18 oz.
other Nature's Gate Lotion
also on sale



2/\$4

PRESERVE

Toothbrush
each, selected varieties



\$8.99

JASON

Body Wash
30 oz., selected varieties



\$8.99

BIOKLEEN

Liquid Laundry
Detergent
64 oz., selected varieties



2/\$3

WELLNESS

Cat Food
5.5 oz., selected varieties

Great recipes and fantastic savings from your co-op!



NESE0114BZ1,2,3