

coopTM deals

JAN 1 - JAN 21, 2014



\$2.39

ALEXIA

Sweet Potato Fries
15 oz.
other Alexia products
also on sale



2/\$5

**ANNIE'S
NATURALS**

Dressing
8 oz., selected varieties



\$1.99

MUIR GLEN

Organic Soup
14-14.5 oz., selected varieties



2/\$4

**FOOD SHOULD
TASTE GOOD**

Tortilla Chips
5.5 oz., selected varieties

Featured Inside:

- We've got an easy Korean vegetable bibimbap recipe for you to make
- Try our warming Brazilian-style seafood stew (also known as "moqueca")
- Chase away January's chill with some home-grown, power-packed sprouts
- Asian flavors are trending, like Tofu Pad Thai, the Fresh in the Deli feature



Brazilian-Style Seafood Stew

Serves 6. Prep time: 15 minutes active; 45 minutes total.

- 1 ½ pounds salmon, cut into 2- to 3-inch pieces
- 3 cloves garlic, minced
- ¼ cup lime juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 cup yellow onion, diced in 1-inch pieces
- 1 cup red bell peppers, diced in 1-inch pieces
- ½ cup green onions, sliced thin
- 1 tablespoon paprika
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon ground cumin
- 2 cups canned diced tomatoes
- 1 14-oz. can coconut milk
- ¼ cup fresh cilantro, minced

In a large, non-reactive bowl, marinate the salmon in the minced garlic, lime juice, salt and pepper for 30 minutes to an hour in the refrigerator.

In a large stock pot or Dutch oven, heat 2 tablespoons olive oil over medium-high heat. Add yellow onions and cook for a few minutes until they begin to soften. Add bell peppers and cook another 2 minutes. Add green onions, paprika, chili flakes and cumin and sauté for 1 minute, then add tomatoes and cilantro and cook another 5 minutes, stirring occasionally.

Remove the salmon from the marinade (discard marinade), and place fish into the tomato sauce in the stock pot. Pour coconut milk over the top, bring everything to a simmer, cover and cook for 10-15 minutes. Stir gently, once or twice. Salmon should be just cooked and tender. Add salt to taste.

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



2/\$4

CASCADIAN FARM

Organic Vegetables
10 oz., selected varieties



2/\$3

WESTBRAE

Organic Beans
15 oz., selected varieties



\$12.99

**SPECTRUM
NATURALS**

Organic Extra Virgin
Mediterranean Olive Oil
33.8 oz.



\$2.99

PACIFIC

Organic Soup
32 oz., selected varieties



\$1.69

NASOYA

Organic Tofu
14 oz., selected varieties



3/\$7

TASTY BITE

Indian Entrée

10 oz., selected varieties



\$2.39

JOVIAL

Organic Brown Rice Pasta

12 oz., selected varieties



2/\$5

HILARY'S

Veggie Burgers

2 ct., selected varieties



3/\$5

ANNIE'S

HOMEGROWN

Pasta & Cheese Dinner

6 oz., selected varieties



\$2.99

MADHAVA

Organic Agave Nectar

11.75 oz., selected varieties



\$5.49

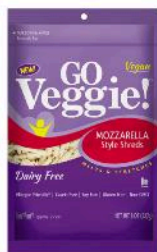
MANITOBA

HARVEST

Hemp Seed Hearts

8 oz.

other Manitoba Harvest products also on sale



\$2.59

GO VEGGIE!

Shredded Dairy-Free

Cheese

8 oz., selected varieties



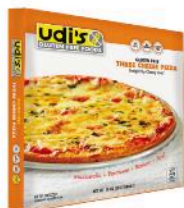
\$3.39

MEDITERRANEAN

ORGANIC

Organic Olives

8.4-8.5 oz., selected varieties



\$4.99

UDI'S GLUTEN FREE

Pizza

10-10.1 oz., selected varieties



2/\$7

ORGANIC VALLEY

Organic Shredded Cheese

6 oz., selected varieties

coop kitchen

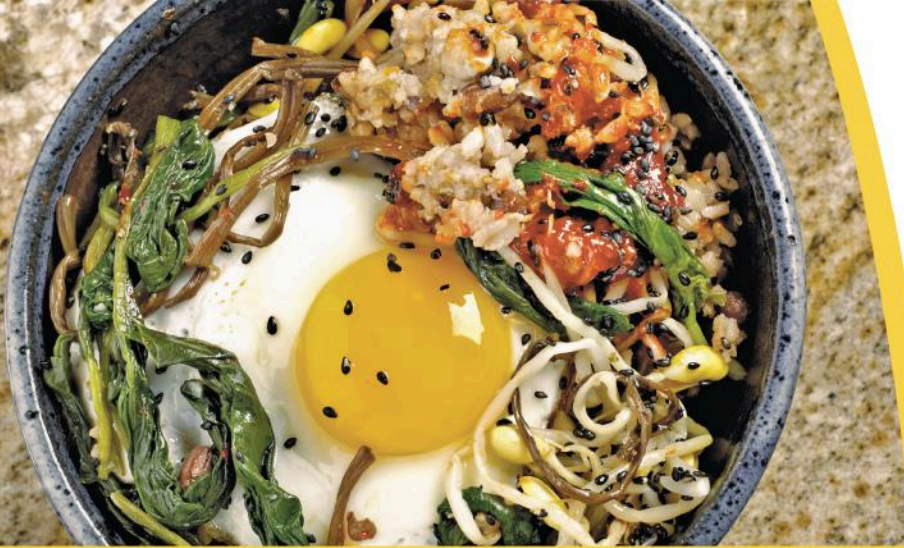
Sprouts

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.

Check out our video on sprouting to learn all about power-packed and delicious sprouts! Dana Tomlin talks about the types of seeds and legumes you can use to grow your own. She also suggests ways to enjoy these tasty, nutrient-packed power houses. View the Co+op Kitchen series at www.strongertogether.coop/coop-kitchen. And be sure to check out the FREE Co+op Kitchen iPad® app for iOS6 on iTunes.

iPad is a trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.





Quick Vegetable Bibimbap

Serves 6. Prep time: 25 minutes active; 35 minutes total.

- 1 cup uncooked medium-grain brown rice
 - 1 teaspoon sesame oil
 - 1 teaspoon vegetable oil
 - 1 cup carrots, cut into matchsticks
 - 2 cloves garlic, minced
 - 1 cup zucchini, cut into matchsticks
 - ¼ pound button mushrooms, thickly sliced
 - 6 ounces fresh spinach
 - 4 green onions, sliced
 - ½ pound baked or fried tofu, cut into 1- to 2-inch squares
 - 1 cup cucumber, cut into matchsticks
 - 2 ounces mung bean sprouts
 - Pinch of salt
 - Pinch of ground black pepper
 - 6 large eggs
- Sauce:
- ¼ cup Gochujang (Korean chili paste)
 - 2 teaspoons tamari
 - 1 tablespoon water
 - 1 teaspoon sesame oil
 - 1 teaspoon sugar
 - 1 teaspoon rice vinegar
 - ½ teaspoon sesame seeds

Start cooking the rice according to package directions. In a small bowl, mix together all sauce ingredients. Set aside.

In a wok or large skillet, heat the sesame and vegetable oil over medium-high heat. Add carrots and stir-fry for 2 minutes. Add garlic, zucchini, and mushrooms and stir-fry for another 2-3 minutes. Add spinach, and stir-fry just until it is wilted and tender, about a minute. Remove from heat and toss the vegetables with the tofu, cucumber, bean sprouts, and a pinch each of salt and pepper. Set aside vegetables, and fry 6 eggs over easy.

To serve, place a scoop of rice in each bowl, top with some stir-fried vegetables, place a cooked egg on top, and garnish with sliced green onions. Serve the sauce on the side for drizzling.

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



5/\$5

CHOBANI

Greek Yogurt

6 oz., selected varieties



\$2.99

EARTH BALANCE

Organic Soy Milk

64 oz., selected varieties



\$2.49

GOLDEN TEMPLE

Bulk Granola

per pound in bulk



\$6.69

NATURE'S PATH

Organic Eco-Pak

Cereal

23-32 oz., selected varieties



2/\$6

CASCADIAN FARM

Organic Fruit

8-10 oz., selected varieties



\$2.49

BULK

Organic Thompson
Seedless Raisins
per pound in bulk



2/\$5

BROWN COW

Yogurt
32 oz., selected varieties



\$2.99

BULK

Organic Shelled
Sunflower Seeds
per pound in bulk



2/\$5

FLAX USA

Flaxmilk
32 oz., selected varieties



\$1.39

BULK

Organic Rolled Oats
per pound in bulk



\$8.99

**EQUAL
EXCHANGE**

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



2/\$6

BARBARA'S

Cereal
12-14 oz., selected varieties



4/\$3

STONYFIELD

Organic Yogurt
6 oz., selected varieties



\$2.99

SWEETLEAF

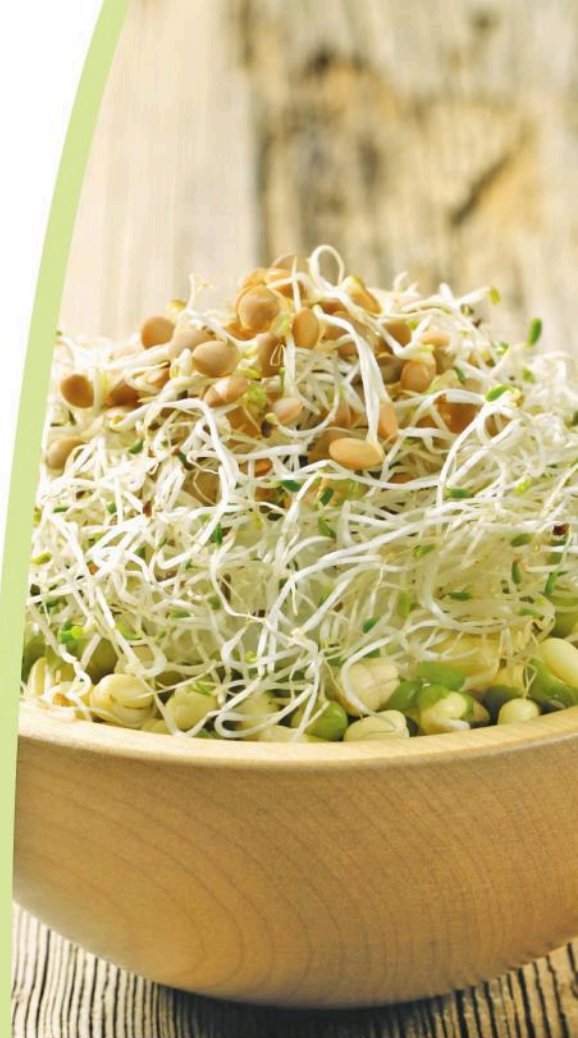
Stevia Sweetener
35 ct.
other Sweetleaf products
also on sale



\$2.19

OLD WESSEX

5 Grain Hot Cereal
18.5 oz.
other Old Wessex Hot Cereal
also on sale



Sprouts

Sprouts are that rare superfood that hits the sweet spot between flavor and nutrition. In addition to classic alfalfa sprouts, look for zesty radish, peppery broccoli or savory onion sprouts, as well as crisp and crunchy mung bean sprouts. It's hard to improve on the classic sandwich combo of turkey, avocado and sprouts, but how about radish sprouts, fresh goat cheese, and tomato on multigrain bread, or onion sprouts, cream cheese and cucumber on rye? Sprouts go beyond sandwiches, too. Use mild-flavored mung bean sprouts to garnish everything from stir-fries to soups. Learn more about sprouting with our Co+op Kitchen video with Dana Tomlin at www.strongertogether.coop.



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.

Tofu Pad Thai

A Thai-inspired rice noodle salad seasoned with spicy peanut sauce, fresh ginger, lime juice, fresh cilantro, mung bean sprouts and tofu.

save **\$1.00**
per pound



\$3.99

BLUE SKY
Zero Calorie Soda
6 pack, selected varieties



\$2.99

KOZY SHACK
Pudding
22 oz., selected varieties



2/\$5

CLIF KID
Organic Zbars
6 ct., selected varieties



2/\$4

KETTLE
Bakes Potato Chips
4 oz., selected varieties



2/\$6

**ANNIE'S
HOMEGROWN**
Snack Crackers
7.5 oz., selected varieties



\$3.69

**ANNIE'S
HOMEGROWN**
Organic Fruit Snacks
4 oz., selected varieties



2/\$4

BARBARA'S
Cheese Puffs
5.5-7 oz., selected varieties



\$2.69

DREW'S
Organic Salsa
12 oz., selected varieties



4/\$5

GIMME
Organic Seaweed
Snacks
.35-.7 oz., selected varieties



2/\$5

**MEDITERRANEAN
SNACKS**
Baked Lentil Chips
4.5 oz., selected varieties



\$20.99

**NORDIC
NATURALS**

Omega-3 Fish Oil

60 ct.

other Fish Oil products
also on sale



2/\$4

KEVITA

Organic Probiotic Drink

15.2 oz., selected varieties



\$5.99

SUJA

Organic Fruit &

Vegetable Juice

16 oz., selected varieties



2/\$5

R.W. KNUDSEN

Simply Nutritious Juice

32 oz., selected varieties



\$2.69

VITACOCO

Coconut Water

33.8 oz.



\$4.99

NUTIVA

Organic Chia Seeds

6 oz.

other Nutiva products
also on sale



\$16.99

FLORA

Super 8 Hi-Potency

Probiotic

30 ct.

other Flora Supplements
also on sale



**\$1.19 RAW
REVOLUTION**

Organic Energy Bar

1.8 oz., selected varieties



\$6.99

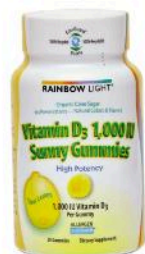
NUTRITION NOW

Rhino Gummy

Multi-Vitamins

70 ct.

other Nutrition Now Vitamins
also on sale



\$7.99

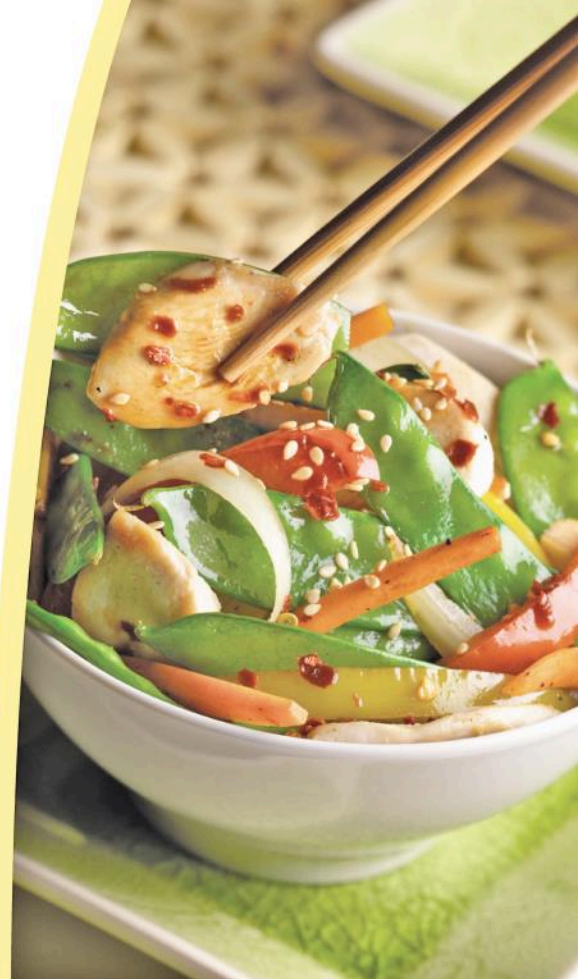
RAINBOW LIGHT

Vitamin D 1,000 IU

Sunny Gummies

50 ct.

other Rainbow Light Vitamins
also on sale



Healthy Asian Flavors

The traditional diets of many Asian countries offer a good model for healthy eating. The Asian Food Pyramid offers basic guidelines for the types of food to select and with what frequency. You'll notice that it has a nice broad base for grains: choose brown rice, whole-grain noodles or other whole-grain foods. Then, fill up the majority of that pyramid with plants, plus a little bit of plant-based oil every day. Fish and shellfish are optional daily, eggs and poultry and sweets are recommended as once-a-week treats, while meat is a once-a-month event, placed at the tip of the triangle.

Read more at

www.strongertogether.coop
and get great recipes, too!

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, Willimstown

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



\$9.99

ALBA BOTANICA

Very Emollient

Body Lotion

32 oz., selected varieties



\$3.99 **TOM'S OF MAINE**

Toothpaste

4.7-5.5 oz., selected varieties



\$2.99

ECOVER

Delicate Wash

32 oz.

other Ecover Laundry products also on sale



\$5.99

AVALON ORGANICS

Shampoo or

Conditioner

11 oz., selected varieties



2/\$6

YOGI

Tea

16 ct., selected varieties



\$7.69 **SEVENTH GENERATION**

Bath Tissue

12 ct.

Unbleached Bath Tissue \$8.99

Happy New Year from your local co-op!

coop™
stronger together

NESE0114AZ1,2,3