

coopTM deals

OCT 2 - OCT 15, 2013



\$6.49

NATURE'S PATH

Eco-Pac Organic
Cereal

26.4-32 oz., selected varieties



\$1.79

**ENDANGERED
SPECIES**

Chocolate Bar

3 oz., selected varieties



\$3.29

IMAGINE

Organic Soup

32 oz., selected varieties



\$3.29

**MARY'S GONE
CRACKERS**

Organic Wheat-Free,
Gluten-Free Crackers

6.5 oz., selected varieties

Featured Inside:

- Enjoy October with our winter squash and apple bake recipe
- Celebrate Co-op Month with great deals and meals from your co-op
- Fair trade chocolate banana bread pudding is twice as sweet
- Co-ops and cool companies supporting mandatory labeling of GMO ingredients



Chocolate Banana Bread Pudding

Makes 18 servings. Prep time: 10 minutes active; 90 minutes total.

- 2 tablespoons melted butter
- 4-5 cups stale French bread, cut into ½ to 1-inch cubes
- 4 large eggs, beaten
- 2 cups milk
- 1 cup sugar
- 2 tablespoons rum (optional)
- 1 tablespoon vanilla
- Pinch of salt
- 2 ripe bananas, peeled and sliced
- 1 cup semisweet chocolate chips (or roughly-chopped chocolate)
- 2 tablespoons brown sugar
- 2 tablespoons pecans, chopped

Preheat oven to 350°F. Use melted butter to grease a 9x13-inch casserole dish.

In a large mixing bowl, whisk together the eggs, milk, sugar, rum, vanilla and salt. Add the cubed bread and toss gently to coat. Gently stir in the bananas and chocolate chips. Pour into the casserole dish and sprinkle brown sugar and pecans evenly over the top. Let the pudding sit for 20 minutes in the refrigerator, then bake for 40 minutes. The pudding is done when the edges start to brown and pull away from the sides of the pan. Slice into 2" x 3" rectangles, and serve hot.

Serving suggestion: This sweet treat celebrates Fair Trade Month, so be sure to use fair trade bananas and other ingredients where available. Add Kahlua instead of rum, or try substituting apples, raisins and a dash of cinnamon for the bananas and chocolate.

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



99¢

THE GREEK GODS

Greek Yogurt
6 oz., selected varieties



\$3.79

LAKEWOOD ORGANIC

Organic Pure Pineapple Juice
32 oz.



\$3.49

LIFEWAY

Organic Lowfat Kefir
32 oz., selected varieties



2/\$5

EQUAL EXCHANGE

Organic Chocolate Bar
3.5 oz., selected varieties



\$8.99

BULK

Pecan Halves
per pound in bulk



\$2.79

GOLDEN TEMPLE

Granola
per pound in bulk,
selected varieties



79¢

STONYFIELD

Organic Yogurt
6 oz., selected varieties



2/\$5

R.W. KNUDSEN

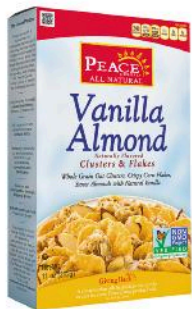
Simply Nutritious Juice
32 oz., selected varieties



\$6.99

**EQUAL
EXCHANGE**

Whole Bean Coffee
10-12 oz., selected varieties
Decaf Whole Bean Coffee \$8.29



\$2.29

PEACE

Cereal
10-12 oz., selected varieties



2/\$5

**EQUAL
EXCHANGE**

Organic Tea
20 ct., selected varieties



\$3.49

**TRADITIONAL
MEDICINALS**

Organic Tea
16 ct., selected varieties



\$8.99

**EQUAL
EXCHANGE**

Organic Bird of
Paradise Coffee
per pound in bulk



99¢

LARABAR

Fruit and Nut Bar
1.6-1.8 oz., selected varieties



\$6.99

DR. BRONNER'S

Organic Coconut Oil
14 oz., selected varieties



photo courtesy of Dr. Bronner's Magic Soaps

What is Fair Trade?

Fair trade is an ethical partnership between consumers and producers around the world. Food and other products that are purchased via fair trade support the farmers and artisans who produce them, their families and communities, and the environment. Over a million farmers and workers in 58 developing countries—across Africa, Asia, and Latin America—are currently participating in fair trade. Fair trade benefits farmers and workers and their communities by guaranteeing decent living wages for products—wages that enable producers to support their families and contribute to the betterment of their communities. Besides chocolate, tea, handcrafts and coffee, there are many more fair trade products that are available. Look for fair trade products at your local co-op.



Winter Squash and Apple Bake

Serves 8. Prep time: 20 minutes active; 80 minutes total.

- 2 pounds winter squash, peeled, seeded and cut into 1/4-inch thick slices
- 2 Granny Smith apples, cored and cut into 1/4- to 1/2-inch thick slices
- 3 tablespoons maple syrup
- 3 tablespoons brown sugar
- 2 tablespoons flour
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- Pinch each of salt and black pepper
- 1/4 cup cold butter, cut into small pieces
- 1 tablespoon butter, melted

Preheat the oven to 375° F. Grease a 9x13 inch casserole dish with melted butter. Evenly layer the squash and apple slices in the casserole dish, alternating and slightly overlapping the squash slices with the apple slices, until all slices are gone. Drizzle the maple syrup over the squash and apples. In a small bowl, mix together the brown sugar, flour, spices, salt and pepper. Mix the butter into the flour/sugar mix with your fingers to make a crumbly mixture. Sprinkle the mixture evenly over the top of the squash and apples. Cover the dish with foil and bake for about 40 minutes or until the squash and apples start to become tender. Remove the foil, and let casserole brown for another 15 minutes. Serve warm.

Serving suggestion: Use your choice of local apples and winter squash in this recipe, and serve as a side dish with ham, pork or poultry.

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



\$2.99

MUIR GLEN
Organic Pasta Sauce
25.5-26 oz., selected varieties



\$2.99

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$1.99

ANNIE'S
Dressing
8 oz., selected varieties



\$3.79

CIAO BELLA
Sorbet
14 oz., selected varieties



\$2.29

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



\$1.49

BULK
Organic Hulled Millet
per pound in bulk



2/\$5

BROWN COW
Yogurt
32 oz., selected varieties



\$3.29

BULK
Organic Shelled
Sunflower Seeds
per pound in bulk



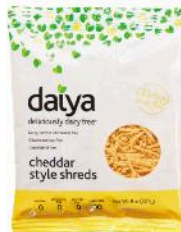
4/\$5

CLIF
Builder's Bar
2.4 oz., selected varieties



\$3.49

RUDI'S
Super Nutrition Bread
18-24 oz., selected varieties



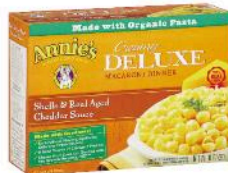
\$3.29

DAIYA
Dairy-Free Shreds
8 oz., selected varieties



\$2.99

RUSTIC CRUST
Pizza Crust
9-16 oz., selected varieties



\$2.99

ANNIE'S
Deluxe Pasta &
Cheese Dinner
9.5-11 oz., selected varieties



\$2.79

POMI
Tomatoes
26.46 oz., selected varieties



\$2.49

AMY'S
Burrito
5.5 oz., selected varieties



Winter Squash

Rich, nutty, and sweet, the comforting flavor of winter squash is one of the highlights of autumn. And the value of squash extends far beyond being delicious, since it's full of beta carotene and fiber. Try tossing cubed butternut squash, olive oil, garlic, parsley and Parmesan together and baking until tender for an easy yet sophisticated gratin. Dense squash like Kabocha can be peeled, steamed, and added to Thai curries or Italian stews for a seasonal twist. For the easiest of comfort foods, bake squash wedges and top with butter and a drizzle of maple syrup. Is it dessert? Is it dinner? Only you will know for sure.

For more great squash recipes, visit 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.

Butternut Squash Cakes

Perfect for cool autumn weather, these savory oven-baked patties are made of roasted butternut squash, bread crumbs and fresh sage and thyme.

save **75¢**
per pound



\$1.79 **STAHLBUSH
ISLAND FARMS**
Frozen Vegetables
10 oz., selected varieties



\$2.29
**LUNDBERG
FAMILY FARMS**
Organic Risotto
5.5-5.9 oz., selected varieties



\$4.49
BUBBIES
Sauerkraut
25 oz.
other Bubbies products
also on sale



\$1.69
NASOYA
Organic Tofu
14 oz., selected varieties



\$3.29
WESTSOY
Seitan
8 oz., selected varieties



\$1.99
SAN-J
Tamari
10 oz.



\$12.99
**SPECTRUM
NATURALS**
Organic Mediterranean
Extra Virgin Olive Oil
33.8 oz.



\$2.99
EARTH'S BEST
Organic Baby Cereal
8 oz., selected varieties



2/\$5
**WAY BETTER
SNACKS**
Tortilla Chips
5.5 oz., selected varieties



2/\$5
**GARDEN OF
EATIN'**
Tortilla Chips
8.1 oz., selected varieties



JUST LABEL IT!

We have the right to know • justlabelit.org

October is Non-GMO Month: We Have a Right to Know What's in Our Food.

We, as consumers, have a right to know what's in our food so we can make informed choices about what we buy, eat and feed our families.

Food co-ops have long supported consumers' right to know about the food they eat, and we are proud to partner with Just Label It, a national coalition of more than 650 organizations dedicated to bringing about mandatory labeling of genetically engineered foods. In October, we are joining together with the companies below to support Just Label It and their efforts.

To learn more and take action, visit www.justlabelit.org.



Thanks to these sponsors for their generous support of Just Label It; look for their products at your co-op.

DREAM

Spectrum.

HARVESTBAY



Silk



endangered species
Chocolate



What are GMOs (Genetically Modified Organisms)?

A wide variety of genetically engineered (GE) foods, also known as genetically modified (GM) foods, have entered the United States food system. More than 90 percent of Americans support mandatory labeling of genetically engineered foods, yet for twenty years, we have been denied that right. Over 64 countries around the world, such as all of the EU, Russia, Brazil, India and even China, already require labeling of genetically engineered foods.

GMOs are organisms that have been created through the application of transgenic, gene-splicing techniques that are part of biotechnology. In other words, genetically modified plants or animals have had their genetic makeup altered in a way that does not occur in nature.

How can consumers avoid GMOs?

By law, organic products must be created with non-GMO ingredients. Buying organic is a reliable way for consumers to avoid genetically engineered foods. Other third-party certifications, such as Non-GMO Project Verified, are reliable ways to avoid GE foods.

To learn more about individual states' efforts to label GMOs, visit www.righttoknow-gmo.org/states. For information about national labeling efforts, go to www.justlabelit.org.



As of 2013 over 64 countries around the world, shown in green, require labeling of genetically engineered foods. The United States is not one of them.

Map content adapted from Center for Food Safety.



JUST LABEL IT!

We have the right to know • justlabelit.org



2/\$4

BLUE DIAMOND

Almond Breeze
32 oz., selected varieties



\$5.49

MANITOBA HARVEST

Hemp Hearts
8 oz., selected varieties



\$1.19

HARVEST BAY

Coconut Water
8.45 oz. ///, selected varieties



\$3.29

ORGANIC VALLEY

Organic Soy Beverage
64 oz., selected varieties



\$8.99

MANITOBA HARVEST

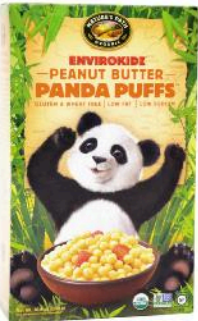
Organic Hemp Pro
Protein Powder
16 oz.
other Hemp Protein Powder
also on sale



2/\$5

RICE DREAM

Enriched Rice Drink
32 oz., selected varieties



\$3.49

ENVIROKIDZ

Organic Cereal
10-14 oz., selected varieties



\$6.99

WHOLESOME SWEETENERS

Organic Blue Agave
44 oz., selected varieties



\$2.99

SILK

Coconut Milk
64 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Aseptic Milk
4 pack, selected varieties



Celebrate Co-op Month

Food co-ops were founded with the mission to be the most trusted source for the best in fresh, wholesome food. People from all walks of life came together to meet their community's needs based on the value of local ownership. Co-op owners help build something special—a store owned by the people who patronize it. Every October, we celebrate cooperation and the power it has to improve lives. To co-op member-owners and shoppers everywhere, happy Co-op Month! We truly are stronger, together.

To learn more, visit
www.strongertogether.coop.



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.



\$2.29

BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



99¢

TAZO
Organic Iced Tea
13.8 oz., selected varieties



\$2.99

FRONTERA
Salsa
16 oz., selected varieties



\$3.49

CASCADIAN FARM
Organic Granola Bars
7.4 oz., selected varieties



\$3.49

LUCY'S
Gluten-Free Cookies
5.5-8.2 oz., selected varieties



\$2.29

NATURAL SEA
Yellowfin Tuna
6 oz., selected varieties



2/\$5

MEDITERRANEAN SNACKS
Lentil Crackers
4.5 oz., selected varieties



2/\$4

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



\$3.49

KETTLE
Potato Chips
13 oz., selected varieties



\$1.99

WELLNESS
Canned Dog Food
12.5 oz., selected varieties



\$5.49

DESERT ESSENCE
Thoroughly Clean Face
Wash
8.5 oz., selected varieties



\$6.99

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



\$8.99

EMERGEN-C
Vitamin C Dietary
Supplement
30 ct., selected varieties



\$29.99

GARDEN OF LIFE
Perfect Food RAW
Organic Powder
8.5 oz., selected varieties



\$28.99

VEGA ONE
Nutritional Shake
Powder
14.82-15.4 oz., selected varieties



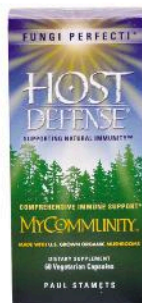
\$3.99

KISS MY FACE
Toothpaste
3.4 oz., selected varieties



\$4.99

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



\$24.99

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



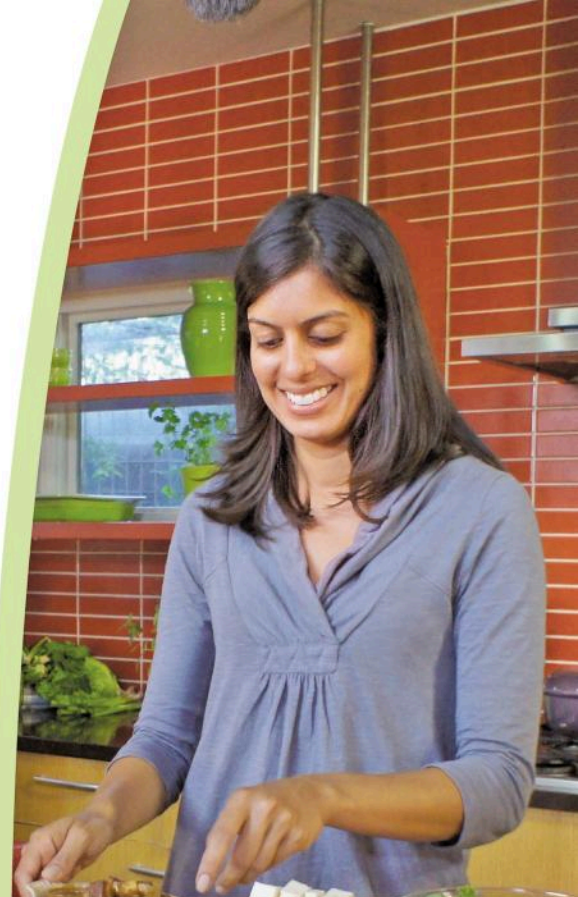
\$17.99

NORDIC NATURALS
Children's DHA
180 ct.
other Nordic Naturals
Supplements also on sale



\$7.49

LILY OF THE DESERT
Organic Whole Leaf
Aloe Vera Juice
32 oz.
other Aloe Vera Juice products
also on sale



coop kitchen

Autumn Wheatberry Salad

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.

Shefaly Ravula shares a delicious, flexible (and thrifty!) recipe for a seasonal wheatberry salad that's easy to make. Check out the video at: www.strongertogether.coop/recipes/autumn-wheatberry-salad/.

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
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
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 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 **FIELD DAY**
Bath Tissue
12 ct.



\$2.99
**SEVENTH
GENERATION**
Dishwashing Liquid
25 oz., selected varieties

What's to love about food co-ops?

Food co-ops in the U.S. generate more than \$1.4 billion in sales and are owned by over 1.3 million people.

We're stronger together.



Learn more at www.strongertogether.coop.

October is Co-op Month! We're stronger together.

coop™
stronger together

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