

# Co+op<sup>TM</sup> deals

DEC 4 - DEC 17, 2013



**\$2.99**

**NATURE'S PATH**

Organic Oatmeal  
8 ct., selected varieties



**\$3.49**

**CROFTER'S**

Organic Fruit Spread  
16.5 oz., selected varieties  
10-11 oz. Crofter's Fruit Spread  
also on sale



**2/\$4**

**MUIR GLEN**

Organic Tomatoes  
28 oz., selected varieties



**3/\$5**

**ANNIE'S  
HOMEGROWN**

Organic Pasta &  
Cheese Dinner  
6 oz., selected varieties

## Featured Inside:

- Try our recipe for delicious Brussels sprouts with citrus glaze
- Tips from StrongerTogether.coop on putting together a cheese plate
- Great deals on organic groceries, holiday baking and much more inside
- Check out the Co+op Kitchen tips on choosing knives for your favorite chef





## Savory Noodle Kugel with Leeks and Mushrooms

Serves 8. Prep time: 20 minutes active; 60 minutes total.

- 8 ounces linguini noodles, uncooked
- 2 tablespoons vegetable oil
- 2 cups leeks, cleaned and sliced (about 2 thin leeks)
- 8 ounces button mushrooms, sliced
- 2 large eggs, beaten
- ½ cup sour cream
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 1 ½ teaspoons paprika

Preheat oven to 375°F. Grease a 9 x 13 inch casserole dish.

Cook the noodles in boiling water for 5-6 minutes, until just al dente. Drain and rinse noodles.

While the noodles are cooking, heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Sauté the leeks for a few minutes and then add the mushrooms and sauté until tender, about 5-10 minutes.

In a large bowl, mix the cooked noodles, sautéed vegetables, eggs, sour cream, salt, pepper and 1 teaspoon of paprika. Pour into the casserole dish, sprinkle with the remaining paprika, cover with foil and bake for 30 minutes. Remove the foil and bake another 10-15 minutes to brown the top. Serve hot.

Serving suggestion: Typically served as a side dish, enjoy this rich Kugel with sweet potato latkes, lentil soup or fattoush, which is a Middle-Eastern chopped vegetable salad. Substitute egg noodles for the linguini for a more traditional Kugel.

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



**\$1.99**

**DEBOLES**

Pasta

8 oz., selected varieties



**2/\$5**

**FIELD DAY**

Organic Pasta Sauce

26 oz., selected varieties



**\$12.99**

**BIONATURAE**

Organic Extra Virgin Olive Oil

25.4 oz.

other Bionaturae Organic Olive Oil also on sale



**2/\$5**

**CASCADIAN FARM**

Frozen Potatoes

16 oz., selected varieties



**\$7.99**

**SPECTRUM ESSENTIALS**

Organic Unrefined Coconut Oil

14 oz.





**2/\$4**

**CASCADIAN FARM**

Organic Gourmet  
Boxed Vegetables  
8-10 oz., selected varieties



**\$3.49**

**EARTH BALANCE**

Organic Buttery Spread  
13 oz.  
other Earth Balance Spreads  
also on sale



**\$3.39**

**IMAGINE**

Organic Soup  
32 oz., selected varieties



**\$5.99**

**ONCE AGAIN**

Organic Tahini  
16 oz.



**\$3.19**

**YOGI**

Organic Tea  
16 ct., selected varieties



**3/\$5**

**WESTBRAE**

Organic Beans  
15 oz., selected varieties



**\$2.79**

**KASHI**

TLC Crackers  
8-9 oz., selected varieties



**\$2.69**

**ANNIE'S  
NATURALS**

Organic Dressing  
8 oz., selected varieties



**\$3.19**

**DESERT PEPPER**

Salsa  
16 oz., selected varieties



**2/\$4**

**LATE JULY ORGANIC**

Multigrain Chips  
6 oz., selected varieties



## Cheese Plates

When done properly, a cheese plate can be the star of the party. Here are tips to help ensure success:

- Serve a selection of three to five contrasting cheeses. Don't just focus on flavor, vary texture and milk type too.
- Serve cheese selections from a particular region or country. This is a great opportunity to highlight local cheeses if there are producers in your area.
- Choose savory and sweet accompaniments. Stoneground or flavored mustards, cherry and apricot preserves all pair nicely with many cheeses, as do pickled vegetables, chutneys, and dried fruits.
- Serve cheese at room temperature. The cold from the refrigerator inhibits flavor, so take your cheese out and unwrap it half an hour before guests arrive to allow the flavor to "bloom."

Visit [www.strongertogether.coop](http://www.strongertogether.coop)  
for more holiday entertaining tips!





## Orange-Glazed Brussels Sprouts

Serves 4. Prep time: 30 minutes.

- 1 pound fresh Brussels sprouts
- 1 clove garlic, minced
- 2 tablespoons butter
- ½ cup water or vegetable broth
- 2 tablespoons apple cider vinegar
- 1 tablespoon brown sugar
- 2 tablespoons orange juice
- Zest of one orange
- Pinch each of salt and ground black pepper
- 2 tablespoons toasted pine nuts

To prepare the Brussels sprouts, rinse them in cold water, trim the stems, remove the outer leaves, (including any torn or ragged ones) and cut them in half from top to bottom (choose smaller Brussels sprouts with tightly-closed heads).

In a large skillet, melt the butter over medium-high heat. Add the halved Brussels sprouts and sauté for about 4 minutes, then add the garlic and sauté 1 minute more until the Brussels sprouts start to brown on the edges. Add the water or broth, cover the skillet, and let the Brussels sprouts steam for 5 minutes.

While the sprouts are steaming, prepare the glaze by stirring together the apple cider vinegar, brown sugar, orange juice, orange zest, salt and pepper in a small mixing bowl. Remove lid from the Brussels sprouts and add the glaze ingredients. Cook on high for about 2 minutes or until the glaze becomes syrupy, stirring or tossing the Brussels sprouts until well coated. Sprinkle the Brussels sprouts with the toasted pine nuts and serve warm.

Serving suggestion: This is a perfect side dish for pork, chicken or salmon, especially when those proteins are seasoned with Asian spices or marinades. Try doubling the glaze recipe and toss the sprouts and glaze with cooked linguini noodles to make a nice pasta dish.

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



**\$2.19**

**LUNDBERG  
FAMILY FARMS**

Rice Chips  
6 oz., selected varieties



**2/\$5**

**TERRA**

Vegetable Chips  
5 oz., selected varieties



**\$1.59**

**BOULDER  
CANYON**

Potato Chips  
5 oz., selected varieties



**\$3.79**

**ANNIE'S  
HOMEGROWN**

Graham Crackers  
14.4 oz., selected varieties



**2/\$1**

**PANDA**

Licorice Bar  
1.1 oz., selected varieties





**\$2.79**

**EQUAL  
EXCHANGE**

Organic Chocolate Bar  
3.5 oz., selected varieties



**2/\$3**

**FIELD DAY**

Sparkling Mineral Water  
33.8 oz.



**\$1.79**

**BULK**

Organic Sugar  
per pound in bulk



**\$1.39**

**BULK**

Organic Rolled Oats  
per pound in bulk



**\$6.59**

**BULK**

Organic Vegan  
Chocolate Chips  
per pound in bulk



**2/\$6**

**CASCADIAN  
FARM**

Organic Fruit  
8-10 oz., selected varieties



**\$3.79**

**BACK TO NATURE**

Cookies

4.5-6.4 oz., selected varieties  
other Back to Nature Cookies  
also on sale



**\$6.99**

**FRONTIER  
NATURAL  
PRODUCTS CO-OP**

Organic Vanilla Extract  
4 oz.

other Frontier Extracts also on sale



**\$3.99**

**FLORIDA  
CRYSTALS**

Natural Sugar

48 oz.  
other Florida Crystals  
Sweeteners also on sale



**\$2.29**

**LET'S DO ORGANIC**

Organic Coconut

7-8.8 oz., selected varieties

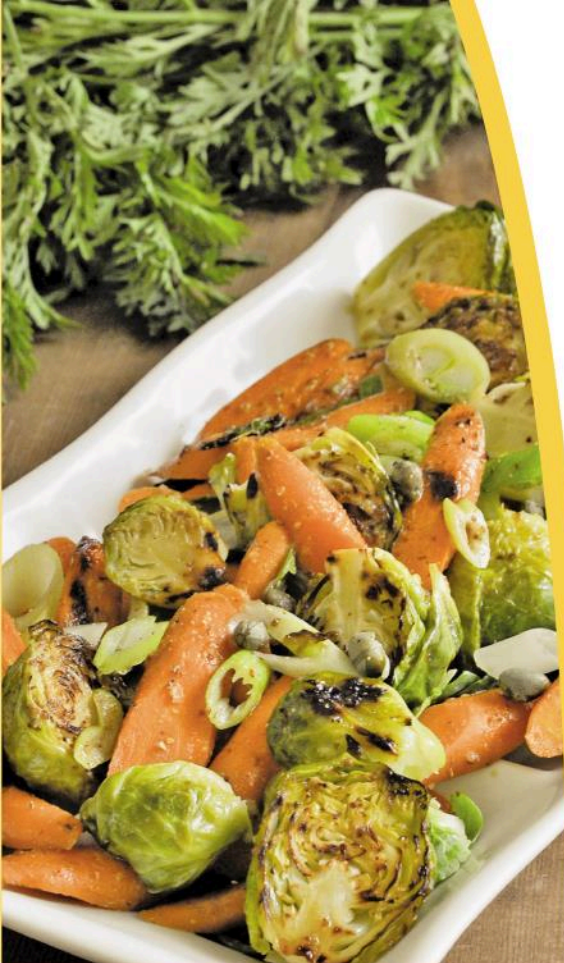


## Brussels Sprouts

After years of being the vegetable everyone loved to hate, the Brussels sprout has been experiencing a comeback. Increasingly found on the menus of fine restaurants across the country, these tasty "tiny cabbages" are delicious and easy to make at home. Try chopping them roughly and sautéing in olive oil and a little broth, then top with toasted slivered almonds to bring out Brussels sprouts' naturally sweet and nutty flavors. Steam whole Brussels sprouts until just tender and toss the hot sprouts with a pat of butter and a teaspoon of your favorite mustard for a healthy side dish with big flavor.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more seasonal recipes.





## 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.

### Roasted Brussels Sprouts and Carrots

Oven-roasted Brussels sprouts and carrots are garnished with capers and green onions and tossed in a Dijon mustard vinaigrette made with walnut oil, fresh garlic and white wine vinegar.

save **\$1.00**  
per pound



**2/\$5**

**BROWN COW**  
Yogurt  
32 oz., selected varieties



**\$8.99**

**EQUAL  
EXCHANGE**  
Organic Coffee  
per pound in bulk  
Decaf Coffee not on sale



**2/\$7**

**UDI'S GLUTEN  
FREE**  
Gluten-Free Bread  
12 oz., selected varieties



**\$2.99**

**PEACE**  
Cereal  
10-16 oz., selected varieties



**\$3.39**

**NATURE'S PATH**  
Organic Cereal  
10.6-14 oz., selected varieties



**\$2.99**

**SANTA CRUZ  
ORGANIC**  
Organic Juice  
32 oz., selected varieties



**\$3.29**

**ARROWHEAD  
MILLS**  
Pancake and Waffle Mix  
26 oz., selected varieties



**5/\$5**

**LIBERTÉ**  
Mediterranean Style  
Yogurt  
6 oz., selected varieties



**2/\$6**

**DAIYA**  
Non-Dairy Cream  
Cheese  
8 oz., selected varieties



**\$6.99**

**MOUNT HAGEN**  
Organic Instant Coffee  
3.5 oz., selected varieties





**\$8.99**

**ALBA BOTANICA**  
Even Advanced Face  
Cream  
2 oz., selected varieties



**\$3.99**

**DESERT ESSENCE**  
Toothpaste  
6.25 oz., selected varieties



**\$6.99**

**AURA CACIA**  
Lavender Essential Oil  
.5 oz.  
other Aura Cacia Essential Oils  
also on sale



**\$13.99**

**WELEDA**  
Arnica Massage Oil  
3.4 oz., selected varieties  
other Weleda Body Oil  
also on sale



**\$10.99**

**NATURTINT**  
Natural Hair Color  
1 box, selected varieties



**\$6.49**

**MAGGIE'S**  
Knee Socks  
1 pair, selected varieties



**\$25.99**

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



**\$21.99**

**NATURAL FACTORS**  
Tranquil Sleep  
60 ct.  
other Natural Factors  
Supplements also on sale



**\$21.99**

**NORDIC NATURALS**  
Ultimate Omega  
60 ct.  
other Nordic Naturals  
Supplements also on sale



**\$8.99**

**RAINBOW LIGHT**  
Counter Attack  
30 ct.  
other Rainbow Light Supplements  
also on sale



**coop kitchen**

## Choosing Knives

A good knife can last you years with proper use and maintenance. In this Co+op Kitchen video, Casey Wilcox provides an overview of one of the most important tools you need in your kitchen. If you're considering buying a good kitchen knife for one of your favorite cooks, this video's a great place to start!

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.



## 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**  
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



**\$5.99**

### BIKLEEN

Bac-Out Stain & Odor  
Remover  
32 oz.  
other Biokleen Cleaning  
products also on sale



**\$8.99**

### GREEN FOREST

Bath Tissue  
12 pack

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](http://www.strongertogether.coop).

Holiday baking starts at your food co-op!

