

coopTM deals

SEPT 18 - OCT 1, 2013



2/\$5

PANDA

Licorice

7 oz., selected varieties



\$9.99

**NAPA VALLEY
NATURALS**

Organic Extra Virgin
Olive Oil

25.4 oz.

other Cooking Oils also on sale



4/\$5

MUIR GLEN

Organic Tomatoes

14.5 oz., selected varieties



\$3.29

NATURE'S PATH

Organic Optimum
Cereal

14 oz., selected varieties

Featured Inside:

- Find great deals on your favorite autumn foods and snacks
- Try our vegetarian paella recipe — a sure-fire crowd pleaser
- All about hearty kale (and a great way to cook this wonder veggie)
- What's cooking in the Co+op Kitchen? From-scratch sauces and tasty rice!



Vegetarian Paella

Serves 4-6. Prep time: 30 minutes active, 60 minutes total.

- 1 tablespoon olive oil
- 1 medium yellow onion, peeled and diced
- 1 large red bell pepper, seeded and diced
- 3 cloves fresh garlic, peeled and minced
- 1 medium zucchini, diced
- 2 cups canned diced tomatoes and juice
- 5-10 saffron strands
- 2 teaspoons smoked paprika
- ½ teaspoons crushed red pepper flakes
- 1 ½ cup rice, medium or short grain
- 3 cups vegetable stock, room temperature
- ½ cup cooked artichoke hearts, drained and quartered
- 2 cups canned garbanzo beans, rinsed and drained
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

In a large oven-proof stock pot or Dutch oven, heat the oil over medium-high heat. Add the onions and bell peppers and sauté for 10 minutes or until softened. Add the garlic, zucchini, diced tomatoes with juice, saffron, paprika, and chili flakes, and sauté for 5-10 minutes. Add the rice and stock; stir, and bring to a boil. Reduce heat to low and simmer for 10 minutes. Preheat the broiler while the rice is cooking. After simmering the rice for 10 minutes, add the artichokes, garbanzo beans, salt, and pepper. Cover the pot and simmer for 10-15 more minutes. When the liquid is mostly absorbed and the rice is tender, transfer to the broiler for 5-10 minutes until the edges of the rice begin to brown and get a bit crispy. Remove from broiler and serve.

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



2/\$4

CASCADIAN FARM

Organic Vegetables
7-10 oz., selected varieties



2/\$5

PACIFIC

All Natural Soup
17-17.6 oz., selected varieties



\$1.99

NATIVE FOREST

Organic Coconut Milk
13.5 oz., selected varieties



2/\$3

WESTBRAE

Organic Beans
15 oz., selected varieties



\$3.49

ANCIENT HARVEST

Organic Quinoa
12 oz.



\$2.49 **CROWN PRINCE**
Albacore Tuna
5 oz., selected varieties



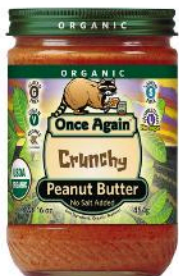
\$3.79
ORGANIC VALLEY
Stringles Organic Cheese
6 oz., selected varieties



\$2.49 **GO VEGGIE!**
Sliced Dairy-Free
Cheese
6.7 oz., selected varieties



2/\$5
FIELD DAY
Crackers
4.4-8 oz., selected varieties



\$5.79
ONCE AGAIN
Organic Peanut Butter
16 oz., selected varieties



\$3.49 **FOOD FOR LIFE**
Organic Bread
24 oz., selected varieties



\$3.99
MEDITERRANEAN ORGANIC
Organic Fruit Preserves
13 oz., selected varieties



\$1.79 **BULK**
Organic Pinto Beans
per pound in bulk



2/\$5 **PJ'S ORGANICS**
Organic Burrito
6 oz., selected varieties



\$3.99 **QUORN**
Meat Free Chik'n
7-9.7 oz., selected varieties



coop kitchen

Rice

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.

Rice is a staple food in many different ethnic cuisines, and the number of rice varieties available might just surprise you. Hilah Johnson takes us on a world tour of rice at www.strongertogether.coop/coop-kitchen, including red, black, and wild, and offers tips on how to cook and use rice.



White Bean and Kale Ragout

Serves 6. Prep time: 20 minutes active, 45 minutes total.

- 1 tablespoon olive oil
- ½ cup yellow onion, diced
- 6 ounces vegetarian sausage, cut into bite-sized pieces
- 2-3 cloves garlic, minced
- 1 small yellow squash, cut into bite-sized pieces
- ½ pound kale, cut into bite-sized pieces
- ¼ cup sun-dried tomatoes, diced
- 2 cups diced tomatoes, including juice
- 2 cups canned cannellini or white beans, rinsed and drained
- ¾ cup vegetable broth
- 2 teaspoon fresh basil, minced
- 2 teaspoon fresh oregano, minced
- Salt and ground black pepper, to taste

Heat 1 tablespoon olive oil over medium-high heat in a large stock pot. Add the onions and sauté for 2-3 minutes. Add the sausage and minced garlic and sauté a few more minutes, stirring frequently. Add the squash, kale, sun-dried tomatoes, vegetable broth and beans and bring to a simmer. Simmer over low heat, stirring frequently, until the kale and squash are tender, about 15 minutes, and season to taste with salt and black pepper. Stir in the fresh basil and oregano just before serving. Serve immediately.

Serving suggestion: Accompany this hearty vegetarian stew with garlic bread and a side of macaroni and cheese. A splash of liquid smoke flavoring (or adding bacon, if you're not a vegetarian) adds depth of flavor to this dish.

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



\$5.29

UNCLE MATT'S

Organic Juice

59 oz., selected varieties



\$2.99

NATURE'S PATH

Organic Instant Oatmeal

8 count, selected varieties



\$3.79

BLUE DIAMOND

Almond Breeze

64 oz., selected varieties



\$4.29

ORGANIC VALLEY

Organic 2% Reduced Fat

Grass-Fed Milk

64 oz., selected varieties



\$3.49

TAZO

Organic Tea

20 ct., selected varieties



\$1.49 **BULK**
Organic Millet
per pound in bulk



\$1.69
REDWOOD HILL FARM
Goat Milk Yogurt
6 oz., selected varieties



\$8.99
EQUAL EXCHANGE
Organic Whole Bean
Bulk Coffee
per pound in bulk
Decaf not on sale

Breadshop™
NATURAL FOODS

\$2.99 **BREADSHOP**
Honey Gone Nuts Bulk
Granola
per pound in bulk
other Breadshop items on sale



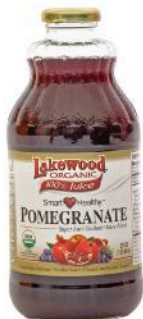
4/\$3
BROWN COW
Yogurt
6 oz., selected varieties



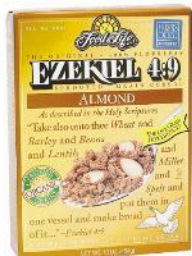
\$1.39
BULK
Organic Steel Cut Oats
per pound in bulk



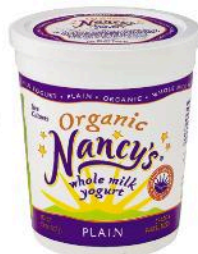
5/\$5
CHOBANI
Greek Yogurt
6 oz., selected varieties



\$2.99
LAKEWOOD ORGANIC
Organic Pomegranate
Juice Blend
32 oz., selected varieties



\$4.29
FOOD FOR LIFE
Organic Cereal
16 oz., selected varieties



\$3.29
NANCY'S
Organic Plain Yogurt
32 oz., selected varieties



Kale

Nutritious and handsome, kale is one of the best kept vegetable secrets! Cooking greens like kale can seem intimidating but are actually quite forgiving, and rewarding to experiment with. Add chopped kale to a savory white bean and tomato soup with rosemary for a pop of emerald color and textural intrigue. Combine the bold flavor of steamed kale with other stand-outs like garlic, tamari, and sesame oil for a simple side that tastes complex. Rip clean kale into bite-sized pieces, toss with olive oil and salt and bake in the oven until crispy for a healthy snack that will get you thinking "Potato chip? What potato chip?"

Go to www.strongertogether.coop for more seasonal produce recipes.



Cheddar Cheese

Savory and full-flavored cheddar cheese finds its way into dishes ranging from rich, creamy fondue to a starring role in the humble grilled cheese sandwich. Served with fruit and crackers, it's even fit for dessert. Try melting shredded cheddar into a pureed potato soup for a hearty, warming meal, or dice mild cheddar and add to refried beans for a craveable taco and burrito filling. Having friends over for game night? Serve sharp, aged cheddar with crusty rye bread and beer for a robust snack that's sure to be a winner.



\$2.99

KOZY SHACK
Pudding
22 oz., selected varieties



2/\$6

BLUE SKY
Organic Soda
6 pack, selected varieties



2/\$6

**ANNIE'S
HOMEGROWN**
Snack Mix
9 oz., selected varieties



\$3.29 **NEWMAN'S
OWN ORGANICS**

Fig Newmans
10 oz., selected varieties



\$3.29

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



2/\$4

**BOULDER
CANYON**
Kettle Chips
5 oz., selected varieties



2/\$4

GOOD HEALTH
Potato Chips
5 oz., selected varieties



2/\$5

**FOOD SHOULD
TASTE GOOD**
Potato Chips
4.5 oz., selected varieties



2/\$6

SALPICA
Salsa
16 oz., selected varieties



\$2.29

THEO
Organic Chocolate
3 oz., selected varieties



\$ | 4.99

NATURAL VITALITY

Calm Magnesium Supplement
8 oz., selected varieties



\$ 3.99

R.W. KNUDSEN

Just Black Cherry Juice
32 oz.
other Just Juices also on sale



\$ 6.99

DESERT ESSENCE

100% Australian Tea Tree Oil
1 oz.



\$ 7.99

SPECTRUM ESSENTIALS

Chia Seed
10-12 oz., selected varieties



\$ | 9.99

NATURAL FACTORS

RxOmega-3 Factors
120 ct.



\$ 2.59

LUNDBERG FAMILY FARMS

Organic Rice Cakes
8.5-9.6 oz., selected varieties



99¢

CLIF

Energy Bar
2.4 oz., selected varieties



\$ 29.99

NEW CHAPTER

Perfect Prenatal
96 ct.
other New Chapter Supplements also on sale



4/\$5

KIND

Fruit & Nut Bar
1.4 oz., selected varieties



coop kitchen

Sauces from Scratch

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.

In classic French cooking, the five mother sauces are the basic recipes from which nearly all other sauces are derived. By mastering béchamel, velouté, espagnole, tomato sauce and hollandaise, you'll have all the sauces of France at your disposal. Casey Wilcox introduces these five sauces, and demonstrates how to make a creamy Dijon mustard sauce with capers.

Sponsored by



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



\$3.99 TOM'S OF MAINE
Toothpaste
4.7-5.5 oz., selected varieties



\$4.99 NATURE'S GATE
Shampoo or
Conditioner
18 oz., selected varieties



\$6.99 DR. BRONNER'S
Liquid Castile Soap
16 oz., selected varieties



3/\$5 GREEN FOREST
Bath Tissue
4 pack



\$11.99 SEVENTH GENERATION
Liquid Laundry
Detergent
50 oz., selected varieties



\$8.99 WELEDA
Sage Deodorant Spray
3.4 oz.
other Weleda products
also on sale

Stock up on pantry staples at the co-op!

coop™
stronger together

NESE0913BZ1,2,3