

coopTM deals

OCT 13 - OCT 26, 2010



\$11.99

SPECTRUM NATURALS
Organic Extra Virgin Mediterranean
Olive Oil
33.8 oz.



\$2.79

IMAGINE
Organic Soup
32 oz., selected varieties



\$1.19

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



2/\$5

CASCADIAN FARM
Organic Frozen Potatoes
16 oz., selected varieties

**City
Market**
Onion River Co-op

Your Community-Owned Grocery Store

82 S. Winooski Ave., Burlington VT 05401

Open 7 a.m. - 11 p.m. every day • 802-861-9700 • www.citymarket.coop

We welcome EBT, CATScratch, Knight & CCCash Cards and manufacturers' coupons



Shrimp Scampi

Serves 4-6. Prep time 30-40 minutes.

- 1 ½ pounds shrimp, peeled and deveined
- 1 cup flour
- 2 tablespoons olive oil
- 2 tablespoons canola oil
- 4 cloves garlic, peeled and sliced
- 1 cup white wine
- 1 ½ lemons, zest and juice
- 1 tablespoon Worcestershire sauce
- 6 tablespoons unsalted butter
- salt and pepper to taste
- ¼ cup fresh parsley, finely chopped

In a large skillet, heat the olive oil and canola oil over medium heat. Dredge the shrimp in flour and place in the preheated skillet. Cook shrimp 3-4 minutes on both sides or until shrimp is cooked through and lightly browned on the outside. Set shrimp aside on a paper towel.

In the same skillet, add the garlic, white wine, lemon juice, lemon zest and Worcestershire sauce. Simmer for about 4 minutes, allowing the sauce to reduce a bit. Add the butter to the sauce and stir until melted. Combine the shrimp and the sauce in the skillet or a large bowl. Season the shrimp with salt and pepper and garnish with chopped parsley. Serve with rice pilaf or angel hair pasta.

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



\$3.49

EDWARD & SONS
Miso-Cup Soup
2.5 oz., selected varieties



\$3.29

ORGANIC VALLEY
Organic Yogurt
32 oz., selected varieties



\$1.99

WASA
Crispbread
8.8-9.7 OZ, selected varieties



\$3.29

SO DELICIOUS
Coconut Milk
64 oz., selected varieties



\$2.59

LAKWOOD
Organic Heart Healthy Juice
32 oz., selected varieties



\$2.49 **ANNIE'S HOMEGROWN**
Deluxe Pasta & Cheese Dinner
9.3-11 oz, selected varieties



\$2.79 **RUSTIC CRUST**
Pizza Crust
9-16 oz, selected varieties



\$1.19 **KIND**
Fruit & Nut Bar
1.4-1.6 oz, selected varieties



\$2.69 **BLUE SKY**
Soda
6 pack, selected varieties



2/\$3 **SANTA CRUZ**
Organic Juice
3 pack, selected varieties



3/\$4 **CLIF**
Builder's Bar
12/2.4 oz, selected varieties



\$24.99
BOIRON
Oscilloccinum Value Pack
18 ct.



\$19.99
FLORA
Floradix Iron + Herbs
8.5 oz.



\$4.59
ECOVER
Dishwashing Tablets
32 oz, selected varieties



\$2.79
SEVENTH GENERATION
Disinfecting Wipes
35 ct.



Garlic

Considering the size of a clove, garlic packs quite a punch. It can single-handedly transform a simple slice of bread or a bowl of mashed potatoes into a delicacy. It can create a tasty hummus out of plain-cooked beans or enliven any sauce, dip, or dressing. In fact, finding ways to incorporate garlic into your menus couldn't be easier. It's a good idea, too, because while garlic's power to ward off vampires and evil spirits is questionable, its ability to improve health has been hailed through the ages — and proven by numerous modern studies.

For more information on what's in season and lots of great recipes, join the conversation at www.strongertogether.coop.



Specialty Cheeses

Looking to break out of a food rut? You might try a new ethnic recipe or an exotic dish at a terrific restaurant. Or you could just pick up a new specialty cheese. No matter what kinds of flavors appeal to you — rich and smoky, mild and herbal, intensely nutty or buttery sweet — you'll find a specialty cheese to strike your fancy. It's an easy way to experiment with new tastes. Pick up a bottle of wine and some artisanal bread or crackers, too. Enjoy solo or invite some friends and call it a party!



The Real Deal

Nearly every region in the United States has its own artisanal cheesemakers who make delicious specialty cheeses. Ask your co-op staff about their local favorites; create a regional cheese plate and serve with local craft beers or wines and seasonal fruits and veggies.

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\$3.99

**ONCE AGAIN
NUT BUTTER**
Organic Peanut Butter
16 oz., selected varieties



\$3.29

**NEWMAN'S OWN
ORGANICS**
Newman O's Cookies
16 oz., selected varieties



\$1.99

WESTSOY
Organic Tofu
14 oz., selected varieties



\$4.99

AMY'S
Pizza
12-14 oz., selected varieties



\$2.79

LITTLE BEAR
Yellow Corn Tortilla Chips
16 oz., selected varieties



\$2.49

CASCADIAN FARM
Organic Fruit Spread
10 oz., selected varieties



69¢

CASCADE FRESH
Fat Free Yogurt
6 oz., selected varieties



\$2.49

GOLDEN TEMPLE
Granola
per pound in bulk



\$3.79

SHELTON'S
Turkey Sausages
12 oz.



\$5.99

NATURE'S PATH
Organic Cereal
26.4-32 oz., selected varieties



\$3.49

TRADITIONAL MEDICINALS
Organic Tea
16 ct., selected varieties



\$19.99

GAIA HERBS
Adrenal Health
60 caps.
other Gaia Herbs products
also on sale



\$26.99

NEW CHAPTER
Lifeshield Immunity
Special Order only please.



\$7.99

YERBA PRIMA
Psyllium Husks Powder
12 oz.
other Yerba Prima products
also on sale



\$9.99

DR. BRONNER'S
Castile Soap
32 oz., selected varieties



October Is Co-op Month: Celebrate Cooperation

Co-ops are member-owned, democratically governed businesses that operate for the benefit of their members. Co-ops worldwide adhere to principles agreed upon by the international cooperative community. Through co-ops, members pool resources to bring about economic results that are unobtainable by one person alone.

To learn more about food co-ops and the folks who love them, visit StrongerTogether.coop. Or check out the go.coop website for even more information about how co-ops change lives.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

October is National Co-op Month!

Join the Onion River Co-op for only \$15 and you'll receive money back on your store purchases. Ask about joining today at the Customer Service desk. Or find out more at www.CityMarket.coop/Membership.

Go Co-op!



\$6.99

AURA CACIA
Organic Lavender Oil

.25 oz.
other Essential Oils also on sale



\$8.49

SIMILASAN
Homeopathic Eye Drops

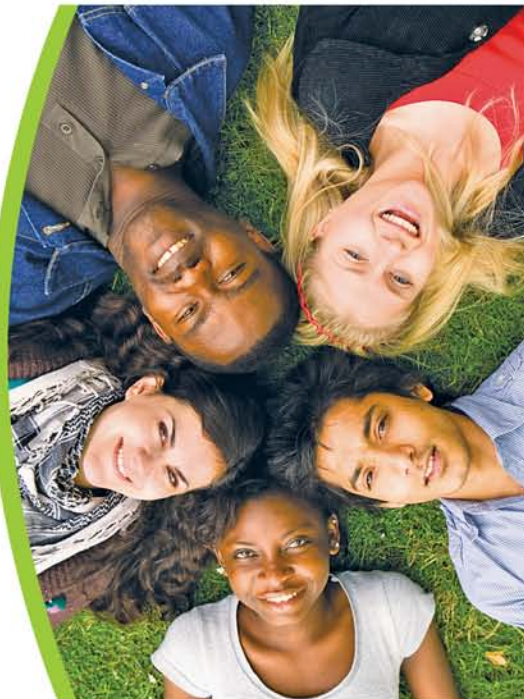
.33 oz., selected varieties

We Love Our Co-op Owners!

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 our community's needs based on the values of local ownership. With your ownership, you helped build something special—a store owned by the people who patronize it.

Every October, we celebrate the cooperative idea and its power to make our lives better. For almost two centuries, this win-win approach to doing business has led to cooperatives forming worldwide in food, child care, housing, agriculture, health care, and electric utilities.

Many thanks to our co-op member-owners for your support and patronage!



Join the conversation at www.strongertogether.coop

coop[™]
stronger together

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