

coopTM deals

FEB 15 - FEB 28, 2012



\$2.79

NATURE'S PATH

Organic
Instant Oatmeal
8 ct., selected varieties



\$2.99

IMAGINE

Organic Soup
32 oz., selected varieties



\$2.99

LAKWOOD

Organic Pomegranate
Blend Juice
32 oz., selected varieties



\$13.99

NORDIC NATURALS

Omega-3 Purified Fish Oil
60 ct.
other Nordic Natural products also
on sale

Featured Inside:

- Savory Ginger Baked Tofu makes a tasty weeknight meal
- Tasty tidbits about rice, bananas and Parmesan cheese
- Wake up your tastebuds with a Caribbean- inspired Banana Habanero Salsa
- Chef Kevin Gillespie visits co-ops in Vermont and Washington in our video series



Ginger Baked Tofu

Serves 4. Prep time: 60 minutes.

- 1 pound extra firm tofu, sliced into ½-inch thick rectangles
- ¼ cup sesame oil
- 1 tablespoon garlic, minced (2-3 cloves)
- ½ cup tamari
- ⅓ cup Mirin*
- ¼ cup maple syrup
- 2 tablespoons fresh ginger, peeled and minced (2-inch piece)

Preheat oven to 400 degrees F. Pat the tofu rectangles dry with a paper towel, and place on a sheet pan with a rim. Brush the tofu with the sesame oil. Bake for 30 minutes, flipping each piece over after 15 minutes. Carefully drain most of the oil from the sheet pan. Mix together the ginger, garlic, tamari, Mirin and maple syrup, and pour it over the tofu. Bake for another 15 minutes until the tofu is firm and the sauce has reduced. Remove from heat and serve, drizzled with the sauce from the baking pan and garnished with fresh minced ginger, sesame seeds and scallions.

*Mirin is a sweetened rice wine that is an essential component of Japanese cooking. You can substitute white wine sweetened with a bit of sugar (¼ cup wine plus 1 tablespoon sugar) or use apple juice if you prefer.

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



\$3.29

THE GREEK GODS
Traditional Greek Yogurt
24 oz., selected varieties



\$1.79

WOODSTOCK
Organic Tofu
14 oz., selected varieties



\$2.99

POPCORN INDIANA
Popcorn
5.4-10.5 oz.,
selected varieties



\$2.99

CHOICE
Organic Tea
16 ct., selected varieties



\$9.99

EQUAL EXCHANGE
Bulk Coffee
per pound in bulk, selected varieties



\$ 1.99 **BIONATURAE**
Organic Pasta
16 oz., selected varieties



\$ 12.99
BIONATURAE
Organic Extra Virgin
Olive Oil
25.4 oz.



2/\$5
NEWMAN'S OWN
Pasta Sauce
15-24 oz.,
selected varieties



\$2.59
KETTLE CUISINE
Soup
10 oz., selected varieties



\$ 1.79
LATE JULY
Organic Crackers
5-6 oz., selected varieties



2/\$4
**PACIFIC
NATURAL FOODS**
Soup
17.6 oz., selected varieties



\$ 1.99
**FANTASTIC
FOODS**
Dinner Mixes
2.7-10 oz.,
selected varieties



\$4.79
BULK
Whole Almonds
per pound in bulk



\$ 1.89 **BULK**
Organic Red Lentils
per pound in bulk



Varieties of Rice

White or brown rice are staples in many kitchens: inexpensive, easy to cook and versatile in main dishes, sides and even desserts. But there's so much more to rice! Next time you're at the co-op, why not explore some new varieties? With Asian dishes, try a fragrant, nutty basmati or flowery jasmine rice. Hearty meats, root vegetables, or savory seitan are delicious with wild rice (which is really a member of the grass family), Himalayan red rice or exotic black rice. Arborio is the classic ingredient for risotto dishes, but medium-grain rice can be substituted in a pinch, since it has a higher starch content than long-grain rice.

Visit www.strongertogether.coop for seasonal recipes and more!



Celebrating 2012 United Nations International Year of Cooperatives



Scan this QR code to learn more!





Parmesan

If you could only have one cheese in your refrigerator, would it be Parmesan, perhaps? There are so many delicious ways to use Parmesan cheese, from appetizers and salads to pizza and pasta. Buying Parmesan in wedges instead of shredded or grated is not only more economical, it also means you'll be using fresh and flavorful cheese in all your culinary creations. Parmesan cheese freezes well, too—just wrap carefully in plastic wrap, ensuring that the cheese is completely covered. Don't throw away the rind; it's completely edible and makes a delicious addition to soups and stews.



The Real Deal

Thinly-sliced Parmesan cheese is a tasty complement to fresh fruit, particularly apples and pears. Besides being an essential ingredient in Alfredo sauce, risotto and pesto, it adds fantastic flavor to crunchy coatings for chicken and fish.

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
Organic Rice Chips on sale for \$2.49



\$2.99

ENJOY LIFE

Nut and Gluten Free

Cookies

6 oz., selected varieties



2/\$4

BLUE SKY

Natural Soda

6 pack, selected varieties



\$3.49

DESERT PEPPER

Salsa

16 oz., selected varieties



2/\$5

KETTLE

Tias! Tortilla Chips

8 oz., selected varieties



\$ 10.99

ALBA BOTANICA

Even Advanced Sea Moss Moisturizer

2 oz.

other Even Advanced products also on sale



\$ 19.99

EMERITA

Pro-Gest Cream

2 oz.

other Emerita products also on sale



\$ 4.99

SPECTRUM ESSENTIALS

Organic Ground Flaxseed

14 oz.



\$ 27.99

GARDEN OF LIFE

Organic Raw Protein

622 gr.

other Garden of Life products also on sale

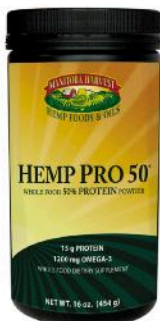


\$ 3.49

SOUTH OF FRANCE

Bar Soap

8 oz., selected varieties



\$ 12.99

MANITOBA HARVEST

Hemp Pro 50

Protein Powder

16 oz.

other Hemp products also on sale



\$ 4.99

NATURE'S GATE

Shampoo or Conditioner

18 oz., selected varieties



\$ 5.99

EO

Liquid Hand Soap

12 oz., selected varieties



\$ 12.99

BIOKLEEN

Laundry Powder

10 lb.



\$ 10.99

SEVENTH GENERATION

Baby Diapers

20-40 ct., selected varieties



Making fresh veggie wraps at Putney Community Garden.

Lights, Cameras, Co-ops!

The United Nations declared 2012 the International Year of Cooperatives and we're celebrating food co-ops, fresh food and the stories of the people they bring together through an online video series hosted by celebrity chef Kevin Gillespie.

This month, Kevin travels to 70 year old Putney Food Co-op in Putney, Vermont, and Community Food Co-op in Bellingham, Washington, visiting an award-winning artisan cheesemaker and one of the highest-rated organic egg producing farms in the country. Check out the videos at www.strongertogether.coop.





Spicy Banana Habanero Salsa

Serves 6. Prep time: 20 minutes.

- 2 tablespoons canola oil
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- 1 tablespoon fresh ginger, peeled and minced
- 2 large firm bananas, peeled and diced (about 2 cups)
- ½ cup yellow bell pepper, diced
- ½ cup green pepper, diced
- ½ cup red onion, diced
- 3 tablespoons fresh minced cilantro
- 1 teaspoon fresh habanero pepper, seeded and minced (1 pepper)

In a medium-sized bowl, whisk together the oil, lime juice, brown sugar and fresh ginger. Add the bananas, peppers, onion and cilantro and mix well.

Serving suggestion: This Caribbean-inspired salsa's sweet-hot flavor adds zest to a simply prepared meal of fish or poultry, and tops a morning omelet or breakfast sandwich with tropical flair. Add chunks of ripe mango or pineapple if you like!

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



\$8.29

**SPECTRUM
NATURALS**

Organic Canola Oil
32 oz.



\$1.99

BRAGG

Organic Apple Cider
Vinegar Drink
16 oz., selected varieties



\$5.99

NUTIVA

Organic
Coconut Manna
15 oz.



\$3.29

BOCA

Meatless Burgers
10 oz., selected varieties



\$4.29

SO DELICIOUS

Organic Non-Dairy
Frozen Dessert
32 oz., selected varieties



3/\$4

OIKOS

Organic Greek Yogurt
5.3 oz., selected varieties



5/\$4

WALLABY

Organic Lowfat Yogurt
6 oz., selected varieties



\$3.29

ORGANIC VALLEY

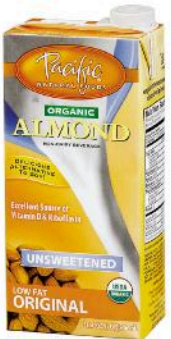
Organic Soy Beverage
64 oz., selected varieties



\$2.99

BARBARA'S

Puffins Cereal
9-11 oz., selected varieties



\$1.99

PACIFIC NATURAL FOODS

Organic Almond Beverage
32 oz., selected varieties



\$2.99

ARROWHEAD MILLS

Pancake Mix
26 oz., selected varieties



\$2.99

NATURE'S PATH

Organic Manna Bread
14 oz., selected varieties

Breadshop™
NATURAL FOODS

\$2.79 **BREADSHOP**

Honey Gone Nuts Granola
per pound in bulk
other varieties also on sale



\$4.99

MANITOBA HARVEST

Hemp Hearts
8 oz.
other Hemp products also on sale



\$1.49

BULK

Organic Brown Flaxseed
per pound in bulk



Bananas

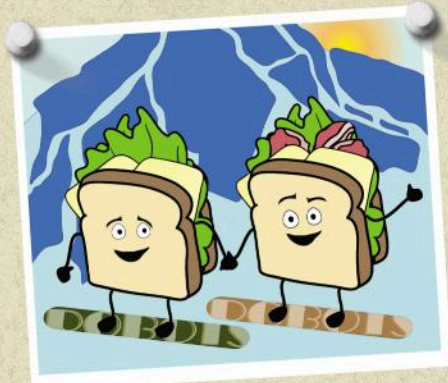
It's probably no surprise that the banana is the most popular fresh fruit in the United States. After all, where would your cereal bowls, ice cream "splits" and fruit salads be without it? On average, every single person in the U.S. eats 26 pounds of bananas per year! The banana is a healthful snack, pre-packed by nature in a handy yellow jacket. If you have access to Fair Trade bananas—which guarantee fair wages for workers and sustainable farming methods—so much the better.

Learn more about in-season fruits and Fair Trade practices at www.strongertogether.coop.



Together, Better Choices

... like getting 50% off a lift ticket to Sugarbush!



"Lookin' Good" Wraps

Ski and Ride on us this winter with the Sugarbush "Lookin' Good" Wraps. Purchase one and receive a voucher good for 50% off a lift ticket to Sugarbush Ski Resort. See voucher for details.

Carnivore style:

Turkey Breast, Cabot Cheddar, Bacon, Mesclun, Tomato and Cranberry Mayo

Vegetarian style:

Grilled Portobello, Tomato, Shredded Carrots, Red Onion, Mesclun, Fresh Mozzarella, and Maple Balsamic Vinaigrette



82 S. Winooski Ave. Burlington, VT 05401
Open 7 days a week, 7 a.m. - 11 p.m.
(802) 861-9700 www.citymarket.coop



2/\$5

SEASON'S
Potato Chips
8 oz., selected varieties

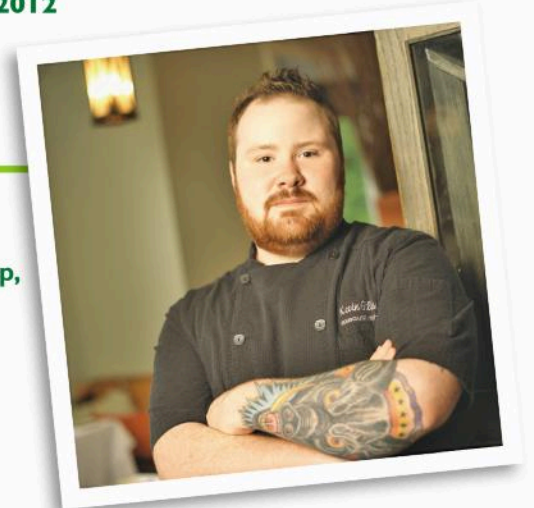


99¢

LUNA
Nutrition Bar
for Women
1.69 oz., selected varieties

**Chef Kevin Gillespie hosts the
new Co+op, stronger together
video series celebrating 2012
International Year
of Cooperatives.**

Check it out at
www.strongertogether.coop,
or scan this QR code.



Celebrating 2012 International Year of Cooperatives

