

# coop<sup>TM</sup> deals

JULY 18 - JULY 31, 2012



4/\$3

**BROWN COW**  
Whole Milk Yogurt  
6 oz., selected varieties



\$5.99

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



\$3.29

**CIAO BELLA**  
Sorbet  
14 oz., selected varieties



4/\$5

**KIND**  
Fruit & Nut Bar  
1.4-1.6 oz., selected varieties

## Featured Inside:

- Check out our delicious salmon nicoise salad recipe
- Farmed or wild-caught: making sense of seafood choices
- How electrical co-ops are working to put people first
- Parmesan-crusted green bean "fries?"

Yes, please!



## Salmon Nicoise

Makes 6 servings. Prep time: 45 minutes.

- 1 pound fresh salmon fillets
  - Pinch of salt, pepper, and garlic powder for seasoning fish
  - 1 tablespoon olive oil
  - ¾ pound red-skinned potatoes
  - ¾ pound green beans, trimmed
  - 4 hard-boiled eggs, peeled and quartered or sliced
  - ½ red onion, julienned into thin strips
  - ½ cup Mediterranean Organic pitted Kalamata olives, drained
  - ½ pound fresh tomatoes, cut into wedges
- Dressing:
- 2 cloves garlic, minced
  - 1 tablespoon Dijon mustard
  - 1 tablespoon apple cider vinegar
  - Zest of 1 lemon
  - 4 tablespoons fresh lemon juice (about 1 lemon)
  - Dash of Worcestershire sauce
  - Salt and pepper to taste

Preheat oven to 500 degrees F. Place salmon on an oiled baking sheet, skin side down. Sprinkle the fish with salt, pepper and garlic powder, and drizzle with olive oil. Bake 7-10 minutes until the salmon reaches desired doneness. Set aside to cool. Remove the skin and chop the fish into large pieces.

While the salmon is cooking, boil the potatoes whole in a large pot of salted water for 13-15 minutes until just tender. Drain and set aside to cool. When cool enough to handle, cut potatoes into quarters.

In a medium stockpot, bring 3 inches of salted water to a boil. Add the green beans and cook for 3 minutes, remove from heat, drain and immerse in cold water to cool. Drain and set aside.

In a small bowl, whisk together the minced garlic, Dijon mustard, vinegar, lemon zest and juice, Worcestershire sauce, salt, and pepper.

Arrange the pieces of salmon, potatoes, green beans, eggs, red onion slices, Kalamata olives, and tomato wedges on a large platter. Pour the dressing over the arranged platter and serve family style.

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



**\$ 1.99**

**DREW'S**  
Dressing & Quick  
Marinade  
12 oz., selected varieties



**\$ 2.79**

**MUIR GLEN**  
Organic Pasta Sauce  
25.5 oz., selected varieties



**\$ 3.49**

**MEDITERRANEAN  
ORGANIC**  
Organic Olives  
8.1-8.6 oz., selected varieties



**\$ 12.99**

**BIONATURAE**  
Organic Extra Virgin  
Olive Oil  
25.4 oz.



**\$ 2.89**

**MONTEBELLO**  
Organic Pasta  
16 oz., selected varieties



**\$ 1.99**

**ENDANGERED SPECIES**

Chocolate Bar  
3 oz., selected varieties



**\$ 3.29** **ALMOND DREAM**  
Lil Dreamers

12 oz.  
other non-dairy novelties also on sale



**\$ 4.99** **NEW ENGLAND**  
**NATURALS**

Raisin Trail Mix  
per pound in bulk  
other Trail Mix also on sale



**Farmed or Wild-Caught?**

**Making Sense of Seafood Choices**

Fish and seafood are excellent sources of protein, vitamins and minerals. But it can be difficult to know how to make the best choices. Currently almost one third of all seafood sold is farmed, and estimates are that half the fish consumed worldwide will be farm-raised by 2025. Fish farming helps meet consumer demand without further depleting over-fished species. But it's not without problems: pesticides and antibiotics disturb ecosystems, and feed for farmed fish can deplete other marine life populations.

Though wild-caught fish is often more nutritious, industrial fishing can threaten wild fish populations, and disturb other species as well.

The best choice depends on the fish—and the fishery. One good source of information is Monterey Bay Aquarium's Seafood Watch program. Learn more at

[www.montereybayaquarium.org](http://www.montereybayaquarium.org).



**\$ 5.99** **BULK**  
Organic Large Medjool Dates  
per pound in bulk



**\$ 1.59** **BULK**  
Organic Golden Flaxseeds  
per pound in bulk



**\$ 5.79**  
**R.W. KNUDSEN**  
Just Cranberry Juice  
32 oz.  
other Just Juice also on sale



**2/\$ 5**  
**TASTY BITE**  
Heat & Eat Indian Entrée  
10 oz., selected varieties



**\$ 3.99**  
**WESTSOY**  
Chicken Style Seitan  
18 oz.



**\$ 2.99** **YVES**  
Meatless Dogs  
12 oz., selected varieties



**\$ 1.49** **BULK**  
Organic Navy Beans  
per pound in bulk



## Parmesan-Crusted Green Beans

Serves 4. Prep time 30 minutes.

- 1 pound green beans, trimmed
- 2 eggs
- 1 cup milk
- 1 cup flour
- 2 cups bread crumbs
- ½ cup grated Parmesan cheese
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons oregano, dried
- 3 tablespoons lemon zest (optional)

Preheat oven to 350 degrees F.

In a medium stockpot, bring 3 inches of salted water to a boil. Add the green beans and cook for 3 minutes, remove from heat, drain and immerse in cold water. Drain and set aside. In a small bowl, combine the breadcrumbs, Parmesan cheese and oregano with the onion and garlic powders.

In a wide bottom bowl, blend together the eggs and milk. Place half the flour on a plate, and half the bread crumbs on another plate. Working in small batches, place green beans in the flour and coat well. Remove the beans from the flour, shaking off any excess, dip them into the egg wash and coat well. Use tongs to remove the beans from the egg wash and place into the breadcrumb mixture. Coat well with bread crumbs, and place the coated beans onto a large baking sheet in a single layer. Repeat the steps with the remaining beans.

Bake the beans for 18–20 minutes until crisp, remove from the oven and serve, garnished with fresh lemon zest.

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



**\$3.29**

**BOB'S RED MILL**  
Organic Flaxseed Meal  
16 oz.  
other flaxseed products also on sale



**\$3.29**

**HELIOS**  
Organic Nonfat Kefir  
32 oz., selected varieties



**\$8.99**

**EQUAL EXCHANGE**  
Organic French Roast Coffee  
per pound in bulk  
Organic Decaf French Roast Coffee \$11.99



**\$2.99**

**ORGANIC VALLEY**  
Organic Soy Beverage  
64 oz., selected varieties



**\$3.29**

**KASHI**  
GOLEAN Cereal  
14.1-15 oz., selected varieties



\$2.79

**ENJOY LIFE**  
Gluten Free Cookies  
6 oz., selected varieties



\$3.29

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



\$2.49

**GARDEN OF EATIN'**  
Tortilla Chips  
8.1 oz., selected varieties



\$2.99

**FRONTERA**  
Salsa  
16 oz., selected varieties



\$2.29

**STACY'S**  
Pita Chips  
8 oz., selected varieties



2/\$3

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



\$2.79

**DR. KRACKER**  
Organic Crispbread  
7 oz., selected varieties



\$2.49

**SEASON'S**  
Reduced Fat  
Potato Chips  
8 oz., selected varieties



99¢

**SWEET LEAF**  
Ready to Drink Tea  
16 oz., selected varieties



99¢

**HARVEST BAY**  
Coconut Water  
8.45 oz.



## Green Beans

Fresh green beans (or *haricots vert*, the French name for the slender young ones) have a satisfyingly crisp snap when munched on. These summertime garden darlings are easy additions to casseroles, salads, stir-fries, and simple side dishes. Add chopped lightly steamed or sautéed green beans to a tofu cashew curry or linguini topped with pesto. Choose green beans by their bright color and firm exterior. Store beans in a perforated plastic bag in the refrigerator crisper for up to a week. Divide a bunch into easy grab-and-go containers for healthy snacking; they're delicious raw!

Learn more about what's in season and get great recipes at [www.strongertogether.coop](http://www.strongertogether.coop).





## Feta

Feta was created when shepherds discovered a way to preserve the milk from their wandering flocks. After two months of being covered in brine in wooden barrels, crumbly, rich and salty feta is ready for salads, quiches and homemade pizzas. Feta is made from sheep or goat's milk, and because feta is a Greek PDO (protected designation of origin), if made with cow's milk, feta can only be labeled as "feta-style." Let the cheese come to room temperature prior to serving, to bring out its creamy flavor. High in protein and calcium, feta draws flocks of cheese fans.



### The Real Deal

Top a homemade or storebought pizza crust with garlic hummus and roasted eggplant, and sprinkle with crumbled feta and fresh thyme. Try feta as a burger topping, or swirl into potato rosemary soup.

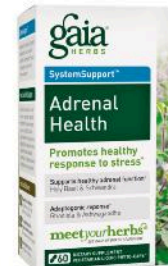
*Some items may not be available at all stores or on the same days.*



**\$22.99**

**NEW CHAPTER**  
Bone Strength  
Take Care

60 ct.  
all New Chapter products  
on sale



**\$19.99**

**GAIA HERBS**  
Adrenal Health

60 ct.  
other Gaia Herbs products  
also on sale



**\$16.99**

**NATURAL  
FACTORS**  
Whey Factors

12 oz., selected varieties



**\$19.99**

**SPECTRUM  
ESSENTIALS**  
Fish Oil 1,000 mg.

250 ct.  
other Spectrum Fish Oil  
products also on sale



**\$1.99**

**PRO BAR**  
Whole Meal Bar

3 oz., selected varieties



**\$8.49**

**ALL TERRAIN**  
Terra Sport  
SPF 30 Sunblock  
3 oz.  
other suncare products  
also on sale



**\$8.49**

**AUBREY**  
Swimmer's Shampoo  
or Conditioner  
11 oz., selected varieties



**\$4.99**

**TEA TREE  
THERAPY**  
Tea Tree  
Antiseptic Cream  
4 oz.  
other Tea Tree products  
also on sale



**\$1.69**

**GURU**  
Energy Drink  
8.3 oz., selected varieties



**\$3.99**

**JASON**  
Toothpaste  
4.2-6 oz., selected varieties



## Electrical Cooperatives

Electrical co-ops are invested in the communities they serve, giving time, money and expertise to build local economies. Electrical co-ops are also leading the way in renewable energy options, as well as investing in conservation, research and technology development in solar, wind and bio-waste fuels.

There are more than 900 electric co-ops in 47 states serving 42 million Americans. Many are members of the National Rural Electric Cooperative Association (NRECA)—which brands itself as Touchstone Energy—a trade group that provides services to electric co-ops, including investment, health insurance and retirement benefit options for over 70,000 employees. These co-ops really know how to take care of their members and staff. It's a great example of how co-ops put people first.

To find your nearest electrical co-op,  
go to [www.touchstoneenergy.com](http://www.touchstoneenergy.com).



# SUMMERVALE!



Starting July 5, join us every Thursday this summer at the Intervale for Local food, music, tasting events and family activities. For more information, visit [www.intervale.org](http://www.intervale.org)

City Market is a proud local partner of the Intervale Center.



**\$5.99**

**SEVENTH GENERATION**

Automatic Dishwasher Detergent

75 oz.  
other automatic dishwasher products also on sale



**\$1.49**

**WELLNESS**

Cat Food

5.5 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](http://www.strongertogether.coop), or scan this QR code.

