

coopTM deals

JUNE 5 - JUNE 18, 2013



4/\$5

CHOBANI

Greek Yogurt

6 oz., selected varieties



4/\$5

ANNIE'S

Pasta & Cheese Dinner

6 oz., selected varieties



\$6.99

ALBA BOTANICA

Sunblock

4 oz., selected varieties



\$3.79

TALENTI

Gelato

16 oz., selected varieties

Featured Inside:

- Budget-friendly tips on eating more local foods
- What's fresh in the deli? Delicious and seasonal desserts
- Learn how to whip and fold ingredients in the Co+op Kitchen
- Customize our summer quiche recipe with local, seasonal ingredients



Summer Vegetable Quiche

Serves 8. Prep time: 15 minutes active; 70 minutes total.

- 1 10-inch prebaked pie crust
- 2 teaspoons vegetable oil
- 1 ½ cups zucchini and/or yellow squash, diced
- ½ cup red bell pepper, sliced or diced
- 2 loosely-packed cups fresh spinach, roughly chopped
- 3 large eggs
- 2 large egg whites
- ¾ cup milk
- Pinch of salt and pepper
- ¼ cup crumbled goat cheese
- ½ cup shredded Parmesan cheese

Preheat the oven to 350°F.

Heat the oil in a skillet over medium-high heat. Add the zucchini, peppers, and spinach and sauté for a few minutes just until tender. Remove from heat.

In a mixing bowl, whisk together the eggs, egg white, milk, salt and pepper. Sprinkle the goat cheese on the bottom of the prebaked crust, then evenly cover with the vegetables. Add the Parmesan cheese and then pour in the egg mixture. Bake for about 45 minutes or until firm in the middle. Let the quiche sit for 10-15 minutes before serving.

Serving suggestion: This basic quiche recipe can be easily adapted with your choice of in-season and local ingredients. Try any combination of locally-made sausage or bacon crumbles, sliced or diced tomatoes, arugula, or corn kernels for an “eat local” version.

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



\$8.99

EQUAL EXCHANGE

Organic Breakfast Blend
Coffee
per pound in bulk



\$4.99

ORGANIC VALLEY

Organic Orange Juice
59 oz., selected varieties



\$2.99

KASHI

Organic Promise Cereal
10.3-16.3 oz., selected varieties



\$2.29

PACIFIC

Nut & Grain Beverage
32 oz., selected varieties



2/\$5

NATURE'S PATH

Organic Waffles
7.4-7.5 oz., selected varieties



\$5.49

BULK
Organic Cranberries
per pound in bulk



3/\$5

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



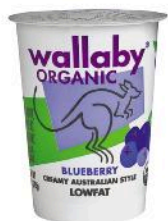
\$3.29

R.W. KNUDSEN
Organic Juice
32 oz., selected varieties



\$2.79

SO DELICIOUS
Organic Coconut Milk
64 oz., selected varieties



89¢

WALLABY
Organic Lowfat
Yogurt
6 oz., selected varieties



\$4.99

MANITOBA HARVEST
Hemp Hearts
8 oz.



\$1.49

BULK
Organic Sugar
per pound in bulk



\$4.29

FOOD FOR LIFE
Organic Cereal
16 oz., selected varieties



\$4.79

MADHAVA
Organic Agave Nectar
23.5 oz., selected varieties



99¢

LUNA
Nutrition Bar for Women
1.41-1.69 oz., selected varieties



Eat Local on a Budget

Summertime's the perfect time to explore the array of local foods in your community. Besides enjoying the flavors of freshly-picked fruits and vegetables and locally-crafted cheeses, breads, and more, it's fun to know more about where your food comes from and the people who grow, raise and make it. You can find great local food values, too.

Here are some hints to explore:

- In-season fruits and veggies are a best buy (check www.strongertogether.coop for recipes and ideas)
- Look for local products (and often local farmers and producers!) in your co-op's aisles
- Join a community-supported agriculture (CSA) program
- Try growing your own veggies, herbs or fruit

Visit www.strongertogether.coop for cooking videos, recipes and gardening tips to try!



Cherries Jubilee

Serves 4. Prep time: 10 minutes.

- 4 tablespoons unsalted butter, cut into chunks
- 1/3 cup sugar
- 1 pound fresh cherries, pitted
- 1/4 cup cherry juice
- 1 cinnamon stick, broken in half
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon freshly-grated lemon zest
- 2 tablespoons apple juice
- Vanilla or chocolate ice cream or other frozen dessert

Melt butter in 10-inch skillet over medium-high heat; add sugar. Cook about 2 minutes, stirring constantly, until the mixture just begins to brown around the edges. Add cherry juice and cinnamon stick pieces. Continue cooking, stirring occasionally, until mixture is reduced by half. Add cherries, vanilla and lemon zest. Bring mixture to a boil; stir in apple juice and reduce to syrup consistency. For each serving, spoon a generous 2 tablespoons of warm cherries and sauce over ice cream.

Substitute one 15-ounce can dark, sweet cherries, drained, with juice reserved for the fresh cherries and cherry juice, if you prefer.

Serving suggestion: The traditional presentation for Cherries Jubilee is to use brandy instead of apple juice, and then flame (or flambé) the sauce with a long match or brulée torch. The sauce is also delicious on pound cake or angel food cake.

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



\$8.99

BULK

Organic Almonds
per pound in bulk



\$2.89

LET'S DO ORGANIC

Organic Sugar Cones
4.6 oz.



\$2.99

YVES

Veggie Dogs
9.7-12 oz., selected varieties



\$2.99

MI-DEL

Snack Cookies
10 oz., selected varieties



\$3.49

NATURAL BREW

Natural Soda
4 pack, selected varieties



2/\$4

**LAKEWOOD
ORGANIC**

Organic Lemonade
32 oz., selected varieties



\$3.79

WOODSTOCK

Organic Pickles
24 oz., selected varieties



\$2.49

**ANNIE'S
NATURALS**

Organic Ketchup
24 oz.



\$3.39

**GREEN
MOUNTAIN
GRINGO**

Salsa
16 oz., selected varieties



\$6.99

WOODSTOCK

Hardwood Charcoal
8.8 lb.



\$3.49

BOCA

Meatless Burgers
10 oz., selected varieties



\$4.49

ORGANIC VALLEY

Organic American
Singles
8 oz.



2/\$3

GREEN FOREST

Size Your Own
Paper Towels
1 roll



2/\$5

**GARDEN OF
EATIN'**

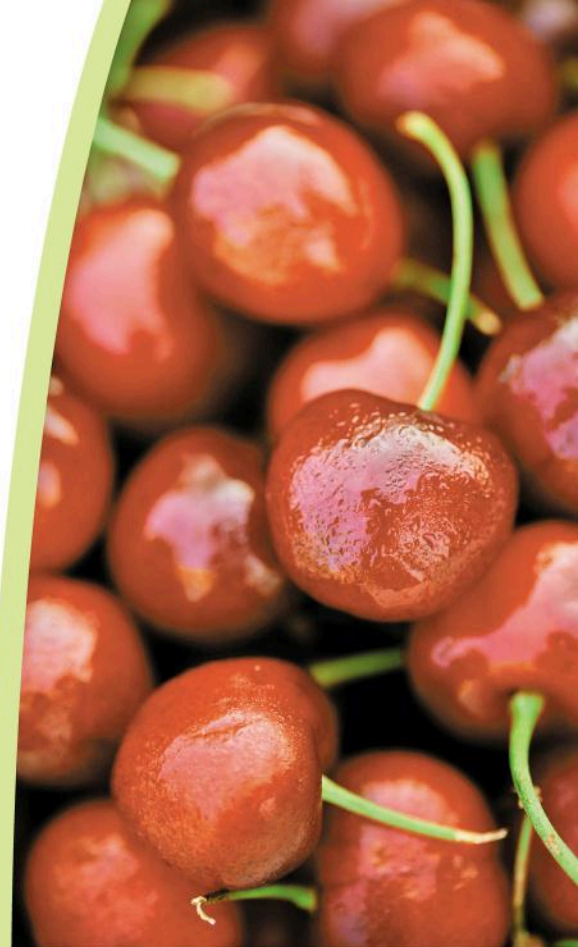
Tortilla Chips
7.5-8.1 oz., selected varieties



\$4.79

BUBBIE'S

Pickles
33 oz., selected varieties



Cherries

When crisp, sweet, and in season, the cherry is a contender for the finest fruit there is. The jewel-bright fruits and syrupy juice of sweet cherries (like the popular Bing variety) are rich in antioxidants and vitamin C, making cherries a healthy summertime indulgence. Use fresh cherries to add a special touch of crimson to a beautiful berry and plum fruit salad with fresh mint and lime. Toss together a BBQ-friendly salad with almonds, couscous, spinach, and pitted, chopped cherries. A true cherry lover knows, though, that there is no better way to savor this seasonal fruit than lingering over a bowlful, in a nice, sunny spot.

Visit www.strongertogether.coop for more ideas on how to enjoy summer's bountiful fruits and veggies.



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.

Cherry Fruit Crisp

Tart cherries are topped with an oats-and-sugar crumble and oven baked in this popular vegan recipe.

save **50¢**
per slice



\$2.49

ALEXIA

Sweet Potato Fries

15 oz.
other Alexia Potatoes
also on sale



\$1.79

STAHLBUSH ISLAND FARMS

Frozen Vegetables
10 oz., selected varieties



\$4.79

PERRIER

Sparkling Mineral
Water

10 pack, selected varieties



\$7.99

NUTIVA

Organic Hempseed
Oil

16 oz.



\$12.99

MANITOBA HARVEST

Hemp Protein Powder
16 oz.



4/\$5

WESTBRAE

Organic Beans

15 oz., selected varieties



\$12.99

BIONATURAE

Organic Extra Virgin
Olive Oil

25.4 oz.



\$2.99

ANNIE'S NATURALS

Organic Dressing
8 oz., selected varieties



\$6.79

ANNIE'S

Pizza

22.5-23.1 oz., selected varieties



\$2.99

RUSTIC CRUST

Pizza Crust

9-16 oz., selected varieties



2/\$6

DR. BRONNER'S
Bar Soap
5 oz., selected varieties



\$10.99

NATURTINT
Hair Color
1 kit, selected varieties



\$5.99

DESERT ESSENCE
Blemish Touch Stick
.31 oz.
other Desert Essence Facial
Care products also on sale



\$27.99

NEW CHAPTER
Every Man's One Daily
48 ct.



\$3.79 **NATURE'S GATE**
Toothpaste
5-6 oz., selected varieties



\$5.99

AVALON ORGANICS
Shampoo or Conditioner
11 oz., selected varieties



\$6.49

AMERICAN HEALTH
Original Papaya
Enzymes
250 ct.
other American Health
Papaya Enzymes also on sale



\$8.99

SPECTRUM ESSENTIALS
Chia Seed
12 oz.



\$9.99

SEVENTH GENERATION
Liquid Laundry Detergent
100 oz., selected varieties



coop kitchen

Whipping and Folding

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.

A dollop of sweet cream whipped by hand is a delectable addition to fresh summer fruit. Watch Chris Ryding demonstrate how to whip and fold ingredients at www.strongertogether.coop/coop-kitchen, and you'll be enjoying dessert in no time!



Sponsored by

Together, Better Choices

...like partnerships with local farmers.



Stoney Loam Farm, Charlotte

Photo by J.Silverman



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



\$2.29 **NATURAL SEA**
Yellowfin Tuna
6 oz., selected varieties



\$3.79
NANCY'S
Organic Cottage
Cheese
16 oz.



\$1.29
RESOURCE
Natural Spring Water
33.8 oz., selected varieties



\$2.99
MARY'S GONE
CRACKERS
Organic Crackers
6.5 oz., selected varieties



\$3.29 **NEWMAN'S**
OWN ORGANICS
Fig Newman's
10 oz., selected varieties



2/\$4
PIRATE BRANDS
Snacks
4-6 oz., selected varieties

See what's cooking in the Co+op Kitchen!

coop™
stronger together

NESE0613AZ3