

# coop<sup>TM</sup> deals

APR 16 - APR 29, 2014



99¢

**NANCY'S**

Organic Soy Yogurt  
6 oz., selected varieties



2/\$7

**ANNIE'S  
HOMEGROWN**

Organic Fruit Snacks  
4 oz., selected varieties



2/\$5

**PACIFIC**

Organic Broth  
32 oz., selected varieties



\$5.99

**BIOKLEEN**

Bac-Out Stain & Odor  
Remover

32 oz.  
other Cleaning products  
also on sale

## Featured Inside:

- Celebrate Earth Day at your co-op!
- Find out why more than 800 companies have decided to "B the change"
- Earth Day features on greener co-ops and greener cleaners
- Give spring celebrations some flair with tapas & Manchego



## Moroccan Lentils

Serves 6. Prep time 30 minutes.

- 2 tablespoons olive oil
- 1 yellow onion, peeled and diced
- 3 cloves garlic, peeled and minced
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon ground coriander
- ¼ teaspoon cayenne
- ½ teaspoon cinnamon
- 1 ½ cups green lentils, rinsed and drained
- 4 cups vegetable broth
- 2 tablespoons tomato paste
- Pinch each of salt and black pepper
- ¼ cup fresh cilantro, chopped

In a large stock pot, heat the olive oil over medium-high heat. Add the onion and sauté until soft and translucent. Add the garlic and cook 1 minute, then stir in the spices and cook another minute. Add the lentils, broth and tomato paste and bring to a boil. Reduce heat to simmer and cook, stirring occasionally, for about 20-30 minutes or until the lentils are tender. Stir in the cilantro just before serving and taste for salt and pepper.

Serving suggestions: add ½ cup of cooked brown rice to each serving for a hearty vegetarian meal. You can adjust the heat of this dish by increasing the cayenne pepper to ½ teaspoon. The lentils also make a great party appetizer, served with fresh pita bread for scooping.

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



**\$1.99**

**WOODSTOCK**  
Frozen Vegetables  
10 oz., selected varieties



**\$1.69**

**BULK**  
Organic Green Laird  
Lentils  
per pound in bulk



**3/\$5**

**NEAR EAST**  
Couscous Dinner Mix  
5.7-6.1 oz., selected varieties



**\$3.99**

**BOVE'S**  
Pasta Sauce  
24 oz., selected varieties



**\$2.39**

**JOVIAL**  
Organic Brown Rice  
Pasta  
12 oz., selected varieties



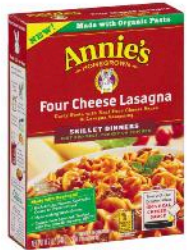
**\$3.39**

**JULIE'S**  
Organic Ice Cream  
Bars  
3 ct., selected varieties



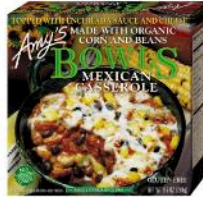
**\$3.69**

**THREE TWINS**  
Organic Ice Cream  
16 oz., selected varieties



**\$3.39**

**ANNIE'S  
HOMEGROWN**  
Organic Skillet Dinner  
8.7-10.5 oz., selected varieties



**\$3.99**

**AMY'S**  
Bowls  
9-10 oz., selected varieties



**2/\$4**

**FOOD SHOULD  
TASTE GOOD**  
Tortilla Chips  
5.5 oz., selected varieties



**\$1.79**

**BEARITOS**  
Organic Refried Beans  
16 oz., selected varieties



**\$3.39**

**DAIYA**  
Dairy-Free Cheese  
7.1 oz., selected varieties



**\$2.99**

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



**\$9.99**

**BULK**  
Organic Almonds  
per pound in bulk



**\$4.69**

**HIMALASALT**  
Sea Salt Shaker  
6 oz., selected varieties

**coop kitchen**

## Beans

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.

Burritos, stews, chili, dips...beans are practically a requirement!

Soaking and cooking your own makes nutritious beans easy on your pocketbook, too. Christy Morgan talks about the varieties of beans you'll find at the co-op in our Co+op Kitchen video series, and shows how to soak and cook them.

Visit [www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen) for more how-tos, recipes and tips.



## Asparagus Gremolata with Orzo

Serves 6. Prep time 30 minutes.

- 8 ounces uncooked orzo pasta
- 2 tablespoons olive oil
- ½ yellow onion, diced
- ½ pound asparagus, cut into 2-inch pieces, woody ends discarded
- 1 cup curly parsley, washed well, stems removed, and finely chopped
- 3 tablespoons fresh mint, finely chopped
- 3 cloves garlic, peeled and minced
- 1 lemon, zest and juice
- Pinch of crushed red pepper flakes
- Pinch each of salt and ground black pepper
- ½ cup shredded Parmesan cheese for garnish

Cook the orzo according to package directions and drain, reserving ¼ cup of cooking liquid.

While the orzo cooks, heat the oil in a skillet over medium-high heat. Sauté the onion for a few minutes. Add the asparagus and sauté another 3 minutes or until asparagus is just tender. Remove from the heat and add the reserved cooking liquid, parsley, mint, garlic, lemon zest and juice and red pepper flakes. Mix together with the hot orzo. Season with salt and pepper and garnish the individual servings with Parmesan. Serve warm.

Serving suggestions: Add 2 tablespoons of sliced olives or oil-cured sundried tomatoes for a more complex flavor. Or skip the orzo, and serve the asparagus gremolata over couscous or quinoa with lemon wedges.

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



**3/\$4**

**THINKTHIN**  
Protein Bar  
2.1 oz., selected varieties



**\$2.19**

**KEVITA**  
Organic Probiotic  
Drink  
15.2 oz., selected varieties



**\$8.99**

**ORGAIN**  
Organic Nutritional  
Shake  
4 pack, selected varieties



**2/\$5**

**SAMBAZON**  
Organic Acai Beverage  
10.5 oz., selected varieties



**4/\$5**

**LARABAR**  
Uber or ALT Bar  
1.42-1.95 oz.,  
selected varieties

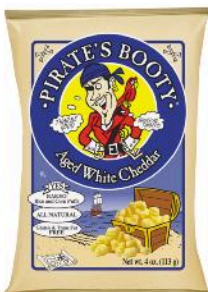


2/\$5

**BLUE DIAMOND**  
Nut Thins  
4.25 oz., selected varieties



**\$2.39** **NATURAL SEA**  
Skipjack Tuna  
5 oz., selected varieties



2/\$4

**PIRATE BRAND**  
Snacks  
4-6 oz., selected varieties



**\$3.69**

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



**\$3.99**

**BACK TO NATURE**  
Cookies  
6.4 oz., selected varieties



**\$2.19**

**ENDANGERED SPECIES**  
Chocolate Bar  
3 oz., selected varieties



2/\$5

**ANGIE'S**  
BOOMCHICKAPOP  
Popcorn  
5 oz., selected varieties



**\$2.19**

**KETTLE**  
Bakes Potato Chips  
4 oz., selected varieties



**\$3.69**

**DANCING DEER**  
Cookies  
6 oz., selected varieties



**\$2.99** **SANTA CRUZ ORGANIC**  
Applesauce  
6 ct., selected varieties



## Asparagus

Is there a seasonal vegetable more anticipated than the first stalks of spring asparagus? These lovely green shoots are a favorite for the seasonal table, and for good reason. Sweet and mild but distinctively flavored, asparagus appeals to a wide audience, not least because of its tender, juicy crunch. Try it with other light, spring flavors: lemon, chives, spinach and wild spring mushrooms like morels all pair beautifully with asparagus. Add asparagus and spinach to a rich, creamy quiche, or fold blanched asparagus, Parmesan and spring peas into a light risotto. Simple, steamed asparagus topped with butter never goes out of style.

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**Corporations**

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# WITH A

# PURPOSE



Take a deeper look into the products you buy. There are over 800 companies that are Certified B Corporations. These companies have met rigorous standards of transparency as well as social and environmental performance. Every product they sell increases their positive impact on the world. Join them and become part of the B the Change Team, people using business as a force for good.

Join us at [bthechange.com](http://bthechange.com)



## 2/\$5

**BEANFIELDS**

Bean & Rice Chips  
6 oz., selected varieties



## \$1.69

**GUAYAKI**

Ready-to-Drink  
Yerba Mate  
16 oz., selected varieties



## \$2.99

**HOME FREE**

Gluten-Free Cookies  
5 oz., selected varieties



## \$4.39

**NUMI**

Organic Tea  
18 ct., selected varieties



## \$5.99

**ALTER ECO**

Organic Truffles  
4.2 oz., selected varieties



**\$8.99** **SEVENTH GENERATION**  
Unbleached Bath  
Tissue  
12 pack



**2/\$4**  
**PRESERVE**  
Toothbrush  
each, selected varieties



**\$8.99**  
**EARTH FRIENDLY**  
Liquid Laundry  
Detergent  
100 oz., selected varieties



**\$7.99**  
**CITRASOLV**  
Cleaner and  
Degreaser  
16 oz.



**\$1.29**  
**HAPPY TOT**  
Organic Superfoods  
for Toddlers  
4.22 oz., selected varieties



**\$8.99**  
**SIMILASAN**  
Homeopathic Eye  
Drops  
.33 oz., selected varieties



**\$9.99**  
**BADGER**  
Sunscreen  
2.9 oz., selected varieties



**\$9.99**  
**AURA CACIA**  
Organic Lavender  
Essential Oil  
.25 oz.  
other Organic Essential Oils  
also on sale



**\$5.99**  
**DESERT ESSENCE**  
Shampoo or  
Conditioner  
8 oz., selected varieties



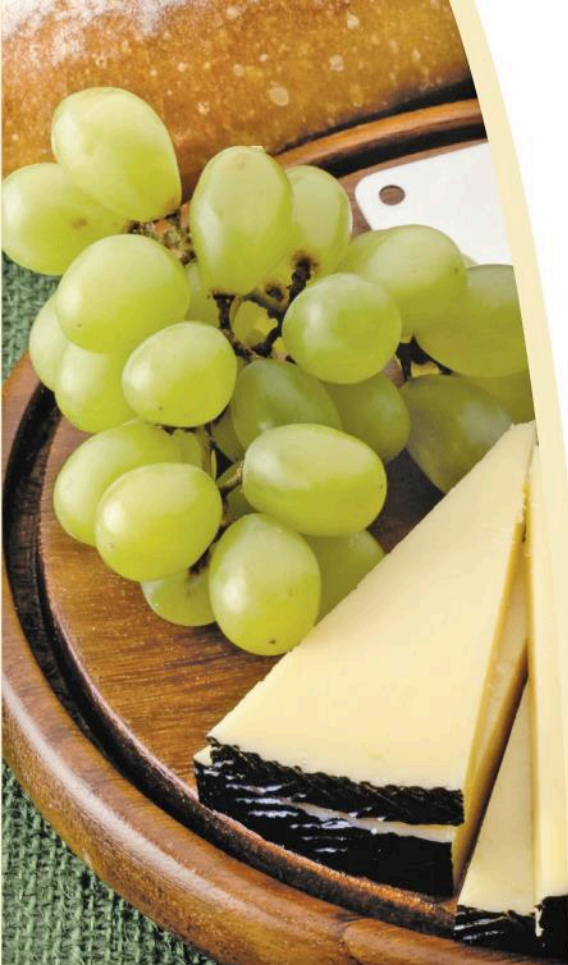
**\$4.99**  
**TOM'S OF MAINE**  
Deodorant  
2.25-3 oz., selected varieties



## Greener cleaners

With a minimum of effort, you can easily make your own cleaning products from inexpensive and common household ingredients like white vinegar, baking soda, lemon juice and borax. Essential oils are an optional addition to homemade cleaning products, and many of them, like lavender and tea tree oil, have antifungal, antibiotic and antibacterial qualities, as well as a pleasant and all-natural scent. Here's an easy substitute for spray window cleaner that's a snap to make: mix a quarter cup of white vinegar with a quart of warm water in a spray bottle. Spray windows (doing this on a cloudy day works best), rub with a clean rag and polish with crumpled newspaper.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more green household hints and tips.



## Manchego

An unmistakable flavor of Spain, Manchego cheese is one of the country's national treasures. It's so important in fact, that it is illegal to produce Manchego anywhere except the La Mancha region of Spain! Made from rich and tangy sheep's milk, this cheese is aged a minimum of two months and up to two years, which develops its sweet, nutty flavor and mild peppery finish. Feature creamy Manchego with a bold red Rioja or Tempranillo wine and Spanish olive oil tortas (crispy flatbreads) for an elegant opening to a meal of seafood-studded paella. Top a gratin of garlic and paprika-spiked potatoes, tomatoes and chickpeas with a generous handful of diced Manchego before baking. ¡Viva España!



**5/\$5**

**LIBERTE**  
Mediterranean Style  
Yogurt  
6 oz., selected varieties



**\$3.99**

**MEDITERRANEAN ORGANIC**  
Organic Fruit Preserves  
13 oz., selected varieties



**\$6.99**

**NUTRITION NOW**  
Rhino Gummy  
Multi-Vitamins  
70 ct.  
other Nutrition Now Gummies  
also on sale



**\$5.99**

**AMERICAN HEALTH**  
Original Papaya  
Enzyme  
250 ct.  
other American Health  
products also on sale



**\$29.99**

**GARDEN OF LIFE**  
Perfect Food RAW  
Super Food  
240 gr.  
other Perfect Food products  
also on sale



**\$2.39** **VAN'S**  
Waffles  
7.5-9 oz., selected varieties



**\$2.69**

**BROWN COW**  
Yogurt  
32 oz., selected varieties



**\$2.99**

**TAZO**  
Tea  
20 ct., selected varieties



**\$7.99**

**BOIRON**  
Sinusalia  
60 ct.  
other Boiron products  
also on sale



**\$28.99**

**NEW CHAPTER**  
Zyflamend Whole  
Body  
60 ct.  
other New Chapter  
Supplements also on sale



**\$1.39**

**WALLABY**

Organic Greek Yogurt  
5.3 oz., selected varieties



**\$2.99**

**ORGANIC VALLEY**

Organic Soy Beverage  
64 oz., selected varieties



**\$3.39**

**PEACE**

Organic Cereal  
11 oz., selected varieties



**\$3.29**

**SILK**

Almond Milk  
64 oz., selected varieties



**\$3.39**

**NATURE'S PATH**

Organic Cereal  
10.6-14 oz., selected varieties



## The Tapas Tradition

If you've ever enjoyed a series of snacks for dinner instead of one big plate, you understand the appeal of the Spanish tradition of tapas—a collection of small bites with big flavors that make up a satisfying, leisurely meal. Some classic tapas to try:

- Mixed olives, warmed and dusted with smoked paprika. Serve with salty Spanish Marcona almonds.
- Chunks of spicy chorizo, slow-cooked in a rich tomato and red pepper sauce and served with a crusty baguette.
- A traditional Spanish omelet made with potatoes and onions slow-cooked in plenty of olive oil, bound together with eggs.
- Roasted vegetables and chunks of Manchego with zesty Romesco sauce.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more tapas recipes.

# Earth Day, Every Day!

There's no better place to celebrate Earth Day than at your local food co-op. Co-ops around the country are proactively striving to minimize their environmental impact through sustainable business practices. Here are just three examples of how co-ops are working every day for a more sustainable world.



**Elm City Market** is housed in a LEED Platinum-certified building, but sustainability doesn't end there for this New Haven, Connecticut grocer. The co-op enjoys natural light through a heat-blocking high-performance window wall system, supplemented with LEDs throughout the store. The refrigeration equipment is 30% more efficient than the standard and connects to an energy recovery system that reuses waste heat within the building. To cap it all off, a 400 kilowatt fuel cell provides renewable energy for electricity, heat and hot water at 90% efficiency.



Located in the Sierra foothills, Grass Valley, California's **Briar Patch Co-op** gives customers many reasons to be proud of their store — the first LEED-certified building in Nevada County. Exemplifying environmental and community stewardship, the co-op diverted 75% of construction waste to recycling, used post-consumer recycled content for 10% of its building materials and sourced half its materials from local and regional suppliers. Since opening in 2007, sales have quadrupled and the co-op was recognized as Business of the Year by the local Chamber of Commerce.

For more information on the positive environmental and social impact of co-ops, visit [www.strongertogether.coop](http://www.strongertogether.coop). Happy Earth Day!



With 60 rooftop solar panels, Michigan's **Ypsilanti Food Co-op** is literally lighting up its neighborhood. The co-op not only generates enough energy to power itself, but returns excess energy to the local grid. The city-wide SolarYpsi project began at the co-op and has grown to include City Hall, an elementary school and more. And customers love the co-op's "solar bread," made with local and organic ingredients in the store's solar-powered bakery.



**\$2.69**

**WOODSTOCK**

Frozen Mangoes

10 oz.

other Frozen Fruit also on sale



**\$8.99**

**EQUAL  
EXCHANGE**

Organic French Roast  
Coffee

per pound in bulk



**\$3.99**

**ORGANIC  
VALLEY**

Organic Milk

64 oz., selected varieties

**Breadshop™**  
NATURAL FOODS

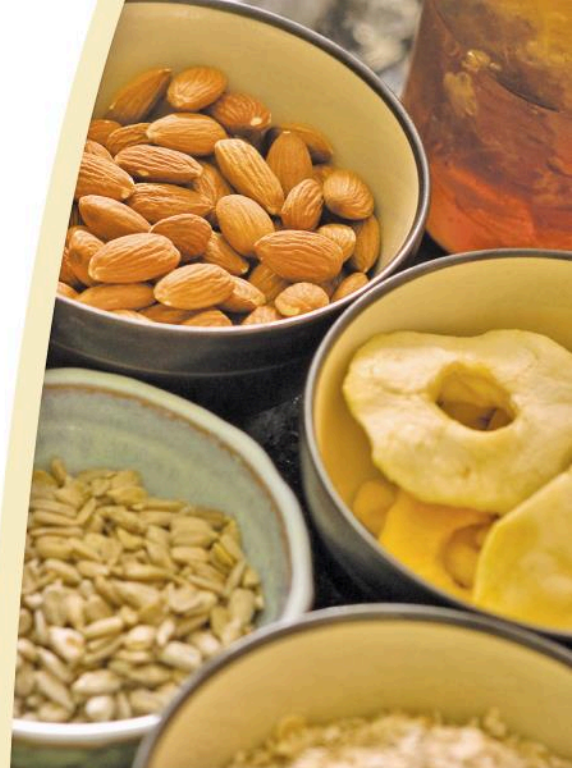
**\$3.39 BREADSHOP**

Honey Gone Nuts

Granola

per pound in bulk

other Breadshop products  
also on sale



## Earth Day Ideas: Buying in Bulk

More and more shoppers are checking out the bulk aisles—and for good reason! It's great for your budget and the environment, since there's less packaging required.

Stock up on staples: the bulk section offers beans, nuts, cereals, flours and a variety of grains. You can buy and try small amounts of nut butters, pastas, teas and coffees before committing to a large quantity.

Herbs and spices can be bought in just the amount you need for a fraction of the price of whole jars. It makes it easy and cheap to try new recipes that call for small amounts of ingredients you don't stock in your pantry. Look for pet food and household items, like laundry detergent and soaps, too.

For more great co-op tips and earth-friendly ideas, check out [www.strongertogether.coop](http://www.strongertogether.coop).



**\$3.69**

**EARTH  
BALANCE**

Organic Buttery  
Spread

13 oz., selected varieties



**\$3.39**

**BULK**

Organic Turkish

Apricots

per pound in bulk



**\$2.99**

**ORGANIC  
VALLEY**

Organic Whipping  
Cream

16 oz.



**\$6.99 SUNSPIRE**

Organic Semisweet

Chocolate Chips

per pound in bulk



**\$3.99**

**WHOLESOME  
SWEETENERS**

Organic Brown Sugar

24 oz., selected varieties



**\$3.69 IF YOU CARE**

Aluminum Foil

50 sq. ft.

other If You Care products  
also on sale

# Together, Better Choices

...like reusing bags to benefit local non-profits.



Celebrate Earth Day every day by taking small steps to reduce your impact on the environment. Each time you reuse a grocery bag at City Market, we donate 5 cents to a local non-profit. Since July 2011, our customers have reused over 690,000 bags and we've donated over \$34,500 to local non-profits.



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**\$9.99**

**MANITOBA  
HARVEST**

Organic Hemp Pro  
Powder

16 oz.  
other Hemp Protein Powder  
also on sale



**\$4.99**

**MANITOBA  
HARVEST**

Hemp Hearts

8 oz.  
other Hemp products  
also on sale



**coop kitchen**

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