

coopTM deals

APR 30 - MAY 20, 2014



\$3.69

CROFTER'S

Organic Fruit Spread
16.5 oz., selected varieties
10-11 oz. varieties
also on sale



\$2.19

PACIFIC

Organic Non-Dairy
Beverage
32 oz., selected varieties



\$3.39

**GREEN
MOUNTAIN
GRINGO**

Salsa
16 oz., selected varieties



2/\$4

**LATE JULY
ORGANIC**

Multigrain Chips
6 oz., selected varieties

Featured Inside:

- Spring recipes with Asian flair, like savory Korean bulgogi
- Stock up on party supplies for spring entertaining and graduation
- Celebrate World Fair Trade Day May 10; support fair trade farmers
- What's in season? Delicious ways to use spring green veggies



Bulgogi (Korean Beef)

Serves 6. Prep time: 15 minutes active; 75 minutes total.

- 2 pounds beef sirloin
- 1 Asian pear, seeded and chopped
- ¼ cup chopped yellow onion
- 4 cloves garlic, peeled
- 1 teaspoon fresh ginger, peeled and minced
- 4 tablespoons tamari
- 1 ½ tablespoons honey
- 1 teaspoon gochujang (or other spicy chili paste)
- 1 teaspoon vegetable oil
- 1 teaspoon sesame seeds
- ¼ teaspoon black pepper

Trim the beef of any excess fat and slice, against the grain, into thin slices. Place the beef into a large bowl.

In a food processor or blender, purée the pear, onion, garlic, ginger, tamari, honey and gochujang. Pour the marinade over the sliced beef and add the sesame seeds and black pepper. Toss gently, cover and marinate in the refrigerator for at least 1 hour, turning the meat once after 30 minutes of marinating time.

Heat the oil in a large skillet or wok over medium-high heat. Add the beef and cook for 2 minutes, turn and cook the other side for another minute or until the beef is browned and cooked to desired doneness.

Serving suggestion: Top bulgogi with kimchi or pickled cabbage to make Korean-style tacos, or try it garnished with green onions and served in lettuce wraps or over rice.

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



\$2.69

ANNIE CHUN'S
Soup Bowl
5.7-5.9 oz., selected varieties



\$2.69

SAN-J
Cooking Sauce
10 oz., selected varieties



\$2.39

ANCIENT HARVEST QUINOA
Organic Gluten-Free Pasta
8 oz., selected varieties



\$2.19

FANTASTIC WORLD FOODS
Dinner Mix
2.7-10 oz., selected varieties



\$1.79

ANNIE'S HOMEGROWN
Organic Pasta & Cheese
6 oz., selected varieties

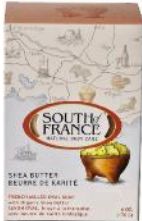


\$8.99

BOIRON
Arnicare Gel
2.6 oz.



\$2.69 **EQUAL EXCHANGE**
Organic Chocolate Bar
3.5 oz., selected varieties



2/\$7

SOUTH OF FRANCE
Shea Butter Soap
6 oz., selected varieties



\$8.99

EQUAL EXCHANGE
Organic Coffee
per pound in bulk
Decaf Coffee not on sale



\$6.99

DR. BRONNER'S
Organic Shikakai
Liquid Soap
12 oz., selected varieties



\$7.99

DR. BRONNER'S
Organic Coconut Oil
14 oz., selected varieties



\$2.39

THEO
Organic Chocolate Bar
3 oz., selected varieties



\$7.99

ALAFFIA
EVERYDAY SHEA
Shampoo or
Conditioner
32 oz., selected varieties



\$6.99

ALAFFIA
Shampoo or Conditioner
8 oz., selected varieties



Akua Sarpomaa, cleaning fruit for Dr. Bronner's sister company Serendipalm in Asuom, Ghana.

May 10 is World Fair Trade Day

Between April 30 and May 20, 1%* of your purchase of **Alaffia**, **Equal Exchange**, and **Dr. Bronner's Magic Soaps** products at this cooperative will be donated to Root Capital. These companies are strong supporters of Fair Trade principles, including stable and fair prices for farmers, organic and sustainable agriculture practices, and community-led development projects.

Root Capital is a nonprofit social investment fund that grows rural prosperity in poor, environmentally vulnerable places in Africa and Latin America by lending capital, delivering financial training, and strengthening market connections for small and growing agricultural businesses. Learn more about Root Capital at www.rootcapital.org.



*minimum donation of \$3,500.



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.



2/\$5

TERRA

Vegetable Chips

5-6 oz., selected varieties



3/\$5

SANTA CRUZ ORGANIC

Organic Lemonade

32 oz., selected varieties



2/\$5

ANNIE'S

Dressing

8 oz., selected varieties



10/\$10

TAZO

Organic Iced Tea

13.8 oz., selected varieties



\$2.99

LIGHT LIFE

Veggie Links

12-13.5 oz., selected varieties



\$3.39

GLUTINO
Gluten-Free Sandwich
Cookies
10.5 oz., selected varieties



\$3.99

STEVE'S
Non-Dairy Frozen
Dessert
16 oz., selected varieties



2/\$5

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



\$2.99

RUSTIC CRUST
Pizza Crust
9-16 oz., selected varieties



2/\$5

**MEDITERRANEAN
SNACKS**
Lentil Crackers
4.5 oz., selected varieties



2/\$5

**NEWMAN'S OWN
ORGANICS**
Organic Pretzels
7-8 oz., selected varieties



\$8.99

ZOE
Organic Extra Virgin
Olive Oil
25.5 oz.



\$3.99

NATURAL BREW
Soda
4 pack, selected varieties



\$1.79

BULK
Organic Pinto Beans
per pound in bulk



2/\$7

QUE PASA
Tortilla Chips
16 oz., 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.



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.

Asparagus, Bacon and Goat Cheese Frittata

A hearty dish of oven-baked eggs with fresh asparagus, crispy-fried bacon and goat cheese, served by the slice.

Save **\$1.00** per
pound



2/\$6

THE GREEK GODS

Greek Yogurt
24 oz., selected varieties



\$1.19

BULK

Organic Steel-Cut
Oats
per pound in bulk



2/\$3

SO DELICIOUS

Cultured Coconut
Milk

6 oz., selected varieties



\$3.39

CASCADIAN FARM

Organic Cereal
9.2-14.6 oz., selected varieties



69¢

BROWN COW

Yogurt
6 oz., selected varieties



\$2.99

PEACE

Cereal
10-16 oz., selected varieties



2/\$4

WOODSTOCK

Organic Tofu
14 oz., selected varieties



2/\$6

ENVIROKIDZ

Organic Cereal
10-14 oz., selected varieties



\$2.99

GOOD KARMA

Flaxmilk
64 oz., selected varieties



\$1.19

GREEN VALLEY ORGANICS

Lactose Free Yogurt
6 oz., selected varieties



\$32.99

GARDEN OF LIFE

RAW Protein Powder
622-650 gr., selected varieties



2/\$6

CASCADIAN FARM

Organic Fruit
8-10 oz., selected varieties



\$14.99

**NORDIC
NATURALS**

Complete Omega
60 ct.
other Nordic Naturals
products also on sale



\$6.69

SUJA

Organic Juice
16 oz., selected varieties



\$20.99

RAINBOW LIGHT

Women's One
Multivitamin

90 ct.
other Women's Supplements
also on sale



\$5.99

R.W. KNUDSEN

Organic Just Tart
Cherry Juice

32 oz.
other Just Juice also on sale

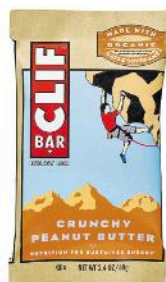


2/\$3

WELLNESS

Cat Food

5.5 oz., selected varieties
other Wellness Cat & Dog
items also on sale



5/\$5

CLIF

Energy Bar

2.4 oz., selected varieties



\$37.99

VEGA SPORT

Pre-Workout

Energizer Supplement
19 oz., selected varieties

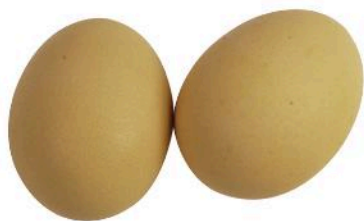


Egg Basics

For such a simple food, eggs can be complicated. Eggs come in various colors and sizes, for a start.

- **Color:** the eggshell color—white, brown, pink, and even green and blue—simply depends on the breed of chicken and has no effect on the egg's quality or taste.
- **Size:** This doesn't refer to the dimension of each egg, but the minimum weight required per dozen eggs. Most recipes are based on large eggs, which weigh in at 24 ounces per dozen.

To learn more about egg labels and what various terms mean, visit www.strongertogether.coop and type "eggs" into the search field.





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(802) 861-9700 www.citymarket.coop



2/\$5

**ANNIE'S
HOMEGROWN**

Snack Crackers
7.5 oz., selected varieties



\$2.99

ENJOY LIFE
Snack Bars
5 oz., selected varieties



2/\$6

KOZY SHACK
Pudding
22 oz., selected varieties



2/\$5

CLIF KID
Organic Twisted
Fruit Rope
6 ct., selected varieties



\$2.99

BULK
Organic Shelled
Sunflower Seeds
per pound in bulk



3/\$4

GIMME
Organic Seaweed
Snack
.35 oz., selected varieties

May 10 is World Fair Trade Day!

coop™
stronger together

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