

# coop<sup>TM</sup> deals

**MAR 4 - MAR 17, 2015**



**2/\$5**

**NATURE'S PATH**

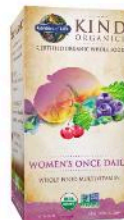
Organic Waffles  
7.4 oz., selected varieties



**\$2.39**

**PACIFIC**

Organic Almond  
Beverage  
32 oz., selected varieties



**\$21.99**

**GARDEN OF LIFE**

Women's Once Daily  
Multivitamin

30 ct.  
other KIND Organics products  
also on sale



**5/\$5**

**LARABAR**

Fruit & Nut Bar  
1.6-1.8 oz., selected varieties



**Your Community-Owned Grocery Store**

82 S. Winooski Ave., Burlington VT 05401

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We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons





## Peruvian Quinoa Soup

Serves 6. Prep time: 45 minutes.

- 2 tablespoons vegetable oil
- 2 cups diced yellow onion
- 1 cup diced carrots
- 1 poblano pepper, seeded and diced
- 3 tablespoons minced garlic
- 1 teaspoon dried oregano
- 2 medium red potatoes, diced
- 1 15-ounce can diced tomatoes
- 4 cups vegetable broth
- 2 cups water
- ½ cup uncooked quinoa, rinsed thoroughly
- 1 cup corn kernels
- ¾ cup diced zucchini
- Salt and black pepper to taste
- 2 tablespoons roughly-chopped fresh cilantro

In a large soup pot, heat the oil over medium-high heat and sauté the onion, carrots and peppers for 5 minutes until softening, then add the garlic and oregano and sauté for one minute. Add the potatoes, tomatoes, broth and water and bring to a boil. Reduce to a simmer and stir in the quinoa. Cook the soup for 10 minutes, stirring occasionally. Add the corn and zucchini and simmer another 5 to 10 minutes until everything is tender and the quinoa is translucent. Season with salt and black pepper and stir in the cilantro before serving.

Serving suggestion: Serve with empanadas, the traditional Central and South American savory turnovers, or add 1 to 2 cups of cooked, chopped chicken to the soup for an easy one-pot meal.

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



**\$3.99**

**MISO MASTER**  
Organic White Miso  
8 oz.  
other Miso also on sale



**4/\$7**

**NEAR EAST**  
Rice, Couscous or  
Grain Dishes  
5.4-10 oz., selected varieties



**\$2.19**

**ANNIE'S  
NATURALS**  
Dressing  
8 oz., selected varieties



**2/\$5**

**BIONATURAE**  
Organic Strained  
Tomatoes  
24 oz.  
other Organic Tomatoes  
also on sale



**\$3.39**

**IMAGINE**  
Organic Soup  
32 oz., selected varieties





**\$3.99**

**MEDITERRANEAN ORGANIC**

Organic Preserves  
13 oz., selected varieties



**\$5.99**

**MARANATHA**

Organic Peanut Butter  
16 oz., selected varieties



**\$3.69**

**SIMPLY ORGANIC**

Organic Ground Ginger  
1.64 oz.  
other Bottled Herbs & Spices  
also on sale



**\$3.99**

**RUDI'S ORGANIC BAKERY**

Organic Sandwich Bread  
20-24 oz., selected varieties



**\$1.99**

**BIONATURAE**

Organic Pasta  
16 oz., selected varieties



**\$2.99**

**MUIR GLEN**

Organic Pasta Sauce  
25.5 oz., selected varieties



**\$1.89**

**LUNDBERG FAMILY FARMS**

Organic Long Grain Brown Rice  
per pound in bulk  
Organic Short Grain Brown Rice \$1.69



**\$2.69**

**ALEXIA**

Sweet Potato Fries  
15 oz.  
other Alexia Fries also on sale



**\$2.39**

**BULK**

Organic Pinto Beans  
per pound in bulk

**\$1.99**

**EVOL**

Burritos  
6 oz., selected varieties



## Salad in a Jar

Besides pickles, jam and lemonade, what else can you put in a canning jar? Well, how about a homemade, healthy lunch salad? All you need is a clean, dry mason jar (about a pint is the perfect size). Add 1 to 2 tablespoons of your favorite dressing, followed by some harder chopped veggies like carrots, celery and onion – these will absorb some of the flavor from the dressing while retaining their crunch. Add some cooked beans or grains, like leftover rice or wheat berries from last night's pilaf, followed by some cubed tofu, shredded cooked chicken or tuna. Top with cheese or some chopped fresh or dried fruit, pop on the lid and you're ready to go!

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more great DIY ideas.





## Indian Braised Red Cabbage

Serves 6. Prep time: 20 minutes.

- 1 tablespoon vegetable oil
- 2 teaspoons yellow (or brown) mustard seeds
- 2 teaspoons minced fresh ginger
- 1 cup thinly-sliced yellow onion
- 1 ½ pounds red cabbage, cored and thinly sliced
- 3 tablespoons apple cider vinegar
- 2 tablespoons honey
- 2 teaspoons ground coriander
- Pinch of crushed red chili flakes (optional)
- Salt and black pepper to taste

In a large skillet or wok, heat the vegetable oil over medium heat. Add the mustard seeds and sauté for 1 to 2 minutes until they begin to darken and pop, then add the ginger and onion and sauté for 5 more minutes. Add the cabbage, vinegar, honey, coriander and chili flakes to the pan and stir well. Cook the cabbage, stirring frequently, for 10 minutes or until tender. Season with salt and black pepper to taste and serve warm.

Serving suggestion: Full-flavored enough to stand up as a side to hearty dishes, a small bed of this braised cabbage is a colorful accompaniment to skin-on, bone-in roasted chicken, lamb or pork chops or baked, seasoned tempeh patties.

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



**\$3.39**

**WILD PLANET**

Albacore Tuna

5 oz., selected varieties  
other Tuna also on sale



**\$3.39**

**GLUTINO**

Crackers

4.4 oz., selected varieties



**2/\$6**

**SALPICA**

Salsa

16 oz., selected varieties



**3/\$5**

**FOOD SHOULD TASTE GOOD**

Tortilla Chips

5.5 oz., selected varieties



**\$2.99**

**JOVIAL**

Organic Cookies

8.8 oz., selected varieties





**\$3.49**

**CASCADIAN FARM**

Organic Granola Bars  
6.2-7.4 oz., selected varieties



**\$3.69**

**NATURAL BREW**

Soda  
4 pack, selected varieties



**\$3.39**

**NEWMAN'S OWN ORGANICS**

Fig Newmans  
10 oz., selected varieties



**2/\$4**

**POPCHIPS**

Potato Chips  
3.5 oz., selected varieties



**\$2.69**

**EARTH FRIENDLY**

Dishmate  
25 oz., selected varieties



**2/\$8**

**KETTLE**

Potato Chips  
13 oz., selected varieties



**\$2.99**

**SEVENTH GENERATION**

Baby Wipes  
64 ct.  
other Baby products  
also on sale



**\$4.99**

**WELLNESS**

Core Superfood Protein Bars  
5.5 oz., selected varieties  
other Wellness Dog Food products also on sale



**\$7.99**

**SEVENTH GENERATION**

Unbleached Bath Tissue  
12 ct.  
other Paper products  
also on sale



**4/\$5**

**EARTH'S BEST**

Infant Puree Pouches  
4-5.5 oz., selected varieties

## Cabbage

Bright magenta red cabbage, ruffled Savoy cabbage, the lovely, classic green cabbage or crinkly, crispy Napa cabbage can all be chopped and added to nearly any salad for extra crunch and color, of course. But they're incredibly versatile and cost-effective in the kitchen, too. Cabbage and onion sautéed in butter becomes a sweet addition to mashed potatoes or soups and stews, and complements sausages and savory tofu steaks as well. If you're so inclined, try it in a quick and spicy homemade kimchi. And shredded and sautéed cabbage alongside corned beef is quite the thing this time of year!

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





Photo courtesy of National Co-operative Archive

## Co-op History: The Rochdale Pioneers

In 1843 workers in the textile mills of Rochdale, England, went on strike. When the strike failed, they began to look for other ways to improve their lives. Instead of asking charitable groups for help, workers took control of one of the most immediate and pressing areas of their lives: food. Twenty-eight people founded the Rochdale Equitable Pioneers Society to provide an alternative to "the company store."

The Rochdale Pioneers weren't the first group to try forming a co-op, but they were the first to make their co-op succeed. Today, Rochdale is considered the birthplace of the modern cooperative movement.

October is Co-op Month; to learn more, visit [www.strongertogether.coop](http://www.strongertogether.coop).



**\$1.69**

**STONYFIELD**  
Organic Greek Yogurt  
5.3 oz., selected varieties



**\$2.99**

**SO DELICIOUS**  
Organic Coconut Milk  
64 oz., selected varieties



**\$1.79**

**UNCLE MATT'S**  
Organic Juice  
12 oz., selected varieties



**\$9.69**

**Highland  
Sugarworks**  
Maple Syrup  
12 oz., selected varieties



**\$3.69**

**SILVER HILLS  
SPROUTED  
BAKERY**  
Bread  
15-22 oz., selected varieties



**\$9.99**

**EQUAL  
EXCHANGE**  
Organic Bulk Coffee  
per pound in bulk,  
selected varieties  
Decaf Bulk Coffee not on sale



**\$2.99**

**BULK**  
Organic Shelled  
Sunflower Seeds  
per pound in bulk



**\$1.19**

**BULK**  
Organic Rolled Oats  
per pound in bulk



**\$13.99**

**PAMELA'S**  
Gluten-Free Pancake &  
Baking Mix  
4 lb.  
24 oz. Pancake & Baking Mix  
\$5.39



**\$2.99**

**KASHI**  
Organic Cereal  
10.3-16.3 oz., selected varieties





**\$3.69**

**LIFEWAY**

Frozen Kefir

16 oz., selected varieties



**2/\$6**

**SO DELICIOUS**

Coconut Milk Yogurt

16 oz., selected varieties



**\$5.69**

**R.W. KNUDSEN**

Organic Just Tart

Cherry Juice

32 oz.

other Just Juice also on sale



**2/\$6**

**YOGI**

Tea

16 ct., selected varieties



**\$4.99**

**TEA TREE THERAPY**

Pure Tea Tree Oil

.5 oz.

other Tea Tree Therapy products also on sale



**\$10.99**

**BACH**

Rescue Remedy

10 ml.

other Rescue Remedy products also on sale



**\$7.99**

**LILY OF THE DESERT**

Organic Aloe Vera

Juice

32 oz., selected varieties



**\$16.99**

**JARROW FORMULAS**

Jarro-Dophilus EPS

60 ct.



**\$22.99**

**NORDIC NATURALS**

Algae Omega

60 ct.

other Omega products also on sale



**\$3.39**

**ORGANIC INDIA**

Organic Tulsi Tea

18 ct., selected varieties

## Making Salad Dressing

A simple homemade dressing is one of the easiest ways to transform a salad. There are so many wonderful combinations you can try – and a tasty freshly-made dressing is a great addition to cooked grains, fish, chicken or tofu, too. Try lime juice vinaigrette, made with good olive oil and crushed garlic, on a tomato and avocado salad. Drizzle a basic balsamic dressing on freshly-steamed green beans for a slightly sweet side dish. Adding a spoonful or two of Dijon mustard and snippets of fresh garden herbs to a basic oil and vinegar dressing will brighten up a mixed green salad.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for recipes and a quick video tutorial on making your own salad dressings.







# City Market

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- Large variety of wellness products
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- Deli sandwiches
- Fresh local produce
- Artisan cheese
- Fresh cut meat
- Friendly staff

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**\$10.99 TOPRICIN**  
Pain Relief Cream  
2 oz.  
other Topricin products  
also on sale



**3/\$4 CLEARLY NATURAL**  
Glycerin Bar Soap  
4 oz., selected varieties



**\$4.99 GIOVANNI**  
Shampoo or Conditioner  
8.5 oz., selected varieties

## coop kitchen

See what's cooking at [www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen)



**\$13.99 WELEDA**  
Arnica Massage Oil  
3.4 oz.  
other Weleda Body Care  
products also on sale

**Find fresh tastes at City Market**

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