

coopTM deals

APR 15 - APR 28, 2015



\$1.99

**CASCADIAN
FARM**

Organic Vegetables
16 oz., selected varieties



2/\$3

**ANNIE'S
HOMEGROWN**

Pasta & Cheese
Dinner
6 oz., selected varieties



5/\$5

CLIF

Energy Bar
2.4 oz., selected varieties



\$9.99

**SEVENTH
GENERATION**

Liquid Laundry
Detergent
100 oz., selected varieties

**City
Market**
Onion River Co-op

Your Community-Owned Grocery Store

82 S. Winooski Ave., Burlington VT 05401

Open 7 a.m. - 11 p.m. every day • 802-861-9700 • www.citymarket.coop

We welcome EBT, CATS, Scratch, Knight & CCoCash Cards and manufacturers' coupons



Vegetable Korma

Serves 4. Prep time: 30 minutes.

- 2 tablespoons vegetable oil
- 1 cup diced yellow onion
- 1 teaspoon minced fresh ginger
- 3 tablespoons minced garlic
- 2 small red or Yukon potatoes, diced
- ½ cup water
- 1 cup tomato sauce
- 2 tablespoons curry powder
- 12 ounces Cascadian Farm frozen organic mixed vegetables
- 1 cup light coconut milk
- Salt and black pepper to taste

Heat the oil in a large pot over medium-high heat. Add the onion and sauté for 5 minutes, then add the ginger, garlic and potatoes and sauté for 2 minutes more. Add the water, tomato sauce and curry powder and bring to a simmer. Stir well, cover with a lid and cook 6 to 8 minutes. Add the frozen mixed vegetables and coconut milk and simmer for 5 to 10 minutes until the vegetables are tender. Season to taste with salt and black pepper.

Serving suggestion: This Indian dish is delicious served hot over basmati rice with a side of naan; garnish with fresh cilantro or chopped peanuts for color and crunch. Add cubed tofu, paneer or cooked chicken at the same time as the frozen vegetables for a heartier version. Substitute cream for the coconut milk if desired.

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



\$3.19

STONYFIELD

Organic Yogurt
32 oz., selected varieties



\$2.39

**LUNDBERG
FAMILY FARMS**

Organic Basmati Rice
per pound in bulk,
Brown or White



\$2.69

JOVIAL

Organic Tomatoes
18.3 oz., selected varieties



\$7.99

SPECTRUM

Organic Unrefined
Coconut Oil
14 oz.



2/\$5

TASTY BITE

Indian Entrees
10 oz., selected varieties



\$8.99

**EQUAL
EXCHANGE**

Organic French Roast
Coffee

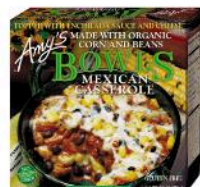
per pound in bulk



\$1.69

NANCY'S

Organic Sour Cream
8 oz.



\$3.69

AMY'S

Frozen Entrée Bowls
9-10 oz., selected varieties



\$9.99

BULK

Organic Roasted and
Salted Pistachios
per pound in bulk



\$3.69

GARDEIN

Meatless Chicken
Tenders

9 oz., selected varieties



\$4.69

BULK

Organic Raw
Pumpkin Seeds
per pound in bulk



\$1.99

WESTBRAE

Organic Beans
25 oz., selected varieties



\$2.69

BULK

Organic Banana Chips
per pound in bulk



\$2.99

SAN-J

Organic Gold Label
Tamari
10 oz.



\$7.39

SUNSPIRE

Organic Semi-Sweet
Chocolate Chips
per pound in bulk

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.





Baby Greens and Beet Salad with Lemon Chia Dressing

Serves 4 to 6. Prep time: 20 minutes.

Dressing:

- 5 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 tablespoon minced shallots
- 1 tablespoon Dijon mustard
- 2 teaspoons chia seeds
- 1 to 2 teaspoons honey
- Pinch each of salt and black pepper

Salad:

- 15-ounce package baby greens
- 1 small beet, peeled and shredded
- 1 ½ cups strawberries, sliced
- 1 cup goat cheese, crumbled

Whisk together all of the dressing ingredients in a small bowl and set aside. In a large bowl, gently toss the baby greens, beets and strawberries with a few tablespoons of dressing. Taste and add more dressing if desired. Top with the goat cheese crumbles before serving.

Serving suggestion: The tart-sweet flavors of this salad and dressing complement rich and earthy main dishes and chewy hearth breads. Substitute baby spinach or mesclun mix for the baby greens or use feta in place of the goat cheese. Refrigerate any unused dressing for later use.

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



\$25.99

ZOE

Organic Extra Virgin Olive Oil
88 oz.



\$2.69

JOVIAL

Organic Brown Rice Pasta
12 oz., selected varieties



\$2.69

ANNIE'S NATURALS

Organic Dressing
8 oz., selected varieties



\$2.79

MUIR GLEN

Organic Pasta Sauce
25.5 oz., selected varieties



\$3.99

NATE'S

Meatless Meatballs
10.5 oz., selected varieties



\$2.99

KOZY SHACK

Pudding

22 oz., selected varieties



\$7.99

TALENTI

Gelato

32 oz., selected varieties



2/\$4

ENDANGERED SPECIES

Chocolate Bar

3 oz., selected varieties



\$2.39

BLUE DIAMOND

Nut Thins

4.25 oz., selected varieties



4/\$5

VERMONT SMOKE AND CURE

Real Stick

1 oz., selected varieties



5/\$5

POLAND SPRINGS

Sparkling Water

33.8 oz., selected varieties



\$2.49

GOVEGGIE!

Dairy-Free

Cheese Slices

6.7 oz., selected varieties



2/\$4

FOOD SHOULD TASTE GOOD

Tortilla Chips

5.5 oz., selected varieties



\$4.69

SAN PELLEGRINO

Sparkling Fruit

Beverages

6 pack, selected varieties



12/\$12

TAZO

Organic Iced Tea

13.8 oz., selected varieties

Chevre

This tangy and slightly tart goat milk cheese comes in a range of textures from creamy and soft to dry and semifirm. Enjoy an easy appetizer by slicing a log of chevre into medallions and arranging them on a serving plate; drizzle with olive oil, sprinkle with fresh herbs and lemon zest and serve with slices of crusty baguette. Creamy pieces of soft chevre are delicious atop omelets, salads or crackers. Or pair with strawberries for a simple seasonal dessert. Classic "pur chevre" is made entirely of goat milk; when labeled "mi-chevre" the cheese is at least half goat milk, most often mixed with cow's milk.





SeedMatters is an initiative of
CLIF BAR FAMILY
 FOUNDATION

ENTER TO WIN A SEED FARM TABLE ORGANIC GARDEN KIT*



Every kit includes resources to start

GROWING ORGANIC

Organic Seed Packets | Garden Tools | Guide Book
 Gardening Consultation | Recipes by Farm-To-Table Chefs
And More!

The future of food starts with organic seed.
 Enter to win and learn why organic seed matters at
seedmatters.org

These companies have joined Clif Bar Family Foundation in supporting Seed Matters:



*No Purchase Necessary. Must be 18+ to enter. Enter from 03/15/15 (9AM EST) to 05/15/15 (12:00AM EST).
 1 entry per person. See seedmatters.org for the official rules.



\$5.99

ORGANIC VALLEY

Organic Raw Sharp
 Cheddar Cheese

8 oz.
 other Organic Valley Cheese
 also on sale



\$2.99

ORGANIC VALLEY

Organic Fuel Protein
 Shake

11 oz., selected varieties



\$3.69

**ANNIE'S
 HOME GROWN**

Organic Fruit Snacks
 4 oz., selected varieties



\$3.69

**ANNIE'S
 HOME GROWN**

Pizza Bagels
 6.65 oz., selected varieties



5/\$5

LUNA

Nutrition Bar for Women
 1.7 oz., selected varieties



\$3.69

IF YOU CARE
Recycled Aluminum
Foil
50 sq. ft.
other If You Care products
also on sale



\$9.99

FIELD DAY
Organic Apple Juice
128 oz.



2/\$4

KETTLE BRAND
Popcorn
3-3.5 oz., selected varieties



\$1.99

NEWMAN'S OWN
Newman-O's
Cookies
8 oz., selected varieties



\$4.69

NUMI
Organic Tea
18 ct., selected varieties



\$2.69

SANTA CRUZ ORGANIC
Organic Applesauce
23 oz., selected varieties



2/\$6

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



\$1.69

BIXBY & CO.
Candy Bar
1.5 oz., selected varieties



\$2.39

GARDEN OF EATIN'
Tortilla Chips
7.5-8.1 oz., selected varieties



Baby Salad Greens

As stronger sunshine coaxes new growth from the ground, just-picked baby salad greens begin to appear in the produce aisle. Refreshing and tender with a mild flavor, mixes of baby greens are a great way to welcome seasonal produce back to your plate. Use baby salad greens as a base for spring veggies like thinly-sliced radishes or roasted asparagus or broccoli. Add fresh peas and carrots and colorful red and orange peppers to a bed of greens and top with grilled chicken or tofu. Experiment with salad dressing to find your favorite combinations!

Visit www.strongertogether.coop for more ways to use seasonal fruits and veggies.

Earth Day Starts at Home

Tips for Reducing Food Waste

If you're looking for a simple way to celebrate Earth Day this year, here are some great ideas from chef and cookbook author Robin Asbell on how to cut food waste. Cleaning up your neighborhood park or working to reduce pollution are still very important issues, but according to the Environmental Protection Agency, uneaten food contributes about 25% of methane emissions as it breaks down in landfills and dumps – not to mention its toxic effect on our food budgeting!

Here are some tips:



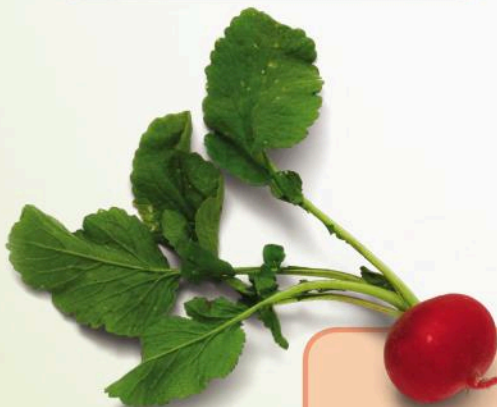
Leave skins on apples when cooking or baking to reap the nutrients and fiber they contain, and save time. If you do peel, add them to soup stock for a subtle sweetness.

Zest your organically-grown citrus before you juice it; then freeze the zest in a freezer bag for adding a hint of citrus to everything from muffins to pastas.



Bananas a bit too brown? Peel and freeze them, then add to smoothies or thaw and puree for banana bread, muffins and cakes.

Veggies going soft in the crisper? Cook and puree carrots, sweet potatoes, greens, cauliflower and other veggies, then freeze. Stir the purees into pasta sauce, macaroni and cheese, soups, casseroles and meatloaf for an added veggie boost.



Buying radishes or carrots by the bunch? Use the leaves to make pesto, salads and toss in soup. Think of them as peppery parsley.



\$9.99

DR. BRONNER'S
Castile Liquid Soap
32 oz., selected varieties



\$8.99

AURA CACIA
Rosehip Skin Care Oil
1 oz.
other Aura Cacia Oils
also on sale



\$15.99

AUBREY
Revitalizing Therapy
Moisturizer
1.7 oz.
other Aubrey Facial Care
products also on sale



\$7.99

AVALON ORGANIC
Facial Cleanser
7-8.5 oz., selected varieties



\$8.99

JASON
Body Wash
Special order only, other
Jason products also on sale



\$4.99

TOM'S OF MAINE
Deodorant Stick
2.25 oz., selected varieties



2/\$10

PRESERVE
Triple Razor System
each, selected varieties



\$8.99

T-RELIEF
Arnica Ointment
1.76 oz., selected varieties



\$5.99

BIOKLEEN
Bac-Out Stain & Odor
Remover
32 oz.
other Bac-Out products
also on sale



\$1.69

FIELD DAY
100% Recycled Bath
Tissue
4 pack, 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 for more green household hints and tips.



Seed Your Diet

Spring flavors bring to mind fresh sprouts, green asparagus tips, young dandelion greens and other newly-emerging plants. But have you considered where most of these come from? Seeds are the ultimate source of so many wonderful and beautiful fruits and vegetables – and a delicious and nutrient-packed addition to many dishes. Chia seeds are a good source of protein, omega-3s, fiber, calcium, magnesium, potassium and phosphorus and add body to shakes, smoothies and puddings. Flax seeds are also packed with omega-3 fatty acids and can be sprinkled on salads or ground and used in baked goods to add texture. And toasted pumpkin seeds (also called pepitas) add delicious nutty crunch to a coating for fish.

Visit www.strongertogether.coop for more great recipes using seeds.



\$1.39

WALLABY
Organic Greek
Yogurt
5.3 oz., selected varieties



\$1.99

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



2/\$5

SYNERGY
Organic & Raw
Enlightened Kombucha
16 oz., selected varieties



\$2.99

KASHI
GoLean Cereal
13.1-13.8 oz., selected
varieties



\$1.69

NOOSA
Yoghurt
8 oz., selected varieties



\$2.99 **LIGHTLIFE**
Veggie Grounds
12-14 oz., selected varieties



\$3.99

IMMACULATE
Pancake & Waffle Mix
26 oz.



\$19.99

AMAZING GRASS
Green SuperFood
8.5 oz., selected varieties



\$13.99

**NATURAL
VITALITY**
Natural Calm
8 oz., selected varieties



\$10.99

**NATURAL
FACTORS**
Vitamin D3 5000IU
120 ct.
Not available at City Market



\$2.99

CASCADIAN FARM

Granola

13-16 oz., selected varieties



\$5.99

ONCE AGAIN

Organic Sunflower Butter

16 oz., selected varieties



\$3.49

SILK

Soy milk

64 oz., selected varieties



\$3.39

NATURE'S PATH

Organic Flax Plus Cereal

10.6-14 oz., selected varieties



\$1.99

PROBAR

Meal Bar

3 oz., selected varieties



Fruit and Nut Granola Bars

Makes 16 bars. Prep time: 20 minutes active; 45 minutes total.

- ½ cup flaxseed meal
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ½ cup honey
- 2 ripe bananas, mashed
- ½ cup peanut butter
- 1 cup dried apples, diced
- ½ cup almonds, chopped
- ½ cup vegetable oil
- 3 cups rolled oats

Preheat oven to 350 degrees F. Grease a 9 x 13 inch glass casserole dish.

In a large bowl, mix together all of the ingredients except the oats. Add the oats and mix together well. Spread the mixture evenly into the casserole dish, pressing down firmly to create a smooth top. Bake in the oven on the middle rack for about 25 minutes. Let cool for about 10 minutes before cutting into 16 even bars.

Serving suggestion: Add your favorite dried fruits, like raisins, dates or cranberries, or substitute almond, cashew or sunflower nut butter for peanut butter in this high-energy breakfast and snack-time staple.

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

Celebrate Earth Week at City Market!

Monday, April 20 - Sunday, April 26*

Shop at City Market and we'll give you free reusable bags for your groceries! Thank you to our generous partners Seventh Generation, Ben & Jerry's, Cabot and Vita Coco for celebrating Earth Week and sustainable choices with us.

*while supplies last

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Open 7 a.m. - 11 p.m. every day • 802-861-9700 • www.citymarket.coop



\$25.99

**HEALTHFORCE
NUTRITIONALS**

Liver Rescue

120 ct.

Not available at City Market



\$8.99

HERB PHARM

Dandelion Extract

1 oz.

Special order only



coop kitchen

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www.strongertogether.coop/coop-kitchen



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