

coopTM deals

MAY 20 - JUNE 2, 2015



\$2.99

RUDI'S

Organic Hot Dog Buns

12 oz., selected varieties

other Rudi's products
also on sale



\$6.99

ALBA BOTANICA

Sunscreen

4 oz., selected varieties



12/\$12

HONEST TEA

Organic Ready-to-Drink
Tea

16 oz., selected varieties



2/\$4

**LATE JULY
ORGANIC**

Organic Snack Chips
5.5-6 oz., selected varieties

Featured Inside:



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, CAIT Scratch, Knight & CCCash Cards and manufacturers' coupons



Grilled Scallions with Romesco Sauce

Serves 4 to 6. Prep time: 30 minutes.

- 12 to 15 scallions
- ½ cup roasted almonds
- 1 12-ounce jar roasted red peppers, drained
- 1 tablespoon minced garlic
- 1 tablespoon red wine vinegar
- ¼ cup olive oil, divided
- 2 tablespoons chopped parsley
- ½ cup grated Parmesan cheese
- Pinch each of salt and black pepper

Preheat the grill to medium-high heat.

Trim the roots and 1 to 2 inches from the green ends of the scallions. Rinse and remove any loose outside layers. Set aside.

In a food processor or blender, blend together the almonds, roasted red peppers, garlic, vinegar, 2 tablespoons olive oil and parsley. Stir and scrape the sides as needed and blend until smooth. Add the Parmesan cheese, salt and pepper and blend well. Set aside while grilling the scallions.

Brush the scallions with remaining olive oil and gently place perpendicular to the grill to prevent them from falling through the grates. Grill for 2 minutes, just until grill marks appear, and then carefully flip and grill another minute or so. The scallions should be al dente. Serve warm with romesco sauce for dipping and slices of crusty bread.

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



\$2.19

BULK

Organic Red Lentils
per pound in bulk



\$12.69

BULK

Organic Almonds
per pound in bulk



\$2.39

ANNIE'S NATURALS

Dressing
8 oz., selected varieties



2/\$5

FIELD DAY

Organic Pasta Sauce
26 oz., selected varieties



\$1.99

BIONATURAE

Organic Pasta
16 oz., selected varieties



2/\$6

CASCADIAN FARM

Organic Fruit
8-10 oz., selected varieties



2/\$5

R.W. KNUDSEN

Pineapple-Coconut Juice
32 oz.
other Juice also on sale



\$8.99

YERBA PRIMA

Psyllium Husks
12 oz., Powder or Whole,
selected varieties



\$8.99

SPECTRUM ESSENTIALS

Chia Seeds 12 oz
Special Order Only, Other
Spectrum Product also on
Sale



4/\$5

CLIF BUILDER'S

Builder's Bar
2.4 oz., selected varieties



2/\$12

NUBIAN HERITAGE

Body Lotion
13 oz., selected varieties



\$3.99

JASON

Toothpaste
4.2-6 oz., selected varieties



\$18.99

NEW CHAPTER

Every Woman's One Daily
Multivitamin
24 ct.
other New Chapter Supplements
also on sale



\$2.99

SOUTH OF FRANCE

Bar Soap
6 oz., selected varieties



\$35.99

DR. HAUSCHKA

Rose Day Cream
1 oz.
other Dr. Hauschka products
also on sale

Power to Pollinators

Bees, butterflies, bats and other species of animals that pollinate plants need our help! Without these vital partners carrying pollen from plant to plant, we could lose many of the fruits, vegetables, nuts and fibers we depend on. One important thing we can do is provide them with appropriate (and attractive) plants in our gardens, yards and even on our window sills. Local pollinators prefer local native plants, so it's helpful to bear this in mind. Pollinator Partnership at www.pollinator.org offers free guides on what to plant in the United States, by region. Visit their website to find out more, and support local beekeepers by purchasing local honey, too.



Rhubarb Compote

Makes 6 servings. Prep time: 15 to 20 minutes active; 2 to 3 days total.

- 1 pound fresh or frozen rhubarb, trimmed and diced
- 1/3 cup dried apricots (10 to 15 apricots), diced
- 1/3 cup raisins
- 1/3 cup honey
- 2 tablespoons orange juice
- 1 tablespoon orange liqueur (Grand Marnier or Triple Sec)
- 1/2 teaspoon cinnamon

In a large bowl, stir together all the ingredients. Refrigerate the compote in a tightly-covered bowl or dish for 2 to 3 days to allow the flavors to blend, stirring a few times. Serve spooned over panna cotta, yogurt, ice cream or pound cake.

Serving suggestion: This is a raw, crunchy, chutney-like riff on a classic cooked fruit compote. Add a pinch of freshly-grated ginger or a handful of chopped, fresh strawberries and serve it with pork, duck or chicken.

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\$1.99 **EVOL**
Burrito
6 oz., selected varieties



3/\$5
WESTBRAE
Organic Beans
15 oz., selected varieties



4/\$7
ANNIE'S
HOME GROWN
Organic Pasta & Cheese
Dinner
6 oz., selected varieties



\$2.39
LUNDBERG
FAMILY FARMS
Organic Rice &
Seasoning Mixes
6 oz., selected varieties



\$3.99
UDI'S GLUTEN FREE
Frozen Entrees
8 oz., selected varieties



4/\$5

STONYFIELD
Organic Oh My Yog!
6 oz., selected varieties



\$1.69

STONYFIELD
Organic Greek Yogurt
5.3 oz., selected varieties



\$3.39

EREWHON
Organic Cereal
9.5-15 oz., selected varieties



\$9.99

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



\$3.99

CROFTER'S
Organic Premium
Fruit Spread
16.5 oz., selected varieties
10 oz. & 11 oz. Crofters
Spreads also on sale



\$2.99

BROWN COW
Yogurt
32 oz., selected varieties



\$2.99

SILK
Almondmilk
64 oz., selected varieties



\$2.99

SILK
Soymilk
64 oz., selected varieties



\$3.69

WALLABY
Organic Kefir
32 oz., selected varieties



\$2.39

VAN'S
Waffles
7.5-9 oz., selected varieties



Rhubarb

Ripening from a soft green into cherry red, the tart stalks of this spring vegetable add a wonderful flavor to seasonal pies, jams and custards. Baked in a tart with strawberries or crystallized ginger, rhubarb offers a delicate balancing factor with its gentle sourness, especially when enhanced with orange or lemon zest. Make a tangy and versatile compote by cooking rhubarb and sugar with a hint of cinnamon, vanilla, lemon or cardamom, and serve over vanilla ice cream. Or find inspiration from cuisines around the globe where diced rhubarb is used in soups and stews, cooked with potatoes or served as a savory sauce with pork or poultry.

Visit www.strongertogether.coop for more rhubarb recipes.



Smoked Gouda

The intense earthy and woody flavor that infuses this buttery cheese makes smoked Gouda a standout on your plate. Complement the cheese's rich fullness of flavor with simple water crackers and slices of tart Granny Smith apples alongside a strong, pale ale. Alternate cubes of smoked Gouda with cherry tomatoes on wooden picks for an easy appetizer. Enjoy creamy melted smoked Gouda in an omelet with mushrooms and fresh thyme. A thick slab of this cheese will lend complexity to burgers and ham or turkey sandwiches. The smoky flavor adds character to grown-up versions of mac and cheese or grilled cheese sandwiches, too.



\$3.99

CIAO BELLA

Sorbet

14 oz., selected varieties



\$5.69

BULK

Organic Dried Sweetened
Cranberries
per pound in bulk



\$2.99

GO RAW

Organic Super
Cookies

3 oz., selected varieties



\$3.39

GLUTINO

Wafer Bites

5 oz., selected varieties



\$2.39

THEO

Organic Chocolate Bar

3 oz., selected varieties



\$9.99

ONCE AGAIN

Almond Butter

16 oz., selected varieties



\$2.99

**FOOD SHOULD
TASTE GOOD**

Tortilla Chips

11 oz., selected varieties



3/\$5

KETTLE BRAND

Potato Chips

5 oz., selected varieties



\$2.69

GREEN & BLACK'S

Organic Chocolate Bar

3.5 oz., selected varieties



\$2.39

NEWMAN'S OWN

Organic Pretzels

7-8 oz., selected varieties



\$3.69

BOCA
Veggie Protein Patties
10 oz., selected varieties



\$3.49

DAIYA
Dairy-Free Slices
7.8 oz., selected varieties



2/\$5

TERRA
Vegetable Chips
5-6 oz., selected varieties



\$2.69

SAN-J
Cooking Sauce
10 oz., selected varieties



\$3.39

TOFURKY
TFRKY ITALIAN
SAUSAGE
5/14 OZ, selected varieties



\$3.99

WOODSTOCK
Organic Pickles
24 oz., selected varieties
Woodstock Condiments
also on sale



\$2.39

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



3/\$5

**SANTA CRUZ
ORGANIC**
Organic Lemonade
32 oz., selected varieties



\$3.69

NATURAL BREW
Soda
4 pack, selected varieties



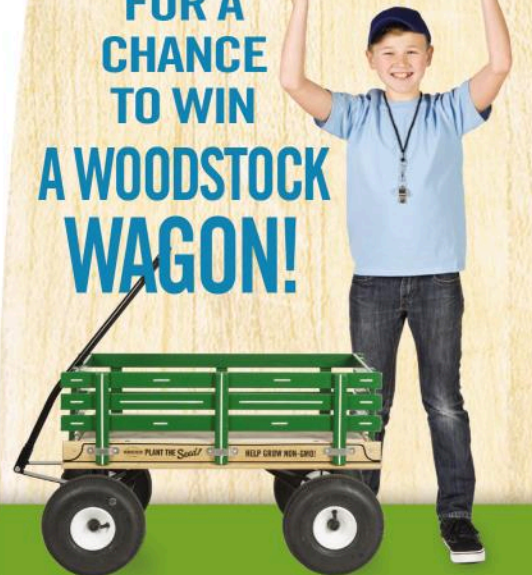
3/\$10

ZEVIA
ZEVIA NATURAL
COLA SODA
4/6/12 OZ, selected varieties

EAT BECAUSE
WOODSTOCK
IT'S GOOD!

Enter

FOR A
CHANCE
TO WIN
A WOODSTOCK
WAGON!



Join us
and together
we can learn, share, grow
team Non-GMO!



No purchase necessary to win. Void where prohibited.
Entry forms available at participating food co-ops.
One prize will be awarded at each participating
location at the end of the promotion. Woodstock is
dedicated to educating about the importance of
organic and Non-GMO foods. Visit us online at
Woodstock-Foods.com/teamnongmo to learn more.

Save the Land
Proud Supporter of
American Farmland Trust



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- Friendly staff
- Local products
- Extensive beer & wine
- Wellness products
- Hot and cold food bar
- Deli sandwiches
- Fresh local produce
- Artisan cheese
- Fresh cut meat
- Local baked goods
- Delectable desserts



\$4.69

ORGANIC VALLEY

Organic Omega-3 Milk
64 oz., selected varieties



2/\$5

MOM'S BEST

Cereal
16-22 oz., selected varieties



\$6.99

NUTRITION NOW

Rhino Gummy
Multi-Vitamins
70 ct.
other Rhino Vitamins
also on sale



\$9.99

SEVENTH GENERATION

Baby Diapers
17-40 ct., selected varieties



\$2.99

SEVENTH GENERATION

Dish Liquid
25 oz., selected varieties



3/\$5

GREEN FOREST

Facial Tissue
175 ct.

Everyone welcome, every day!



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