

coopTM deals

JUNE 3 - JUNE 16, 2015



4/\$5

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



2/\$5

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



2/\$3

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



\$3.39

SO DELICIOUS
Minis Coconut Milk Bars
4 ct.



Union 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, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons



Sweet Onion Panzanella

Serves 4. Prep time: 40 minutes.

- 1 day-old baguette, cut in 1/2-inch cubes (about 3 cups cubed bread)
- 1 tablespoon olive oil
- 1 cup julienned sweet onion
- Large pinch of salt
- 1/4 cup red wine vinaigrette, divided
- 1 14-ounce can artichoke hearts, drained and quartered
- 1 cup chopped heirloom tomatoes, cut into small chunks
- 1/3 cup chopped pitted Kalamata olives
- 1 cup roughly-chopped fresh spinach

Preheat the oven to 300 degrees F. Toss the cubed bread with the olive oil, place on a baking tray and toast until just lightly browned, about 15 minutes. Remove and set aside. In a small bowl, toss the onion with a large pinch of salt and 1 tablespoon vinaigrette and let marinate while preparing the rest of the salad.

Mix all of the ingredients, except for the onion, together in a large salad bowl. Rinse and drain the marinated onion, then toss with the rest of the salad. Let the salad sit for 10 to 60 minutes to absorb the vinaigrette before serving.

Serving suggestion: Chiffonade of fresh basil, seeded cucumber and flaked Parmesan or feta cheese are all common additions to this summery salad. The proportions of this bread and tomato salad are flexible; adjust them to your liking or based on what you have on hand. We used a prepared vinaigrette in this updated version of the classic dish, but you can replace it with a combination of olive oil and balsamic vinegar, if preferred.

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



\$5.69

A. VOGEL

Organic Seasoning
8.8 oz., selected varieties



\$4.99

**MANITOBA
HARVEST**

Hemp Seed Hearts
8 oz.
other Manitoba Harvest Hemp
products also on sale



\$2.99

NATIVE FOREST

Whole Artichoke
Hearts

9.9 oz.
other Native Forest products
also on sale



\$14.99

BIONATURAE

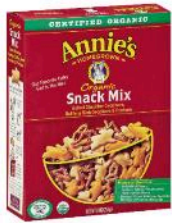
Organic Extra Virgin
Olive Oil
25.4 oz.



\$2.99

RUSTIC CRUST

Pizza Crust
10-13 oz., selected varieties



\$3.39

**ANNIE'S
HOMEGROWN**

Organic Snack Mix
12/9 OZ, selected varieties



\$3.99

ORGANIC VALLEY

Mozzarella Stringles

6 oz.
other Stringles also on sale



\$3.99

**RUDI'S ORGANIC
BAKERY**

Organic Bread
22 oz., selected varieties
(Special Order Only)



\$3.99

BULK

Organic Unsalted Dry
Roasted Peanuts
per pound in bulk, Great for
freshly-ground nut butter



5/\$5

CLIF BAR

Energy Bar
2.4 oz., selected varieties



\$3.39

BULK

Organic Thompson
Raisins
per pound in bulk



\$1.99

PROBAR

Meal Bar
3 oz., selected varieties



\$6.99

WOODSTOCK

Dark Chocolate
Covered Almonds
per pound in bulk
other Bulk Snacks also on sale



\$2.99

DR. BRONNER'S

Bar Soap
5 oz., selected varieties



\$9.99

BADGER

Sunscreen
2.9 oz., selected varieties



Picnic Time

Food, friends and the great outdoors...that's all you really need for a picnic! Your food co-op can help, too, with great options for portable snacks, drinks, fresh fruits and vegetables, pre-made salads, sandwiches and delicious desserts. Pack your picnic fixings in reusable containers – and use ice packs and coolers to keep chilled items cold. If you'll be grilling, maximize your fun time by prepping food ahead as much as possible – cut fruits and veggies and assemble on kebab skewers beforehand, for example, or fill double packets of foil with preseasoned chopped veggies for roasting in the coals.

Visit www.strongertogether.coop for great seasonal recipes and more tips for picnic fun!



Sweet and Sour Cucumbers

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

- 2 tablespoons honey
- ½ cup white vinegar
- 1 teaspoon yellow mustard seeds
- 1 garlic clove, peeled and smashed
- 1 pound English cucumbers, very thinly sliced
- 1 small sweet onion, thinly julienned
- Salt and black pepper to taste

In a small saucepan, bring the honey, vinegar, mustard seeds and garlic to a boil. Reduce heat and simmer 1 minute. Remove the pan from the heat and let cool. Discard the garlic clove. In a large bowl, toss the cooled vinegar mixture with the cucumbers and onion and a pinch each of salt and black pepper. Let the cucumbers sit for at least 1 hour before serving.

Serving suggestion: This classic summertime recipe is the perfect picnic salad and pairs well with grilled meats, seafood and poultry, particularly Thai- or Mediterranean-inspired dishes. A few drops of sesame oil adds an Asian twist, or toss in some minced serrano pepper to spice it up.

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\$3.99

SAN PELLEGRINO
Sparkling Fruit Beverage
6 pack, selected varieties



2/\$6

JULIE'S ORGANIC
Organic Ice Cream
16 oz., selected varieties



\$2.69

MI-DEL
Cookies
8-10 oz., selected varieties



\$3.99

SO DELICIOUS
Almond Milk Dessert
16 oz., selected varieties



2/\$5

BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



\$3.69

HARVEST BAY
Coconut Water
33.8 oz.



\$13.99

VEGA
Protein Smoothie
8.9-9.9 oz., selected varieties



\$12.99

NUTIVA
Organic Hemp Oil
16 oz.
other Nutiva Hemp products
also on sale



\$6.99

SAMBAZON
Organic Acai Juice
33.8 oz., selected varieties



\$2.39

KEVITA
Sparkling Probiotic
Drink
12/15.2OZ, selected varieties



\$8.99

HERB PHARM
Black Cohosh Extract
1 oz.
(Special Order Only)



\$20.99

**NORDIC
NATURALS**
Ultimate Omega
60 ct.
other Ultimate Omega
products also on sale



\$13.99

**MANITOBA
HARVEST**
Hemp Pro 50
Protein Powder
16 oz.
other Manitoba Harvest
Hemp products also on sale



\$5.99

**AVALON
ORGANICS**
Shampoo or
Conditioner
11 oz., selected varieties



\$4.99

**LIGHT
MOUNTAIN**
Natural Hair Color
(Special Order Only)

Vidalia Onions

This pale yellow onion has become a culinary favorite with its sweet flavor and muted bite. Add thinly-sliced Vidalia onions to a toasted BLT sandwich or a light salad of peppery arugula, tangy goat cheese and seasonal tomatoes. Sauté chopped onion in olive oil with mushrooms and fresh chives and heap onto toasted baguette slices, spread with ricotta cheese, for a savory snack. Braise onions in butter and stir into pasta with pine nuts, torn basil leaves and grated Parmesan. A homemade pico de gallo is as simple as chopping Vidalias, tomatoes, garlic and cilantro.



Cream Cheese

Rich and tangy cream cheese is versatile enough to accompany almost anything, from a quick lunchtime sandwich to an elegant spread of holiday appetizers. Hearty rye bread lightens up with a smear of vegetable-flavored cream cheese and layers of cucumber, red pepper, radish, sprouts or sun-dried tomato. Spread crisp flatbreads with plain cream cheese and add a spoonful of hot pepper jam to amp up your afternoon snack. Lightly-toasted slices of baguette are dressed for a party with herbed cream cheese, torn arugula, roasted red peppers, a drizzle of olive oil and a sprinkle of sea salt and black pepper.

Visit www.strongertogether.coop for more information on food and great recipes!



\$3.99

NANCY'S
Organic Yogurt
32 oz., selected varieties



\$2.99

BARBARA'S
Cereal
10-14 oz., selected varieties



2/\$5

DREAM
Organic Sprouted Rice
Drink
32 oz., selected varieties



\$1.69

REDWOOD HILL FARM
Goat Milk Yogurt
6 oz., selected varieties



\$1.69

SILK
Soy Creamer
16 oz., selected varieties



\$8.99

EQUAL EXCHANGE
Organic Breakfast Blend
Coffee
per pound in bulk
Decaf Breakfast Blend Coffee
\$10.99



\$3.39

NATURE'S PATH
Organic Cereal
10.6-14 oz., selected varieties



\$3.29

BLUE DIAMOND
Almond Breeze
64 oz., selected varieties



\$1.19

BULK
Organic Rolled Oats
per pound in bulk



\$3.29

SO DELICIOUS
Coconut Milk Yogurt
16 oz., selected varieties



\$2.99

NATURE'S PATH

Organic Granola Bars
6.2 oz., selected varieties



4/\$5

CHOBANI

Greek Yogurt
5.3 oz., selected varieties



\$3.39

BEARITOS

Tortilla Chips
16 oz., selected varieties



2/\$6

SALPICA

Salsa
16 oz., selected varieties



3/\$5

BOULDER CANYON

Potato Chips
5 oz., selected varieties



\$2.69

ALEXIA

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



\$5.99

DAIYA

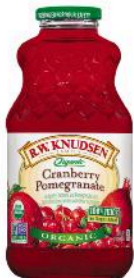
Pizza
12-13.8 oz., selected varieties



3/\$7

MEDITERRANEAN SNACKS

Baked Lentil Chips
4.5 oz., selected varieties



2/\$6

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



3/\$10

ZEVIA

Zero Calorie Soda
6 pack, selected varieties



Smart Snacking

Whether you're feeding a hungry toddler, active teen or busy adult, steering snack choices away from empty calories and towards something that's deliciously good-for-you is a great strategy. If your family's snack repertoire need a re-boot, summertime's abundance of fresh fruits and veggies is an inspiring place to start.

Keep a tray of freshly-rinsed berries or cherry tomatoes in the refrigerator, and some zip-lock bags of washed grapes in the freezer. Pea pods, strips of red and orange bell pepper and carrot coins make for a colorful grouping (just add hummus or Greek yogurt for dipping!).

Get more snack ideas at
www.strongertogether.coop –
and recipes, too!

Week ^{of the} Grill

Specials, Giveaways and
Free Samples all week!

Monday, 6/22 - Friday, 6/26

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\$2.69

**EARTH FRIENDLY
PRODUCTS**

Dishmate
25 oz., selected varieties



\$7.99

**SEVENTH
GENERATION**

Bath Tissue
12 rolls
other Seventh Generation
paper products also on sale



coop kitchen

See what's cooking at
www.strongertogether.coop/coop-kitchen



Summertime fun starts at the co-op!



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