

# coop<sup>TM</sup> deals

JULY 1 - JULY 21, 2015



**\$2.79**

**CASCADIAN  
FARM**

Organic Cereal  
8.6-12.3 oz., selected varieties



**\$2.69**

**HILARY'S EAT  
WELL**

Veggie Burgers  
6.4 oz., selected varieties



**2/\$4**

**FOOD SHOULD  
TASTE GOOD**

Tortilla Chips  
5.5 oz., selected varieties



**3/\$10**

**ZEVIA**

Zero Calorie Soda  
6 pack, 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](http://www.citymarket.coop)

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





## Cucumber and Fennel Slaw

Serves 6. Prep time: 20 minutes.

- 1/3 cup fresh orange juice
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 2 tablespoons orange zest
- 1 tablespoon minced garlic
- 1 cucumber, julienned
- 1 small fennel bulb, julienned
- 1/2 cup julienned red bell pepper
- Salt and black pepper to taste

In a large mixing bowl, stir together the orange juice, olive oil, vinegar, zest and garlic, then add the prepared vegetables and mix together gently. Add salt and pepper to taste. Serve immediately or refrigerate for up to 24 hours.

Tip: Use a mandoline to julienne the cucumber.

Serving suggestion: This zesty slaw is delicious served with grilled salmon or steak; in a wrap with chopped seitan, shredded romaine lettuce and yogurt sauce; or piled on a lamb burger.

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



**\$2.99**

**RUDI'S ORGANIC BAKERY**

Organic Hot Dog Buns  
Special Order Only



**\$1.99**

**MUIR GLEN**

Organic Ketchup  
24 oz.



**\$3.99**

**WOODSTOCK**

Organic Pickles  
24 oz., selected varieties



**\$9.99**

**NAPA VALLEY NATURALS**

Organic Extra Virgin Olive Oil  
25.4 oz.  
other Napa Valley Olive Oil also on sale



**\$2.49**

**AMY'S**

Organic Baked Beans  
15 oz.

Amy's Refried Beans also on sale





**\$25.99**

**ZOE**  
Organic Extra Virgin  
Olive Oil  
88 oz.



**\$2.39 BULK**  
Organic Navy Beans  
per pound in bulk



**3/\$7**  
**BEANITOS**  
Bean Snacks  
3-6 oz., selected varieties



**\$3.39**  
**GREEN MOUNTAIN GRINGO**  
Salsa  
16 oz., selected varieties



**3/\$5**  
**SANTA CRUZ ORGANIC**  
Organic Lemonade  
32 oz., selected varieties



**\$12.99**  
**KISS MY FACE**  
Sunscreen  
6 oz., selected varieties



**3/\$7**  
**KETTLE BRAND**  
Potato Chips  
5 oz., selected varieties



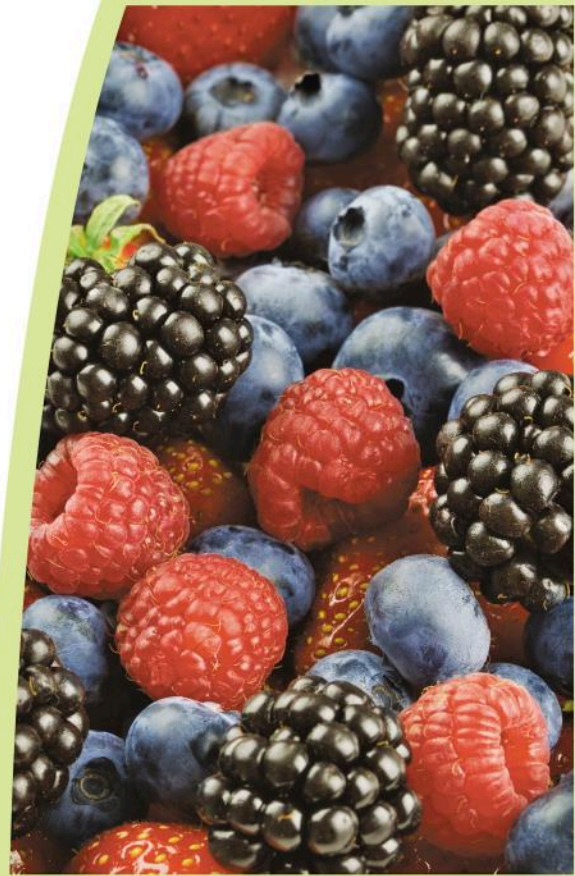
**12/\$12**  
**SWEET LEAF**  
Organic Ready-to-Drink  
Tea  
16 oz., selected varieties



**\$4.39**  
**FOLLOW YOUR HEART**  
Vegemise  
16 oz.  
other Follow Your Heart  
products also on sale



**\$4.99**  
**ORGANIC VALLEY**  
Organic Sliced Cheese  
6 oz., selected varieties



## Eat Your Antioxidants

Fruits and vegetables that are high in vitamins C and E, beta carotene and other naturally occurring antioxidants like tannins, flavonoids and lignans, are more than just delicious! The antioxidants they contain may help protect cells from the damaging effects of free radicals. Berries, stone fruits, apples, pears and tropical fruits are all good sources of antioxidants, as are bell peppers, kale, artichokes and sweet potatoes. And by eating a rainbow of fresh fruits and veggies, you're also getting fiber and lots of other vitamins and minerals.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more information on fresh fruits and vegetables.





## Peach Butter

Makes 3 cups. Prep time: 15 minutes active; 90 minutes total.

- 6 cups roughly-chopped fresh peaches, pits removed
- 2 to 4 tablespoons honey (adjust according to the sweetness of the peaches)
- Pinch of ground cinnamon and/or ginger

In a large, heavy-bottom pot, stir together the peaches, spices and honey. Cook over low-medium heat, uncovered, stirring frequently, for about 45 minutes, until the peaches begin to break down. Use an immersion blender to puree the peaches until smooth. (A regular blender can be used, blending the peaches in small batches. But be careful – the peach mixture will be very hot and sticky!) Cook the peach puree another 15 to 20 minutes, stirring frequently, until the mixture is thick and spreadable. Remove from heat and let cool. Pour into mason jars or sturdy plastic containers, cover and refrigerate.

Serving suggestion: Spread peach butter on waffles, pancakes, toast, scones or biscuits to liven up your breakfast, or drizzle over a chunk of salty blue cheese on an appetizer platter. Add vanilla, mango or strawberries for more exotic flavor combinations. Peach butter will keep refrigerated for a few weeks.

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



**5/\$5**

**LIBERTE**

Mediterranean Yogurt  
6 oz., selected varieties



**2/\$5**

**KEVITA**

Organic Master Brew  
Kombucha  
15.2 oz., selected varieties



**\$4.99**

**R.W. KNUDSEN**

Organic Just Tart  
Cherry Juice  
32 oz.  
other Just Juice also on sale



**\$8.99**

**EQUAL  
EXCHANGE**

Organic Coffee  
per pound in bulk  
Decaf Coffee not on sale



**3/\$5**

**STONYFIELD**

Organic Greek Yogurt  
5.3 oz., selected varieties





**\$4.99**

**ORGANIC VALLEY**

Organic Lactose Free Milk  
64 oz., selected varieties



**\$2.99**

**SO DELICIOUS**

Organic Coconut Milk  
64 oz., selected varieties



**\$3.99**

**RICE DREAM**

Enriched Rice Dream  
64 oz., selected varieties



**4/\$5**

**LARABAR**

Uber Bar  
1.18-2.12 oz.,  
selected varieties



**\$10.99**

**BULK**

Organic Large Turkish Apricots  
per pound in bulk



**3/\$7**

**LUNDBERG FAMILY FARMS**

Rice Chips  
6 oz., selected varieties



**\$4.39**

**NAKED**

Coconut Water  
33.8 oz.



**3/\$4**

**CLIF**

KIT's Organic Fruit & Nut Bar  
1.69 oz., selected varieties



**\$2.69**

**R.W. KNUDSEN**

Organic Very Veggie Juice  
32 oz., selected varieties



## Peaches

The peach, with its intense floral fragrance, velvety skin and juicy, sweet flavor, seems to capture the warmth and beauty of summer in every bite. Old-fashioned peach cobbler never goes out of style or, for a more elegant end to a meal, marinate sliced peaches in white wine with sugar. Sweet peaches are amazing in savory dishes, too! Top a pizza with thinly sliced peaches, salty prosciutto, soft crumbles of tangy goat cheese and chopped fresh rosemary; finish with a drizzle of olive oil. Grill thick wedges on skewers with cubed halloumi and serve with warm couscous and freshly-torn mint.





## Fresh cheeses

Many cultures produce varieties of fresh cheeses that accent regional cuisine. Fresh cheeses are unaged and have no rind. Here are some popular varieties to look for:

- Italy: creamy ricotta, rich mascarpone, and fresh mozzarella
- Mexico: queso blanco, queso fresco, and cotija are dry, crumbly cheeses. Panela and Oaxaca cheeses are similar to fresh mozzarella
- India and Pakistan: paneer is a firm fresh cheese often used in stewed greens (saag) and curries
- United Kingdom and United States: curds-and-whey style cheeses like cottage cheese and "pot cheese;" farmer's cheese is a pressed, firm variety
- Greek and Middle Eastern: salty feta, labneh (yogurt cheese), and firm, squeaky Halloumi
- France: Smooth fromage blanc and tangy crème fraîche, creamy goat chevre



**3/\$7**

**BLUE DIAMOND**  
Nut Thins  
4.25 oz., selected varieties



**2/\$5**

**TASTY BITE**  
Indian Entrees  
10 oz., selected varieties



**\$3.49**

**MEDITERRANEAN ORGANIC**  
Organic Olives  
8.1-8.6 oz., selected varieties



**\$7.99**

**SPECTRUM NATURALS**  
Organic Unrefined Coconut Oil  
14 oz.  
14 oz. Refined Coconut Oil \$5.99



**\$3.99**

**CIAO BELLA**  
Sorbetto  
14 oz., selected varieties



**\$2.69**

**POMI**  
Tomatoes  
26.46 oz., selected varieties



**\$2.99**

**KOZY SHACK**  
Pudding  
22 oz., selected varieties



**\$3.99**

**THREE TWINS**  
Organic Ice Cream  
16 oz., selected varieties



**\$12.99**

**BULK**  
Organic Almonds  
per pound in bulk



**3/\$5**

**WELLNESS**  
Canned Cat Food  
5.5 oz., selected varieties  
other Wellness Cat Food  
also on sale

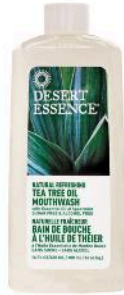




**\$7.99**

**EVERYDAY SHEA**

Shampoo or  
Conditioner  
32 oz., selected varieties



**\$4.99**

**DESERT ESSENCE**

Tea Tree Mouthwash  
16 oz., selected varieties



**\$8.99**

**B&T**

Sting Stop Insect Gel  
2.75 oz.  
other B&T Homeopathic  
Medicine also on sale



**\$3.99**

**DR. BRONNER'S**

Toothpaste  
5 oz., selected varieties



**\$28.99**

**NEW CHAPTER**

Bone Strength Take  
Care  
60 ct.  
Special Order Only; Other  
New Chapter Supplements  
also on sale



**\$23.99**

**NORDIC  
NATURALS**

Ultimate Omega  
60 ct.  
other Nordic Naturals  
Supplements also on sale



**2/\$3**

**GURU**

Energy Drink  
8.4 oz., selected varieties



**\$16.99**

**MEGAFOOD**

MegaFlora  
30 ct.  
other MegaFood  
Supplements also on sale



**\$41.99**

**GARDEN OF LIFE**

Organic RAW Meal  
Powder  
2.5-2.7 lb., selected varieties



**\$8.99**

**ORGAIN**

Organic Nutritional  
Shake  
4 pack, selected varieties



## Storing Stone Fruit

Summer is high season for delectable, juicy stone fruits including peaches, nectarines, pluots and plums. To get the best flavor and texture from these beautiful fruits, store unripe fruit at room temperature until fully ripened. Avoid keeping unripe stone fruit in the refrigerator – that's often how it develops an unpleasant mealy texture. You can put a ripe banana in a paper bag with unripe peaches or nectarines to help them ripen faster, if necessary. Perfectly ripe stone fruits may be kept in the refrigerator for a day or two, but it's a good idea (and delicious) to eat them as soon as you can.

For recipes and more  
about in-season fruit, visit  
[www.strongertogether.coop](http://www.strongertogether.coop).





# SUMMERVALE!



Join us every Thursday in July and August at the Intervale for Local food, music, tasting events and family activities. City Market is a proud Local partner of the Intervale Center. For more information, visit [www.intervale.org](http://www.intervale.org)



**\$8.99**

**BIKLEEN**

Liquid Laundry  
Detergent

64 oz., selected varieties



**\$6.69**

**SEVENTH  
GENERATION**

Bath Tissue  
12 pack



**coop kitchen**

See what's cooking at

[www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen)



**Pick up supplies for your next picnic at City Market**

**coop**™  
stronger together

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