

coopTM deals

JULY 22 - AUG 4, 2015



3/\$7

ANGIE'S

Popcorn

3-7 oz., selected varieties



2/\$4

**LATE JULY
ORGANIC**

Organic Snack Chips

6 oz., selected varieties



3/\$7

PACIFIC

Organic Almond
Beverage

32 oz., selected varieties



\$5.99

NATURE'S PATH

Organic Cereal

26.4-32oz., 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, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons



Fattoush

Serves 6. Prep time: 30 minutes.

- ½ pound romaine lettuce, chopped into bite-sized pieces
- 1 cucumber, diced into ½-inch pieces
- 1 tomato, chopped
- 3 scallions, diced
- 1 cup chopped fresh parsley
- ½ cup chopped fresh mint
- 4 tablespoons lemon juice
- 3 tablespoons olive oil
- 1 tablespoon minced garlic
- Salt and black pepper to taste
- 1 pita bread, toasted and broken into bite-sized pieces

In a large salad bowl, gently toss the romaine, cucumber, tomato, scallions, parsley and mint.

In a small bowl, mix together the lemon juice, olive oil, garlic and a pinch each of salt and black pepper. Toss the salad with some of the dressing, add the pita pieces and mix gently. Taste and add more dressing as needed.

Serving suggestion: This traditional Middle Eastern salad goes well with many Mediterranean-inspired dishes, like lentil soup, lemon chicken, lamb dishes or kebabs. Add chunks of feta cheese or Kalamata olives to add more complex flavors and serve with lemon wedges.

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



\$3.39

GLUTINO
Crackers
4.4 oz., selected varieties



\$6.99

ONCE AGAIN
Organic Tahini
16 oz.



\$10.99

**SPECTRUM
NATURALS**
Organic Extra Virgin
Mediterranean Olive Oil
33.8 oz.



2/\$4

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$8.99

NUTIVA
Organic Chia Seeds
12 oz.



\$5.99

BULK
Organic White
Quinoa
per pound in bulk



\$3.99

STEVE'S ICE CREAM
Ice Cream
16 oz., selected varieties



\$3.99

TALENTI
Gelato
16 oz., selected varieties



2/\$3

LAKEWOOD ORGANIC
Organic Lemonade
32 oz., selected varieties



\$3.99

SUNSHINE BURGERS
Organic Veggie Burgers
3 pack, selected varieties



\$3.39

DAIYA
Dairy-Free Cheese
Style Shreds
8 oz., selected varieties



\$3.49

SIR KENSINGTON'S
Ketchup
14 oz., selected varieties
other Condiments also on sale



\$2.99

LIGHTLIFE
Veggie Hot Dogs
12-13.5 oz., selected varieties



\$3.69

BOCA
Veggie Patties
10 oz., selected varieties



2/\$7

HONEST FIZZ
Organic Soda
6 pack, selected varieties

Grilled Lettuce

Add an irresistible flavor and texture to your next summer meal with a simple grilled lettuce salad. A sturdy variety of head lettuce, like romaine, works best, but you can also use butterhead or bibb. Start by thoroughly washing and drying the lettuce, then cut it in half (lengthwise) or quarters, depending on how large it is, and assemble the other ingredients you plan to use, like dressing, grated Parmesan, fresh cherry tomatoes and garnishes. Lightly brush the grill with oil, and place the lettuce halves or quarters cut side down over a part of the grill that is fairly hot – just long enough to sear the core and slightly caramelize the edges of the leaves (about 3 minutes). Place grilled lettuce on a platter, add other veggies and dressing and serve.



Cucumber Melon Chutney

Serves 6. Prep time: 20 minutes.

- 1 ½ cups seeded and diced honeydew melon
- 1 ½ cups seeded and diced cucumber
- 2 tablespoons minced red onion
- 1 small jalapeño pepper, seeded and minced
- 2 tablespoons minced cilantro
- 2 tablespoons minced fresh mint
- 1 teaspoon curry powder (optional)
- Juice of 1 lime
- Salt to taste

In a large bowl, stir together all of the ingredients, tasting for salt. Refrigerate for at least one hour prior to serving.

Serving suggestion: This chutney makes a fantastic seasonal bruschetta, spread on crusty baguette slices sprinkled with salty feta cheese and extra mint. Or add a spoonful or two to curried fish filets or fish tacos for a fresh summer flavor.

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



\$1.69

NANCY'S
Organic Sour Cream
8 oz.



3/\$5

WESTBRAE
Organic Beans
15 oz., selected varieties



2/\$6

FRONTERA
Salsa
16 oz., selected varieties



\$1.99

MARIA AND RICARDO'S
Tortillas
6-8 ct., selected varieties



2/\$5

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



12/\$12

TAZO

Ready-to-Drink Iced Tea

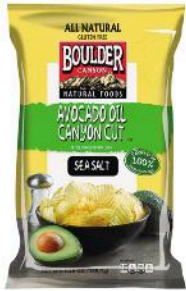
13.8 oz., selected varieties



2/\$6

STONYFIELD

Organic Frozen Yogurt
16 oz., selected varieties



3/\$7

BOULDER CANYON

Potato Chips

5.25-6.5 oz., selected varieties



2/\$3

BACK TO NATURE

Organic Pasta & Cheese Dinner

6 oz., selected varieties



2/\$4

CHOCOLOVE

Chocolate Bar

3.2 oz., selected varieties



2/\$4

ANGIE'S

Puffs

4 oz., selected varieties



3/\$10

NEWMAN'S OWN

Fig Newmans

10 oz., selected varieties

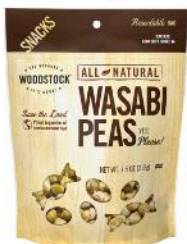


\$2.99

WILD PLANET

Skipjack Tuna

5 oz.
other Wild Planet Tuna
also on sale



\$2.69

WOODSTOCK

Wasabi Peas

7.5 oz.



\$3.69

QUE PASA

Organic Tortilla Chips

16 oz., selected varieties



Honeydew

Especially sweet and juicy, this member of the melon family is most commonly available in a lovely light green variety. Contrast the melon's sweetness by wrapping cubes of fruit in salty prosciutto, then sprinkle with crumbled feta cheese and a grind of black pepper for an al fresco appetizer. Very ripe honeydew melon is perfect for a refreshing chilled soup when blended with lime juice, vanilla and freshly-torn mint leaves. Add powdered ginger, lime juice and fresh basil to plain yogurt, and spoon over chunks of melon. Honeydew's smooth cream-colored rind starts to show subtle wrinkling when the fruit is perfectly ripe.



Fresh Mozzarella

Of course, much has been said about how delicious mozzarella is with vine-ripened tomatoes, and rightfully so. But creamy and mild fresh mozzarella is an excellent accompaniment to many of summer's other flavor-packed produce and herbs, like peaches and nectarines, plums, melons, basil and rosemary. Combine the cheese with cantaloupe and mint leaves for a refreshing brunch salad. Or pair it with earthy mushrooms for a delicious warm side dish; drizzle olive oil over sliced mushrooms and torn pieces of fresh mozzarella, add salt and fresh thyme and broil in the oven. In less than 5 minutes, irresistible melted cheese will be calling your name.



5/\$4

BROWN COW
Cream Top Yogurt
6 oz., selected varieties



\$2.79

PEACE
Cereal
9-12 oz., selected varieties



\$5.39

REDWOOD HILL FARM
Goat Milk Kefir
32 oz., selected varieties



\$3.49

ORGANIC VALLEY
Organic Soy Beverage
64 oz., selected varieties



2/\$5

PACIFIC
Organic Coconut Beverage
32 oz., selected varieties



\$3.99

WOODSTOCK
Organic Frozen Blueberries
10 oz.
other Organic Fruit also on sale



\$5.99

ILLY ISSIMO
Coffee Drink
4 pack, selected varieties



\$3.69

BULK
Organic Thompson Seedless Raisins
per pound in bulk



\$8.99

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



\$3.99

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



\$2.69

GOODBELLY
Probiotic Drink
32 oz., selected varieties



4/\$5

HARVEST BAY
Coconut Water
8.45 oz., selected varieties



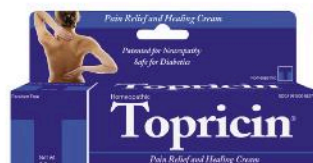
3/\$4

KIND
Nut Bar
1.4-1.6 oz., selected varieties



2/\$4

GOMACRO
Organic Macrobar
2-2.5 oz., selected varieties



\$11.99 **TOPRICIN**
Pain Cream
2 oz.



\$27.99

NEW CHAPTER
Turmeric Force
60 ct.
other New Chapter
Supplements also on sale



\$21.99

NATURAL FACTORS
Coenzyme Q10
Not available at City Market



\$3.99 **JASON**
Toothpaste
4.2-6 oz., selected varieties



\$44.99

VEGA SPORT
Performance Protein
Powder
Special Order Only



Gazpacho

Even the biggest fans of gazpacho, that deliciously-refreshing cold summer soup, may not know that the original Andalusian version was made from almonds, olive oil, vinegar, bread and often fresh grapes. Nowadays, the variations on this "soup-salad" dish are almost endless. Besides the typical tomato-based gazpacho, you can find delicious recipes for tomatillo, melon, strawberry and cucumber versions. So when the produce aisle (or your backyard garden) is bursting at the seams with any of these ingredients, feel free to experiment. Serve your chilled soup with crusty bread, olives, slices of Manchego cheese and Marcona almonds for an easy tapas-themed meal.





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



\$9.99

ALBA BOTANICA
Very Emollient Body
Lotion
32 oz., selected varieties



\$7.99

**AVALON
ORGANICS**
Facial Cleanser
Special Order Only



\$6.99

**ANDALOU
NATURALS**
Shampoo or
Conditioner
Special Order Only



\$2.99

**SEVENTH
GENERATION**
Household Cleaners
26-32 oz., selected varieties



\$3.39

HOMESOLV
Liquid Dish Detergent
25 oz., selected varieties



\$8.99

**EARTH FRIENDLY
PRODUCTS**
Ecos Liquid Laundry
Detergent
100 oz., selected varieties

It's salad time! Get fresh fixings at City Market.

coop™
stronger together

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