

# coop<sup>TM</sup> deals

**AUG 19 - SEPT 1, 2015**



**2/\$6**

**THE GREEK GODS**

Greek Yogurt  
24 oz., selected varieties



**\$3.69**

**CROFTER'S**

Organic Premium Fruit  
Spread  
16.5 oz., selected varieties  
11-12 oz. Crofter's Spreads  
also on sale



**4/\$5**

**ANNIE'S  
HOMEGROWN**

Pasta & Cheese  
Dinner  
6 oz., selected varieties



**5/\$5**

**LARABAR**  
Fruit & Nut Bar

1.6-1.8 oz., selected varieties

## Featured Inside:

- Try our quick and tasty orzo pasta lunch salad recipe
- Pack your lunch salad in a reusable jar – handy hints and tips inside!
- Check out the co-op savings on back-to-school snacks, treats and staples
- String cheese (everybody's favorite high-protein snack) is the featured cheese





## Orzo Pasta Lunch Salad

Serves 4. Prep time: 30 minutes.

### Equipment:

- 4 wide-mouth pint canning jars with lids

### Dressing:

- 1 garlic clove, peeled
- 1/3 cup fresh basil
- 4 to 5 sun-dried tomato halves, roughly chopped
- 3 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1 tablespoon water
- Pinch each of salt and black pepper

### Salad:

- 1/2 cup dry orzo pasta
- 1/2 cup quartered canned artichoke hearts
- 1 cup finely-diced red bell peppers
- 2 cups roughly-chopped fresh spinach
- 3/4 pound ham, cut into bite-sized pieces
- 4 tablespoons shredded Parmesan cheese (optional)

Cook the orzo according to package directions. Drain, chill and set aside. In a blender or food processor, puree the dressing ingredients until smooth. Set aside.

To assemble the salads in the jars, pour 2 to 3 tablespoons of dressing and then layer a quarter of each of the ingredients into each of the four jars as follows: artichoke hearts, red peppers, spinach, ham, cooked orzo and top with Parmesan cheese. Place lids tightly onto the jars and refrigerate. Gently stir or shake together the ingredients just before eating.

Serving suggestion: Make this salad your own by adding olives, feta cheese, salami or cooked garbanzo beans. The salad will last a few days in the refrigerator.

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



**2/\$5**

### NATURAL SEA

Yellowfin Tuna

5 oz., selected varieties  
other Natural Sea Tuna also on sale



**\$3.69**

### RUDI'S ORGANIC BAKERY

Organic Bread

22 oz., selected varieties



**\$2.69**

### DREW'S

All Natural Dressing

12 oz., selected varieties



**5/\$5**

### KOYO

Ramen

2-2.1 oz., selected varieties



**3/\$7**

### TERRA

Exotic Vegetable Chips

5-6 oz., selected varieties





**\$1.99**

**WOODSTOCK**  
Frozen Vegetables  
10 oz., selected varieties



**\$2.99 BULK**  
Organic Dark Red  
Kidney Beans  
per pound in bulk



**\$2.39**  
**WESTBRAE**  
Organic Beans  
25 oz., selected varieties



**\$3.69**  
**RHYTHM  
SUPERFOODS**  
Organic Kale Chips  
2 oz., selected varieties



**3/\$10**  
**BEARITOS**  
Tortilla Chips  
16 oz., selected varieties



**4/\$5**  
**THINKTHIN**  
High Protein Bar  
2.1 oz., selected varieties



**\$6.39**  
**BULK**  
Organic Medjool  
Dates  
per pound in bulk



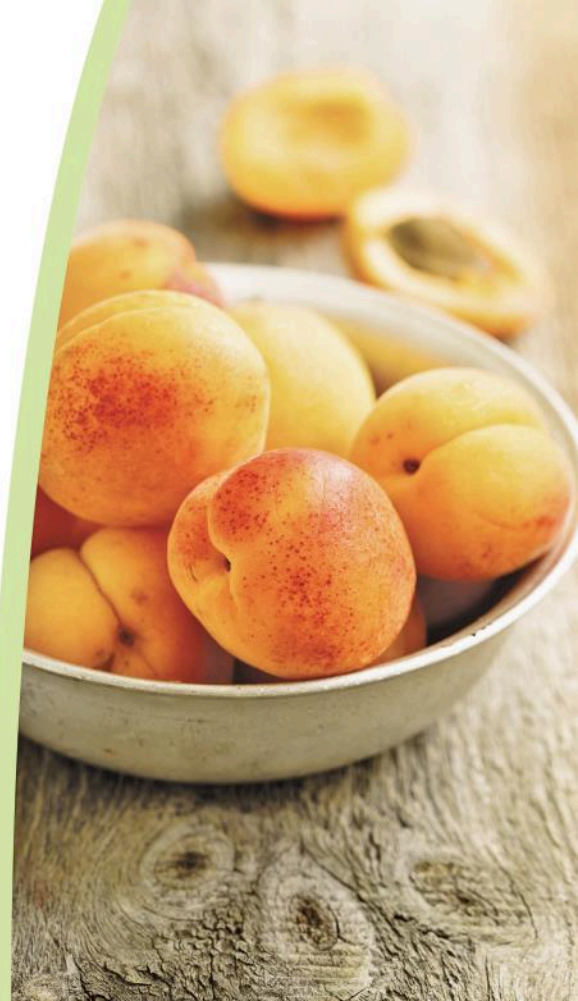
**4/\$5**  
**HUBERT'S**  
Lemonade  
16 oz., selected varieties



**\$2.99**  
**HAIL MERRY**  
Miracle Tart  
2.5-3.5 oz., selected varieties



**2/\$6**  
**BLUE SKY**  
Natural Soda  
6 pack, selected varieties



## Know Your Stone Fruit

The family of deliciousness known as stone fruits includes sweet and sour cherries, plums, peaches, nectarines and apricots, as well as an array of other fruits that are produced by crossbreeding (typically through hand-pollination) of two varieties.

Pluots are a cross between plums and apricots, with the plum characteristics a bit more dominant in their smooth skin and variety of colors. An aprium, while also a plum/apricot cross, has fuzzy skin and more of an apricot flavor too. Plumcots have been around for more than a century, and are just about half plum and half apricot. Eat them ripe, and enjoy them often!





## Heirloom Tomato Gazpacho

Serves 6. Prep time: 20 minutes active; 1 to 3 hours total.

- 2 pounds ripe heirloom tomatoes, roughly chopped
- 1 cucumber, seeds removed, roughly chopped
- 1 small red onion, chopped
- 1 green bell pepper, chopped
- 2 tablespoons minced garlic
- 1 jalapeño pepper, chopped
- 1 cup cubed bread (French or rustic bread)
- 2 tablespoons red wine vinegar
- 2 tablespoons lime juice
- 4 tablespoons olive oil
- 2 tablespoons chopped fresh cilantro
- Salt and black pepper to taste

Combine all ingredients in a blender (in 2 to 3 batches, as everything will not fit into the blender at once). Blend until very smooth. Place in a bowl, stir the blended batches together and refrigerate for a few hours to allow the flavors to meld. Taste for salt and black pepper and serve chilled.

Serving suggestion: A summer favorite, this Spanish soup makes a refreshing and simple lunch with a green salad and crusty bread or alongside a meze platter. You can sweeten the dish by adding some cubed fresh melon or strawberries. Gazpacho is best served slightly chilled, not ice cold.

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



**\$4.39**

**SO DELICIOUS**  
Coconut Milk Frozen  
Dessert  
16 oz., selected varieties



**\$1.69** **BULK**  
Organic Brown  
Flaxseeds  
per pound in bulk



**\$8.99**

**EQUAL EXCHANGE**  
Organic French Roast  
Coffee  
per pound in bulk  
Decaf French Roast Coffee \$11.99



**\$3.69**

**CASCADIAN FARM**  
Organic Cereal  
15-16 oz., selected varieties



**\$1.19** **SILK**  
Dairy-Free Yogurt  
5.3 oz., selected varieties





3/\$7

**WESTSOY**

Organic Soy Beverage  
32 oz., selected varieties



2/\$4

**SO DELICIOUS**

Coconut Milk  
32 oz., selected varieties



\$3.39

**NATURE'S PATH**

Organic Cereal  
10.6-14 oz., selected varieties



\$3.99

**GREEN VALLEY ORGANICS**

Organic Kefir  
32 oz., selected varieties



\$4.99

**ORGANIC VALLEY**

Organic Omega 3 Milk  
64 oz., selected varieties



\$2.99

**BARBARA'S**

Puffins Cereal  
9-11 oz., selected varieties



2/\$7

**BLUE DIAMOND**

Almond Breeze  
64 oz., selected varieties



\$2.99

**SYNERGY**

Organic Kombucha  
with Chia  
16 oz., selected varieties



2/\$4

**AMY & BRIAN**

Coconut Juice  
17.5 oz., selected varieties



\$2.69

**YVES**

Meatless Canadian Bacon  
6 oz.  
other Yves products also on sale



## Heirloom Tomatoes

Bursting with flavor and available in a veritable rainbow of colors, heirloom tomatoes are a beautiful part of a seasonal meal. Add thick slices of heirlooms, basil leaves and a smear of herbed chevre to a fried or basted egg on a toasted English muffin for a tasty breakfast. A tomato-bread salad is a delicious alternative to a classic caprese salad. Bake garlic cloves and torn day-old bread, tossed in olive oil, and then combine with diced tomatoes, chopped fresh basil, salt, black pepper, balsamic and olive oil. A juicy heirloom slice may take your BLT to bold new levels.





## String Cheese

So, what makes string cheese stringy? It's made by heating cheese (most often mozzarella) until it becomes stretchy and forms into strands. The perfect ready-to-eat snack for anyone, ages 8 to 80, string cheese offers a mild and milky flavor in a convenient, single serving. Slice string cheese into rounds and add to toothpick kebabs with cherry tomatoes and olives, then drizzle with olive oil and sprinkle with herbs for a Mediterranean antipasto platter. Or coat with a mixture of bread crumbs, milk and dried herbs and bake in a hot oven; serve the homemade mozzarella sticks with warmed marinara sauce for a blockbuster snack.



**3/\$10**

**NEWMAN'S OWN**

Newman-O's Cookies

13 oz., selected varieties



**\$3.69**

**ANNIE'S HOMEGROWN**

Organic Graham Crackers

14.4 oz., selected varieties



**\$4.99**

**ORGANIC VALLEY**

Organic Stringles

6 oz., selected varieties



**2/\$6**

**ANNIE'S HOMEGROWN**

Organic Fruit Snacks

4 oz., selected varieties



**\$3.69**

**CASCADIAN FARM**

Organic Granola Bars

7.4 oz., selected varieties



**\$3.99**

**EARTH BALANCE**

Peanut Butter Spread

16 oz., selected varieties



**3/\$5**

**GIMME**

Organic Seaweed Snacks

.35 oz., selected varieties



**2/\$6**

**R.W. KNUDSEN**

Organic Juice

32 oz., selected varieties



**2/\$7**

**HONEST KIDS**

Organic Juice Drink

8 ct., selected varieties



**\$3.69**

**NATURAL BREW**

Soda

4 pack, selected varieties





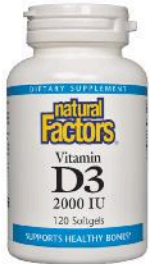
**\$3.99**

**TOM'S OF MAINE**  
Toothpaste  
4-4.7 oz., selected varieties



**\$14.99**

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



**\$5.99**

**NATURAL FACTORS**  
Vitamin D3 2000 IU  
120 ct.  
other Natural Factors  
Supplements also on sale



**\$18.99**

**RENEW LIFE**  
Ultimate Flora Adult  
Formula 15 Billion  
30 ct.  
other Probiotic products  
also on sale



**\$7.99**

**HYLAND'S 4 KIDS**  
Cold 'n Cough  
4 oz., selected varieties  
other Hyland's 4 Kids products  
also on sale



**\$14.99**

**RAINBOW LIGHT**  
Kid's One Multivitamin  
90 ct.  
other Children's Supplements  
also on sale



**\$11.99**

**AVALON ORGANICS**  
Vitamin C Moisturizer  
4 oz.  
other Facial Care products  
also on sale



**\$5.99**

**DESERT ESSENCE**  
Thoroughly Clean  
Face Wash  
8.5 oz., selected varieties  
other Facial Care products  
also on sale



**3/\$10**

**ALAFFIA**  
Bar Soap  
5 oz., selected varieties



## Salad in a Jar

Besides pickles, jam and lemonade, what else can you put in a canning jar? Well, how about a homemade, healthy lunch salad? All you need is a clean, dry mason jar (about a pint is the perfect size). Add 1 to 2 tablespoons of your favorite dressing, followed by some harder chopped veggies like carrots, celery and onion – these will absorb some of the flavor from the dressing while retaining their crunch. Add some cooked beans or grains, like leftover rice or wheat berries from last night's pilaf, followed by some cubed tofu, shredded cooked chicken or tuna. Top with cheese or some chopped fresh or dried fruit, pop on the lid and you're ready to go!

Visit [www.strongertogether.coop](http://www.strongertogether.coop)  
for more great DIY ideas.





## FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

### CONNECTICUT

**Willimantic Food Co-op**  
91 Valley Street, Willimantic

### DELAWARE

**Newark Natural Foods Co-op**  
230 East Main Street, Newark

### FLORIDA

**Ever'man Cooperative Grocery & Cafe**  
315 W. Garden Street, Pensacola

**New Leaf Market Co-op**  
1235 Apalachee Parkway, Tallahassee

### GEORGIA

**Life Grocery & Cafe**  
1453 Roswell Road, Marietta

**Sevananda Natural Foods Market**  
467 Moreland Avenue N.E., Atlanta

### MAINE

**Belfast Co-op**  
123 High Street, Belfast

**Blue Hill Co-op Community Market**  
4 Ellsworth Road, Blue Hill

**Rising Tide Community Market**  
323 Main Street, Damariscotta

### MARYLAND

**The Common Market**  
5728 Buckeystown Pike, Frederick

**TPSS Co-op**  
201 Ethan Allen Avenue, Takoma Park

### MASSACHUSETTS

**Berkshire Co-op Market**  
42 Bridge Street, Great Barrington

**Green Fields Market**  
144 Main Street, Greenfield

**Harvest Co-op Market - Arboretum**  
3815 Washington Street, Jamaica Plain

**Harvest Co-op Market - Cambridge**  
580 Mass Avenue, Cambridge

**McCusker's Market**  
3 State Street, Shelburne Falls

**River Valley Market**  
330 North King Street, Northampton

**Wild Oats Market**  
320 Main Street, Williamstown

### NEW HAMPSHIRE

**Concord Food Co-op**  
24 South Main Street, Concord

**Concord Food Co-op of New London**  
52 Newport Road, New London

**Hanover Co-op Market**  
43 Lyme Road, Hanover

**Hanover Co-op Food Store**  
45 South Park Street, Hanover

**Littleton Food Co-op**  
43 Bethlehem Road, Littleton

**Monadnock Food Co-op**  
34 Cypress Street, Keene

### NEW YORK

**Abundance Cooperative Market**  
62 Marshall Street, Rochester

**Flatbush Food Cooperative**  
1415 Cortelyou Road, Brooklyn

### GreenStar Cooperative Market

701 West Buffalo Street, Ithaca  
215 North Cayuga Street, Ithaca

**Honest Weight Food Co-op**  
100 Watervliet Avenue, Albany

**Hungry Hollow Co-op**  
841 Chestnut Ridge Road, Chestnut Ridge

**Lexington Cooperative Market**  
807 Elmwood Avenue, Buffalo

**Syracuse Real Food Co-op**  
618 Kensington Road, Syracuse

**NORTH CAROLINA**  
**Chatham Marketplace**  
480 Hillsboro Street, Pittsboro

**Company Shops Market**  
268 E. Front Street, Burlington

**Deep Roots Market**  
600 North Eugene Street, Greensboro

**Durham Co-op Market**  
1111 W. Chapel Hill Street, Durham

**French Broad Food Co-op**  
90 Biltmore Avenue, Asheville

**Hendersonville Community Co-op**  
60 S. Charleston Lane, Hendersonville

**Tidal Creek Cooperative Food Market**  
5329 Oleander Drive, Wilmington

**Weaver Street Market**  
101 E. Weaver Street, Carrboro  
716 Market Street, Chapel Hill  
228 South Churton Street, Hillsborough

### PENNSYLVANIA

**East End Food Co-op**  
7516 Meade Street, Pittsburgh

**Mariposa Food Co-op**  
4824 Baltimore Avenue, Philadelphia

### Weavers Way Co-op Mt. Airy

559 Carpenter Lane, Philadelphia

**Weavers Way Co-op Chestnut Hill**  
8424 Germantown Avenue, Philadelphia

**Whole Foods Cooperative**  
1341 West 26th Street, Erie

### TENNESSEE

**Three Rivers Market**  
1100 N. Central Street, Knoxville

### VERMONT

**Brattleboro Food Co-op**  
2 Main Street, Brattleboro

**City Market/Onion River Co-op**  
82 S. Winooski Avenue, Burlington

**Co-op Food Store**  
209 Maple Street, White River Jct.

**Hunger Mountain Co-op**  
623 Stone Cutters Way, Montpelier

**Middlebury Natural Foods Co-op**  
9 Washington Street, Middlebury

**Putney Food Co-op**  
8 Carol Brown Way, Putney

**Springfield Food Co-op**  
335 River Street, Springfield

**Upper Valley Food Co-op**  
193 N. Main Street, White River Jct.

### VIRGINIA

**Friendly City Food Co-op**  
150 East Wolfe Street, Harrisonburg

**Roanoke Natural Foods Co-op**  
1319 Grandin Road S.W., Roanoke  
1 Market Square S.E., Roanoke



**\$6.99**

### FIELD DAY

Bath Tissue

12 ct.  
other Field Day Paper  
products also on sale



**2/\$5**

### SEVENTH GENERATION

Dish Liquid  
25 oz., selected varieties



**\$2.99**

### EO

Organic Hand  
Sanitizer Spray  
2 oz.

# coop kitchen

See what's cooking at [www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen)



**\$2.39**

### SEVENTH GENERATION

Baby Wipes

30 ct.  
Baby Diapers also on sale

## Everyone welcome, every day!

**coop**™  
stronger together

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