

coopTM deals

FEB 3 - FEB 16, 2016



3/\$5

CHOCOLOVE
Chocolate Bar
3.2 oz., selected varieties



\$7.99

EVERYDAY SHEA
Body Lotion
32 oz., selected varieties
other Everyday Shea products
also on sale



\$6.99

DR. BRONNER'S
Organic Coconut Oil
14 oz., selected varieties



3/\$5

KETTLE BRAND
Potato Chips
5 oz., selected varieties



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, CATS'cratch, Knight & CCCash Cards and manufacturers' coupons



Pesto Di Noci

Serves 6. Prep time: 10 minutes active; 30 minutes total.

- ½ cup walnuts
- 1 12-ounce package whole wheat linguine
- 2 cloves garlic, peeled
- 3 tablespoons olive oil
- 2 cups fresh basil leaves
- ½ cup ricotta cheese
- Salt and black pepper to taste

Heat oven to 350 degrees F. Spread walnuts in a single layer on an ungreased baking sheet and toast in the oven for 5 to 10 minutes until golden brown. Cook the pasta, according to package directions, until al dente. Drain and set aside.

While the pasta cooks, blend the toasted walnuts, garlic, olive oil and basil in a food processor until a smooth paste is formed. Toss the warm linguine with the pesto, then fold in the ricotta cheese. Add salt and pepper to taste and serve warm.

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



\$1.99 **BIONATURAE**
Organic Pasta
16 oz., selected varieties



\$9.99 **NAPA VALLEY
NATURALS**
Organic Extra Virgin
Olive Oil
25.4 oz., selected varieties



3/\$5 **BIONATURAE**
Organic Tomato Paste
7 oz.
Bionaturae Tomatoes
also on sale



\$2.39 **DREW'S**
Dressing
12 oz., selected varieties



2/\$4 **CASCADIAN FARM**
Organic Frozen
Vegetables
16 oz., selected varieties



2/\$3

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



2/\$8

TALENTI
Gelato or Sorbet
16 oz., selected varieties



2/\$4

**HEALTH VALLEY
GLUTEN FREE
CAFE**
Soup
15 oz., selected varieties



\$5.39

AMY'S
Pizza
12-14 oz., selected varieties



\$4.69

TRUROOTS
Organic Sprouted
Quinoa
12 oz.



\$4.39 **NATURAL SEA**
Fish Sticks or Fillets
8 oz., selected varieties



\$1.99

SAN-J
Black Label Tamari
10 oz.
other 10 oz. Sauces and
Tamari also on sale



\$3.39

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



4/\$5

LOTUS FOODS
Rice Ramen
2.8 oz., selected varieties



\$3.39

WILD PLANET
Albacore Tuna
5 oz., selected varieties



Movie Night!

Need an idea for a great night in? Why not pair a food movie with dinner? For family night, watch the animated film "Ratatouille" while savoring its namesake dish, served with slices of crusty French bread and a green salad; it's fun, fresh and flavorful. Or for something a bit more romantic, take your pick of noodle dishes: a steaming bowl of ramen noodles in savory broth and "Tampopo" on the screen; or a classic platter of spaghetti and red sauce with (what else?) "Lady and the Tramp." And the French film "Chocolat" inspires hand-made chocolate truffles as a dessert course.

Visit www.strongertogether.coop for a simple and sweet truffle recipe, or a Garlic Basil Ratatouille that takes just 30 minutes to make.



Kale and Potato Hash

Serves 4. Prep time: 30 minutes.

- 1 16-ounce package frozen hash browns, slightly thawed
- 1 bunch kale, trimmed and thinly sliced (chiffonade)
- ½ yellow onion, minced
- 1 clove garlic, peeled and minced
- 4 ounces vegetarian sausage, crumbled
- Salt and black pepper to taste
- 2 tablespoons vegetable oil or butter

In a mixing bowl, stir together the hash browns, kale, onion, garlic, veggie sausage crumbles and a pinch each of salt and pepper.

In a large skillet, heat the oil or butter over medium-high heat. When the skillet is very hot, add the hash brown mixture and press firmly into the pan. Cook for a few minutes until browned on the bottom, stir, press down again and cook another few minutes until browned on the bottom. Continue to cook and brown the hash browns until desired doneness. Serve warm.

Serving suggestion: This simple, filling one-skillet dish is as great a choice for winter weekend breakfasts as it is for quick weeknight suppers. Use pork or chicken sausage crumbles, chopped bacon or leftover pulled chicken or pork instead of vegetarian sausage if you prefer, and top with a fried egg for a super-hearty dish.

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\$8.99

**EQUAL
EXCHANGE**

Organic Love Buzz
Coffee

per pound in bulk
Decaf French Roast Coffee
\$11.99 per pound



\$3.39

THE GREEK GODS

Greek Yogurt

24 oz., selected varieties



\$3.39

NATURE'S PATH

Organic Love Crunch
Cereal

10.6-11.5 oz., selected varieties



2/\$7

**ARROWHEAD
MILLS**

Pancake & Waffle Mix

26 oz., selected varieties
other Pancake & Waffle Mixes
also on sale



\$5.99

**UNCLE MATT'S
ORGANIC**

Juice

59 oz., selected varieties



2/\$4

SO DELICIOUS

Coconut Milk
32 oz., selected varieties



\$2.99

KASHI

Organic Cereal
9.5-16.3 oz., selected varieties



2/\$6

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



2/\$6

BROWN COW

Cream Top Yogurt
32 oz., selected varieties



\$3.99

GREEN VALLEY ORGANICS

Organic Kefir
32 oz., selected varieties



\$2.69

OREGON CHAI

Organic Chai
Concentrate
32 oz., selected varieties



2/\$6

GOOD KARMA

Flax Milk
64 oz., selected varieties



2/\$8

WALLABY

Organic Kefir
32 oz., selected varieties



\$2.39

MARIA AND RICARDO'S

White Flour Tortillas
8 ct.
other Tortillas also on sale



\$3.39

EREWHON

Organic Cereal
10-15 oz., selected varieties



Russet Potatoes

Mashed, boiled, baked or fried, versatile potatoes are a beloved dinnertime staple. Brown, thick-skinned russets are perfect for baking and frying. Homemade hash browns are best with russets, too; the trick is to squeeze out excess moisture after grating. A tasty potato leek soup is simple: purée cubed russets and leeks cooked in water or stock, then top with Greek yogurt or sour cream. Enjoy a twice-baked potato stuffed with sautéed onion and garlic and shredded sharp cheddar. Or sauté russets, green pepper, yellow onion and ham in olive oil and top with a baked egg for a hearty breakfast scramble.

Visit www.strongertogether.coop for more ideas and recipes.



ILY DIY*

A great way to share the love for Valentine's Day is also super-easy and fun: make your own custom chocolate bark. Line a baking sheet with foil or parchment paper. Chop up a pound of chocolate and melt in a double-boiler or heatproof bowl set over a pot of boiling water. Pour the melted chocolate (use dark, milk or white) onto the lined baking sheet, and get creative with whatever toppings suit your fancy: nuts, dried fruit, granola, candied ginger, pomegranate seeds. For a tropical twist, try chopped macadamia nuts, coconut and dried pineapple. Or sweet and salty, with crushed potato chips and peanuts. Let the bark harden in the fridge, break into pieces and get ready to say "you're welcome!"

* "I Love You" and "Do It Yourself"



3/\$10

NEWMAN'S OWN

Newman-O's
13 oz., selected varieties



\$1.39

JUSTIN'S

Organic Peanut Butter
Cups
1.4 oz., selected varieties



\$2.39

THEO

Organic Chocolate Bar
3 oz., selected varieties
other Theo products
also on sale



2/\$6

GO RAW

Sprouted Cookies
3 oz., selected varieties



\$1.39

BULK

Organic Sugar
per pound in bulk



2/\$7

ZEVIA

Zero Calorie Soda
6 pack, selected varieties



\$1.99

EVOL

Burrito
6 oz., selected varieties



\$4.99

ORGANIC VALLEY

Organic Cheese
8 oz., selected varieties



2/\$5

TERRA

Exotic Vegetable Chips
5-6 oz., selected varieties



2/\$4

GARDEN OF EATIN'

Corn Tortilla Chips
7.5-8.1 oz., selected varieties



\$13.99

BULK

Organic Walnuts
per pound in bulk



3/\$5

AMY & BRIAN

Coconut Water
17.5 oz., selected varieties



\$5.99

BULK

Organic Dried
Cranberries
per pound in bulk



\$3.99

EARTH BALANCE

Coconut & Peanut
Spread
16 oz., selected varieties



2/\$4

PROBAR

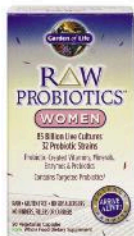
Meal Bar
3 oz., selected varieties



\$2.39

HAPPY BABY

Organic Yogis
1 oz., selected varieties



\$39.99

GARDEN OF LIFE

RAW Probiotics
90 ct., selected varieties



\$18.99

GAIA HERBS

Turmeric Supreme
Extra Strength

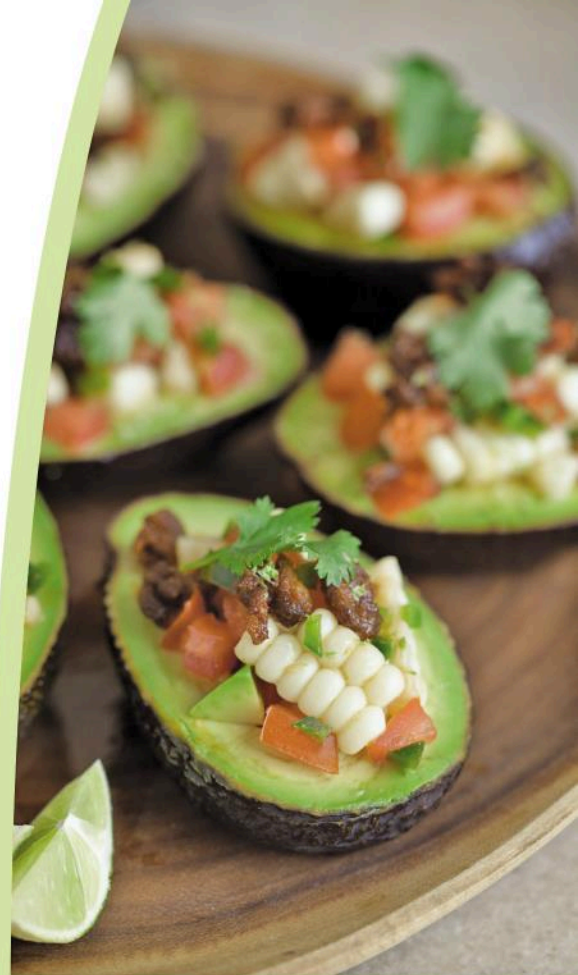
60 ct.
other Gaia Herbs products
also on sale



\$9.99

BOIRON

Oscillococcinum
6 dose
other Boiron products also on sale



Heart-Healthy Foods

It's no coincidence that February is both "Healthy Heart Month" and the month we celebrate all things romantic. Many heart-healthy foods are reputed to be boons to romance, too! Avocados and asparagus are both high in vitamin E. Bananas are a great source of potassium, which helps strengthen muscles and is essential for a healthy heart. Red wine, grapes and chocolate are rich in antioxidants. Omega-3 fatty acids, found in salmon and other types of fish, are known to decrease triglycerides, lower cholesterol and ease inflammation. So if you're cooking for your loved ones this Valentine's Day, remember to include some food for their hearts.

New!

JAY PEAK
VERMONT

Sandwiches!

**Derick's
Hot Shot**

A Buffalo Chicken Blue Cheese
Bonanza... With Bacon!

**André's
Paradise**

A Thai Peanut Seitan
Wonder... That's Vegan!

In the Grab 'n' Go cooler
\$8.99

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**City
Market**
Union River Co-op



\$2.99

EO
Hand Sanitizer Spray
2 oz., selected varieties
other EO products
also on sale



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



\$25.99

THE DIVA CUP
Menstrual Cup
each, selected varieties



\$9.99

**SEVENTH
GENERATION**
Liquid Laundry
Detergent
100 oz., selected varieties



\$1.69 GREEN FOREST
Facial Tissues
175 ct.



\$2.99

SUSTAIN
Condoms
3 ct., selected varieties

Great deals you'll love - at the co-op!

coopTM
stronger together

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