

# coop<sup>TM</sup> deals

MAY 18 - MAY 31, 2016



**\$6.99**

**ALBA  
BOTANICA**

Sunscreen  
4 oz., selected varieties



**2/\$5**

**VITA COCO**

Pure Coconut Water  
33.8 oz., selected varieties



**\$9.99**

**SPECTRUM**

Organic Unrefined  
Extra Virgin Olive Oil  
25.4 oz.



**2/\$4**

**TERRA**

Vegetable Chips  
5-6 oz., 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, CATScratch, Knight & CCCash Cards and manufacturers' coupons





## No-Bake Apricot Cashew Energy Bars

Makes 14 bars. Prep time: 15 minutes active; 1 hour, 15 minutes total.

- 1 ½ cups chopped dried apricots
- ½ cup Navitas cashews
- ½ cup almonds
- ½ cup cashew butter
- ½ cup peanut butter
- 1 cup flaked coconut
- ⅓ cup Navitas shelled hemp seeds
- ⅓ cup Navitas chia seeds
- 3 tablespoons Navitas cacao powder
- 1 tablespoon Navitas maca powder

Place the apricots, cashews, almonds and cashew butter in a food processor and mix until the apricots are finely chopped and the ingredients have come together. The mixture will still be coarse.

Transfer to a mixing bowl and add the remaining ingredients. Stir until the mixture takes on the consistency of a very thick dough. Line a loaf pan with parchment paper and press mixture firmly into the bottom of the pan. Chill in the refrigerator for at least one hour, then check to make sure it has set. When set, turn the mixture out onto a cutting board and slice into 14 pieces. Keeps refrigerated up to 5 days.

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



**\$6.99**

**NAVITAS**

Organic Raw Cacao Powder

8 oz.  
other Navitas products  
also on sale



**2/\$4**

**NICK'S STICKS**

Grass-Fed Beef  
Snack Sticks

1.7 oz., selected varieties



**\$7.99**

**MARANATHA**

No Stir Almond  
Butter

12 oz., selected varieties



**\$5.69**

**BULK**

Organic Sweetened  
Dried Cranberries  
per pound in bulk



**\$2.39**

**ORGANIC PRAIRIE**

Organic Mighty Bar  
1 oz., selected varieties





**\$2.99**

**KIND**  
Healthy Grains Bars  
5 ct., selected varieties



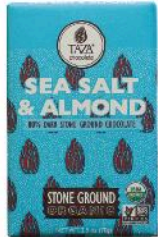
**4/\$5**

**THINKTHIN**  
High Protein Bar  
2.1 oz., selected varieties



**\$3.69**

**ALIVE & RADIANT**  
Kale Krunch  
2.2 oz., selected varieties



**2/\$5**

**TAZA**  
Organic Chocolate Bar  
2.5 oz., selected varieties



**4/\$5**

**HAPPY FAMILY**  
Organic Baby Food  
Pouches  
3.5-4.22 oz., selected varieties



**2/\$5**

**ANNIE'S HOMEGROWN**  
Bunny Grahams or  
Crackers  
7.5 oz., selected varieties



**2/\$4**

**LATE JULY ORGANIC**  
Organic Multigrain  
Chips  
5.5-6 oz., selected varieties



**\$4.39**

**LITTLE NORTHERN BAKEHOUSE**  
Sandwich Loaves  
16-17 oz., selected varieties



**2/\$3**

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



**2/\$6**

**HAIL MERRY**  
Miracle Tart  
3 oz., selected varieties



**2/\$6**

**GREEN & BLACK'S**  
Organic Chocolate  
3.5 oz., selected varieties



**2/\$6**

**ANNIE'S HOMEGROWN**  
Organic Fruit Snacks  
4 oz., selected varieties



**\$4.99**

**SMART FLOUR**  
Pizza  
10-10.3 oz.  
\* Available by special  
order only



**\$3.69**

**NATURAL BREW**  
Soda  
4 pack, selected varieties



**\$1.99**

**TANDOOR CHEF**  
Naan Pizza  
7.4-8.5 oz., selected varieties





## Grilled Veggies with Smoked Paprika Vinaigrette

Serves 4. Prep time: 30 minutes.

### Vinaigrette:

- ½ cup white wine vinegar
- ½ cup olive oil
- ⅓ cup honey
- ½ cup green olives
- 1 tablespoon Dijon
- 1 tablespoon smoked paprika
- 3 cloves garlic, minced
- ¼ cup packed fresh basil leaves
- 1 teaspoon sea salt

### Vegetables:

- 2 tablespoons vegetable oil
- ½ cup baby carrots, cut in half lengthwise
- 1 ½ cups halved button mushrooms
- 1 cup cherry tomatoes, halved
- 1 large red onion sliced into ½-inch thick slices
- 2 zucchini, ends trimmed, halved lengthwise
- 1-pound bag washed mixed salad greens

Place all ingredients for the vinaigrette in a blender or food processor. Blend until emulsified and set aside.

Heat the grill to medium-high. Drizzle all the vegetables with the oil. Place the carrots on the grill, turning every 4 to 5 minutes, until you can pierce them with a fork (15 to 20 minutes total). Make a foil packet for the mushrooms and tomatoes and place on the grill, or use a grilling basket to cook for 6 to 8 minutes, until cooked through. Next, grill the onion and zucchini until tender, approximately 3 to 5 minutes per side. Arrange salad greens on a serving platter, place grilled vegetables atop the greens and drizzle with the vinaigrette to taste. Leftover dressing will keep refrigerated for a week or more.

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



**\$1.99**

**BIONATURAE**

Organic Pasta

16 oz., selected varieties



**3/\$5**

**BIONATURAE**

Organic Tomato Paste

7 oz.

Organic Tomatoes 2/\$5



**\$2.39**

**FOOD**

**MERCHANT**

Organic Polenta

18 oz., selected varieties  
other Polenta also on sale



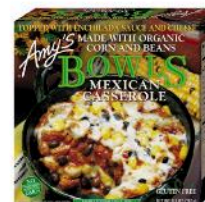
**\$4.39**

**UDI'S GLUTEN-FREE**

Frozen Entrees

8 oz

\*Available by special order only



**\$3.69**

**AMY'S**

Frozen Dinners

9-11 oz., selected varieties





2/\$5

**KETTLE BRAND**

Potato Chips  
5 oz., selected varieties



2/\$4

**WOODSTOCK**

Organic Ketchup  
20 oz.  
other Organic Condiments  
also on sale



2/\$6

**MARY'S GONE  
CRACKERS**

Organic Thins Crackers  
4.5 oz., selected varieties



5/\$5

**HONEST TEA**

Organic Ready-to-Drink  
Tea  
16 oz., selected varieties



\$2.69

**HOPE HUMMUS**

Organic Hummus  
8 oz., selected varieties



2/\$6

**FOOD SHOULD  
TASTE GOOD**

Tortilla Chips  
11 oz., selected varieties



\$1.99

**SAN-J**

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



3/\$5

**SANTA CRUZ  
ORGANIC**

Organic Lemonade  
32 oz., selected varieties



\$2.39

**BULK**

Organic Pinto Beans  
per pound in bulk



\$6.99

**SPECTRUM**

Organic Unrefined  
Coconut Oil  
14 oz.  
Refined Coconut Oil \$4.99

EAT BECAUSE  
**WOODSTOCK**  
IT'S GOOD!



Enter  
FOR A CHANCE TO WIN  
A WOODSTOCK  
WAGON!



Join us  
and together

we can learn, share, grow  
team Non-GMO!



No purchase necessary to win. Void where prohibited.

Entry forms available at participating food co-ops.

One prize will be awarded at each participating location at the end of the promotion. Woodstock is dedicated to educating about the importance of organic and Non-GMO foods. Visit us online at [teamnongmo.com](http://teamnongmo.com) to learn more.



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## Gouda

Creamy, rich and gently sweet, Gouda is a top-notch melting cheese. Up your grilled cheese game by melting thick slices of Gouda on tangy rye bread with roasted mushrooms and caramelized onion. Or used smoked Gouda with roasted red peppers, fresh arugula and a smear of grainy mustard on whole wheat bread. Melted with butter, flour, cream cheese and fresh herbs, smoked Gouda makes a memorable macaroni and cheese. Herbed Gouda varieties are an easy way to add flavor to sandwiches: try a dill Gouda with sliced turkey, cucumber, shallot and mayo.



**3/\$4**

**FAGE**

Total Greek Yogurt  
5.3-7 oz., selected varieties



**\$2.69**

**SO DELICIOUS**

Organic Coconut Milk  
64 oz., selected varieties



**3/\$4**

**ALMOND DREAM**

Almond Non-Dairy  
Yogurt  
6 oz., selected varieties



**2/\$6**

**BARBARA'S**

Cereal  
8-14 oz., selected varieties



**\$1.19**

**CHOBANI**

Greek Yogurt  
5.3 oz., selected varieties



**2/\$4**

**SO DELICIOUS**

Organic Coconut Milk  
32 oz., selected varieties



**\$2.99**

**LOVE GROWN FOODS**

Cereal  
8-12 oz., selected varieties



**\$3.39**

**EREWHON**

Organic Cereal  
10-15 oz., selected varieties



**\$4.99**

**GLUTINO**

English Muffins  
16.9 oz., selected varieties



**\$8.99**

**EQUAL EXCHANGE**

Organic French Roast  
Coffee  
per pound in bulk





**\$4.39**

**GREEN VALLEY ORGANICS**

Organic Kefir  
32 oz., selected varieties



**5/\$5**

**WALLABY**

Organic Yogurt  
6 oz., selected varieties



**\$19.99**

**GARDEN OF LIFE**

Organic Plant Protein  
240-280 oz., selected varieties



**2/\$6**

**STAHLBUSH ISLAND FARMS**

Frozen Fruit  
10 oz., selected varieties



**\$1.19**

**BULK**

Organic Steel Cut  
Oats  
per pound in bulk



**\$2.39**

**R.W. KNUDSEN**

Juice  
32 oz., selected varieties



**\$7.99**

**YERBA PRIMA**

Psyllium Husks Powder  
12 oz., selected varieties



**\$13.99**

**TERA'S WHEY**

Simply Pure Whey  
Protein  
12 oz.,

\*Available by special order  
only



**\$19.99**

**RAINBOW LIGHT**

Women's One Multivitamin  
90 ct.  
other Women's Multivitamins  
also on sale

## Making Vinaigrettes

Vinaigrette is an ideal medium for improvisation. The basic proportions are three parts oil to one part vinegar — the rest is up to you! Whisk in red or white wine vinegar, balsamic vinegar or citrus juice. Beyond salt and pepper, season a vinaigrette with fresh herbs like tarragon, thyme or dill. Lemon and orange zest add lively flavor, as do minced garlic and shallots or grainy mustard. Sweeten with a drizzle of honey or maple syrup. For a creamy dressing, blend in a dollop of plain yogurt or sour cream; avocado or silken tofu offer a dairy-free alternative.





# Convenient Location and Great Selection

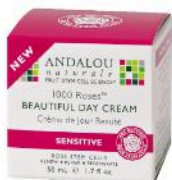
- Thousands of Vermont products
- Extensive beer & wine department
- Large variety of wellness products
- Hot and cold food bar
- Deli sandwiches
- Fresh local produce
- Artisan cheese
- Fresh cut meat
- Friendly staff

**City Market**  
Onion River Co-op

## Your Community-Owned Grocery Store

82 S. Winooski Ave., Burlington VT 05401

Open 7am - 11pm every day • 802-861-9700 • [www.citymarket.coop](http://www.citymarket.coop)



**\$14.99**

### ANDALOU NATURALS

Beautiful Day Cream

1.7 oz.

other Andalou Naturals Facial  
Care also on sale



**2/\$10**

### NATURE'S GATE

Shampoo or

Conditioner

18 oz., selected varieties



**\$7.99**

### SEVENTH GENERATION

Unbleached Bath

Tissue

12 ct.

other Paper Products also on  
sale



**\$16.99**

### JARROW FORMULAS

Fem-Dophilus

30 ct.

\*Available by special order  
only



**\$4.99**

### BOIRON

Arnica

1-1.5 oz., selected varieties



**\$3.99**

### DESERT ESSENCE

Toothpaste

6.25 oz., selected varieties

**Stock up on snacks for your hikes!**

**coop**™  
stronger together

NESE0516BZ1,2,3