

# coop<sup>TM</sup> deals

JUNE 1 - JUNE 14, 2016



2/\$5

**ANNIE'S  
NATURALS**

Organic Dressing  
8 oz., selected varieties



\$2.39

**KEVITA**

Organic Kombucha  
15.2 oz., selected varieties



3/\$5

**SANTA CRUZ  
ORGANIC**

Organic Lemonade  
32 oz., selected varieties



2/\$5

**BLUE SKY**

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





## Peach And Strawberry Bruschetta

Serves 4-6. Prep time: 15 minutes.

- 2 fresh peaches
- ½ pint fresh strawberries
- 1 tablespoon honey
- ½ teaspoon smoked sea salt
- ¼ cup chopped fresh chives
- 1 teaspoon chopped fresh thyme
- 1 teaspoon sherry vinegar
- 2 tablespoons olive oil, divided
- 6 ounces chevre
- 1 whole wheat baguette, sliced

Preheat the oven to 375 degrees F.

Peel the peaches by bringing a pot of water to boil. Cut a small "X" into the pointed end of each peach, and submerge in boiling water for approximately 30 seconds. Remove the peaches from the boiling water with a strainer or tongs, and drop into a bowl of ice water. The skin will slip off, or at least, be fairly easy to peel. Halve, pit and dice the peaches and stem and dice the strawberries. Stir in the honey, sea salt, chives, thyme, sherry vinegar and 1 tablespoon of the olive oil; set aside. Brush the baguette slices lightly with the rest of the olive oil, and place in a single layer on a baking sheet in the oven to toast for 15 or 20 minutes, turning once halfway through. Spread the warm baguette slices with chevre and top with the fruit mixture.

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



**2/\$6**

**CASCADIAN FARM**

Organic Frozen Fruit  
8-10 oz., selected varieties



**2/\$5**

**BLUE DIAMOND**

Nut Thins  
4.25 oz., selected varieties



**\$3.39**

**SO DELICIOUS**

Non-Dairy Frozen  
Novelties

4 ct., selected varieties  
other Frozen Novelties also on sale



**\$3.69**

**ZICO**

Coconut Water  
33.8 oz., selected varieties



**5/\$5**

**CLIF**

Energy Bar  
2.4 oz., selected varieties





**\$3.39**

**SUJA**

Organic Juices  
12 oz. selected varieties



**\$3.69**

**LITTLE SECRETS**

Chocolate Candies  
5 oz., selected varieties



**\$4.39**

**JULIE'S ORGANIC**

Ice Cream Sandwiches  
6 ct.  
other Frozen Novelties  
also on sale



**2/\$7**

**GARDEN OF EATIN'**

Tortilla Chips  
16 oz., selected varieties



**3/\$7**

**FOOD SHOULD TASTE GOOD**

Potato Chips  
4.5 oz., selected varieties



**\$3.99**

**KIND**

Granola Clusters  
11 oz., selected varieties



**2/\$4**

**PROBAR**

Meal Bar  
3 oz., selected varieties



**\$2.39**

**SNYDER'S OF HANOVER**

Gluten-Free Pretzels  
8 oz., selected varieties



**\$1.69**

**GURU**

Energy Drink  
8.4 oz., selected varieties



## Savoring Summer's Bounty

When summer fruits are at their peak, consider some easy ways to preserve the sweet taste of the season. Freezing berries is a breeze: just wash, stem (if necessary), and spread in a single layer on a baking sheet. Pop them into the freezer; when they're completely frozen transfer to a freezer bag for storage. You'll be able to take just a berry or two out of the bag or a cup for a batch of muffins.

For a more unusual way to savor summer in the winter months, try the recipe for rumtopf you'll find on [www.strongertogether.coop](http://www.strongertogether.coop). Fruit preserved in rum makes a delicious dessert topping.





## Zucchini Pesto “Pasta”

Serves 4. Prep time: 20 minutes.

- ⅓ cup unsalted almonds
- 1 tablespoon lemon juice
- ½ cup olive oil
- 3 pounds zucchini
- 6 to 8 cloves of garlic, peeled
- 1 cup halved cherry tomatoes
- 3 packed cups fresh basil leaves, stems removed
- Salt and black pepper to taste
- ½ cup grated Parmesan cheese (optional)

Using a blender or food processor, process the almonds, olive oil and garlic until they form a slightly-chunky paste. Blend the basil leaves into the almonds, olive oil and garlic, adding in small batches, until it forms a thick smooth paste. Blend in the grated Parmesan cheese and lemon juice until desired consistency and add salt to taste.

Peel the zucchini and cut each in half lengthwise. Hold one half with one hand and use the tip of a spoon to scoop out the seeds. Repeat the process for all the zucchini.

Using a julienne peeler or spiralizer, slice the zucchini into long, thin strips or spirals. Place zucchini “noodles” into a large bowl. Toss the zucchini noodles with the basil pesto, adding the cherry tomatoes before serving.

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



**\$3.69**

**YVES**

Kale & Root Vegetable Patties  
9.9 oz.



**2/\$5**

**WESTBRAE**

Organic Beans  
25 oz., selected varieties



**\$2.99**

**MUIR GLEN**

Organic Tomatoes  
23 oz., selected varieties



**\$9.99**

**NAPA VALLEY  
NATURALS**

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



**3/\$5**

**NEAR EAST**

Couscous Dinner Mix  
5.4-10 oz., selected varieties  
other Near East Dinner Mixes also on sale





**\$3.39**

**R.W. KNUDSEN**

Organic Juice  
32 oz., selected varieties



**\$3.39**

**LAKEWOOD ORGANIC**

Organic Pomegranate  
Juice Blend  
32 oz., selected varieties



**\$3.69**

**ANNIE'S  
HOMEGROWN**

Snack Mix  
9 oz., selected varieties



**2/\$6**

**SAFE CATCH**

Wild Albacore Tuna  
5 oz., selected varieties



**2/\$3**

**HAPPY BABY**

Organic Baby Food  
4 oz., selected varieties



**\$3.39**

**BULK**

Organic Thompson  
Raisins  
per pound in bulk



**\$3.39**

**BULK**

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



**\$3.99**

**ORGANIC  
VALLEY**

Organic Stringles  
6 oz.



**\$5.69**

**ONCE AGAIN**

Organic Peanut Butter  
16 oz., selected varieties



## Zucchini

Virtually unknown in the US until a little over thirty years ago, zucchini now plays an important supporting role in dishes ranging from relishes and ratatouille to mixed veggie grills and chocolate cake. This versatile summer squash is naturally low in calories yet contains folate, potassium, vitamin A and is a good source of vitamin C. As with other vegetables, the darker the skin, the higher the nutrient content. For a change-of-pace appetizer, try zucchini blossoms stuffed with herbed goat cheese. Zucchini is abundant during the summer months and available year-round. Try zucchini sliced lengthwise and brushed with olive oil on the grill, or in a hearty weeknight vegetable stew.





## What is the Paleo Diet?

The concept behind the Paleo diet (sometimes called "primal eating") in its simplest form is pretty easy to understand: eat foods that are as close to how you find them in nature as you can, and stay away from packaged and processed foods. The focus is very much on vegetables and fruits, raw nuts and seeds and fats like coconut oil, avocado, butter and ghee (clarified butter). While most Paleo followers rely on animal products (meat, eggs and honey), there are some vegetarian versions as well. As with any other change in dietary habits, discuss your choices with a nutritionist or doctor.



**\$8.99**

**EQUAL  
EXCHANGE**

Organic Love Buzz  
Coffee

per pound in bulk  
Decaf Love Buzz Coffee  
not on sale



**\$1.19**

**BULK**

Organic Rolled Oats  
per pound in bulk



**\$5.99**

**ORGANIC  
VALLEY**

Organic Butter  
16 oz., selected varieties



**\$3.39**

**IMMACULATE**

Cinnamon Rolls  
17.5 oz.



**\$3.39**

**SILK**

Almond Milk  
64 oz., selected varieties  
other Silk products  
also on sale



**\$3.29**

**ANNIE'S  
HOMEGROWN**

Organic Cereal  
10 oz., selected varieties



**2/\$6**

**LIFEWAY**

Kefir  
32 oz., selected varieties  
Organic Kefir also on sale



**\$4.39**

**ORGANIC  
VALLEY**

Organic Eggs  
\*Not Available at City Market



**\$2.39**

**PACIFIC**

Organic Non-Dairy  
Oat Beverage  
32 oz., selected varieties



**\$5.39**

**REDWOOD HILL  
FARM**

Plain Goat Kefir  
32 oz.





**\$8.99**

**SWEETLEAF**

Organic Stevia Powder  
25 gr.



**\$6.99**

**QUANTUM**

Buzz Away  
Extreme Spray

4 oz.  
other Buzz Away products  
also on sale



**\$6.39**

**NUTIVA**

Organic Hempseed

8 oz.  
other Hemp Heart varieties  
also on sale



**\$5.49**

**MANITOBA  
HARVEST**

Hemp Hearts  
8 oz.



**\$17.99**

**MEGAFOOD**

Kids Daily Multi

1.8 oz.  
other Megafood  
Supplements also on sale

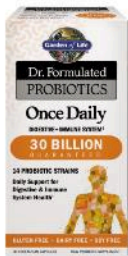


**\$15.99**

**MANITOBA  
HARVEST**

Hemp Protein  
Smoothie

11 oz., selected varieties



**\$21.99**

**GARDEN OF LIFE**

Dr. Formulated  
Probiotics Once Daily  
Women's

30 ct.  
other Garden of Life products  
also on sale



**\$54.99**

**NORDIC  
NATURALS**

Ultimate Omega

180 ct.  
other Nordic Naturals products  
also on sale



**5/\$10**

**VEGA**

Sport Performance  
Protein

\*Not Available at City Market



**\$11.99**

**NUTIVA**

Hemp Protein & Fiber

16 oz., selected varieties  
other Hemp products also on sale



## Choosing Bug Spray

No matter where you live, you'll undoubtedly face bugs at some point during the year. What's your best defense against bug bites? It turns out that not all chemicals in insect repellent are created equal.

It's important to be mindful of what we're slathering on our skin. We all want protection against critters but when you consider the long-term implications of exposure to the chemical cocktails often found in bug repellents, you may want to explore more natural, yet still effective options, like products containing citronella, lavender, eucalyptus, pennyroyal or tea tree oils.



# Week <sup>of the</sup> Grill

Specials, Giveaways and  
Free Samples all week!

*Feel the Thrill  
of the Grill*

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20-24**

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Market**  
Union River Co-op



**2/\$6**

**DR. BRONNER'S**  
Bar Soap  
5 oz., selected varieties



**\$3.99**

**TOM'S OF MAINE**  
Toothpaste  
4.2-5.5 oz., selected varieties



**\$5.99**

**AVALON  
ORGANICS**  
Shampoo or  
Conditioner  
11 oz., selected varieties



**\$9.49**

**PLANET**  
Liquid Laundry  
Detergent  
100 oz.



**\$1.69**

**GREEN FOREST**  
Bath Tissue  
4 ct.  
other Paper products  
also on sale



**\$2.99**

**ECOVER**  
Dishwashing Liquid  
25 oz., selected varieties

**Savor summer's fresh flavors!**

**coop**™  
stronger together

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