

coopTM deals

AUG 3 - AUG 16, 2016



\$2.99

ENVIROKIDZ

Organic Cereal
10-11.5 oz., selected varieties



3/\$10

**SANTA CRUZ
ORGANIC**

Organic Applesauce
6 pack, selected varieties



5/\$5

**ANNIE'S
HOMEGROWN**

Pasta & Cheese Dinner
5.25-6 oz., selected varieties



10/\$10

HONEST

Organic Ready-to-Drink
Tea
16 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

We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons



Misozuke (Miso Pickles)

Makes about one pint jar. Prep time: 10 minutes active; 5 hours total.

- 1 pound seedless cucumbers, sliced into ¼-inch thick rounds (do not peel)
- 2 teaspoons salt
- 1 garlic clove, thinly sliced
- 1 tablespoon sugar
- ½ cup white miso
- 2 tablespoons rice vinegar
- Red pepper flakes (optional)

Toss the cucumbers with the salt and place in a colander in the sink. Put a heavy weighted bowl on top of the cucumbers to help press out any excess liquid. Let sit for 4 hours or up to overnight to drain.

Pat the cucumbers dry. In a large bowl, gently mix the cucumbers with the garlic, sugar, miso and vinegar. For a spicier pickle, eliminate the sugar and add ½ teaspoon of red pepper flakes to the miso mixture. Place the miso pickles into a pint- or quart-sized Mason jar with a tightly fitting lid and allow the pickles to sit at room temperature for 30 minutes, or up to 2 hours. Rinse the pickles and pat dry before serving. Refrigerate any leftover pickles for 2-3 weeks.

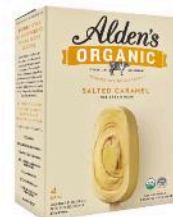
Some items may not be available at all stores or on the same days.



\$7.69

SO DELICIOUS
Frozen Non-Dairy
Dessert

32 oz., selected varieties
*Available by Special Order Only



\$2.69

ALDEN'S
Organic Ice Cream
Novelties

12 oz., selected varieties



3/\$5

CASCADIAN FARM

Organic Vegetables
10 oz., selected varieties



\$4.39

NATURAL SEA
Fish Sticks

8 oz.
Natural Sea Fish Fillets also on sale



\$3.69

QUORN
Meat-Free Chik'n

7-12 oz., selected varieties



2/\$5

COCONUT DREAM

Coconut Drink
32 oz., selected varieties
other Non-Dairy Beverages
also on sale



\$4.39

ORGANIC VALLEY

Organic Grassmilk
Yogurt
24 oz., selected varieties



4/\$5

ALMOND DREAM

Almond Non-Dairy
Yogurt
6 oz., selected varieties



4/\$5

STONYFIELD

Organic Greek
Yogurt
5.3 oz., selected varieties



\$5.99

WALLABY ORGANIC

Organic Greek Yogurt
32 oz., selected varieties



2/\$6

BLUE DIAMOND

Almond Breeze
64 oz., selected varieties



\$8.99

EQUAL EXCHANGE

Organic Breakfast
Blend Coffee
per pound in bulk
*Bulk Decaf Coffee not on sale



\$3.69

EREWHON

Organic Cereal
10 oz., selected varieties



\$3.69

ONE DEGREE ORGANIC FOODS

Sprouted Cereal
8-12 oz., selected varieties



Roasting Peppers

For flavorful antipasto, salsa, pizza and sandwiches, try roasting peppers. Arrange whole peppers on a baking sheet and broil in a 450° F. oven, or roast peppers directly on the grill. Turn them with tongs, cooking until soft and evenly charred. Put cooked peppers in a paper bag or a large bowl and cover; steam will loosen the skin. Use a knife to remove the stem, seeds and skin – leave a few blackened bits for more flavor. Roasting spicy peppers? Wear gloves and avoid rubbing your eyes! Roasted peppers keep in the refrigerator for a few days, or can be frozen.



Charred Pepper Tacos

Serves 6. Prep time: 15 minutes active; 30 minutes total.

- 3 bell peppers, seeded and cut lengthwise into ½-inch strips
- 3 tablespoons olive oil, divided
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 tablespoon chili powder
- 2 tablespoons tomato paste
- ⅔ cup vegetable broth
- 2 15-ounce cans black beans, rinsed and drained
- Salt and pepper to taste
- ¼ cup chopped fresh cilantro
- 1 lime, cut into quarters
- 12 corn tortillas
- Salsa and sour cream (optional)

Heat the oven to 450 degrees F. On a sheet pan, toss the pepper strips with 2 tablespoons olive oil and roast in the oven for about 15 minutes, stirring halfway through, until peppers are tender and turning black on the edges. Remove from the oven.

In a medium-sized saucepan, heat 1 tablespoon olive oil over medium-high heat. Sauté the onions and garlic for a few minutes until soft. Add the spices, tomato paste, broth and beans and stir well; simmer for 10-15 minutes. Season with salt and pepper.

To assemble the tacos, spoon some of the bean mixture and roasted peppers onto a tortilla, and sprinkle with cilantro and freshly squeezed lime juice. Top with sour cream or salsa, if desired.

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



\$3.39

ORGANIC VALLEY

Organic Sour Cream
16 oz., selected varieties



\$4.99

ORGANIC VALLEY

Organic Raw Sharp Cheddar Cheese
8 oz.



3/\$5

EDEN ORGANIC

Organic Beans
15 oz., selected varieties



2/\$7

BEARITOS

Tortilla Chips
16 oz., selected varieties



2/\$5

DREW'S

Dressing
12 oz., selected varieties



\$3.99

**MISS JONES
BAKING CO.**

Organic Baking Mix
14.67-15.87 oz.,
Organic Frosting also on sale



\$1.69

BULK

Organic Green Lentils
per pound in bulk



\$2.99

MONTEBELLO

Organic Pasta
16 oz., selected varieties



\$3.39

LIFEWAY

Frozen Kefir
16 oz., selected varieties



\$13.99

**NATURAL
VITALITY**

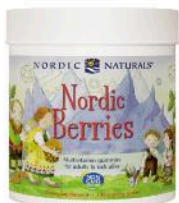
Calm
8 oz., selected varieties



\$17.99

GARDEN OF LIFE

Dr. Formulated
Probiotics Once Daily
30 ct.
other Dr. Formulated products
also on sale



\$16.99

**NORDIC
NATURALS**

Nordic Berries
120 ct.
other Nordic Naturals
Supplements also on sale



\$16.99

NEW CHAPTER

Every Woman's
One Daily Multi
24 ct.
other New Chapter
Supplements also on sale



\$11.99

**SEVENTH
GENERATION**

Liquid Laundry Detergent
100 oz., selected varieties



Bell Peppers

With bold colors and bright flavors, bell peppers make a dazzling addition to everything from side salads to the main course. With twice as much vitamin C as an orange, bell peppers are a healthy choice, too. Red and green bell pepper rings are a must for a traditional antipasto salad with pepperoni, mozzarella and red onion, but have you tried them on a simple turkey or hummus sandwich, in place of a tomato? Alternate chunks of different colored bell peppers with onions on skewers and grill for an easy, sweet, and festive accompaniment to grilled fish, tofu, or chicken.

Visit www.strongertogether.coop for more information on how to enjoy fresh, seasonal produce.



Five Easy Lunches

Bringing lunch from home is great in so many ways: it's nearly always cheaper, tastier and more nutritious than a fast-food or convenience store option. A little planning up front can make it easy and delicious, too! The idea of "planned leftovers" can go a long way towards creative, tasty lunch options for the whole family. For example, one roasted chicken or a couple of pounds of savory baked tofu, prepared on the weekend, can form the basis of soups, sandwiches, wraps and salads throughout the week.

Visit www.strongertogether.coop to read our "5 Days, 5 Ways" lunch series highlighting great ideas for using precooked beans, tofu and chicken.

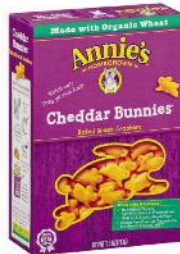


\$1.39

ORGANIC VALLEY

Organic Good to Go Milk

11 oz., selected varieties



2/\$5

ANNIE'S HOMEGROWN

Bunny Grahams & Crackers

7.5 oz., selected varieties



5/\$5

JUSTIN'S

Almond Butter Squeeze Pack

1.15 oz., selected varieties



\$4.49

SANTA CRUZ ORGANIC

Organic Peanut Butter

16 oz., selected varieties



\$4.39

RUDI'S GLUTEN-FREE

Sandwich Bread

18 oz., selected varieties



4/\$5

CLIF BAR

Organic Nut Butter Filled Bar

1.76 oz., selected varieties



2/\$6

ANNIE'S HOMEGROWN

Cookies

8.4 oz., selected varieties

5.5 oz. Cookie Bites 2/\$5



2/\$1

STRETCH ISLAND FRUIT CO.

Organic Fruit Strip

.5 oz., selected varieties



2/\$7

BACK TO NATURE

Cookies

8-12 oz., selected varieties

Other varieties also on sale for \$4.39



\$2.99

WILD PLANET

Skipjack Tuna

5 oz., selected varieties



\$4.39

UDI'S GLUTEN FREE

Sandwich Bread
12 oz., selected varieties



5/\$4

KOYO

Ramen
1.9-2.1 oz., selected varieties



3/\$5

SANTA CRUZ ORGANIC

Organic Lemonade
32 oz., selected varieties



2/\$5

JACKSON'S HONEST

Potato Chips
5 oz., selected varieties



2/\$5

BEANFIELDS

Bean & Rice Chips
5.5-6 oz., selected varieties



\$4.69

SAN PELLEGRINO

Sparkling Beverage
6 pack, selected varieties



\$2.99

HAIL MERRY

Miracle Tart
3 oz., selected varieties



\$2.99

KIND

Healthy Grains Bars
5 ct., selected varieties



2/\$6

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



\$5.69

BULK

Organic Large Turkish
Apricots
per pound in bulk



\$2.99

BULK

Organic Shelled
Sunflower Seeds
per pound in bulk

WOODSTOCK™
EAT BECAUSE
IT'S GOOD!

\$6.99

WOODSTOCK

Dark Chocolate
Covered Almonds
per pound in bulk
other Woodstock Fruit and
Nuts also on sale



3/\$4

SAHALE

Layered Nut Bar
1.4 oz., selected varieties



3/\$5

GO RAW

Organic Sprouted
Protein Bar
1.9 oz., selected varieties

The Juice Bar POP-UP

10:00am - 2:00pm

Every Wednesday
All Summer



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Market**
Onion River Co-op



\$3.99

DR. BRONNER'S
Toothpaste
5 oz., selected varieties



\$10.99

**AVALON
ORGANICS**
Intense Defense
Renewal Cream

2 oz.

*Available by Special Order
Only



\$5.99

JASON
Foaming Shower Oil
10 oz., selected varieties



\$5.99

**ALBA
BOTANICA**
Shampoo or
Conditioner
12 oz., selected varieties



\$2.99

EO
Organic Hand
Sanitizer Spray
2 oz., selected varieties



\$9.99

**SEVENTH
GENERATION**
Baby Diapers
20-40 ct., selected varieties

Garden-fresh local produce - at the co-op!

coopTM
stronger together

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