

coopTM deals

AUG 31 - SEPT 20, 2016



5/\$5

WALLABY

Organic Lowfat Yogurt
6 oz., selected varieties



2/\$7

**ANNIE'S
HOMEGROWN**

Organic Snack Mix
9 oz., selected varieties



\$2.79

**CASCADIAN
FARM**

Organic Cereal
8.6-14.6 oz., selected varieties



\$1.99

BIONATURAE

Organic Pasta
16 oz., selected varieties



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



Lemon Ricotta Pasta

Serves 4. Prep time: 20 minutes.

- 1 16-ounce package whole wheat linguine
- 1 ½ cup part-skim ricotta cheese
- ½ cup reserved pasta water
- 2 tablespoons chopped fresh garlic
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice
- ½ teaspoon red pepper flakes
- ½ teaspoon sea salt
- ⅔ cup grated Parmesan
- ½ cup chopped chives

Cook pasta al dente in salted water according to package directions. Reserve ½ cup of the pasta cooking water, and drain the linguine in a colander, shaking to remove any excess water.

Mix the ricotta, reserved pasta liquid, garlic, lemon juice, lemon zest, red pepper flakes and salt in a serving bowl. Toss with the warm pasta, top with grated Parmesan and chives. Serve immediately.

Serving suggestion: Create your own variations on this quick weeknight meal. Sauté asparagus, red onions and snap peas and toss with pasta and sauce. Or top sautéed julienned zucchini strips with the ricotta and lemon sauce, for a gluten-free dish.

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



\$3.99

ORGANIC VALLEY

Organic Shredded
Parmesan Cheese

4 oz.

* Available by Special Order
only



\$9.99

SPECTRUM

Organic Unrefined
Extra Virgin Olive Oil
25.4 oz.



2/\$4

MUIR GLEN

Organic Tomatoes
28 oz., selected varieties



\$3.69

**ANCIENT
HARVEST**

Pasta Meal
9.3 oz., selected varieties



2/\$4

**STAHLBUSH
ISLAND FARMS**

Frozen Vegetables
10 oz., selected varieties



\$3.99

FOLLOW YOUR HEART

Vegan Parmesan
4-5 oz., selected varieties
other Follow Your Heart
products also on sale



\$5.99

MCCONNELL'S

Ice Cream
16 oz., selected varieties



\$3.39

GARDEIN

Meatless Chick'n
9-10.5 oz., selected varieties
other Gardein products
also on sale



99¢

LUNA & LARRY'S

Coconut Bliss Bar
3 oz., selected varieties



\$5.99

THREE TWINS

Organic Ice Cream
32 oz., selected varieties
* Available by Special Order
only



\$5.99

ALDEN'S

Organic Ice Cream
48 oz., selected varieties



\$6.99

SPECTRUM

Organic Unrefined
Coconut Oil
14 oz.



\$3.39

RIISING MOON ORGANICS

Organic Ravioli
8 oz., selected varieties



\$3.99

TRUROOTS

Organic Sprouted
Medley
9-10 oz., selected varieties



\$4.69

TRUROOTS

Organic Sprouted Quinoa
12 oz.



Pasta Shapes

Ever wondered which pasta shape is the best for a particular recipe? Well, there really are no rules, but you can improve your noodle-eating experience by picking a pasta that is a good carrier for the type of sauce you're using. Curly noodles, like fusilli, are great with smooth sauces like pesto that will stick to the twists. Spaghetti and linguine will help you mop up cream sauces or oil-based ones. If you're baking your pasta in sauce, choose something sturdy, like penne, macaroni or rigatoni. And long flat noodles like fettucine go well with rich mushroom or meaty sauces.



Curried Chicken Salad

Serves 6. Prep time: 15 minutes.

- ¼ cup mayonnaise
- ½ cup plain nonfat Greek yogurt
- 1 ½ tablespoons curry powder
- 1 teaspoon sea salt
- 4 cups cooked shredded chicken breast
- 1 cup chopped pitted dates
- 1 cup sliced green onions
- 2 cups quartered grapes
- 1 bag prewashed salad greens
- ½ cup sliced almonds

Mix together the mayonnaise, yogurt, curry powder and sea salt. Toss with the chicken, dates, onions and grapes. Make a bed of salad greens on each serving plate, top with a scoop of chicken salad and garnish with sliced almonds.

Serving suggestion: This mildly curried salad makes a delicious sandwich, wrapped in sturdy lettuce leaves or stuffed in a whole-wheat pita. Or serve with whole wheat crackers or lightly toasted baguette slices as an appetizer.

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



\$2.69

NATURAL SEA

Premium Pink Salmon

7.5 oz., selected varieties
other Natural Sea products
also on sale



\$3.99

WOODSTOCK

Organic Pickles

24 oz., selected varieties
other Woodstock Condiments
also on sale



\$2.99

THE GREEK GODS

Greek Yogurt

24 oz., selected varieties



\$3.69

UDI'S

Hamburger Buns

10.4 oz.
other Udi's products
also on sale



\$3.69

MARY'S GONE CRACKERS

Organic Crackers

6.5 oz., selected varieties



\$3.19

**SILVER HILLS
SPROUTED
BAKERY**

Bread

12-22 oz., selected varieties



\$5.99

MARANATHA

Organic Peanut Butter

16 oz., selected varieties



\$2.39

TOFURKY

Deli Slices

4-5.5 oz., selected varieties



\$2.99

BIONATURAE

Organic Fruit Spread

9 oz., selected varieties



\$4.69

**LITTLE
NORTHERN
BAKEHOUSE**

Gluten-Free Bread

16 oz., selected varieties



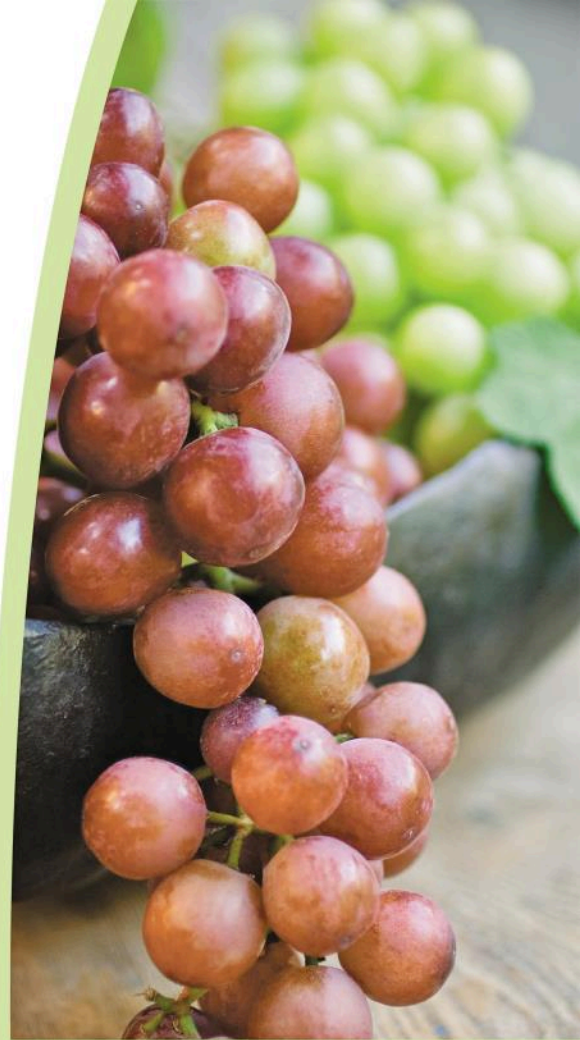
\$1.29

STONYFIELD

Organic YoKidz

Squeeze Yogurt

3.7 oz., selected varieties



Grapes

What more could you ask for in a snack? Grapes are refreshing, sweet and low in calories. They provide fiber, vitamins and those highly touted antioxidants. No preparation (beyond a good rinsing) is required, and they're already perfectly bite-sized! As ideal as they are as snack food, grapes also enliven other dishes. Try them in a chicken curry or a rice salad, for example. A range of colors—red, purple, and frosty green—makes a pretty plate for easy entertaining or an after-school treat.

Visit www.strongertogether.coop for delicious recipes featuring grapes and other in-season ingredients.



5/\$4

**GREEN
MOUNTAIN
CREAMERY**

0% Fat Greek Yogurt

5.3 oz., selected varieties



\$2.39

**ANNIE'S
HOMEGROWN**

Pizza Poppers

5 oz., selected varieties



\$2.39

BULK

Organic Pinto Beans
per pound in bulk

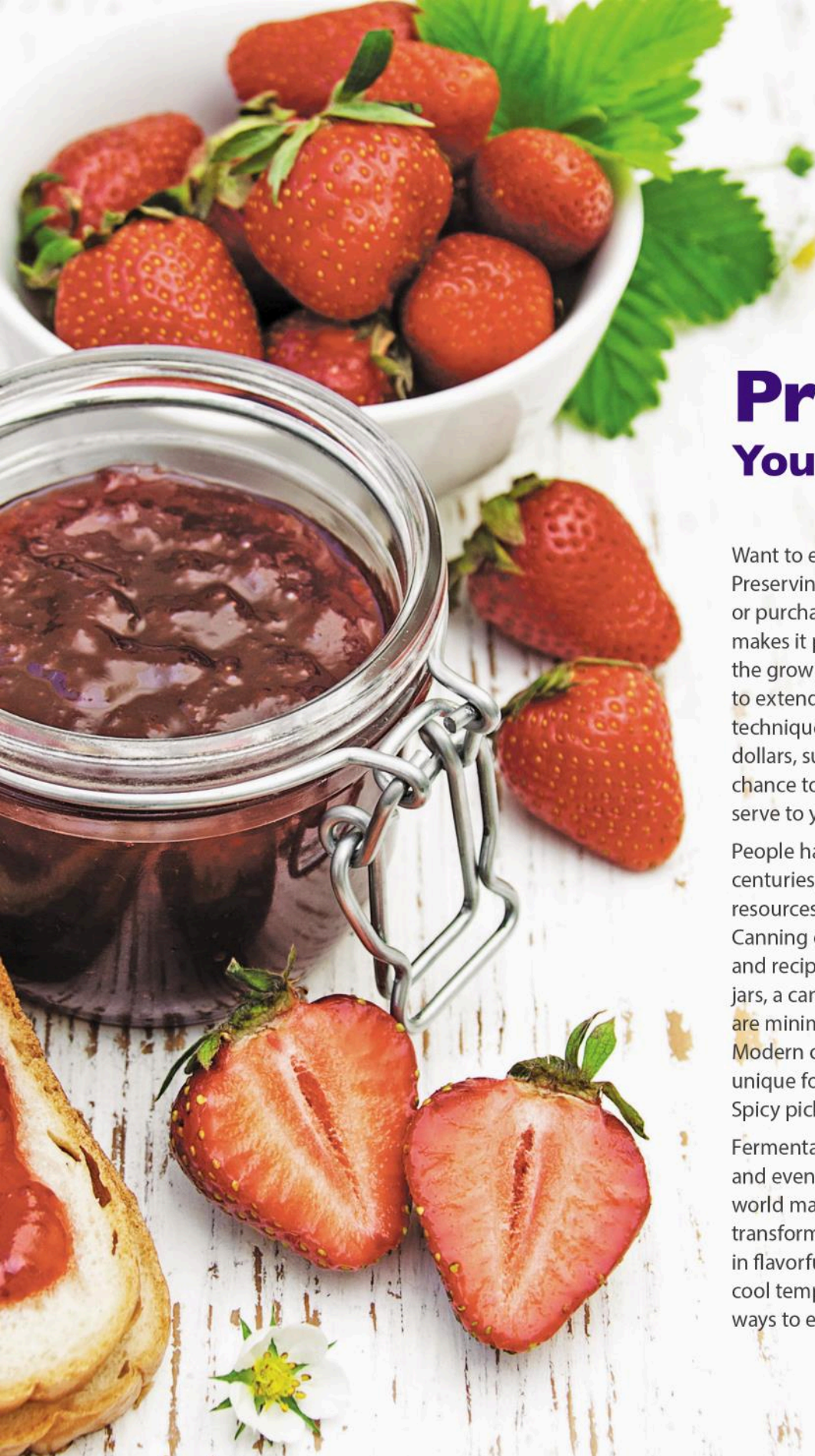


3/\$7

AMY'S

Burrito

6 oz., selected varieties



Preserving Your Organic Harvest

Want to enjoy delicious local food year round? Preserving the bounty you've grown yourself or purchased from the co-op or farmer's market makes it possible. And for those who live where the growing season is short, it's a great way to extend the season. Simple preservation techniques can lock in flavor, maximize your food dollars, support local agriculture and give you a chance to really get to know the food you eat and serve to your family.

People have been preserving food in jars for centuries, and these days we have plenty of resources to do so safely and with confidence. Canning does require some special equipment, and recipes tested for safety. After buying some jars, a canner and a few accessories, expenses are minimal and the results can be phenomenal. Modern canning recipes allow you to create unique foods for gifting or for enjoying yourself. Spicy pickled celery, anyone?

Fermentation brings us yogurt, beer, wine, pickles and even chocolate. Nearly every culture in the world makes use of fermentation, which works by transforming the natural sugars in foods, resulting in flavorful foods that tend to resist spoilage at cool temperatures. Kefir or kombucha can be easy ways to experiment with fermented foods.



2/\$6

BLUE SKY

Soda

6 pack, selected varieties



\$3.39

**EQUAL
EXCHANGE**

Chilean Flame Raisins
per pound in bulk



\$2.99

**FOOD SHOULD
TASTE GOOD**

Hummus

10 oz., selected varieties



2/\$5

**FOOD SHOULD
TASTE GOOD**

Tortilla Chips

5.5 oz., selected varieties



\$2.39

STACY'S

Pita Chips

7.33 oz., selected varieties



\$2.99

SALPICA

Salsa

16 oz., selected varieties



\$2.39

**LUNDBERG
FAMILY FARMS**

Rice Chips

6 oz., selected varieties



2/\$4

TERRA

Exotic Vegetable Chips

5-6 oz., selected varieties



\$2.99

R.W. KNUDSEN

Seasonal Sparkling
Juice

25.4 oz., selected varieties



\$2.99

NEWMAN'S OWN

Fig Newmans

10 oz., selected varieties
other Newman's Own Cookies
also on sale

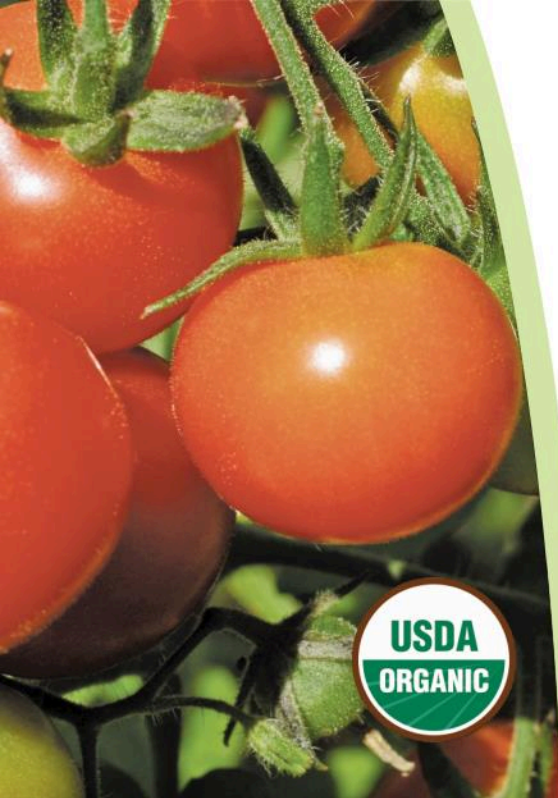


Freezing and Drying Foods

Try freezing cold berries or chopped vegetables in a single layer on a baking sheet. Once frozen, transfer to a freezer bag or Mason jar for storage. You'll be able to pluck a single berry or measure 2 cups worth from the container without defrosting the entire batch.

Fresh herbs can be dried in a microwave or just hung from your ceiling! The best thing about drying is that it uses very little energy, and the preserved foods are lightweight—easy to store and transport (perfect for camping!).

At www.strongertogether.coop, find recipes for freezer pesto and oven-dried tomatoes.



USDA
ORGANIC

Celebrate Organics!

When you see the USDA Certified Organic seal on food, body care, supplements and other products, you can be sure that how these items were grown and produced has been rigorously reviewed by inspectors to ensure strict standards were met. The label represents a sustainable, transparent and ecologically sound system of production that not only grows abundant, nutritious, delicious ingredients but also embodies positive goals for our food system. Looking for the USDA Certified Organic label is the best way to guarantee that the product has been grown without synthetic fertilizers, pesticides, genetically modified organisms (GMOs), irradiation, antibiotics or growth hormones. Visit www.strongertogether.coop to learn more.



4/\$5

CLIF

Kit's Organic Fruit & Nut Bar

1.69-1.7 oz., selected varieties



2/\$5

ORGANIC PRAIRIE

Organic Mighty Bar

1 oz., selected varieties



2/\$5

KETTLE BRAND

Organic Potato Chips

5 oz., selected varieties



\$2.39

THEO

Organic Chocolate Bar

3 oz., selected varieties



4/\$5

EARTH'S BEST

Organic Baby Food Pouches

3.5-4.2 oz., selected varieties



\$3.69

BULK

Organic Dry Roasted Peanuts

per pound in bulk, Great for freshly-ground nut butter



\$2.99

LUNDBERG FAMILY FARMS

Organic Rice Cakes

8.5-9.5 oz., selected varieties



3/\$5

SANTA CRUZ ORGANIC

Organic Lemonade

32 oz., selected varieties



2/\$5

LATE JULY ORGANIC

Organic Multigrain Chips

11 oz., selected varieties



\$2.39

KEVITA

Organic Kombucha

15.2 oz., selected varieties



3/\$4

NAVITAS
Organic Superfood Bar
1.4 oz., selected varieties



\$9.99

EMERGEN-C
Dietary Supplement
30 ct., selected varieties



2/\$6

YOGI
Tea
16 ct., selected varieties



\$2.39

ZICO
Organic Coconut
Water
16.9 oz.



2/\$6

VITA COCO
Coconut Water
33.8 oz., selected varieties



\$33.99

**GET REAL
NUTRITION**
Real Probiotic Immune
90 ct.
*Not available at City Market



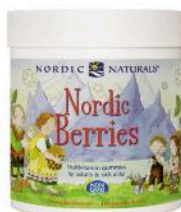
\$13.99

VEGA
Smoothie Pouch
9.3-9.9 oz., selected varieties



2/\$3

SVELTE
Organic Protein Shake
11 oz., selected varieties
4 pack \$5.99



\$19.99

**NORDIC
NATURALS**
Nordic Berries
120 ct.
other Nordic Naturals
Supplements also on sale



\$13.99

TERA'S WHEY
Simply Pure Whey
Protein
12 oz., selected varieties
*Available by Special Order
only



Mac and Cheese: Five Ways

Looking for a quick weeknight meal solution? How about some easy variations on a family standby – good old macaroni and cheese! Whether you've got time to cook from scratch or need a little assist, these simple ideas put a new spin on a classic dish:

- Add sun-dried tomatoes, capers and soft goat cheese to cooked noodles
- Fold in chunks of roasted butternut squash and top with crumbled blue cheese
- Leftover veggies? Toss them in, and top with whole wheat breadcrumbs
- For a smoky southwestern variation, add your favorite salsa, crumbled bacon and chopped cilantro
- Blend cashews, water, lemon juice and nutritional yeast for a super-creamy non-dairy sauce



White Bean and Kale Ragout

Serves 6. Prep time: 20 minutes active, 45 minutes total.

- 1 tablespoon olive oil
- ½ cup yellow onion, diced
- 6 ounces vegetarian sausage, cut into bite-sized pieces
- 2-3 cloves garlic, minced
- 1 small yellow squash, cut into bite-sized pieces
- ½ pound kale, cut into bite-sized pieces
- ¼ cup sun-dried tomatoes, diced
- 2 cups diced tomatoes, including juice
- 2 cups canned cannellini or white beans, rinsed and drained
- ¾ cup vegetable broth
- 2 teaspoon fresh basil, minced
- 2 teaspoon fresh oregano, minced
- Salt and ground black pepper, to taste

Heat 1 tablespoon olive oil over medium-high heat in a large stock pot. Add the onions and sauté for 2-3 minutes. Add the sausage and minced garlic and sauté a few more minutes, stirring frequently. Add the squash, kale, sun-dried and canned tomatoes, vegetable broth and beans and bring to a simmer. Simmer over low heat, stirring frequently, until the kale and squash are tender, about 15 minutes, and season to taste with salt and black pepper. Stir in the fresh basil and oregano just before serving. Serve immediately.

Serving suggestion: Accompany this hearty vegetarian stew with garlic bread and a side of macaroni and cheese. A splash of liquid smoke flavoring (or adding bacon, if you're not a vegetarian) adds depth of flavor to this dish.

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



\$1.19

BULK

Organic Rolled Oats
per pound in bulk



\$9.99

EQUAL EXCHANGE

Organic Breakfast
Blend Coffee
per pound in bulk
other Bulk Coffee Beans
also on sale



\$1.99

ORGANIC VALLEY

Organic Soy Creamer
16 oz., selected varieties



\$4.99

ORGANIC VALLEY

Organic Omega 3
Large Eggs
12 ct.

* Not available at City Market



2/\$6

R.W. KNUDSEN

Organic Juice Blends
32 oz., selected varieties



4/\$5

ALMOND DREAM
Almond Non-Dairy
Yogurt
6 oz., selected varieties



\$2.99

COYO
Coconut Yogurt
5.3 oz., selected varieties



\$2.69

GOLDEN TEMPLE
Granola
per pound in bulk



\$4.39

KIND HEALTHY GRAINS
Granola Clusters
11 oz., selected varieties



\$3.99

RICE DREAM
Enriched Rice
Beverage
64 oz., selected varieties



\$3.39

NATURE'S PATH
Organic Cereal
10.6-14 oz., selected varieties



\$4.39

PAMELA'S
Buttermilk Pancake
Baking Mix
12 oz.
other Baking Mixes
also on sale



\$3.69

CALIFIA FARMS
Almondmilk
48 oz., selected varieties



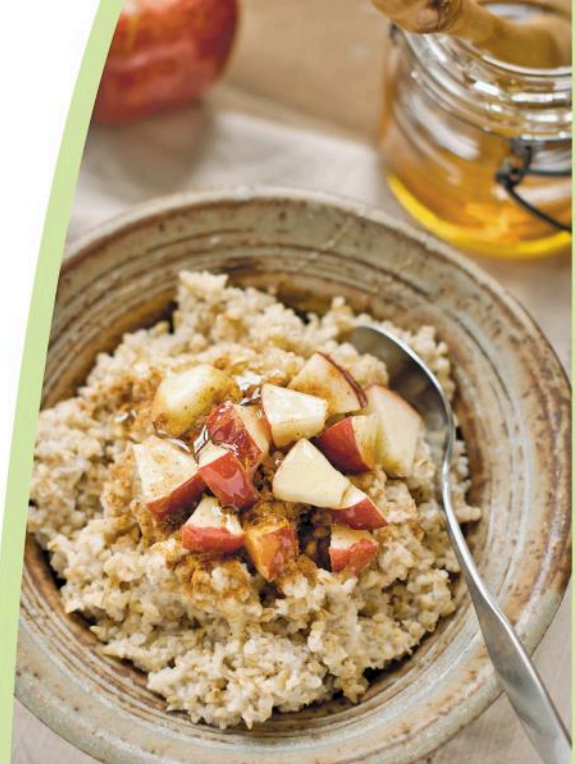
\$4.99

REDWOOD HILL FARM
Goat Milk Kefir
32 oz., selected varieties



\$8.99

BIOKLEEN
Liquid Laundry
Detergent
64 oz., selected varieties



A Hearty Breakfast

Most of us know that whole grains, with their soluble fiber and great nutrition, are considered heart-healthy foods. But sometimes making a whole grain breakfast can be challenging. If you'd like to try some heart-healthy options to rev up your morning, here are some simple ideas.

Check your stash of leftovers and reheat already-cooked brown rice, quinoa or other grains in a pot with one and a half times as much water, milk or soy milk. Simmer for about 20 minutes, and season with honey, maple syrup, a pinch of salt and whatever fresh or dried fruit you might have. Or soak steel-cut oats in water, milk or almond milk overnight in the refrigerator. You can eat them cold with chopped apples or a handful of berries, or warm them up.

Get more ideas at
www.strongertogether.coop.

Co-op Food Fest

50+ Local Producers • Free Samples • Live Music • Kids' Activities

Sunday, September 25
Noon - 4pm
One Main Street

Your Community-Owned Grocery Store

82 S. Winooski Ave, Burlington, VT 05401

Open 7am - 11pm every day • 802-861-9700 • www.citymarket.coop

City Market
Onion River Co-op



\$34.99

MYCHELLE DERMACEUTICALS
Perfect C Serum

.5 oz.

* Not available at City Market



\$7.99

ACURE
Shampoo or Conditioner

8 oz., selected varieties



\$9.99

BEARD BALM
Beard Balm

1.5 oz., selected varieties

* Available by Special Order only



\$3.99

JASON
Toothpaste

4.2-6 oz., selected varieties



\$6.99

DR. BRONNER'S
Castile Soap

16 oz., selected varieties



3/\$5

GREEN FOREST
Bath Tissue

4 pack

Quick and easy meals at the co-op!

coop™
stronger together

NESE0916AZI,2,3