

coopTM deals

NOV 30 - DEC 13, 2016



\$3.69

**MARY'S GONE
CRACKERS**

Organic Crackers
5.5-6.5 oz., selected varieties



2/\$5

ALTER ECO

Organic Chocolate
Bar
2.82 oz., selected varieties



3/\$10

ZEVIA

Zero Calorie Soda
6 pack, selected varieties



\$1.99

WOODSTOCK

Organic Vegetables
10 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'scratch, Knight & CCCash Cards and manufacturers' coupons



Savory Bread Pudding

Serves 8. Prep time: 15 minutes active; 1 hour total.

- 4 eggs, beaten
- 2 cups milk
- 4 to 5 cups cubed whole grain bread
- 1 tablespoon olive oil
- ½ cup diced yellow onion
- 2 cloves garlic, minced
- 4 ounces sliced shiitake, oyster or cremini mushrooms
- 4 ounces sliced button mushrooms
- 2 teaspoons dried thyme
- 1 bunch kale, washed, stems removed and chopped
- 1 cup shredded Gruyere cheese
- Pinch each of salt and black pepper

Heat the oven to 350 degrees F. Butter or oil an 8 x 8 inch casserole dish.

In a large mixing bowl, whisk together the eggs and milk. Gently fold the cubed bread into the mixture and set aside. In a large skillet, heat the olive oil over medium-high heat. Add the onion and sauté for 5 to 7 minutes until it is beginning to soften. Add the garlic, mushrooms and thyme and sauté another few minutes. Add the kale and stir until it softens. Remove from heat.

Stir the cooked vegetables into the bread mixture, then add the shredded Gruyere, salt and pepper. Pour into the prepared casserole dish and bake for about 45 minutes until firm and browning on top. Remove from oven and serve warm.

Serving suggestion: This is a great make-ahead dish for busy days; just assemble and refrigerate until you're ready to bake. Accompany with spicy carrot slaw for flavor contrast and eye appeal.

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



\$5.99

ORGANIC VALLEY
Organic Pasture Butter
16 oz.



\$6.99

SIMPLY ORGANIC
Organic Vanilla Extract
4 oz.
other Spices, Herbs and Extracts also on sale



\$6.99

SPECTRUM
Organic Unrefined Coconut Oil
14 oz.



\$10.99

CALIFORNIA OLIVE RANCH
Everyday Olive Oil
25.4 oz.



\$2.69

ARROWHEAD MILLS
Graham Cracker Pie Crust
6 oz. selected varieties



\$1.39

BULK

Organic Sugar
per pound in bulk



\$2.39

BULK

Organic Shredded
Coconut
per pound in bulk



\$3.69

WHOLESOME!

Organic Brown Sugar
24 oz., selected varieties
other Wholesome!
Sweeteners also on sale



\$3.69

**ANNIE'S
HOMEGROWN**

Organic Graham
Crackers
14.4 oz., selected varieties



2/\$4

CHOCOLOVE

Chocolate Bar
2.9-3.2 oz., selected varieties



\$34.99

DR. HAUSCHKA

Day Cream
1 oz., selected varieties
other Dr. Hauschka Skin Care
products also on sale



\$5.99

**AVALON
ORGANICS**

Shampoo or
Conditioner
11 oz., selected varieties



\$5.99

AURA CACIA

Peppermint Essential
Oil
.5 oz.
other Essential Oil also on sale



\$8.99

JASON

Body Wash
30 oz., selected varieties



\$10.99

ALBA BOTANICA

Very Emollient Body Lotion
32 oz., selected varieties
other Alba Botanica products
also on sale



DIY Gifts

Still searching for a last-minute gift?
Look no further than the food co-op!

There are plenty of great items for all sorts of people. For a host/hostess gift, pick up some favorite cheeses and an assortment of crackers – with dried dates, figs and spiced nuts from the bulk aisle. College student on your gift list? Stuff a reusable bag with energy bars, a pair of cozy socks, some bulk trail mix and a gift card for the co-op nearest their college campus. Your bestie might appreciate some homemade bath salts, scented with your own special blend of essential oils!

Visit www.strongertogether.coop
for more DIY gift ideas.



Coconut Tangerine Salad

Serves 4 to 6. Prep time: 15 minutes.

- 3 tangerines
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 4 cups green leaf or romaine lettuce, torn into bite-sized pieces
- 1 small cucumber, halved and thinly sliced
- ½ cup shredded coconut
- ½ cup sliced almonds

In a small dry skillet, toast the coconut and almonds over medium heat until they just begin to brown. Set aside. Halve and juice one of the tangerines, and peel and segment the other two. For the dressing, stir together tangerine juice, vinegar, olive oil, salt and pepper. Toss dressing with lettuce, tangerine segments and cucumber in a large bowl. Top with the toasted coconut and almonds, and serve immediately.

Serving suggestion: A delicious side salad becomes a main meal with the addition of cooked shrimp or salmon. Substitute toasted peanuts for the almonds if you like, and garnish with pomegranate seeds for even more color and zip.

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



2/\$6

**SANTA CRUZ
ORGANIC**
Organic Applesauce
23 oz., selected varieties



\$3.39

NATURE'S PATH
Organic Granola Bars
6.2-7.4 oz., selected varieties



\$5.99

ONCE AGAIN
Organic Peanut Butter
16 oz., selected varieties



\$5.99

**ORGANIC
PRAIRIE**
Organic Sliced Ham
6 oz., selected varieties



4/\$5

LOTUS FOODS
Rice Ramen
2.8 oz., selected varieties



3/\$5

**ANNIE'S
HOMEGROWN**

Organic Pasta &
Cheese Dinner
6 oz., selected varieties



\$2.69

**ANNIE'S
HOMEGROWN**

Organic Soup
17 oz., selected varieties



\$2.99

PACIFIC

Organic Soup
32 oz., selected varieties



\$2.99

IMAGINE

Organic Broth
32 oz., selected varieties



\$2.99

FIELD DAY

Canola Oil
32 oz.



4/\$7

WESTBRAE

Organic Beans
15 oz., selected varieties



\$2.69

JOVIAL

Organic Brown Rice
Pasta
12 oz., selected varieties



\$2.69

JOVIAL

Organic Tomatoes
18.3 oz., selected varieties



2/\$7

TALENTI

Gelato
16 oz., selected varieties



\$3.99

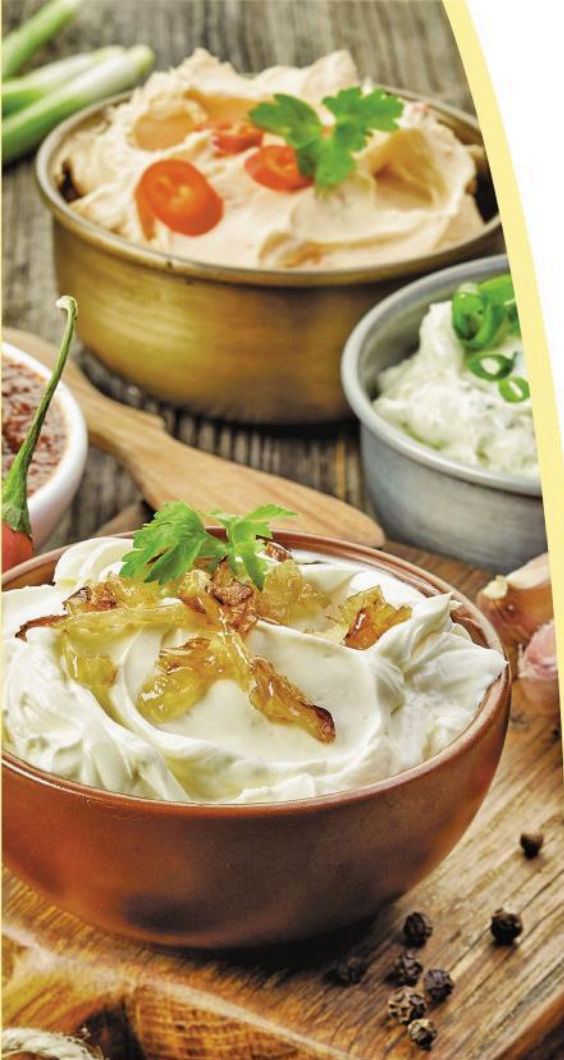
THREE TWINS

Organic Ice Cream
16 oz., selected varieties

Tangerines

For a refreshing, sweet uplift in winter (or anytime), reach for a tangerine. Cheerfully orange, sweet and easy to peel and section, a tangerine can really brighten your day. They offer a fresh note in grain and pasta salads, too; add peeled segments to leftover diced chicken and cooked pasta, tossed with honey Dijon dressing. Or liven up a main course, like coconut-crusted shrimp with a quick salsa of tangerines, peppers, cilantro and minced jalapeños. Substitute tangerine zest for orange or lemon zest in just about any recipe, sweet or savory. And if you find yourself with lots of tangerines, freshly-squeezed juice is an unbeatable breakfast treat.





Favorite Party Dips

Getting any party started is simple with an easy-to-make assortment of dips and spreads. Swirl your favorite salsas (a green tomatillo and a red tomato-based one) into a bowl of plain Greek yogurt or sour cream, and serve with pita crisps or potato chips. Spread softened cream cheese on a festive plate and top with chutney, chopped green onions and peanuts – and accompany with poppadum or rice crackers. Or add black olive tapenade to some hummus from the co-op, and top with crumbled feta.



\$3.99

STONYFIELD
Organic Grassfed
Yogurt
24 oz., selected varieties



2/\$6

QUE PASA
Organic Tortilla Chips
16 oz., selected varieties



\$3.39

R.W. KNUDSEN
Organic Sparkling
Juice
750 ml., selected varieties
other Sparkling Juice
also on sale



2/\$6

TAZO
Tea
20 ct., selected varieties



\$4.69

ORGANIC VALLEY
Organic Cheese
8 oz., selected varieties



3/\$5

BOULDER CANYON
Kettle Cooked Potato
Chips
5 oz., selected varieties



2/\$6

FOOD SHOULD TASTE GOOD
Hummus
10 oz., selected varieties



\$1.69

NANCY'S
Organic Sour Cream
8 oz.



2/\$3

PERRIER
Sparkling Water
25.3 oz., selected varieties



\$9.99

EQUAL EXCHANGE
Organic Bulk Coffee
per pound in bulk,
selected varieties
Bulk Decaf Coffee not on sale



2/\$5

KEVITA

Organic Probiotic
Drink

15.2 oz., selected varieties



2/\$3

LIBERTE

Organic Yogurt

5.5 oz., selected varieties



\$2.99

LIFEWAY

Kefir

32 oz., selected varieties



\$2.99

**ANNIE'S
HOMEGROWN**

Organic Yogurt

4 pack, selected varieties

* Available by special order
only



\$2.69

GOLDEN TEMPLE

Granola

per pound in bulk



\$4.99

DREAM

Ultimate Almond

Beverage

32 oz., selected varieties



\$2.99

RUDI'S

Organic English
Muffins

12 oz., selected varieties

* Available by special order
only



\$3.69

**NATURE'S
PATH**

Organic Love Crunch

11.5 oz., selected varieties



2/\$4

**NATURE'S
PATH**

Organic Waffles

7.4 oz., selected varieties



2/\$5

NATURE'S PATH

Organic Oatmeal

8 ct., selected varieties



\$2.99

KASHI

Organic Cereal

10.3-15.6 oz., selected
varieties



\$3.39

**ANNIE'S
HOMEGROWN**

Organic Cereal

10 oz., selected varieties



\$19.99

**OREGON'S WILD
HARVEST**

Turmeric

60 ct

* Not available at City Market



\$43.99

NEW CHAPTER

Bone Strength Take
Care

120 ct.

other New Chapter products
also on sale



\$53.99

**NORDIC
NATURALS**

Ultimate Omega

180 ct.

other Nordic Naturals
products also on sale

19th Annual Benefit Sale

COTS Trees!

A benefit for the Committee on Temporary Shelter

**Starting
Nov 30**

while supplies last

**All
Trees
\$35**

**Fresh
Balsams**

grown in Craftsbury, VT

Trees are on sale 7am - 11pm. Outside customer service will be on hand for tree-tying assistance early evenings and weekends.

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\$10.99

FIRE CIDER

Organic Fire Cider

8 oz., selected varieties

* Not available at City Market



2/\$6

**SEVENTH
GENERATION**

Dish Liquid

25 oz., selected varieties



\$1.99

NEWMAN'S OWN

Dog Food

12.7 oz., selected varieties



\$9.99

PLANET

Liquid Laundry

Detergent

100 oz.



\$6.69

GREEN FOREST

Bath Tissue

12 ct.



\$9.99

**SEVENTH
GENERATION**

Baby Diapers

20-40 ct., selected varieties

Prepare for your holiday parties at the co-op.

coop™
stronger together

NESE1216AZ1,2,3