

# coop<sup>TM</sup> deals

FEB 1 - FEB 14, 2017



**\$8.99**

**NAPA VALLEY  
NATURALS**

Organic Extra Virgin  
Olive Oil

25.4 oz., selected varieties  
other Napa Valley Naturals  
products also on sale



**2/\$4**

**LATE JULY  
ORGANIC**

Clasico Tortilla Chips  
5.5 oz., selected varieties



**3/\$5**

**CHOCOLOVE**

Chocolate Bar  
3.2 oz., selected varieties



**\$3.39**

**NATURE'S PATH**

Organic Love Crunch  
Granola

11.5 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](http://www.citymarket.coop)

We welcome EBT, CATSscratch, Knight & CCCash Cards and manufacturers' coupons





## One-Pot Farro Risotto

Serves 4. Prep time: 10 minutes active; 40 minutes total.

- 1 ½ cups farro
- 2 cups chicken broth
- ¾ cup water
- 1 bunch kale, tough ribs removed, loosely torn
- ½ teaspoon onion powder
- 1 tablespoon olive oil
- 1 3.8-ounce can sliced black olives
- ⅓ cup grated Parmesan cheese
- 1 teaspoon ground black pepper
- Salt to taste

Add farro, chicken broth and water to a large sauté pan or skillet. Bring to a boil over high heat. Reduce heat to low, cover and simmer 15 to 20 minutes, stirring occasionally. Uncover, add kale, onion powder and olive oil. Continue to cook 5 to 7 more minutes, stirring occasionally.

Turn off heat. Add olives and Parmesan cheese to the pot, stirring to combine. Add black pepper and salt to taste. Estimated cost per serving: \$2.50.

**coop basics**

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



**2/\$4**

**CASCADIAN FARM ORGANIC**

Organic Vegetables  
16 oz., selected varieties



**\$1.99**

**BIONATURAE**

Organic Pasta  
16 oz., selected varieties



**3/\$5**

**BIONATURAE**

Organic Tomato Paste  
7 oz.  
Bionaturae Tomatoes also on sale



**\$1.69**

**NASOYA**

Organic Tofu  
16 oz., selected varieties



**2/\$5**

**DREW'S**

Dressing  
12 oz., selected varieties





**\$3.99**

**ORGANIC VALLEY**

Organic Sharp Shredded Cheddar Cheese

6 oz.



**\$5.99**

**HOPE FOODS**

Organic Guacamole  
15 oz., selected varieties



**\$1.69**

**NANCY'S**

Organic Sour Cream  
8 oz.



**\$2.69**

**SAN-J**

Cooking Sauce  
10 oz., selected varieties



**\$4.99**

**UDI'S GLUTEN FREE**

Pizza

10-11 oz., selected varieties



**2/\$4**

**ANNIE'S HOMEGROWN**

Organic Pasta & Cheese Dinner  
6 oz., selected varieties



**\$6.99**

**SPECTRUM**

Organic Unrefined Coconut Oil

14 oz.

other Spectrum Coconut Oils also on sale

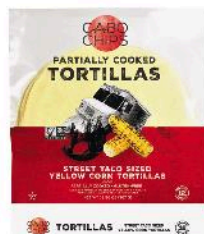


**4/\$5**

**LOTUS FOODS**

Rice Ramen

2.8 oz., selected varieties



**\$3.69**

**CABO CHIPS**

Organic Tortillas

10-12 ct., selected varieties

\* Available by Special Order Only

## Farro

Why is one of the most ancient of grains suddenly becoming a trendy ingredient? Farro has been a common staple of Mediterranean cooking since the days of the Roman Empire. Considered an heirloom grain, farro is described as being nutty, earthy, chewy and satisfying. Whole-grain farro benefits from being soaked in water or broth overnight in the refrigerator to speed up the cooking time, but it can be simmered for 30 to 40 minutes without the extra soak. Use farro in pilafs, any hearty grain-based salad or as a substitute for Arborio rice in a risotto. Check out [www.strongertogether.coop](http://www.strongertogether.coop) for more ways to enjoy this delicious grain.





## Kale and Blood Orange Salad

Serves 6. Prep time: 20 minutes.

- 4 medium blood oranges
- Juice of 1 large lemon
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 clove garlic, smashed
- ¼ cup olive oil
- 1 bunch kale, washed, stems removed
- ½ cup slivered red onions
- 8 ounces feta cheese, crumbled or cubed

For the dressing, zest and juice one of the blood oranges into a small bowl or jar. Taste the juice. If it is very tart, add a tablespoon of lemon juice; if it is very sweet, use 2 tablespoons blood orange juice and 2 tablespoons of lemon juice. Add salt, pepper, garlic and olive oil and whisk well or shake to combine. Set aside.

Roll the kale leaves up, cut crosswise into thin ribbons and place into a serving bowl. Pour the dressing over the kale and use your hands to toss, then massage for a minute or two to tenderize the leaves.

Peel and segment the remaining blood oranges, either with your fingers or with a knife, cutting between the membranes to make neat sections. Cut each segment into 2 or 3 pieces and add to the bowl with the kale. Add the red onions and feta, toss to mix and serve.

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



**2/\$6**

**TWISTED GRAINS**

Organic Bread  
12 oz., selected varieties



**\$2.69**

**SWEET EARTH  
NATURAL FOODS**

Burrito  
6-7 oz., selected varieties



**\$3.99**

**UDI'S GLUTEN FREE**

Bread  
12 oz., selected varieties  
Bagels also on sale



**\$2.99**

**ANNIE'S  
HOMEGROWN**

Organic Yogurt Cups  
4 pack, selected varieties  
\* Available by Special Order Only



**2/\$3**

**DR. MCDUGALL'S**

Soup Cup  
1.1-2.5 oz., selected varieties





**\$4.69**

**FOOD FOR LIFE**  
Organic Bread  
24 oz., selected varieties



**\$3.99**

**EARTH BALANCE**  
Peanut Butter  
16 oz., selected varieties



**\$7.99**

**ONCE AGAIN**  
Almond Butter  
16 oz., selected varieties



**\$3.99**

**CROFTER'S**  
Organic Premium Spread  
16.5 oz., selected varieties  
Crofter's 10 oz. products  
also on sale



**3/\$2**

**BROWN COW**  
Yogurt  
6 oz., selected varieties



**5/\$5**

**SIGGI'S**  
Yogurt  
4.4-5.3 oz., selected varieties



**\$3.99**

**GREEN VALLEY ORGANICS**  
Organic Lactose-Free  
Yogurt  
24 oz., selected varieties



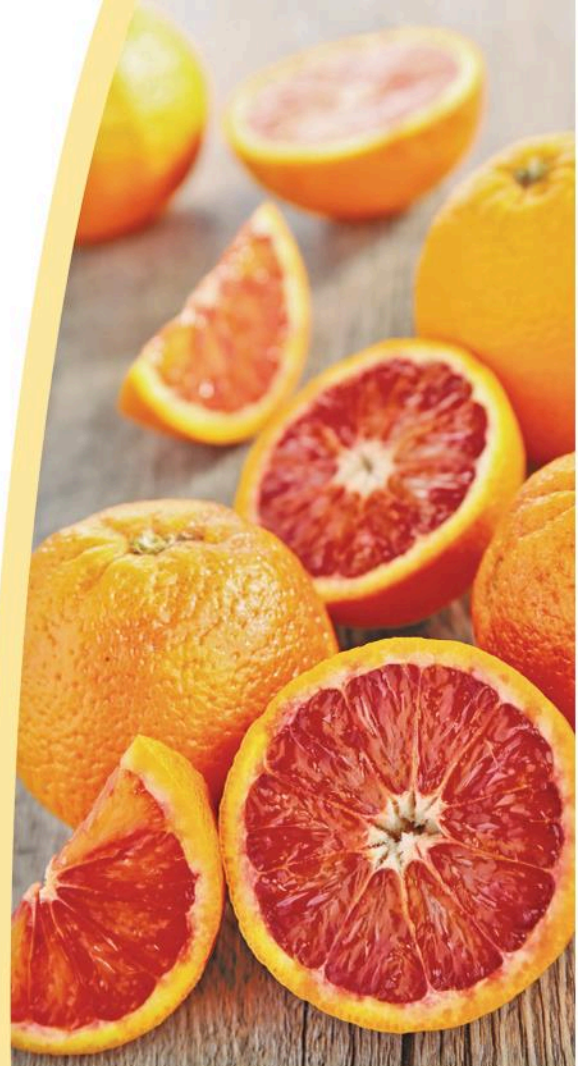
**3/\$4**

**ALMOND DREAM**  
Yogurt  
6 oz., selected varieties



**2/\$6**

**CASCADIAN FARM ORGANIC**  
Organic Granola  
15-16 oz., selected varieties



## Blood Oranges

Don't let their name fool you, blood oranges are a deliciously sweet and brightly colored citrus. Smaller than other oranges, their skin often has a reddish blush, but the real difference is inside where the flesh is dark pink, maroon or deep red. Blood oranges can be used as a tangy alternative to tomatoes in winter salsas, or can bring zest to a traditional Bundt cake or scone recipe. Simmer the juice with a bit of brown sugar and tamari for a zippy glaze for salmon. They're also a good option for on-the-go snacking, but be warned, they can be difficult (and juicy) to peel.





## Chocolate

Chocolate has long been a popular Valentine's Day gift, with many luxurious and delicious options that any friend or sweetheart is sure to love. Bars, truffles and other confections made from gourmet, fair trade chocolate are widely available at most co-ops in unique flavors and varieties that can satisfy any chocolate-lover's fancy. When gifting chocolate, look for elegant packaging to heighten the recipient's appreciation for this sweet and convenient treat even more. Or wrap your box or bar in a reusable scarf or a colorful napkin.

Ice cream, cookies, bars or a rich, velvety chocolate cake from the bakery might be the perfect surprise to round out your day's celebration. Pair chocolate with velvety red wines like Cabernet Sauvignon, or serve with port or champagne. And if a homemade gift is called for, visit [www.strongertogether.coop](http://www.strongertogether.coop) for great recipes that use dark, milk or white chocolate.

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



**\$1.39**

**JUSTIN'S**

Organic Peanut Butter  
Cups

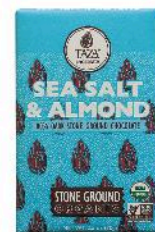
1.4 oz., selected varieties



**\$2.39**

**THEO**

Organic Chocolate Bar  
3 oz., selected varieties



**2/\$5**

**TAZA CHOCOLATE**

Organic Chocolate Bar  
2.5 oz., selected varieties



**2/\$6**

**NEWMAN'S OWN**

Newman-O's Sandwich  
Cookies

13 oz., selected varieties



**\$3.99**

**TALENTI**

Gelato

16 oz., selected varieties





2/\$6

**YOGI**  
Organic Tea  
16 ct., selected varieties



\$8.99

**EQUAL  
EXCHANGE**  
Organic Love Buzz  
Coffee  
per pound in bulk



\$1.39

**BULK**  
Organic Sugar  
per pound in bulk



\$10.99

**BULK**  
Organic Walnuts  
per pound in bulk



\$5.39

**BULK**  
Organic Dried  
Cranberries  
per pound in bulk



\$3.99

**BAKERY ON  
MAIN**  
Oats  
24 oz., selected varieties



\$3.39

**ARROWHEAD  
MILLS**  
Pancake & Waffle Mix  
26 oz., selected varieties



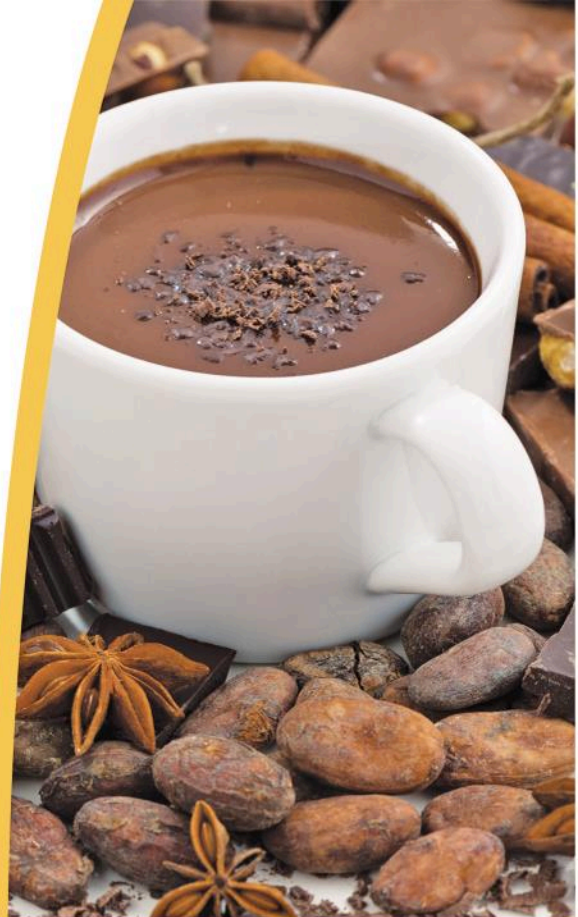
\$5.99

**APPLEGATE**  
Organic Sausage  
12 oz., selected varieties  
\* Not available at City  
Market



\$2.99

**IMMACULATE**  
Organic Crescent Rolls  
8 oz.  
other Immaculate products  
also on sale



## Warming Winter Beverages

When the cold wind blows, think hot beverages, like cocoa (spice it up with cinnamon and cayenne), chai tea and toddies. To make a child-at-heart version of a bedtime toddy, simply warm milk or soy milk, sweeten with honey or maple syrup, and sprinkle with nutmeg. For a feistier version, include a little rum or brandy.

Change up mulled cider by blending warmed apple cider with cranberry, pomegranate or pear juice. Putting the mulling spices (cinnamon sticks, whole black peppercorns, star anise pods, whole cloves and fresh ginger work well) inside a tea ball or infuser makes serving and clean-up simple.





## DIY Lip Balm

Making your own lip balm is beyond easy. Not only can you make your balm just the way you like, you can control the ingredients and use simple, healthy ones. A basic "recipe" includes beeswax, shea butter, sunflower, almond or jojoba oil and your favorite essential oil and honey if you like a bit of sweetness. For a lightly-tinted lip balm, just add a drop or two of natural red food coloring or a small amount of powdered beetroot.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for instructions and suggested scent and flavor combinations, like chocolate mint, vanilla rose or a medicated balm using naturally antibacterial tea tree oil. You can find most of the supplies you need in your co-op's health and body care section. A local craft store is another good place to find tins and tubes to hold the finished product.

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



**2/\$4**

**AURA CACIA**

Bath Packets

1.75-2.5 oz., selected varieties



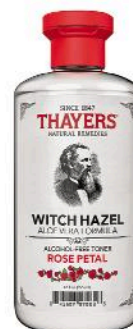
**\$34.99**

**MYCHELLE  
DERMACEUTICALS**

Perfect C Serum

.5 oz.

\* Not available at City Market



**\$6.99**

**THAYERS**

Witch Hazel

12 oz., selected varieties



**2/\$10**

**NATURE'S GATE**

Shampoo or

Conditioner

18 oz., selected varieties



**\$3.99**

**JASON**

Toothpaste

4.2-6 oz., selected varieties





**\$25.99**

### HOST DEFENSE MUSHROOMS

MyCommunity Immune Support

60 ct.  
other Host Defense products also on sale



**\$19.99**

### SPECTRUM

Fish Oil Omega 3  
250 ct.



**\$19.99**

### TERA'S

MCT Coconut Splash  
12 oz.

\* Available by Special Order Only



**\$29.99**

### DIVA CUP

Menstrual Cup  
each, selected varieties



**2/\$5**

### BEARDED BROTHERS

Organic Energy Bar  
2 oz., selected varieties



**\$10.99**

### ENER-C

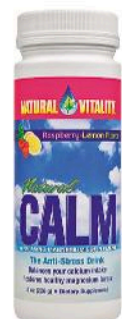
Vitamin C and  
Multivitamin Drink Mix  
30 ct., selected varieties



**\$21.99**

### GARDEN OF LIFE

Dr. Formulated  
Probiotics Once Daily  
30 ct.



**\$13.99**

### NATURAL VITALITY

Natural Calm Anti-Stress  
Drink  
8 oz., selected varieties



**\$24.99**

### RAINBOW LIGHT

Women's One Multivitamin  
90 ct.  
other Rainbow Light products also on sale



**3/\$5**

### ORGAIN

Organic Protein Bar  
1.41 oz., selected varieties



## Stay Well

Flu season is upon us, but there are simple steps you can take to help make sure it doesn't get you down. Help prevent flu symptoms and boost your immune system by eating more fresh foods and fewer refined sugars, exercising regularly and getting plenty of quality rest. Supplements like Vitamin C and herbal remedies such as black elderberry can also help to strengthen your immune response.

One of the most important preventative measures you can take is probably the easiest: washing your hands more frequently. Keep a pocket size hand sanitizer spray or gel in your pocket, purse, backpack or glove compartment for times when soap and water aren't readily available.





## Super Party Tips

Whether it's for the "big game" or family game night, here are some quick tips for boosting the flavor (and fun) for your next party. You'll find some great Game Day recipes on [www.strongertogether.coop](http://www.strongertogether.coop), too.

Freshen up your favorite dips by adding cooked, crumbled bacon to guacamole, or stir in a bit of chipotle chili powder for a smoky, vegetarian version. Buffalo spice and sauce is not just for chicken wings; try it on strips or cubes of marinated baked tofu or oven-roasted potatoes — serve with blue cheese dressing and celery sticks, of course. Make your appetizer array just a bit more special by warming up a bowl of spiced nuts or olives in the oven before serving. And don't forget the sweet treats! A tray of brownie bites and cookies (maybe from the co-op deli?) are just the thing.

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



**\$3.69**

**ALTA PALLA**  
Organic Sparkling  
Beverage  
4 pack, selected varieties



**\$3.99**

**ANNIE'S  
HOMEGROWN**  
Bunnies Snack Mix  
9 oz., selected varieties



**\$2.19**

**FIELD DAY  
ORGANIC**  
Salsa  
16 oz., selected varieties



**2/\$7**

**GARDEN OF  
EATIN'**  
Corn Tortilla Chips  
16 oz., selected varieties



**\$2.39**

**KETTLE BRAND**  
Avocado Oil Potato  
Chips  
4.2 oz., selected varieties





2/\$6

**QUE PASA**

Organic Tortilla Chips

16 oz., selected varieties



\$2.39

**ANGIE'S**

Boomchickapop

4.5-7 oz., selected varieties



\$2.99

**EPIC**

Pork Rinds

2.5 oz., selected varieties



2/\$4

**KETTLE BRAND**

Potato Chips

5 oz., selected varieties



2/\$6

**R.W. KNUDSEN**

Organic Juice

32 oz., selected varieties



\$2.69

**SYNERGY**

Organic Kombucha

16 oz., selected varieties



2/\$6

**GOOD KARMA**

Dairy-Free Probiotic

Drink

32 oz., selected varieties



\$3.69

**WALLABY**

Organic Kefir

32 oz., selected varieties



2/\$6

**WTRMLN WTR**

Watermelon Water

12 oz.

## Savory Citrus

When citrus is in season, it's a great opportunity to explore the savory side of these versatile fruits. A sesame dipping sauce spiked with orange juice is the perfect complement to fresh spring rolls, for example, or add segments of bright oranges or tangerines to a quinoa salad that features roasted beets, juicy pomegranate seeds and sweet dates. A grapefruit salsa with fresh jalapeños livens up baked white fish or fish tacos.

At [www.strongertogether.coop](http://www.strongertogether.coop), you'll find these recipes and much more!





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Recipe Contest**

Enter online Jan 30 - Feb 12  
[www.citymarket.coop](http://www.citymarket.coop)

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Prizes  
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**\$3.39**

**NATURE'S PATH**  
Envirokidz Organic  
Cereal  
10-14 oz., selected varieties



**\$2.99**

**NATURE'S PATH**  
Organic Cereal  
10.3-14 oz., selected varieties



**\$2.69**

**ECOVER**  
Dish Soap  
25 oz., selected varieties



**\$3.39**

**EREWHON**  
Organic Cereal  
10-11 oz., selected varieties



**3/\$5**

**GREEN FOREST**  
Facial Tissue  
175 ct.



**\$9.99**

**SEVENTH  
GENERATION**  
4X Concentrated  
Laundry Detergent  
50 oz., selected varieties

**Valentine's Day gifting made simple at the co-op!**



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