

coopTM deals

MAY 3 - MAY 16, 2017



\$3.99

**ORGANIC
VALLEY**

Organic Shredded
Cheese

6 oz., selected varieties



2/\$5

LATE JULY

Organic Thin &
Crispy Tortilla Chips

11 oz., selected varieties



\$6.99

DR. BRONNER'S

Organic Coconut Oil

14 oz., selected varieties



2/\$5

**EQUAL
EXCHANGE**

Organic Chocolate
Bar

2.8 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



Vegetarian Paella

Serves 4 to 6. Prep time: 30 minutes active; 1 hour total.

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 1 large red bell pepper, seeded and diced
- 3 cloves garlic, minced
- 1 medium zucchini, diced
- 2 cups canned diced tomatoes and juice
- 5 to 10 saffron strands
- 2 teaspoons smoked paprika
- ½ teaspoon crushed red pepper flakes
- 1 ½ cups rice, medium or short grain
- 3 cups vegetable stock, room temperature
- ½ cup canned artichoke hearts, drained and quartered
- 2 cups canned garbanzo beans, rinsed and drained
- ½ teaspoon salt
- ½ teaspoon ground black pepper

In a large oven-proof stock pot or Dutch oven, heat the oil over medium-high heat. Add the onions and bell peppers and sauté for 10 minutes or until softened. Add the garlic, zucchini, diced tomatoes with juice, saffron, paprika and chili flakes and sauté for 5 to 10 minutes. Add the rice and stock; stir and bring to a boil. Reduce heat to low and simmer for 10 minutes.

Preheat the broiler in the oven while the rice is cooking. Add the artichokes, garbanzo beans, salt and pepper. Cover the pot and simmer for 10 to 15 more minutes. When the liquid is mostly absorbed and the rice is tender, uncover the pot and transfer to the broiler for 5 to 10 minutes until the edges of the rice begin to brown and get a bit crispy. Remove from broiler and serve. Estimated cost per serving: \$2.21.

coop basics

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



\$11.99

SPECTRUM
Organic
Mediterranean Extra
Virgin Olive Oil
33.8 oz.



\$2.39 **LUNDBERG
FAMILY FARMS**
Organic Basmati
Rice
per pound in bulk



3/\$4

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



\$4.39

**PRIMAL
KITCHEN**
Dressing
8 oz., selected varieties



\$5.39

ALTER ECO
Organic Quinoa
12 oz., selected varieties



\$2.39

ANCIENT HARVEST

Organic Supergrain Pasta
8 oz., selected varieties



\$3.39

RP'S PASTA

Gluten-Free Pasta
9 oz., selected varieties



5/\$4

KOYO

Ramen
2-2.1 oz., selected varieties



\$2.29

ANNIE'S NATURALS

Organic Ketchup
24 oz.
other Annie's Condiments also on sale



4/\$5

ANNIE'S HOMEGROWN
Pasta & Cheese Dinner
6 oz., selected varieties



\$3.39

TOFURKY

Hot Dogs
12 oz.



\$5.49

UDI'S GLUTEN FREE

Pizza
10oz., selected varieties



\$4.39

IAN'S

Gluten Free Fish Sticks
8 oz.



3/\$4

NEWMAN'S OWN

Premium Cat Food
5.5 oz., selected varieties



\$6.99

BETTER LIFE

Tub & Tile Cleaner
32 oz.

The Tapas Tradition

If you've ever enjoyed a series of snacks for dinner instead of one big plate, you understand the appeal of the Spanish tradition of tapas—a collection of small bites with big flavors that make up a satisfying, leisurely meal. Some classic tapas to try:

- Mixed olives, warmed and dusted with smoked paprika. Serve with salty Spanish Marcona almonds.
- Chunks of spicy chorizo, slow-cooked in a rich tomato and red pepper sauce and served with a crusty baguette.
- A traditional Spanish omelet made with potatoes and onions slow-cooked in plenty of olive oil, bound together with eggs.
- Roasted vegetables and chunks of Manchego with zesty Romesco sauce.

Visit www.strongertogether.coop for more tapas recipes.



Rhubarb Snacking Cake

Serves 9. Prep time: 15 minutes active; 50 minutes total.

- 1 cup rolled oats
- 1 ¼ cup brown sugar, divided
- 6 tablespoons butter, divided
- 1 cup whole wheat pastry flour
- ½ cup unbleached flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¾ cup nonfat plain yogurt
- 1 large egg
- 1 cup thinly sliced rhubarb

Heat the oven to 350 degrees F. Lightly oil or butter a 9-inch square baking pan. Melt the butter. In a medium bowl, combine 2 tablespoons of the melted butter with the oats and ¼ cup brown sugar. Mix well and set aside.

In a large bowl, mix the flours, remaining cup of brown sugar, soda and salt. In a separate bowl, whisk together the yogurt and egg; slowly add the remaining 4 tablespoons melted butter, while whisking the mixture. Pour the yogurt mixture over the dry ingredients and stir just to combine. Quickly stir in the rhubarb. Scrape the batter into the prepared pan. Sprinkle with the topping, then bake for 30 to 35 minutes. A toothpick inserted in the center of the cake should come out with no wet batter sticking to it. Cool the cake on a rack. Serve warm, or wrap tightly and refrigerate for up to a week.

Serving suggestion: When rhubarb is in season, make the most of its tangy, pink stalks in this quick cake. You can even make this with frozen rhubarb in the middle of winter, if you like; just bake it 5 or 10 minutes longer. Top with a dollop of whipped cream or coconut sorbet for special occasions, or just slice and enjoy!

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



\$5.39

NEW BARN
Organic Non-Dairy
Frozen Dessert
14 oz., selected varieties



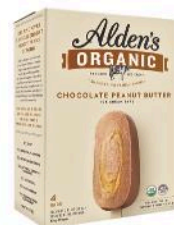
4/\$5

FAGE
Total Plain Yogurt
6-7 oz., selected varieties



\$3.69

GOOD POP
Frozen Pops
4 ct., selected varieties



\$3.39

ALDEN'S ORGANIC
Ice Cream Bars
4 ct., selected varieties



\$2.39

SWEETLEAF
Stevia Sweetener
35 ct., selected varieties
other Stevia products
also on sale



2/\$5

CHOCOLOVE

Chocolate Bar
3.2 oz., selected varieties



2/\$5

ALTER ECO

Organic Chocolate Bar
2.82 oz., selected varieties



\$2.69

WHOLESOME!

Organic Candy
6 oz., selected varieties



\$3.69

**ANNIE'S
HOMEGROWN**

Organic Graham Crackers
14.4 oz., selected varieties



2/\$6

BLUE SKY

Natural Soda
6 pack, selected varieties



\$3.69

BLUE SKY

Zero Calorie Soda
6 pack, selected varieties



\$3.39

VITA COCO

Coconut Water
33.8 oz., selected varieties



\$2.39

KEVITA

Organic Kombucha
15.2 oz., selected varieties



5/\$5

SWEET LEAF

Organic Ready-to-Drink Tea
16 oz., selected varieties

Rhubarb

When spring has sprung, so has the rhubarb. The tartness of this perennial vegetable lends itself well to a variety of dishes from salad dressings to desserts. Rhubarb vinaigrette is delightful when mixed with wild greens and pea shoots. For a bright twist on classic sauces, try cooking down rhubarb to create a sweet, tart marinade for salmon or chicken. Baking up a fresh rhubarb pie will welcome your spring guests with warm memories of their youth. In the mood for just a little treat? The rhubarb cake recipe featured in this flyer can satisfy your craving!



Baked Crab and Asparagus Spread

Serves 6 to 8. Prep time: 20 minutes active; 45 minutes total.

- 1 tablespoon olive oil
- 1 bunch asparagus, trimmed and cut into ½-inch pieces
- 1 cup chopped canned artichoke hearts
- 1 cup chopped fresh tomatoes
- 3 cloves garlic, chopped
- 1 6-ounce can lump crab meat, drained
- ½ teaspoon sea salt
- ⅓ teaspoon black pepper
- 2 eggs
- 1 8-ounce package Neufchâtel or cream cheese, softened
- ½ cup milk
- ⅓ cup grated Parmesan
- 2 large pinches smoked paprika
- ¼ cup slivered almonds

Heat oven to 375 degrees F. Heat the olive oil in a sauté pan, then add the asparagus, artichokes, tomatoes and garlic. Sauté for about 5 minutes until asparagus is just tender. Remove from the skillet and place in a small, oiled baking dish. Stir in the crabmeat, and add salt and pepper.

In a food processor, blend together the eggs, Neufchâtel and milk until fully incorporated. Pour the egg and cheese mixture over the crab and veggies, then top with Parmesan, smoked paprika and almonds. Bake uncovered on the middle rack in the oven for 25 minutes. Remove from the oven and serve hot with toasted baguette slices or crackers.

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\$2.99

GLUTINO

Crackers

4.4 oz., selected varieties



2/\$4

KETTLE

Potato Chips

5 oz., selected varieties



3/\$5

GIMME ORGANIC

Seaweed Snacks

.35 oz., selected varieties



\$2.39

POPCORN INDIANA

Popcorn

4.4-8 oz., selected varieties



2/\$4

**WAY BETTER
SNACKS**

Sprouted Tortilla Chips

5.5 oz., selected varieties



\$5.69

BULK

Organic Sweetened
Cranberries
per pound in bulk



\$3.69

BULK

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



\$1.99

BULK

Organic Pinto Beans
per pound in bulk



\$1.79

BEARITOS

Organic Refried
Beans
16 oz., selected varieties



\$1.79

FRONTERA

Cooking Sauce
8 oz., selected varieties



\$3.99

CABO CHIPS

Par-baked Tortillas
10 ct., selected varieties
* Available by Special Order
only



2/\$6

BEARITOS

Tortilla Chips
16 oz., selected varieties



2/\$6

QUE PASA

Organic Tortilla
Chips
16 oz., selected varieties



3/\$5

AMY & BRIAN

Coconut Water
17.5 oz., selected varieties



\$5.99

HOPE FOODS

Organic Guacamole
15 oz., selected varieties



Making Herbed Butter

Here's a quick and easy way to make your homemade bread and dinner rolls even more special. Herbed butter can also be added to sauces, mashed potatoes, or steamed veggies for a burst of flavor. Allow the butter to soften to room temperature so it's workable. Rinse and pat dry a tablespoon or two of fresh herbs: chives, parsley, tarragon, thyme and marjoram and basil in any combination. Finely chop the herbs, and mix into the butter, adding freshly-ground black pepper if you like.

Any leftover butter can be stored in a sealed container, or rolled into a log shape and wrapped tightly in plastic wrap. Plastic-wrapped herbed butter can be over-wrapped in foil and frozen for several months.



Raspberry Cream Scones

Makes six 3-inch scones. Prep time: 20 minutes active; 35 minutes total.

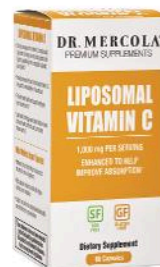
- $\frac{2}{3}$ cup all-purpose flour
- $\frac{1}{3}$ cup whole wheat flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 3 tablespoons cold butter, cut or grated into small pieces
- 6 tablespoons heavy cream
- 1 egg, separated
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ cup fresh or frozen raspberries

Preheat the oven to 400 degrees F.

In a mixing bowl, whisk together the flours, sugar, baking powder and salt. In a separate small bowl, whisk together the heavy cream, egg yolk and vanilla.

Using a pastry cutter or your fingers, blend the cold butter with the flour mixture until it resembles coarse bread crumbs. Gently toss the raspberries with the flour and butter mixture, and slowly add the cream and egg yolk mixture. Gently blend just until the dough holds together.

Place the dough on a floured surface and gently pat out until about $\frac{1}{2}$ - to 1-inch thick. Cut the dough into 3-inch circles using a cookie or biscuit cutter and place on a greased or non-stick baking sheet. Gently push the remaining scraps of dough back together and cut more scones until all the dough is used. Brush the tops of the scones with beaten egg white and bake for 10-14 minutes until just starting to brown.



\$ | 4.99

**DR. MERCOLA
PREMIUM
SUPPLEMENTS**

Liposomal Vitamin C
60 ct.
* Not available at City Market



\$24.99

**RAINBOW
LIGHT**

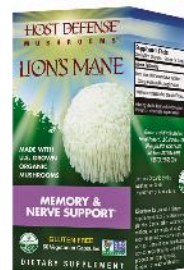
Women's One
Multivitamin
90 ct.
other Women's Supplements
also on sale



\$21.99

**NORDIC
NATURALS**

Ultimate Omega
60 ct.
other Nordic Naturals
products also on sale



\$ | 9.99

HOST DEFENSE
Lion's Mane

60 ct.
*Available by Special Order
only



\$ | 9.99

**JARROW
FORMULAS**

Beyond Bone Broth
10.8 oz., selected varieties



\$3.69

EVOLUTION FRESH

Juices and Smoothies

15.2 oz.
selected varieties



\$2.99

KIND

Granola Bars

5 ct., selected varieties



5/\$5

LARABAR

Fruit & Nut Bar

1.6-1.8 oz.,
selected varieties



2/\$4

ORGANIC PRAIRIE

Organic Mighty Bars

1 oz., selected varieties



\$2.99

CLIF KIDZ

Organic Zbars

7.62 oz., selected varieties



\$12.99 **ORGANIC VALLEY**

Organic Aseptic Milk

12 ct., selected varieties

*Available by Special Order only



\$4.99

MARANATHA

Organic Peanut Butter

16 oz., selected varieties



\$3.99

UDI'S GLUTEN FREE

Bread

12 oz., selected varieties



2/\$4

PERFECT BAR

Nutrition Bar

1.6-2.5 oz., selected varieties



\$3.69

CROFTER'S

Organic Premium Fruit Spread

16.5 oz., selected varieties

10 oz. Fruit Spread also on sale



Springtime Sparklers

Hosting a spring fling? Make a splash with a fun and fruity sparkling drink! Flavor possibilities are only limited by your imagination. Try a seasonal combo like strawberry rhubarb, cherry almond or blackberry, lemon and thyme. Make a simple syrup base from one part sugar (or equivalent alternative sweetener), one part water and two parts fruit by boiling on the stove until fruit falls apart and mixture has thickened. Strain the syrup into a glass jar and chill. To enjoy, mix a few tablespoons of syrup with sparkling water to taste and garnish with herbs or a few drops of flavor extract. A squeeze of fresh lemon juice will brighten and boost the flavors.



Sustainable Entertaining

Planning dinner for a crowd? You don't have to spend a lot to create a delicious and environmentally friendly meal your guests will love. A sustainable menu can offer up big flavor and low costs. By highlighting fresh, in-season and local fare, you'll typically be able to get the tastiest ingredients at a better price. Browse your cookbook collection or co-op website (try www.strongertogether.coop) for recipes using the best of the season, and make these ingredients the stars of your meal plan.

Rely on inexpensive staples like grains and beans, which you can buy in bulk for best economy. Check out the co-op sales flyer and coupons for upcoming specials you can add to your plan, and stock up on shelf-stable items like sparkling beverages, canned goods and pasta while they're on sale.

For a zero-waste party, do your best to cook the right amount of food and arrange for guests to bring home any leftovers! Live plants or beautifully arranged baskets of snackable fruits and veggies make for great table décor. Use reusable plates and utensils whenever possible, or biodegradable ones.

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



\$8.99

EQUAL EXCHANGE

Organic Bulk French
Roast Coffee

per pound in bulk

*Decaf Bulk French Roast Coffee
not on sale



2/\$4

SO DELICIOUS

Organic Coconut
Milk

32 oz., selected varieties



\$6.39

NATURE'S PATH

Organic Eco-Pac
Cereals

26.4-32 oz., selected varieties



\$3.99

APPLEGATE

Turkey Bacon

8 oz.



4/\$5

CHOBANI

Greek Yogurt

5.3 oz., selected varieties



\$1.19

SILK
Soy Yogurt
5.3 oz., selected varieties



4/\$5

LIBERTE
Organic Yogurt
5.5 oz., selected varieties



\$4.99

SPECTRUM
Organic Flaxseed
12-15 oz., selected varieties



4/\$5

STONYFIELD
Organic Greek Yogurt
5.3 oz., selected varieties



\$2.69

GOLDEN TEMPLE
Granola
per pound in bulk



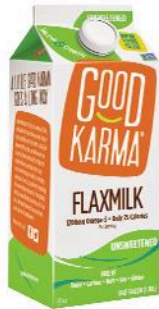
\$3.39

EREWHON
Organic Cereal
10-11 oz., selected varieties



\$7.99

CHAMELEON COLD-BREW
Organic Coffee Concentrate
32 oz., selected varieties



\$3.39

GOOD KARMA
Flaxmilk
64 oz., selected varieties



\$5.69

R.W. KNUDSEN
Organic Just Tart Cherry Juice
32 oz.
other Just Juice also on sale



2/\$4

GUAYAKI
Organic Yerba Mate
15.5 oz., selected varieties



Simple Brunch Ideas

Whether it's a Mother's Day celebration or just a lazy weekend, there's nothing quite like a festive brunch. Whipping up a mid-morning meal doesn't have to be complicated, though; there are plenty of simple options. Make oatmeal special by soaking steel-cut oats overnight in milk, juice or almond milk, then cook and top with fresh fruit and yogurt. Try a springtime bruschetta, with sliced fresh strawberries and softened mascarpone cheese. And don't forget the Mom-Osa: a tall glass of peach nectar mixed with sparkling wine or seltzer water and garnished with mint.

Visit www.strongertogether.coop for more delicious brunch ideas.

2017 Co-op Patronage Seedling Grants



Do you know an organization that is strengthening our local food system?

Tell them about City Market's grant program!

Over \$30,000 will be available in funding donated by Co-op Members!

Apply by June 30

Learn more: <http://s.coop/seedlinggrants>

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

City Market
Onion River Co-op



\$29.99

DR. HAUSCHKA

Rose Day Cream

1 oz., selected varieties
other Skin Care products
also on sale



\$3.99

JASON

Toothpaste

4.2-6 oz., selected
varieties



\$4.99

BOIRON

Arnica Gel

1.5 oz.
other Arnica products
also on sale



\$7.99

ALAFFIA

Coconut Reishi
Haircare

8 oz., selected varieties
other Coconut Reishi products
also on sale



\$6.99

DR. BRONNER'S

Lavender Liquid
Castile Soap

16 oz.



\$8.99

WELEDA

Calendula Diaper
Rash Cream

2.8 oz.
other Baby products
also on sale

Sweet deals for spring entertaining at the co-op!

coopTM
stronger together

NESE0517AZ1,2,3