

coopTM deals

AUG 16 - AUG 29, 2017



5/\$5

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



5/\$5

SIGGI'S
Icelandic Yogurt
5.3 oz., selected varieties



\$3.99

CROFTER'S
Organic Premium
Fruit Spread
16.5 oz., selected varieties
10-11 oz. Fruit Spread
also on sale



\$5.99

NATURE'S PATH
Organic Cereal
26.4-32 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



Goddess Bowl

Serves 4. Prep time: 15 minutes active; 25 minutes total.

- 1 cup dry quinoa or bulgur
- 1 ½ cups water plus 1 tablespoon, divided
- ¼ cup tahini
- 1 tablespoon cider vinegar
- 1 tablespoon Sriracha sauce
- 1 tablespoon tamari plus 1 teaspoon, divided
- 1 tablespoon honey
- ½ cup raw, unsalted pumpkin seeds
- 1 bunch Tuscan kale, thinly sliced
- 2 large carrots, shredded
- 2 medium avocados, halved and pitted

Cook the quinoa or bulgur. In a small pot, bring 1 ½ cups water to a boil, then add the grain. Return to a boil, and if using quinoa, reduce the heat to low and cook for 14 minutes, covered. For bulgur, bring to a boil for 1 minute, then remove from heat, cover and let stand for 15 minutes. Fluff the finished grain with a fork.

While the grain cooks, place the tahini, cider vinegar, one tablespoon each tamari, honey, Sriracha sauce and water in a small bowl and stir with a fork until smooth. Add a bit more water if the dressing is too thick.

Place the pumpkin seeds in a small sauté pan and swirl over medium-high heat. When they begin to pop and become fragrant, stir in the teaspoon of tamari. The tamari will coat the seeds and the pan will be dry. Transfer to a bowl to cool.

Place a quarter of the cooked grains in each of four low, wide bowls. Arrange the raw kale and carrots on top of the grains, then slice the avocado halves in the skin and carefully scoop them out with a spoon. Fan half an avocado over each bowl. Top with sauce and pumpkin seeds.

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



5/\$4

KOYO

Ramen

2-2.1 oz., selected varieties

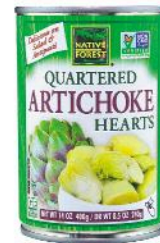


\$5.39

ALTER ECO

Organic Quinoa

12 oz., selected varieties



\$2.79

NATIVE FOREST

Whole Artichoke

Hearts

9.9 oz.



\$11.99

NUTIVA

Organic Virgin

Coconut Oil

23 oz., selected varieties
other Nutiva products also on sale



\$6.69

THRIVE

Culinary Algae Oil

16.9 oz.



\$9.99

BULK

Organic Dried Mango
per pound in bulk



\$6.99

BULK

Organic Medjool Dates
per pound in bulk



\$2.99

BULK

Organic Pumpkin
Seeds
per pound in bulk

★ EAT BECAUSE ★
WOODSTOCK™
★ IT'S GOOD! ★

\$10.99

WOODSTOCK

Organic Dark
Chocolate Almonds
per pound in bulk
other Bulk Snacks also on sale



3/\$4

GOMACRO

Organic Thrive Bar
1.4 oz., selected varieties



\$3.99

MADE IN NATURE

Organic Figgy Pops
4.2 oz., selected varieties



\$1.79

RXBAR

Protein Bar
1.83 oz., selected varieties



2/\$4

PERFECT BAR

Organic Protein Bar
1.6-2.5 oz., selected varieties



2/\$5

FARMHOUSE CULTURE

Organic Kraut Krisps
5 oz., selected varieties



On-The-Go Options

With summer winding down and school schedules picking up, sometimes mealtime means enjoying a quick bite in the car between destinations. Luckily, there are tons of options to feed yourself and your family delicious, healthy food on the go. Salads in a jar are easily prepared and consumed when looking to cook at home. Fresh fruit, vegetables and trail mix are all convenient snacks or sides to your quick meals. Rather than pulling up to a drive-thru restaurant, stop by your local co-op's grab-and-go cooler or hot bar full of delicious prepared foods. Pasta salads, paninis or snack packs from the co-op are quick, properly portioned and most of all, tasty options to fuel your family.



Nectarine Steak Salad

Serves 4. Prep time: 20 minutes.

- 12 ounces rib-eye steak
- 2 ½ tablespoons olive oil, divided
- ¾ teaspoon coarse salt, divided
- ½ teaspoon coarsely ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon honey
- 4 cups mixed greens
- 2 medium nectarines, pitted and sliced
- 2 large scallions, slivered
- 2 ounces blue cheese, crumbled

Preheat a grill or grill pan over medium-high heat.

Coat the steak with ½ tablespoon of the olive oil, then sprinkle with ½ teaspoon salt and pepper. Place the steak on the grill or hot pan and don't move it for at least 2 minutes. Grill steak 3 minutes total on each side or until desired degree of doneness. Remove from heat; let stand 8 minutes. Cut steak diagonally across the grain into thin slices.

While steak rests, combine lemon juice, honey, remaining ¼ teaspoon salt and remaining 2 tablespoons oil in a large bowl, stirring with a whisk. Add mixed greens and toss to coat. Add nectarines and scallions. Arrange the sliced steak on top of the dressed greens and sprinkle with blue cheese. Serve immediately.

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



2/\$5

DREW'S

Dressing & Quick Marinade
12 oz., selected varieties



\$2.39

FIELD DAY

Organic Ketchup

24 oz.

other Condiments also on sale



\$3.99

ORGANIC VALLEY

Organic Shredded Cheese

6 oz., selected varieties



\$3.99 QUORN

Meat-Free Chik'n Nuggets

10.6 oz.

Other Meatless items also on sale



2/\$7

RISING MOON

Organic Frozen Pasta

8 oz., selected varieties

16 oz. Pasta 2/\$10



\$8.99

**EQUAL
EXCHANGE**

Organic Bulk Coffee
per pound in bulk
Bulk Decaf Coffee not on sale



\$5.99

GRANDY OATS

Organic Granola
9 oz., selected varieties



\$3.99

BAKERY ON MAIN

Oats
24 oz., selected varieties



2/\$5

DREAM

Organic Rice Drink
32 oz., selected varieties



\$3.99

SWEET EARTH

Breakfast Sandwiches
9.9 oz., selected varieties



2/\$5

VAN'S

Waffles
9 oz., selected varieties



\$4.99

VITAL FARMS

Alfresco Eggs
*Not available at City Market



\$3.99

**GREEN VALLEY
ORGANICS**

Lactose Free Yogurt
24 oz., selected varieties



\$5.69

**WALLABY
ORGANIC**

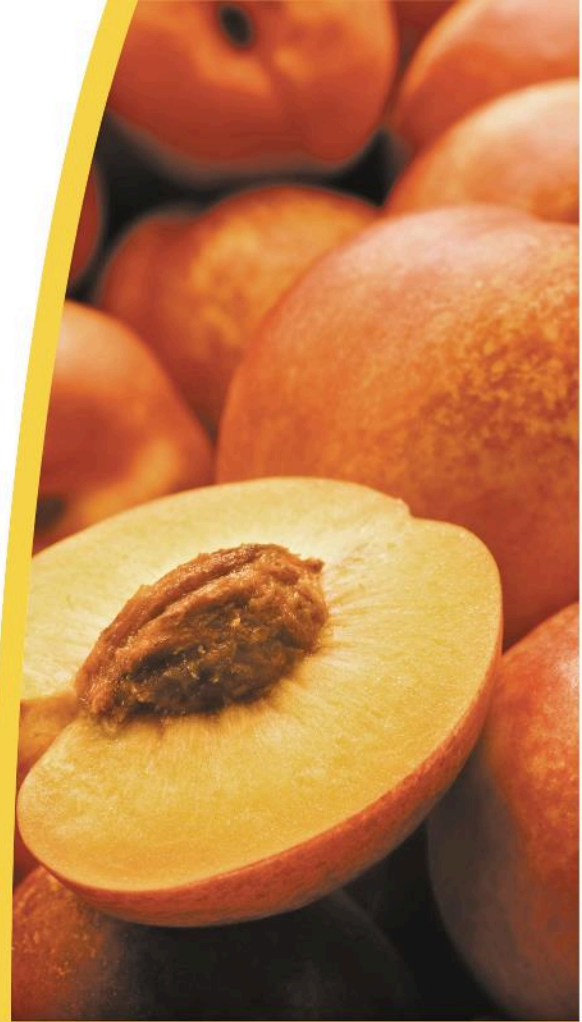
Greek Yogurt
32 oz., selected varieties



\$4.69

CALIFIA FARMS

Organic Homestyle Nutmilk
25.4 oz., selected varieties



Nectarines

Sweet and juicy with smooth skin, nectarines are a favorite summer stone fruit. While never a bad idea to stick to classics like nectarine cobbler to delight picnic guests, there are many ways to cook with nectarines. Add nectarine chunks to a kebab with chicken and red onion for a sweet and savory combo. Mix diced nectarine, tomato, jalapeño and cilantro for a fruity salsa to spice up a summer night. Get the great taste of nectarines all year round by canning or whipping up a batch of jam. Spreading that on some cinnamon toast in the cooler months brings back warm summer days.



Provolone

A crowd-pleasing cheese from southern Italy, Provolone brings authentic delicious flavor to the table. Mild like mozzarella but with a little more zing, it actually makes a great companion to other Italian cheeses. Provolone is ideal for lasagna, casseroles, burgers and hot sandwiches with its gooey melting capability. Try making an "Italian Grilled Cheese" by layering provolone atop toasted baguette with prosciutto and a fig jam spread. Cue: mouthwatering. Adding Provolone to a traditional macaroni and cheese recipe will leave the whole family happy. Melted or not, provolone should be on the top of your grocery list when looking for an alternative to your everyday cheese.



\$3.69

EVOLUTION FRESH

Juice Smoothie
15.2 oz., selected varieties



3/\$5

SANTA CRUZ ORGANIC

Lemonade
32 oz., selected varieties



\$3.69

NATURAL BREW

Natural Soda
4 pack, selected varieties



2/\$5

BLUE SKY

Natural Soda
6 pack, selected varieties



2/\$5

LATE JULY SNACKS

Organic Cantina
Dippers Tortilla Chips
8 oz., selected varieties



\$3.69

BLUE SKY

Zero Calorie Soda
6 pack, selected varieties



\$3.99

JULIE'S ORGANIC

Ice Cream
16 oz., selected varieties



\$4.39

SO DELICIOUS

Frozen Dairy Free
Desserts
16 oz., selected varieties



2/\$6

HAIL MERRY

Tart
3 oz., selected varieties



2/\$3

SO DELICIOUS

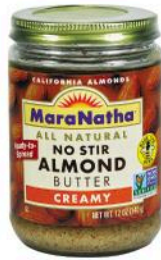
Coconut Milk Yogurt
5.3 oz., selected varieties



\$4.39

UDI'S GLUTEN FREE

Bread
12 oz., selected varieties



\$7.99

MARANATHA

Almond Butter
12 oz., selected varieties



\$2.39

GOOD HEALTH

Avocado Oil
Potato Chips
5 oz., selected varieties



2/\$5

JACKSON'S HONEST

Potato Chips
5 oz., selected varieties



2/\$4

PEELED SNACKS

Organic Peas Please
3.3 oz., selected varieties



2/\$3

GIMME

Organic Seaweed Snacks
.35 oz., selected varieties



2/\$4

LATE JULY SNACKS

Clasicos Tortilla Chips
5.5 oz., selected varieties



\$4.39

BACK TO NATURE

Cookies
6.4-8.5 oz., selected varieties



\$3.39

SANTA CRUZ ORGANIC

Applesauce Pouches
4 ct., selected varieties



\$2.99

ORGANIC VALLEY

Organic Reduced Fat
Chocolate Milk
32 oz.
*Available by special order only



High Five for High Five!

For those fall nights when time is at a premium, give yourself a "high five!" That's a recipe that uses just five main ingredients, plus some pantry staples. Wow your family by whipping up a tasty broccoli and cheddar rice casserole, with only six ingredients. Duck into the co-op, grab some broccoli (plus rice, milk and cheese if you don't already have them) and you're less than an hour away from an easy, cheesy main dish. Don't have an hour? Try a 20-minute egg curry; eggs, peas, onion and canned diced tomatoes are all you need. Visit www.strongertogether.coop to explore our High Five recipes, and stock up on the ingredients for your family's favorite.



A Winning Lunch Formula

The start of the school year is the perfect time to experiment with new lunch ideas for your family. Try whipping up some fun, healthy meals that will keep everybody's taste buds interested and their brains engaged. A good equation to follow is $1+1+1=1$: one fruit or vegetable, one protein and one carbohydrate = one lunch. This formula allows for endless mealtime match-ups for your family, and might even teach them a little bit about balanced nutrition. For a Greek-inspired lunch box, try cucumber, diced chicken and pita bread (a little hummus could also be added). Spinach, cheese and tortillas offer an easy and delicious wrap your kiddos can assemble themselves at the lunch table. An apple, almonds and bagel will provide energy for the recess rendezvous they're about to have. Giving kids the power of choice can help minimize lunchtime trading, and bite-sized finger foods make it easy for your family to get the nutrition they need during the typically too-short lunch "hour."



\$5.99

ORGANIC PRAIRIE

Organic Deli Slices
6 oz., selected varieties



\$4.39

JUST MAYO

Premium Mayo
16 oz.



\$4.39

**LITTLE NORTHERN
BAKEHOUSE**

Bread
16-17 oz., selected varieties



\$3.99

EARTH BALANCE

Peanut Butter
16 oz., selected varieties



4/\$5

**VERMONT
SMOKE & CURE**

Meat Stick
1 oz., selected varieties



2/\$5

CASCADIAN FARM

Organic Cereal
8.6-14.6 oz., selected varieties



2/\$6

CASCADIAN FARM

Organic Granola Bars
6.2-7.4 oz., selected varieties



2/\$6

ANNIE'S HOMEGROWN

Organic Cereal
10-10.8 oz., selected varieties



2/\$5

ANNIE'S HOMEGROWN

Snack Crackers
7.5 oz., selected varieties



2/\$6

ANNIE'S HOMEGROWN

Cookies
8.4 oz., selected varieties



\$2.69

ANNIE'S HOMEGROWN

Organic Fruit Snacks
4.5 oz., selected varieties



4/\$5

LARABAR

Fruits + Greens Bar
1.24 oz., selected varieties



2/\$4

ANNIE'S HOMEGROWN

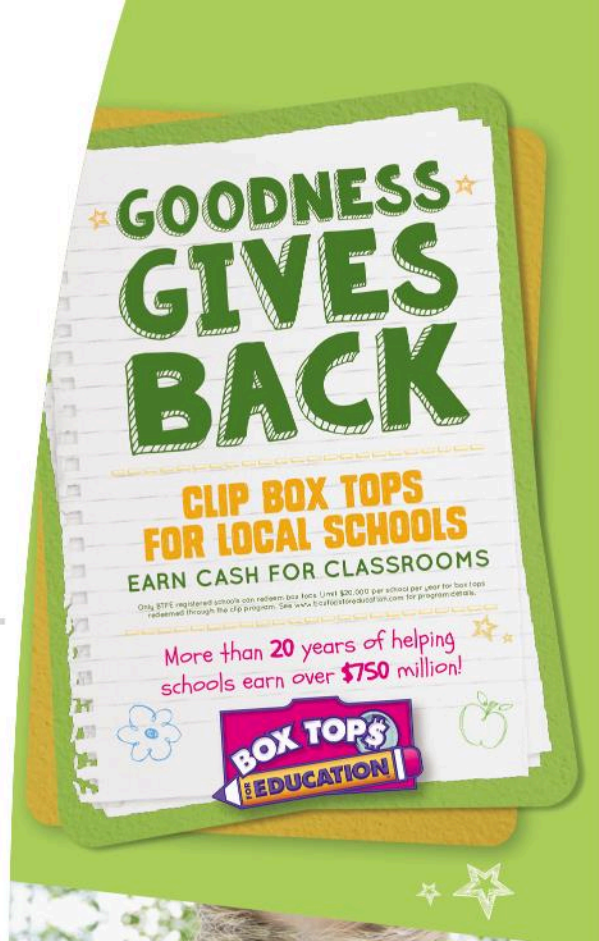
Pizza Poppers
5 oz., selected varieties
Mini Pizza Bagels also on sale



\$12.99

ORGANIC VALLEY

Organic Aseptic Milk
12 ct., selected varieties
*Available by special order only



Our school has a garden where our class plants flowers and veggies. Our teacher says the Box Tops we clip help the plants in our garden grow. I can't wait to feed a carrot to our bunny!





Zucchini Pesto “Pasta”

Serves 4. Prep time: 20 minutes.

- ⅓ cup unsalted almonds
- 1 tablespoon lemon juice
- ½ cup olive oil
- 3 pounds zucchini
- 6 to 8 cloves of garlic, peeled
- 1 cup halved cherry tomatoes
- 3 packed cups fresh basil leaves, stems removed
- Salt and black pepper to taste
- ½ cup grated Parmesan cheese (optional)

Using a blender or food processor, process the almonds, olive oil and garlic until they form a slightly-chunky paste. Blend the basil leaves into the almonds, olive oil and garlic, adding in small batches, until it forms a thick smooth paste. Blend in the grated Parmesan cheese and lemon juice until desired consistency and add salt to taste.

Peel the zucchini and cut each in half lengthwise. Hold one half with one hand and use the tip of a spoon to scoop out the seeds. Repeat the process for all the zucchini.

Using a julienne peeler or spiralizer, slice the zucchini into long, thin strips or spirals. Place zucchini “noodles” into a large bowl. Toss the zucchini noodles with the basil pesto, adding the cherry tomatoes before serving.

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



3/\$5

NUMI

Organic Bottled Tea
12 oz., selected varieties



5/\$5

TAZO

Ready-to-Drink Tea
13.8 oz., selected varieties



4/\$3

HARVEST BAY

Coconut Water
8.45 oz., selected varieties



\$2.39

KEVITA

Organic Kombucha
15.2 oz., selected varieties



\$2.69

REBBL

Organic Elixir
12 oz., selected varieties



\$5.99

ACURE
Shampoo or
Conditioner
8 oz., selected varieties



\$5.99 MY MAGIC MUD
Activated Charcoal
Toothpaste
4 oz., selected varieties



\$3.99
JASON
Toothpaste
4.2 oz., selected varieties
*Available by special order
only



\$5.99
KISS MY FACE
4 in 1 Moisture Shave
11 oz., selected varieties



\$15.99
**ANDALOU
NATURALS**
Face Cream
1.7 oz., selected varieties
other Facial Care products
also on sale



\$7.99
SIMILASAN
Homeopathic Eye
Relief
.33 oz., selected varieties



\$4.99
XLEAR
Cough Drops
30 ct., selected varieties



\$4.99
SPECTRUM
Organic Ground
Flaxseed
12-14 oz., selected varieties



\$33.99
GARDEN OF LIFE
Organic RAW Fit
420-451 gr., selected varieties



Food Preservation

Food preservation can be much more than just practical methods to keep an abundance of fresh food from going bad. A bumper crop of raspberries or a CSA box full of cabbage can lead to new recipes and fun, creative ways to enjoy your favorite foods. If you think fresh basil is delicious during the summer, imagine how delicious that bright spark of flavor would be on some creamy pasta in the middle of winter! Preserving food also translates into saving money and reducing waste.

Visit www.strongertogether.coop to learn about pickling, canning, freezing, fermenting and more.



SUMMERVALE!



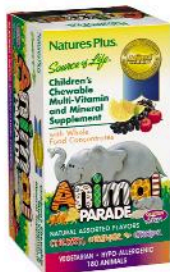
Join us every Thursday in July and August at the Intervale for local food, music, tasting events and family activities. City Market is a proud local partner of the Intervale Center. For more information, visit www.intervale.org



\$5.99

HYLAND'S 4KIDS
4Kids Homeopathic
Remedy

125 ct., selected varieties
*Available by special order
only



\$17.99

**NATURE'S PLUS
ANIMAL PARADE**
Children's Chewable
Multi-Vitamin
180 ct., selected varieties



**\$2.99 SEVENTH
GENERATION**

Baby Wipes
64 ct.
Baby Diapers also on sale



**local
color**

Fresh ingredients
make the most
delicious dishes.



\$9.99

**SEVENTH
GENERATION**

Liquid Laundry Detergent
100 oz., selected varieties

Head to the co-op for back to school savings!

coopTM
stronger together

NESE0817B