



City Market
 Onion River Co-op

7 a.m. to 11 p.m. everyday!

82 South Winooski Ave.

CHOCOLOVE

Chocolate Bar
\$1.99



3.2 oz., selected varieties

CASCADIAN FARM

Organic Fruit
\$3.49



8-10 oz., selected varieties

PACIFIC

Non-Dairy Beverage
\$1.99



32 oz., selected varieties

ENVIROKIDZ

Organic Cereal
\$2.99



10-14 oz., selected varieties

SPECTRUM NATURAL

Organic Extra Virgin Olive Oil
\$9.99



25.4 oz.

ANNIE'S HOMEGROWN

Pasta & Cheese Dinner
99¢



6 oz., selected varieties

YOGI

Organic Tea
\$3.49



16 ct., selected varieties

EARTH FRIENDLY

Dishmate
\$2.49



25 oz., selected varieties

GROCERY

CASCADIAN FARM

Organic Cereal

\$2.99



9-17 oz., selected varieties

CASCADIAN FARM

Organic Granola Bars

\$3.79



7.4 oz., selected varieties

KASHI

Heart to Heart Cereal

\$2.99



12.4-13.4 oz.,
selected varieties

WESTSOY

Soy milk

\$1.99



32 oz., selected varieties

CASCADIAN FARM

Organic Fruit Spread

2/\$5



10 oz., selected varieties

ONCE AGAIN NUT BUTTER

Organic Sunflower
Seed Butter

\$4.99



16 oz.

RUDI'S ORGANIC BAKERY

Organic Bread

\$3.29



Special Order only please.

PEACE

Cereal

\$3.29



10.5-14 oz.,
selected varieties

MARANATHA

Organic Peanut Butter

\$4.29



16 oz., selected varieties

VERMONT VILLAGE CANNERY

Organic Applesauce

\$2.99



24 oz., selected varieties

LAKWOOD

Organic Pomegranate
Juice

\$2.99



32 oz., selected varieties

BARBARA'S BAKERY

Fig Bars

\$2.99



12 oz., selected varieties

BUMBLE BAR

Organic Energy Bar

2/\$3



1.6 oz., selected varieties

LUNA

Nutrition Bar
for Women

99¢



1.69 oz., selected varieties

SWEET LEAF

Ready to Drink Tea

99¢



16 oz., selected varieties



GROCERY

IMAGINE

Organic Soup

\$3.29



32 oz., selected varieties

WESTBRAE

Organic Beans

\$1.79



25 oz., selected varieties

MEDITERRANEAN ORGANIC

Organic Pitted Kalamata Olives

\$3.99



8.1 oz.

DREW'S ALL NATURAL

Salad Dressing

2/\$5



12 oz., selected varieties

WILD PLANET

Albacore Tuna

2/\$5



5 oz., selected varieties

NATIVE FOREST

Organic Coconut Milk

3/\$5



13.5-14 oz., selected varieties

CHOICE ORGANIC TEA

Organic Tea

\$2.49



16 ct., selected varieties
some Choice Tea varieties on sale for \$2.99

R.W. KNUDSEN

Organic Very Veggie Juice

\$2.79



32 oz., selected varieties

MUIR GLEN

Organic Tomatoes

\$1.99



28 oz., selected varieties
Fire roasted tomatoes on sale for \$2.29

Enter for a chance to win a trip for 2 to

Cascadian Farm®



(A total of 5 winners. Enter via in-store entry form)

when you buy ANY 5

Cascadian Farm® or Muir Glen® products.

Offer valid: 2/1/10–2/28/10



For every sweepstakes entry received, **Small Planet Foods® will donate \$1 to support the Organic Farming Research Foundation.**

For every eligible sweepstakes entry received, Small Planet Foods® (in partnership with General Mills) will donate \$1 to the Organic Farming Research Foundation. A maximum of \$5,000 and a minimum of \$2,000 will be donated. Purchases associated with obtaining sweepstakes entry form are not tax deductible. This offer sponsored by General Mills.

NO PURCHASE OR PAYMENT OF ANY KIND NECESSARY TO ENTER OR WIN THIS SWEEPSTAKES. VOID WHERE PROHIBITED. Sweepstakes begins 2/01/10 and ends on 2/28/10 (the "Sweepstakes Period"). Enter one of two ways: (A) to enter via purchase method, (i) receive an official entry form at participating Co-op Advantage Program stores located in WI, IN, MN, KS, MI, KY, IL, IA, NE, AK, OH, NY, MA, ME, VT, NC, MD, NH, PA, FL, GA, VA, TN, OR, AZ, CA, MT, CO, NM, ID, TX, and WA when you purchase any five (5) Muir Glen® or Cascadian Farm® products in one shopping visit during the Sweepstakes Period, (ii) fill out the official entry form completely, and (iii) mail the completed entry form and your cash register receipt (with the 5 participating product purchases circled) to SPF Trip to Cascadian Home Farm Sweepstakes, PO Box 745, Norcross, GA 30091-0745; or (B) to enter via free method of entry, (i) fill out standard sized (3" x 5") postcard with name, complete address, age and daytime phone number and (ii) mail to SPF Trip to Cascadian Home Farm Sweepstakes, PO Box 745, Norcross, GA 30091-0745. All entries must be postmarked by 2/28/10 and received by 3/8/10. Limit one (1) entry per person and per household. Open only to legal U.S. residents of the WI, IN, MN, KS, MI, KY, IL, IA, NE, AK, OH, NY, MA, ME, VT, NC, MD, NH, PA, FL, GA, VA, TN, OR, AZ, CA, MT, CO, NM, ID, TX, and WA who are 25 years of age or older at time of entry. See Official Rules posted in participating Co-op Advantage Program stores, or send a self-addressed, stamped envelope to: SPF Trip to Cascadian Home Farm Sweepstakes, 1775 Woodstock Road, Suite 200, Roswell, GA 30075 by 2/28/10. (Vermont residents may omit return postage.) A total of five (5) Grand Prize winners will be selected by Sponsor in a random drawing on or about 3/12/10 in Roswell, GA. (ARV: \$4,000 – but actual value may vary based on airfare fluctuations, distance between departure and destination and CO2 emissions offset calculations). Sponsor will select five (5) Grand Prize winners from eligible entries from the states. Odds of winning depend on the number of eligible entries received. Sponsor is General Mills Sales, Inc., One General Mills Blvd., Minneapolis, MN 55426. Operator/Administrator: Leader Enterprises, Inc.

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MUIR GLEN

Organic Pasta Sauce

\$2.99



25.5 oz., selected varieties
some pasta sauce varieties on sale for \$3.99

Some items may not be available at all stores or on the same days in the month of February 2010.



That's Amore!

The Mediterranean diet is known for its use of fresh and healthy ingredients, including olive oil, vegetables and nuts. Take a culinary journey through Southern Europe, North Africa or the Middle East simply by seasoning dishes with garlic, lemon, paprika, olive oil and fresh herbs.

Comforting and flavorful, Mediterranean food is a good fit for any table setting—from family gatherings to romantic dinners for two— and is the perfect way to celebrate Valentine's Day and American Heart Month, two of the month's mainstays.



Sun Dried Tomato Puttanesca Sauce

Submitted by Christopher Ryding, natural foods chef

A zesty, full-flavored Mediterranean sauce made from tomatoes, olives, capers and chili flakes, this recipe adds sun-dried tomatoes and can be used to top fish, meat or pasta.

*Serves: 4-6. Prep time: 10 minutes.
Cook time: 10 minutes.*

Ingredients

- 1/4 cup olive oil
- 1 cup onions, chopped
- 3 tablespoons fresh, minced garlic
- 1/2 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes (optional)
- 8 sun-dried tomatoes, softened and chopped
- 1 tablespoon capers
- 23 oz. can diced tomatoes
- 1/3 cup kalamata olives, pitted and quartered

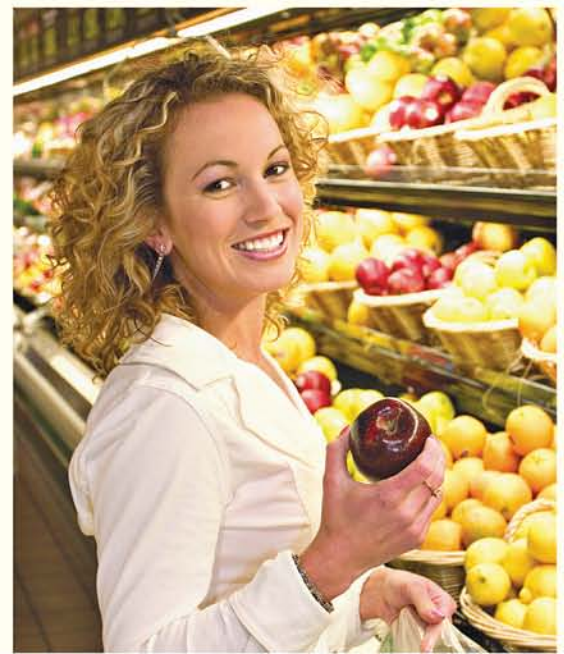
Preparation

In a small saucepan, sauté onions until limp; then add the garlic, red pepper and oregano. Continue to sauté for a couple minutes and add the diced and sun-dried tomatoes, capers and olives. Simmer covered for 5-10 minutes, stirring often. Serve over your favorite white flaky fish, grilled meat or pasta. (Optional: Add cooked chicken or shrimp to the sauce while simmering and serve over pasta).

Shopping with the Heart in Mind

Creating and adhering to a heart-healthy meal plan is easy and more efficient when you shop with a list that's mindful of the basics:

- Eat more fresh fruit and vegetables.
- Cook with olive or canola oil.
- Prepare whole grains and pasta.
- Eat red meat in moderation.



GROCERY

GUILTLESS GOURMET

Tortilla Chips

\$1.99



7 oz., selected varieties

DESERT PEPPER

Salsa

\$3.59



16 oz., selected varieties

KETTLE

Potato Chips

\$1.99



5 oz., selected varieties

TERRA

Exotic Veggie Chips

\$2.49



6 oz., selected varieties

NEWMAN'S OWN ORGANICS

Organic Mints

3/\$5



1.76 oz., selected varieties

NEWMAN'S OWN ORGANICS

Newman O's

\$3.49



16 oz., selected varieties

MI-DEL

Cookies

2/\$5



8-10 oz., selected varieties

SEASON'S

Reduced Fat Potato Chips

2/\$5



8 oz., selected varieties

EQUAL EXCHANGE

Organic Chocolate Bar

\$2.99



3.5 oz., selected varieties

BULK

EQUAL EXCHANGE

Organic Love Buzz Coffee

\$7.99



per pound

Organic Thompson Raisins

\$2.29

per pound

Organic Garbanzo Beans

\$1.49

per pound

ENDANGERED SPECIES

Chocolate Bar

\$1.99



3 oz., selected varieties

SUNRIDGE FARMS

Yogurt Pretzels

\$4.79



per pound

Organic Brown Flaxseeds

\$1.39

per pound

Organic Kidney Beans

\$1.89

per pound

Organic Raw Sesame Seeds

\$2.19

per pound

Organic Red Lentils

\$2.69

per pound

Fresh in the Deli

favorite foods from our co-op chefs



Featured Cheese: Parmesan

Considered one of the world's great cheeses, Parmesan is the common name for a group of very hard cheeses. Produced from cow's milk and aged at least two years, Parmesan is a brittle cheese that develops a rich, savory flavor and is commonly used in grated form.

Add fresh grated parmesan cheese to salads, pasta and in soups.

On sale at your co-op deli from 2/1/10 - 2/15/10

First Alternative Natural Foods Co-op
Corvallis, Oregon

BLACK FOREST COOKIES

Chewy and delicious, this vegan cookie recipe is a flavorful combination of bittersweet chocolate and tart cherries.

save 20¢ each

Viroqua Food Co-op
Viroqua, Wisconsin

TOMATO DILL PASTA SALAD WITH PARMESAN AND MOZZARELLA

This combination of tomatoes, cheese, garlic and fresh dill tossed with pasta and Greek olives creates a perfect balance of flavors.

save 75¢ per lb.

REFRIGERATED

ORGANIC VALLEY

Organic Milk

\$3.49



64 oz., selected varieties

ORGANIC VALLEY

Organic Soymilk

\$2.99



64 oz., selected varieties

THE GREEK GODS

Greek Yogurt

\$3.49



24 oz., selected varieties

BROWN COW

Plain Yogurt

\$2.49



32 oz., selected varieties

GALAXY

Vegan Cheese

2/\$5



6-8 oz., selected varieties

GT'S

Organic Kombucha

\$2.79

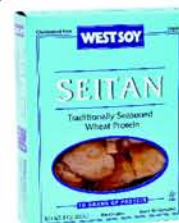


16 oz., selected varieties

WESTSOY

Seitan

\$3.29



8 oz., selected varieties

YVES

Deli Slices

\$1.99



5.5 oz., selected varieties

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WELLNESS

AURA CACIA
Mineral Bath

\$1.99



2.5 oz., selected varieties

AVALON ORGANICS
Vitamin C
Renewal Cream

\$14.99



Special order only, please

SHIKAI
Borage Dry Skin
Therapy Lotion

\$9.99



8 oz.
other Borage Therapy products
also on sale

LILY OF THE DESERT
Aloe Vera Gelly

\$2.99



4 oz.
other Aloe Vera products
also on sale

JASON
Toothpaste

\$4.99



4-6 oz., selected varieties

NATRACARE
Tampons with Applicator

\$5.99



16 ct.
other Natracare varieties
also on sale

DR. DÜNNER
Sambu Guard

\$13.99



Special order only, please.

BOIRON
Coldcalm

\$7.99



60 tabs.

SPECTRUM ESSENTIALS
Organic Flax Oil

\$14.99



16 oz.
other Spectrum Essential items
also on sale

NORDIC NATURALS
Lemon Ultimate Omega

\$22.99



60 ct.
other Ultimate Omega products
also on sale

NEW CHAPTER
Bone Strength Take Care

\$22.99



60 tabs.



NONFOOD

Working Together Works!

Your food co-op is a member of National Cooperative Grocers Association, which brings together co-ops nationwide to help maximize the benefits they can offer their members. This monthly flyer and the specials contained in it are examples of how you can benefit from co-ops working together.

BIOKLEEN
Laundry Detergent

\$12.99



10 lb., selected varieties

SEVENTH GENERATION
Diapers

\$10.99

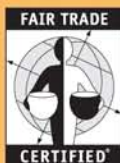


22-44 ct.,
selected varieties

Fair Trade Roses



ORDER EARLY!
CALL (802)-861-9710



TROPICAL DAY

OKé



Join City Market's Annual Tropical Day Celebration!
February 6, 11:00 a.m. - 4:00 p.m.

Join in the fun as we celebrate our support of Fair Trade tropical fruits like Bananas. February is the peak season for tropical produce, so grab fresh ginger from Hawaii for your next recipe! Try the Fair Trade Chocolate Fondue Fountain in the Produce department, sample a smoothie from our bike powered smoothie maker, and enjoy a Tasty Fair Trade Banana Treat in our Hot Bar. Learn more at www.citymarket.coop/Tropical-Day



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

FROZEN

AMY'S

Burrito
\$1.99



5.5-6 oz.,
selected varieties

ETHNIC GOURMET

Thai Chef Pad Thai
Chicken
\$2.99



10-12 oz., selected
varieties

NATE'S

Meatless Meatballs
\$3.49



12 oz., selected varieties

MICHAEL ANGELO'S

Italian Entrees
\$3.49



10-12 oz.,
selected varieties

BOCA

Veggie Burgers
\$3.49



10 oz., selected varieties

VAN'S

Mini Waffles, WheatFree



2/\$5

7.5-12 oz., selected
varieties

RICE DREAM

Non-Dairy Frozen
Dessert
\$2.79



16 oz., selected varieties

