co+op™ deals

SEPT 17 - SEPT 30, 2014

$3.99

RUDI'S ORGANIC BAKERY
Organic Bread
20-22 oz., selected varieties

4/$5

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties

$2.99

ANNIE'S NATURALS
Organic Dressing
8 oz., selected varieties

$2.99

NATURE'S PATH
Organic Oatmeal
8 ct., selected varieties

Featured Inside:

- It's Organic Harvest Month – save on tasty organic food
- This month's cheese focus is on versatile Mexican cheeses
- Are you a gardener? Fall's the best time for feeding the soil
- Trendy or not, kale is delicious – try our risotto recipe with kale

Calabacitas

Serves 4. Prep time: 30 minutes.

- 2 tablespoons vegetable oil
- ½ cup diced yellow onion
- 2 cloves garlic, minced
- 4 cups small zucchini and/or yellow squash, cut in 2-inch chunks
- 1 cup corn kernels (fresh, frozen or canned)
- ½ cup diced green chilies (canned)
- 1 cup diced fresh tomatoes
- Salt and pepper to taste
- ¼ pound queso fresco (or feta), crumbled

Heat the oil in a large pot over medium-high heat. Add the onions and garlic and sauté for 5 minutes until onion is soft. Add the squash, corn, green chilies and tomatoes and stir well. Cover the pot and simmer 10 minutes until squash is tender. Season with salt and pepper, top with the crumbled cheese and serve.

Serving suggestion: Add Southwestern flair to grilled chicken or fish with a side of calabacitas, serve over cooked grains or simply fold in a warm corn tortilla for a quick vegetarian meal.

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

2/$6

CASCADIAN FARM
Organic Frozen Fruit
8-10 oz., selected varieties

$8.99

EQUAL EXCHANGE
Organic French Roast Coffee
per pound in bulk
French Roast Decaf also on sale

$3.39

ORGANIC VALLEY
Organic Soy Creamer
32 oz.

$5.99

R.W. KNUDSEN
Just Juice
32 oz., selected varieties
Organic Just Juice also on sale

$4.69

PAMELA'S
Gluten-Free Baking & Pancake Mix
24 oz.
other Baking Mixes also on sale

$3.39 **WILLAMETTE VALLEY**
Organic Granola
per pound in bulk

5/$4 **BROWN COW**
Yogurt
6 oz., selected varieties

$2.69 **BULK**
Organic Thompson Raisins
per pound in bulk

$5.39 **REDWOOD HILL FARM**
Goat Milk Kefir
32 oz., selected varieties

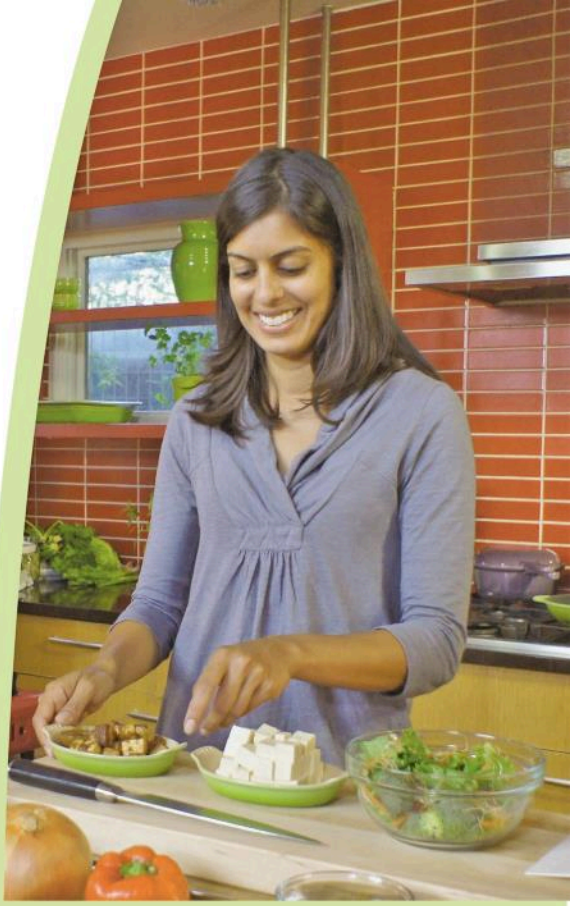
$2.99 **KASHI**
Organic Cereal
10.3-16.3 oz., selected varieties

$3.99 **RICE DREAM**
Enriched Rice Drink
64 oz., selected varieties

4/$5 **CLIF KIT'S ORGANIC**
Fruit & Nut Bar
1.73 oz., selected varieties

$3.69 **SO DELICIOUS**
Coconut Milk Yogurt
16 oz., selected varieties

$3.39 **NATURE'S PATH**
Organic Bars
7.05-7.4 oz., selected varieties



co+op kitchen

Autumn Wheatberry Salad

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

Shefaly Ravula shares a delicious, flexible (and thrifty!) recipe for a seasonal wheatberry salad that's easy to make. Check out the video at: www.strongertogether.coop/recipes/autumn-wheatberry-salad/.

Smoked Gouda Risotto with Kale and Mushrooms

Serves 6. Prep time: 40 minutes active; 60 minutes total.

- 2 tablespoons olive oil
- 2 cups diced yellow onion
- 4 cloves garlic, minced
- ½ pound button mushrooms, quartered
- 1 ¼ cup Arborio rice
- 2 tablespoons tomato paste
- 2 teaspoons tamari
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 3 tablespoons lemon juice
- 3 ½ cups vegetable broth, divided
- 4-5 cups roughly-chopped kale (1 large bunch)
- ¼ pound smoked Gouda cheese, shredded

Preheat oven to 350°F. In a large Dutch oven, heat the olive oil over medium-high heat. Sauté the onions for 5 minutes, add the garlic and mushrooms and sauté until the mushrooms begin to soften. Add rice and stir while sautéing for about 2 minutes. Add tomato paste, tamari, paprika, salt, pepper, lemon juice and 3 cups of the broth and stir to combine. Bring to a boil, stirring occasionally, then cover with a tight lid and place in the oven for 20 minutes. Remove from oven, uncover and return the pan to the stove over medium-low heat. Stir in the kale and another ¼ cup of broth. Cook for another 5-10 minutes, adding more broth if needed, until the kale is tender, rice is creamy and liquid has been absorbed. Remove from heat and stir in the cheese. Serve warm.

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

$1.69

BULK
Organic Black Beans
per pound in bulk

$5.39

RISING MOON ORGANICS
Organic Ravioli
16 oz., selected varieties

$11.99

SPECTRUM
Organic Extra Virgin Olive Oil
25.4 oz.

3/$5

NEAR EAST
Grain and Rice Mixes
5.7-10 oz., selected varieties

2/$5

PACIFIC
Organic Soup
17 oz., selected varieties

$9.99

BULK
Organic Almonds
per pound in bulk

$1.19

ANNIE'S HOMEGROWN
Macaroni & Cheese Cup
2.01 oz., selected varieties
Gluten-Free Cup on sale for $1.39

$4.69

ORGANIC VALLEY
Organic Sharp Cheddar Cheese
8 oz.
other Organic Cheese also on sale

2/$4

AMY'S
Burrito
6 oz., selected varieties

$6.39

MARANATHA
Organic Peanut Butter
16 oz., selected varieties

2/$5

HAPPY FAMILY
Organic Happy Puffs
2.1 oz., selected varieties

$2.39

ANNIE CHUN'S
Rice Noodles
8 oz., selected varieties

$2.99

GO VEGGIE!
Sliced Rice Cheese
7.3 oz., selected varieties

$3.99

BOVE'S
Pasta Sauce
24 oz., selected varieties

$2.99

CLIF KID
Organic Zbars
6 ct., selected varieties

Kale

There's a reason for kale's trendy popularity, and it's not just because it's an excellent source of calcium, potassium, fiber, and vitamins. Kale is delicious and versatile! A simple squeeze of fresh lemon or lime juice on steamed kale serves to brighten its earthy flavors; serve over cooked grains for a fast meal. Try finely chopping raw kale and topping with fresh lemon juice, olive oil, sweet and tangy dried cranberries, salty feta crumbles and nutty sunflower seeds for a simple salad that you may just find popular enough at your table to, dare we say, crave!

Visit www.strongertogether.coop for more simple and seasonal recipes.

Mexican cheeses

Mexican cheeses are delicious and well worth getting to know. Cotija, a salty, mild white cheese which varies from semisoft to very hard is commonly crumbled and used as a topping for Mexican-style dishes like enchiladas, beans or Spanish rice. Queso fresco is also mild and made from skim milk, making it a good low-fat alternative to mozzarella. Crumble, slice or melt into refried beans and quesadillas. Chihuahua resembles a mild cheddar when fresh and becomes more tangy with age. Use it on nachos, burritos or anywhere you want authentic flavor for your favorite Mexican foods.

$3.69

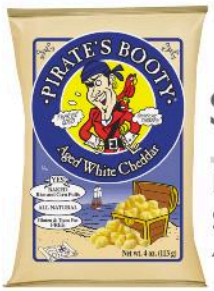
HOPE FOODS
Organic Hummus
8 oz., selected varieties

2/$5

EDWARD & SONS
Brown Rice Snaps
3.5 oz., selected varieties

2/$7

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



$2.19

PIRATE BRAND
Snacks
4-4.5 oz., selected varieties

2/$5

DREW'S
Organic Salsa
12 oz., selected varieties

$2.99

ANNIE'S HOMEGROWN
Bunny Grahams
7.5 oz., selected varieties

2/$4

FOOD SHOULD TASTE GOOD
Kettle Cooked Potato Chips
4.5 oz., selected varieties

$2.99

LUNDBERG FAMILY FARMS
Organic Rice Cakes
8.5-10 oz., selected varieties

2/$5

GREEN & BLACK'S
Organic Chocolate Bar
3.5 oz., selected varieties

2/$4

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

$2.19

SVELTE
Organic Protein Shake
15.9 oz., selected varieties

2/$7

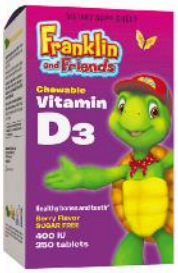
ORGANIC INDIA
Organic Tulsi Tea
18 ct., selected varieties

$28.99

NEW CHAPTER
One Daily Multivitamin
48 ct., Man's or Woman's,
selected varieties
other Supplements also on sale

$21.99

SPECTRUM
Omega-3 Fish Oil
250 ct.
other Fish Oil products
also on sale



$10.99

NATURAL FACTORS FRANKLIN AND FRIENDS
Vitamin D3
250 ct.
other Supplements also on sale

$9.99

BOIRON
Arnicare Value Pack
each, selected varieties

$2.99

GT'S
Organic Synergy
Kombucha
16 oz., selected varieties

$3.99

DESERT ESSENCE
Tea Tree Oil
Toothpaste
6.25 oz., selected varieties

$28.99

VEGA ONE
All-in-One Nutritional
Shake
14.6-15.45 oz.,
selected varieties

$10.99

GARDEN OF LIFE
Organic Chia
12 oz.

Organic food for your garden

DIY projects and growing your own food are hot topics across the country – as is growing food organically. If you're thinking about starting an organic vegetable garden, fall is the time to prepare your soil. Healthy soil has an abundance of nitrogen, phosphorous, and potassium, plus at least 13 other common nutrients, all of which can be found in organic fertilizers like green manure (created by planting and tilling under nitrogen-fixing cover crops such as vetch), animal manure and wood ashes. Since these materials take time to break down and nurture the soil, it's best to apply them in the fall, or in more temperate climates, a few months before planting time.

Visit www.strongertogether.coop/using-organic-fertilizers to read more on organic fertilizers.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

CONNECTICUT

Elm City Market
777 Chapel Street, New Haven

Willimantic Food Co-op
91 Valley Street, Willimantic

DELAWARE

Newark Natural Foods Co-op
280 East Main Street, Newark

FLORIDA

Ever'man Cooperative Grocery & Cafe
315 W. Garden Street, Pensacola

New Leaf Market Co-op
1235 Apalachee Parkway, Tallahassee

GEORGIA

Life Grocery & Cafe
1453 Roswell Road, Marietta

Sevananda Natural Foods Market
467 Moreland Avenue N.E., Atlanta

MAINE

Belfast Co-op
123 High Street, Belfast

Blue Hill Co-op Community Market
4 Ellsworth Road, Blue Hill

Rising Tide Community Market
323 Main Street, Damariscotta

MARYLAND

The Common Market
5728 Buckeystown Pike, Frederick

TPSS Co-op
201 Ethan Allen Avenue, Takoma Park

MASSACHUSETTS

Berkshire Co-op Market
42 Bridge Street, Great Barrington

Green Fields Market
144 Main Street, Greenfield

Harvest Co-op Market - Arboretum
3815 Washington Street, Jamaica Plain

Harvest Co-op Market - Cambridge
580 Mass Avenue, Cambridge

Harvest Co-op Market - Jamaica Plain
57 South Street, Jamaica Plain

McCusker's Market
3 State Street, Shelburne Falls

River Valley Market
330 North King Street, Northampton

Wild Oats Market
320 Main Street, Williamstown

NEW HAMPSHIRE

Concord Food Co-op
24 South Main Street, Concord

Concord Food Co-op of New London
52 Newport Road, New London

Hanover Co-op Market
43 Lyme Road, Hanover

Hanover Co-op Food Store
45 South Park Street, Hanover
12 Centerra Parkway, Lebanon

Littleton Food Co-op
43 Bethlehem Road, Littleton

Monadnock Food Co-op
34 Cypress Street, Keene

NEW YORK

Abundance Cooperative Market
62 Marshall Street, Rochester

Flatbush Food Cooperative
1415 Cortelyou Road, Brooklyn

GreenStar Cooperative Market
701 West Buffalo Street, Ithaca
215 North Cayuga Street, Ithaca

Honest Weight Food Co-op
100 Watervliet Avenue, Albany

Hungry Hollow Co-op
841 Chestnut Ridge Road, Chestnut Ridge

Lexington Cooperative Market
807 Elmwood Avenue, Buffalo

Syracuse Real Food Co-op
618 Kensington Road, Syracuse

NORTH CAROLINA

Chatham Marketplace
480 Hillsboro Street, Pittsboro

Company Shops Market
268 E. Front Street, Burlington

Deep Roots Market
600 North Eugene Street, Greensboro

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
715 S. Grove Street, Hendersonville

Tidal Creek Cooperative Food Market
5329 Oleander Drive, Wilmington

Weaver Street Market
101 E. Weaver Street, Carrboro
716 Market Street, Chapel Hill
228 South Churton Street, Hillsborough

PENNSYLVANIA

East End Food Co-op
7516 Meade Street, Pittsburgh

Mariposa Food Co-op
4824 Baltimore Avenue, Philadelphia

Weavers Way Co-op Mt. Airy
559 Carpenter Lane, Philadelphia

Weavers Way Co-op Chestnut Hill
8424 Germantown Avenue, Philadelphia

Whole Foods Cooperative
1341 West 26th Street, Erie

TENNESSEE

Three Rivers Market
1100 N. Central Street, Knoxville

VERMONT

Brattleboro Food Co-op
2 Main Street, Brattleboro

City Market/Onion River Co-op
82 S. Winooski Avenue, Burlington

Co-op Food Store
209 Maple Street, White River Jct.

Hunger Mountain Co-op
623 Stone Cutters Way, Montpelier

Middlebury Natural Foods Co-op
9 Washington Street, Middlebury

Putney Food Co-op
8 Carol Brown Way, Putney

Springfield Food Co-op
335 River Street, Springfield

Upper Valley Food Co-op
193 N. Main Street, White River Jct.

VIRGINIA

Friendly City Food Co-op
150 East Wolfe Street, Harrisonburg

Roanoke Natural Foods Co-op
1319 Grandin Road S.W., Roanoke
1 Market Square S.E., Roanoke

$7.99

EVERYDAY SHEA
Body Lotion
32 oz., selected varieties

4/$5

CLEARLY NATURAL
Glycerine Soap
4 oz., selected varieties

$11.99

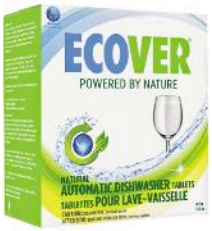
SEVENTH GENERATION
Liquid Laundry Detergent
50 oz., selected varieties

$5.99

THAYER'S
Witch Hazel
12 oz., selected varieties

$4.99

GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties



$4.69

ECOVER
Automatic Dishwasher Tablets
17.6 oz.
other Dishwashing products also on sale

Everyone's welcome, every day at the co-op!

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stronger together

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