

coopTM deals

AUG 21 - SEPT 3, 2013



5/\$5

LARABAR
Nutritional Bar
1.6-1.8 oz., selected varieties



\$2.29

PACIFIC
Organic Nut and
Grain Beverages
32 oz., selected varieties



\$3.49

CROFTER'S
Organic Premium
Fruit Spread
16.5 oz., selected varieties



2/\$4

ANNIE'S
Snack Crackers
7.5 oz., selected varieties

Featured Inside:

- It's a wrap! Making wrap sandwiches even more tasty
- An Asian collard wrap recipe with rice noodles and toasted sesame seeds
- Delectable fresh mozzarella cheese is the feature of the month
- Try this: take the "hot or not" pepper quiz! Find more fun online



Asian Collard Wraps

Serves 6. Prep time: 45 minutes.

- 1 bunch collard greens, washed well, large stems removed
- 4 ounces Annie Chun's rice noodles, uncooked
- 2 tablespoons tamari
- 1 tablespoon rice vinegar
- 1 ½ tablespoons toasted sesame seeds
- 1 cup carrots, shredded
- 1 cup red cabbage, shredded
- ½ cup red bell pepper, julienned
- 2 green onions, thinly sliced
- 2 tablespoons cilantro, chopped

In a pot of boiling, salted water, blanch the collard leaves for about one minute each. Set them gently on a towel to dry.

Prepare the rice noodles according to the package directions. Drain the noodles well and toss them with tamari, rice vinegar, and toasted sesame seeds. Set aside.

To prepare the wraps, lay out one blanched collard leaf with the stem side towards the bottom. Place about ¼ to ½ cup of rice noodles at the bottom of the leaf. On top of the rice noodles, pile a few pieces of carrot, red cabbage, and red pepper. Sprinkle with a pinch of green onions and cilantro. Fold the bottom of the collard leaf up over the fillings. Fold in each side of the collard leaf and continue to roll upwards until you have a burrito-like wrap. Set aside and repeat process with the rest of the leaves and filling.

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



\$3.99

EMERALD COVE

Organic Sushi Nori
10 sheets



\$2.29

ANNIE CHUN'S

Rice Noodles
8 oz., selected varieties



\$1.79

**LUNDBERG
FAMILY FARMS**

Organic Brown Rice
per pound in bulk



79¢

KOYO

Ramen
2.1 oz., selected varieties



\$3.49

ETHNIC GOURMET

Frozen Entrees
9-11 oz., selected varieties



\$3.49

FOLLOW YOUR HEART

Reduced Fat Veganaise
16 oz.
other Veganaise products
also on sale



\$3.49

BOCA

Meatless Burgers
10 oz., selected varieties



\$2.59

GO VEGGIE!

Dairy Free Cheese
Shreds
8 oz., selected varieties



4/\$5

FIELD DAY

Organic Beans
15 oz., selected varieties



\$3.49

RUDI'S ORGANIC BAKERY

Organic Bread
22 oz., selected varieties



\$9.99

MARANATHA

Almond Butter
16 oz., selected varieties



\$1.99

WILD PLANET

Sardines
4.375 oz., selected varieties



5/\$5

BACK TO NATURE

Pasta & Cheese Dinner
6-6.5 oz., selected varieties



\$3.49

JULIE'S ORGANIC

Organic Ice Cream
Bars
3 ct., selected varieties



\$2.99

SANTA CRUZ ORGANIC

Sparkling Juice
4 pack, selected varieties

Making Wrap Sandwiches

Wrap sandwiches are a great option for picnics and lunchboxes. Portable and endlessly versatile, a wrap can appeal to many different tastes. And while tortillas may be the most common wrapper, here are some variations:

- Use a spring roll wrapper and a dash of Hoisin sauce, toasted sesame oil or Sriracha for an Asian-influenced sandwich with cubed chicken or baked tofu and shredded raw veggies
- Try cumin-spiced black beans, diced red bell pepper and mango chutney with naan, accompanied by chopped cilantro and yogurt
- Spread lahvosh or pita bread with hummus and sprinkle with feta cheese, chopped olives and bean sprouts

Visit www.strongertogether.coop for more recipes and ideas!



Stuffed Tomatoes with Pesto and Orzo

Serves 8. Prep time: 60 minutes.

- 8 medium to large ripe tomatoes
- 1 8-ounce package orzo pasta
- 2 tablespoons extra virgin olive oil
- 1 lemon, juice and zest
- ¼ cup fresh basil, finely chopped
- 1 cup fresh spinach, finely chopped
- 2 tablespoons pine nuts, toasted
- 1 teaspoon garlic, minced
- ¼ cup grated Parmesan cheese
- 2 tablespoons shredded Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Cook the orzo according to the package directions, drain well and refrigerate until cold. In a large bowl, mix together the chilled orzo, olive oil, lemon zest and juice, basil, spinach, pine nuts, garlic, ¼ cup grated Parmesan cheese, salt, and pepper.

Wash and core the tomatoes, then scoop out the seeds and some of the flesh to make a space for the orzo mixture. Slice a small section from the bottom of the tomato so it will sit upright. Fill each of the tomatoes with a few tablespoons of the orzo mixture, sprinkle with shredded Parmesan and serve at room temperature or chilled.

Serving suggestion: Accompanied with hummus, baba ganouj, and toasted pita triangles, these stuffed tomatoes make a lovely al fresco lunch. If you prefer, bake stuffed tomatoes for 15 minutes at 425 degrees F. and serve warm.

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



\$1.99

YVES

Meatless Pepperoni

4.2 oz.

other Deli Slices also on sale



10/\$10

HONEST TEA

Organic Ready to

Drink Tea

16 oz., selected varieties



\$10.99

**SPECTRUM
NATURALS**

Organic Unrefined

Extra Virgin Olive Oil

25.4 oz.



\$2.49

**LAKEWOOD
ORGANIC**

Organic Pure Lemon

or Lime Juice

12.5 oz.



2/\$4

**LAKEWOOD
ORGANIC**

Organic Lemonade

32 oz., selected varieties



\$2.29

VAN'S
Wheat-Gluten Free
Waffles
7.5-9 oz., selected varieties



99¢

LIBERTE
Mediterranean Yogurt
6 oz., selected varieties



\$9.99

**EQUAL
EXCHANGE**
Organic Bulk Coffee
per pound in bulk
Decaf not on sale



\$2.79

BLUE DIAMOND
Almond Breeze
64 oz., selected varieties



\$1.29

BULK
Organic Rolled Oats
per pound in bulk



\$3.49

EREWHON
Organic Cereal
9.5-15 oz., selected varieties



\$1.49

C20
Pure Coconut Water
17.5 oz., selected varieties



\$2.99

R.W. KNUDSEN
Organic Juice
32 oz., selected varieties



\$2.99

STONYFIELD
Organic Lowfat Yogurt
32 oz., selected varieties



\$2.99

KASHI
Organic Cereal
10.3-16.3 oz., selected varieties



Tomatoes

Few foods demonstrate the joys of seasonal eating as well as a ripe summer tomato. Tomatoes aren't just red and round anymore; heirloom varieties are available in a bevy of shapes and colors, each with subtly different flavors and textures. Many kinds of heirloom tomatoes need no assistance—just slice, sprinkle with salt and serve for a memorable addition to the picnic plate. Tuck thick slices of ripe tomato into a baguette layered with creamy, tangy goat cheese and peppery arugula for a simple and flavorful lunch. Or impress the guests at your next get-together with a salad of sweet red cherry tomatoes, fresh basil and the tiny balls of fresh mozzarella known as "bucatini."



Fresh Mozzarella

Fresh mozzarella cheese is in a class by itself. Rich, creamy, smooth and supple, this fresh milky cheese is at its best when just-made. It's mild and silky texture is best experienced at room temperature, try it sprinkled with salt and pepper and drizzled with olive oil for an elegant and simple appetizer. Fresh mozzarella pairs well with ripe cherry tomatoes and fresh basil leaves, often this combination is called a "Caprese salad." Try a summery take on this classic by threading tomatoes, mozzarella, and basil leaves on bamboo skewers to make kebabs for your next patio party! Fresh mozzarella also works for cooler weather fare: just slice and use to artfully top casseroles and lasagnas.



\$3.49

CASCADIAN FARM

Organic Granola Bars
6.2-7.4 oz., selected varieties



2/\$5

WAY BETTER SNACKS

Tortilla Chips
5.5 oz., selected varieties



\$2.79

LATE JULY ORGANIC

Organic Mini Sandwich Crackers
5 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Aseptic Milk
4 ct., selected varieties



\$3.49

NATURAL BREW
Soda

4 pack, selected varieties



\$3.29

LUCY'S

Gluten Free Cookies
5.5 oz., selected varieties



\$2.49

FIELD DAY

Organic Salsa
16 oz., selected varieties



\$2.29

KETTLE

Tias! Tortilla Chips
8 oz., selected varieties



\$3.49

BULK

Organic Turkish Apricots
per pound in bulk



\$1.49

BULK

Organic Popcorn
per pound in bulk



\$9.99

NATURAL FACTORS

Natural Vitamin C
500 mg. Fruit Chews
90 ct., selected varieties



2/\$5

CLIF KID

Organic Zbars
6 ct., selected varieties



5/\$2

STRETCH ISLAND FRUIT CO.

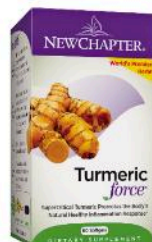
Fruit Leather
.5 oz., selected varieties



\$20.99

SPECTRUM ESSENTIALS

Fish Oil 1,000 mg.
250 ct.



\$21.99

NEW CHAPTER

Turmeric Force
60 ct.



\$10.99

GO LIVE

Probiotic Packets
10 ct., selected varieties



\$11.99

ANCIENT SECRETS

Nasal Cleansing Pot
each ////, selected varieties



\$1.99

CLEANWELL

Hand Sanitizer Spray
1 oz.
other Cleanwell products
also on sale



\$9.99

EARTH FRIENDLY

Ecos Liquid Laundry
Detergent
100 oz., selected varieties



\$3.79

SEVENTH GENERATION

Unbleached Bath Tissue
4 ct.

celebrating co-op fun



try this:

hot or not?

Ready for some 5-alarm fun?
Test your knowledge of peppers
with a quick online quiz. Are you
chill with chipotles or hotter
than a habañero? Take the quiz,
and share your sizzling success
with your friends. And while
you're on the website, try the
Culinary Endurance challenge.
Or sit back and enjoy the official
Co+op, stronger together
playlist on Spotify. Just like a
visit to your local co-op, there's
always something new to
discover. So poblano on over,
and give it a try.

**strongertogether.coop/
trythis**

co+op
stronger together

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

FLORIDA

Ever'man Natural Foods Co-op
315 W. Garden Street, Pensacola
New Leaf Market
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
8309 Grubb Road, Silver Spring
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

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



\$4.99

GIOVANNI

L.A. Hold Hair Spray

5 oz.
other Giovanni products
also on sale



\$3.99

DESERT ESSENCE

Toothpaste

6.25-6.5 oz., selected varieties



\$7.99

EVERYDAY SHEA

Body Lotion

32 oz., selected varieties



\$3.99

KISS MY FACE

Liquid Rock

Deodorant

3 oz., selected varieties

Is it hot or not? www.strongertogether.coop/trythis

coop™
stronger together

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