

coopTM deals

JAN 12 - FEB 1, 2011



99¢

LARABAR
Nutritional Bar
1.6-1.8 oz, selected varieties



\$2.99

GREEN MOUNTAIN GRINGO
Salsa
16 oz, selected varieties



\$1.79

PIRATE BRANDS
Snacks
4-6 oz, selected varieties



\$4.29

ZEVIA
Natural Diet Soda
6 pack, selected varieties

Featured Inside:

- A super simple sandwich recipe that's smokin' hot!
- Luscious avocados: not just good; good for you, too
- Cheese feature: rhapsody in blue
- Staying healthy in the new year with help from your co-op



Smokin' Hot Super Sandwich

Makes 6 servings. Prep time: 30 minutes.

- 1 16-ounce loaf ciabatta bread
- 1 ½ pounds peppered turkey deli meat, sliced medium thin
- 8 ounces smoked cheddar cheese, sliced
- 2 large tomatoes, sliced
- ½ red onion, sliced very thin
- ¼ to ½ pound mesclun or spring mix lettuce
- 2 to 3 avocados
- 4 tablespoons prepared salsa (try a chipotle-flavored version)
- 2 tablespoons mayonnaise
- 2 tablespoons chopped cilantro
- 1 lime, juiced
- hot sauce, to taste if desired

Peel the avocados and coarsely mash them in a bowl, leaving them fairly chunky. Fold in the salsa, mayonnaise, cilantro, lime juice, and hot sauce.

To assemble the sandwiches, slice the ciabatta loaf in half and hollow out some of the bread to create more room for the sandwich fillings. Spread each side of the loaf with half of the avocado mixture. Stack the turkey, cheese, tomatoes, onions, and lettuce evenly across the bottom half. Replace the top of the loaf and slice into six smaller sandwiches. Skewer the sandwich pieces using toothpicks garnished with cherry tomatoes, peppadews, pickled jalapeno peppers or pepperoncini.

Options: Substitute any favorite meat or meat substitute, like thinly sliced flank steak or chicken, vegetarian deli slices, or marinated sliced tofu.

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



\$2.79

BIONATURAE
Organic Fruit Nectar
25.4 oz., selected varieties



\$1.79

POPCHIPS
Potato Chips
3 oz., selected varieties



99¢

HONEST TEA
Organic Ready to Drink Tea
16 oz., selected varieties



2/\$5

LATE JULY ORGANIC
Mini Sandwich Crackers
5 oz., selected varieties



\$5.79

FRENCH MEADOW
Organic Bread
24 oz., selected varieties



\$4.79

WHOLESOME SWEETENERS
Organic Blue Agave
23.5 oz., selected varieties



\$2.29

OLD WESSEX
Hot Cereal
18.5 oz., selected varieties
other Old Wessex Cereal also on sale



\$2.99

NANCY'S
Organic Kefir
32 oz., selected varieties



2/\$5

BARBARA'S
Shredded Cereal
13-14 oz., selected varieties



\$2.49

SANTA CRUZ ORGANIC
Organic Applesauce
6 ct., selected varieties



\$1.79

FOOD SHOULD TASTE GOOD
Tortilla Chips
6 oz., selected varieties



\$2.79

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



2/\$6

YOGI
Herbal Tea
16 ct., selected varieties



79¢

Organic Rolled Oats
per pound in bulk



\$1.39

LUNDBERG FAMILY FARMS
White Basmati Rice
per pound in bulk
Brown Basmati Rice also on sale



Avocados

Who really cares if it's a fruit or a veggie? A creamy, luscious avocado can be enjoyed as either—in a green or fruit salad, on a grilled cheese sandwich or burger, or alongside chicken or shrimp. Of course, it's also the basis for guacamole and inseparable from Mexican fare. But the best way to eat an avocado may just be to scoop it straight out of the skin and into your mouth! It's good for you, too, with fiber, potassium, vitamin K, vitamin E, vitamin C, B vitamins, folic acid, and many other essential nutrients. And, by the way, it's a fruit.

For more great food ideas and information about seasonal produce, visit www.strongertogether.coop.



Blue Cheese

There's no mistaking blue cheese, with its distinctive blue veins, piquant taste, and potent aroma. If you love it, you're in luck, because there's no end to what you can pair it with: crackers or crusty breads, pizzas, sandwiches, burgers, or salads, just for starters. And if you turn your nose up at it, well, give it another try. Once you're hooked, your food life will be enriched! Many countries and regions boast their own blue cheeses, like English Stilton, Cabrales from Spain, Italy's celebrated Gorgonzola, and the wide variety of blues in the United States, from Massachusetts-made Berkshire Blue to Oregon's Rogue Creamery Roquefort-style blue.



The Real Deal

Crumble blue cheese atop a steak or a salad, or make a simple appetizer with sliced pears, blue cheese, and toasted walnuts on a slice of baguette. A blue cheese dip or dressing with crispy celery sticks is the classic accompaniment to spicy buffalo chicken wings, too!

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



\$2.49

RISING MOON ORGANICS
Organic Ravioli
8 oz., selected varieties



\$12.99

SPECTRUM NATURALS
Organic Extra Virgin
Mediterranean Olive Oil
33.8 oz.



\$2.89

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$4.99

GLUTINO
Family Size Gluten Free
Pretzels
14.1 oz., selected varieties



\$1.99

LUNDBERG FAMILY FARMS
Organic Rice Cakes
8.5-9.5 oz., selected varieties



\$3.49

BLUE DIAMOND
Almond Breeze
64 oz., selected varieties



\$3.29

ORGANIC VALLEY
Organic Yogurt
32 oz., selected varieties



\$5.79

ECO TEAS
Organic Yerba Mate
16 oz.



\$7.49

YERBA PRIMA
Psyllium
12 oz., selected varieties
other Verba Prima products
also on sale



\$11.99

AMERICAN HEALTH
Ester-C 500 mg. with Citrus
Bioflavonoids
120 caps., selected varieties



\$39.99

NEW CHAPTER
Bone Strength Take Care
Value Pack
144 tabs.



\$18.99

EMERITA
Pro-gest Cream
2 oz.
other Emerita products
also on sale



\$2.29

CLEANWELL
All Natural Hand Sanitizer
1 oz.
other Cleanwell products
also on sale



\$10.99

ALBA
Very Emollient Body Lotion
32 oz., selected varieties



\$13.99

AVALON ORGANICS
Vitamin C Renewal Cream
2 oz.
other Vitamin C products
also on sale



New year, new you!

Adopting a healthy lifestyle and staying on track with a wholesome diet is easier when you get support for your efforts. Your local food co-op can help you in your quest to eat sensibly by offering an array of foods that are fresh, nutritious, and produced with care. Our purpose is to give you the best in quality and variety so you can easily meet your goals. That's what co-ops are about: we're stronger together.

Visit www.strongertogether.coop for more ideas on healthy eating and great recipes.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

FLORIDA

Ever'man Natural Foods
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 Ne, Atlanta

MAINE

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

Rising Tide Community Market
323 Main Street, Damariscotta

MARYLAND

Common Market
5728 Buckeystown Pike, Frederick

Silver Spring Co-op
8309 Grubb Road, Silver Spring

Takoma Park 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 Markets
581 Massachusetts Avenue, Cambridge
57 South Street, Jamaica Plain

Mccusker's Market
3 State Street, Shelburne Falls

River Valley Market
330 North King Street, Northampton

Wild Oats Co-op
320 Main Street, Williamstown

NEW HAMPSHIRE

Concord Cooperative Market
24 South Main Street, Concord

Co-op Community Market
43 Lyme Rd, Hanover

Hanover Co-op Food Store
45 South Park Street, Hanover

Kearsarge Cooperative Grocer
52 Newport Road, New London

Lebanon Co-op Food Store
12 Centerra Parkway, Lebanon

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
484 Central 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

Deep Roots Market
3728 Spring Garden Street, Greensboro

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
715 Old Spartanburg Highway, 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

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

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

Weavers Way Co-op Ogontz
2129 72nd Avenue, Philadelphia

Whole Foods Cooperative
1341 West 26th Street, Erie

TENNESSEE

Three Rivers Market
937 N. Broadway, Knoxville

VERMONT

Brattleboro Food Co-op
2 Main Street, Brattleboro

City Market
82 S. Winooski Avenue, Burlington

Hunger Mountain Co-op
623 Stone Cutter's Way, Montpelier

Middlebury Natural Foods
9 Washington Street, Middlebury

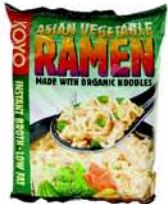
Putney Food Co-op
8 Carol Brown Way, Putney

Springfield Food Co-op
335 River St., Springfield

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

VIRGINIA

Roanoke Natural Foods
1319 Grandin Road, Roanoke



69¢

KOYO
Ramen Noodles
2-2.1 oz., selected varieties



\$1.89

SAN-J
Premium Tamari Soy Sauce
10 oz.



\$7.99

SEVENTH GENERATION
Bath Tissue
12 pack



\$1.29

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



\$2.39

MUIR GLEN
Organic Soup
14-14.5 oz., selected varieties



\$7.99

BIOKLEEN
Liquid Laundry Detergent
64 oz., selected varieties

Join the conversation at www.strongertogether.coop

