

coopTM deals

FEB 15 - FEB 28, 2012



\$2.79

NATURE'S PATH

Organic
Instant Oatmeal
8 ct., selected varieties



\$2.99

IMAGINE

Organic Soup
32 oz., selected varieties



\$2.99

LAKWOOD

Organic
Pomegranate Blend Juice
32 oz., selected varieties



\$13.99

NORDIC NATURALS

Omega-3 Purified Fish Oil
60 ct.
other Nordic Natural products also
on sale

Featured Inside:

- Savory Ginger Baked Tofu makes a tasty weeknight meal
- Tasty tidbits about rice, bananas and Parmesan cheese
- Wake up your tastebuds with a Caribbean-inspired Banana Habanero Salsa
- Chef Kevin Gillespie visits co-ops in Vermont and Washington in our video series



Ginger Baked Tofu

Serves 4. Prep time: 60 minutes.

- 1 pound extra firm tofu, sliced into ½-inch thick rectangles
- ¼ cup sesame oil
- 1 tablespoon garlic, minced (2-3 cloves)
- ½ cup tamari
- ⅓ cup Mirin*
- ¼ cup maple syrup
- 2 tablespoons fresh ginger, peeled and minced (2-inch piece)

Preheat oven to 400 degrees F. Pat the tofu rectangles dry with a paper towel, and place on a sheet pan with a rim. Brush the tofu with the sesame oil. Bake for 30 minutes, flipping each piece over after 15 minutes. Carefully drain most of the oil from the sheet pan. Mix together the ginger, garlic, tamari, Mirin and maple syrup, and pour it over the tofu. Bake for another 15 minutes until the tofu is firm and the sauce has reduced. Remove from heat and serve, drizzled with the sauce from the baking pan and garnished with fresh minced ginger, sesame seeds and scallions.

*Mirin is a sweetened rice wine that is an essential component of Japanese cooking. You can substitute white wine sweetened with a bit of sugar (¼ cup wine plus 1 tablespoon sugar) or use apple juice if you prefer.



\$3.29

THE GREEK GODS
Traditional Greek
Yogurt
24 oz., selected varieties



\$3.59

FOLLOW YOUR HEART
Grapeseed Veganaise
16 oz.
other Veganaise
also on sale



\$1.79

WOODSTOCK
Organic Tofu
14 oz., selected varieties



\$9.99

SHADY MAPLE FARMS
Organic Grade B
Maple Syrup
12.7 oz.



\$9.99

EQUAL EXCHANGE
Bulk Coffee
per pound in bulk,
selected varieties



\$ 1.99 **BIONATURAE**
Organic Pasta
16 oz., selected varieties



\$ 12.49
BIONATURAE
Organic Extra Virgin
Olive Oil
25.4 oz.



\$ 2.99
NEWMAN'S OWN
Pasta Sauce
15-24 oz.,
selected varieties



\$ 2.59
KETTLE CUISINE
Soup
10 oz., selected varieties



\$ 1.99
LATE JULY
Organic Crackers
5-6 oz., selected varieties



\$ 1.99
**PACIFIC
NATURAL FOODS**
Soup
17.6 oz., selected varieties



\$ 1.99
**FANTASTIC
FOODS**
Dinner Mixes
2.7-10 oz.,
selected varieties



\$ 4.49
BULK
Whole Almonds
per pound in bulk



\$ 4.29
SO DELICIOUS
Organic Non-Dairy
Frozen Dessert
32 oz., selected varieties



\$ 1.89 **BULK**
Organic Red Lentils
per pound in bulk



Varieties of Rice

White or brown rice are staples in many kitchens: inexpensive, easy to cook and versatile in main dishes, sides and even desserts. But there's so much more to rice! Next time you're at the co-op, why not explore some new varieties? With Asian dishes, try a fragrant, nutty basmati or flowery jasmine rice. Hearty meats, root vegetables, or savory seitan are delicious with wild rice (which is really a member of the grass family), Himalayan red rice or exotic black rice. Arborio is the classic ingredient for risotto dishes, but medium-grain rice can be substituted in a pinch, since it has a higher starch content than long-grain rice.

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





Parmesan

If you could only have one cheese in your refrigerator, would it be Parmesan, perhaps? There are so many delicious ways to use Parmesan cheese, from appetizers and salads to pizza and pasta. Buying Parmesan in wedges instead of shredded or grated is not only more economical, it also means you'll be using fresh and flavorful cheese in all your culinary creations. Parmesan cheese freezes well, too—just wrap carefully in plastic wrap, ensuring that the cheese is completely covered. Don't throw away the rind; it's completely edible and makes a delicious addition to soups and stews.



The Real Deal

Thinly-sliced Parmesan cheese is a tasty complement to fresh fruit, particularly apples and pears. Besides being an essential ingredient in Alfredo sauce, risotto and pesto, it adds fantastic flavor to crunchy coatings for chicken and fish.

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



\$2.19

LUNDBERG FAMILY FARMS

Rice Chips

6 oz., selected varieties
Organic Rice Chips on sale for \$2.49



\$1.79

BLUE SKY

Natural Soda

6 pack, selected varieties



\$2.99

CHOICE

Organic Tea

16 ct., selected varieties



\$10.99

SEVENTH GENERATION

Baby Diapers

20-40 ct., selected varieties



\$12.99

BIOKLEEN

Laundry Powder

10 lb.



\$5.99

EO
Liquid Hand Soap
12 oz., selected varieties



\$3.49 **SOUTH OF FRANCE**
Bar Soap
8 oz., selected varieties



\$10.99

ALBA BOTANICA
Even Advanced Sea
Moss Moisturizer
2 oz.
other Even Advanced products
also on sale



\$4.99

NATURE'S GATE
Shampoo or
Conditioner
18 oz., selected varieties



\$8.99

**SUPER
NUTRITION**
Simply One Women
Multivitamin
30 ct.



\$4.99

**SPECTRUM
ESSENTIALS**
Organic
Ground Flaxseed
14 oz.



\$17.99

**NATURAL
FACTORS**
RxOmega-3 Factors
120 ct.



\$12.99

**MANITOBA
HARVEST**
Hemp Pro 50
Hemp Powder
16 oz.
other Hemp products also on
sale



\$19.99

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



Making fresh veggie wraps at Putney Community Garden.

Lights, Cameras, Co-ops!

The United Nations declared 2012 the International Year of Cooperatives and we're celebrating food co-ops, fresh food and the stories of the people they bring together through an online video series hosted by celebrity chef Kevin Gillespie.

This month, Kevin travels to 70 year old Putney Food Co-op in Putney, Vermont, and Community Food Co-op in Bellingham, Washington, visiting an award-winning artisan cheesemaker and one of the highest-rated organic egg producing farms in the country. Check out the videos at www.strongertogether.coop.



Celebrating 2012 United Nations International Year of Cooperatives



Scan this QR code to learn more!



Spicy Banana Habanero Salsa

Serves 6. Prep time: 20 minutes.

- 2 tablespoons canola oil
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- 1 tablespoon fresh ginger, peeled and minced
- 2 large firm bananas, peeled and diced (about 2 cups)
- ½ cup yellow bell pepper, diced
- ½ cup green pepper, diced
- ½ cup red onion, diced
- 3 tablespoons fresh minced cilantro
- 1 teaspoon fresh habanero pepper, seeded and minced (1 pepper)

In a medium-sized bowl, whisk together the oil, lime juice, brown sugar and fresh ginger. Add the bananas, peppers, onion and cilantro and mix well.

Serving suggestion: This Caribbean-inspired salsa's sweet-hot flavor adds zest to a simply prepared meal of fish or poultry, and tops a morning omelet or breakfast sandwich with tropical flair. Add chunks of ripe mango or pineapple if you like!



\$7.99

**SPECTRUM
NATURALS**

Organic Canola Oil
32 oz.



\$1.59

BRAGG

Organic Apple Cider
Vinegar Drink
16 oz., selected varieties



\$5.99

NUTIVA

Organic
Coconut Manna
15 oz.



\$3.29

BOCA

Meatless Burgers
10 oz., selected varieties



\$3.99

BLUE HORIZON

Fish Nuggets
6 oz.



\$1.29

OIKOS
Organic Greek Yogurt
5.3 oz., selected varieties



79¢

WALLABY
Organic Lowfat Yogurt
6 oz., selected varieties



\$3.29

ORGANIC VALLEY
Organic Soy Beverage
64 oz., selected varieties



\$2.99

BARBARA'S
Puffins Cereal
9-11 oz., selected varieties



\$1.99

PACIFIC NATURAL FOODS
Organic Almond Beverage
32 oz., selected varieties



\$2.99

ARROWHEAD MILLS
Pancake Mix
26 oz., selected varieties



\$2.79

NATURE'S PATH
Organic Manna Bread
14 oz., selected varieties

Breadshop™
NATURAL FOODS

\$2.79 **BREADSHOP**

Honey Gone Nuts Granola
per pound in bulk
other varieties also on sale



\$1.49

BULK
Organic Brown Flaxseed
per pound in bulk



\$4.99

MANITOBA HARVEST
Hemp Hearts
8 oz.
other Hemp products also on sale



Bananas

It's probably no surprise that the banana is the most popular fresh fruit in the United States. After all, where would your cereal bowls, ice cream "splits" and fruit salads be without it? On average, every single person in the U.S. eats 26 pounds of bananas per year! The banana is a healthful snack, pre-packed by nature in a handy yellow jacket. If you have access to Fair Trade bananas—which guarantee fair wages for workers and sustainable farming methods—so much the better.

Learn more about in-season fruits and Fair Trade practices at www.strongertogether.coop.



FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ARIZONA

Food Conspiracy Co-op
412 North Fourth Avenue, Tucson

CALIFORNIA

BriarPatch Co-op Market
290 Sierra College Drive, Grass Valley

Chico Natural Foods Co-op
818 Main Street, Chico

Co-opportunity Consumers Co-op
1525 Broadway, Santa Monica

Davis Food Co-op
620 G Street, Davis

Isla Vista Food Co-op
6575 Seville Road, Isla Vista

North Coast Co-op

811 I Street, Arcata
25 Fourth Street, Eureka

Ocean Beach People's Organic Food Co-op
4765 Voltaire Street, San Diego

Quincy Natural Foods Co-op
269 Main Street, Quincy

Sacramento Natural Foods Co-op
1900 Alhambra Boulevard, Sacramento

Ukiah Natural Foods
721 South State Street, Ukiah

IDAHO

Moscow Food Co-op
121 East Fifth Street, Moscow

MONTANA

Community Food Co-op
908 W. Main Street, Bozeman
44 E. Main Street, Bozeman

Good Earth Market
3024 Second Avenue N., Billings

OREGON

Alberta Cooperative Grocery
1500 N.E. Alberta, Portland

Ashland Food Co-op
237 North First Street, Ashland

First Alternative Co-op
1007 S.E. Third Street, Corvallis
2855 N.W. Grant Avenue, Corvallis

Food Front Cooperative Grocery
2375 N.W. Thurman Street, Portland
6344 S.W. Capitol Highway, Portland

People's Food Co-op
3029 S.E. 21st Avenue, Portland

WASHINGTON

Central Co-op
1600 East Madison, Seattle

Community Food Co-op
315 Westerly Road, Bellingham
1220 North Forest Street, Bellingham

Olympia Food Co-op
921 North Rogers, Olympia
3111 Pacific Avenue S.E., Olympia

Skagit Valley Food Co-op
202 South First Street, Mt. Vernon

Sno-Isle Natural Foods Co-op
2804 Grand Avenue, Everett

The Food Co-op
414 Kearney Street, Port Townsend



\$2.49

SEASON'S
Potato Chips
8 oz., selected varieties



\$2.29

KETTLE
Tias! Tortilla Chips
8 oz., selected varieties



\$2.99

ENJOY LIFE
Nut and Gluten Free
Cookies
6-6.3 oz., selected varieties



**Celebrating 2012 United Nations
International Year of Cooperatives**

Scan this QR code to learn more!



99¢

LUNA
Nutrition Bar for Women
1.69 oz., selected varieties

Celebrating 2012 International Year of Cooperatives



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