

coopTM deals

AUG 17 - AUG 30, 2016



2/\$5

R.W. KNUDSEN

Organic Juice Boxes
4 pack, selected varieties



\$2.99

BARBARA'S

Puffins Cereal
10-11 oz., selected varieties



\$3.69

CROFTER'S

Organic Premium Fruit
Spread

16.5 oz., selected varieties
10-11 oz. Organic Fruit
Spreads also on sale



2/\$5

**SEVENTH
GENERATION**

Dishwashing Liquid
25 oz., selected varieties

Featured Inside:

- What's in season? Juicy, sweet, colorful plums and stone fruit
- Treat friends and family with our recipe for Plum Kuchen
- Pack a fun lunch! Make salads in jars, with grains, beans and more
- Get great pantry staples and easy weeknight dinner ingredients



Salmon Wasabi Cakes

Serves 6. Prep time: 15 minutes active; 1 hour 10 minutes total.

- 1 ¾ pound skin-on salmon fillets (makes about 6 cups flaked salmon)
- 1 ½ tablespoons olive oil
- Pinch each of salt and black pepper
- ⅓ cup mayonnaise
- ½ cup chopped green onions
- 2 tablespoons black sesame seeds
- ¼ teaspoon sea salt
- ⅛ to ¼ cup wasabi paste
- ¼ cup chopped fresh cilantro

Heat the oven to 425 degrees F. Place olive oil in a medium bowl and add salmon. Turn to coat. Sprinkle salmon with a pinch of salt and ground pepper and place skin side down on a lightly oiled baking sheet. Roast until just cooked through, about 12 minutes for a 1"-thick fillet. Let cool. Remove skin from salmon and discard. Using a fork in one hand to hold the salmon, use a second fork to shred the fish into small pieces.

Reduce the oven temperature to 400 degrees F.

In a medium mixing bowl combine the mayonnaise, green onions, sesame seeds, sea salt and wasabi paste. Add the flaked salmon and cilantro and mix until just combined, being careful not to over-mix. Use an ice cream scoop to make medium-sized balls of the salmon mixture and place on a parchment-lined sheet pan. Gently flatten the balls to form round cakes. Bake for 25-35 minutes, remove from the oven and let the salmon cakes cool on the baking pan for 10-15 minutes before removing to a serving platter.

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



\$2.39

BULK
Organic Navy
Beans
per pound in bulk



\$2.99

**HAMPTON
CREEK**
Dressing
12 oz., selected varieties



\$2.39

LIGHTLIFE
Organic Tempeh
8 oz., selected varieties



\$2.69

**ANNIE'S
NATURALS**
Organic Dressing
8 oz., selected varieties
other Annie's varieties also on sale



\$12.99

SPECTRUM
Organic Extra Virgin
Mediterranean Olive Oil
33.8 oz.



2/\$6

CASCADIAN FARM

Organic Granola
15-16 oz., selected varieties



\$ 1.99

BULK
Organic Flaxseeds
per pound in bulk



\$2.69

LOVE GROWN
Cereal

7-12 oz., selected varieties



\$6.39

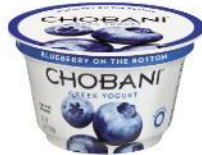
NATURE'S PATH
Organic Cereal Eco-Pac
26.4 oz., selected varieties
Envirokidz Eco-Pac Cereal
also on sale



\$ 1.99

WALLABY ORGANIC

Purely Unsweetened
Greek Yogurt
5.3 oz., selected varieties



4/\$5

CHOBANI
Greek Yogurt

5.3 oz., selected varieties



\$4.39

GREEN VALLEY ORGANICS

Organic Kefir
32 oz., selected varieties



4/\$5

SILK

Dairy-Free Yogurt
5.3 oz., selected varieties



3/\$7

VAN'S
Waffles

7.5-9 oz., selected varieties



\$4.69

GREEN MOUNTAIN CREAMERY

Greek Yogurt
32 oz., selected varieties



Wasabi

Wasabi is the zingy green paste that comes with just about every order of sushi, right? Well, not quite. True wasabi comes from a Japanese tuber called *Wasabia japonica*, which is tricky to grow, and very expensive. So most of what we call "wasabi" is actually preserved horseradish, sometimes mixed with mustard. Real wasabi, when grated, loses its flavor in just ten or fifteen minutes. Horseradish, both fresh roots and prepared varieties, is fairly easy to find, and has a similarly pungent flavor.



Plum Kuchen

Serves 8. Prep time: 10 minutes active; 40 minutes total.

- 3 tablespoons coconut oil
 - 1/3 cup almond milk
 - 2 eggs
 - 1/2 cup sugar
 - 1 cup all-purpose flour
 - 1 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1 teaspoon cinnamon
 - 1/4 teaspoon allspice
 - 2 tablespoons lemon zest
 - 2 cups pitted, sliced fresh plums
- Topping:
- 1 cup ground almonds
 - 2 tablespoons honey
 - 2 tablespoons coconut oil

Heat oven to 375 degrees F. Spray a 9" round cake pan with cooking spray.

In a small saucepan, heat the coconut oil over low heat until it is just melted, and allow it to cool a bit. In a large mixing bowl beat together the eggs, almond milk and melted coconut oil. In a separate bowl, sift together the sugar, flour, baking powder, salt and spices; then gradually add the sifted dry ingredients to the egg mixture and continue beating until fully incorporated. Fold in the lemon zest and pour the cake batter into the prepared baking pan.

Prepare the topping by mixing together the ground almonds, honey and coconut oil; it should resemble a coarse streusel. Lay the sliced plums on top of the cake batter, and top with the almond streusel. Bake for 25-30 minutes or until a toothpick inserted in the center of the cake comes out clean.

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\$8.99

EQUAL EXCHANGE

Organic Breakfast Blend Coffee
per pound in bulk
Bulk Decaf Coffee not on sale



2/\$4

SO DELICIOUS

Coconut Milk
32 oz., selected varieties
other Non-Dairy Beverages
also on sale



\$3.99

BAKERY ON MAIN

Happy Oats
24 oz., selected varieties



\$4.99

BIRCH BENDERS

Pancake & Waffle Mix
12-16 oz., selected varieties



2/\$6

SO DELICIOUS

Almond Milk
48 oz., selected varieties



5/\$5

CLIF BAR

Energy Bar

12/2.4 OZ, selected varieties



\$3.39

EVOLUTION FRESH

Defense Up Fruit & Juice Blend Smoothie

15.2 oz.
other Evolution Fresh Smoothies also on sale



2/\$7

C20

Coconut Water

33.8 oz., selected varieties



\$3.39

SUJA

Organic Juice Smoothie

12 oz., selected varieties



4/\$7

MANITOBA HARVEST

Hemp Heart Bar

1.6 oz., selected varieties



\$8.99

NATURE'S PLUS

Animal Parade Gold Children's Chewable Multi-vitamin

60 ct., selected varieties



5/\$5

LARABAR

Organic Superfood Bar

1.6 oz., selected varieties



\$23.99

HOST DEFENSE MUSHROOMS

MyCommunity

Immune Support

60 ct.
other Host Defense products also on sale



\$4.99

SPECTRUM

Flaxseed

12-15 oz., selected varieties



Plums

Juicy, ripe plums are a treat just as they are, but they also lend themselves to a wide array of recipes. If you haven't had cooked plums—baked, poached, grilled or stewed—you're missing out. Substitute plums for other stone fruits like peaches, nectarines or cherries in just about any dish. They're perfect grilled atop a green salad with blue cheese and almonds, or on tender fresh spinach with Manchego and balsamic vinegar. Check out www.strongertogether.coop for a Shrimp and Plum Kebab recipe, or keep it simple with sliced plums, goat cheese and walnuts for a delectable appetizer.





Provolone

Provolone is a versatile cheese—think mozzarella with a little more zing. It's a classic slice for sandwiches, hot or cold, and cubes of provolone are a fantastic addition to any green salad.

Add to grilled burgers, stuffed shells, lasagna, macaroni and cheese and other casseroles, or sprinkle shredded provolone on your next pizza (try it with roasted peppers, crumbled goat cheese, caramelized onions – find a recipe for Caramelized Onion Pizza at www.strongertogether.coop). On an antipasto platter, with salami and fresh or pickled veggies, or on a dessert tray with figs, melon wedges, nuts, olives and pears, provolone is delectable.



2/\$3

BACK TO NATURE

Organic Pasta & Cheese Dinner
6 oz., selected varieties



\$4.99

SMART FLOUR FOODS

Pizza
10-10.3 oz., selected varieties



\$3.99

TALENTI

Gelato
16 oz., selected varieties



\$4.69

JULIE'S ORGANIC

Organic Ice Cream Sandwiches
6 ct., selected varieties
other Ice Cream Novelties also on sale



\$2.39

ANGIE'S

Boomchickapop
4.8-6 oz., selected varieties



3/\$7

TERRA

Vegetable Chips
5-6 oz., selected varieties



\$1.69

STEAZ

Organic Cactus Water
12 oz., selected varieties



\$2.39

GOOD HEALTH

Avocado Oil Chips
5 oz., selected varieties



2/\$4

LATE JULY

Tortilla Chips
5.5 oz., selected varieties



2/\$1

NUTIVA

Organic O'Coconut Treat
.5 oz., selected varieties



\$3.99 **RUMIANO**
Organic Cheese
8 oz., selected varieties



\$2.99
RUDI'S ORGANIC BAKERY
Organic Sandwich Bread
20-24 oz., selected varieties
other Rudi's Bread also on sale



\$4.39
NANCY'S
Organic Cottage Cheese
16 oz.



2/\$6
MARY'S GONE CRACKERS
Organic THINS
4.5 oz., selected varieties



\$5.69
ONCE AGAIN
Organic Peanut Butter
16 oz., selected varieties



\$2.99 **ANNIE'S HOMEGROWN**
Organic Yogurt
4 pack, selected varieties



\$10.99
BULK
Organic Dried Mango
per pound in bulk



\$3.69
NATURAL BREW
Natural Soda
4 pack, selected varieties



\$2.69
ANNIE'S HOMEGROWN
Organic Fruit Snacks
4 oz., selected varieties
other Annie's Fruit Snack items also on sale



\$3.69
ANNIE'S HOMEGROWN
Organic Graham Crackers
14.4 oz., selected varieties



2/\$6
CASCADIAN FARM
Organic Granola Bars
7.4 oz., selected varieties



2/\$4 **PROBAR**
Meal Bar
3 oz., selected varieties



\$3.69 **NEWMAN-O'S**
Crème Filled Cookies
13 oz., selected varieties



\$12.99
TIERRA FARM
Dry Roasted Tamari Almonds
per pound in bulk



\$3.99
TASTY BRAND
Organic Sandwich Cookies
9.5 oz., selected varieties

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

CONNECTICUT

Willimantic Food Co-op
91 Valley Street, Willimantic

DELAWARE

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

FLORIDA

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

New Leaf Market Co-op
1235 Apalachee Parkway, Tallahassee
6668 Thomasville Road, 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

McCusker's Market
3 State Street, Shelburne Falls

River Valley Co-op
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

Durham Co-op Market
1111 W. Chapel Hill Street, Durham

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
60 S. Charleston Lane, 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

Chestnut Hill
8424 Germantown Avenue, Philadelphia

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



\$3.49

KIRK'S
Castile Soap
3 pack, selected varieties



\$6.99

SHEA MOISTURE
Shave Butter
6 oz.
other Shea Moisture products also on sale



\$4.99

TOM'S OF MAINE
Deodorant Stick
2.25 oz., selected varieties



2/\$6

NUBIAN HERITAGE
Bar Soap
5 oz., selected varieties



\$5.99

HYLAND'S
Good Morning
50 ct.
other Hyland's Homeopathic products also on sale



\$7.99

BOIRON
Arnica Gel or Cream
2.5-2.6 oz., selected varieties

Stock up and save on lunchbox staples!

coopTM
stronger together

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