

coopTM deals

OCT 19 - NOV 1, 2016



2/\$4

ENDANGERED SPECIES CHOCOLATE
Chocolate Bar
3 oz., selected varieties



2/\$6

ANNIE'S HOMEGROWN
Organic Fruit Snacks
4 oz., selected varieties



\$2.99

NATURE'S PATH
Envirokidz Organic Cereal
10-14 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Brown Eggs
doz., selected varieties

Featured Inside:

- Apples abound in our Apple French Toast Bake recipe
- What's the best cheese for apple season? It's cheddar!
- Get great deals on your family's fall favorites at the co-op
- Try South African Bobotie for a hearty, thrifty weeknight meal



Bobotie

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

- 2 slices whole wheat bread
- 1 cup milk
- 2 eggs, beaten
- 1 tablespoon olive oil
- 1 large yellow onion, diced
- 1 pound ground turkey
- 1 tablespoon curry powder
- ¼ cup sliced almonds
- ¼ cup raisins
- ¼ cup diced dried apricots
- 1 to 2 tablespoons lemon juice
- Salt and black pepper to taste

Heat the oven to 350 degrees F. Oil or butter an 8 x 8 inch baking dish.

Tear the bread into pieces. In a mixing bowl, toss the pieces of bread together with the milk and eggs and set aside. Heat the olive oil in a large skillet over medium-high heat and sauté the onion for 5 to 10 minutes until soft. Add the ground meat, curry powder, almonds, raisins and apricots and cook another few minutes. Stir in lemon juice and season with salt and pepper. Pour into the baking dish and top evenly with the bread and milk mixture. Bake for about 45 minutes until the mixture is set and the top has browned. Let sit for 15 minutes prior to serving.

Serving suggestion: Serve this South African version of moussaka with a scoop of yellow rice on the side, topped with mango chutney. Use ground lamb or beef instead of turkey if you prefer.

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



2/\$5

LUNDBERG FAMILY FARMS

Organic Sprouted Rice Mix
6 oz., selected varieties



\$11.99

SPECTRUM
Organic Mediterranean
Olive Oil
33.8 oz., selected varieties



\$14.99

BULK
Organic Raw Almonds
per pound in bulk



\$5.69

BULK
Organic Turkish
Apricots
per pound in bulk



\$3.69

BULK
Organic Thompson
Seedless Raisins
per pound in bulk



2/\$4

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



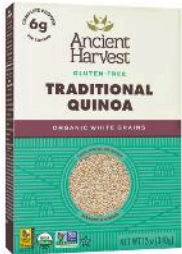
\$2.99

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$2.99

R.W. KNUDSEN
Organic Sparkling Juice
750 ml., selected varieties



\$5.39

ANCIENT HARVEST
Organic Quinoa
12 oz., selected varieties



2/\$5

WESTBRAE
Organic Beans
25 oz., selected varieties



\$1.19

RIEGA ORGANIC
Organic Seasoning Mix
.35-.9 oz., selected varieties



2/\$4

ANNIE'S HOMEGROWN
Organic Grass Fed
Pasta & Cheese Dinner
6 oz., selected varieties
Annie's Deluxe Mac & Cheese
also on sale



\$3.69

CROWN PRINCE
NATURAL
Pink Salmon
7.5 oz.
other Crown Prince
products also on sale



2/\$5

CASCADIAN FARM
Organic Vegetables
16 oz., selected varieties



\$1.39

GREEN VALLEY ORGANICS
Organic Lactose Free
Butter
8 oz.



\$5.39

UDI'S GLUTEN FREE
Pizza
10-11 oz., selected varieties



2/\$5

HEALTH VALLEY ORGANIC
Organic Soup
14.5-15 oz., selected varieties



\$2.99

ALEXIA
Frozen Potatoes
15-19 oz., selected varieties



\$1.99

TANDOOR CHEF
Naan Pizza
7.4-9 oz., selected varieties



\$2.19

EVOL
Burrito
6 oz., selected varieties



Apple Maple French Toast Bake

Serves 8. Prep time: 20 minutes active; 1 hour, 5 minutes total.

- 1 ½ cups milk
- 5 eggs, beaten
- 1 teaspoon cinnamon, divided
- ¼ teaspoon ground ginger
- ¼ cup brown sugar
- 5 to 6 cups cubed whole grain bread
- 2 tablespoons butter
- 4 apples, peeled, cored and sliced ¼ to ½ inch thick
- ¼ cup maple syrup

Heat the oven to 375 degrees F. Oil or butter an 8 x 8 inch baking dish.

In a large mixing bowl, whisk together the milk, eggs, ½ teaspoon cinnamon, ginger and brown sugar. Add the bread and toss well. Set aside while you cook the apples, stirring once or twice to ensure the liquid soaks into the bread. Heat the butter in a skillet over medium heat. Add the apples and sauté for 5 to 7 minutes until they begin to soften. Sprinkle with remaining cinnamon and stir in maple syrup. Cook another few minutes, allowing the maple syrup to caramelize and coat the apples. Remove from the heat and allow to cool.

Gently stir the apples into the bread mixture and pour into the prepared baking dish. Bake for about 45 minutes until firm throughout. Serve warm with additional maple syrup if desired.

Serving suggestion: This hearty breakfast bake is a great way to use up day-old bread. Avoiding gluten? Just substitute gluten-free bread. Maple-glazed pears or bananas are delicious instead of apples, too!

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



\$19.99

FIELD DAY
Organic Maple Syrup
32 oz.



\$7.99

EQUAL EXCHANGE
Organic Midnight Sun
Coffee
per pound in bulk



\$2.99

SILK
Organic Soymilk
64 oz., selected varieties



\$4.39

GLUTINO
Gluten-Free Sandwich
Bread
14.1 oz., selected varieties



\$3.69

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



\$4.39

STONYFIELD
Organic Grassfed
Yogurt
24 oz., selected varieties



4/\$5

CHOBANI
Greek Yogurt
5.3 oz., selected varieties



\$5.69

CHOBANI
Greek Yogurt
32 oz., selected varieties



2/\$7

STONYFIELD
Organic Yogurt
32 oz., selected varieties



\$3.99

**ANNIE'S
HOMEGROWN**
Organic Yogurt Tubes
16 oz., selected varieties



2/\$5

GOODBELLY
Organic Probiotic
Drink
32 oz., selected varieties



\$5.69

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



\$8.69

ORGAIN
Organic Nutritional
Shakes
4 pack, selected varieties



\$3.39

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



\$4.69

**NUMI ORGANIC
TEA**
Organic Tea
18 ct., selected varieties



\$2.39

PACIFIC
Organic Almond
Beverage
32 oz., selected varieties



\$7.99

SWEETLEAF
Sweet Drops
2 oz., selected varieties



\$3.39

KASHI
Organic Cereal
9.5-16.3 oz., selected varieties



\$3.39

EREWHON
Organic Cereal
10-11 oz., selected varieties



\$3.99

NATURE'S PATH
Organic Granola
11 oz., selected varieties



5/\$5

TAZO

Organic Ready-to-Drink Tea
13.8 oz., selected varieties



99¢

FIELD DAY

Sparkling Water
33.8 oz., selected varieties



\$2.99

KIND

Healthy Grains Bars
5 ct., selected varieties



\$3.39

HAIL MERRY

Miracle Tart
3-3.5 oz., selected varieties



4/\$5

LARABAR

Organic Bar with Superfoods
1.6 oz., selected varieties



3/\$4

KIND

Fruit & Nut Bar
1.4-1.6 oz., selected varieties



\$3.69

ORGANIC INDIA

Organic Tulsi Tea
18 ct., selected varieties



\$19.99

AMAZING GRASS

Green SuperFood Detox & Digest
7.4 oz.
other Amazing Grass products also on sale



\$22.99

NATURAL VITALITY

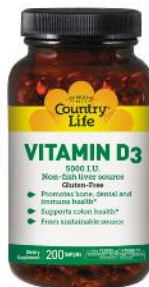
Calm
16 oz., selected varieties



\$24.99

HOST DEFENSE MUSHROOMS

MyCommunity Immune Support
60 ct.
other Host Defense products also on sale



\$11.99

COUNTRY LIFE

Vitamin D3 5000 I.U.
200 ct.
other Country Life products also on sale



\$32.99

NATURAL FACTORS

Gastro-Assist
60 ct.
other Natural Factors products also on sale



\$10.99

OREGON'S WILD HARVEST

Organic Echinacea
90 ct.
other Oregon's Wild Harvest products also on sale



\$7.99

BOIRON

Coldcalm
60 ct.



\$7.99

EO EVERYONE

Epsom Salt Bath Soak
30 oz., selected varieties



\$4.99

KII NATURALS
Organic Artisan
Crisps
5.3 oz., selected varieties



2/\$4

BARBARA'S
Cheese Puffs
5.5-7 oz., selected varieties



3/\$7

BEANITOS
Bean Chips
6 oz., selected varieties



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



\$3.99

GLUTINO
Gluten-Free Pretzels
14.1 oz., selected varieties



2/\$4

**FOOD SHOULD
TASTE GOOD**
Tortilla Chips
5.5 oz., selected varieties



Cheddar

The flavor of cheddar can be sweet and grassy or sharply assertive, depending on how long it's been aged, so you're likely to find a cheddar you love for cheese plates, cheese balls and fondues. It makes a terrific sandwich (especially with hearty whole grain or rye breads), stars on quesadillas and pizzas, and stands up well in soups, like a broccoli cheese soup blended with dark beer and mustard. Use it in casseroles and gratins, egg dishes and Mexican dishes. Top salads, baked potatoes and veggies with shredded cheddar. And don't skimp on the cheddar in your mac and cheese!



\$2.99

ENJOY LIFE
Snack Bars
5 oz., selected varieties



\$3.69

GO RAW
Organic Sprouted
Cookies
3 oz., selected varieties



\$2.69

MI-DEL
Cookies
7-10 oz., selected varieties



2/\$7

LITTLE SECRETS
Chocolate Candies
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
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

Fiatbush Food Cooperative
1415 Cortelyou Road, Brooklyn

GreenStar Cooperative Market

307 College Avenue, Ithaca
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



\$8.99

ACURE
Dry Oil Body Spray
2 oz.



\$6.99

ALBA BOTANICA
Cocoa Butter Lotion
7 oz.
other Alba Botanica products also on sale



2/\$10

GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties



\$3.99

TOM'S OF MAINE
Toothpaste
4-5.7 oz., selected varieties



\$10.99

ECOVER
Liquid Laundry Detergent
93 oz., selected varieties



\$6.99

FIELD DAY
Bath Tissue
12 ct.

Shop healthy favorites at the co-op!

coopTM
stronger together

NESE1016BZ1,2,3