

coopTM deals

MAY 31-JUNE 20, 2017



\$2.69

THE GREEK GODS

Greek Style Yogurt
24 oz., selected varieties



10/\$10

ANNIE'S HOMEGROWN

Pasta and Cheese
Dinner
5.2-6 oz., selected varieties



3/\$5

FOOD SHOULD TASTE GOOD

Tortilla Chips
5.5 oz., selected varieties



2/\$5

DR. BRONNER'S

Bar Soap
5 oz., selected varieties

Featured Inside:

- A delicious crispy, baked chicken recipe that is gluten-free? You bet.
- Blueberries are in peak season. Grab a basket at the co-op today!
- Heat up your barbecues with spicy condiments and special s'mores
- Break out the cheese platter and serve up a summer spread



Crispy Gluten-Free Baked Chicken

Serves 2. Prep time: 15 minutes active; 45 minutes total.

- Vegetable oil spray
- ¼ cup whole almonds
- ½ package gluten-free multigrain crackers (about 2.5 ounces)
- ½ teaspoon paprika
- 1 large egg
- 1 teaspoon Dijon mustard
- ½ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 boneless, skinless chicken breasts

Heat the oven to 400 degrees F. Line a baking sheet with foil, then place an oiled baking rack on the foil-lined sheet. Set aside.

Put the almonds in a food processor and pulse until the nuts are finely chopped. Transfer to a medium bowl. Place the crackers in the processor bowl and pulse to make crunchy crumbs; stop before they are powdered. Transfer to the bowl with the almonds, add the paprika and toss to mix.

In another medium bowl, whisk the egg with Dijon mustard, thyme, salt and pepper. Dip each breast in the egg mixture, then roll in crumbs, packing them on the top. Place on the oiled rack on the prepared pan.

Bake for 20 to 25 minutes, until a thermometer inserted in the center registers 165 degrees F. Let cool for 5 minutes before serving.

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



\$2.69

ORGANIC VALLEY

Organic Brown Eggs
6 ct., selected varieties



2/\$5

BLUE DIAMOND

Artisan Nut Thins
4.25 oz., selected varieties



\$9.99

BULK

Organic Raw Almonds
per pound in bulk



\$2.99

MONTEBELLO

Organic Pasta
16 oz., selected varieties



\$11.99

SPECTRUM

Organic Unrefined Extra
Virgin Olive Oil
25.4 oz.



3/\$5

EDEN ORGANIC

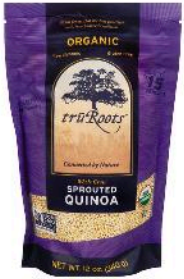
Organic Beans
15 oz., selected varieties



2/\$5

AMY'S

Organic Baked Beans
15-15.4 oz., selected varieties
Amy's Refried Beans also on sale



\$4.99

TRUROOTS

Organic Sprouted Quinoa
12 oz.
other Truroots Quinoa also on sale



\$7.99

NUTIVA

Organic Virgin Coconut Oil
14 oz.
other Nutiva products also on sale



\$2.69

WILD PLANET

Skipjack Tuna
5 oz., selected varieties
other Wild Planet Tuna also on sale



\$3.69

FOLLOW YOUR HEART

Veganaise
16 oz.



\$5.39

APPLEGATE

Organic Sliced Turkey
6 oz., selected varieties
Humanely Raised - other Deli Slices also on sale



\$3.99

ORGANIC VALLEY

Organic Sliced Cheese
6 oz., selected varieties



\$5.99

DAIYA

Pizza
15.7-19.4 oz., selected varieties



Barbecue Sauces

There are probably as many barbecue sauce variations as there are people who barbecue; but generally speaking, three basic types: vinegar-based, tomato-based and mustard-based sauces. The typical Kansas City-style sauce uses tomato as a main ingredient, but in the Carolinas (depending on which sub-region, of course), you're more likely to find your barbecue sauced with a nearly-transparent vinegar-based sauce. A Georgia griller is more likely to start with mustard, for a tangy and savory condiment.

Check your co-op's sauce and condiment aisle to see what local variations are available, and try them out the next time you fire up the grill.



Mixed Berry Crumble

Serves 8. Prep time: 15 minutes active; 40 minutes total.

- 1 cup rolled oats
- ¾ cup light brown sugar
- ¾ cup whole wheat pastry flour
- ½ teaspoon salt
- 2 teaspoons lemon zest
- ½ cup unsalted butter, melted
- 4 cups fresh strawberries, stems removed
- 2 cups fresh raspberries
- 1 cup fresh blueberries
- 2 tablespoons sugar
- 1 tablespoon arrowroot or cornstarch
- 1 teaspoon vanilla

Heat the oven to 400 degrees F. In a large bowl, combine the oats, brown sugar, flour, salt and zest. Add the melted butter and stir to mix. Reserve. Place the berries in a 2-quart baking dish, and sprinkle with sugar, arrowroot or cornstarch, and vanilla. Toss gently to coat, until well combined. Crumble the oat mixture over the berries in the dish. Bake for 25 minutes, or until the topping is golden and the juices are thick and bubbly all the way around the dish. Let cool on a rack for 5 minutes before serving.

Serving suggestion: Vary the flavors by adding a teaspoon of cinnamon to the topping, or change the balance of berries in the mix. Substitute a gluten-free flour blend if you prefer. Serve this warm with a scoop of ice cream and you can't miss.

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



\$1.09

BULK

Organic Rolled Oats
per pound in bulk



\$8.99

EQUAL EXCHANGE

Organic Love Buzz
Coffee
per pound in bulk
Decaf Love Buzz Coffee not on sale



\$3.99

JULIE'S ORGANIC

Ice Cream
16 oz., selected varieties



\$2.39

LET'S DO ORGANIC

Organic Ice Cream Cones
1.2 oz.
other Let's Do Organic products also on sale



\$4.69

ORGANIC VALLEY

Organic Butter
16 oz., selected varieties



2/\$5

MOM'S BEST CEREALS

Cereal
14-24 oz., selected varieties



4/\$5

SIGGI'S

Icelandic Style Yogurt
5.3 oz., selected varieties



\$3.69

RICE DREAM

Enriched Rice Drink
64 oz., selected varieties



\$2.99

NATURE'S PATH ORGANIC

Organic Cereal
10.6-14 oz., selected varieties



\$3.39

BLUE DIAMOND

Almond Breeze
Almondmilk
64 oz., selected varieties



2/\$6

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



2/\$5

OZERY BAKERY

Morning Rounds
12.7 oz., selected varieties



4/\$5

LARABAR

Organic with
Superfoods Bar
1.6 oz., selected varieties



\$4.99

REDWOOD HILL FARM

Goat Milk Kefir
32 oz., selected varieties



\$1.99

PACIFIC

Organic Non Dairy Oat
Beverage
32 oz., selected varieties
Non Dairy Hemp Beverage also
on sale



Blueberries

Summertime is peak season for the popular blueberry. Although smaller than most fruits, these berries pack a lot of punch when it comes to flavor, nutrients and antioxidants! Have you tried adding blueberries to your pancakes? It's an easy way to transform the taste of an otherwise ordinary breakfast. They're also great in pasta salads, adding a sweet flavor to a creamy, savory dish. Toss a cup of pureed blueberries into a sweet barbecue sauce and brush onto grilled pork chops for a delicious, fragrant summer dinner. And when it comes to dessert, nothing screams "summer" quite like a fresh slice of blueberry pie a la mode.



Cheese Trays for Summer Days

Cheese platters are almost a necessity when it comes to hosting gatherings. Rather than reaching for your usual picks, try these ideas for a spread to fit the summer season. While the grill is firing up for the main course, place a wheel of Brie on the grates for just a minute or so. It will add warmth and savory, charred flavor to the creamy cheese. Place on a colorful platter with grapes, strawberries and chunks of fresh melon. Melon and berries also pair beautifully with creamy fresh mozzarella or salty cubes of feta cheese; add some thin slices of prosciutto and salami as well, if you like. Roll a log of goat cheese in chopped just-picked herbs, like chives, parsley and basil, with just a hint of chopped lemon zest. A small ramekin of southern-style pimento cheese is also a unique and welcome addition to any cheese appetizer spread. Top off the platter with honey, olives and crisp water crackers and you will have a delightful dish to welcome your guests! Explore the co-op's cheese counter for even more ideas.

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



\$2.99

BULK

Organic Thompson
Seedless Raisins
per pound in bulk



\$4.39

NANCY'S

Organic Cottage Cheese
16 oz., selected varieties



\$9.99

JUSTIN'S

Almond Butter
16 oz., selected varieties



\$4.69

ORGANIC PRAIRIE

Organic Mighty Beef Jerky
2 oz., selected varieties



\$3.99

**ANNIE'S
HOMEGROWN**

Snack Mix
9 oz., selected varieties
other Bunny Snacks also on sale



\$3.69

BACK TO NATURE

Chocolate Chunk Cookies

9.5 oz., selected varieties other Back to Nature Cookies also on sale



\$3.39

ANNIE'S HOMEGROWN

Organic Graham Crackers

14.4 oz., selected varieties



\$3.39

CASCADIAN FARM ORGANIC

Organic Granola Bars
6.2-7.4 oz., selected varieties



2/\$4

ENDANGERED SPECIES CHOCOLATE

Chocolate Bar
3 oz., selected varieties



2/\$6

ANNIE'S HOMEGROWN

Organic Popcorn
4-4.4 oz., selected varieties



\$3.99

FIELD DAY

Organic Fruit Twists
3.8 oz., selected varieties
Everyday low price!



\$3.69

STONYFIELD

Organic Yokids Squeezers

8 ct., selected varieties



\$3.39

ALMOND DREAM

Non-Dairy Dessert Bites

6.6 oz., selected varieties other Non-Dairy Dessert products also on sale



\$3.99

LUNA & LARRY'S

Organic Coconut Bliss Sandwich

5.25 oz., selected varieties other Luna & Larry's products also on sale



Making S'mores More Fun

S'mores are a favorite summertime dessert for good reason: who can resist the combination of warm melting chocolate and gooey toasted marshmallow sandwiched between crunchy graham crackers? This summer, give your S'mores a fun and irresistible upgrade. Try adding a slice of banana, a dab of caramel and a sprinkle of sea salt to the basics, or go in a more sophisticated direction and use dark chocolate with a smear of raspberry jam. A swipe of peanut butter is another welcome addition, as are toasted shredded coconut, pecans or even crispy fried bacon. What great combo can you dream up?





2/\$6

**EARTH
BALANCE**

Popcorn
6-7 oz., selected varieties



2/\$4

LATE JULY SNACKS

Clasico Tortilla Chips
5.5 oz., selected varieties



2/\$4

KETTLE BRAND

Organic Potato Chips
5 oz., selected varieties



2/\$4

BARBARA'S

Cheese Puffs
5.5-7 oz., selected varieties



\$2.39

HAPPY BABY

Organic Puffs
2.1 oz., selected varieties
other Happy Baby Snacks also
on sale

Spice Up Your Summer

Summer is the season for picnics, potlucks and parties galore! Are you ready to bring a bit of heat to some classic summertime dishes? Let's start with a few favorites, hot off the grill. Ditch the ketchup and spread some creamy guac and spicy pico de gallo on your burger of choice. Brighten up a tofu dog or bratwurst by substituting your favorite kimchi for sauerkraut or squeezing on some Sriracha. Grilled corn on the cob gets even sweeter with a drizzle of creamy jalapeño dressing and a sprinkling of queso fresco and chili powder. For sides, bring some zing to coleslaw, a picnic standby, with the addition of honey, chopped mango and slivered jalapeños. Another staple side dish, always-popular potato salad, goes gourmet with crispy bacon crumbles, cubes of pepper jack cheese and rings of sliced pickled peppers. Wash it all down with a cold glass of lemonade or limeade, made even more refreshing with a touch of ginger syrup and a rosemary sprig.

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



\$5.99

AVALON ORGANICS

Shampoo or Conditioner
11 oz., selected varieties



\$5.99

ALAFFIA

Cleansing Face Wash
12 oz.
other Everyday Coconut products also on sale



\$3.99

TOM'S OF MAINE

Toothpaste
4-5.5 oz., selected varieties
other Tom's of Maine products also on sale



\$6.99

JASON

Dry Spray Deodorant
3.8 oz., selected varieties



\$2.99

SEVENTH GENERATION

Multi-Surface Cleaner
26 oz.
other Cleaning products also on sale



\$6.99

QUANTUM HEALTH

Buzz Away Extreme
4 oz.
other Buzz Away products also on sale



\$8.99

PLANET

Liquid Laundry Detergent
100 oz.



\$2.99

ECOVER

Dishwashing Liquid
25 oz., selected varieties



2/\$3

WELLNESS

Cat Food
5.5 oz., selected varieties
other Cat Food also on sale



3/\$5

GREEN FOREST

Bath Tissue
4 pack
other Paper products also on sale



Fun Floats!

Summer memories awaken when root beer floats come to mind. While these delicious treats boast flavors of nostalgia, in these trendy days of mixology, try stirring up a unique twist on the classic. With fresh fruit, club soda and a dollop of ice cream, you can easily experiment with refreshing flavors. Blackberries with vanilla ice cream are equal parts tasty and visually appealing. Sparkling cider or champagne and mango sorbet pair perfectly in a stemmed glass for a classy, dairy-free delight. Want to avoid the bubbles? A sweet peach tea and peach ice cream or sorbet will cool you down in a delectable way. Let your creativity soar exploring float flavors this summer!



Sweet and Sour Cucumbers

Serves 6. Prep time: 15 minutes active; 75 minutes total.

- 2 tablespoons honey
- ½ cup white vinegar
- 1 teaspoon yellow mustard seeds
- 1 garlic clove, peeled and smashed
- 1 pound English cucumbers, very thinly sliced
- 1 small sweet onion, thinly julienned
- Salt and black pepper to taste

In a small saucepan, bring the honey, vinegar, mustard seeds and garlic to a boil. Reduce heat and simmer 1 minute. Remove the pan from the heat and let cool. Discard the garlic clove. In a large bowl, toss the cooled vinegar mixture with the cucumbers and onion and a pinch each of salt and black pepper. Let the cucumbers sit for at least 1 hour before serving.

Serving suggestion: This classic summertime recipe is the perfect picnic salad and pairs well with grilled meats, seafood and poultry, particularly Thai- or Mediterranean-inspired dishes. A few drops of sesame oil adds an Asian twist, or toss in some minced serrano pepper to spice it up.

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



2/\$3

HUBERT'S

Lemonade

16 oz., selected varieties



4/\$5

**NUMI ORGANIC
TEA**

Ready-to-Drink Tea

12 oz., selected varieties



\$3.69

ZICO

Coconut Water

33.8 oz., selected varieties



2/\$4

SUJA

Organic Drinking

Vinegar

13.5 oz., selected varieties



4/\$5

VOSS

Sparkling Water

12.7 oz., selected varieties



\$2.69

SYNERGY
Organic Kombucha
16 oz., selected varieties



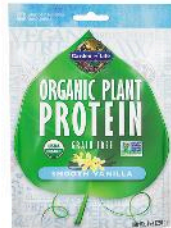
2/\$6

WILDBRINE
Kimchi Live Shots
8 oz., selected varieties



\$9.99

BADGER
Sunscreen
2.9 oz., selected varieties



\$19.99

GARDEN OF LIFE
Organic Plant Protein Powder
239-276 gr., selected varieties



\$12.99

NUTIVA
Organic Hempseed Oil
16 oz.
other Nutiva products also on sale



\$5.39

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



\$23.99

NORDIC NATURALS
Omega-3 Fish Oil
120 ct.
other Nordic Naturals products also on sale



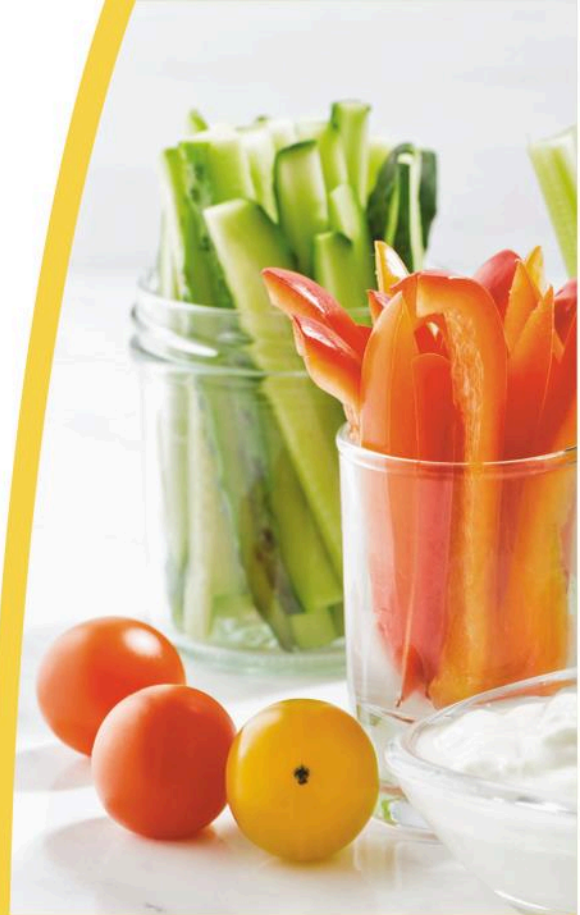
\$12.99

MANITOBA HARVEST
Organic Hemp Pro Powder
16 oz.
other Manitoba Harvest products also on sale



\$41.99

MEGAFOOD
Women Over 40 One Daily
90 ct.
other Megafood products also on sale



Staying Hydrated

Whether you're enjoying a long run on a warm summer day or coming out of a heated yoga studio, it is crucial to keep your body hydrated. Adequate hydration helps with digestion, skin health, mental clarity and muscle strength. While drinking water is effective, did you know there are ways to eat your way to hydration? Fruits with a high water content like watermelon, cucumber and citrus are great options for replenishing any water lost through exercise or in the hot outdoors. Vegetables like celery, lettuce and spinach also have high water content, so consciously adding these foods to your diet can aid in keeping you hydrated without always reaching for your water glass.

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

Common Market Co-op
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 Food Stores
43 Lyme Road, Hanover
45 South Park Street, Hanover

Littleton Food Co-op
43 Bethlehem Road, Littleton

Monadnock Food Co-op
34 Cypress Street, Keene

NEW YORK

Abundance Food Co-op
571 South Avenue, Rochester

Flatbush 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



local
color

Fresh ingredients
make the most
delicious dishes.



Savor summer by shopping at the co-op!

coopTM
stronger together

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