

coopTM deals

NOV 30 - DEC 13, 2016



\$3.69

**MARY'S GONE
CRACKERS**

Organic Crackers
5.5-6.5 oz., selected varieties



2/\$5

ALTER ECO

Organic Chocolate
Bar
2.82 oz., selected varieties



3/\$10

ZEVIA

Zero Calorie Soda
6 pack, selected varieties



\$1.99

WOODSTOCK

Organic Vegetables
10 oz., selected varieties

Featured Inside:

- DIY gift ideas made with quality ingredients from your co-op
- Easy-to-assemble Savory Bread Pudding makes a great holiday side
- Turn tasty tangerines into a tropical themed green salad (or main dish)
- Planning a party? We're here to help with sure-to-please dips and spreads



Savory Bread Pudding

Serves 8. Prep time: 15 minutes active; 1 hour total.

- 4 eggs, beaten
- 2 cups milk
- 4 to 5 cups cubed whole grain bread
- 1 tablespoon olive oil
- ½ cup diced yellow onion
- 2 cloves garlic, minced
- 4 ounces sliced shiitake, oyster or cremini mushrooms
- 4 ounces sliced button mushrooms
- 2 teaspoons dried thyme
- 1 bunch kale, washed, stems removed and chopped
- 1 cup shredded Gruyere cheese
- Pinch each of salt and black pepper

Heat the oven to 350 degrees F. Butter or oil an 8 x 8 inch casserole dish.

In a large mixing bowl, whisk together the eggs and milk. Gently fold the cubed bread into the mixture and set aside. In a large skillet, heat the olive oil over medium-high heat. Add the onion and sauté for 5 to 7 minutes until it is beginning to soften. Add the garlic, mushrooms and thyme and sauté another few minutes. Add the kale and stir until it softens. Remove from heat.

Stir the cooked vegetables into the bread mixture, then add the shredded Gruyere, salt and pepper. Pour into the prepared casserole dish and bake for about 45 minutes until firm and browning on top. Remove from oven and serve warm.

Serving suggestion: This is a great make-ahead dish for busy days; just assemble and refrigerate until you're ready to bake. Accompany with spicy carrot slaw for flavor contrast and eye appeal.

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



\$5.99

ORGANIC VALLEY
Organic Pasture Butter
16 oz.



\$6.99

SIMPLY ORGANIC
Organic Vanilla Extract
4 oz.
other Spices, Herbs and Extracts also on sale



\$6.99

SPECTRUM
Organic Unrefined Coconut Oil
14 oz.



\$10.99

CALIFORNIA OLIVE RANCH
Everyday Olive Oil
25.4 oz.



\$2.69

ARROWHEAD MILLS
Graham Cracker Pie Crust
6 oz. selected varieties



\$1.39

BULK
Organic Sugar
per pound in bulk



\$2.39

BULK
Organic Shredded
Coconut
per pound in bulk



\$3.69

WHOLESOME!
Organic Brown Sugar
24 oz., selected varieties
other Wholesome!
Sweeteners also on sale



\$3.69

**ANNIE'S
HOMEGROWN**
Organic Graham
Crackers
14.4 oz., selected varieties



2/\$4

CHOCOLOVE
Chocolate Bar
2.9-3.2 oz., selected varieties



\$34.99

DR. HAUSCHKA
Day Cream
1 oz., selected varieties
other Dr. Hauschka Skin Care
products also on sale



\$5.99

**AVALON
ORGANICS**
Nourishing
Lavender
Shampoo or
Conditioner
11 oz., selected varieties



\$5.99

AURA CACIA
Peppermint Essential
Oil
.5 oz.
other Essential Oil also on sale



\$8.99

JASON
Body Wash
30 oz., selected varieties



\$10.99

ALBA BOTANICA
Very Emollient Body Lotion
32 oz., selected varieties
other Alba Botanica products
also on sale



DIY Gifts

Still searching for a last-minute gift? Look no further than the food co-op!

There are plenty of great items for all sorts of people. For a host/hostess gift, pick up some favorite cheeses and an assortment of crackers – with dried dates, figs and spiced nuts from the bulk aisle. College student on your gift list? Stuff a reusable bag with energy bars, a pair of cozy socks, some bulk trail mix and a gift card for the co-op nearest their college campus. Your bestie might appreciate some homemade bath salts, scented with your own special blend of essential oils!

Visit www.strongertogether.coop for more DIY gift ideas.



Coconut Tangerine Salad

Serves 4 to 6. Prep time: 15 minutes.

- 3 tangerines
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 4 cups green leaf or romaine lettuce, torn into bite-sized pieces
- 1 small cucumber, halved and thinly sliced
- ½ cup shredded coconut
- ½ cup sliced almonds

In a small dry skillet, toast the coconut and almonds over medium heat until they just begin to brown. Set aside. Halve and juice one of the tangerines, and peel and segment the other two. For the dressing, stir together tangerine juice, vinegar, olive oil, salt and pepper. Toss dressing with lettuce, tangerine segments and cucumber in a large bowl. Top with the toasted coconut and almonds, and serve immediately.

Serving suggestion: A delicious side salad becomes a main meal with the addition of cooked shrimp or salmon. Substitute toasted peanuts for the almonds if you like, and garnish with pomegranate seeds for even more color and zip.

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



2/\$6

SANTA CRUZ ORGANIC
Organic Applesauce
23 oz., selected varieties



\$3.39

NATURE'S PATH
Organic Granola Bars
6.2-7.4 oz., selected varieties



\$5.99

ONCE AGAIN
Organic Peanut Butter
16 oz., selected varieties



\$5.99

ORGANIC PRAIRIE
Organic Sliced Turkey
6 oz., selected varieties



4/\$5

LOTUS FOODS
Rice Ramen
2.8 oz., selected varieties



3/\$5

**ANNIE'S
HOMEGROWN**

Organic Pasta &
Cheese Dinner
5.5-6 oz., selected varieties



\$2.69

**ANNIE'S
HOMEGROWN**

Organic Soup
17 oz., selected varieties



\$2.99

PACIFIC

Organic Soup
32 oz., selected varieties



\$2.99

IMAGINE

Organic Broth
32 oz., selected varieties



\$3.99

FIELD DAY

Canola Oil
32 oz.



4/\$7

WESTBRAE

Organic Beans
15 oz., selected varieties



\$2.69

JOVIAL

Organic Brown Rice
Pasta
12 oz., selected varieties



\$2.69

JOVIAL

Organic Tomatoes
18.3 oz., selected varieties



2/\$7

TALENTI

Gelato
16 oz., selected varieties



\$3.99

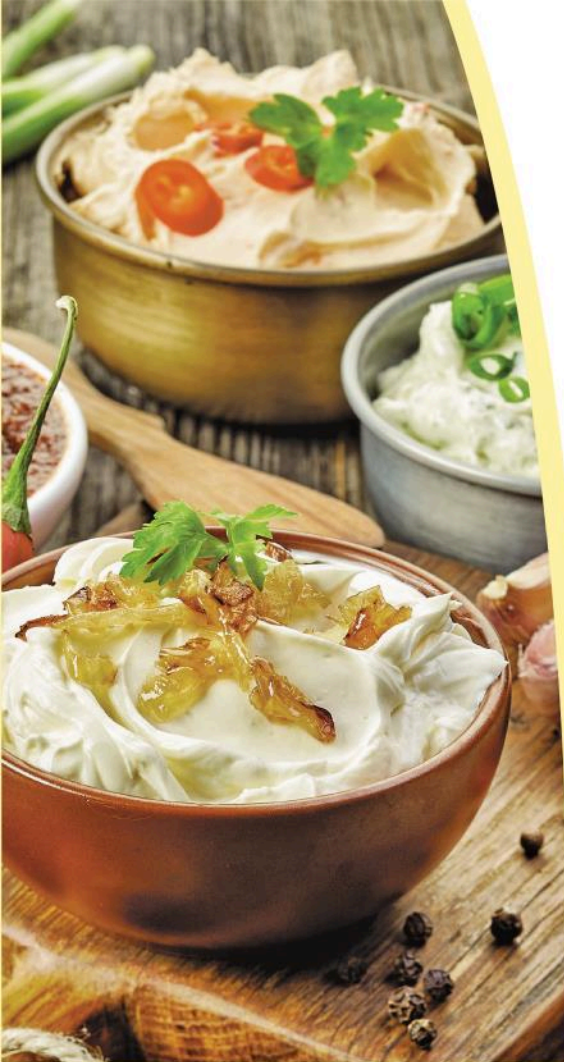
THREE TWINS

Organic Ice Cream
16 oz., selected varieties



Tangerines

For a refreshing, sweet uplift in winter (or anytime), reach for a tangerine. Cheerfully orange, sweet and easy to peel and section, a tangerine can really brighten your day. They offer a fresh note in grain and pasta salads, too; add peeled segments to leftover diced chicken and cooked pasta, tossed with honey Dijon dressing. Or liven up a main course, like coconut-crusted shrimp with a quick salsa of tangerines, peppers, cilantro and minced jalapeños. Substitute tangerine zest for orange or lemon zest in just about any recipe, sweet or savory. And if you find yourself with lots of tangerines, freshly-squeezed juice is an unbeatable breakfast treat.



Favorite Party Dips

Getting any party started is simple with an easy-to-make assortment of dips and spreads. Swirl your favorite salsas (a green tomatillo and a red tomato-based one) into a bowl of plain Greek yogurt or sour cream, and serve with pita crisps or potato chips. Spread softened cream cheese on a festive plate and top with chutney, chopped green onions and peanuts – and accompany with poppadum or rice crackers. Or add black olive tapenade to some hummus from the co-op, and top with crumbled feta.



\$3.99

STONYFIELD
Organic Grassfed
Yogurt
24 oz., selected varieties



2/\$6

QUE PASA
Organic Tortilla Chips
16 oz., selected varieties
other Que Pasa items
also on sale



\$3.39

R.W. KNUDSEN
Organic Sparkling
Juice
750 ml., selected varieties
other Sparkling Juice
also on sale



2/\$6

TAZO
Tea
20 ct., selected varieties



\$4.69

ORGANIC VALLEY
Organic Cheese
8 oz., selected varieties



3/\$5

BOULDER CANYON
Kettle Cooked Potato
Chips
5 oz., selected varieties



2/\$6

FOOD SHOULD TASTE GOOD
Hummus
10 oz., selected varieties



\$1.99

NANCY'S
Organic Sour Cream
8 oz.



2/\$3

PERRIER
Sparkling Water
25.3 oz., selected varieties



\$9.99

EQUAL EXCHANGE
Organic Bulk Coffee
per pound in bulk,
selected varieties
Bulk Decaf Coffee not on sale



2/\$5

KEVITA
Organic Probiotic
Drink
15.2 oz., selected varieties



2/\$3

LIBERTE
Organic Yogurt
5.5 oz., selected varieties



\$3.69

LIFEWAY
Organic Kefir
32 oz., selected varieties



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



\$2.69 **GOLDEN TEMPLE**
Granola
per pound in bulk



\$4.99

DREAM
Ultimate Almond
Beverage
32 oz., selected varieties



\$2.99 **RUDI'S**
Organic English
Muffins
12 oz., selected varieties



\$3.69

NATURE'S PATH
Organic Love Crunch
11.5 oz., selected varieties



2/\$4

NATURE'S PATH
Organic Waffles
7.4 oz., selected varieties



2/\$5

NATURE'S PATH
Organic Oatmeal
8 ct., selected varieties



\$2.99

KASHI
Organic Cereal
10.3-15.6 oz., selected
varieties



\$3.39

ANNIE'S HOME GROWN
Organic Cereal
10 oz., selected varieties



\$19.99

OREGON'S WILD HARVEST
Turmeric
60 ct
other Oregon's Wild Harvest
products also on sale



\$47.99

NEW CHAPTER
Bone Strength Take
Care
120 ct.
other New Chapter products
also on sale



\$53.99

NORDIC NATURALS
Ultimate Omega
180 ct.
other Nordic Naturals
products also on sale

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 Food Stores
43 Lyme Road, Hanover
45 South Park Street, Hanover

Littleton Food Co-op
12 Centerra Parkway, Lebanon

Monadnock Food Co-op
43 Bethlehem Road, Littleton

NEW YORK
34 Cypress Street, Keene

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



\$10.99

FIRE CIDER

Organic Fire Cider
8 oz., selected varieties



2/\$6

SEVENTH GENERATION

Dish Liquid
25 oz., selected varieties



\$1.99

NEWMAN'S OWN

Dog Food
12.7 oz., selected varieties
other Dog Food products
also on sale



\$9.99

PLANET

Liquid Laundry
Detergent
100 oz.



\$6.69

GREEN FOREST

Bath Tissue
12 ct.



\$9.99

SEVENTH GENERATION

Baby Diapers
20-40 ct., selected varieties

Prepare for your holiday parties at the co-op.

coopTM
stronger together

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