

coopTM deals

JUNE 21-JULY 4, 2017



\$3.99 SANPELLEGRINO
Sparkling Beverage
6 pack, selected varieties



\$4.99 ALDEN'S
ORGANIC
Ice Cream
48 oz., selected varieties



\$3.99 ORGANIC
VALLEY
Organic American
Singles
8 oz.



3/\$5

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

Featured Inside:

- Fantastic foil pouch cooking makes for clean and delicious grilling
- Eggplant is a versatile vegetable, and it's in season!
- Go beyond burgers with ideas for out of the box grilling
- All hail the "King of Cheese:" beautiful, buttery Brie



Mushroom Swiss Burgers

Serves 4. Prep time: 20 minutes active; 30 minutes total.

- 8 ounces button mushrooms
- ½ teaspoon olive oil
- 1 pound grass-fed ground beef
- 1 large egg
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon black pepper
- 4 slices Swiss cheese
- 4 hamburger buns

Place half of the mushrooms in a food processor and pulse several times to mince. Place a large skillet over medium-high heat and add the olive oil, then scrape the mushrooms into the hot pan. Add the remaining mushrooms to the food processor and mince, then add to the pan. Stir, scraping the bottom of the pan, until the mushrooms are sizzling and give up their liquids. Add the Worcestershire sauce, salt and pepper and reduce the heat to medium. Stir until the pan is dry, about 5 minutes. Transfer to a large bowl and let cool.

Add the ground beef to the mushroom mixture and stir with your hands to combine. Divide the mixture into 4 equal portions and gently shape into patties. Refrigerate until time to cook.

Grill or pan-fry the patties for about 3 minutes per side. When the burgers are done, top each with a slice of Swiss cheese and let sit in the hot pan for a few seconds to melt the cheese, then serve on toasted buns.

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



\$5.99

THOUSAND HILLS
Grass Fed Ground Beef
16 oz., selected varieties



\$3.39

SIR KENSINGTON'S
Ketchup
20 oz., selected varieties
other Condiments also on sale



\$4.99

BEYOND MEAT
Beef Free Beast Burger
8 oz.
other Beyond Meat products
also on sale



\$3.49

RUDI'S ORGANIC BAKERY
Organic Hamburger Buns
18 oz., selected varieties
Hot Dog Buns also on sale



\$6.99

WOODSTOCK
Lump Hardwood Charcoal
8.8 lb.



\$8.69

**CALIFORNIA
OLIVE RANCH**

Extra Virgin Olive Oil
16.9 oz., selected varieties



3/\$5

**SANTA CRUZ
ORGANIC**

Organic Lemonade
32 oz., selected varieties



\$2.99

**ANNIE'S
NATURALS**

Organic Dressing
8 oz., selected varieties



\$4.39

**SIR
KENSINGTON'S**

Fabanaise
16 oz., selected varieties



\$1.99

FIELD DAY
Organic Pasta &
Cheese Dinner

6 oz., selected varieties
Everyday low price!



\$2.99

**MOTHER INDIA
ORGANICS**

Indian Dinner
9.3-10.6 oz., selected varieties



\$1.49

FIELD DAY

Organic Beans
15 oz., selected varieties
Everyday low price!



\$1.69

BULK

Organic Black Turtle
Beans
per pound in bulk



\$1.69

BULK

Organic Garbanzo Beans
per pound in bulk



Foil Pouch Cooking

Love the grill but not the clean-up? Foil pouch cooking is your friend. This simple technique can keep a tasty mélange of veggies or fruits safely out of the coals, while infusing food with great flavors. Foil pouches also seal in moisture—plus they're fun to make. Besides veggies, fruits and meats, there are lots of other great foods to grill this way. To make spicy marinated olives, place your favorite olives on the foil, seal in a sprinkling of red pepper flakes and minced garlic and grill until warm. Or try pasta, using frozen cheese ravioli and your favorite chunky sauce. A warm pineapple salsa can accompany a foil-pouch grilled chicken breast, with diced pineapple chunks, minced jalapeño peppers and sweet onions, and olive oil.



Grilled Japanese Eggplant

Serves 4-6. Prep time: 15 minutes active; 30 minutes total.

- 4 tablespoons red miso
- 4 tablespoons mirin
- 4 tablespoons tamari
- 2 tablespoons brown sugar
- Vegetable oil
- 6 medium Japanese eggplants

In a small pan, whisk the miso, mirin, tamari and sugar. Place over medium heat and whisk as the mixture comes to a boil. Cook, stirring, to thicken slightly. Let cool.

Trim stems from the eggplants and halve each lengthwise. Cut slashes in the flesh of each half, almost to the skin but not through. Brush lightly with oil. Preheat grill. Place the eggplants on the hot grill, cut side down. Cook for 3 minutes, until the eggplant is marked and softened. Flip pieces cut side up, and drizzle with miso sauce, brushing the sauce to the edges. Grill another 3 minutes, until eggplant is tender and sauce bubbling. Serve hot.



\$3.69

BLUE SKY
Zero Calorie Soda
6 pack, selected varieties



2/\$4

SANTA CRUZ ORGANIC
Organic Agua Fresca
32 oz., selected varieties



\$2.99

WTRMLN WTR
Watermelon Juice
12 oz., selected varieties
33.8 oz. Watermelon Juice \$6.99



3/\$5

THE MOUNTAIN VALLEY
Sparkling Water
1 ltr., selected varieties



2/\$5

BACK TO NATURE
Crackers
3.5-8.5 oz., selected varieties



2/\$5

BEANITOS
Bean Chips
6 oz., selected varieties



2/\$5

LATE JULY SNACKS
Organic Restaurant Style Cantina Dippers
8 oz., selected varieties



\$3.39

FIELD DAY
Organic Salsa
16 oz., selected varieties
Everyday low price!



\$3.99

SO DELICIOUS
Non-Dairy Novelties
4-8 ct., selected varieties



2/\$4

GARDEN OF EATIN'
Tortilla Chips
7.5-8.1 oz., selected varieties



\$4.29

BULK
Organic Apricots
per pound in bulk



4/\$5

CLIF BAR
Organic Nut Butter
Filled Bar
1.76 oz., selected varieties



\$2.99

**LUNDBERG
FAMILY FARMS**
Organic Rice Cakes
8.5-10 oz., selected varieties



\$4.39

THE NEW PRIMAL
Jerky
2 oz., selected varieties
Meat Sticks also on sale



\$2.99

IMMACULATE
Gluten-Free Cookie
Dough
14 oz., selected varieties



\$3.99

ORGANIC VALLEY
Organic Stringles
6 oz., selected varieties



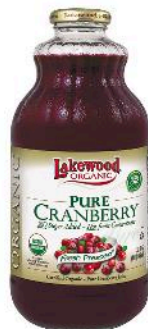
\$2.99

HAIL MERRY
Tart
3 oz., selected varieties



2/\$5

KEVITA
Organic Probiotic
Sparkling Drink
15.2 oz., selected varieties



\$7.99

**LAKWOOD
ORGANIC**
Organic Pure
Cranberry Juice
32 oz., selected varieties



Eggplant

Once primarily used as a decorative plant, eggplant has taken its rightful place as a nutrient dense culinary delight. With skin ranging from glossy purple to striped or white, this attractive veggie provides a rich, unique, complex taste when cooked. It complements mildly-flavored dishes like pasta, ham and lentils. Seasoned with a little salt, garlic or cumin, eggplant is a wonderful addition to a mix of roasted or grilled zucchini, bell peppers and carrots. Eggplant slices even make perfect "crusts" for mini pizzas that will excite the entire family. It's best to enjoy eggplant within a couple days of purchase to savor the delicious flavors to their fullest.



Brie

France is known for producing some delicious cheeses, but few compare to the divine, creamy “King of Cheese,” Brie. Buttery Brie is the perfect spread for crusty baguettes and crackers. Your guests will rejoice when Brie is featured on a cheese platter, since its fruity undertones pair delightfully with most sweet fruits, and the nutty notes are a perfect match for almonds or pistachios. Brie can add dimension to your dishes when melted into scrambled eggs, onto pizzas or swirled in a creamy roasted mushroom soup. Drizzle a room-temperature wedge with honey and serve with jams and chutneys; you’ll have a dessert that is *très magnifique!*



2/\$3

ORGANIC VALLEY
Organic Grassmilk
Yogurt
6 oz., selected varieties



\$3.39

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



3/\$5

BLUE DIAMOND
Almond Breeze
Almondmilk
32 oz., selected varieties



2/\$6

PEACE
Cereal
10-14 oz., selected varieties



\$2.99

NATURE'S PATH
ORGANIC
Sunrise Breakfast
Biscuits
7 oz., selected varieties



\$3.99

LIFEWAY
Organic Kefir
32 oz., selected varieties



2/\$6

CASCADIAN FARM ORGANIC
Organic Fruit
8-10 oz., selected varieties



\$2.99

CASCADIAN FARM ORGANIC
Organic Cereal
8.6-16 oz., selected varieties



\$8.99

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



\$8.99

NUTTZO
Power Fuel
12 oz., selected varieties
other Nuttzo products also on sale



\$2.99

TEMPLE TURMERIC

Pure Prana Turmeric Shot

3 oz., selected varieties



\$18.99

BULLETPROOF

Brain Octane Oil

16 oz.
other Bulletproof products also on sale



\$13.99

ULTIMA REPLENISHER

Electrolyte Powder
3.7 oz., selected varieties



\$16.99

VEGA

Protein Smoothie

8.9-9.9 oz., selected varieties



\$4.99

AURA CACIA

Tea Tree Essential Oil

.5 oz.
other Essential Oils also on sale



\$21.99

SPECTRUM

Fish Oil

250 ct.



2/\$5

ECOS

Dishmate

25 oz., selected varieties



\$9.99

SEVENTH GENERATION

Liquid Laundry Detergent

100 oz., selected varieties

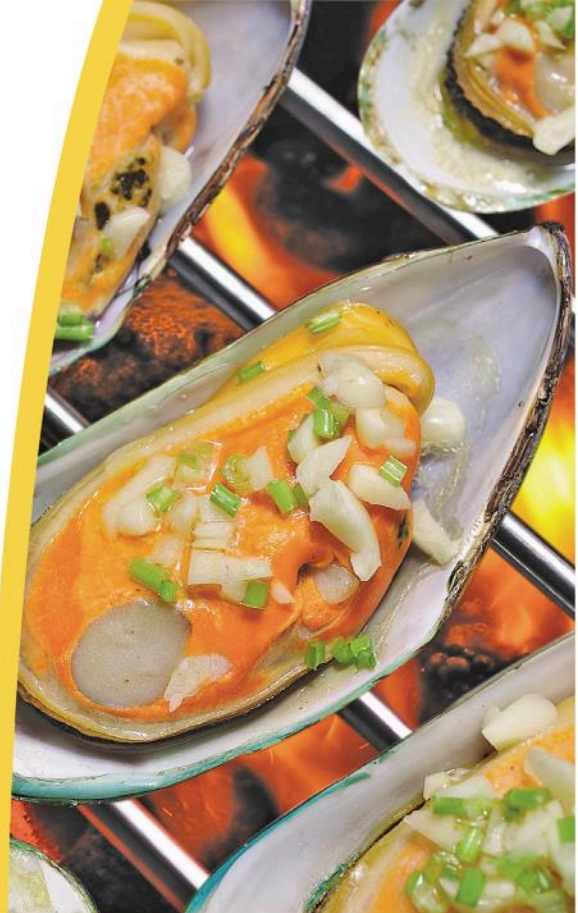


\$3.99

NATUREZWAY

Compostable Waste Bags

12-30 ct., selected varieties
other Naturezway products also on sale



Out of the Box Grilling

Expand your grilling repertoire beyond burgers this summer, starting with breakfast — yes, breakfast! French toast is perfect for the grill and especially delicious topped with grilled bananas. Slice bananas lengthwise with the peel on and grill the cut side until it begins to caramelize. For lunch, avocado halves also can be grilled in their skin, flesh-side down, then mashed into guacamole. A summery Caesar salad begins with grilled romaine. Simply chop the whole lettuce head in half, drizzle the cut side with olive oil and lightly char. Clams and oysters grill up fast in the shell with butter, lemon juice, garlic and a dash of hot sauce.

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

12 Centerra Parkway, Lebanon

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



\$9.99

ALBA BOTANICA
Sunscreen Spray
6 oz., selected varieties



\$6.99

EVERYONE
3in1 Soap
32 oz., selected varieties



3/\$10

NUBIAN HERITAGE
Bar Soap
5 oz., selected varieties
other Nubian Heritage products also on sale



\$4.99

BOIRON
Calendula Ointment
1 oz.
other Calendula products also on sale



\$5.99

SHIKAI
Shampoo or Conditioner
12 oz., selected varieties



\$3.99

NATURE'S GATE
Toothpaste
5-6 oz., selected varieties

Pick up your grilling goodies at the co-op!

coopTM
stronger together

NESE0617B