

**HOURS**  
 mon-sat  
 10 to 8  
 sunday  
 10 to 5

# keweenaw co-op

natural & organic foods / earth friendly products / helpful staff!

**SPECIALS!**  
 prices valid through:  
*february*  
 while supplies last

## COFFEE !!

fair trade fair trade  
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equal exchange  
 LOVE BUZZ  
 MEX. VIENNA  
 per pound  
 \$7.99 reg \$8.99  
 peace  
 FRENCHROAST  
 1 lb  
 \$8.39 reg \$9.39

## SAVE by BULK

organic red quinoa  
 \$4.19/# reg \$4.89  
 organic dried goji berries  
 \$17.99/# reg \$22.59  
 organic r/s cashews  
 \$12.19/# reg \$14.39

## !spices & teas

organic alfalfa leaf  
 \$10.00/# reg \$16.00  
 golden seal leaf- cut/sifted  
 \$30.00/# reg \$57.00

world centric BAGASSE  
*new!* FIBER BOWLS  
 20 ct \$1.89 reg \$2.59

## frozen prices

annie chun *new!* ORIENTAL MEALS  
 7.6 oz org. pork potsticker \$3.89 reg \$4.59  
 8 oz mini chicken wontons \$3.49 reg \$3.99  
 alexia FINGER FOODS  
 8 oz mozzarella sticks \$4.29 reg \$5.99  
 7 oz chicken nuggets w/chez \$5.89 reg \$8.29

## COOL DEALS

wildwood ORG. SPROUTED FIRM TOFU  
 20 oz \$3.99 reg \$4.59  
 brown cow *new!* LOW FAT YOGURT  
 coffee chocolate / peach-cherry  
 6 oz \$.99 reg \$1.99  
 g.t.s. ORG. KOMBUCHA  
 16 oz assorted flavors \$2.99 reg \$3.99

lakewood *new!* ORGANIC BLACK DRAGON JUICE  
 32 oz \$5.89 reg \$7.29

dancing deer *new!* COOKIES  
 lemon daisy / pecan shortbread  
 6 oz \$3.29 reg \$3.99

alter ego *new!* ORG. DARK CHOC. QUINOA BAR  
 3.5 oz \$3.99 reg \$4.79

high mowing *seasonal items are here!* PLANTING SEEDS OR SETS  
 HUGE selection to choose from! (onion & garlic sets coming in march)

## deli specialties

organic valley REDUCED  
 FAT CHEESE  
 mild cheddar  
 monterey jack  
 8 oz \$4.75 reg \$5.25  
 jarlsberg NORWAY  
 EMMENTALER  
 per # \$9.49 reg \$10.49  
 vincent AGED DUTCH  
 GOUDA  
 per # \$9.99 reg \$12.19

## SPIRITUALS!

a mano CHIANTI /  
 PINOT GRIGIO /  
 MOSCATO / PRIMITIVO  
 750 ml  
 \$7.49 reg \$10.75

seventh generation  
 CLEANING PRODUCTS  
 disinfecting wipes  
 35 ct \$3.89 reg \$5.19  
 tub & tile spray  
 32 oz \$3.29 reg \$6.39  
 natl. paper towels  
 120 ct \$2.00 reg \$3.39

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arrowhead mills CEREAL  
ORG. "RICE & SHINE"  
24oz \$4.59 reg\$5.49

traditional medicinal TEAS  
\*org. throat coat  
*new!* \*org. heartburn  
soother  
16 ct \$4.39 reg\$5.89

kettle POTATO CHIPS  
buffalo bleu  
honey dijon  
ny cheddar  
salt & vinegar  
spicy thai  
sweet onion  
tuscan 3 cheese  
yogurt & grn. onion  
5oz \$2.00 reg\$3.19

izzy SPARKLING  
BEVERAGES  
pomegranate  
clementine  
blueberry  
blackberry  
birch / limon  
grapefruit  
4-12 fl oz  
\$4.29 reg\$6.79

clif *new!* FRUIT-NUT/ LUNA PROTEIN BARS  
1.14 fruit: org. blueberry \$1.49 reg\$1.79  
1.59 luna: protn. choc-pnt \$1.49 reg\$1.79  
clif LUNA 1.69 org. luna bar: lemon zest;  
smores; nutz over choco. \$1.00 reg\$1.79

first blush *new!* 11.5 oz JUICES  
syrah / white chardonnay \$2.69 reg\$3.19

panda *new!* CHERRY CHEWS 6z \$2.49 reg\$3.19

spectrum UNREFINED & REFINED OILS  
organic coconut oil: refined \$5.99 reg\$9.59  
14 oz unrefined \$6.99 reg\$11.69  
6 oz org. spray coconut oil \$3.99 reg\$6.29  
32 oz org. safflower oil \$6.49 reg\$9.59  
25+oz org. xv olive oil \$12.99 reg\$19.79

NOW IN 2010 - JOIN THE "NEW CO-OP"! *check out:* [www.keweenaw.coop](http://www.keweenaw.coop)

mom's best CEREALS  
20 oz honey nut toasty "o"s  
22 oz raisin bran  
24 oz toasted wheatfuls \$2.99 reg\$3.99  
18 oz oats and honey blend  
24 oz sweetened wheatfuls \$3.19 reg\$4.19

blue diamond *new!* "ALMOND BREEZE" MILK  
original / unsweetend 64 oz \$4.59 reg\$5.79

olade *new!* 16 oz ORG. BEVERAGES  
cranberry / lemon \$1.89 reg\$2.29

green & black CHOCO  
*new!* ORG. / P-NUTS  
3.5oz \$3.99 reg\$4.79

amy's *new!* SOUP  
spanish rice & bean  
14 oz \$3.19 reg\$3.99

knudsen VEGGIE JUICES  
org. \$3.00! reg\$4.79  
spicy / lw-salt / no-  
tomato \$3.79 reg\$4.39

eastwind ALMOND  
BUTTER  
smooth / crunchy  
16 oz 8.39 reg\$10.49

fantastic foods MIXES  
12oz org. whole  
wheat couscous  
10oz falafel  
6oz grbnzo hummus  
7oz instant blk bean  
7oz instant refried  
6oz org tabouli  
6.4oz veg. chili  
4.4oz taco filling  
4.4oz "sloppy joe"  
\$2.69 reg\$3.49