



coopTM deals

APR 30 - MAY 20, 2014



\$3.69

CROFTER'S

Organic Fruit Spread
16.5 oz., selected varieties
10-11 oz. varieties
also on sale



\$2.19

PACIFIC

Organic Non-Dairy
Beverage
32 oz., selected varieties



\$3.39

**GREEN
MOUNTAIN
GRINGO**

Salsa
16 oz., selected varieties



2/\$4

**LATE JULY
ORGANIC**

Multigrain Chips
6 oz., selected varieties

Featured Inside:

- Spring recipes with Asian flair, like savory Korean bulgogi
- Stock up on party supplies for spring entertaining and graduation
- Celebrate World Fair Trade Day May 10; support fair trade farmers
- What's in season? Delicious ways to use spring green veggies



Bulgogi (Korean Beef)

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

- 2 pounds beef sirloin
- 1 Asian pear, seeded and chopped
- ¼ cup chopped yellow onion
- 4 cloves garlic, peeled
- 1 teaspoon fresh ginger, peeled and minced
- 4 tablespoons tamari
- 1 ½ tablespoons honey
- 1 teaspoon gochujang (or other spicy chili paste)
- 1 teaspoon vegetable oil
- 1 teaspoon sesame seeds
- ¼ teaspoon black pepper

Trim the beef of any excess fat and slice, against the grain, into thin slices. Place the beef into a large bowl.

In a food processor or blender, purée the pear, onion, garlic, ginger, tamari, honey and gochujang. Pour the marinade over the sliced beef and add the sesame seeds and black pepper. Toss gently, cover and marinate in the refrigerator for at least 1 hour, turning the meat once after 30 minutes of marinating time.

Heat the oil in a large skillet or wok over medium-high heat. Add the beef and cook for 2 minutes, turn and cook the other side for another minute or until the beef is browned and cooked to desired doneness.

Serving suggestion: Top bulgogi with kimchi or pickled cabbage to make Korean-style tacos, or try it garnished with green onions and served in lettuce wraps or over rice.

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



\$2.69

ANNIE CHUN'S
Soup Bowl
5.7-5.9 oz., selected varieties



\$2.69

SAN-J
Cooking Sauce
10 oz., selected varieties



\$2.39

ANCIENT HARVEST QUINOA
Organic Gluten-Free Pasta
8 oz., selected varieties



\$2.19

FANTASTIC WORLD FOODS
Dinner Mix
2.7-10 oz., selected varieties



\$1.79

ANNIE'S HOMEGROWN
Organic Pasta & Cheese
6 oz., selected varieties

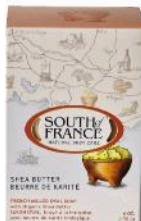


\$8.99

BOIRON
Arnicare Gel
2.6 oz.



\$2.69 **EQUAL EXCHANGE**
Organic Chocolate Bar
3.5 oz., selected varieties



2/\$7

SOUTH OF FRANCE
Shea Butter Soap
6 oz., selected varieties



\$8.99

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



\$6.99

DR. BRONNER'S
Organic Shikakai
Liquid Soap
12 oz., selected varieties



\$7.99

DR. BRONNER'S
Organic Coconut Oil
14 oz., selected varieties



\$2.39

THEO
Organic Chocolate Bar
3 oz., selected varieties



\$7.99

ALAFFIA
EVERYDAY SHEA
Shampoo or
Conditioner
32 oz., selected varieties



\$6.99

ALAFFIA
Shampoo or Conditioner
8 oz., selected varieties



Akuia Sarpomaa, cleaning fruit for Dr. Bronner's sister company Serendipalm in Asuom, Ghana.

May 10 is World Fair Trade Day

Between April 30 and May 20, 1%* of your purchase of **Alaffia**, **Equal Exchange**, and **Dr. Bronner's Magic Soaps** products at this cooperative will be donated to Root Capital. These companies are strong supporters of Fair Trade principles, including stable and fair prices for farmers, organic and sustainable agriculture practices, and community-led development projects.

Root Capital is a nonprofit social investment fund that grows rural prosperity in poor, environmentally vulnerable places in Africa and Latin America by lending capital, delivering financial training, and strengthening market connections for small and growing agricultural businesses. Learn more about Root Capital at www.rootcapital.org.



*minimum donation of \$3,500.



Miso-Sriracha Tofu with Bok Choy

Serves 4. Prep time: 30 minutes.

- 3 cups bok choy, sliced
- 3 cups Napa cabbage, sliced
- ½ cup radishes, sliced into half-moons
- 12 ounces extra-firm tofu
- 1 tablespoon vegetable oil
- 3 tablespoons tamari, divided
- 3 tablespoons toasted sesame oil, divided
- ½ cup shelled edamame
- 1 tablespoon ginger, minced
- 1 teaspoon garlic, minced
- ¼ cup brown sugar, loosely packed
- 2 tablespoons sriracha
- 2 tablespoons seasoned rice wine vinegar
- 3 tablespoons white miso

Trim and discard large leaves from the bok choy and slice the stalks on the diagonal into half-inch slices. Slice the Napa cabbage crosswise into half-inch strips. Trim and slice the radishes into quarter-inch thick, half-moon shapes. Set aside.

Slice the tofu crosswise into 8 squares. In a large non-stick skillet, heat 1 tablespoon of vegetable oil over high heat. Add the tofu and sear until golden brown on each side. Reduce to medium heat, add 2 tablespoons of tamari, cook for 1-2 minutes, then flip the tofu and continue cooking until all the tamari is absorbed. Remove and reserve the tofu.

In a medium sauté pan, combine 2 tablespoons toasted sesame oil, seasoned rice wine vinegar, sriracha, 1 tablespoon tamari and brown sugar. Bring the mixture to a boil, whisking to blend in the sugar. Turn off the heat and whisk in the miso paste until smooth. Gently add the tofu to the sauce, flipping once to coat. Let sit.

In a large skillet or wok, heat 1 tablespoon sesame oil; add the bok choy and sauté 3 minutes. Add the radishes, edamame, cabbage, garlic and ginger and sauté 2 minutes. Add 2 tablespoons of water, 3 tablespoons of miso-sriracha sauce and cook, stirring, until the liquid is absorbed. Divide the bok choy between four plates; top with 2 slices of tofu and divide remaining sauce equally.

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



2/\$5

TERRA
Vegetable Chips
5-6 oz., selected varieties



3/\$5

SANTA CRUZ ORGANIC
Organic Lemonade
32 oz., selected varieties



2/\$5

ANNIE'S
Dressing
8 oz., selected varieties



10/\$10

TAZO
Organic Iced Tea
13.8 oz., selected varieties



\$2.99

LIGHT LIFE
Veggie Links
12-13.5 oz., selected varieties



\$3.39

GLUTINO
Gluten-Free Sandwich
Cookies
10.5 oz., selected varieties



\$3.99

STEVE'S
Non-Dairy Frozen
Dessert
16 oz., selected varieties



2/\$5

SEASON'S
Reduced Fat Rippled
Chips
8 oz., selected varieties



\$2.99

RUSTIC CRUST
Pizza Crust
9-16 oz., selected varieties



2/\$5

**MEDITERRANEAN
SNACKS**
Lentil Crackers
4.5 oz., selected varieties



2/\$5

**NEWMAN'S OWN
ORGANICS**
Organic Pretzels
7-8 oz., selected varieties



\$3.69

HOPE FOODS
Organic Hummus
8 oz., selected varieties



\$3.99

NATURAL BREW
Soda
4 pack, selected varieties



\$1.79

BULK
Organic Pinto Beans
per pound in bulk



2/\$7

QUE PASA
Tortilla Chips
16 oz., selected varieties



Bok Choy

While quite popular in global cuisine, leafy green bok choy sometimes gets eclipsed in the United States by its better-known cousins, kale and cabbage. This highly-nutritious vegetable is worth getting to know for its distinctive flavor and a fantastically juicy crunch. And like its cousins, bok choy pairs well with strong flavors like garlic, ginger and sesame. Stir-fry bok choy with fresh ginger, soy sauce and red pepper flakes and serve with five-spice baked tofu for a fast, flavorful meal. Braise halved baby bok choy in the pan juices of sautéed chicken or fish for a beautiful pale green side dish. Toss finely-chopped bok choy with a rice wine and soy vinaigrette, and garnish with scallions and peanuts for a fast Asian slaw.



Fresh in the Deli

Co-op chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature.

Asian Cabbage Crunch

Freshly-sliced bok choy and cabbage are mixed with toasted almonds, shredded carrots and arame, then tossed with a ginger-laced rice wine vinaigrette.

save **50¢**
per pound



2/\$6

THE GREEK GODS

Greek Yogurt
24 oz., selected varieties



\$1.19

BULK

Organic Steel-Cut
Oats
per pound in bulk



2/\$3

SO DELICIOUS
Cultured Coconut
Milk

6 oz., selected varieties



\$3.39

CASCADIAN FARM

Organic Cereal
9.2-14.6 oz., selected varieties



69¢

BROWN COW

Yogurt
6 oz., selected varieties



\$2.99

PEACE

Cereal
10-16 oz., selected varieties



\$9.99

ONCE AGAIN

Almond Butter
16 oz., selected varieties



2/\$6

ENVIROKIDZ

Organic Cereal
10-14 oz., selected varieties



\$2.99

GOOD KARMA

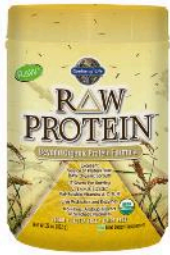
Flaxmilk
64 oz., selected varieties



\$1.19

GREEN VALLEY ORGANICS

Lactose Free Yogurt
6 oz., selected varieties



\$32.99

GARDEN OF LIFE

RAW Protein Powder
622-650 gr., selected varieties



2/\$6

CASCADIAN FARM

Organic Fruit
8-10 oz., selected varieties



\$14.99

**NORDIC
NATURALS**

Complete Omega
60 ct.
other Nordic Naturals
products also on sale



\$6.69

SUJA

Organic Juice
16 oz., selected varieties



\$20.99

RAINBOW LIGHT

Women's One
Multivitamin

90 ct.
other Women's Supplements
also on sale



\$5.99

R.W. KNUDSEN

Organic Just Tart
Cherry Juice

32 oz.
other Just Juice also on sale

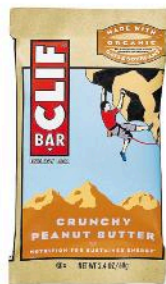


2/\$3

WELLNESS

Cat Food

5.5 oz., selected varieties
other Wellness Dog & Cat
items also on sale



5/\$5

CLIF

Energy Bar

2.4 oz., selected varieties



\$3.69

NANCY'S

Organic Kefir

32 oz., selected varieties



\$37.99

VEGA SPORT

Pre-Workout

Energizer Supplement
19 oz., selected varieties



A Seaweed Primer

Edible seaweed comes in many varieties. Full of iron, calcium and other minerals, seaweed is also a good source of protein, and many varieties provide B vitamins and omega 3 fatty acids. Here's a quick guide to some common sea vegetables:

Arame: Small sprigs of brown kelp that have a mild semi-sweet flavor and are tender-firm to the bite; add to Asian-style noodle soups.

Wakame: Delicious when boiled, chopped and dressed in sesame-soy vinaigrette, wakame's wide, flat, emerald green leaves are mildly flavored with a slight crunch.

Kombu: Used to make dashi, an ocean-scented broth that is the basis for many Japanese soups and braises.

Nori: Often used to wrap sushi rolls, oven-toasted nori is also a fun chip-like snack. The thin, dark green sheets are made of tiny bits of dried, pressed seaweed.

Dulse: Edible cooked or dry, tender purple dulse can be added to soups and fish dishes for a salty, savory pop of color.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ILLINOIS

Common Ground Food Co-op

300 S Broadway Ave., Urbana

Neighborhood Co-op Grocery

1815 W. Main St., Carbondale

INDIANA

3 Rivers Natural Grocery

1612 Sherman Blvd., Fort Wayne

Bloomingfoods Market and Deli

614 E. 2nd St., Bloomington

3220 E. 3rd St., Bloomington

316 W. 6th St., Bloomington

419 E. Kirkwood Ave., Bloomington
Ivy Tech, 200 Daniels Way, Bloomington

Maple City Market

314 S. Main St., Goshen

IOWA

New Pioneer Co-op

22 S. Van Buren St., Iowa City

1101 2nd St., Coralville

Oneota Community Co-op

312 W. Water St., Decorah

Wheatsfield Cooperative

413 Northwestern Ave., Ames

KANSAS

The Merc

901 Iowa St., Lawrence

KENTUCKY

Good Foods Market & Cafe

455-D Southland Dr., Lexington

MICHIGAN

East Lansing Food Co-op

4960 Northwind, East Lansing

Grain Train Natural Foods Market

220 E. Mitchell, Petoskey

Grain Train Neighborhood Market

104 S. Park St., Boyne City

GreenTree

Cooperative Grocery

214 N. Franklin, Mt. Pleasant

Keweenaw Co-op Natural Foods Market & Deli

1035 Ethel Ave., Hancock

Marquette Food Co-op

109 W. Baraga Ave., Marquette

Oryana Natural Foods Market

260 E. 10th St., Traverse City

People's Food Co-op

216 N. 4th Ave., Ann Arbor

People's Food Co-op

507 Harrison St., Kalamazoo

Ypsilanti Food Co-op

312 N. River St., Ypsilanti

MINNESOTA

Bluff Country Co-op

121 W. 2nd St., Winona

City Center Market

122 N. Buchanan St., Cambridge

Cook County Whole Foods Co-op

20 E. First St., Grand Marais

Eastside Food Cooperative

2551 Central Ave. N.E., Minneapolis

Harmony Natural Foods Co-op

302 Irvine Ave. N.W., Bemidji

Harvest Moon Natural Foods

2380 W. Wayzata Blvd., Long Lake

Just Food Co-op

516 S. Water St., Northfield

Lakewinds Natural Foods

435 Pond Promenade, Chanhassen

17501 Minnetonka Blvd., Minnetonka

Linden Hills Co-op

3815 Sunnyside Ave., Minneapolis

Mississippi Market

1500 West 7th St., Saint Paul

622 Selby Ave., Saint Paul

People's Food Co-op - Rochester

519 1st Avenue S.W., Rochester

River Market Community Co-op

221 N. Main St., Stillwater

Seward Community Cooperative

2823 E. Franklin Ave., Minneapolis

St. Peter Food Co-op & Deli

228 W. Mulberry St., St. Peter

The Wedge Co-op

2105 Lyndale Ave. S., Minneapolis

Valley Natural Foods

13750 County Road 11, Burnsville

Whole Foods Co-op

610 E. 4th St., Duluth

NEBRASKA

Open Harvest

Cooperative Grocery

1618 South St., Lincoln

OHIO

Phoenix Earth Food Co-op

1447 W. Sylvania Ave., Toledo

WISCONSIN

Basics Cooperative

1711 Lodge Dr., Janesville

Chequamegon Food Co-op

215 Chapple Ave., Ashland

Menomonie Market Food Co-op

521 2nd St. E., Menomonie

Outpost Natural

Foods Cooperative

2826 S. Kinnickinnic Ave., Bayview

100 E. Capitol Dr., Milwaukee

7000 W. State St., Wauwatosa

People's Food Co-op - La Crosse

315 5th Ave. S., La Crosse

Viroqua Food Co-op

609 N. Main St., Viroqua

Willy Street Co-op

1221 Williamson St., Madison

6825 University Ave., Middleton



2/\$5

ANNIE'S HOMEGROWN

Snack Crackers

7.5 oz., selected varieties



\$2.99

ENJOY LIFE

Snack Bars

5 oz., selected varieties



2/\$6

KOZY SHACK

Pudding

22 oz., selected varieties



2/\$5

CLIF KID

Organic Twisted

Fruit Rope

6 ct., selected varieties



\$2.99

BULK

Organic Shelled

Sunflower Seeds

per pound in bulk



3/\$4

GIMME

Organic Seaweed

Snack

.35 oz., selected varieties

May 10 is World Fair Trade Day!

coop™
stronger together

MW0514AZ2