

# coop<sup>TM</sup> deals

JUNE 4 - JUNE 17, 2014



2/\$6

**THE GREEK GODS**

Greek Yogurt

24 oz., selected varieties



3/\$5

**SANTA CRUZ  
ORGANIC**

Organic Lemonade

32 oz., selected varieties



99¢

**CLIF BAR**

Energy Bar

2.4 oz., selected varieties



\$2.69 **BLUE SKY**

Soda

6 pack, selected varieties

## Featured Inside:

- Try a new summer sandwich: the A(mazing) BLT
- Party foods and cook-out supplies for grads and dads
- Get the low-down on storing (and enjoying) fresh melons
- What's fresh in the co-op deli? Look for your favorite seasonal foods



## A(mazing) BLT

Serves 4. Prep time: 30 minutes.

- 1 pound peppered bacon
- 8 ounces Neufchâtel cheese
- ¼ cup oil-cured sun-dried tomatoes, chopped
- 1 clove garlic, peeled
- 2 tablespoons mayonnaise
- 1 tablespoon balsamic vinegar
- 1 teaspoon chopped fresh basil
- 8 slices of sourdough bread
- 2 ounces arugula
- 2 large heirloom tomatoes

Preheat the oven to 400 degrees F. Place 12 slices of bacon in a single layer on a parchment-lined sheet pan and bake about 20 minutes until crispy. Remove from heat and place on paper towels to remove excess fat.

In a food processor, combine the Neufchâtel cheese, sun-dried tomatoes, garlic, mayonnaise, vinegar and basil and blend until smooth.

Slice the tomatoes into 8 to 12 slices about ¾-inch thick. Lightly toast the bread and spread each slice with the cheese blend. On four of the pieces of toasted bread, place 2 or 3 tomato slices, a small handful of arugula and 3 pieces of bacon. Top each with another slice of toast, cheese side down. Cut in half diagonally and serve.

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



**2/\$6**

**R.W. KNUDSEN**

Organic Juice

32 oz., selected varieties



**\$4.39**

**FOOD FOR LIFE**

Organic Bread

24 oz., selected varieties



**\$6.69**

**SPECTRUM  
NATURALS**

Canola Mayonnaise

32 oz.

other Mayonnaise products  
also on sale



**\$3.99**

**NEWMAN'S OWN**

Dressing

16 oz., selected varieties



**3/\$5**

**BOULDER CANYON**

Kettle Chips

5 oz., selected varieties



89¢

**WHOLESOY**

Soy Yogurt  
6 oz., selected varieties



\$3.39

**NATURE'S PATH**

Organic Granola Bars  
7.4 oz., selected varieties



\$2.99

**SO DELICIOUS**

Organic Coconut Milk  
64 oz., selected varieties



\$5.99

**NUTIVA**

Organic Shelled  
Hempseed

8 oz.  
other Hemp products  
also on sale



4/\$3

**STONYFIELD**

Organic Yogurt  
6 oz., selected varieties



\$2.99

**PACIFIC**

Hemp Milk  
32 oz., selected varieties



\$5.99

**ONCE AGAIN**

Organic Peanut Butter  
16 oz., selected varieties



\$6.99

**DR. BRONNER'S**

Liquid Castile Soap  
16 oz., selected varieties



\$5.39

**MANITOBA  
HARVEST**

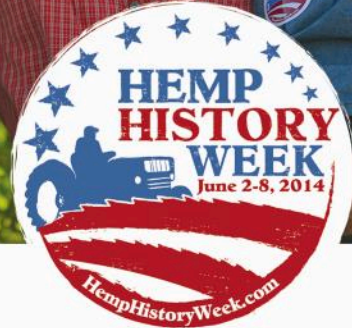
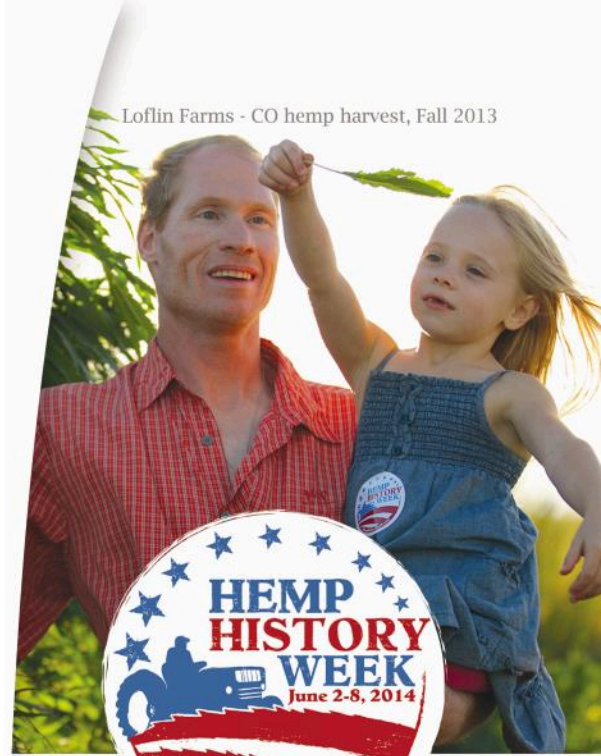
Hemp Hearts  
8 oz.  
other Hemp products also on sale



\$12.99

**MANITOBA  
HARVEST**

Hemp Protein Powder  
16 oz., selected varieties  
other Hemp Protein Powder  
also on sale



# It's Time to Grow

## Celebrate Hemp History Week

This May 28 - June 11, 1%\* of your purchase of **Dr. Bronner's Magic Soaps, Manitoba Harvest, Nature's Path** and **Nutiva** products at this cooperative will be donated to **Vote Hemp**. These companies are working to bring hemp back to America's farms and support a healthy future for U.S. families and farmers, the economy and our planet.

Vote Hemp is a national, single-issue, non-profit advocacy group founded in 2000 by members of the hemp industry to remove barriers to industrial hemp farming in the U.S. through education, legislation and advocacy. Learn more about Vote Hemp at [VoteHemp.com](http://VoteHemp.com).



\*minimum donation of \$6,000

**Let U.S. Farmers Grow Hemp**



## Marinated Portobello Mushroom Sandwiches

Serves 4. Prep time: 35 minutes.

- 5 tablespoons olive oil
  - 5 tablespoons red wine vinegar
  - 1 ½ teaspoons dried oregano
  - 1 ½ teaspoons fennel seeds, crushed or ground
  - 1 pound portobello mushrooms
  - ½ red onion, thinly sliced
  - 4 ciabatta rolls
  - 4 ounces provolone cheese, sliced
  - 4 ounces shredded romaine lettuce
- Sun-dried pesto spread:
    - 1 cup sun-dried tomatoes
    - 1 clove garlic, peeled
    - ¼ cup parsley leaves
    - ¼ cup basil leaves
    - 2 tablespoons pine nuts
    - 2 tablespoons olive oil
    - ¼ cup shredded Parmesan cheese
    - ½ cup water
    - Pinch of ground black pepper

Scrape out and discard the gills of each mushroom. Cut caps into ½-inch thick slices. In a small bowl, mix together the oil, vinegar, oregano and fennel, reserving 2 tablespoons. Place the sliced portobellos in the marinade for 20 minutes. Mix together the onion and remaining marinade in a small bowl and set aside.

Place tomatoes, garlic, parsley, basil, pine nuts, olive oil and Parmesan in a food processor and blend until the mixture is a spreadable paste, adding water as needed. Season to taste with pepper and set aside.

Heat a large skillet over medium-high heat. Remove the mushrooms from the marinade and sauté for 5-10 minutes until just tender. Remove from heat. Season with salt and pepper.

To assemble sandwiches, place provolone slices on the bottom half of each ciabatta roll, then divide the sun-dried tomato spread, sautéed mushrooms, marinated onions and lettuce evenly among the four sandwiches. Top with the other half of the roll and serve.

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



**\$1.69**

**REDWOOD HILL FARM**

Goat Yogurt  
6 oz., selected varieties



**\$8.99**

**EQUAL EXCHANGE**

Organic Breakfast Blend  
Coffee

per pound in bulk  
Decaf Breakfast Blend Coffee  
\$11.99 per pound



**2/\$5**

**DREAM BLENDS**

Non-Dairy Beverage  
32 oz., selected varieties



**\$3.39**

**EREWHON**

Organic Cereal  
9-15 oz., selected varieties



**\$2.39**

**POM WONDERFUL**

Pom Juice Blends  
12 oz., selected varieties



**\$ 1.99** **PROBAR**  
Meal Bar  
3 oz., selected varieties



**\$2.39**  
**BULK**  
Organic Thompson Raisins  
per pound in bulk



**\$7.99**  
**MOUNT HAGEN**  
Organic Instant Coffee  
3.5-3.53 oz., selected varieties



**\$1.19**  
**BULK**  
Organic Rolled Oats  
per pound in bulk



**2/\$3**  
**SCHECKTER'S**  
Organic Energy Drink  
8.4 oz., selected varieties



**\$2.99**  
**VITA COCO**  
Pure Coconut Water  
33.8 oz.



**\$ 14.99**  
**NATURAL VITALITY**  
Natural Calm  
8 oz., selected varieties



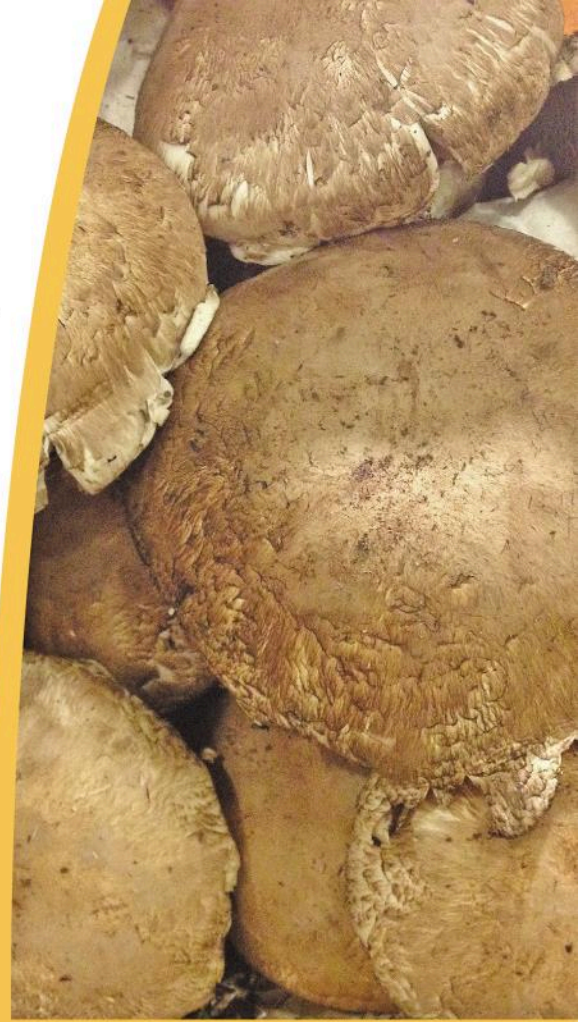
**\$ 17.99**  
**MEGAFOOD**  
Men's One Daily  
Multivitamin  
30 ct.  
other MegaFood Multivitamins  
also on sale



**\$9.99**  
**BADGER**  
Sunscreen  
2.9 oz., selected varieties

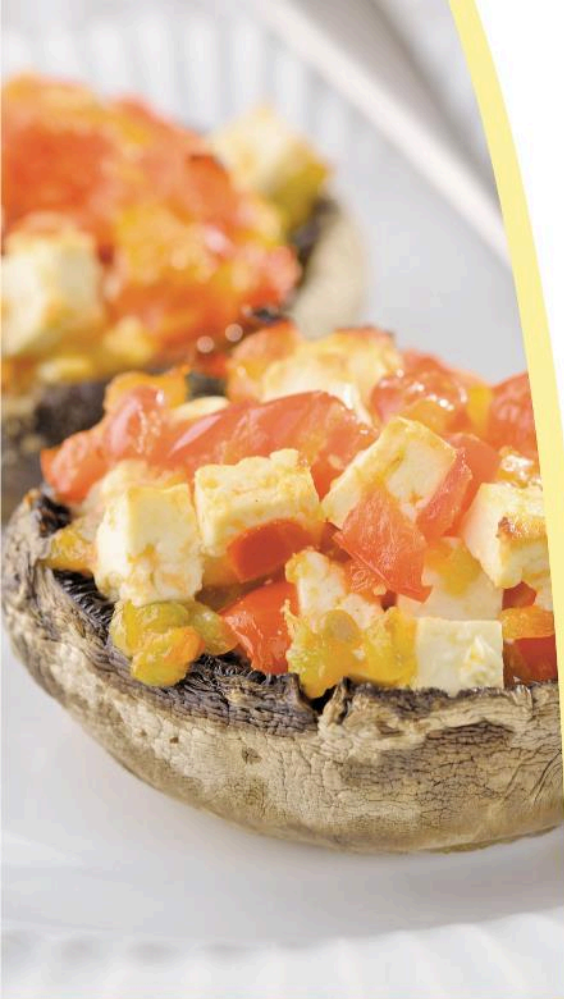


**\$8.99** **B&T**  
Arniflora Arnica Gel  
2.75 oz.  
other Homeopathic products  
also on sale



## Portobello mushrooms

Meaty and earthy, portobello mushrooms are a classic substitute for beef burgers, and serve as a good source of protein, folate, magnesium and zinc as well. These juicy full-grown mushrooms are also delicious in tacos or fajitas; marinate the caps in olive oil with cumin, coriander, chili powder, onion powder and garlic. Wrap in a corn or flour tortilla stuffed with bell peppers, avocado, salsa and a squeeze of fresh lime juice. For a hearty salad, marinate portobellos in balsamic vinegar with honey and Italian seasonings, then grill, slice and add to baby romaine, red bell pepper, onion and blue cheese.



## 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.

### Stuffed Portobello Mushrooms

Roasted portobello mushroom caps filled with summer squash, peppers, onions, tomatoes, feta and Parmesan cheeses.

Save **\$ 1.00** per  
pound



**2/\$6**

**ALMOND DREAM**  
Non-Dairy Frozen  
Dessert  
16 oz., selected varieties



**\$3.69**

**RISING MOON  
ORGANICS**  
Organic Pasta Bowl  
8-10 oz., selected varieties



**\$12.99**

**BIONATURAE**  
Organic Extra Virgin  
Olive Oil  
25.4 oz.



**\$6.99**

**ANNIE'S  
HOMEGROWN**  
Pizza  
22.5-23.1 oz.,  
selected varieties



**\$7.99**

**SPECTRUM  
NATURALS**  
Organic Unrefined  
Coconut Oil  
14 oz.



**\$2.99** **GARDENBURGER**  
Veggie Burgers  
10 oz., selected varieties



**\$1.59** **BULK**  
Organic Black  
Turtle Beans  
per pound in bulk



**\$2.99**

**MONTEBELLO**  
Organic Pasta  
16 oz., selected varieties



**\$1.99**

**WILD PLANET**  
Sardines  
4.375 oz., selected varieties



**\$2.99**

**IMMACULATE  
BAKING**  
Cookie Dough  
14 oz., selected varieties



**\$3.99**

**ANNIE'S  
HOMEGROWN**

Snack Mix  
9 oz., selected varieties



**2/\$5**

**ANNIE'S  
HOMEGROWN**

Bunny Grahams  
7.5 oz., selected varieties



**2/\$4**

**PIRATE BRANDS**

Snacks  
4-6 oz., selected varieties



**2/\$5**

**FOOD SHOULD  
TASTE GOOD**

Pita Puffs  
4 oz., selected varieties



**2/\$5**

**BEARITOS**

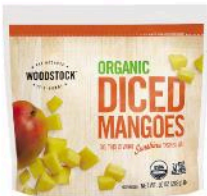
Tortilla Chips  
16 oz., selected varieties



**\$2.99**

**MARY'S GONE  
CRACKERS**

Organic Gluten-Free  
Crackers  
6.5 oz., selected varieties



**\$2.69**

**WOODSTOCK**

Organic Frozen  
Mangoes  
10 oz.  
other Frozen Fruit also on sale



**2/\$4**

**POPCHIPS**

Potato Chips  
3.5 oz., selected varieties



**4/\$3**

**DRY SODA**

Soda  
12 oz., selected varieties

## Melon Primer

Hundreds of sweet and bitter melon varieties grow across the globe and almost all are relatives of sturdy squashes and pumpkins. Melons are at their perfumed sweetest when stored and served at room temperature. Cubed or balled watermelon with lemon or lime juice, salty crumbled feta cheese and fresh mint or cilantro combine for a refreshing summer salad. Sprinkle pistachios over honeydew mixed with ricotta cheese for a delightful dessert; enjoy a healthy snack or breakfast treat of cantaloupe in yogurt; or wrap a wedge of melon in thinly-sliced prosciutto for a classic appetizer.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more melon facts and recipes!

## 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  
**Bloomingsfoods 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  
**Wheatfield 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**  
502 W. Washington, 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  
7590 Mequon Rd., Mequon  
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



\$3.99

**TOM'S OF MAINE**  
Toothpaste  
4.7-5.5 oz.,  
selected varieties



\$12.99

**SEVENTH GENERATION**  
4X Liquid Laundry  
Detergent  
50 oz., selected varieties



\$8.99

**GREEN FOREST**  
Bath Tissue  
12 pack

**coop kitchen**

See what's cooking at [www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen)



\$4.99

**GIOVANNI**  
Shampoo or  
Conditioner  
8.5 oz., selected varieties

Start your summertime fun at the co-op!

**coop**™  
stronger together

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