

# coop<sup>TM</sup> deals



**AUG 20 - SEPT 2, 2014**



**99¢**

**LARABAR**

Fruit and Nut Bar  
1.6-1.8 oz., selected varieties



**10/\$10**

**HONEST TEA**

Organic Ready-to-Drink Tea  
16 oz., selected varieties



**2/\$5**

**ANNIE'S**

Snack Crackers  
7.5 oz., selected varieties



**\$2.99**

**ENVIROKIDZ**

Organic Cereal  
10-14 oz., selected varieties

## **Featured Inside:**

- A great sandwich recipe that goes from picnic to lunchbox
- This month's featured cheese is luscious fresh mozzarella
- Nutrition tips from Choose My Plate make "healthy" easy!
- Stock up for back-to-school and busy weekends at the co-op





## Tuna Niçoise Pan Bagnat

Makes 4 sandwiches. Prep time: 30 minutes active; 90 minutes total.

- ¾ cup Niçoise olives, pitted
- 3 tablespoon capers, drained
- ½ cup canned artichoke hearts
- 1 lemon, zest and juice
- 2 teaspoons chopped fresh thyme leaves
- 3 tablespoons extra virgin olive oil, divided
- 1 baguette
- 10 ounces oil-packed tuna, drained
- 2 hardboiled eggs, peeled and sliced
- 1 tomato, sliced thin
- ¼ cup thinly-sliced red onion
- 4-8 tender lettuce leaves (such as Bibb lettuce)

Roughly chop the olives, capers and artichoke hearts. In a small bowl, mix them together with the lemon zest and juice, fresh thyme and one tablespoon of olive oil to make a tapenade. Set aside. Cut the baguette crosswise into 4 equal parts and slice each part in half lengthwise. Remove some of the crumb from interior to make a slight trough, then drizzle each piece with the remaining olive oil.

To assemble the bagnat sandwiches, spread the bottom half of each baguette piece with 2 tablespoons of tapenade, add tuna chunks, and then top with the egg, tomato and red onion slices, lettuce and baguette top. Wrap the sandwiches tightly in plastic, weight them with a baking sheet or heavy skillet and let them stand for one hour before serving (or wrap and refrigerate overnight).

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



**\$3.39**

**ANNIE'S**  
Skillet Dinner  
8.7-10.6 oz., selected varieties



**4/\$5**

**ANNIE'S**  
Pasta & Cheese Dinner  
6 oz., selected varieties



**\$3.69**

**RUDI'S ORGANIC BAKERY**  
Organic Bread  
22 oz., selected varieties



**5/\$4**

**KOYO**  
Ramen  
2.1 oz., selected varieties



**\$4.69**

**NATURAL SEA**  
Fish Sticks or Fish Fillets  
8 oz.





**\$6.99**

**ANNIE'S**

Pizza

22.6-23.1 oz., selected varieties



**\$1.39 BULK**

Organic Green Split Peas  
per pound in bulk



**\$1.99**

**FRONTERA**

Seasoning Sauce

8 oz., selected varieties



**\$1.99**

**BIONATURAE**

Organic Pasta

16 oz., selected varieties



**\$7.99**

**DR. BRONNER'S**

Organic Coconut Oil

14 oz., selected varieties



**3/\$5**

**BIONATURAE**

Organic Tomato Paste

7 oz.

other Organic Tomatoes  
also on sale



**\$10.99**

**MARANATHA**

Almond Butter

16 oz., selected varieties  
Organic Almond Butter  
also on sale



**2/\$4**

**LAKWOOD ORGANIC**

Organic Lemonade

32 oz., selected varieties



**2/\$5**

**FIELD DAY**

Organic Pasta Sauce

26 oz., selected varieties



**\$3.69 BOCA**

Meatless Burgers

10 oz., selected varieties



**coop kitchen**

## Blanching

When it comes to cooking at home, understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

Blanching is a great way to preserve peak color, flavor and nutrition in vegetables. Visit [www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen) and watch Hilah Johnson take us through the simple steps for blanching veggies, which can then be added to salads or cooked dishes, or frozen for long-term storage.





## Pecan Streusel Plum Bread

Makes 1 loaf. Prep time: 20 minutes active; 60 minutes total.

- 1 cup all-purpose flour
- ½ cup whole wheat flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ¾ cup sugar
- 4 tablespoons butter, softened
- 4 tablespoons coconut oil
- 2 large eggs
- 1 teaspoon vanilla extract
- ⅓ cup plain yogurt
- 1 ½ cups diced fresh plums (pits discarded)
- 3 tablespoons packed brown sugar
- 3 tablespoons roughly chopped pecans
- ½ teaspoon cinnamon

Preheat oven to 350°F. Grease a 9x5 inch loaf pan.

In a mixing bowl, whisk together the flours, salt and baking soda. Set aside.

In another large mixing bowl, use an electric mixer to beat the sugar, butter and coconut oil until creamy. Add eggs one at a time and blend well. Add vanilla, scrape down the sides of the bowl and blend well. Stir in half the flour mixture, then the yogurt, then the remaining flour. Using a spatula, gently fold in the plums until well distributed and pour the batter into the greased loaf pan.

In a small bowl, mix together brown sugar, pecans and cinnamon. Sprinkle evenly over the top of the batter. Place in the oven and bake for 40-45 minutes. Use a toothpick to check the middle of the bread for doneness; the toothpick will come out clean when the bread is ready.

Remove bread from the oven and let sit for at least 15 minutes before removing from the pan and slicing.

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



**\$3.39**

**FAGE**  
Greek Yogurt  
17.6 oz., selected varieties



**\$1.39**

**BULK**  
Organic Brown  
Flaxseed  
per pound in bulk



**2/\$4**

**PACIFIC**  
Organic Unsweetened  
Almond Milk  
32 oz.  
other Nut and Grain  
Beverages also on sale



**\$9.99**

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



**\$2.69**

**YVES**  
Meatless Canadian Bacon  
6 oz.  
Yves Deli Slices also on sale





2/\$5

**VAN'S**  
Waffles  
7.5-9 oz., selected varieties



2/\$6

**STONYFIELD**  
Organic Yogurt  
32 oz., selected varieties



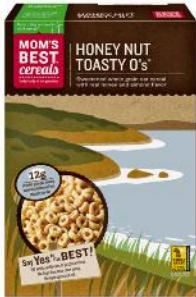
\$3.99

**ORGANIC VALLEY**  
Organic Aseptic Milk  
4 pack, selected varieties



\$2.99

**R.W. KNUDSEN**  
Organic Pomegranate  
Blend Juice  
32 oz., selected varieties



2/\$5

**MOM'S BEST CEREALS**  
Cereal  
16-24 oz., selected varieties



\$3.39

**LIFEWAY**  
Frozen Kefir  
16 oz., selected varieties



\$2.99

**BLUE DIAMOND**  
Almond Breeze  
Beverage  
64 oz., selected varieties



\$2.99

**KASHI**  
GoLean Cereal  
13.1-14 oz., selected varieties



4/\$3

**STONYFIELD**  
Organic Yogurt  
6 oz., selected varieties



## Plums

In 1983, *The New York Times* first published Marian Burros' 8-ingredient recipe for Purple Plum Torte. It ran 12 more times, until the editor of the food section retired this phenomenally popular recipe in 1995. Have you been missing the boat by just eating fresh juicy plums out of hand? Probably not. But just for research, check out the infamous plum torte recipe in *The Essential New York Times Cook Book*. Some claim it's the perfect recipe and, as an array of fresh, fragrant plums begin to appear at the co-op, now may be the perfect time to judge for yourself!

For more great recipes, check out [www.strongertogether.coop](http://www.strongertogether.coop) for more great recipes!





## Fresh mozzarella

Fresh mozzarella is a semi-soft, creamy and delicately sweet cheese often packaged in a water or whey bath, which captures its fresh flavor longer. Enjoy a refreshing caprese salad by pairing colorful heirloom tomatoes with thick slices of rich, milky mozzarella and just-picked basil leaves, then drizzle with balsamic reduction and sprinkle with sea salt and black pepper. Or marinate bocconcini-sized balls of the cheese in olive oil and your favorite herbs for up to 60 minutes; add the mozzarella to an antipasto platter of olives, marinated vegetables, cured meats and crackers or crusty bread. Mozzarella also makes a buttery base for a grilled sandwich with pesto and roasted red peppers.



**\$3.99** **ORGANIC VALLEY**  
Organic Mild Cheddar Cheese  
8 oz.  
other Organic Cheese also on sale



**\$3.99** **NATURAL BREW**  
Soda  
4 pack, selected varieties



**5/\$2** **STRETCH ISLAND FRUIT CO.**  
Fruit Leather  
.5 oz., selected varieties



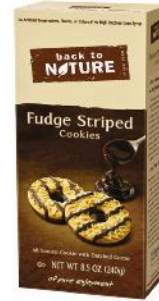
**\$4.69** **SAN PELLEGRINO**  
Sparkling Beverage  
6 pack, selected varieties



**2/\$5** **BLUE SKY**  
Soda  
6 pack, selected varieties



**2/\$6** **BEARITOS**  
Tortilla Chips  
16 oz., selected varieties



**\$3.99** **BACK TO NATURE**  
Cookies  
4.5-8.5 oz., selected varieties



**3/\$4** **GIMME**  
Organic Seaweed Snacks  
.17-.7 oz., selected varieties

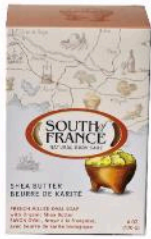


**2/\$5** **BEANFIELDS**  
Bean & Rice Chips  
5.5-6 oz., selected varieties



**2/\$4** **KETTLE BRAND**  
Potato Chips  
5 oz., selected varieties





**\$2.99**

**SOUTH OF FRANCE**

Shea Butter Soap  
6 oz., selected varieties



**\$7.99**

**BULK**

Organic Unsweetened  
Dried Mango  
per pound in bulk



**\$10.99**

**AVALON ORGANICS**

Moisturizer  
2 oz., selected varieties



**\$1.69**

**ESSENTIA**

Alkaline Water with  
Added Electrolytes  
33.8 oz.



**2/\$5**

**EO**

Hand Sanitizer Gel  
2 oz.  
other EO Sanitizers  
also on sale



**2/\$7**

**ZICO**

Coconut Water  
33.8 oz., selected varieties



**2/\$4**

**PRESERVE**

Toothbrush  
each, selected varieties



**\$4.99**

**WELEDA**

Children's Tooth Gel  
1.7 oz.  
other Weleda products  
also on sale



**\$10.99 ANCIENT SECRETS**

Nasal Cleansing Pot  
each



**2/\$5**

**CLIF CRUNCH**

Granola Bars  
5 ct., selected varieties



## Choose My Plate: USDA's nutrition tips

Looking for ways to make school lunches and snacks pack a nutritional punch? Check out the United States Department of Agriculture's site, [www.choosemyplate.gov](http://www.choosemyplate.gov). Choose My Plate has daily tips for healthy eating and specific information for a variety of groups, from preschoolers to college students. The "Ten Tips" nutrition series offers bite-sized facts on ways to eat healthy on a budget, and there are great recipes from kid chefs at [www.choosemyplate.gov/kids/Recipes.html](http://www.choosemyplate.gov/kids/Recipes.html). The sample menus and recipes page has a free downloadable cookbook from the 2013 Healthy Lunchtime Challenge – all kid-tested and approved!



## 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 Co-op**  
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 Food Co-op**  
435 Pond Promenade, Chanhassen  
17501 Minnetonka Blvd., Minnetonka  
6420 Lyndale Ave. S., Richfield  
**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



**\$28.99**

**NEW CHAPTER**  
Zyflamend Whole  
Body  
60 ct.



**\$5.99**

**SPECTRUM**  
Organic Ground Flaxseed  
14 oz.  
other Flaxseed and Chia  
also on sale



**\$2.69**

**REED'S**  
Kombucha  
13.5 oz., selected varieties

**coop kitchen**

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



**2/\$4**

**PROBAR**  
Meal Bar  
3 oz., selected varieties

Stock up for healthy lunches & snacks at the co-op.

**coop**<sup>TM</sup>  
stronger together

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