co+op™ deals

MAR 18 - MAR 31, 2015

$3.99

GARDEN OF EATIN'
Tortilla Chips
16 oz., selected varieties

2/$5

PACIFIC
Organic Broth
32 oz., selected varieties

$2.99

NATURE'S PATH
Organic Granola Bars
6.2-7.4 oz., selected varieties

$3.99

SAN PELLEGRINO
Fruit Beverages
6 pack, selected varieties

Featured Inside:

- Make Farfalle Pasta with Arugula for a tasty dinner in just 30 minutes
- Snap peas are the featured veggie – including a super-simple recipe
- Take your deviled eggs in a new direction; check out our ideas
- Asparagus, ramps, pea shoots, morels…welcome, springtime specialties

Farfalle Pasta with Arugula

Serves 6. Prep time: 30 minutes.

- 12 ounces farfalle (bowtie) pasta
- 4 tablespoons butter, divided
- 4 tablespoons minced garlic
- ¼ cup sun-dried tomatoes
- ½ cup chopped walnuts
- 5 ounces arugula
- ¼ cup pitted, chopped Kalamata olives
- 1 cup canned great northern beans, drained and rinsed
- 1 lemon, zest and juice
- Salt and black pepper to taste
- 2 ounces Asiago cheese, shredded

Bring a large pot of salted water to a boil and cook the noodles until al dente, about 8 minutes. Remove from heat, drain and set aside.

Heat 2 tablespoons of butter over medium heat in a large pot. Sauté the garlic for 1 minute and add the cooked pasta, sun-dried tomatoes and walnuts and sauté for another 1 to 2 minutes. Add the arugula and wilt for a few minutes, then add the olives, beans, lemon zest and juice and the remaining butter and stir well. Remove from heat and season with salt and black pepper. Stir in the Asiago cheese and serve.

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

2/$4

CASCADIAN FARM
Organic Vegetables
10 oz., selected varieties

$9.99

NAPA VALLEY NATURALS
Organic Extra Virgin Olive Oil
25.5 oz.
other Napa Valley Oils also on sale

4/$5

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties

4/$5

FIELD DAY
Organic Beans
15 oz., selected varieties

$3.99

WESTSOY
Seitan
8 oz., selected varieties

2/$5

CELESTIAL SEASONINGS
Herbal Tea
20 ct., selected varieties

$2.19

THE GINGER PEOPLE
Organic Ginger
6.7 oz., selected varieties

$4.69

NATURAL SEA
Fish Sticks or Fish Fillets
8 oz., selected varieties

89¢

KOYO
Ramen
2.1 oz., selected varieties

$6.69

ANNIE'S HOMEGROWN
Pizza
22.6-28 oz., selected varieties

$1.69

BULK
Organic Green Laird Lentils
per pound in bulk

2/$4

BACK TO NATURE
Organic Pasta & Cheese Dinner
6 oz., selected varieties

$2.39

BULK
Organic Black Beans
per pound in bulk

$3.99

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

2/$4

AMY'S
Burritos
6 oz., selected varieties

Springtime Specialties

Spring is special for many reasons – including the appearance of some very special ingredients that are available for a short time. Along with the first tender stalks of local asparagus, here are some other spring specialties to look for:

- Ramps are wild spring onions with broad leafy green tops. They taste like a combination of onions and garlic and are delicious in stir-fries or in an omelet with a bit of fresh goat cheese.
- Peas are delicious and so are the tiny tendrils called pea shoots. Wash and toss into a salad or sauté briefly and serve with creamy pasta primavera.
- Morels are a wild-crafted richly-flavored mushroom with a deeply crinkled cap. Just a few, sliced thinly and sautéed in sweet butter, can add amazing flavor notes to almost any dish.

Charred Snap Peas with Mint and Lemon

Serves 5. Prep time: 15 minutes.

- 2 tablespoons olive oil
- 1 pound snap peas
- 2 cloves garlic, peeled and minced
- 2 tablespoons minced fresh mint
- 2 teaspoons lemon zest
- 1 tablespoon lemon juice
- Salt to taste

Heat the oil in a large wok or skillet over medium-high heat. Add the snap peas and garlic and sauté over high heat, stirring frequently, for about 5 minutes until the peas are tender-crisp and slightly charred or blistering. Remove from the heat and stir in the mint, lemon zest and juice and a pinch of salt. Taste and add more lemon juice if desired before serving warm.

Serving suggestion: Poultry and fish pair well with this simple vegetable dish and leftovers can be chilled and served in tomorrow's lunch salad. Change the profile of this dish by using a flavored olive oil or seasoned, smoked or coarse-crystal salts, such as kosher or Maldon. But proceed with caution, as flaky salts dissolve faster than granular salts on the tongue, resulting in a saltier flavor. Crush the flakes between your fingers and add a pinch at a time to suit your taste.

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

2/$6

CASCADIAN FARM
Organic Frozen Blueberries
8 oz.

$3.39

WHOLESOME SWEETENERS
Organic Powdered Sugar
16 oz.
other Wholesome Sweeteners products also on sale

$3.99

FRONTIER
Organic Ground Cinnamon
1.9 oz.
other Bottled Herbs & Spices also on sale

$5.39

BOB'S RED MILL
Organic Flour
5 lb., selected varieties

$3.39

BULK
Organic Thompson Seedless Raisins
per pound in bulk

$1.39

FUNCTION
Functional Beverage
16.9 oz., selected varieties

$6.99

EVERYONE
Soap
32 oz., selected varieties

$8.99

BOIRON
Sabadil
60 ct.
other Boiron products
also on sale

$3.99

EVOLUTION FRESH
Fresh Squeezed Juice
15.2 oz., selected varieties

$12.99

COUNTRY LIFE
Coenzyme B-Complex Caps
60 ct.
other Country Life products
also on sale

$27.99

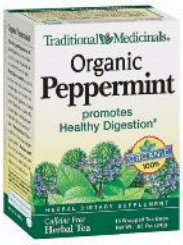
NEW CHAPTER
Bone Strength Take Care
60 ct.
other New Chapter Supplements
also on sale

$9.99

ENER-C
Vitamin Drink Mix
30 ct., selected varieties

$17.99

OREGON'S WILD HARVEST
Milk Thistle
90 ct.
other Herbal Supplements
also on sale



2/$6

TRADITIONAL MEDICINALS
Herbal Tea
16 ct., selected varieties

4/$5

THINKTHIN
High Protein Bar
1.4-2.1 oz., selected varieties

Snap Peas

Bright green snap peas are stand-outs among the array of irresistibly crisp, crunchy spring vegetables. Sweet and delicious eaten raw out-of-hand, snap peas are a super-easy snack. Or enjoy a flavorful stir-fry by cooking them with red peppers, scallions, sesame seeds, garlic and ginger in sesame oil. Sauté snap peas with carrots, onion, sage and chopped almonds and serve atop steaming hot pasta or hearty grains like kamut or wheat berries. Gently steam and chop peas, then toss with tart lemon juice and freshly torn mint leaves for a side dish that hints at the arrival of springtime.

Visit www.strongertogether.coop for more in-season ideas.

Asiago

Looking for an everyday alternative to Parmigiano-Reggiano? Asiago may be just the cheese. It is slightly sharp and nutty in flavor, but smoother and more mild than Parmesan. It complements the earthy flavors of kale and mushrooms in a creamy risotto. Or stir grated Asiago into a side dish of buttery cooked polenta. The rind is a great source of flavor, too. Flake off the outside as much as possible and drop the rind into vegetable, chicken or beef soups to add body and flavor. Once the rind is warm and soft, remove it from the soup and enjoy it with some crackers or crusty bread as you finish cooking.

2/$7

ZEVIA
Zero Calorie Soda
6 pack, selected varieties

$3.19

ANNIE'S HOMEGROWN
Organic Fruit Snacks
4 oz., selected varieties

$2.69

HAPPY BABY
Organic Puffs
2.1 oz., selected varieties

2/$6

CLIF KID
Organic ZFruit Rope
6 ct., selected varieties

3/$5

BOULDER CANYON
Potato Chips
5 oz., selected varieties

$2.19

NATURAL SEA
Yellowfin Tuna
5 oz., selected varieties
other Tuna also on sale

$3.69

MARY'S GONE CRACKERS
Organic Crackers
6.5 oz., selected varieties

$2.39

BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties

$3.69

BACK TO NATURE
Fudge Mint Cookies
6.4 oz.
other Cookies also on sale

$3.39

HAIL MERRY
Chocolate Miracle Tart
3 oz., selected varieties

$9.99

EQUAL EXCHANGE
Organic Bulk Coffee
per pound in bulk,
selected varieties
Decaf Bulk Coffee not on sale

$4.39

NANCY'S
Organic Cottage Cheese
16 oz.

5/$5

JUSTIN'S
Almond Butter
Squeeze Pack
1.15 oz., selected varieties
other Justin's Nut Butter
also on sale

$3.99

FOOD FOR LIFE
Organic Ezekiel 4:9
Bread
24 oz., selected varieties

$2.19

ORGANIC VALLEY
Organic Non-Dairy
Creamer
16 oz.

$4.99

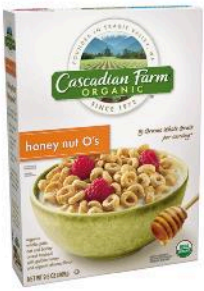
FOOD FOR LIFE
Organic Ezekiel 4:9
Cereal
16 oz., selected varieties

$3.39

ALMOND BREEZE
Almond Beverage
64 oz., selected varieties

$2.69

R.W. KNUDSEN
Juice
32 oz., selected varieties



$2.99

CASCADIAN FARM
Organic Cereal
9.2-14.6 oz., selected varieties

4/$5

CLIF KIT'S ORGANIC
Organic Fruit & Nut Bar
1.69 oz., selected varieties

Deviled Eggs

Want a crowd-pleasing appetizer or brunch dish? Look no further than your fridge. A carton of eggs and a few condiments are all you need to make delicious deviled eggs. The term "deviled" is thought to originate in the 18th century to refer to spicy foods – so don't spare the mustard!

Boil and carefully peel the eggs, halve them and remove the yolks. For a lighter, fluffier filling, push the yolks through a sieve and add non-fat Greek yogurt instead of mayo. Besides mustard, you can spice up the filling with wasabi powder, chipotle, pickled jalapeños or finely-chopped chorizo. Use a plastic bag with the corner cut off to pipe the filling into the egg cavities for a neater look.

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
3338 Center Point Rd N.E., Cedar Rapids
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 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

Natural Harvest Food Co-op
505 3rd St. N., Virginia

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

SOUTH DAKOTA

The Co-op Natural Foods
410 W. 18th St., Sioux Falls

WISCONSIN

Basics Cooperative
1711 Lodge Dr., Janesville

Chequamegon Food Co-op
700 Main St. W., 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

$6.99

AVALON ORGANICS
Shampoo or Conditioner
11 oz., selected varieties

$2.99

NUBIAN HERITAGE
Bar Soap
5 oz., selected varieties

$10.99

ALBA BOTANICA
Even Advanced Daily Cream
2 oz.
other Facial Care products also on sale

$2.99

ECOVER
Delicate Wash
32 oz.
other Ecover Laundry products also on sale

$4.99

ECO-DENT
Toothpowder
2 oz., selected varieties

$7.99

GREEN FOREST
Bath Tissue
12 ct.

Happy spring from your food co-op!

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