

# coop<sup>TM</sup> deals

FEB 15 - FEB 28, 2012



\$2.79

**NATURE'S PATH**

Organic  
Instant Oatmeal  
8 ct., selected varieties



\$2.99

**IMAGINE**

Organic Soup  
32 oz., selected varieties



\$2.99

**LAKWOOD**

Organic Pomegranate  
Blend Juice  
32 oz., selected varieties



\$13.99

**NORDIC NATURALS**

Omega-3 Purified Fish Oil  
60 ct.  
other Nordic Natural products also  
on sale

## Featured Inside:

- Savory Ginger Baked Tofu makes a tasty weeknight meal
- Tasty tidbits about rice, bananas and Parmesan cheese
- Wake up your tastebuds with a Caribbean- inspired Banana Habanero Salsa
- Chef Kevin Gillespie visits co-ops in Vermont and Washington in our video series



## Ginger Baked Tofu

Serves 4. Prep time: 60 minutes.

- 1 pound extra firm tofu, sliced into ½-inch thick rectangles
- ¼ cup sesame oil
- 1 tablespoon garlic, minced (2-3 cloves)
- ½ cup tamari
- ⅓ cup Mirin\*
- ¼ cup maple syrup
- 2 tablespoons fresh ginger, peeled and minced (2-inch piece)

Preheat oven to 400 degrees F. Pat the tofu rectangles dry with a paper towel, and place on a sheet pan with a rim. Brush the tofu with the sesame oil. Bake for 30 minutes, flipping each piece over after 15 minutes. Carefully drain most of the oil from the sheet pan. Mix together the ginger, garlic, tamari, Mirin and maple syrup, and pour it over the tofu. Bake for another 15 minutes until the tofu is firm and the sauce has reduced. Remove from heat and serve, drizzled with the sauce from the baking pan and garnished with fresh minced ginger, sesame seeds and scallions.

\*Mirin is a sweetened rice wine that is an essential component of Japanese cooking. You can substitute white wine sweetened with a bit of sugar (¼ cup wine plus 1 tablespoon sugar) or use apple juice if you prefer.



**\$3.29**

**THE GREEK GODS**  
Traditional Greek Yogurt  
24 oz., selected varieties



**\$1.79**

**WOODSTOCK**  
Organic Tofu  
14 oz., selected varieties



**\$2.99**

**POPCORN INDIANA**  
Popcorn  
5.4-10.5 oz.,  
selected varieties



**\$2.99**

**CHOICE**  
Organic Tea  
16 ct., selected varieties



**\$9.99**

**EQUAL EXCHANGE**  
Bulk Coffee  
per pound in bulk, selected varieties



**\$ 1.99** **BIONATURAE**  
Organic Pasta  
16 oz., selected varieties



**\$ 12.99**  
**BIONATURAE**  
Organic Extra Virgin  
Olive Oil  
25.4 oz.



**2/\$5**  
**NEWMAN'S OWN**  
Pasta Sauce  
15-24 oz.,  
selected varieties



**\$2.59**  
**KETTLE CUISINE**  
Soup  
10 oz., selected varieties



**\$ 1.79**  
**LATE JULY**  
Organic Crackers  
5-6 oz., selected varieties



**2/\$4**  
**PACIFIC  
NATURAL FOODS**  
Soup  
17.6 oz., selected varieties



**\$ 1.99**  
**FANTASTIC  
FOODS**  
Dinner Mixes  
2.7-10 oz.,  
selected varieties



**\$4.79**  
**BULK**  
Whole Almonds  
per pound in bulk



**\$ 1.89** **BULK**  
Organic Red Lentils  
per pound in bulk



## Varieties of Rice

White or brown rice are staples in many kitchens: inexpensive, easy to cook and versatile in main dishes, sides and even desserts. But there's so much more to rice! Next time you're at the co-op, why not explore some new varieties? With Asian dishes, try a fragrant, nutty basmati or flowery jasmine rice. Hearty meats, root vegetables, or savory seitan are delicious with wild rice (which is really a member of the grass family), Himalayan red rice or exotic black rice. Arborio is the classic ingredient for risotto dishes, but medium-grain rice can be substituted in a pinch, since it has a higher starch content than long-grain rice.

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



**Celebrating 2012 United Nations International Year of Cooperatives**



Scan this QR code to learn more!





## Parmesan

If you could only have one cheese in your refrigerator, would it be Parmesan, perhaps? There are so many delicious ways to use Parmesan cheese, from appetizers and salads to pizza and pasta. Buying Parmesan in wedges instead of shredded or grated is not only more economical, it also means you'll be using fresh and flavorful cheese in all your culinary creations. Parmesan cheese freezes well, too—just wrap carefully in plastic wrap, ensuring that the cheese is completely covered. Don't throw away the rind; it's completely edible and makes a delicious addition to soups and stews.



### The Real Deal

Thinly-sliced Parmesan cheese is a tasty complement to fresh fruit, particularly apples and pears. Besides being an essential ingredient in Alfredo sauce, risotto and pesto, it adds fantastic flavor to crunchy coatings for chicken and fish.

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



**\$2.19**

**LUNDBERG  
FAMILY FARMS**

Rice Chips

6 oz., selected varieties  
Organic Rice Chips on sale for \$2.49



**\$2.99**

**ENJOY LIFE**

Nut and Gluten Free  
Cookies

6-6.3 oz., selected varieties



**2/\$4**

**BLUE SKY**

Natural Soda

6 pack, selected varieties



**\$3.49**

**DESERT PEPPER**

Salsa

16 oz., selected varieties



**2/\$5**

**KETTLE**

Tias! Tortilla Chips

8 oz., selected varieties



**\$ 10.99**

**ALBA BOTANICA**

Even Advanced Sea Moss Moisturizer

2 oz.  
other Even Advanced products also on sale



**\$ 19.99**

**EMERITA**

Pro-Gest Cream

2 oz.  
other Emerita products also on sale



**\$ 4.99**

**SPECTRUM ESSENTIALS**

Organic Ground Flaxseed  
14 oz.



**\$ 27.99**

**GARDEN OF LIFE**

Organic Raw Protein

622 gr.  
other Garden of Life products also on sale



**\$ 3.49**

**SOUTH OF FRANCE**

Bar Soap  
8 oz., selected varieties



**\$ 12.99**

**MANITOBA HARVEST**

Hemp Pro 50 Protein Powder

16 oz.  
other Hemp products also on sale



**\$ 4.99**

**NATURE'S GATE**

Shampoo or Conditioner  
18 oz., selected varieties



**\$ 5.99**

**EO**

Liquid Hand Soap  
12 oz., selected varieties



**\$ 12.99**

**BIOKLEEN**

Laundry Powder  
10 lb.



**\$ 10.99**

**SEVENTH GENERATION**

Baby Diapers  
20-40 ct., selected varieties



Making fresh veggie wraps at Putney Community Garden.

# Lights, Cameras, Co-ops!

The United Nations declared 2012 the International Year of Cooperatives and we're celebrating food co-ops, fresh food and the stories of the people they bring together through an online video series hosted by celebrity chef Kevin Gillespie.

This month, Kevin travels to 70 year old Putney Food Co-op in Putney, Vermont, and Community Food Co-op in Bellingham, Washington, visiting an award-winning artisan cheesemaker and one of the highest-rated organic egg producing farms in the country. Check out the videos at [www.strongertogether.coop](http://www.strongertogether.coop).





## Spicy Banana Habanero Salsa

Serves 6. Prep time: 20 minutes.

- 2 tablespoons canola oil
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- 1 tablespoon fresh ginger, peeled and minced
- 2 large firm bananas, peeled and diced (about 2 cups)
- ½ cup yellow bell pepper, diced
- ½ cup green pepper, diced
- ½ cup red onion, diced
- 3 tablespoons fresh minced cilantro
- 1 teaspoon fresh habanero pepper, seeded and minced (1 pepper)

In a medium-sized bowl, whisk together the oil, lime juice, brown sugar and fresh ginger. Add the bananas, peppers, onion and cilantro and mix well.

Serving suggestion: This Caribbean-inspired salsa's sweet-hot flavor adds zest to a simply prepared meal of fish or poultry, and tops a morning omelet or breakfast sandwich with tropical flair. Add chunks of ripe mango or pineapple if you like!

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



**\$8.29**

**SPECTRUM  
NATURALS**

Organic Canola Oil  
32 oz.



**\$1.99**

**BRAGG**

Organic Apple Cider  
Vinegar Drink  
16 oz., selected varieties



**\$5.99**

**NUTIVA**

Organic  
Coconut Manna  
15 oz.



**\$3.29**

**BOCA**

Meatless Burgers  
10 oz., selected varieties



**\$4.29**

**SO DELICIOUS**

Organic Non-Dairy  
Frozen Dessert  
32 oz., selected varieties



**3/\$4**

**OIKOS**

Organic Greek Yogurt  
5.3 oz., selected varieties



**5/\$4**

**WALLABY**

Organic Lowfat Yogurt  
6 oz., selected varieties



**\$3.29**

**ORGANIC VALLEY**

Organic Soy Beverage  
64 oz., selected varieties



**\$2.99**

**BARBARA'S**

Puffins Cereal  
9-11 oz., selected varieties



**\$1.99**

**PACIFIC NATURAL FOODS**

Organic Almond Beverage  
32 oz., selected varieties



**\$2.99**

**ARROWHEAD MILLS**

Pancake Mix  
26 oz., selected varieties



**\$2.99**

**NATURE'S PATH**

Organic Manna Bread  
14 oz., selected varieties

***Breadshop***<sup>™</sup>  
NATURAL FOODS

**\$2.79 BREADSHOP**

Honey Gone Nuts Granola  
per pound in bulk  
other varieties also on sale



**\$1.49**

**BULK**

Organic Brown Flaxseed  
per pound in bulk



**\$4.99**

**MANITOBA HARVEST**

Hemp Hearts  
8 oz.  
other Hemp products also on sale



## Bananas

It's probably no surprise that the banana is the most popular fresh fruit in the United States. After all, where would your cereal bowls, ice cream "splits" and fruit salads be without it? On average, every single person in the U.S. eats 26 pounds of bananas per year! The banana is a healthful snack, pre-packed by nature in a handy yellow jacket. If you have access to Fair Trade bananas—which guarantee fair wages for workers and sustainable farming methods—so much the better.

Learn more about in-season fruits and Fair Trade practices at [www.strongertogether.coop](http://www.strongertogether.coop).



## FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

### CONNECTICUT

**Elm City Market**  
777 Chapel Street, New Haven

### FLORIDA

**Ever'man Natural Foods**  
315 W. Garden Street, Pensacola

**New Leaf Market**  
1235 Apalachee Parkway, Tallahassee

### GEORGIA

**Life Grocery & Cafe**  
1453 Roswell Road, Marietta

**Sevananda Natural Foods Market**  
467 Moreland Avenue NE, Atlanta

### MAINE

**Blue Hill Co-op Community Market**  
4 Ellsworth Road, Blue Hill

**Rising Tide Community Market**  
323 Main Street, Damariscotta

### MARYLAND

**Common Market**  
5728 Buckeystown Pike, Frederick

**TPSS Co-op**  
8309 Grubb Road, Silver Spring  
201 Ethan Allen Avenue, Takoma Park

### MASSACHUSETTS

**Berkshire Co-op Market**  
42 Bridge Street, Great Barrington

**Green Fields Market**  
144 Main Street, Greenfield

**Harvest Co-op Markets**  
581 Massachusetts Avenue, Cambridge  
57 South Street, Jamaica Plain

**McCusker's Market**  
3 State Street, Shelburne Falls

**River Valley Market**  
330 North King Street, Northampton

**Wild Oats Co-op**  
320 Main Street, Williamstown

### NEW HAMPSHIRE

**Concord Cooperative Market**  
24 South Main Street, Concord

**Co-op Community Market**  
43 Lyme Road, Hanover

**Hanover Co-op Food Store**  
45 South Park Street, Hanover

**Kearsarge Cooperative Grocer**  
52 Newport Road, New London

**Lebanon Co-op Food Store**  
12 Centerra Parkway, Lebanon

### NEW YORK

**Abundance Cooperative Market**  
62 Marshall Street, Rochester

**Flatbush Food Cooperative**  
1415 Cortelyou Road, Brooklyn

**GreenStar Cooperative Market**  
701 West Buffalo Street, Ithaca  
215 North Cayuga Street, Ithaca

**Honest Weight Food Co-op**  
484 Central Avenue, Albany

**Hungry Hollow Co-op**  
841 Chestnut Ridge Road, Chestnut Ridge

**Lexington Cooperative Market**  
807 Elmwood Avenue, Buffalo

**Syracuse Real Food Co-op**  
618 Kensington Road, Syracuse

### NORTH CAROLINA

**Chatham Marketplace**  
480 Hillsboro Street, Pittsboro

**Company Shops Market**  
268 E. Front Street, Burlington

**Deep Roots Market**  
3728 Spring Garden Street, Greensboro

**French Broad Food Co-op**  
90 Biltmore Avenue, Asheville

**Hendersonville Community Co-op**  
715 S. Grove Street, Hendersonville

**Tidal Creek Cooperative Food Market**  
5329 Oleander Drive, Wilmington

**Weaver Street Market**  
101 E. Weaver Street, Carrboro

**716 Market Street, Chapel Hill**  
228 South Churton Street, Hillsborough

### PENNSYLVANIA

**East End Food Co-op**  
7516 Meade Street, Pittsburgh

**Weavers Way Co-op Mt. Airy**  
559 Carpenter Lane, Philadelphia

**Weavers Way Co-op Chestnut Hill**  
8424 Germantown Avenue, Philadelphia  
**Whole Foods Cooperative**  
1341 West 26th Street, Erie

### TENNESSEE

**Three Rivers Market**  
1100 N. Central Street, Knoxville

### VERMONT

**Brattleboro Food Co-op**  
2 Main Street, Brattleboro

**City Market**  
82 S. Winooski Avenue, Burlington

**Co-op Food Store**  
209 Maple Street, White River Jct.

**Hunger Mountain Co-op**  
623 Stone Cutter's Way, Montpelier

**Middlebury Natural Foods**  
9 Washington Street, Middlebury

**Putney Food Co-op**  
8 Carol Brown Way, Putney

**Springfield Food Co-op**  
335 River Street, Springfield

**Upper Valley Food Co-op**  
193 N. Main Street, White River Jct.

### VIRGINIA

**Friendly City Food Co-op**  
150 East Wolf Street, Harrisonburg

**Roanoke Natural Foods**  
1319 Grandin Road S.W., Roanoke



2/\$5

SEASON'S

Potato Chips

8 oz., selected varieties



99¢

LUNA

Nutrition Bar  
for Women

1.69 oz., selected varieties

Chef Kevin Gillespie hosts the  
new Co+op, stronger together  
video series celebrating 2012

International Year  
of Cooperatives.

Check it out at  
[www.strongertogether.coop](http://www.strongertogether.coop),  
or scan this QR code.



Celebrating 2012 International Year of Cooperatives

