



coopTM deals

NOV 10 - NOV 30, 2010



\$2.99

WHOLESOME SWEETENERS

Organic Sugar
24 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Butter
16 oz., Unsalted or Salted



\$1.99

FARMER'S MARKET

Organic Pumpkin
15 oz.



\$2.39

PACIFIC NATURAL FOODS

Organic Broth
32 oz., selected varieties

Featured Inside:

- Wild Rice Cranberry Pilaf recipe
- What gives cranberries their bounce?
- Grace your next sandwich or omelet with Gruyere cheese
- Spicing up your family's Thanksgiving traditions



Wild Rice Cranberry Apple Pilaf

Makes 4 to 6 servings. Prep time: 15 minutes. Cooking time: 40 minutes.

- 1 cup wild rice blend
- 2 cups water
- 1 cup apple juice
- 1 tablespoon butter or vegetable oil
- 2 ribs celery, chopped
- 1 cup mushrooms, sliced (about 4-5 mushrooms)
- 3 scallions, chopped
- 1 apple, cored and chopped into ½-inch pieces (leave the peel on for extra color)
- ¼ cup dried cranberries
- ¼ cup pecan pieces
- ¼ teaspoon ground fennel
- ½ teaspoon dried sage
- ¼ teaspoon ground ginger
- ½ teaspoon garlic powder
- salt and pepper to taste

In a medium saucepan, bring the wild rice, water, and apple juice to a boil. Reduce the heat, cover the pot, and simmer for about 40 minutes until the rice is tender. Remove the rice from the heat, drain off any remaining liquid and set aside. In a large skillet, heat the butter or oil over medium-high heat. Sauté the celery and mushrooms for 3-5 minutes. Add the remaining ingredients (except for the rice) and sauté for another 3-5 minutes. Finally, add the rice to the pan and toss with the veggie and spice mixture. Season with salt and pepper and serve warm.

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



\$2.49

LUNDBERG FAMILY FARMS

Gourmet Rice Blend
16 oz., selected varieties



\$8.99

TOFURKY
Vegetarian Roast

26 oz.



\$3.99

LAKEWOOD

Organic Pomegranate Juice
with Acai
32 oz.



\$1.79

CASCADIAN FARM
Organic Vegetables

10 oz., selected varieties



\$1.99

BLUE DIAMOND
Nut Thins

4.25 oz., selected varieties



\$1.99

GROWN RIGHT
Organic Cranberry Sauce
14 oz., selected varieties



\$1.49

NEAR EAST
Couscous Side Dish Mix
5.4-6.1 oz., selected varieties



\$1.89

EDWARD & SONS
Organic Mashed Potatoes
3.5 oz., selected varieties



\$1.99

LATE JULY ORGANIC
SNACKS
Organic Crackers
5-6 oz., selected varieties



\$2.99

ORGANIC INDIA
Organic Tulsi Tea
18 ct., selected varieties



\$2.99

SAHALE
Fruit & Nut Blend Snacks
5 oz., selected varieties



\$2.49

TERRA
Exotic Vegetable Chips
6 oz., selected varieties



2/\$5

GREEN & BLACK'S
Organic Chocolate Bar
3.5 oz., selected varieties



\$1.79

PIRATE BRANDS
Baked Snacks
4-6 oz., selected varieties



99¢

IF YOU CARE
Baking Cups
60 ct.
other If You Care products
also on sale



Cranberries

Fresh cranberries, grown in the sandy marshes and bogs of North America, are a sure sign of fall, along with apple cider and Thanksgiving. Rich in vitamin C and other phytonutrients, this "superfruit" has extremely tart scarlet berries that taste best combined with sweeteners like honey or maple syrup or mixed with other fruits such as apples or dried apricots. Also known as bounceberries (they bounce when they are ripe) they are often used in sauces, chutneys, cobblers, jellies, and pies. Fresh cranberries can be stored for up to two months in the refrigerator, or frozen for up to a year.

Most cranberries are grown and harvested for use in juice drinks. Ocean Spray, a widely recognized company, is an agricultural cooperative of over 750 cranberry growers from around the country.

For more great food information and delicious recipes, join the conversation at www.strongertogether.coop.



Eggnog Spiced Sugar Cookies

Recipe courtesy of Organic Valley and Frontier/Simply Organic.
 Makes about 2 dozen cookies. Prep Time: 5 to 10 minutes. Baking Time: 8 to 12 minutes.

- 2 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ cup salted butter, softened
- 1 cup sugar
- 1 egg
- 1 ½ teaspoon vanilla extract
- ¼ cup eggnog

Preheat oven to 350 degrees F. In a small mixing bowl, mix flour, baking soda, salt, cinnamon, and nutmeg; set aside. In a large mixing bowl, mix butter and sugar until creamy, then add egg, vanilla, and eggnog; mix well. When liquid mixture is combined, add the flour mixture and stir until well blended.

Roll dough to 1/8-inch thickness on lightly floured surface. Cut with cookie cutter. Place 2 inches apart on ungreased cookie sheet. Or roll dough into balls and slightly press on to an ungreased cookie sheet. Bake approximately 8-12 minutes (depending on thickness) or until golden brown on the edges.

For a special treat, serve cookies with mulled cider topped with cinnamon whipped cream.

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\$3.29

EARTH BALANCE
Soy Free Buttery Spread
15 oz.



\$2.99

ORGANIC VALLEY
Organic Whipping Cream
16 oz.



\$3.79

ORGANIC VALLEY
Organic Cheese
8 oz, selected varieties



\$2.99

STONYFIELD
Organic Yogurt
32 oz, selected varieties



\$3.99

ALDEN'S
Organic Ice Cream
48 oz, selected varieties



\$3.99

KING ARTHUR
Unbleached Flour
5 lb.



\$1.19

SANTINI
Evaporated Milk
12 oz.

FRONTIER
NATURAL PRODUCTS CO-OP



\$4.79

FRONTIER NATURAL
Bulk Organic Ground Cinnamon
per pound in bulk

\$2.99

TROPICAL SOURCE
Dairy Free Chocolate Chips
10 oz.



\$2.79

SIMPLY ORGANIC
Organic Cinnamon
2.45 oz.
other Simply Organic Herbs and Spices also on sale



\$6.49

FRONTIER HERB
Organic Vanilla Extract
4 oz.
other Frontier Extracts and Flavorings also on sale



\$6.99

SPECTRUM NATURALS
Organic Canola Oil
32 oz.



\$2.49

NATIVE FOREST
Organic Fruit
14-15 oz., selected varieties



\$2.99

WHOLLY WHOLESOME
Organic Pie Shells
14 oz., selected varieties



\$2.79

CASCADIAN FARM
Organic Fruit
8-10 oz., selected varieties



Spice Up Your Thanksgiving

We're not suggesting you discard your favorite holiday traditions, but sometimes a fresh idea or two can bring extra zest to your Thanksgiving meal.

- Set an eco-friendly table. Use cloth napkins and nature-inspired settings. Arrange mini-gourds and pumpkins on colorful leaves for a centerpiece. Or hollow them out and insert candles, use them as small vases, or write names on them and use them as place cards.
- Explore the bulk section of your co-op for new ingredients. Try wild rice, quinoa, or millet as a side, in stuffing, or in a vegetarian casserole. Check out the array of dried fruit, nuts, and spices for fabulous new flavors.
- Talk about your food. The holiday table is the perfect place for lively conversation about where your food comes from and what that means. Rather than set a separate table for kids, include them in your discussions about local and global food issues!



Gruyere

If you like everyday Swiss cheese, there's a good chance you'll love Gruyere. It's a type of Swiss, in fact, but has an alluring charm all its own. Take your first bite solo (it's great on an appetizer platter), and then use it as you would any Swiss cheese, for an instant transformation of a grilled cheese sandwich, a burger, omelet, or that family favorite, macaroni and cheese. Gruyere melts beautifully, by the way, which also makes it the perfect candidate for fondue.



The Real Deal

Gruyere is great for classing up your Reuben sandwich (or tempah Reuben), and pairs well with a wide variety of festive beverages, from dry Champagne and Sauvignon Blanc to Oktoberfest beers and lighter Burgundies.

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\$2.79

JULIE'S ORGANIC
Organic Ice Cream
16 oz, selected varieties



\$2.29

CELESTIAL SEASONINGS
Holiday Tea
20 ct., selected varieties



\$7.49

EQUAL EXCHANGE
Organic French Roast Coffee
per pound in bulk



\$2.79

COUNTRY CHOICE ORGANIC
Organic Snacking Cookies
7-8 oz., selected varieties



\$5.79

EQUAL EXCHANGE
Organic Hot Cocoa Mix
12 oz., selected varieties



\$3.49

NATURE'S PATH
Organic Cereal
10.5-14 oz, selected varieties



\$2.49

SANTA CRUZ ORGANIC
Organic Applesauce
6 ct. selected varieties only.



\$7.99

SWEETLEAF
Stevia Sweetener
4 oz
other Sweetleaf products
also on sale



\$5.99

AVALON
Shampoo & Conditioner
11 oz, selected varieties



\$21.99

ENZYMEDICA
Digest Gold
Special order only please.



\$10.99

WELEDA
Skin Food
2.5 oz.



\$5.99

HYLAND'S
Calms Forte
100 tabs,
other Hyland's products
also on sale



\$1.99

NATRACARE
Panty Liners
30 ct, selected varieties



\$19.99

NORDIC NATURALS
Arctic Cod Liver Oil
8 oz, selected varieties
other Nordic Naturals products
also on sale



\$1.49

GREEN FOREST
Bath Tissue
4 pack



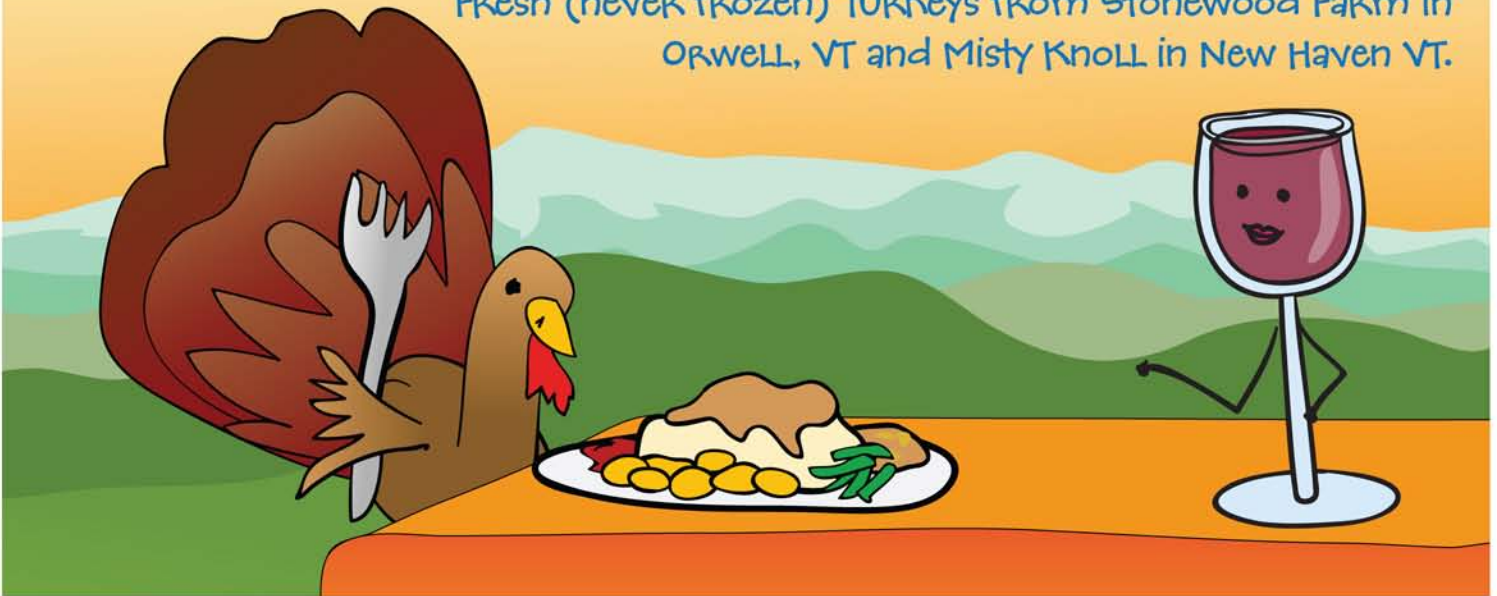
Join the Conversation

StrongerTogether.coop is a website for people to gather on their food journeys. It's a place to find out more about what's in your food, where it comes from, where to find great food, how to prepare it, and a whole lot more. It's also a place to talk with others about food topics you're exploring, are passionate about, and even want to get involved in. StrongerTogether.coop was developed by National Cooperative Grocers Association (NCGA) for our "virtual chain" of over 100 retail food co-ops nationwide.

Find information, recipes, and conversation—at StrongerTogether.coop.

Pre-order your Thanksgiving Turkey Today!

In person at the Seafood counter OR call (802) 861-9705.
Fresh (never frozen) Turkeys from Stonewood Farm in
ORWELL, VT and Misty Knoll in New Haven VT.



Thanks to You!

During the holidays and every day, we are grateful to our customers and members. We truly appreciate your support of our co-op and our community. On behalf of food co-ops across the country, thank you. We're stronger together.



Join the conversation at www.strongertogether.coop

