

coopTM deals

DEC 15 - DEC 28, 2010



\$3.99

PURELY DECADENT
Non-Dairy Frozen Dessert
16 oz., selected varieties



\$2.49

R.W. KNUDSEN
Sparkling Juice
750 ml., selected varieties



\$3.29

BACK TO NATURE
Cookies
6.4-8.5 oz., selected varieties



\$1.99

**FOOD SHOULD
TASTE GOOD**
Tortilla Chips
5.5-6 oz., selected varieties

Featured Inside:

- Tips for putting together a great cheese platter for your next party
- A crowd-pleasing cheese ball recipe with a Mediterranean flair
- Healthy ways to toast the new year
- Spreadable cheeses: they're not just for bagels anymore!



Festive Cheese Ball

Makes one 16-ounce cheese ball. Prep time: 30 minutes.

- 6 ounces light cream cheese, softened
- 1 package (5.2 ounces) Boursin cheese
- 4 ounces cheddar cheese, shredded
- 2 scallions, diced
- 2 tablespoons sun-dried tomatoes, rinsed and dried (if packed in oil), finely diced
- 2 tablespoons pine nuts, toasted and chopped
- 2 tablespoons parsley, chopped
- 2 tablespoons Parmesan cheese, shredded

In a large mixing bowl, blend the cream cheese, Boursin, shredded cheddar, and scallions by hand or with an electric mixer. Once well blended, form the cheese mixture into a ball, wrap in plastic wrap, and refrigerate overnight.

In a small mixing bowl, stir together the sun-dried tomatoes, pine nuts, parsley, and Parmesan. Remove the refrigerated cheese ball from the plastic wrap and roll in the sun-dried tomato mixture until the cheese ball is well coated. Refrigerate or serve.

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



\$1.79

CHOCOLOVE

Chocolate Bar

3.2 oz., selected varieties
Organic Chocolive bars on sale for \$2.29



2/\$5

BARBARA'S

Crackers

9-11 oz., selected varieties



\$4.29

PIRATE BRANDS

Pirate's Booty

10 oz.



\$2.99

CHOICE ORGANIC

Organic Tea

16 ct., selected varieties



\$5.49

Tamari Roasted Almonds

per pound in bulk



\$2.79 **LUNDBURG**
Organic Brown Rice
2 lb., Long or Short Grain



\$9.99
NAPA VALLEY
NATURALS
Organic Extra Virgin Olive Oil
25.4 oz.



\$2.99
ANNIE'S NATURALS
Organic Dressing
8 oz., selected varieties



\$2.99
MARY'S GONE
CRACKERS
Organic Crackers
6.5 oz., selected varieties



\$2.89
BARBARA'S
Puffins Cereal
9-11 oz., selected varieties



\$2.99
RUDI'S ORGANIC
BAKERY
Organic Bread
22-24 oz., selected varieties



\$2.99
ARROWHEAD MILLS
Pancake Mix
26 oz., selected varieties



\$6.99
ONCE AGAIN
NUT BUTTER
Almond Butter
16 oz., selected varieties



\$2.99 Organic White Quinoa
per pound in bulk



\$2.79
BIONATURAE
Organic Fruit Spread
9 oz., selected varieties



Creating a Cheese Platter

- Select three to five cheeses that offer contrasting tastes and textures; pair firm cheeses with creamy ones, mild cheeses with full-flavored varieties.
- Create contrast by choosing cheeses made from different types of milk (cow, goat, sheep).
- Or focus on cheeses from a specific region, like Spain, northern Europe, California, or Vermont.
- Pair cheeses with wines or beers from the same country or region.
- Be sure to serve the cheese at room temperature, and provide a serving utensil for each variety.
- Enhance the tray with olives, cured meats, roasted nuts, and fresh or dried fruits, like grapes, dates, apples, or figs.
- Preserves, jams, honey, and chutney are a sweet surprise drizzled on savory cheeses like aged cheddar, Manchego, or bleu.

Visit www.strongertogether.coop for more ideas for holiday entertaining.



Spreadable Cheeses

If you're making a shopping list for a celebration, and any day qualifies, cheese spread is one item you'll want to highlight! On second thought, make it several items. There are so many cheese spreads available and in so many different flavors, you'll want to try at least a handful. No worries about leftovers after the fun, either. Use soft, flavorful cheese spreads to top baked potatoes or to stuff tomatoes, or as a fruit topping (sweeten with honey if you like). Or simply spread them on your morning toast or bagel to celebrate the new day.



The Real Deal

For simple and tasty additions to your holiday appetizer platter, stuff plain or flavored cream cheese into tiny sweet bell peppers, peppadews, or pitted dates. Sprinkle with freshly chopped herbs or toasted walnuts—so delicious with sparkling wines or cider.

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\$3.49

CIAO BELLA
Sorbet or Gelato
16 oz., selected varieties



\$2.49

BROWN COW
Plain Yogurt
32 oz., selected varieties



\$1.39

NANCY'S
Organic Sour Cream
8 oz.



79¢

HARVEST BAY
Coconut Water
11 oz.



\$2.99

ONE WITH NATURE
Dead Sea Salt Soap
Special Order Only



\$3.49 **ANNIE'S
HOMEGROWN**
Organic Fruit Snacks
4 oz., selected varieties



\$3.99
SHELTON'S
Turkey Sausage
12 oz., selected varieties



\$3.99
ECO-DENT
Toothpowder
2 oz., selected varieties



\$4.49
**RISING MOON
ORGANICS**
Pizza
11 oz., selected varieties



\$6.49
ALBA BOTANICA
Cocoa Butter Hand &
Body Lotion
7 oz.
other Alba Botanica products
also on sale



\$8.99
TOFURKY
Vegetarian Roast
26 oz.



\$4.49
CASTOR & POLLUX
Organic Dog Cookies
12 oz., selected varieties



\$11.99
NATURTINT
Hair Color
each, selected varieties



\$2.69
EARTH FRIENDLY
Dishmate
25 oz., selected varieties



Holiday Beverages: To Your Health!

- Greet your guests with a variety of drinks, like sparkling juices, warm mulled cider, and eggnog or soynog (look for light varieties, make your own using skim milk rather than cream, or dilute traditional eggnog with skim milk).
- At the table, fill festive glasses with plenty of fresh, iced water. Add a slice of lemon, if you like, or drop a whole cranberry in each section of an ice cube tray before filling with water for a pretty effect.
- If you're serving alcohol, wine is a better choice. While all alcoholic beverages tend to be high in calories, wine (especially red wine) also provides resveratrol, a healthful antioxidant.
- End your gathering with Fair Trade coffee or tea.

For more great ideas and tips, visit
www.strongertogether.coop.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

13th annual sale of

HOLIDAY TREES

to benefit **COTS**

(Committee on Temporary Shelter)

Dec. 10 - 19

(or until we run out of trees)

Fresh balsams
grown in Craftsbury, VT



Trees are on sale the entire time the store is open, 7 a.m. - 11 p.m. Outside customer service will be on hand for tree-tying assistance early evenings and weekends.



\$7.99

BOIRON
Quietude

Special Order Only.



\$17.99

SPECTRUM
ESSENTIALS

1000mg. Fish Oil Softgels
250 ct.



Happy new year!

Best wishes for a healthy, happy new year from all of us at the co-op—we look forward to serving you in 2011.

And thank you for your support!



\$17.99

RAINBOW LIGHT
Women's One Multivitamin

90 ct.
other Rainbow Light products also on sale



\$18.99

NEW CHAPTER
Probiotic All-Flora

60 vcaps
all New Chapter products on sale

Join the conversation at www.strongertogether.coop

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