

coopTM deals



JUNE 15 - JUNE 28, 2011



2/\$3

SANTA CRUZ ORGANIC
Organic Lemonade
32 oz., selected varieties



\$2.99

SALPICA
Salsa
16 oz., selected varieties



\$2.79

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



\$1.79

BLUE DIAMOND
Almond Breeze
32 oz., selected varieties

Featured Inside:

- The fresh focus is on blueberries
- Berry nutrition facts: they're antioxidant power houses
- Try a tangy and delicious blueberry barbecue sauce recipe
- Cheese for dessert? It's a natural--and so simple



Grilled Pork Chops with Blueberry Barbecue Sauce

Makes 4 servings. Prep time: 30 minutes.

- 4-6 pork loin chops, bone-in or boneless
- 2 tablespoons vegetable oil
- ½ cup shallots, minced
- 2 tablespoons fresh garlic, minced
- 1 tablespoon ground ginger
- 1 teaspoon chipotle chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground black pepper
- ¼ teaspoon ground cinnamon
- 1 cup blueberries
- ½ cup ketchup
- ¼ cup rice wine vinegar or apple cider vinegar
- ¼ cup brown sugar
- 3 tablespoons water
- 3 tablespoons tamari
- 1 tablespoon stone-ground mustard

In a medium-sized skillet, heat 2 tablespoons of the oil and sauté the minced shallots and garlic over medium heat for 3 minutes. Add the spices and sauté 1 minute more. Remove the skillet from the heat and place mixture into a food processor. Add the ketchup, vinegar, brown sugar, mustard, tamari and water, and purée the mixture, then add the blueberries and purée until smooth. Set sauce aside.

Lightly brush the grill and the pork chops with a little oil; then season chops with salt and pepper. Grill the chops, covered, for about 6 minutes on each side or until they reach an internal temperature of 155 degrees F. Baste with the barbecue sauce during the final few minutes.

Remove the chops from the grill and let them rest, covered, for 5 minutes. Dress the chops with the barbecue sauce and serve with additional sauce on the side.

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



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



\$4.49
MIDDLE EARTH ORGANICS
Organic Pasta Sauce
19.8 oz., selected varieties



\$1.79
SAN-J
Tamari
10 oz., selected varieties
Reduced Sodium \$2.39



\$3.29
BRAGG
Liquid Aminos
16 oz.



\$2.29 **CROWN PRINCE**
Smoked Oysters
in Olive Oil
3 oz.



\$3.29

NATURE'S PATH
Organic Optimum Cereal
11-14 oz., selected varieties



\$3.49

NEW MORNING
Organic Graham Crackers
14.4 oz., selected varieties



\$2.89

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



\$2.49

SANTA CRUZ ORGANIC
Organic Applesauce
23 oz., selected varieties



\$3.29

KASHI
Organic Cereal
10.4-17.5 oz., selected varieties



\$2.99

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



\$2.79

DOCTOR KRACKER
Organic Flatbread Crackers
7 oz., selected varieties



\$2.99 **FOOD FOR LIFE**
English Muffins
16 oz., selected varieties



\$2.99

NEW ENGLAND NATURALS
Save the Forest Granola
per pound in bulk
other Bulk Granola also on sale



\$8.99

EQUAL EXCHANGE
Organic Midnight Sun Coffee
per pound in bulk



Blueberries

Want to transform an otherwise plain muffin, scone or pancake? Add a few blueberries! Luscious and lovely to look at, blueberries easily upgrade custards, puddings and French toast, too. While they can take center stage in traditional pies and cobblers, they also co-star well with other fruits, like strawberries and raspberries. And a handful of the fresh indigo berries atop your yogurt or cereal, or popped in your mouth literally bursts with flavor! Fully-ripened berries are highest in antioxidants (and the fruit does not ripen after harvest). Fresh blueberries are best stored in the refrigerator (unwashed) for up to five days, in layers of paper towels and covered with plastic wrap. Wash and dry the berries just before using.

For more great food ideas and information about seasonal produce, visit www.strongertogether.coop.



Dessert Cheeses

Looking for a satisfying, easy, elegant way to end your meal? Cheese might not be the first thing that comes to mind, but it makes for a fabulous dessert. Imagine a soft chevre with raspberries and roasted pecans, for example. For a more extravagant spread, choose a few cheeses, combining flavors (mild and strong) and textures (soft and hard). Add a couple of accompaniments to the plate. Fresh fruit (grapes or pears), dried fruit (figs or apricots), and nuts (spiced walnuts or roasted hazelnuts) are classic.



The Real Deal

For a special summer cheese plate, arrange cheeses on a platter with fresh berries and drizzle with balsamic vinegar or a tiny bit of honey. Serve dessert cheese at room temperature with a sweet or semi-sweet wine, coffee, or Belgian beer.

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\$2.79

BEARITOS
Yellow Tortilla Chips
16 oz., selected varieties



\$4.49

PIRATE'S BOOTY
Snacks
10 oz., selected varieties



\$3.29

BLUE SKY FREE
Zero Calorie Soda
6 pack, selected varieties



\$3.29

MARY'S GONE CRACKERS
Organic Gluten-Free Cookies
5.5 oz., selected varieties



99¢

Q.BEL
Candy
.9-1.1 oz., selected varieties



\$4.99

FRENCH MEADOW
Organic Bread
24 oz., selected varieties



\$4.29

PUTNEY PASTA
Family Pack Pasta
16 oz., selected varieties



\$3.49

AMY'S
Indian Entrees
9.5-10 oz., selected varieties



\$11.99

SEVENTH GENERATION
2X Concentrated Laundry Detergent
100 oz., selected varieties



2/\$5

SEVENTH GENERATION
Dish Liquid
25 oz., selected varieties



3/\$5

GREEN FOREST
Bath Tissue
4 pack



\$5.29

ALL TERRAIN
Herbal Armor Spray
4 oz., selected varieties



\$1.79

PETGUARD
Dog Food
14 oz., selected varieties



\$2.99

NATRACARE
Regular Feminine Care Pads
14 ct.
other Natracare products also on sale



\$9.99

JASON
Body Wash
30 oz., selected varieties



\$4.99

GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties
other Giovanni Haircare also on sale



\$2.99

ONE WITH NATURE
Dead Sea Mineral Soap
7 oz., selected varieties



\$25.99

NEW CHAPTER
Every Man's One Daily
48 ct.



\$23.99

FLORA
FlorEssence Herbal Tea Blend
Special Order only please.



\$11.99

ALACER
Emergen-C Joint Health
30 ct., selected varieties
other Emergen-C Functionals also on sale



Bountiful Berries

Besides being absolutely delicious, summer's bountiful berries are nutritional powerhouses. According to researchers at the Human Nutrition Research Center on Aging at Tufts University, four of the top ten antioxidant fruits are blueberries, blackberries, strawberries and raspberries (in case you're curious, the other six are prunes, raisins, plums, oranges, red grapes and cherries). Antioxidants include Vitamin C, Vitamin E, Beta-carotene, B vitamins, folate, lycopene, lutein and many others. Eating a diet rich in antioxidants may play a role in preventing diseases, according to the Mayo Clinic, including macular degeneration, Alzheimer's, heart disease and cancer.

A single cup of berries provides ample antioxidants and other nutrients like fiber, too. So pile them on your plate, whip them up with yogurt and bananas in a healthy smoothie treat. Freezing fresh berries is amazingly simple; just wash the fresh fruit in cold water and arrange berries in a single layer on a baking sheet. Pop them in the freezer, and once they're frozen, store in zip-lock bags or sealable containers. You can take out as few or as many as you like come colder weather for your favorite recipe or breakfast cereal.

For more information and great ideas about seasonal foods, visit www.strongertogether.coop.



\$3.99

SO DELICIOUS
Organic Dairy-Free Dessert
32 oz., selected varieties



\$1.99

LET'S DO ORGANIC
Organic Ice Cream Cones
2.3 oz.
Other varieties also on sale
\$2.49-\$3.29



\$1.89

WALNUT ACRES
Organic Baked Beans
15 oz., selected varieties



\$2.99

GARDENBURGER
Veggie Burgers
10 oz., selected varieties



99¢

LUNA
Nutrition Bar for Women
1.69 oz., selected varieties

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



\$2.99 **ORGANIC VALLEY**
Organic Butter
8 oz., selected varieties



\$1.19 **CHOBANI**
Greek Yogurt
6 oz., selected varieties



\$2.79
LIFEWAY
Lowfat Kefir
32 oz., selected varieties



\$2.79
KOZY SHACK
Tapioca Pudding
22 oz., selected varieties



\$2.49
GALAXY NUTRITIONAL FOODS
Vegan Rice Cheese
6.7 oz., selected varieties



\$3.29
FOLLOW YOUR HEART
Original Veganaise
16 oz.



\$1.79 **LUNDBERG FAMILY FARMS**
Organic Sushi Rice
per pound in bulk



99¢ **BULK**
Organic Millet
per pound in bulk



\$2.99 **BULK**
Organic Peanut Butter Stock
per pound in bulk



\$4.19 **BULK**
Organic Pitted Prunes
per pound in bulk



Healthy Choices at Your Co-op

Adopting a healthy lifestyle and staying on track with a wholesome diet is easier when you get support for your efforts. Your local food co-op can help you in your quest to eat sensibly by offering an array of foods that are fresh, nutritious, and produced with care. Our purpose is to give you the best in quality and variety so you can easily meet your goals. That's what co-ops are about: we're stronger together.

Visit www.strongertogether.coop for more ideas on healthy eating and great recipes.

Thursdays at the Intervale

City Market is a proud local partner of the Intervale Center.



Starting June 30, join us every Thursday this summer at the Intervale for local food, music, tasting events and family activities. For more information, visit www.intervale.org



\$5.49

DR. BRONNER'S
Organic Shave Gel
7 oz., selected varieties



\$6.49

THAYERS
Witch Hazel
12 oz., selected varieties



What are we all about?

We are over 100 consumer-owned grocery co-ops working together to bring our passion for good food, our partnerships with local farmers and suppliers, and our care for the community and the planet to you. Connecting you with other co-op consumers across the country—we're stronger together!

Join the conversation at www.strongertogether.coop

