

coopTM deals

JUNE 29 - JULY 12, 2011



2/\$5

RUDI'S ORGANIC BAKERY
Organic Hot Dog Buns
12 oz., wheat or white



\$1.59

SANTA CRUZ ORGANIC
Lemonade
32 oz., selected varieties



\$1.99

POPCHIPS
Potato Chips
3 oz., selected varieties



\$3.89

NEWMAN'S OWN
Dressing
16 oz., selected varieties

Featured Inside:

- Savor the season with sweet honeydew melon
- A tabbouleh salad recipe with a summertime twist
- Picnic picks from your co-op's deli make outdoor dining a simple pleasure
- Hints and tips for eating local--on a budget!



Melon Tabbouleh

Serves 6-8. Prep time: 30-40 minutes.

- ¾ cup bulgur*
- 1 cup boiling water
- 1 large bunch curly parsley, washed and finely chopped
- 2 cups honeydew melon, seeded, peeled, and diced
- 1 bunch scallions, sliced thin
- 2 tablespoons fresh mint, minced (about ½ ounce)
- ¼ cup lemon juice (about 2 lemons)
- Salt and pepper to taste
- Pinch of cayenne pepper
- ½ cup diced red bell pepper (optional, for garnish)

In a small bowl, pour the boiling water over the bulgur and let it sit for 15-20 minutes, until the water is absorbed and the bulgur is tender. Allow the bulgur to cool. Mix the parsley, melon, scallions, mint, lemon juice, salt, pepper, and cayenne in a large bowl. Toss with the cooled bulgur. Garnish with diced red pepper.

Serving suggestion: Enjoy this light, summery Middle Eastern salad with stuffed grape leaves or serve with grilled meats, poultry or kabobs.

*Bulgur is a quick-cooking form of whole wheat; unlike cracked wheat, it has been parboiled. Bulgur has a nutty, earthy flavor, and can be found in your co-op's bulk department or packaged grains section.

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



99¢

HONEST TEA
Organic Ready-to-Drink Tea
16 oz., selected varieties



\$2.99 **INES ROSALES**
Sweet Olive Oil Tortas
6.34 oz., selected varieties



\$2.29 **BULK**
Organic Couscous
per pound in bulk



\$2.59 **BULK**
Organic Sunflower Seeds
per pound in bulk



\$7.29 **BULK**
Organic Walnuts
per pound in bulk



2/\$3

SO DELICIOUS
Coconut Milk Yogurt
6 oz., selected varieties



69¢

CASCADE FRESH
Low Fat or Fat Free Yogurt
6 oz., selected varieties



\$2.99

KASHI
GoLean Cereal
14.1-25 oz., selected varieties



\$3.99

ORGANIC VALLEY
Organic Lactose Free Milk
64 oz., selected varieties



\$2.29

RICE DREAM
Rice Drink
32 oz., selected varieties



\$2.79

COUNTRY CHOICE ORGANIC
Organic Sandwich Cookies
12 oz., selected varieties



\$2.79

BIONATURAE
Organic Fruit Spread
9 oz., selected varieties



\$2.99

R.W. KNUDSEN
Just Black Cherry Juice
32 oz.
other Just Juice also on sale



\$3.59

WESTSOY
Chicken-Style Seitan
18 oz.



\$2.79

KOZY SHACK
Pudding
22 oz., selected varieties



Honeydew

Judging by its modest exterior, you might expect ho-hum flavor from honeydew, but this juicy delight is the sweetest of the muskmelons. If the seeds rattle when you gently shake the melon, it's especially juicy! Slice it into wedges and serve with a raspberry sauce. Scoop it with a melon baller and combine with other melons, berries, and kiwi for a colorful and delicious fruit salad, sprinkled with coconut and chopped dried fruit. Blend it with vanilla yogurt—or simply enjoy a wedge—for a nutritious snack. You'll satisfy your sweet tooth and about half of your vitamin C requirement for the day.

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



Fresh in the Deli

Co-ops chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature. This month's featured dishes would be a great addition to your next impromptu picnic or patio party.

Picnic Picks

Black Bean and Corn Salsa

Recipe courtesy of Peoples Food Co-op
La Crosse, Wisconsin

This vibrant salsa is sweetened with honey and spiced up with cumin, coriander and a dash of cayenne pepper. Try it on top of a burger or grilled tuna steak or serve with your favorite corn chips!

save 75¢ per lb.

Crazy Chicken Salad

Recipe courtesy of Greenfields Market
Greenfields, Massachusetts

Scooped into a sliced croissant or served atop a bed of crisp romaine lettuce, this inspired chicken salad delivers big flavor from the tart, dried cranberries and sweet toasted almonds.

save \$1.00 per lb.

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



\$4.49 ALDEN'S
Organic Ice Cream
48 oz., selected varieties



\$2.99
GREEN MOUNTAIN
GRINGO
Salsa
16 oz., selected varieties



2/\$3
GREEN MOUNTAIN
GRINGO
Tortilla Strips
8 oz.
Organic tortilla strips
on sale for \$1.99



\$3.49 BLUE SKY
Organic Soda
6 pack, selected varieties



\$2.99
SO DELICIOUS
Coconut Milk Novelties
4 ct., selected varieties



\$3.99 **QUORN**
Meatless Burgers
8.4-9.9 oz., selected varieties



\$7.99
WOODSTOCK FARMS
Lump Hardwood Charcoal
8.8 lb.



\$4.99 **HENRY & LISA'S**
Salmon Burgers
12.8 oz., selected varieties



\$1.99
WOODSTOCK FARMS
Organic Mustard
8 oz., selected varieties



\$2.79 **LIGHTLIFE**
Veggie Protein Links
12 oz., selected varieties



\$3.49
WOODSTOCK FARMS
Organic Pickles
24 oz., selected varieties



\$2.29
MUIR GLEN
Organic Ketchup
24 oz.



\$2.49
ANNIE'S NATURALS
Organic BBQ Sauce
12 oz., selected varieties



\$2.79
WORLD CENTRIC
9-inch Fiber Plates
20 ct.
other World Centric products also on sale



\$5.29
ALL TERRAIN
Herbal Armor
Insect Repellent
4 oz., selected varieties
Special Order Only

EAT BECAUSE
WOODSTOCK™
IT'S GOOD!

Enter
FOR A CHANCE TO WIN
A Weber
One-Touch® Silver
CHARCOAL
GRILL



WOODSTOCK™
has a
New look
and more
great products!

ALL-NATURAL LUMP
HARDWOOD CHARCOAL

Don't forget to grab your
Woodstock™ Organic Condiments!

No purchase necessary to win. Void where prohibited.
Entry forms available at participating Co+op Deals Stores.
Prize will be awarded at each Co+op Deals Store at the end
of the promotion. Woodstock is an official sponsor of
American Farmland Trust and will be raising awareness
and funds on behalf of this non-profit organization.
American Farmland Trust (AFT) is dedicated to
preserving land for sustainable farming.

Save the Land
Proud Supporter of
American Farmland Trust



Eating Local on a Budget

Maybe you've noticed the buzz about "eating local," and you'd like to give it a try—after all, wouldn't it be great to know more about where your food comes from and enjoy the benefits of freshly picked, locally raised foods?

You can find great local food values if you know where (and when) to look!

Here are some good strategies:

- Learn what's in season (check the website www.strongertogether.coop for a start, or visit your local farmers market)
- Get to know local farmers and producers
- Look for local products your co-op's aisles
- Join a community-supported agriculture (CSA) program
- Cook more often
- Grow your own veggies, herbs or fruit

For an expanded version of this article, go to www.strongertogether.coop and search for "Local on a Budget," or find more information on local foods at www.eatlocalamerica.coop.

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



\$2.99

LOCKER
Wafer Cookies
8.82 oz., selected varieties



2/\$5

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



\$1.99

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



99¢

CLIF BAR
Energy Bar
2.4 oz., selected varieties



\$1.99

ENDANGERED SPECIES
Chocolate Bar
3 oz., selected varieties
Organic chocolate bars also on sale



2/\$3

NATURAL SEA
Chunk Light Yellowfin Tuna
6 oz., selected varieties



\$3.99

MEDITERRANEAN ORGANIC
Organic Roasted Peppers
16 oz., selected varieties



\$7.99

SPECTRUM NATURALS
Organic Canola Oil
32 oz.



\$2.59

RISING MOON ORGANICS
Organic Frozen Pasta
8 oz., selected varieties



\$1.89

FANTASTIC WORLD FOODS
Dinner Mix
2.7-10 oz., selected varieties



\$1.99

SESMARK
Rice Thins
3.5-4.25 oz., selected varieties



\$6.49

SEVENTH GENERATION
Liquid Laundry Detergent
50 oz., selected varieties



\$4.49

JASON
Toothpaste
4-6 oz., selected varieties



\$4.99

SHIKAI
Color Reflect Shampoo or
Conditioner
8 oz., selected varieties
Special Order Only



\$5.79

DESERT ESSENCE
Thoroughly Clean Face Wash
8.5 oz., selected varieties
Special Order Only



\$2.99

LILY OF THE DESERT
Aloe Vera Gelly
4 oz.
other Aloe Vera
products also on sale



\$19.99

NEW CHAPTER
Probiotic All-Flora
60 ct.
all New Chapter products on sale



\$19.99

NORDIC NATURALS
Arctic Cod Liver Oil
8 oz., selected varieties



\$12.99

MANITOBA HARVEST
Hemp Protein Powder
16 oz., selected varieties



\$11.99

PETER GILLHAM'S
Natural Calm
8 oz., selected varieties

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

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



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

