

coopTM deals

SEPT 14 - OCT 4, 2011



5/\$4

STONYFIELD
Organic Lowfat Yogurt
6 oz., selected varieties



2/\$6

RUDI'S
Organic Bread
20-22 oz., selected varieties



\$2.99

CASCADIAN FARM
Organic Frozen Juice
Concentrate
12 oz., selected varieties



2/\$3

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties

Featured inside:

- Baked, roasted or raw: versatile cauliflower is delicious
- Make Aloo Gobi, curried cauliflower, with this issue's easy recipe
- Cheddar cheese complements fall flavors beautifully
- Does your co-op rock? Show us why and win great prizes!



Aloo Gobi (Curried Cauliflower)

Serves 4-6. Prep time: 60 minutes.

- 2 tablespoons vegetable oil
- 1 cup yellow onion, diced
- 1 pound cauliflower, cut into bite-sized florets
- 1 pound potatoes, peeled and cut into bite-sized cubes
- ½ cup water
- ¼ pound tomatoes, diced (about ½ cup)
- 1 tablespoon jalapeno, seeded and minced
- 1 tablespoon fresh garlic, minced
- 1 tablespoon fresh ginger, peeled and minced
- 1½ teaspoons ground cumin
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 2 tablespoons fresh cilantro, minced
- Salt and pepper to taste

In a large saucepan or a skillet with a lid, heat the vegetable oil over medium-high heat. Sauté the onion for a few minutes and add the jalapeno, garlic, ginger, cumin and turmeric along with a pinch of salt. Sauté for 1-2 more minutes. Add the potatoes, tomatoes and the water, cover, and simmer 6-8 minutes. Add the cauliflower, cover the pot and simmer another 20 minutes until the vegetables are tender. Stir in the garam masala and cilantro and season with salt and pepper. Serve with brown or white rice.

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



\$2.99

NANCYS
Organic Yogurt
32 oz, selected varieties



\$3.29

DAIYA
Dairy Free Cheese
8 oz, selected varieties



\$2.99

SALPICA
Salsa
16 oz, selected varieties



\$2.99

LITTLE BEAR
Tortilla Chips
16 oz, selected varieties



99¢

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



3/\$5

**ANNIE'S
HOMEGROWN**
Organic Pasta & Cheese Dinner
6 oz., selected varieties



\$3.29 **NANCY'S**
Organic Cottage Cheese
16 oz.



\$1.99

NASOYA
Tofu
14 oz., selected varieties



\$1.89

SAN-J
Tamari Soy Sauce
10 oz.
other San-J products also on sale



\$1.89 **DEBOLES**
Organic Pasta
8 oz., selected varieties



\$21.99 **ZOE**
Organic Extra Virgin Olive Oil
88 oz.



\$2.79 **PACIFIC NATURAL
FOODS**
Organic Broth
32 oz., selected varieties



\$2.29 **DREW'S**
Organic Salad Dressing
8 oz., selected varieties



2/\$3 **WESTBRAE**
Organic Beans
15 oz., selected varieties



\$3.79 **LUNDBERG FAMILY
FARMS**
Organic Brown Basmati Rice
32 oz.
other packaged rice also on sale



Cauliflower

A regular on the veggie platter, raw cauliflower is crunchy-crisp and fresh-tasting, almost nutty and sweet. Cauliflower is delicious cooked too, of course; just be sure not to overcook for the best texture and nutritional value. Try it sautéed or oven-roasted, with olive oil, a bit of garlic, sea salt, and fresh herbs. Add it to a curry. Or use it as the basis of a casserole, perhaps topped with cheese. It can even be cooked and mashed like potatoes. The bright white florets are always lovely, but you can also sometimes find purple, orange and green varieties to brighten your dishes!

For more information on what's in season and great recipes, visit www.strongertogether.coop.





Cheddar

Cheddar is the most widely made and eaten cheese in the world, and no wonder! Cheddars range from mild, sweet and grassy to sharp and assertive, with textures from smooth to crumbly, depending on how long the cheeses have been aged. You can find Cheddars that pair well with everything from apple pie to sautéed mushrooms. Cheddar cheese is a versatile ingredient in soups, breads, casseroles, omelets, sandwiches, and quiches. It melts well, shreds easily, and transforms an ordinary plate of steamed broccoli or cauliflower into a special side dish.



The Real Deal

Cheddar cheeses will keep for two months or more, wrapped and refrigerated. A quarter pound will make about a cup of grated cheese, and just in case you're completely out of Cheddar, Gouda can be a fine substitute in most recipes.

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\$3.49

SAHALE
Fruit & Nut Blend
4 oz, selected varieties



2/\$5

EDWARD & SONS
Brown Rice Snaps
3.5 oz, selected varieties



\$1.99

SUZIE'S
Flatbread Crackers
4.5 oz, selected varieties



99¢

LARABAR
Nutritional Bar
1.6-1.8 oz, selected varieties



\$2.29

THEO
Organic Chocolate Bar
3 oz, selected varieties
some varieties on sale for \$1.99
and \$2.79



\$3.99

FOOD/LIFE
Organic Cereal
16 oz., selected varieties



\$2.39

CASCADIAN FARM
Organic Fruit Spread
10 oz., selected varieties



\$4.29

MARANATHA
Organic Peanut Butter
16 oz., selected varieties



\$3.39

ARROWHEAD MILLS
Pancake and Waffle Mix
26 oz., selected varieties



2/\$6

BARBARA'S
Shredded Cereal
13-14 oz., selected varieties



\$5.99

SO DELICIOUS
Coconut Milk Beverage
8 pack, selected varieties



99¢

BULK
Organic Steel Cut Oats
per pound in bulk



\$7.99

WHOLESOME SWEETENERS
Organic Raw Blue Agave
44 oz.



\$1.29

MORINU
Silken Tofu
12.3 oz., selected varieties



\$3.49

LAKWOOD ORGANIC
Organic Juice
32 oz., selected varieties



99¢

BULK
Organic Millet
per pound in bulk



2/\$6

YOGI
Tea
16 ct., selected varieties



\$2.99

BULK
Organic Peanuts
per pound in bulk



\$2.99

KOZY SHACK
Pudding
22 oz., selected varieties



Preserving the Harvest

From keeping lettuce crisp to enjoying homemade tomato sauce year-round, food preservation methods are the key to making good things last. Preserving food can be as simple as squeezing a little lemon juice on an avocado slice to prevent browning or as complicated as pressure canning your own venison stew. It's only natural to want to enjoy your favorite foods throughout the year, and to keep them tasting as close to fresh-picked as you can. Food preservation can be much more than just practical methods to keep an abundance of fresh food from going bad. A bumper crop of raspberries or a CSA box full of cabbage can lead to new recipes and fun, creative ways to enjoy your favorite foods. If you think fresh basil is delicious during the summer, imagine how delicious that bright spark of flavor would be on some creamy pasta in the middle of winter! Preserving food also translates into saving money and keeps food out of the compost bin.

To learn more about simple ways to preserve food, visit www.strongertogether.coop and read the article "Preserving Your Organic Harvest."



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\$4.49

RISING MOON ORGANICS
Family-Size Organic Pasta
16 oz., selected varieties



\$4.49

RISING MOON ORGANICS
Pizza
11 oz., selected varieties



\$2.99

JOVIAL
Organic Einkorn Cookies
8.8 oz., selected varieties



\$2.49

ANNIE'S HOMEGROWN
Snack Crackers
7-7.5 oz., selected varieties



\$3.49

ECOVER
Delicate Wash
32 oz.
other Ecover products
also on sale



\$4.49

DR. BRONNER'S
Liquid Castile Soap
8 oz., selected varieties



\$13.99

AUBREY
Rosa Mosqueta Moisturizing Cream
4 oz.
other Aubrey products also on sale



\$5.99

DESERT ESSENCE
Hand & Body Lotion
Special Order Only



\$10.99

CASTOR & POLLUX
Adult Dog Food
5.25 lb.
other pet food also on sale



\$19.99

EMERITA
Pro-gest Cream
2 oz.



\$10.99

JASON
Age Renewal Vitamin E Crème
4 oz.



\$5.99

BOIRON
Chestal for Children
4.2 oz., selected varieties



\$35.99

NEW CHAPTER, INC.
Wholemega 1,000 mg
120 sq., selected varieties



\$26.99

RENEW LIFE
CleanseSmart
Special Order Only



\$7.99

YERBA PRIMA
Psyllium Husks Powder
12 oz.
other Yerba Prima products also on sale

community



coopTM
stronger together

WHY DOES YOUR CO-OP ROCK?



Show us for a chance to win big!

The My Co-op Rocks Contest is back and better than ever! Starting Sept. 1 through Oct. 31st, enter your original video or photo online featuring your own local color and tell everyone why your co-op rocks. Get in on the action at www.MyCoopRocks.coop, where you can check out everyone's submissions, leave comments and ratings, and enter your own creation for a chance to win super sweet prizes.

Win cool prizes!



1st Apple iPad2



2nd \$500 Co-op Gift Card



3rd Bloggie Duo HD Camera



www.MyCoopRocks.coop

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:



City Market's 9th Annual Harvest CeLebration

The Kick-Off to Eat Local Week!

Sunday, October 2
Noon – 4:00 p.m.



Join the “Real Food >>> Road Trip”

Food co-ops around the country are proud sponsors of The Perennial Plate, an online weekly documentary series dedicated to socially responsible and adventurous eating. Chef/activist Daniel Klein and camerawoman Mirra Fine are telling the stories of real food and the people who provide it in every corner of the country. Daniel and Mirra may even be coming to a food co-op near you! For more information, visit www.theperennialplate.com or www.strongertogether.coop.



(top photo: Daniel Klein, courtesy of Stephanie Colgan,
bottom photo: courtesy of Kate Sommers)



\$1.19

SWEET LEAF
Ready-to-Drink Tea
16 oz, selected varieties



\$3.99

TOM'S OF MAINE
Toothpaste
4.2-5.5 oz., selected varieties

Join the conversation at www.strongertogether.coop

