

coopTM deals

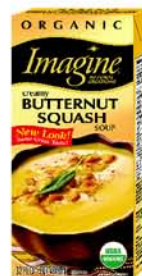
OCT 5 - OCT 18, 2011



\$1.99 **BIONATURAE**
Organic Spaghetti
16 oz., selected varieties



\$12.99
**SPECTRUM
NATURALS**
Organic Extra Virgin
Mediterranean Olive Oil
33.8 oz.



2/\$6
IMAGINE
Organic Soup
32 oz., selected varieties



\$2.99
LAKWOOD ORGANIC
Organic Heart Healthy
Pomegranate Juice Blend
32 oz., selected varieties

Featured Inside:

- Wonderful winter squash (with a recipe for a maple-baked version)
- Fall favorites in the co-op deli, like nutted wild rice
- Does your co-op rock? Show us why and win great prizes!
- It's Fair Trade Month and Co-op Month; learn more inside



Maple-Glazed Acorn Squash

Serves 4. Prep time: 30 minutes.

- 2 acorn squash (about 2 ½ pounds)
- 2 tablespoons butter
- 3 tablespoons maple syrup
- ¼ teaspoon cinnamon
- ⅛ teaspoon garam masala*
- Salt and pepper

Preheat oven to 425 degrees F. Cut each squash into 4 equal rings, removing the stems. Place the squash onto a large rimmed sheet pan or 2 casserole dishes. Pour about a half-inch of water into the dishes or the sheet pan and sprinkle the squash with salt and pepper. Bake the squash for 15-20 minutes. While the squash is cooking, melt the butter and combine it with the maple syrup, cinnamon and garam masala. Remove the squash from the oven, pour off any remaining water and brush liberally with the melted butter mixture. Bake 5 minutes, brush again with the remaining butter mixture and bake another 5 minutes.

*Garam masala is a traditional Indian blend of spices that typically includes cumin, coriander, black pepper, cloves, cardamom, and sometimes others as well. Many co-ops carry garam masala in the spice section.

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



2/\$3

GREEN MOUNTAIN GRINGO
Tortilla Strips
8 oz.
Organic Strips on sale for \$1.99



\$2.99

GREEN MOUNTAIN GRINGO
Salsa
16 oz., selected varieties



\$3.49

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



\$2.99

NEWMAN'S OWN ORGANICS
Fig Newmans
10 oz., selected varieties



\$4.99

GLUTINO
Gluten-Free Pretzels
14.1 oz.
other Gluten-Free Snacks also on sale



\$2.79

**ANNIE'S
HOMEGROWN**
Deluxe Pasta & Cheese Dinner
9.5-11 oz, selected varieties



\$3.49

BOVE'S
Pasta Sauce
24 oz, selected varieties



2/\$3

CROWN PRINCE
Tongol Tuna
6 oz, selected varieties



\$1.99

MUIR GLEN
Organic Tomatoes
28 oz, selected varieties



\$2.39

ANNIE CHUN
Soup Bowl
5.3-5.9 oz, selected varieties



\$1.99

POPCHIPS
Potato Chips
3 oz, selected varieties



\$2.69

BULK
Organic Raw Sunflower
Seeds
per pound in bulk



\$3.99

PAMELA'S PRODUCTS
Wheat-Free, Gluten-Free
Brownie Mix
16 oz.
other Baking Mixes also on sale



\$1.29

BUMBLE BAR
Organic Energy Bar
1.4 oz, selected varieties



\$4.99

MANITOBA HARVEST
Shelled Hemp Seed
8 oz.

Winter Squash

The shapes, sizes and colors of winter squash are so diverse you might not even be able to tell they're all from the same vegetable family. Ranging from knotty green Hubbards to smooth butternuts and outrageous turbans, winter squash are as versatile as they are variegated. Use these delightfully delicious gourds to add bright color and great nutrition to any menu, including smooth soups featuring onions and apples, main-dish gratins topped with gruyere, spicy sauces with garlic, ginger and jalapeños, golden muffins spiced with cinnamon and cloves, and even desserts—try a golden winter squash pie or squash and cranberry cookie.

For more information on what's in season and delicious recipes, 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. These autumn-themed dishes are both satisfying and savory.

Fall Favorites

Indian Spiced Bean Dip

Recipe courtesy of Wheatsfield Co-op
Ames, Iowa

Hearty and warming, spiced with curry and garlic, this bean dip is perfect for a fall tailgate party. Serve with whole-grain pita chips and crispy carrot sticks.

save 50¢ per lb.

Nutted Wild Rice

Recipe courtesy of Hanover Co-op Food Stores
Hanover, New Hampshire

This blend of wild and brown rice with pecans, dried cranberries, fresh mint and a splash of orange juice is delicious with poultry or stuffed into a baked squash.

save 75¢ per lb.

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



\$3.49

MARY'S GONE CRACKERS

Organic Wheat-Free,
Gluten-Free Crackers
6.5 oz., selected varieties



\$3.29

ETHNIC GOURMET

Indian Entrees
10-11 oz., selected varieties



\$2.29

LIGHTLIFE

Smart Deli Slices
5.5 oz., selected varieties



\$3.99

RUDI'S

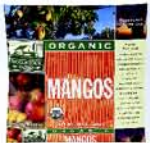
Gluten-Free Bread
18 oz., selected varieties



\$2.29

HIGH COUNTRY

Organic Kombucha
16 oz., selected varieties



\$2.79

WOODSTOCK FARMS

Organic Frozen Mangos
10 oz.
other Frozen Fruit also on sale



\$3.49

CIAO BELLA

Sorbet or Gelato
16 oz., selected varieties



\$3.29

BOCA

Veggie Burgers
10 oz., selected varieties



\$3.29

NATE'S

Meatless Meatballs
10.5-12 oz., selected varieties



\$4.29

NATURAL SEA

Fish Sticks or Fish Fillets
8 oz.



\$2.29

ALEXIA

Oven Fries
15-16 oz., selected varieties



\$3.99

EARTH BALANCE

Organic Coconut Spread
10 oz.



\$29.99

FLORA

FlorEssence Tea Blend
17 oz.
Special order only



\$8.99

EMERGEN-C

Health and Energy Booster
30 ct., selected varieties



\$12.99

HONEY GARDENS

Apitherapy Honey Elderberry Syrup
8 oz.
other Apitherapy products also on sale

community



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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



October is Co-op Month

Food co-ops were founded with the mission to be the most trusted source for the best in fresh, wholesome food. People from all walks of life came together to meet their community's needs based on the value of local ownership. Co-op owners help build something special—a store owned by the people who patronize it.

Every October, we celebrate cooperation and the power it has to improve lives. For nearly two centuries, this win-win approach to doing business has led to cooperatives forming worldwide in food, child care, housing, agriculture, health care, and utilities. It is estimated that cooperatives in the US generate nearly \$500 billion in revenue annually and provide more than 850 thousand jobs. More than 350 million Americans are members of approximately 290 thousand cooperatives (not just food co-ops, of course)! You can learn more about cooperatives at www.strongertogether.coop or www.go.coop.



89¢

WHOLESOY
Soy Yogurt
6 oz., selected varieties



\$2.49

GOLDEN TEMPLE
Bulk Granola
per pound in bulk



\$2.99

BULK
Sweetened Dried
Cranberries
per pound in bulk



2/\$6

RUDI'S
Organic Bread
20-24 oz., selected varieties



99¢

BULK
Organic Steel Cut Oats
per pound in bulk



\$1.99

BLUE DIAMOND
Almond Breeze
32 oz., selected varieties



\$1.79

SANTA CRUZ ORGANIC
Organic Juice Boxes
3 pack, selected varieties



\$2.29

BOULDER CANYON
Rice and Bean Chips
5 oz., selected varieties

coop™
stronger together



\$8.99

EVERYDAY SHEA
Moisturizing Body Wash
32 oz., selected varieties
all Everyday Shea and Alaffia products on sale



\$9.99

EQUAL EXCHANGE
Organic Bulk Love Buzz Coffee
per pound in bulk



\$2.99 **EQUAL EXCHANGE**
Organic Chocolate Bar
3.5 oz, selected varieties



\$6.79

EQUAL EXCHANGE
Organic Coffee
12 oz, Whole Bean



\$2.99

EQUAL EXCHANGE
Organic Tea
20 ct, selected varieties



\$3.39

EREWHON
Cereal
10-15 oz, selected varieties



\$8.99

BIOKLEEN
Laundry Liquid
EA 64 OZ, selected varieties



\$8.99

SIMILASAN
Homeopathic Eye Drops
.33 oz, selected varieties



99¢

ITO EN
Sencha Shot
6.4 oz, selected varieties



\$3.49

ECOVER
Dishwashing Liquid
32 oz, selected varieties



\$9.99 **SEVENTH GENERATION**
Baby Diapers
22-44 ct, selected varieties



Lacchay Kami, a tea farmer and member of the innovative Potong community in Darjeeling, India.

Small Farmers. Big Change.

In Fair Trade tea, progress has been slow. In fact, the Fair Trade tea system has actually perpetuated a model where workers are legally bound to estates from one generation to the next. But, there are exciting changes happening in the Potong tea community in Darjeeling, India. At Potong, the workers are now in control. They created a worker-owned business and are carving their own path forward. Your purchase of Equal Exchange products helps support this game-changing tea model.

During the month of October, for each Equal Exchange product sold through food co-ops, we will donate 25 cents (up to \$15,000) to the Potong community for the planting of new tea bushes.

Working together as co-ops, we have the ability to make a direct investment in a brighter future. And that is Big Change.



www.equalexchange.coop

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

October is National Co-op Month!

Join the Onion River Co-op for only \$15 and receive great benefits:

- Money back on store purchases
- Discounts at 50+ locally-owned businesses
- Additional discounts for working members

Ask about joining today at the Customer Service desk or find out more at www.CityMarket.coop/Membership

Go Co-op!

City Market
Onion River Co-op



\$5.99

NATURE'S GATE
Tea Tree Shampoo or
Conditioner
18 oz
other Shampoo and Conditioner
also on sale



\$3.79

ECO-DENT
Dental Floss
100 yd, selected varieties



\$3.99

AURA CACIA
Eucalyptus Essential Oil
.5 oz
all Aura Cacia products on sale



\$6.99

LILY OF THE DESERT
Organic Whole Leaf Aloe Vera
Juice
32 oz
other Aloe Vera products
also on sale



\$3.99

KISS MY FACE
Liquid Rock Roll-On
Deodorant
3 oz, selected varieties



3/\$5

GREEN FOREST
Bath Tissue
4 pack

Join the conversation at www.strongertogether.coop

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