

# coop<sup>TM</sup> deals

MAY 2 - MAY 15, 2012



2/\$1

**BROWN COW**

Yogurt

6 oz., selected varieties



2/\$5

**ORGANIC VALLEY**

Organic Sour Cream

16 oz., selected varieties



\$6.99

**ALBA BOTANICA**

Sunscreen

4 oz., selected varieties



99¢

**LARABAR**

Nutritional Bar

1.4-1.8 oz., selected varieties

## Featured Inside:

- Celebrate World Fair Trade Day and support Fair Trade farmers
- Learn how one shea butter cooperative is changing lives
- What's fresh in the co-op deli? Mango salsa and oatmeal cream pie
- Try our maple cinnamon cupcake recipe for a not-too-sweet treat





## Maple Cinnamon Cupcakes

Yield: 6 each. Prep time: 10 minutes active; 30 minutes total.

- ⅓ cup soymilk
  - ½ teaspoon apple cider vinegar
  - ½ cup maple syrup
  - ⅓ cup applesauce
  - ⅓ cup vegetable oil
  - 1 teaspoon vanilla extract
  - 1 ¼ cups all-purpose flour
  - ¾ teaspoon baking powder
  - ½ teaspoon baking soda
  - ½ teaspoon ground cinnamon
  - ¼ teaspoon salt
  - ½ cup chocolate chips, grain sweetened
  - ¼ cup cocoa powder (optional)
- Icing :
- 4 tablespoons margarine
  - 1 ½ cups confectioners' sugar
  - 1 tablespoon soymilk
  - 1 teaspoon maple syrup
  - ¼ teaspoon ground cinnamon

Preheat the oven to 350 degrees F. Insert paper cupcake liners into a medium muffin pan.

In a large bowl, combine the soymilk and vinegar. Let this mixture stand for 5 minutes, then whisk in the maple syrup, applesauce, oil and vanilla extract. Sift in the flour, salt, baking soda, baking powder, cinnamon and cocoa powder (if you prefer chocolate cupcakes), and mix to a smooth batter. Fill the paper cups two-thirds full and bake 18–20 minutes or until a toothpick inserted into the center comes out clean.

To make the icing, cream together margarine, cinnamon and half the confectioners' sugar in a bowl, add the soymilk and maple syrup and blend well; then add and blend in the remaining sugar. Ice the cupcakes after they are completely cooled.

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



**\$4.29**

**SO DELICIOUS**  
Coconut Milk Non-Dairy  
Frozen Dessert  
16 oz., selected varieties



**\$3.49**

**SUNSPIRE**  
Chocolate Chips  
10 oz., selected varieties



**\$4.99**

**SPECTRUM  
NATURALS**  
Organic Refined  
Canola Oil  
16 oz.



**\$6.29**

**COCONUT  
SECRET**  
Coconut Crystals  
12 oz.



**\$2.79**

**STONYFIELD**  
Organic Frozen  
Yogurt  
pint, selected varieties





2/\$5

**EQUAL EXCHANGE**

Organic Tea  
20 ct., selected varieties



2/\$5

**EQUAL EXCHANGE**

Organic Chocolate Bar  
3.5 oz., selected varieties



\$2.99

**ARROWHEAD MILLS**

Pancake and Waffle Mix  
26 oz., selected varieties



\$6.99

**EQUAL EXCHANGE**

Organic Coffee  
10-12 oz., selected varieties



\$1.49

**BULK**

Organic Brown Flaxseed  
per pound in bulk



\$6.99

**ALAFFIA**

Handcrafted Shea Butter  
2 oz., selected varieties



\$3.39

**BULK**

Dried Sweetened Cranberries  
per pound in bulk



\$6.99

**DR. BRONNER'S**

Organic Hand & Body Shikakai Soap  
12 oz., special order only



\$1.89

**BULK**

Organic Buckwheat Groats  
per pound in bulk



\$9.99

**EQUAL EXCHANGE**

Organic Breakfast Blend Coffee  
per pound in bulk



Equal Exchange supplier Binita Rai, in her tea garden, Darjeeling, India. She is a member of Sanjukta Vikash Co-op.

## May 12 is World Fair Trade Day

Between May 1 and 15, 1%\* of your purchase of **Alaffia, Alter Eco, Dr. Bronner's Magic Soaps, Equal Exchange, Guayake Yerba Mate, and Maggie's Organics** products at this cooperative and others around the country will be donated to Root Capital.

Root Capital is a nonprofit social investment fund that provides loans and financial training to small and growing rural businesses in Africa and Latin America. The participating companies are strong supporters of Fair Trade principles, including stable and fair prices for farmers, organic and sustainable agriculture practices, and community-led development projects.

Learn more about Root Capital at [www.rootcapital.org](http://www.rootcapital.org).



\*Up to a maximum of \$5,500.





## 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 recipes are perfect for end of school year and graduation celebrations!

### Mango Salsa

Recipe courtesy of River Valley Market  
Northampton, Massachusetts

*Ripe, juicy mango, jalapeño pepper, fresh cilantro and a splash of lime juice make this Caribbean-inspired fruit salsa sing. Try it on grilled burgers, fish or poultry.*

save 75¢ per pound

### Oatmeal Cream Pie

Recipe courtesy of Wheatsville Co-op  
Austin, Texas

*This freshly baked oatmeal cookie sandwich features a creamy, nondairy filling.*

Save 25¢ each

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



\$3.59

**AMY'S**

Entree Bowl

8-10 oz., selected varieties



\$2.99

**MONTEBELLO**

Organic Pasta

16 oz., selected varieties



\$1.99

**MUIR GLEN**

Organic Tomatoes

28 oz., selected varieties



3/\$4

**ANNIE'S**

**HOMEGROWN**

Pasta & Cheese Dinner

6 oz., selected varieties



\$2.29

**EVOL**

Burrito

6-8 oz., selected varieties





**\$3.59**

**ORGANIC VALLEY**

Organic Shredded Cheese  
6 oz., selected varieties



**2/\$5**

**SEASON'S**

Reduced Fat Potato Chips  
8 oz., selected varieties



**2/\$5**

**KETTLE**

Tias! Tortilla Chips  
8 oz., selected varieties



**\$1.79**

**BEARITOS**

Refried Beans  
16 oz., selected varieties



**\$3.49**

**NATURAL BREW**

Natural Soda  
4 pack, selected varieties



**\$2.99**

**SANTA CRUZ ORGANIC**

Organic Sparkling Beverage  
4 pack, selected varieties



**\$2.99**

**INES ROSALES**

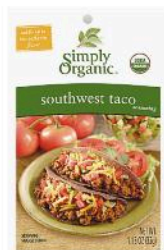
Tortas  
6.34 oz., selected varieties



**\$2.49**

**MARIA AND RICARDO'S**

Tortillas  
8 ct., selected varieties



**99¢**

**SIMPLY ORGANIC**

Organic Seasoning Packet  
.71-1.13 oz., selected varieties



## Alaffia Shea Butter Cooperative

Alaffia Shea Butter Cooperative was founded in Togo in 2004 with the vision of helping West African communities become more sustainable. Helping women is a primary goal, because very few know how to read and write and many are denied access to meaningful employment. Often, mothers have to leave their children to find jobs to support them. Starting a co-op allowed these women to use resources they already had—the skills, knowledge and traditions of natural shea butter production—to empower themselves, preserve indigenous culture, and produce a high quality skin care product. Alaffia shea butter products are now available in 150 retailers across the U.S., including many local food co-ops.

2012 is the International Year of Cooperatives; to find more co-op stories, visit [www.stories.coop](http://www.stories.coop), or [www.strongertogether.coop](http://www.strongertogether.coop).



**Celebrating 2012 United Nations International Year of Cooperatives**



Scan this QR code to learn more!







## German New Potato Salad

Serves 6. Prep time: 30 minutes.

- 2 pounds small red-skinned potatoes
- 1 ½ cups yellow onion, minced
- ¼ pound uncooked bacon, diced or ¼ cup soy-based vegetarian bac'un bits
- 1 tablespoon vegetable oil (if using vegetarian bac'un bits)
- ½ cup vegetable stock
- ¼ cup apple cider vinegar
- 2 tablespoons whole grain mustard
- ½ cup freshly chopped parsley
- Salt and pepper to taste

In a large pot, boil the potatoes in salted water 14-15 minutes, until just tender. Drain, and when cool enough to handle, cut the potatoes into 1/4-inch slices or 1 inch cubes and place into a mixing bowl.

If using bacon, sauté the bacon in a large skillet for 4-5 minutes while the potatoes are cooking, drain off most of the fat, and return the pan to the stove. Add the onions and sauté another 7-8 minutes. Add the stock, vinegar, and mustard and simmer for a few more minutes.

For a vegetarian potato salad, sauté the onions in 1 tablespoon of vegetable oil for 7-8 minutes. Add the stock, vinegar, and mustard and simmer for a few more minutes.

Toss the hot dressing with the sliced potatoes. Season with salt and pepper, and stir in the fresh parsley (and vegetarian bac'un bits for the meatless version) just before serving.

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



**2/\$5**

**TERRA**  
Exotic Vegetable Chips  
5 oz., selected varieties



**\$3.79**

**BACK TO NATURE**  
Cookies  
4.5-8.5 oz., selected varieties



**\$2.79**

**BACK TO NATURE**  
Crackers  
4-8.5 oz., selected varieties



**\$2.79**

**BIONATURAE**  
Organic Fruit Spread  
9 oz., selected varieties



**\$7.99**

**MARANATHA**  
Roasted Almond Butter  
16 oz., Creamy or Crunchy





**\$3.29**

**ENVIROKIDZ**

Organic Cereal  
10-14 oz., selected varieties



**\$2.99**

**LAKWOOD**

Organic Pomegranate  
Blend Juice  
32 oz., selected varieties



**\$2.49**

**RICE DREAM**

Enriched Rice  
Beverage  
32 oz., selected varieties



**\$3.29**

**LIFEWAY**

Organic Lowfat Kefir  
32 oz., selected varieties



**\$3.39**

**EREWHON**

Organic Cereal  
10-15 oz., selected varieties



**5/\$2**

**STRETCH ISLAND  
FRUIT CO.**

All-Natural Fruit Strip  
.5 oz., selected varieties



**2/\$5**

**HAPPY BABY**

Organic Puffs  
2.1 oz., selected varieties



**\$18.99**

**NORDIC  
NATURALS**

Children's DHA -  
Strawberry  
180 ct.



**\$8.99**

**EMERGEN-C**

Dietary Supplement  
30 ct., selected varieties



**\$19.99**

**FLORA**

Floradix Iron + Herbs  
8.5 oz.



**\$8.99**

**HERB PHARM**

Stinging Nettle Blend  
1 oz., special order only



**\$29.99**

**RENEW LIFE**

Ultimate Flora  
Critical Care 50 Billion  
30 ct., special order only



**\$2.99**

**ONE WITH  
NATURE**

Dead Sea Salt Soap  
7 oz., selected varieties



**\$3.99**

**JASON**

Toothpaste  
4-6 oz., selected varieties



**\$6.99**

**NATURE'S GATE**

Moisturizing Lotion  
18 oz., selected varieties



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**3/\$8**

**SEVENTH  
GENERATION**  
Dish Liquid  
25 oz., selected varieties



**\$ 1.79**

**PETGUARD**  
Dog Food  
14 oz., selected varieties



**\$2.39**

**CLIF BAR**  
Crunch Granola Bars  
7.4 oz., selected varieties



**Celebrating 2012 United Nations  
International Year of Cooperatives**

Scan this QR code to learn more!



**99¢**

**HARVEST BAY**  
Coconut Water  
8.45 oz., selected varieties

**Celebrating 2012 International Year of Cooperatives**

