

# coop<sup>TM</sup> deals

MAY 16 - MAY 29, 2012



\$3.49

**YVES**

Veggie Hot Dogs  
12-13.4 oz., selected varieties



\$2.39

**MUIR GLEN**

Organic Ketchup  
24 oz.



2/\$5

**RUDI'S ORGANIC BAKERY**

Organic Hot Dog Buns  
12 oz., selected varieties  
Hamburger Buns also on sale



\$3.49

**GARDEN OF EATIN'**

Tortilla Chips  
16 oz., selected varieties

## Featured Inside:

- A quick and tasty Jamaican bean burger recipe
- Chef Kevin Gillespie visits New Mexico co-ops in our video series
- How to build a better burger (veggie or not!)
- Goat cheese: a seasonal food lover's delight



## Jamaican Bean Burgers

Makes 6 burgers. Prep time: 30 minutes.

- 2 tablespoons vegetable oil
- 2 teaspoons minced garlic
- 1 ½ cups diced yellow onions
- 1 cup chopped button mushrooms
- 2 tablespoons minced jalapeño pepper
- 1 teaspoon ground allspice
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ¼ teaspoon chili powder
- 1 15-ounce can black-eyed peas, rinsed and drained
- 2 tablespoons freshly minced peeled ginger
- 1 cup cooked brown rice
- 1 ½ cups panko bread crumbs

Heat 1 tablespoon of oil in a skillet over medium-high heat; add the diced onions and sauté for 2 minutes. Add the garlic and the chopped mushrooms and sauté 3-4 minutes, until onions begin to lightly brown. Add the jalapeño pepper, allspice, nutmeg, ground ginger and chili powder and sauté one minute more.

Remove the mixture to a large bowl, and add the beans, fresh ginger, bread crumbs and rice. Using your hands, squish, mash and mix all the ingredients together; the mixture should be slightly chunky and somewhat sticky. Form the mixture into 6 equal balls, then flatten them into patties. Heat a tablespoon of oil in a wide skillet and gently pan-fry each burger over medium heat, approximately 3-4 minutes on each side until browned and crispy.

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



**\$9.99**

**EQUAL  
EXCHANGE**

Organic Breakfast  
Blend Coffee  
per pound in bulk



**\$4.79**

**BULK**

Almonds  
per pound in bulk



**\$4.99**

**SPECTRUM  
NATURALS**

Organic Refined  
Canola Oil  
16 oz.



**89¢**

**BULK**

Organic Pearled Barley  
per pound in bulk



**\$1.69**

**BULK**

Organic Kidney Beans  
per pound in bulk



**\$2.29**

**AMY'S**  
Chili  
14.7 oz., selected varieties



**\$4.99** **APPLEGATE FARMS**  
Organic Hot Dogs  
16 oz., selected varieties



**\$1.99**

**KETTLE**  
Potato Chips  
5 oz., selected varieties



**\$3.49**

**WOODSTOCK**  
Organic Pickles  
24 oz., selected varieties



**2/\$4**

**WESTBRAE**  
Organic Beans  
25 oz., selected varieties



**\$2.29**

**NEWMAN'S OWN ORGANICS**  
Pretzels  
7-8 oz., selected varieties



**\$3.49**

**GREEN MOUNTAIN GRINGO**  
Salsa  
16 oz., selected varieties



**3/\$5**

**GREEN MOUNTAIN GRINGO**  
Tortilla Strips  
8 oz., selected varieties



**2/\$5**

**BLUE SKY**  
Soda  
6 pack, selected varieties



**\$2.79** **PAMELA'S PRODUCTS**  
Wheat-Free, Gluten-Free  
Cookies  
7.25 oz., selected varieties



## Beyond Ketchup: Build a Better Burger

Gone are the days when burgers and veggie burgers only came in three styles: plain, cheese or California (with lettuce, tomato and maybe some mayo). Add some variety to your warm-weather grilling with an array of condiments, like spicy North African harissa, garlicky aioli or pesto. Top your patty with grilled mushrooms, onions or pineapple and crumbled blue or goat cheese.

And it's not just what's on your burgers; blend in some sundried tomatoes, garlic and black olives for a Mediterranean flavor, or add black beans, corn and pickled jalapeños to your southwestern style sandwich. Served open-faced on grilled bread or in a Kaiser roll, these burgers bring the flavor!

For more ideas for summer entertaining, visit [www.strongertogether.coop](http://www.strongertogether.coop).





## Goat Cheeses

Goat cheeses are a seasonal food lover's delight; they brighten up soups, salads, pasta, poultry, and even desserts year-round. While originally from the Mediterranean, goat cheese is now made worldwide. White in color, with flavors ranging from mild and delicate to tart and earthy, goat cheeses are often enhanced with a variety of regional ingredients like honey, fresh or dried herbs, peppers, and wild mushrooms. Also known as chevre, goat cheeses are best stored in wax paper and in separate containers for up to two weeks in the refrigerator.



### The Real Deal

There's a goat cheese for all seasons and all meals! Try a springtime rhubarb salad with goat cheese. Pair honeyed goat cheese with summer berries and Prosecco. Enjoy a fall breakfast of scrambled eggs, herbed goat cheese and toast, or warm up winter with goat cheese ravioli.

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



**\$1.99** **SESMARK**  
Crackers  
3.5 oz., selected varieties



**\$2.19**  
**DREW'S**  
Dressing  
12 oz., selected varieties



**\$11.99**  
**BIONATURAE**  
Organic Extra Virgin  
Olive Oil  
25.4 oz.  
other Olive Oil and Balsamic  
Vinegar products also on sale



**\$1.99**  
**LUNDBERG**  
**FAMILY FARMS**  
Organic Risotto  
5.5-5.9 oz., selected varieties



**\$2.79** **JOVIAL**  
Organic Brown  
Rice Pasta  
12 oz., selected varieties



\$3.29

**KASHI**

Heart to Heart Cereal  
12.4-13.4 oz.,  
selected varieties



4/\$5

**OIKOS**

Organic Greek Yogurt  
5.3 oz., selected varieties



\$1.99

**SO DELICIOUS**

Organic Coconut  
Milk Beverage  
32 oz., selected varieties



5/\$4

**WALLABY**

Organic Lowfat Yogurt  
6 oz., selected varieties



99¢

**HONEST TEA**

Organic Ready to  
Drink Tea  
16 oz., selected varieties



2/\$5

**NATURE'S PATH**

Organic Toaster  
Pastries  
11 oz., selected varieties



\$4.79

**WHOLESOME  
SWEETENERS**

Organic Stevia Packets  
75 ct.



\$1.79

**R.W. KNUDSEN**

Recharge  
32 oz., selected varieties  
Organic Lemon Recharge \$1.99



\$3.49

**KASHI**

Chewy Granola Bars  
6 ct., selected varieties



2/\$3

**SO DELICIOUS**

Non-Dairy Cultured  
Coconut Milk  
6 oz., selected varieties



## Lights, Cameras, Co-ops!

The United Nations declared 2012 the International Year of Cooperatives and we're celebrating food co-ops, fresh food and the stories of the people they bring together through an online video series hosted by celebrity chef Kevin Gillespie. This month, Kevin travels to New Mexico to visit La Montaña and Los Alamos co-ops and learn about the innovative ways these two co-ops are building a healthy local food economy in their region. View the videos online at [www.strongertogether.coop](http://www.strongertogether.coop), or scan the QR code.





## Curried Coleslaw

Serves 6. Prep time: 20 minutes.

### Salad:

- 5 cups thinly-sliced green cabbage (about 1 pound)
- 1 cup shredded carrots
- 4 green onions or scallions, thinly sliced
- 2 cups red apples, cored and diced
- ¼ cup raisins
- ¼ cup shelled peanuts, roasted (optional)

### Dressing:

- ½ cup light mayonnaise
- ¼ cup lime juice
- 1 tablespoon curry powder
- ¼ teaspoon ground turmeric
- 1 pinch cayenne pepper

In a large mixing bowl, blend together the mayonnaise, lime juice, turmeric, cayenne and curry powder.

Remove any tough outer leaves from the cabbage, then remove the core and shred or slice the cabbage into thin strips. Add the cabbage and all remaining ingredients to the curried mayonnaise and mix well.

Serving suggestion: Not your average coleslaw, this golden-hued, slightly sweet recipe complements Indian-spiced dishes like lamb or chicken satay. Make the salad up to a day ahead of time to allow the flavors to meld.

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



**\$3.79**

**ANNIE'S**  
Organic Snack Mix  
19 oz., selected varieties



**\$4.29**

**IAN'S**  
Wheat-Free, Gluten-Free  
Chicken  
7-8 oz., selected varieties



**\$3.99**

**ORGANIC BISTRO**  
Frozen Entrée  
10-11 oz., selected varieties



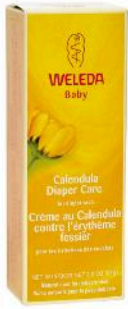
**\$2.29**

**THAI KITCHEN**  
Red Curry Paste  
4 oz.  
other Thai Kitchen products  
also on sale



**2/\$5**

**LUNDBERG FAMILY FARMS**  
Organic Rice Cakes  
8-9.6 oz., selected varieties



**\$8.99**

**WELEDA**  
Calendula Diaper Care  
2.8 oz.  
other baby products  
also on sale



**\$10.99**

**SEVENTH  
GENERATION**  
Baby Diapers  
20-40 ct., selected varieties



**\$12.99**

**BIOKLEEN**  
Laundry Powder  
10 lb., selected varieties



**\$2.79**

**COOL FRUITS**  
Fruit Juice  
Freeze Pops  
14 oz., selected varieties



**\$12.99**

**AUBREY**  
Sunscreen  
4 oz., selected varieties



**\$3.49**

**SOUTH OF  
FRANCE**  
French Milled Bar Soap  
8 oz., selected varieties



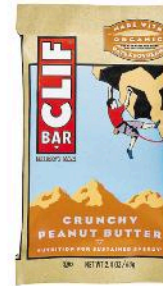
**\$5.49**

**DESERT ESSENCE  
ORGANICS**  
Hand & Body Lotion  
8 oz., selected varieties



**\$5.99**

**SHIKAI**  
Shower Gel  
12 oz., selected varieties



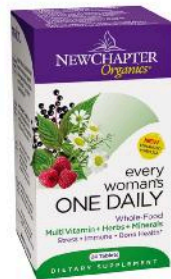
**99¢**

**CLIF BAR**  
Energy Bar  
2.4 oz., selected varieties



**\$4.99**

**SPECTRUM  
ESSENTIALS**  
Organic Ground  
Flaxseed  
14 oz.



**\$16.99**

**NEW CHAPTER**  
Every Woman's  
One Daily  
24 ct.  
other Women's Supplements  
also on sale



**\$16.99**

**JARROW  
FORMULAS**  
Fem-Dophilus  
30 ct., special order only



**\$3.49**

**TRADITIONAL  
MEDICINALS**  
Organic Herbal Tea  
16 ct., selected varieties



**\$7.49**

**HYLAND'S**  
Calms Forte  
100 ct.  
other Hyland's products  
also on sale



**\$13.99**

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



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**\$2.19**

**TRUWHIP**  
Natural Whipped  
Topping  
10 oz.



**\$1.79** **NEWMAN'S  
OWN ORGANICS**  
Licorice Twists  
5 oz., selected varieties



**2/\$5**

**GREEN & BLACK'S**  
Organic Chocolate Bar  
3.5 oz., selected varieties



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

Scan this QR code to learn more!



**\$3.29**

**CIAO BELLA**  
Sorbet or Gelato  
16 oz., selected varieties

**Celebrating 2012 International Year of Cooperatives**



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