

coopTM deals

JULY 4 - JULY 17, 2012



\$1.99

KETTLE
Potato Chips
5 oz., selected varieties



\$2.39

MUIR GLEN
Organic Ketchup
24 oz.



99¢

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

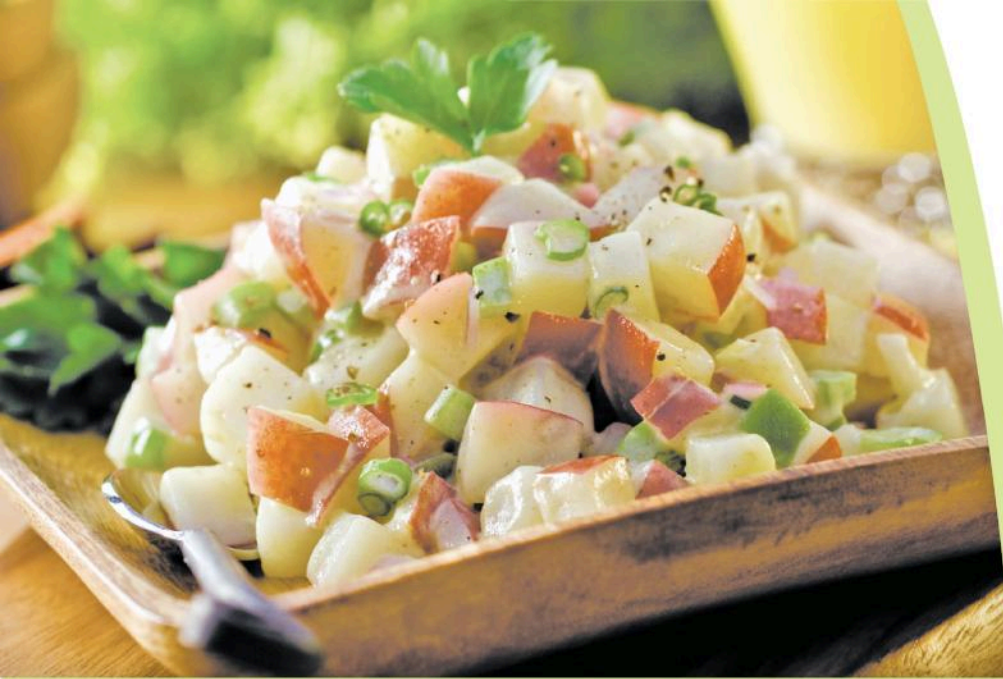


\$9.99

DR. BRONNER'S
Pure Castile Liquid Soap
32 oz., selected varieties
other Dr. Bronner's products
also on sale

Featured Inside:

- Try a great low-fat potato salad with lemon-pesto dressing
- It's a cherry jubilee! Learn more about this delectable fruit
- Win a grill for your summertime fun (at participating locations)
- What's fresh in the deli? A citrusy cherry chicken salad



Roasted Potato Salad with Lemon Pesto Vinaigrette

Serves 4. Prep time 35 minutes.

- 1 ½ pounds red-skinned potatoes
- 1 teaspoon Dijon mustard
- ⅛ teaspoon salt
- 2 tablespoons lemon juice
- ¼ teaspoon cracked black pepper
- 3 tablespoons shredded Parmesan (optional)
- ⅓ cup Spectrum olive oil
- 1 tablespoon chopped green onion or scallion for garnish (optional)
- 2 cloves fresh garlic, minced
- ½ cup basil leaves, minced

Preheat the oven to 400 degrees F. Wash and chop the potatoes (skin on) into bite-sized chunks, place them in a large bowl and toss with 1 tablespoon of the olive oil and the salt and pepper. Place the potatoes on a sheet pan and roast until cooked through, about 15 minutes. Remove from the oven and let cool to room temperature.

While the potatoes bake, place the lemon juice, mustard and minced garlic together in a bowl. Slowly whisk in the olive oil to emulsify, then add the fresh basil and mix well. Pour the dressing over the cooled potatoes and mix well. Garnish with shredded Parmesan.

Serving suggestions: Best served at room temperature, this salad is a delicious addition to traditional picnic fare. Add greens, tomatoes or other favorite summer vegetables to make it the center of the plate, and top with toasted pine nuts if you like.

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



2/\$5

AMY'S

Macaroni & Cheese Entrée

9 oz.

other Amy's Frozen Entrees also on sale



\$2.29

ALEXIA

Oven Fries

15-16 oz., selected varieties



\$11.99

SPECTRUM NATURALS

Organic Extra Virgin Mediterranean Olive Oil
33.8 oz.



\$1.99 SANTA CRUZ ORGANIC

Organic Juice

3 pack, selected varieties



3/\$4

BACK TO NATURE

Pasta & Cheese Dinner
6-6.5 oz., selected varieties



\$10.99

ALBA BOTANICA
Sea Moss SPF 15
Moisturizer
2 oz.
other Alba Botanica
also on sale



\$2.79

NATURALLY FRESH
Spray Mist Body
Deodorant
4 oz.
SPECIAL ORDER ONLY



\$4.99

KISS MY FACE
Moisture Shave
11 oz., selected varieties



\$2.99

**LILY OF THE
DESERT**
Aloe Vera Gelly
4 oz.



\$18.99

**NORDIC
NATURALS**
Children's DHA
180 ct.
other Nordic Naturals
products also on sale



\$19.99

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



\$12.99

BIOKLEEN
Laundry Powder
10 lb.



\$8.99

SIMILASAN
Homeopathic Eye
Drops
.33 oz., selected varieties



\$2.69

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



\$4.39

**CASTOR &
POLLUX**
Organic Dog Cookies
12 oz., selected varieties



Lights, Cameras, Co-ops!

The spotlight is on food co-ops for the Co+op, stronger together video series celebrating 2012 International Year of Cooperatives. This series is hosted by celebrity chef Kevin Gillespie, known for his "fan favorite" status on Season 6 of Bravo's hit show Top Chef. Watch and you'll quickly discover the many ways food co-ops, their shoppers and owners, and their communities are stronger together. View the videos online at www.strongertogether.coop, or scan the code below.





Grilled Chicken with Cherry Chutney

Serves 4. Prep time: 15 minutes active, 60–75 total.

- ½ pound fresh cherries, washed and pitted
- ¼ cup red onion, diced
- ½ cup apple, diced
- ½ cup red wine
- ¼ cup apple cider vinegar
- 4 tablespoons sugar
- 1 tablespoon peeled, minced ginger
- ½ teaspoon ground coriander
- ⅛ teaspoon ground nutmeg
- Pinch of cayenne pepper (more for spicier chutney)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 4 6-ounce boneless, skinless chicken breasts

In a medium saucepan, combine all ingredients except the chicken. Bring to a boil, then reduce heat and simmer on low for about 1 hour, stirring frequently to prevent burning and sticking. The chutney is finished once it has thickened and there is almost no liquid.

Preheat grill to medium high heat. Season the chicken breast with salt and pepper and grill 5–6 minutes on each side until juices run clear and internal temperature reaches 165 degrees F. Remove from heat to a plate and let rest for 5 minutes before serving.

Serving suggestions: A summery couscous salad studded with grilled vegetables makes a great seasonal side dish. The chutney is also delicious on lamb, pork and duck.

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



\$2.69

GOLDEN TEMPLE

Granola

per pound in bulk
Cranberry Nut Trail Mix \$3.39



\$8.99

EQUAL EXCHANGE

Organic French Roast Coffee

per pound in bulk
Organic Decaf French Roast Coffee \$11.99



\$7.99

BULK

Organic Walnut Halves & Pieces
per pound in bulk



\$2.79

BULK

Organic Raw Sunflower Seeds
per pound in bulk



\$2.79

BULK

Organic Farro
per pound in bulk



\$2.49

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



\$1.29

OIKOS
Organic Greek Yogurt
5.3 oz., selected varieties



\$2.29

RICE DREAM
Rice Drink
32 oz., selected varieties



\$3.29

NATURE'S PATH
Organic Cereal
10.6-14 oz., selected varieties



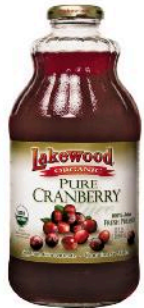
\$2.79

BIONATURAE
Organic Fruit Nectar
25.4 oz., selected varieties



\$3.29

NATURE'S PATH
Organic Granola Bars
7.4 oz., selected varieties



\$7.29

LAKWOOD
Organic Pure
Cranberry Juice
32 oz.



\$2.99

**EARTH
BALANCE**
Organic Soymilk
64 oz., selected varieties



\$4.99

**ONCE AGAIN
NUT BUTTER**
Organic Sunflower
Seed Butter
16 oz.



99¢

CLIF
Energy Bar
2.4 oz., selected varieties



Cherries

Summertime sweet cherries, like Bing, and sour cherries, like Montmorency, are a delicious snack with a burst of vitamin A and antioxidants. Cherries are best stored in the refrigerator, but bringing them to room temperature before serving ensures they will be at their most flavorful. Adaptable to many dishes, cherries deliver a sweet and earthy tang to every meal. Try whipped goat cheese with thyme and black pepper, topped with chopped Bing cherries, and served with flatbread crackers for a dinner party appetizer. Prepare a cherry and chile salsa to drizzle over roast pork. And add dried cherries to dark chocolate chip cookies for a sweet treat.

Learn more about what's in season and get great recipes at 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.

Cherry Chicken Salad with Citrus Dressing

Earthy, bright and refreshing—this is not your typical chicken salad. Dried cherries, roasted chicken and tangy citrus vinaigrette combine with the nutty, woody flavor of wild rice for an elegant picnic treat.

save **\$1.00**
per pound



\$4.29

LUNA & LARRY'S
Organic Coconut Bliss
16 oz., selected varieties



\$4.49

MADHAVA
Organic Agave Nectar
23.5 oz., selected varieties



\$2.99 **COUNTRY CHOICE ORGANIC**

Organic Sandwich
Cookies
12 oz., selected varieties



\$1.29 **BUMBLE BAR**
Organic Energy Bar
1.4 oz., selected varieties



\$1.99

LATE JULY ORGANIC
Organic Snack Chips
5.5-6 oz., selected varieties



\$1.99

LET'S DO ORGANIC
Organic Ice Cream
Cones
2.3 oz.
other Organic Ice Cream Cones
also on sale



\$3.59

SO DELICIOUS
Non-Dairy Ice Cream
Novelties
4-8 ct., selected varieties



\$1.99

BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



\$1.79

R.W. KNUDSEN
Recharge
32 oz., selected varieties



\$2.99

POPCORN INDIANA
Popcorn
5.4-10 oz., selected varieties



\$1.79

WALNUT ACRES
Organic Baked Beans
15 oz., selected varieties



\$3.99 **FIELD ROAST**
Vegan Sausages
12.95 oz., selected varieties



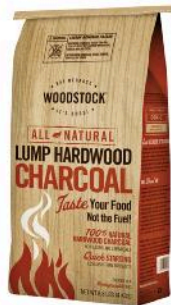
\$3.79 **QUORN**
Meatless & Soy-Free
Turk'y Burger
9.9 oz.
other Quorn products
also on sale



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



\$2.19
LUNDBERG
FAMILY FARMS
Rice Chips
6 oz., selected varieties
Organic Rice Chips on
sale for \$2.49



\$6.99
WOODSTOCK
Hardwood Charcoal
8.8 lb.



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



\$3.99
ZEVIA
Natural Diet Soda
6 pack, selected varieties



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



3/\$5
GREEN
MOUNTAIN
GRINGO
Tortilla Strips
8 oz., selected varieties

EAT BECAUSE
WOODSTOCK
IT'S GOOD!

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



Enjoy
The Taste of
Summer
with Woodstock™!



ALL-NATURAL LUMP
HARDWOOD CHARCOAL

Summer is not complete without
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

Join Us Every Thursday at the Intervale for



SUMMERVALE!



© 2010 Shayce Lynn

Join us for another fun-filled SummerVale. Live music, local food, and activities the whole family will enjoy! Find more information at www.intervale.org



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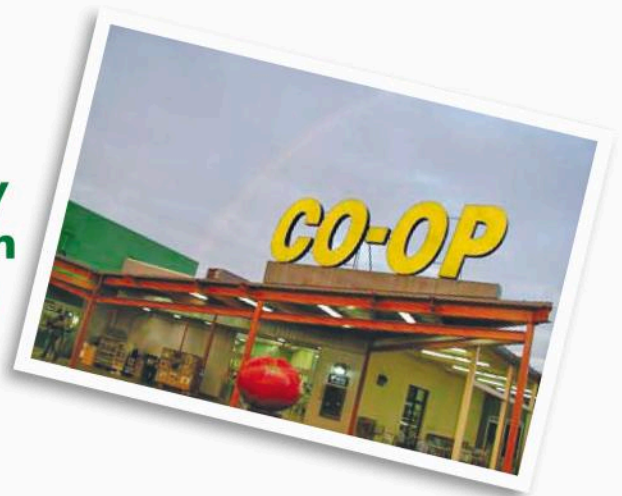


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(802) 861-9700 www.citymarket.coop



“Co-ops helping co-ops is absolutely part of our basic principles: concern for community, member economic participation and democracy.”

Doug Walter
Membership Director, Davis Food Co-op, Davis, CA



Check out our video series celebrating 2012 United Nations International Year of Cooperatives at www.strongertogether.coop, or scan this QR code.



Celebrating 2012 International Year of Cooperatives

