

coopTM deals

MAR 5 - MAR 18, 2014



\$1.59

STONYFIELD
Organic Greek Yogurt
5.3 oz., selected varieties



2/\$6

CASCADIAN FARM
Organic Frozen Fruit
8-10 oz., selected varieties



\$16.99

NEW CHAPTER
Every Woman's or
Every Man's One Daily
24 ct., selected varieties



\$2.99

NATURE'S PATH
Organic Granola Bars
6.2-7.4 oz., selected varieties

Featured Inside:

- Our Spicy Thai Noodles recipe puts some zing in your spring
- Dragon fruit, anyone? Check out our roundup of "new" fruits
- Explore some fun ways to enjoy sweet and tangy kiwi fruit
- Wake up rice and beans with a simple citrus and kiwi salsa



Spicy Thai Noodles

Serves 4. Prep time: 30 minutes.

- 1 9.5-ounce package udon noodles
- 2 tablespoons sesame oil
- 1 cup carrots, julienned
- 1 cup red bell peppers, julienned
- 1 teaspoon chili flakes (more if you like it spicy)
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger, minced
- 1 cup shiitake mushrooms, sliced
- 4 green onions, sliced diagonally
- 4 tablespoons tamari
- 2 tablespoons honey
- 4 tablespoons cilantro, roughly chopped
- 2 tablespoons Thai basil, roughly chopped
- 1 tablespoon sesame seeds (optional)
- 1 lime, cut into wedges

Cook the udon noodles according to the package directions. Drain and rinse well. Set aside.

While the noodles are cooking, heat the sesame oil in a wok or large skillet over medium-high heat. Add the carrots, bell peppers and chili flakes and sauté for 2-3 minutes. Add the garlic, ginger, mushrooms and green onions and sauté another 2-3 minutes. In a small bowl, whisk together the tamari and honey and add to the sautéed vegetables, stirring well. Add the drained noodles and mix well. Cook just until noodles are heated through. Remove from heat and stir in the cilantro and basil. Serve garnished with sesame seeds and lime wedges.

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



2/\$4

CASCADIAN FARM
Organic Vegetables
10 oz., selected varieties



89¢

KOYO
Ramen Noodles
2.1 oz., selected varieties



\$8.99

SPECTRUM NATURALS
Organic Canola Oil
32 oz.
other Cooking Oils also on sale



\$2.39

LIGHTLIFE
Organic Tempeh
8 oz., selected varieties



\$8.69

BULK
Organic Black Chia Seeds
per pound in bulk



\$2.99

R.W. KNUDSEN

Spritzers
4 pack, selected varieties



\$4.69

SO DELICIOUS

Coconut Non-Dairy
Frozen Dessert
16 oz., selected varieties



\$3.39

NATE'S

Meatless Meatballs
10.5 oz., selected varieties



\$2.99

MONTEBELLO

Organic Pasta
16 oz., selected varieties



4/\$7

ANNIE'S

HOMEGROWN
Organic Pasta &
Cheese Dinner
6 oz., selected varieties



2/\$5

FIELD DAY

Organic Pasta Sauce
26 oz., selected varieties



2/\$5

GO VEGGIE!

Dairy-Free Vegan
Slices
6.7 oz., selected varieties



\$3.39

IMAGINE

Organic Soup
32 oz., selected varieties



\$3.39

GLUTINO

Crackers
4.4 oz., selected varieties



\$4.39

NATURAL SEA

Fish Fillets or Sticks
8 oz., selected varieties



“New” fruits?

While they may not technically be new, these fruits are certainly getting more attention, either for their unique flavor and appearance or their nutritional profile.

- Acai - this inch-long reddish purple berry is native to Central and South America. Some studies show that it is higher in antioxidants than cranberries, blackberries and blueberries.
- Aronia - the aronia (or black chokeberry) is native to the eastern U.S. They are quite tart raw, so you're most likely to find them in juices and jellies.
- Dragon fruit - the bright pink exterior of this tropical cactus reveals creamy white flesh flecked with edible black seeds, like a kiwi fruit. Dragon fruit is mild-flavored.

Whether it's truly new or new to you, try something different at your co-op!



Rice and Beans with Orange Kiwi Salsa

Serves 6. Prep time: 45 minutes.

- 1 tablespoon vegetable or coconut oil
 - 1 yellow onion, diced (reserve 2 tablespoons raw onion for the salsa)
 - 2 garlic cloves, peeled and minced
 - ½ teaspoon allspice
 - ½ teaspoon thyme
 - ¼ teaspoon red chili flakes
 - 1 14-ounce can coconut milk
 - 1 cup water
 - 1 cup brown rice, rinsed and drained
 - 1 15-ounce can kidney beans, rinsed and drained
 - 1 ½ tablespoons red wine vinegar
 - Salt and pepper to taste
- Salsa:
- 2 kiwis, peeled and diced
 - 2 oranges, peeled, seeded and diced
 - 1 teaspoon fresh ginger, finely minced
 - 1 small jalapeño, seeds and ribs removed, finely minced
 - 2 tablespoons lime juice
 - 2 tablespoons minced yellow onion

In a large pot, heat the oil over medium-high heat. Sauté the onion for 2-4 minutes. Add the garlic and cook for another minute. Add the allspice, thyme, chili flakes, coconut milk, water and rice, and bring to a boil. Reduce the heat to simmer, cover the pot, and cook for approximately 30 minutes, or until the rice is tender and most of the liquid is absorbed. While the rice is cooking, gently stir together the kiwi, oranges, 2 tablespoons minced yellow onion, ginger, jalapeño, and lime juice in a mixing bowl. Set aside. Once the rice is done, add the kidney beans, red wine vinegar, and salt and pepper to taste. Stir well. Serve with the orange kiwi salsa on the side.

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\$2.49

MARIA
8-inch White Flour
Tortillas
8 ct.



\$2.99

SALPICA
Salsa
16 oz., selected varieties



\$1.99

BEARITOS
Organic Refried Beans
16 oz., selected varieties



\$3.99

GARDEN OF EATIN'
Tortilla Chips
16 oz., selected varieties



2/\$5

BLUE DIAMOND
Artisan Nut Thins
4.25 oz., selected varieties



\$4.39 **CHOCOLOVE**
Dark Chocolate Chips
11 oz.



\$3.39
BULK
Organic Turkish Apricots
per pound in bulk



\$2.69 **BULK**
Organic Shelled
Sunflower Seeds
per pound in bulk



99¢ **LARABAR**
Fruit & Nut Bar
1.6-1.8 oz., selected varieties



2/\$4
ENDANGERED SPECIES
Chocolate Bar
3 oz., selected varieties



\$1.69
BOULDER CANYON
Potato Chips
5 oz., selected varieties



\$3.39 **WILD VEGGIE**
Organic Vegetable
Puree
10 oz., selected varieties



\$4.39
RHYTHM SUPERFOODS
Kale Chips
2 oz., selected varieties



\$10.99
SEVENTH GENERATION
Baby Diapers
17-40 ct., selected varieties



3/\$4
EARTH'S BEST
Organic Baby Food Pouches
4-6 oz., selected varieties



Kiwi

No fruit stands out quite like the vibrant green kiwi. With its sweet, tangy flavor and the fun texture of its tiny edible seeds, kiwi is good for your taste buds and your health! Kiwis are high in vitamin C, fiber and potassium, and the seeds are a rare plant-based source of Omega 3 fatty acids and vitamin E. Substitute diced kiwi for pineapple or mango in a tropical fruit salsa to serve with grilled chicken or tofu. Make a poppy seed dressing by blending kiwi with olive oil, lime, spices and poppy seeds, and serve over leafy greens. For the perfect finish to a spicy meal, try an easy kiwi-ginger sorbet.

Visit www.strongertogether.coop for more ideas and recipes.



Fresh in the Deli

Co-op chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature.

Kiwi Fruit Tart

Fresh kiwi slices with apricot glaze top a creamy vanilla custard, nestled in a fresh-baked pastry crust.

save **50¢** each



\$8.99

EQUAL EXCHANGE

Organic Bulk Coffee
per pound in bulk
Decaf Coffee not on sale



\$2.39

SILVER HILLS BAKERY

Bread
15-22 oz., selected varieties



2/\$4

BLUE DIAMOND

Almond Breeze
32 oz., selected varieties



\$2.99

WALLABY

Organic Kefir
32 oz., selected varieties



\$1.49

SILK

Soy Creamer
16 oz., selected varieties



2/\$5

DREAM BLENDS

Non-Dairy Beverage
32 oz., selected varieties



\$1.69

UNCLE MATT'S

Organic Juice
12 oz., selected varieties



\$3.39

NATURE'S PATH

Organic Cereal
10.6-14 oz., selected varieties



\$2.69

PEACE

Cereal
10-16 oz., selected varieties



\$3.39

GOOD KARMA

Protein+ Flax Milk
64 oz., selected varieties



4/\$5

RAW REVOLUTION

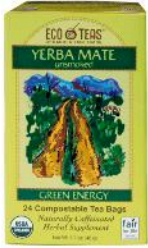
Organic Raw Food Bar
1.8 oz., selected varieties



\$2.99

STONYFIELD

Organic Yogurt
32 oz., selected varieties



\$3.39

ECO TEAS

Organic Yerba Mate
24 ct.
other Eco Teas also on sale



\$3.49

LIFEWAY

Frozen Kefir
16 oz., selected varieties



\$5.39

R.W. KNUDSEN

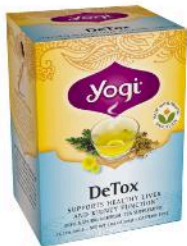
Organic Just Tart
Cherry Juice
32 oz.
other Just Juice also on sale



\$18.99

**NORDIC
NATURALS**

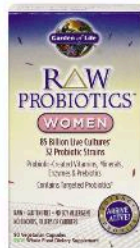
Children's DHA
180 ct.



2/\$7

YOGI

Tea
16 ct., selected varieties



\$36.99

GARDEN OF LIFE

RAW Probiotics
90 ct., Women's or Men's



\$9.99

BOIRON

Arnicare Gel
Value Pack
2.6 oz.



\$2.69

GT'S

Organic Chia Kombucha
16 oz., selected varieties



Probiotics

If you've spent any quality time with your yogurt container lately, you may have noticed the words "probiotics" or "active cultures" on the label. The World Health Organization and the United Nations Food and Agriculture Organization define probiotics as "live organisms, which, when administered in adequate amounts, confer a health benefit on the host." Or in more delicious terms, yogurt and other fermented foods like kefir contain living cultures that are similar to the healthy bacteria in the human intestinal tract. Common probiotics include *S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, and *bifidus*. By giving your healthy flora a boost with the living cultures found in some brands of yogurt and other fermented products, you may be having a positive effect on your digestion and overall health!

Visit www.strongertogether.coop for more information about healthy eating.

Local Corned Beef Brisket

From Laplatte, Hardwick, Boyden & North Hollow Farms
Available starting March 10, 2014 while supplies last.
Stop by our Meat & Seafood Department!



82 S. Winooski Ave. Burlington, VT 05401
Open 7 days a week, 7 a.m. - 11 p.m.
(802) 861-9700 www.citymarket.coop



\$2.99

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



2/\$5

KISS MY FACE
Olive Oil Bar Soap
8 oz., selected varieties



\$6.99

**ALBA
BOTANICA**
Acnedote Face &
Body Scrub
8 oz.



3/\$5

GREEN FOREST
Bath Tissue
4 pack



\$4.99

GIOVANNI
Shampoo or
Conditioner
8.5 oz., selected varieties



\$6.99

**TEA TREE
THERAPY**
Tea Tree Ointment
2 oz.
other Tea Tree products
also on sale

Happy spring from your food co-op!

coopTM
stronger together

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