

coopTM deals

JUNE 4 - JUNE 17, 2014



2/\$6

THE GREEK GODS

Greek Yogurt

24 oz., selected varieties



3/\$5

**SANTA CRUZ
ORGANIC**

Organic Lemonade

32 oz., selected varieties



99¢

CLIF BAR

Energy Bar

2.4 oz., selected varieties



\$2.69 **BLUE SKY**

Soda

6 pack, selected varieties

Featured Inside:

- Try a new summer sandwich: the A(mazing) BLT
- Party foods and cook-out supplies for grads and dads
- Get the low-down on storing (and enjoying) fresh melons
- What's fresh in the co-op deli? Look for your favorite seasonal foods



A(mazing) BLT

Serves 4. Prep time: 30 minutes.

- 1 pound peppered bacon
- 8 ounces Neufchâtel cheese
- ¼ cup oil-cured sun-dried tomatoes, chopped
- 1 clove garlic, peeled
- 2 tablespoons mayonnaise
- 1 tablespoon balsamic vinegar
- 1 teaspoon chopped fresh basil
- 8 slices of sourdough bread
- 2 ounces arugula
- 2 large heirloom tomatoes

Preheat the oven to 400 degrees F. Place 12 slices of bacon in a single layer on a parchment-lined sheet pan and bake about 20 minutes until crispy. Remove from heat and place on paper towels to remove excess fat.

In a food processor, combine the Neufchâtel cheese, sun-dried tomatoes, garlic, mayonnaise, vinegar and basil and blend until smooth.

Slice the tomatoes into 8 to 12 slices about ¾-inch thick. Lightly toast the bread and spread each slice with the cheese blend. On four of the pieces of toasted bread, place 2 or 3 tomato slices, a small handful of arugula and 3 pieces of bacon. Top each with another slice of toast, cheese side down. Cut in half diagonally and serve.

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



2/\$6

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



\$4.39

FOOD FOR LIFE

Organic Bread
24 oz., selected varieties



\$6.69

**SPECTRUM
NATURALS**

Canola Mayonnaise
32 oz.
other Mayonnaise products
also on sale



\$3.99

NEWMAN'S OWN

Dressing
16 oz., selected varieties



3/\$5

BOULDER CANYON

Kettle Chips
5 oz., selected varieties



89¢

WHOLESOY

Soy Yogurt
6 oz., selected varieties



\$3.39

NATURE'S PATH

Organic Granola Bars
7.4 oz., selected varieties



\$2.99

SO DELICIOUS

Organic Coconut Milk
64 oz., selected varieties



\$5.99

NUTIVA

Organic Shelled
Hempseed

8 oz.
other Hemp products
also on sale



4/\$3

STONYFIELD

Organic Yogurt
6 oz., selected varieties



\$2.99

PACIFIC

Hemp Milk
32 oz., selected varieties



\$5.99

ONCE AGAIN

Organic Peanut Butter
16 oz., selected varieties



\$6.99

DR. BRONNER'S

Liquid Castile Soap
16 oz., selected varieties



\$5.39

MANITOBA HARVEST

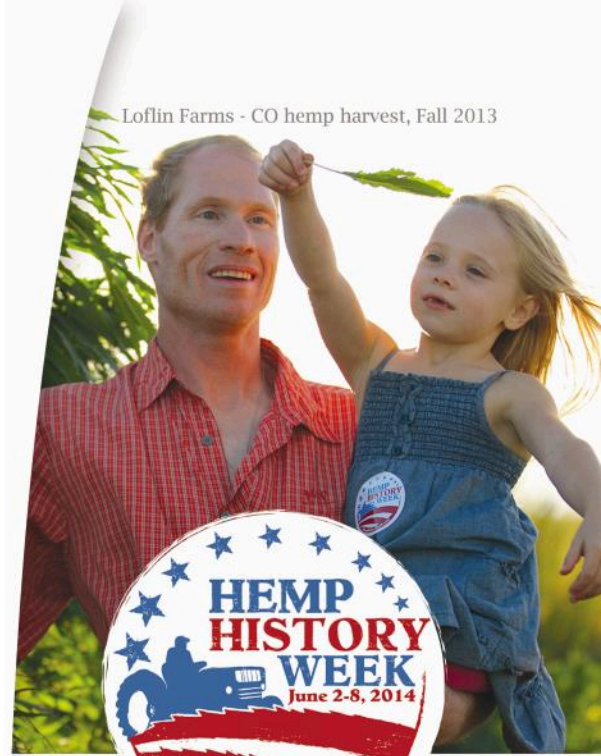
Hemp Hearts
8 oz.
other Hemp products also on sale



\$12.99

MANITOBA HARVEST

Hemp Protein Powder
16 oz., selected varieties
other Hemp Protein Powder
also on sale



It's Time to Grow

Celebrate Hemp History Week

This May 28 - June 11, 1%* of your purchase of **Dr. Bronner's Magic Soaps, Manitoba Harvest, Nature's Path** and **Nutiva** products at this cooperative will be donated to **Vote Hemp**. These companies are working to bring hemp back to America's farms and support a healthy future for U.S. families and farmers, the economy and our planet.

Vote Hemp is a national, single-issue, non-profit advocacy group founded in 2000 by members of the hemp industry to remove barriers to industrial hemp farming in the U.S. through education, legislation and advocacy. Learn more about Vote Hemp at VoteHemp.com.



*minimum donation of \$6,000

Let U.S. Farmers Grow Hemp



Marinated Portobello Mushroom Sandwiches

Serves 4. Prep time: 35 minutes.

- 5 tablespoons olive oil
 - 5 tablespoons red wine vinegar
 - 1 ½ teaspoons dried oregano
 - 1 ½ teaspoons fennel seeds, crushed or ground
 - 1 pound portobello mushrooms
 - ½ red onion, thinly sliced
 - 4 ciabatta rolls
 - 4 ounces provolone cheese, sliced
 - 4 ounces shredded romaine lettuce
- Sun-dried pesto spread:
 - 1 cup sun-dried tomatoes
 - 1 clove garlic, peeled
 - ¼ cup parsley leaves
 - ¼ cup basil leaves
 - 2 tablespoons pine nuts
 - 2 tablespoons olive oil
 - ¼ cup shredded Parmesan cheese
 - ½ cup water
 - Pinch of ground black pepper

Scrape out and discard the gills of each mushroom. Cut caps into ½-inch thick slices. In a small bowl, mix together the oil, vinegar, oregano and fennel, reserving 2 tablespoons. Place the sliced portobellos in the marinade for 20 minutes. Mix together the onion and remaining marinade in a small bowl and set aside.

Place tomatoes, garlic, parsley, basil, pine nuts, olive oil and Parmesan in a food processor and blend until the mixture is a spreadable paste, adding water as needed. Season to taste with pepper and set aside.

Heat a large skillet over medium-high heat. Remove the mushrooms from the marinade and sauté for 5-10 minutes until just tender. Remove from heat. Season with salt and pepper.

To assemble sandwiches, place provolone slices on the bottom half of each ciabatta roll, then divide the sun-dried tomato spread, sautéed mushrooms, marinated onions and lettuce evenly among the four sandwiches. Top with the other half of the roll and serve.

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



\$1.69

REDWOOD HILL FARM

Goat Yogurt
6 oz., selected varieties



\$8.99

EQUAL EXCHANGE

Organic Breakfast Blend Coffee
per pound in bulk
Decaf Breakfast Blend Coffee
\$11.99 per pound



2/\$5

DREAM BLENDS

Non-Dairy Beverage
32 oz., selected varieties



\$3.39

EREWHON

Organic Cereal
9-15 oz., selected varieties



\$2.39

POM WONDERFUL

Pom Juice Blends
12 oz., selected varieties



\$ 1.99 **PROBAR**
Meal Bar
3 oz., selected varieties



\$2.39
BULK
Organic Thompson Raisins
per pound in bulk



\$7.99
MOUNT HAGEN
Organic Instant Coffee
3.5-3.53 oz., selected varieties



\$1.19
BULK
Organic Rolled Oats
per pound in bulk



2/\$3
SCHECKTER'S
Organic Energy Drink
8.4 oz., selected varieties



\$2.99
VITA COCO
Pure Coconut Water
33.8 oz.



\$ 14.99
NATURAL VITALITY
Natural Calm
8 oz., selected varieties



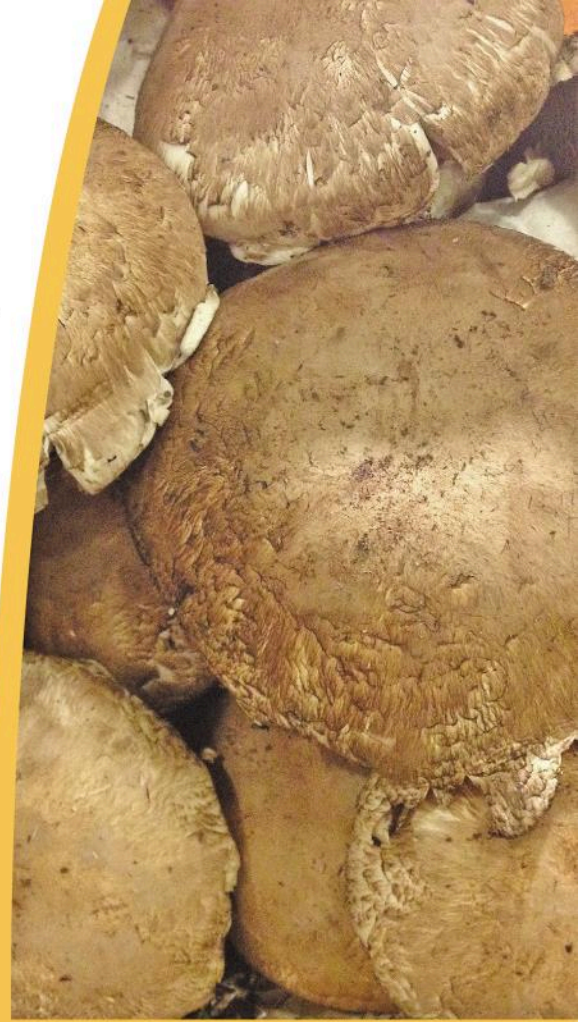
\$ 17.99
MEGAFOOD
Men's One Daily
Multivitamin
30 ct.
other MegaFood Multivitamins
also on sale



\$9.99
BADGER
Sunscreen
2.9 oz., selected varieties

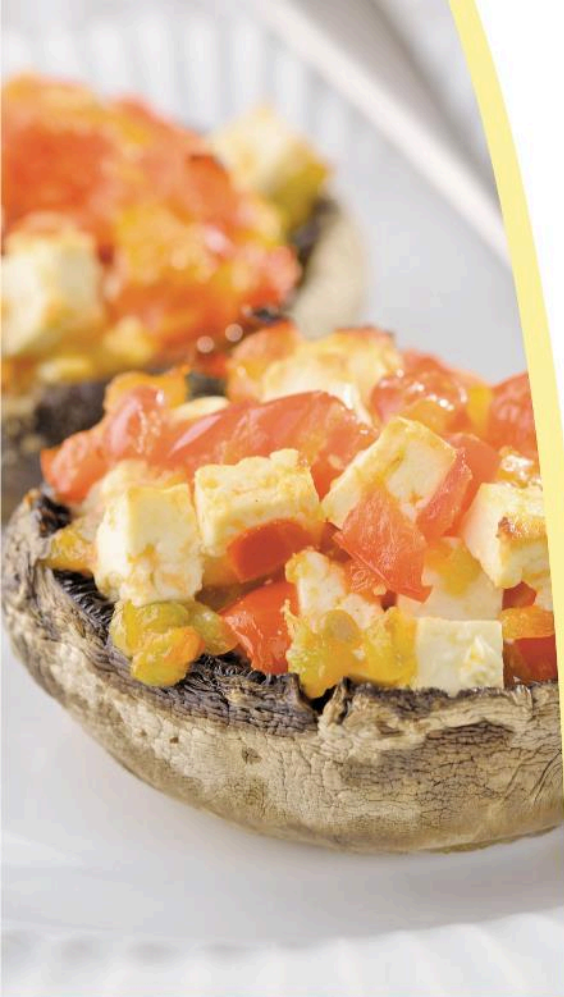


\$8.99 **B&T**
Arniflora Arnica Gel
2.75 oz.
other Homeopathic products
also on sale



Portobello mushrooms

Meaty and earthy, portobello mushrooms are a classic substitute for beef burgers, and serve as a good source of protein, folate, magnesium and zinc as well. These juicy full-grown mushrooms are also delicious in tacos or fajitas; marinate the caps in olive oil with cumin, coriander, chili powder, onion powder and garlic. Wrap in a corn or flour tortilla stuffed with bell peppers, avocado, salsa and a squeeze of fresh lime juice. For a hearty salad, marinate portobellos in balsamic vinegar with honey and Italian seasonings, then grill, slice and add to baby romaine, red bell pepper, onion and blue cheese.



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.

Stuffed Portobello Mushrooms

Roasted portobello mushroom caps filled with summer squash, peppers, onions, tomatoes, feta and Parmesan cheeses.

Save **\$ 1.00** per
pound



2/\$6

ALMOND DREAM
Non-Dairy Frozen
Dessert
16 oz., selected varieties



\$3.69

**RISING MOON
ORGANICS**
Organic Pasta Bowl
8-10 oz., selected varieties



\$12.99

BIONATURAE
Organic Extra Virgin
Olive Oil
25.4 oz.



\$6.99

**ANNIE'S
HOMEGROWN**
Pizza
22.5-23.1 oz.,
selected varieties



\$7.99

**SPECTRUM
NATURALS**
Organic Unrefined
Coconut Oil
14 oz.



\$2.99 **GARDENBURGER**
Veggie Burgers
10 oz., selected varieties



\$1.59 **BULK**
Organic Black
Turtle Beans
per pound in bulk



\$2.99

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$1.99

WILD PLANET
Sardines
4.375 oz., selected varieties



\$2.99

**IMMACULATE
BAKING**
Cookie Dough
14 oz., selected varieties



\$3.99

**ANNIE'S
HOMEGROWN**

Snack Mix
9 oz., selected varieties



2/\$5

**ANNIE'S
HOMEGROWN**

Bunny Grahams
7.5 oz., selected varieties



2/\$4

PIRATE BRANDS

Snacks
4-6 oz., selected varieties



2/\$5

**FOOD SHOULD
TASTE GOOD**

Pita Puffs
4 oz., selected varieties



2/\$5

BEARITOS

Tortilla Chips
16 oz., selected varieties



\$2.99

**MARY'S GONE
CRACKERS**

Organic Gluten-Free
Crackers
6.5 oz., selected varieties



\$2.69

WOODSTOCK

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



2/\$4

POPCHIPS

Potato Chips
3.5 oz., selected varieties



4/\$3

DRY SODA

Soda
12 oz., selected varieties

Melon Primer

Hundreds of sweet and bitter melon varieties grow across the globe and almost all are relatives of sturdy squashes and pumpkins. Melons are at their perfumed sweetest when stored and served at room temperature. Cubed or balled watermelon with lemon or lime juice, salty crumbled feta cheese and fresh mint or cilantro combine for a refreshing summer salad. Sprinkle pistachios over honeydew mixed with ricotta cheese for a delightful dessert; enjoy a healthy snack or breakfast treat of cantaloupe in yogurt; or wrap a wedge of melon in thinly-sliced prosciutto for a classic appetizer.

Visit www.strongertogether.coop for more melon facts and recipes!



SUMMERVALE!



Starting JULY 3, join us every Thursday this summer at the Intervale for Local food, music, tasting events and family activities. For more information, visit www.intervale.org

City Market is a proud local partner of the Intervale Center.



\$3.99

TOM'S OF MAINE
Toothpaste
4.7-5.5 oz.,
selected varieties



\$12.99

SEVENTH GENERATION
4X Liquid Laundry
Detergent
50 oz., selected varieties



\$8.99

GREEN FOREST
Bath Tissue
12 pack

coop kitchen

See what's cooking at www.strongertogether.coop/coop-kitchen



\$4.99

GIOVANNI
Shampoo or
Conditioner
8.5 oz., selected varieties

Start your summertime fun at the co-op!



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