

coopTM deals

JUNE 18 - JULY 1, 2014



2/\$9

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



\$2.99

**ANNIE'S
NATURALS**
Organic Dressing
8 oz., selected varieties



2/\$4

**LAKEWOOD
ORGANIC**
Organic Lemonade
32 oz., selected varieties



\$6.99

**ALBA
BOTANICA**
Sunscreen
4 oz., selected varieties

Featured Inside:

- Time for some grilling! Try our grilled quesadilla recipe
- Monterey Jack is this month's tasty and versatile featured cheese
- Get the facts on in-season fruits (and delicious ways to enjoy them)
- Enjoy our barbecue sauce primer – and some great grilling tips, too!



Grilled Chipotle Chicken Quesadillas

Serves 4. Prep time: 30 minutes.

- 1 pound boneless, skinless chicken breasts or tenders
- 3-4 canned chipotle peppers in adobo sauce
- 1 tablespoon brown sugar
- 2 cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 4 whole wheat tortillas (10-inch diameter)
- 12 ounces Organic Valley shredded Mexican cheese
- 4 green onions, diced
- 4 ounces roasted red peppers, drained and diced
- 2 tablespoons butter

In a small bowl, use a fork to mash the chipotle peppers, sugar, garlic and spices together into a paste. Add the chicken, mix well to coat and let marinate 15 minutes. Prepare and heat the grill to medium-high. Place the chicken on the hot grill and cook for about 4 minutes on each side, or until chicken is thoroughly cooked. Remove the chicken from the grill, let sit for 5 minutes, then slice the chicken into thin strips.

Lay out the tortillas on a clean work surface and evenly distribute the sliced chicken, cheese, green onion and roasted red peppers on half of each tortilla. Fold the other half of the tortilla up and over the filling, press gently and spread lightly with butter.

Heat a large non-stick skillet over medium high heat, lay two quesadillas, butter side down, side by side and cook 2-3 minutes until lightly browned. Flip them over and cook until the cheese is melted and the tortilla is browned on the other side. Remove, set aside and repeat the process until all quesadillas are cooked. Serve whole or sliced into triangles.

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



2/\$3

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



\$2.19

WESTBRAE
Organic Beans
25 oz., selected varieties



\$3.69

ORGANIC VALLEY
Organic Shredded Cheese
6 oz., selected varieties



\$2.69

ALEXIA
Sweet Potato Fries
15 oz.



\$4.69

UDI'S
Gluten-Free Pizza
10 oz., selected varieties



\$7.99

BULK
Organic Unsweetened
Mango
per pound in bulk



\$4.39

SAMBAZON
Organic Acai Sorbet
16 oz.
other Sambazon products
also on sale



\$3.99

BULK
Organic Peanut Butter
Stock
per pound in bulk



\$3.39

**SILVER HILLS
BAKERY**
Bread
18.7-22 oz., selected varieties



\$1.99

BULK
Organic Garbanzo
Beans
per pound in bulk



\$2.39

NATURAL SEA
Skipjack Tuna
5 oz., selected varieties



\$3.99

**FANTASTIC
WORLD FOODS**
Bulk Dinner Mix
per pound in bulk,
other Fantastic Foods bulk
products also on sale



\$2.99

**LUNDBERG
FAMILY FARMS**
Organic Rice Cakes
8.5-10 oz., selected varieties



3/\$4

**ANNIE'S
HOMEGROWN**
Pasta & Cheese Dinner
6 oz., selected varieties



4/\$5

CLIF BUILDER'S
Protein Bar
2.4 oz., selected varieties



Monterey Jack

This versatile cheese was popularized in the United States in the late 1800s when Monterey, California businessman David Jacks began producing and shipping it to San Francisco. Jack cheese is often flavored with garlic, herbs or chili peppers, but other less common varieties range from a pale yellow soft cheese to deep golden dry, hard aged varieties. Jack cheeses are great compliments to black beans, chili peppers and salsas in Tex-Mex cuisine. Or add very thin slices of dry, aged Jack to a delicate salad of spring radishes, radish sprouts, lemon juice and olive oil, seasoned with salt and pepper.



Raspberry Cream Scones

Makes six 3-inch scones. Prep time: 20 minutes active; 35 minutes total.

- 2/3 cup all-purpose flour
- 1/3 cup whole wheat flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3 tablespoons cold butter, cut or grated into small pieces
- 6 tablespoons heavy cream
- 1 egg, separated
- 1 teaspoon vanilla extract
- 3/4 cup fresh or frozen raspberries

Preheat the oven to 400 degrees F.

In a mixing bowl, whisk together the flours, sugar, baking powder and salt. In a separate small bowl, whisk together the heavy cream, egg yolk and vanilla.

Using a pastry cutter or your fingers, blend the cold butter with the flour mixture until it resembles coarse bread crumbs. Gently toss the raspberries with the flour and butter mixture, and slowly add the cream and egg yolk mixture. Gently blend just until the dough holds together.

Place the dough on a floured surface and gently pat out until about 1/2- to 1-inch thick. Cut the dough into 3-inch circles using a cookie or biscuit cutter and place on a greased or non-stick baking sheet. Gently push the remaining scraps of dough back together and cut more scones until all the dough is used. Brush the tops of the scones with beaten egg white and bake for 10-14 minutes until just starting to brown. *Some items may not be available at all stores or on the same days.*



\$16.99

SOLGAR

No. 7 Joint Support
30 ct.



\$5.99

BOIRON

Arnica Montana
80 ct., other Arnica products
also on sale



\$24.99

NEW CHAPTER

Prostate 5LX
60 ct.
other Supplements also on sale



\$29.99

GARDEN OF LIFE

Vitamin Code
Multivitamin
120 ct., Men's or Women's,
selected varieties
other Vitamin Code products
also on sale



\$21.99

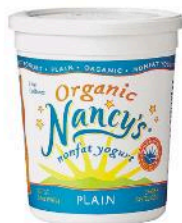
**SPECTRUM
ESSENTIALS**

Fish Oil
250 ct.



2/\$4

BLUE DIAMOND
Almond Breeze
32 oz., selected varieties



\$3.39

NANCY'S
Organic Plain Yogurt
32 oz., selected varieties



\$2.99

KASHI
Organic Cereal
10.3-16.3 oz., selected varieties



\$3.39

LIFEWAY
Organic Lowfat Kefir
32 oz., selected varieties



5/\$5

CHOBANI
Greek Yogurt
5.3 oz., selected varieties



2/\$5

R.W. KNUDSEN
Simply Nutritious Juice
32 oz., selected varieties



\$8.99

WHOLESOME SWEETENERS
Organic Blue Agave
44 oz., selected varieties



\$2.99

BLUE DIAMOND
Almond Breeze
64 oz., selected varieties



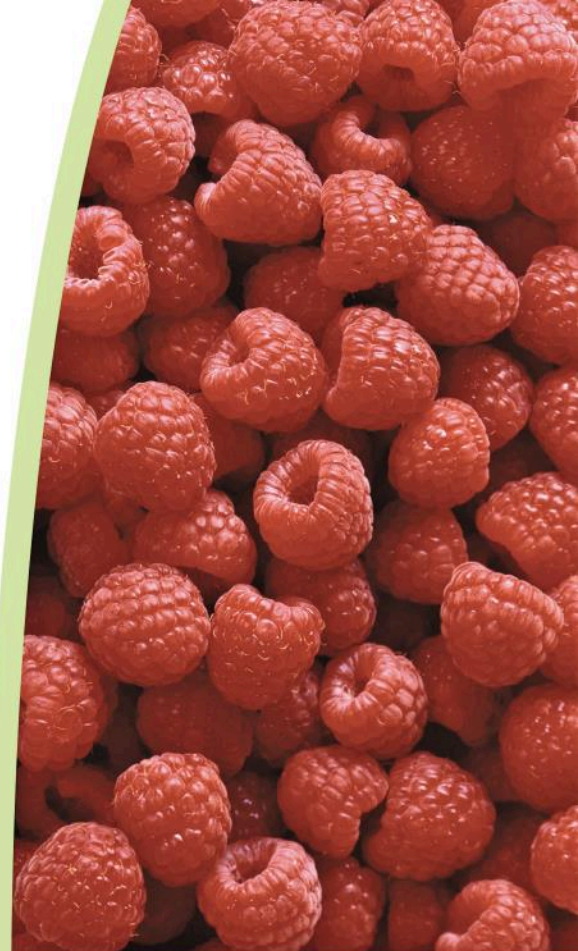
\$19.99

WARRIORFORCE
Warrior Food
Extreme
250 gr.
other Warrior Food products
also on sale



\$8.99

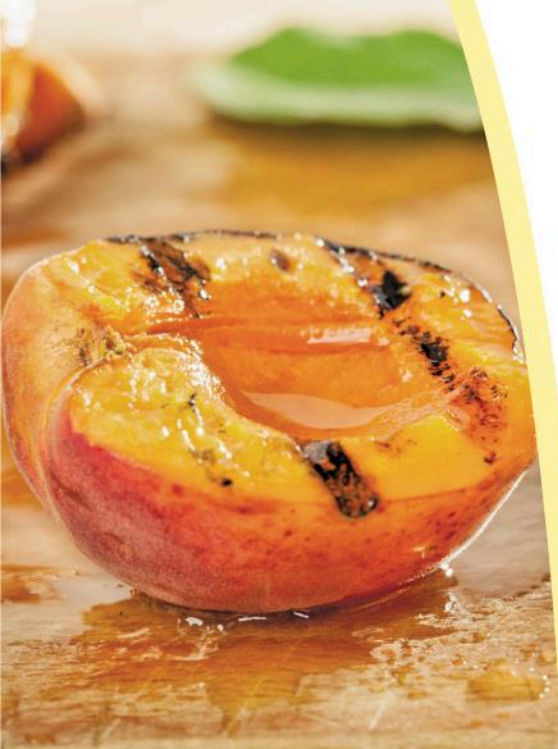
EQUAL EXCHANGE
Organic Breakfast Blend
Coffee
per pound in bulk
Decaf Breakfast Blend Coffee
\$11.99 per pound



Raspberries

An abundance of tangy, sweet and juicy raspberries is one of the many indications that summer's in full swing. These jewel-like fruits, while most commonly red, are also available in yellow, pink or black varieties. Raspberries pair well with chocolate or lemon, and there's no simpler dessert than a handful (or a bowlful) of just plain berries. For a chilly treat, gently fold raspberries into some yogurt, pour into small paper cups, add ice-pop sticks and freeze. Raspberries can be a part of your dinner plans, too. Mix them into red wine vinegar, cream or chicken stock and glaze chicken breasts before grilling or broiling.

Visit www.strongertogether.coop for more on what's fresh and seasonal!



Tips for great grilling

Are you ready to take your grilling skills to new heights? Here are a few tips:

- Use a blend of spices, salt and herbs as a rub for grilled meat, fish or tofu. Blends like Cajun, jerk, or tandoori spices add color, crunch and flavor.
- Marinades are another great way to spice up grilled foods. A basic marinade starts with oil, a sour element, and salt or seasoning. Tempeh and halloumi cheese are unusual bases for a tasty marinade, and easy to grill.
- Hit the sweet spot with grilled fruit, like bananas, peaches, nectarines or fresh figs. Just cut them in half, lightly coat with oil, and grill just a few minutes per side. Grilled fruit is amazing with ice cream.

Visit www.strongertogether.coop for great recipes for rubs and marinades and our "Fruit and Veggie Grilling Guide."



\$4.39 **FIELD ROAST**
Frankfurters
16 oz.



\$2.69
ANNIE'S NATURALS
Organic Ketchup
24 oz.
other Annie's Condiments
also on sale



\$10.99
SPECTRUM NATURALS
Organic Unrefined
Extra Virgin Olive Oil
25.4 oz.



2/\$4
KETTLE
Potato Chips
4 oz., selected varieties



\$3.99
ZICO
Coconut Water
33.8 oz., selected varieties



2/\$5
FOOD SHOULD TASTE GOOD
Original Sweet Potato Chips
Kettle Cooked
Seasoned with Sea Salt
4.5 oz., selected varieties



2/\$7 **BOCA**
Veggie Burgers
10 oz., selected varieties



\$4.39 **SAN PELLEGRINO**
Sparkling Fruit
Beverages
6 pack, selected varieties



\$2.99
R.W. KNUDSEN
Spritzers
4 pack, selected varieties



\$4.99
PRESERVE
Large On The Go
Plates
8 ct., selected varieties



\$3.69 **ANNIE'S HOMEGROWN**
Organic Fruit Snacks
4 oz., selected varieties



\$3.19 **ANNIE'S HOMEGROWN**
Graham Crackers
14.4 oz., selected varieties



\$3.69 **BACK TO NATURE**
Cookies
4.5-8.5 oz., selected varieties



2/\$5 **BLUE DIAMOND**
Artisan Nut Thins
4.25 oz., selected varieties



\$8.99 **BIOKLEEN**
Liquid Laundry
Detergent
64 oz., selected varieties



5/\$5 **LARABAR**
Nutrition Bar
1.6-1.8 oz., selected varieties



\$3.39 **JULIE'S ORGANIC**
Organic Ice Cream Bars
3 count, selected varieties



2/\$5 **ANGIE'S**
Boomchickapop
Popcorn
5 oz., selected varieties



2/\$5 **MEDITERRANEAN SNACK FOOD**
Lentil Chips
4.5 oz., selected varieties



\$3.39 **CITRASOLV**
Homesolv Dish Soap
25 oz., selected varieties



Barbecue Sauces

There are probably as many barbecue sauce variations as there are people who barbecue; but generally speaking, three basic types: vinegar-based, tomato-based and mustard-based sauces. The typical Kansas City-style sauce uses tomato as a main ingredient, but in the Carolinas (depending on which sub-region, of course), you're more likely to find your barbecue sauced with a nearly-transparent vinegar-based sauce. A Georgia griller is more likely to start with mustard, for a tangy and savory condiment.

Check your co-op's sauce and condiment aisle to see what local variations are available, and try them out the next time you fire up the grill.



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 NATURE'S GATE
Toothpaste
6 oz., selected varieties



\$5.99
AVALON
ORGANICS
Shampoo or
Conditioner
11 oz., selected varieties



\$6.69
SEVENTH
GENERATION
Bath Tissue
12 pack

coop kitchen

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



\$3.39
ONE WITH
NATURE
Bar Soap
7 oz., selected varieties

Great grilling recipes at www.strongertogether.coop

