

coopTM deals



JULY 2 - JULY 15, 2014



\$2.99 WILLAMETTE VALLEY
Organic Granola
per pound in bulk



\$5.99
NATURE'S PATH
Organic Cereal
26.4-32 oz., selected varieties



\$2.99
RUDI'S ORGANIC BAKERY
Hot Dog Buns
12 oz., selected varieties



3/\$10 ZEVIA
Zero Calorie Soda
6 pack, selected varieties

Featured Inside:

- Grilled veggies and couscous shine in a summer salad
- Perfect picnic dishes and outdoor entertaining ideas
- How to make your own refreshing flavor-infused beverages
- Woodstock wagon giveaway! Plus delicious condiments on sale



Grilled Vegetable Salad

Serves 6. Prep time: 30 minutes active; 60 minutes total.

- 1 cup pearly couscous
- 1 ¾ cups water
- 5 tablespoons olive oil, divided
- 1 yellow onion, quartered
- 1 small eggplant, cut into ½-inch slices
- 1 zucchini, sliced lengthwise into ½-inch thick planks
- 1 red bell pepper, seeded and cut into large chunks
- 1 medium tomato, cut into 4 to 6 wedges
- ½ pound green beans, trimmed
- 1 cup whole button mushrooms
- ⅓ cup Santa Cruz Organic Pure Lemon Juice
- 2 tablespoons Dijon mustard
- 1-2 tablespoons fresh thyme leaves
- 1-2 tablespoons roughly-chopped fresh rosemary
- 1 tablespoon roughly-chopped fresh mint
- 2 cloves fresh garlic, peeled and minced
- ¼ to ½ teaspoon crushed red pepper flakes

In a large mixing bowl, combine 4 tablespoons of olive oil with the lemon juice, mustard, fresh herbs, garlic and red pepper flakes. Add vegetables, toss well and marinate for 30 minutes.

Meanwhile prepare the couscous. Heat 1 tablespoon olive oil in a medium-sized pot over medium heat. Add dry couscous and sauté for about 3 minutes, stirring frequently, until lightly browned and toasted. Add water and bring to a boil, then reduce heat, cover and simmer for 10-15 minutes until couscous is tender and liquid has been absorbed. Remove from heat and set aside.

Preheat grill to medium-high heat. Remove vegetables from marinade and grill until tender. Roughly chop grilled vegetables and place back into the marinade, tossing well to coat. Combine with or serve over the couscous.

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



\$3.99

TALENTI

Gelato

16 oz., selected varieties



3/\$5

SANTA CRUZ ORGANIC

Organic Lemonade

32 oz., selected varieties



\$1.99

WALNUT ACRES

Organic Baked Beans

15 oz., selected varieties



\$1.69 **MORI-NU**

Organic Tofu

12.3 oz.

other Mori-Nu Tofu also on sale



\$3.99

DRY

Soda

4 pack, selected varieties



99¢

SWEET LEAF
Organic Ready-to-Drink Tea
16 oz., selected varieties



\$6.99

WOODSTOCK
Lump Hardwood
Charcoal
8.8 lb.



2/\$6

LIGHTLIFE
Veggie Protein Links
12-13.5 oz., selected varieties



\$2.39

WOODSTOCK
Organic Ketchup
20 oz.
other Woodstock condiments
also on sale



\$2.99 **WORLD CENTRIC**
9-inch Plates
20 ct.
other World Centric products
also on sale



99¢

FIELD DAY
2-ply Paper Towels
1 roll, selected varieties



2/\$5

GARDEN OF EATIN'
Corn Tortilla Chips
7.5-8.1 oz., selected varieties



2/\$5

DREW'S
Organic Salsa
12 oz., selected varieties



2/\$5

BOULDER CANYON
Avocado Oil Kettle
Cooked Potato Chips
5.25 oz.



\$3.39

SUNSHINE BURGER
Organic Veggie Burgers
3 ct., selected varieties

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WOODSTOCK
IT'S GOOD!

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FOR A CHANCE TO WIN
A WOODSTOCK
WAGON!



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about Non-GMOs
one seed at a time!



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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 dedicated to spreading the
word about the importance of Non-GMOs. Visit them on
Facebook to learn more. facebook.com/woodstockfoods.com

Save the Land
Proud Supporter of
American Farmland Trust



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Mojito Watermelon Salad

Serves 4. Prep time: 20 minutes.

- 2 cups seeded watermelon, cut into ¾-inch cubes
- 1 large red heirloom tomato, cored and chopped
- 1 large yellow heirloom tomato, cored and chopped
- ¼ cup fresh-squeezed lime juice
- 2 tablespoons tequila (optional)
- 2 teaspoons agave nectar
- 1 tablespoon white wine vinegar
- 2 tablespoons minced fresh mint
- 3 tablespoons olive oil
- Pinch each of salt and freshly-ground black pepper

Place the watermelon and tomato pieces on a paper towel to absorb excess moisture.

In a large bowl, whisk together the lime juice, tequila, agave nectar, vinegar, mint, olive oil and salt and pepper. Add the watermelon and tomatoes, toss well to coat and serve immediately.

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



\$3.69

RUSTIC CRUST

Pizza Crust

13 oz., selected varieties
other Pizza Crusts also on sale



\$2.69

POMI

Tomatoes

26.46 oz., selected varieties



\$12.99

SPECTRUM NATURALS

Organic Extra Virgin
Mediterranean Olive Oil
33.8 oz.



\$1.99

FIELD DAY

Mediterranean Sea Salt
24.7-26.5 oz., selected varieties



2/\$7

DAIYA

Dairy-Free Cheese
Style Shreds

8 oz., selected varieties



\$3.99

RICE DREAM
Enriched Rice Drink
64 oz., selected varieties



69¢

BROWN COW
Yogurt
6 oz., selected varieties



\$8.99

EQUAL EXCHANGE
Organic Midnight Sun
Coffee
per pound in bulk



\$2.99

EARTH BALANCE
Organic Soymilk
64 oz., selected varieties



\$2.99

R.W. KNUDSEN
Spritzers
4 pack, selected varieties



\$6.99

ONCE AGAIN
Organic Tahini
16 oz.



\$3.69

SO DELICIOUS
Coconut Milk Frozen
Dessert
16 oz., selected varieties



3/\$5

BACK TO NATURE
Pasta & Cheese Dinner
6 oz., selected varieties



\$1.99

BULK
Organic Red Lentils
per pound in bulk



3/\$5

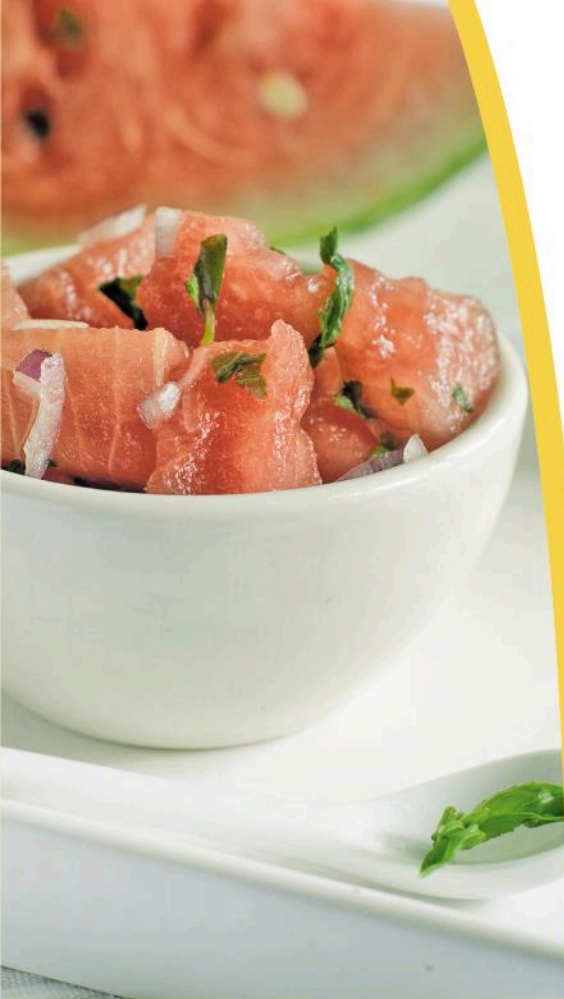
WESTBRAE
Organic Beans
15 oz., selected varieties



Watermelon

If you're worried about your kids eating enough veggies, give them a slice or two of thirst-quenching watermelon (yes, it's a vegetable, related to the cucumber) for a good dose of vitamins C, A, and B6, as well as some valuable minerals. Get creative, too! Add watermelon cubes to your chicken salad, or serve it on a skewer with other favorite fruits. Blend it into a slushie or smoothie. You can even grill it (quickly!) to extend its summertime appeal. By the way, the record for seed spitting is 66 feet, 11 inches. That'll keep the kids busy for a while!

Visit www.strongertogether.coop for more delicious ways to enjoy melons.



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.

Watermelon Salsa

Cool, crisp watermelon is accentuated with tangy lime, fresh cilantro and spicy jalapeño peppers to make this fruit salsa sing.

Save **\$ 1.00**
per pound



\$2.19

BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



\$2.99

TINY BUT MIGHTY
Heirloom Popcorn
Kernels
20 oz.



\$9.99

BULK
Organic Almonds
per pound in bulk



\$3.39

BULK
Organic Turkish
Apricots
per pound in bulk



2/\$5

ANGIE'S
Popcorn
4.5-7 oz., selected varieties



2/\$5

LUNDBERG FAMILY FARMS
Rice Chips
6 oz., selected varieties



\$3.39

NEWMAN'S OWN ORGANICS
Fig Newmans
10 oz., selected varieties



\$2.99

GO RAW
Super Chips
3 oz., selected varieties



2/\$4

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



\$ 1.99

GURU
Energy Drink
8.4 oz., selected varieties



4/\$5

LARABAR

Uber Bar

1.42 oz., selected varieties



\$2.69

R.W. KNUDSEN

Organic Very Veggie Juice

32 oz.
other Very Veggie Juice also on sale



2/\$3

C2O

Coconut Water

17.5 oz., selected varieties



\$4.99

R.W. KNUDSEN

Organic Just Tart

Cherry Juice

32 oz.
other Just Juice also on sale



\$2.39

TERA'S WHEY

Organic Whey

Protein

1 oz., selected varieties



\$6.69

SUJA

Organic Cold Pressed

Juice

16 oz., selected varieties



4/\$5

**CLEARLY
NATURAL**

Glycerine Soap

4 oz., selected varieties



\$3.99

DESERT ESSENCE

Tea Tree Oil

Deodorant

2.5 oz., selected varieties



\$9.99

JASON

Body Wash

30 oz., selected varieties



\$11.99

NUTREX

Spirulina Pacifica Powder

5 oz.
other Nutrex products also on sale



Refresh Yourself!

Looking to refresh your repertoire of cold beverages? Investigate infusions, which is a fancy way of saying "flavored water" (or other beverage, if you choose). Infusions are easy to make, but require a little bit of experimentation, since the ratio of liquid to flavoring substance depends on the potency of the flavors involved.

Start off with about 2 quarts of water in a glass jar or pitcher and use 3 to 5 small pieces of fruits or vegetables, or a quarter of a cantaloupe cut in cubes, or 10 to 15 mint leaves. Gently mash the fruits and vegetables or leaves, and chill until the flavors taste...just right.

Visit www.strongertogether.coop/food-lifestyle/cooking/infusion-this for more flavor combos to try.



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.



\$16.99

NEW CHAPTER

Every Women's One Daily
24 ct.

other New Chapter Supplements
also on sale



\$7.99

BOIRON

Sinusalia
60 tab.



\$9.99

PLANET

Liquid Laundry
Detergent
100 oz.

coop kitchen

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



\$2.99

**SEVENTH
GENERATION**

Dish Liquid
25 oz., selected varieties

Pick up supplies for your next picnic at the co-op!

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stronger together

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