

coopTM deals

SEPT 17 - SEPT 30, 2014



\$3.99

RUDI'S ORGANIC BAKERY

Organic Bread
20-22 oz., selected varieties



4/\$5

MUIR GLEN

Organic Tomatoes
14.5 oz., selected varieties



\$2.99

ANNIE'S NATURALS

Organic Dressing
8 oz., selected varieties



\$2.99

NATURE'S PATH

Organic Oatmeal
8 ct., selected varieties

Featured Inside:

- It's Organic Harvest Month – save on tasty organic food
- This month's cheese focus is on versatile Mexican cheeses
- Are you a gardener? Fall's the best time for feeding the soil
- Trendy or not, kale is delicious – try our risotto recipe with kale



Calabacitas

Serves 4. Prep time: 30 minutes.

- 2 tablespoons vegetable oil
- ½ cup diced yellow onion
- 2 cloves garlic, minced
- 4 cups small zucchini and/or yellow squash, cut in 2-inch chunks
- 1 cup corn kernels (fresh, frozen or canned)
- ½ cup diced green chilies (canned)
- 1 cup diced fresh tomatoes
- Salt and pepper to taste
- ¼ pound queso fresco (or feta), crumbled

Heat the oil in a large pot over medium-high heat. Add the onions and garlic and sauté for 5 minutes until onion is soft. Add the squash, corn, green chilies and tomatoes and stir well. Cover the pot and simmer 10 minutes until squash is tender. Season with salt and pepper, top with the crumbled cheese and serve.

Serving suggestion: Add Southwestern flair to grilled chicken or fish with a side of calabacitas, serve over cooked grains or simply fold in a warm corn tortilla for a quick vegetarian meal.

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



2/\$6

CASCADIAN FARM

Organic Frozen Fruit
8-10 oz., selected varieties



\$8.99

EQUAL EXCHANGE

Organic French Roast
Coffee

per pound in bulk
French Roast Decaf also on sale



\$2.99

ORGANIC VALLEY

Organic Soy Creamer
32 oz.



\$5.99

R.W. KNUDSEN

Just Juice

32 oz., selected varieties
Organic Just Juice also on sale



\$4.69

PAMELA'S

Gluten-Free Baking &
Pancake Mix

24 oz.
other Baking Mixes also on sale



\$3.39 **WILLAMETTE VALLEY**
Organic Granola
per pound in bulk



\$2.69
BULK
Organic Thompson Raisins
per pound in bulk



\$2.99
KASHI
Organic Cereal
10.3-16.3 oz., selected varieties



4/\$5 **CLIF KIT'S ORGANIC**
Fruit & Nut Bar
1.73 oz., selected varieties



SEPT 17 - SEPT 30, 2014



5/\$4
BROWN COW
Yogurt
6 oz., selected varieties



\$4.99
REDWOOD HILL FARM
Goat Milk Kefir
32 oz., selected varieties



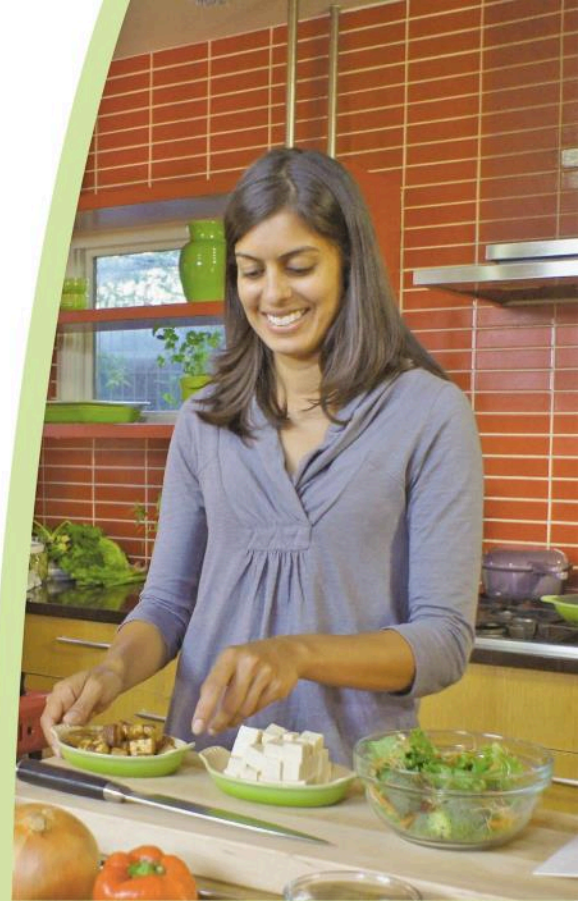
\$3.99
RICE DREAM
Enriched Rice Drink
64 oz., selected varieties



\$3.69
SO DELICIOUS
Coconut Milk Yogurt
16 oz., selected varieties



\$3.39 **NATURE'S PATH**
Organic Bars
7.05-7.4 oz., selected varieties



coop kitchen

Autumn Wheatberry Salad

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

Shefaly Ravula shares a delicious, flexible (and thrifty!) recipe for a seasonal wheatberry salad that's easy to make. Check out the video at: www.strongertogether.coop/recipes/autumn-wheatberry-salad/.



Smoked Gouda Risotto with Kale and Mushrooms

Serves 6. Prep time: 40 minutes active; 60 minutes total.

- 2 tablespoons olive oil
- 2 cups diced yellow onion
- 4 cloves garlic, minced
- ½ pound button mushrooms, quartered
- 1 ¼ cup Arborio rice
- 2 tablespoons tomato paste
- 2 teaspoons tamari
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 3 tablespoons lemon juice
- 3 ½ cups vegetable broth, divided
- 4-5 cups roughly-chopped kale (1 large bunch)
- ¼ pound smoked Gouda cheese, shredded

Preheat oven to 350°F. In a large Dutch oven, heat the olive oil over medium-high heat. Sauté the onions for 5 minutes, add the garlic and mushrooms and sauté until the mushrooms begin to soften. Add rice and stir while sautéing for about 2 minutes. Add tomato paste, tamari, paprika, salt, pepper, lemon juice and 3 cups of the broth and stir to combine. Bring to a boil, stirring occasionally, then cover with a tight lid and place in the oven for 20 minutes. Remove from oven, uncover and return the pan to the stove over medium-low heat. Stir in the kale and another ¼ cup of broth. Cook for another 5-10 minutes, adding more broth if needed, until the kale is tender, rice is creamy and liquid has been absorbed. Remove from heat and stir in the cheese. Serve warm.

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



\$ 1.69

BULK

Organic Black Beans
per pound in bulk



\$ 4.99

RISING MOON ORGANICS

Organic Ravioli
16 oz., selected varieties



\$ 11.99

SPECTRUM

Organic Extra Virgin
Olive Oil
25.4 oz.



3/\$5

NEAR EAST

Grain and Rice Mixes
5.7-10 oz., selected varieties



2/\$5

PACIFIC

Organic Soup
17 oz., selected varieties



\$9.99

BULK
Organic Almonds
per pound in bulk



\$1.19

**ANNIE'S
HOMEGROWN**
Macaroni & Cheese Cup
2.01 oz., selected varieties
Gluten-Free Cup on sale for \$1.39



\$4.69

**ORGANIC
VALLEY**
Organic Sharp
Cheddar Cheese
8 oz.
other Organic Cheese
also on sale



2/\$4

AMY'S
Burrito
6 oz., selected varieties



\$5.99

MARANATHA
Organic Peanut Butter
16 oz., selected varieties



2/\$5

HAPPY FAMILY
Organic Happy Puffs
2.1 oz., selected varieties



\$2.39

ANNIE CHUN'S
Rice Noodles
8 oz., selected varieties



\$2.99

GO VEGGIE!
Sliced Rice Cheese
7.3 oz., selected varieties



\$3.99

BOVE'S
Pasta Sauce
24 oz., selected varieties



\$2.99

CLIF KID
Organic Zbars
6 ct., selected varieties



Kale

There's a reason for kale's trendy popularity, and it's not just because it's an excellent source of calcium, potassium, fiber, and vitamins. Kale is delicious and versatile! A simple squeeze of fresh lemon or lime juice on steamed kale serves to brighten its earthy flavors; serve over cooked grains for a fast meal. Try finely chopping raw kale and topping with fresh lemon juice, olive oil, sweet and tangy dried cranberries, salty feta crumbles and nutty sunflower seeds for a simple salad that you may just find popular enough at your table to, dare we say, crave!

Visit www.strongertogether.coop for more simple and seasonal recipes.



Mexican cheeses

Mexican cheeses are delicious and well worth getting to know. Cotija, a salty, mild white cheese which varies from semisoft to very hard is commonly crumbled and used as a topping for Mexican-style dishes like enchiladas, beans or Spanish rice. Queso fresco is also mild and made from skim milk, making it a good low-fat alternative to mozzarella. Crumble, slice or melt into refried beans and quesadillas. Chihuahua resembles a mild cheddar when fresh and becomes more tangy with age. Use it on nachos, burritos or anywhere you want authentic flavor for your favorite Mexican foods.



\$3.69

HOPE FOODS
Organic Hummus
8 oz., selected varieties



2/\$7

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



2/\$5

DREW'S
Organic Salsa
12 oz., selected varieties



2/\$4

FOOD SHOULD TASTE GOOD
Kettle Cooked Potato Chips
4.5 oz., selected varieties



2/\$5

GREEN & BLACK'S
Organic Chocolate Bar
3.5 oz., selected varieties



2/\$5

EDWARD & SONS
Brown Rice Snaps
3.5 oz., selected varieties



\$2.19

PIRATE BRAND
Snacks
4-4.5 oz., selected varieties



\$2.99

ANNIE'S HOMEGROWN
Bunny Grahams
7.5 oz., selected varieties



\$2.99

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



2/\$4

BOULDER CANYON
Kettle Cooked Potato Chips
5 oz., selected varieties



\$2.19

SVELTE
Organic Protein Shake
15.9 oz., selected varieties



2/\$7

ORGANIC INDIA
Organic Tulsi Tea
18 ct., selected varieties



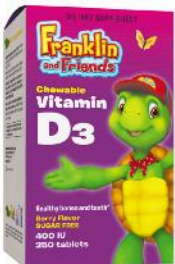
\$28.99

NEW CHAPTER
One Daily Multivitamin
48 ct., Man's or Woman's,
selected varieties
other Supplements also on sale



\$21.99

SPECTRUM
Omega-3 Fish Oil
250 ct.
other Fish Oil products
also on sale



\$10.99

NATURAL FACTORS FRANKLIN AND FRIENDS
Vitamin D3
250 ct.
other Supplements also on sale



\$9.99

BOIRON
Arnicare Value Pack
each, selected varieties



\$2.99

GT'S
Organic Synergy
Kombucha
16 oz., selected varieties



\$3.99

DESERT ESSENCE
Tea Tree Oil
Toothpaste
6.25 oz., selected varieties



\$28.99

VEGA ONE
All-in-One Nutritional
Shake
14.6-15.45 oz.,
selected varieties



\$10.99

GARDEN OF LIFE
Organic Chia
12 oz.



Organic food for your garden

DIY projects and growing your own food are hot topics across the country – as is growing food organically. If you're thinking about starting an organic vegetable garden, fall is the time to prepare your soil. Healthy soil has an abundance of nitrogen, phosphorous, and potassium, plus at least 13 other common nutrients, all of which can be found in organic fertilizers like green manure (created by planting and tilling under nitrogen-fixing cover crops such as vetch), animal manure and wood ashes. Since these materials take time to break down and nurture the soil, it's best to apply them in the fall, or in more temperate climates, a few months before planting time.

Visit www.strongertogether.coop/using-organic-fertilizers to read more on organic fertilizers.

Harvest Celebration

Sunday, October 5

Noon - 4:00 p.m.

Memorial Auditorium



Join us!



\$7.99

EVERYDAY SHEA
Body Lotion
32 oz., selected varieties



4/\$5

CLEARLY NATURAL
Glycerine Soap
4 oz., selected varieties



\$11.99

SEVENTH GENERATION
Liquid Laundry Detergent
50 oz., selected varieties



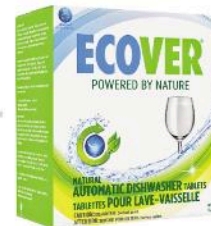
\$5.99

THAYER'S
Witch Hazel
12 oz., selected varieties



\$4.99

GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties



\$4.69

ECOVER
Automatic Dishwasher Tablets
17.6 oz.
other Dishwashing products also on sale

Everyone's welcome, every day at the co-op!

coopTM
stronger together

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