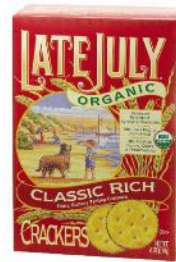


coopTM deals

NOV 19 - DEC 2, 2014



2/\$4

**LATE JULY
ORGANIC**

Organic Classic
Crackers

6 oz., selected varieties



2/\$5

PACIFIC

Organic Broth

32 oz., selected varieties



\$2.99

R.W. KNUDSEN

Organic Sparkling Juice

750 ml., selected varieties
other Sparkling Juice \$2.69



2/\$4

**CASCADIAN
FARM**

Organic Frozen
Vegetables

10 oz., selected varieties

**City
Market**
Onion River Co-op

Your Community-Owned Grocery Store

82 S. Winooski Ave., Burlington VT 05401

Open 7 a.m. - 11 p.m. every day • 802-861-9700 • www.citymarket.coop
We welcome EBT, CATScratch, Knight & CCCash Cards and manufacturers' coupons



Turkey Vatapa

Serves 6. Prep time: 20 minutes active; 45 minutes total.

- 1 tablespoon vegetable oil
- 1 cup diced yellow onion
- ½ cup diced green bell pepper
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 2 tablespoons minced fresh jalapeño pepper
- 3 ½ cups diced tomatoes (1 28-ounce can)
- 12 ounces lager beer
- Salt
- ¾ cup peanuts, ground fine in a food processor
- 1 cup light coconut milk
- 2 ½ cups cooked turkey, skin removed, chopped
- Ground black pepper
- 3 tablespoons minced parsley
- 3 tablespoons minced cilantro
- 1 lime, zest and juice

In a large Dutch oven or stockpot, heat oil over medium-high heat. Add onion and bell pepper and sauté for 5 minutes. Add the garlic, ginger and jalapeño and sauté another few minutes. Stir in the diced tomatoes, beer and a pinch of salt and bring to a boil. Cover pot, reduce heat to a simmer and cook for 15 minutes, stirring occasionally. Add the ground peanuts, coconut milk and turkey. Stir and simmer, uncovered, for another 5-10 minutes. Add salt and pepper to taste and stir in the parsley, cilantro and lime zest and juice.

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



\$17.99

TOFURKY
Vegetarian Feast
3.5 lb.



\$9.99

**NAPA VALLEY
NATURALS**
Organic Extra Virgin
Olive Oil
25.4 oz.
other Olive Oil and Vinegar
also on sale



\$2.69

WOODSTOCK
Organic Cranberry
Sauce
14 oz., selected varieties



\$2.69

**ARROWHEAD
MILLS**
Organic Stuffing Mix
10 oz.



2/\$3

FARMER'S MARKET
Organic Pumpkin
15 oz., selected varieties
Squash and Sweet Potatoes
also on sale



\$3.99 BULK
Organic Unsalted
Dry Roasted Peanuts
per pound in bulk,
Great for freshly-ground
nut butter



\$2.69
RAPUNZEL
Organic Corn Starch
8 oz.



\$8.99
SPECTRUM
Organic Mayonnaise
32 oz.
other Spectrum Mayonnaise
also on sale



\$6.69
**EQUAL
EXCHANGE**
Organic Packaged
Coffee
10-12 oz., selected varieties
Decaf Coffee \$8.69



\$3.39 **IF YOU CARE**
Recycled Aluminum Foil
50 sq. ft.
other If You Care products
also on sale



\$2.39 **IMMACULATE
BAKING**
Crescent Rolls
8 oz.



\$16.99 **FIELD ROAST**
Hazelnut Cranberry
Roast En Croute
32 oz.



\$2.39 **CELESTIAL
SEASONINGS**
Holiday Tea
20 ct., selected varieties



\$3.69
**MEDITERRANEAN
ORGANIC**
Organic Olives
8.1-8.6 oz., selected varieties



2/\$5
**LUNDBERG
FAMILY FARMS**
Organic Rice &
Seasoning Mix
6 oz., selected varieties



Friendsgiving

If distance or schedule is keeping you from celebrating with family this Thanksgiving, consider hosting a Friendsgiving feast. That's when friends, rather than family, come together to celebrate the nation's favorite food holiday. Friendsgiving is a little bit different from a traditional Thanksgiving, so it's a great opportunity to get creative. By cooking collaboratively or asking guests to be responsible for different courses, you'll be able to enjoy one another's company and come together around great food. Isn't that what Thanksgiving is all about?

Visit www.strongertogether.coop
for more ideas and delicious
holiday recipes for your
Friendsgiving dinner.



Parsnip Apple Soup

Serves 4-6. Prep time: 30 minutes active; 45 minutes total.

- 2 tablespoons vegetable oil
- 3 cups diced yellow onion (1 medium onion)
- 1 ½ pounds parsnips, peeled and diced
- 2 cups peeled and diced apple
- 2 teaspoons ground coriander
- Salt
- 4 cups vegetable broth
- 1 cup heavy cream or milk
- ½ cup minced parsley
- Ground black pepper
- 4 ounces chèvre (optional)

Heat a stockpot over medium-high heat and sauté the onion in the oil for 5 minutes. Add the parsnips and apples and sauté another 6-8 minutes, stirring occasionally. Add the coriander, a pinch of salt and the broth and bring to a boil. Reduce heat to a simmer and cook for 10-15 minutes until parsnips are soft. Remove from heat and add the cream or milk, parsley and a pinch each of salt and pepper. Use a food processor or blender to puree the soup (in small batches if necessary). Season with salt and pepper and serve warm with a small dollop of chèvre on top.

Serving suggestion: Serve this soup with rustic bread as a delicious prelude to any fall meal, particularly turkey or earthy grain-based dishes, such as wheat berry or kamut salads.

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



\$1.69

BULK

Organic Green Laird
Lentils
per pound in bulk



\$2.99

PACIFIC

Organic Soup
32 oz., selected varieties



2/\$7

RISING MOON ORGANICS

Organic Ravioli
8 oz., selected varieties



\$3.99

FRONTIER CO-OP

Organic Ground
Cinnamon
1.9 oz.
other Frontier Herbs and
Spices also on sale



\$9.99

EQUAL EXCHANGE

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



\$10.99

ALBA BOTANICA
Very Emollient Body Lotion

32 oz., selected varieties
Very Emollient Body Lotion
Maximum \$12.99



5/\$10

AURA CACIA
Mineral Bath

2.5 oz., selected varieties



\$2.99

SOUTH OF FRANCE
Bar Soap

6 oz., selected varieties



\$21.99

MYCHELLE DERMACEUTICALS
Pumpkin Renew Cream

1.2 oz.
Special order only



\$29.99

HEALTHFORCE SUPERFOODS
MacaForce Powder

Not available at City Market



\$4.99

GIOVANNI

Shampoo or Conditioner

8.5 oz., selected varieties



\$3.69

ECOVER
Fabric Softener

32 oz., selected varieties
Ecover Laundry Detergent also on sale



\$9.99

MAGGIE'S ORGANICS
Killington Wool Hiker Socks

per pair, selected varieties



\$7.99 **SEVENTH GENERATION**

Unbleached Bath Tissue
12 ct.
other Paper products also on sale



3/\$4 **NEWMAN'S OWN ORGANICS**

Premium Cat Food
5.5 oz., selected varieties
other Pet Food products also on sale



Parsnips

Add a little kick to your soups, sides or salads with this creamy-white root vegetable. Parsnips that are harvested after a frost or even a few weeks of freezing weather develop a bit of extra zingy sweetness. These versatile vegetables can be baked, boiled, braised, grilled, roasted or steamed, depending on the dish. Add silky pureed parsnips to mashed potatoes for a more flavorful Thanksgiving favorite. Chop and roast them with Brussels sprouts, onions and zucchini, or bake halved parsnips and drizzle with butter and maple syrup for a cozy side vegetable that's as delicious as dessert.

Visit www.strongertogether.coop for more great recipes and how-to videos.



Pumpkin Gingerbread

Makes 2 loaves. Prep time: 20 minutes active; 65 minutes total.

- 2 cups sugar
- 1/2 cup canola oil
- 1 cup applesauce
- 1/2 cup blackstrap molasses
- 4 large eggs
- 2 teaspoons vanilla extract
- 1/2 cup water
- 1 15-ounce can pumpkin puree
- 1 tablespoon ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 2 cups all purpose flour
- 1 1/2 cups whole wheat flour

Preheat the oven to 350°F. Grease two 9 x 5 inch loaf pans.

In a mixing bowl, whisk together the spices, salt, baking soda, baking powder and flours.

In a second large mixing bowl, whisk together the sugar, oil, applesauce, molasses, eggs, vanilla, water, and pumpkin until smooth and well blended. Add the flour mix to the wet ingredients and blend well, then pour the batter evenly into the loaf pans.

Bake for 45-50 minutes until a toothpick inserted into the center of the loaf comes out clean, being careful not to over-bake. Let cool for 15 minutes before removing from the pan.

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



\$3.49

BULK

Organic Seedless Raisins
per pound in bulk



\$5.99

MADHAVA

Organic Agave Nectar
23.5 oz., selected varieties
Organic Raw Agave also on sale



\$8.99

SPECTRUM

Organic Refined
Canola Oil
32 oz.



\$6.39

SIMPLY ORGANIC

Organic Vanilla Extract
4 oz.
other Simply Organic Flavoring and
Extracts also on sale

FRONTIER[®]
CO-OP
MEMBER OWNED SINCE 1976

\$5.39 **FRONTIER CO-OP**

Organic Cinnamon
per pound in bulk
other Frontier Herbs and Spices
also on sale



\$2.99

SO DELICIOUS
Organic Coconut Milk
64 oz., selected varieties



2/\$6

THE GREEK GODS
Greek Style Yogurt
24 oz., selected varieties



\$3.69

BARBARA'S
Puffins Cereal
10-11 oz., selected varieties



\$6.99

NUTIVA
Organic Coconut Manna
15 oz.
other Nutiva products
also on sale



89¢

WALLABY ORGANIC
Organic Yogurt
6 oz., selected varieties



\$7.69

LAKEWOOD ORGANIC
Organic Pure Pomegranate Juice
32 oz.
other Pure Juice also on sale



\$3.39

NATURE'S PATH
Organic Cereal
10.6-14 oz., selected varieties



\$2.19

R.W. KNUDSEN
Very Veggie Juice
32 oz., selected varieties



\$2.99

EQUAL EXCHANGE
Organic Tea
20 ct., selected varieties



coop kitchen

Whipping and Folding

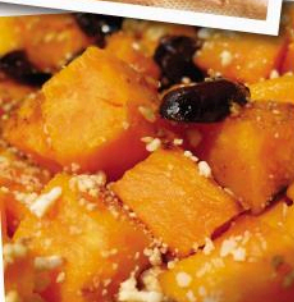
When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co-op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

A dollop of sweet cream whipped by hand is a delectable addition to any holiday pie. Watch Chris Ryding demonstrate how to whip and fold ingredients at

www.strongertogether.coop/coop-kitchen, and you'll be enjoying dessert in no time!



Sponsored by Organic Valley



Tips for a Holiday to Remember

Thanksgiving gatherings don't need to be elaborate or stressful. Whether you're serving a couple or a crowd, City Market can help you with planning and ingredients, or ready-to-eat holiday meals, pies and sides. Here are a few ideas to get you started!

Great beginnings:

- Set out a tray or two of snacks before the main meal; it's a great way to welcome guests.
- Fresh dates served with a spiced, roasted nut mix
- Artisanal cheese tray of local cheeses, with crackers and crostini
- Crispy raw vegetables and a selection of dips, like soft chevre blended with herbs, hummus with a swirl of fresh or prepared pesto, or garlicky aioli
- Meat or veggie paté, sausage bites, cooked shrimp and smoked fish with spicy mustard sauce and baguette slices

Delicious desserts:

An alternative (or addition) to the traditional pie makes for a memorable ending.

- Homemade brownies topped with mint or vanilla ice cream and chocolate sauce
- A selection of chocolate truffles served with freshlybaked cookies
- Warm brie glazed with apricot preserves and sprinkled with toasted pecans or walnuts

How much food will you need?

These are some general guidelines that will help you plan the correct amount of food to make or purchase.

	per person	groups of ten
Entrées	1/2 to 3/4 pound	5-7 pounds
Potatoes	1/3 to 1/2 pound	4 pounds
Vegetables	1/4 to 1/3 pound	2 1/2 pounds
Stuffing	1/3 to 1/2 pound	4 pounds
Gravies and sauces	1/4 cup	2-3 cups
Turkey (whole)	1 to 1 1/2 pounds	10-15 pounds
Cranberry relish	2 ounces or 1/8 cup	1 1/2 pounds or 2 cups
Snacks/appetizers	2-4 ounces	2-3 pounds
Pie	1 slice	2 9-inch pies
Ice cream	1/2 cup	1/2 gallon
Cookies/bars	2 each	20 total



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 (802) 861-9700 www.citymarket.coop



\$5.39

EQUAL EXCHANGE

Organic Hot Cocoa
12 oz., selected varieties



\$4.39

LUNA & LARRY'S

Organic Coconut Bliss
16 oz., selected varieties



\$3.69

ANNIE'S HOMEGROWN

Organic Graham
Crackers
14.4 oz., selected varieties



\$3.39

EARTH BALANCE

Shortening Sticks
15 oz.
other Spreads also on sale



\$3.99

TRADITIONAL MEDICINALS

Organic Tea
16 ct., selected varieties



\$4.39

SAMBAZON

Organic Smoothie
Pack
4 ct., selected varieties



\$4.99

ALDEN'S

Organic Ice Cream
48 oz., selected varieties



\$2.99

ARROWHEAD MILLS

Graham Cracker Crust
6 oz.



* EAT BECAUSE *
WOODSTOCK™
* IT'S GOOD! *

\$9.99

WOODSTOCK

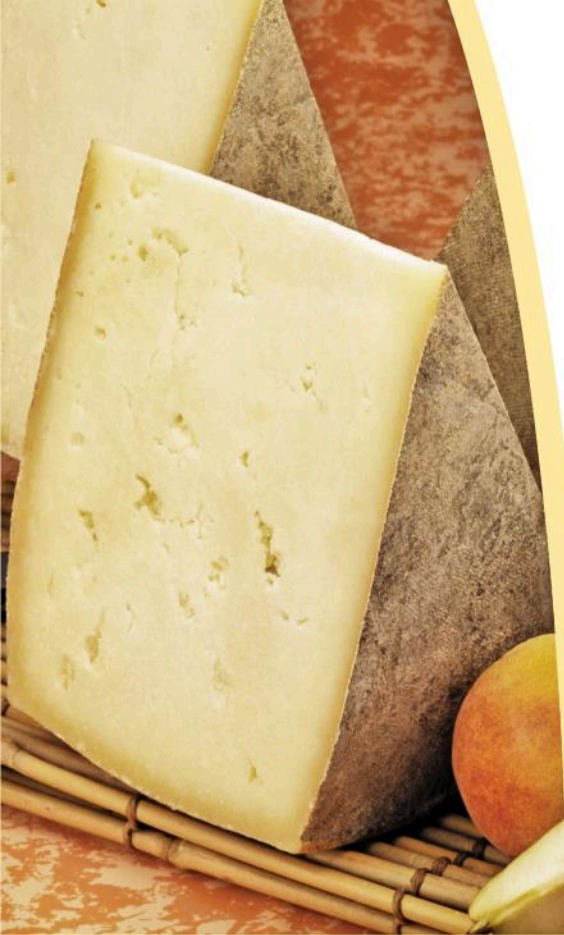
Organic Dark Chocolate
Covered Almonds
per pound in bulk
other Bulk Candy also on sale



Homemade Pie Crust

Making your own flaky pie crust is as easy as "3:2:1!" That's the classic ratio of ingredients, according to pastry chef Megan Dorn in her online article "Everything You Need to Know About Pie Dough" at www.strongertogether.coop/pie-dough.

Using 3 parts flour, 2 parts fat, 1 part water and just a touch of salt will give you delicious pie crusts every time. Get more hints and tips from a pastry chef, plus other great ideas for holiday baking at www.strongertogether.coop, and enjoy your Thanksgiving holiday.



Gruyère

Named after a Swiss district, Gruyère cheese is a dense semi hard to hard cheese with flavors that range from creamy to fruity to earthy. While the cheese is made in many countries, Swiss standards require that Gruyère be made from the raw milk of two milkings of grass- or hay-fed cows and must be prepared in copper pots. Try it with slices of tangy apples or atop a rich and hearty onion soup. Sweep fig preserves across a stone-ground wheat bread and top with pieces of cheese for a tasty treat. Aged Gruyère complements dark chocolate for a sophisticated sweet-and-salty dessert course.



4/\$5

CLIF
Kit's Organic Fruit &
Nut Bar
1.62-1.76 oz.,
selected varieties



\$2.99

EQUAL
EXCHANGE
Organic Chocolate Bar
3.5 oz., selected varieties



\$6.99

ALTER ECO
Organic Assorted
Truffles
8 ct.



\$2.99

ANGIE'S
Holiday Popcorn
4.5 oz., selected varieties



3/\$4

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



2/\$6

BEARITOS
Tortilla Chips
16 oz., selected varieties



\$1.99

WILD PLANET
Sardines
4.375 oz., selected varieties



2/\$3

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



\$3.69

QUORN
Meat-Free Chik'n
Nuggets
10.6 oz.
other Quorn products
also on sale



2/\$5

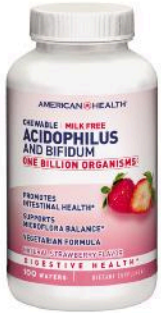
TERRA
Vegetable Chips
5-6 oz., selected varieties



\$9.99

EMERGEN-C

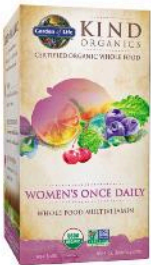
Vitamin C Dietary Supplement
30 ct., selected varieties



\$5.99

AMERICAN HEALTH

Chewable Acidophilus Wafers
100 ct., selected varieties



\$22.99

GARDEN OF LIFE

KIND Organics Once Daily Multivitamin
30 ct., Women's or Men's, selected varieties
other Kind Organics Multivitamins also on sale



\$7.99

RAINBOW LIGHT

Counter Attack
30 ct.
other Rainbow Light products also on sale



\$3.99

SEVENTH GENERATION

Feminine Care Pads
14-24 ct., selected varieties

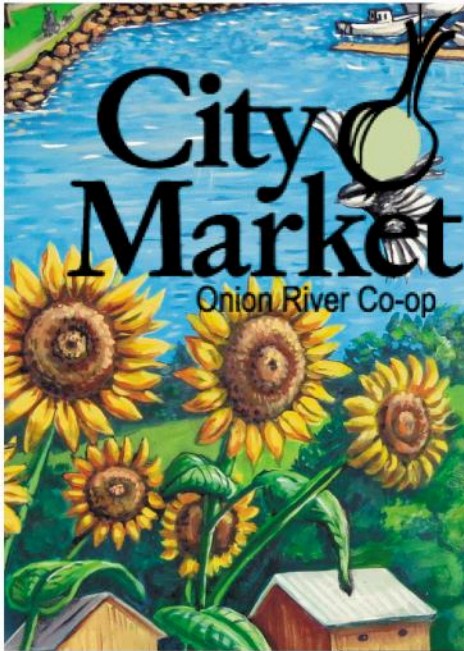


Mashes and Smashes

A heaping bowl of mashed potatoes is a holiday must-do for many. With an abundance of delicious fall vegetables in store, though, you may want to give some consideration to a mashed potato alternative. For a lighter and delectable version of mashed potatoes, substitute steamed or (even better) roasted cauliflower for half the potatoes. Or add your favorite cooked root vegetables like rutabaga, parsnip, turnip or golden beets to the mix for a bit of color and sweetness. A less-thoroughly mashed dish of veggies, with toothsome chunks of skin-on potatoes and carrots, with sautéed sweet onions is a treat, too.

Find recipes and more at www.strongertogether.coop.

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



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coop kitchen



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

Happy Thanksgiving from City Market!



NESE1114BZ1,2,3