

coopTM deals

MAR 18 - MAR 31, 2015



\$3.99

GARDEN OF EATIN'

Tortilla Chips
16 oz., selected varieties



2/\$5

PACIFIC

Organic Broth
32 oz., selected varieties



\$2.99

NATURE'S PATH

Organic Granola Bars
6.2-7.4 oz., selected varieties



\$3.99

SAN PELLEGRINO

Fruit Beverages
6 pack, 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, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons



Farfalle Pasta with Arugula

Serves 6. Prep time: 30 minutes.

- 12 ounces farfalle (bowtie) pasta
- 4 tablespoons butter, divided
- 4 tablespoons minced garlic
- ¼ cup sun-dried tomatoes
- ½ cup chopped walnuts
- 5 ounces arugula
- ¼ cup pitted, chopped Kalamata olives
- 1 cup canned great northern beans, drained and rinsed
- 1 lemon, zest and juice
- Salt and black pepper to taste
- 2 ounces Asiago cheese, shredded

Bring a large pot of salted water to a boil and cook the noodles until al dente, about 8 minutes. Remove from heat, drain and set aside.

Heat 2 tablespoons of butter over medium heat in a large pot. Sauté the garlic for 1 minute and add the cooked pasta, sun-dried tomatoes and walnuts and sauté for another 1 to 2 minutes. Add the arugula and wilt for a few minutes, then add the olives, beans, lemon zest and juice and the remaining butter and stir well. Remove from heat and season with salt and black pepper. Stir in the Asiago cheese and serve.

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



2/\$4

CASCADIAN FARM

Organic Vegetables
10 oz., selected varieties



\$9.99

NAPA VALLEY NATURALS

Organic Extra Virgin Olive Oil
25.5 oz.
other Napa Valley Oils also on sale



4/\$5

MUIR GLEN

Organic Tomatoes
14.5 oz., selected varieties



4/\$5

FIELD DAY

Organic Beans
15 oz., selected varieties



\$3.39

WESTSOY

Seitan
8 oz., selected varieties



2/\$5

CELESTIAL SEASONINGS

Herbal Tea
20 ct., selected varieties



\$2.19

THE GINGER PEOPLE

Organic Ginger
6.7 oz., selected varieties



\$4.69

NATURAL SEA
Fish Sticks or Fish Fillets
8 oz., selected varieties



89¢

KOYO
Ramen
2.1 oz., selected varieties



\$6.69

ANNIE'S HOMEGROWN

Pizza
22.6-28 oz., selected varieties



\$1.69

BULK
Organic Green Laird
Lentils
per pound in bulk



2/\$4

BACK TO NATURE

Organic Pasta &
Cheese Dinner
6 oz., selected varieties



\$2.39

BULK
Organic Black Beans
per pound in bulk



\$3.99

SO DELICIOUS
Non-Dairy Frozen
Novelties
4-8 ct., selected varieties



2/\$4

AMY'S
Burritos
6 oz., selected varieties



Springtime Specialties

Spring is special for many reasons – including the appearance of some very special ingredients that are available for a short time. Along with the first tender stalks of local asparagus, here are some other spring specialties to look for:

- Ramps are wild spring onions with broad leafy green tops. They taste like a combination of onions and garlic and are delicious in stir-fries or in an omelet with a bit of fresh goat cheese.
- Peas are delicious and so are the tiny tendrils called pea shoots. Wash and toss into a salad or sauté briefly and serve with creamy pasta primavera.
- Morels are a wild-crafted richly-flavored mushroom with a deeply crinkled cap. Just a few, sliced thinly and sautéed in sweet butter, can add amazing flavor notes to almost any dish.



Charred Snap Peas with Mint and Lemon

Serves 5. Prep time: 15 minutes.

- 2 tablespoons olive oil
- 1 pound snap peas
- 2 cloves garlic, peeled and minced
- 2 tablespoons minced fresh mint
- 2 teaspoons lemon zest
- 1 tablespoon lemon juice
- Salt to taste

Heat the oil in a large wok or skillet over medium-high heat. Add the snap peas and garlic and sauté over high heat, stirring frequently, for about 5 minutes until the peas are tender-crisp and slightly charred or blistering. Remove from the heat and stir in the mint, lemon zest and juice and a pinch of salt. Taste and add more lemon juice if desired before serving warm.

Serving suggestion: Poultry and fish pair well with this simple vegetable dish and leftovers can be chilled and served in tomorrow's lunch salad. Change the profile of this dish by using a flavored olive oil or seasoned, smoked or coarse-crystal salts, such as kosher or Maldon. But proceed with caution, as flaky salts dissolve faster than granular salts on the tongue, resulting in a saltier flavor. Crush the flakes between your fingers and add a pinch at a time to suit your taste.

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2/\$6

CASCADIAN FARM
Organic Frozen
Blueberries
8 oz.



\$3.39

WHOLESOME SWEETENERS
Organic Powdered Sugar
16 oz.
other Wholesome Sweeteners products also on sale



\$3.99

FRONTIER
Organic Ground
Cinnamon
1.9 oz.
other Bottled Herbs & Spices also on sale



\$5.39

BOB'S RED MILL
Organic Flour
5 lb., selected varieties



\$3.39

BULK
Organic Thompson
Seedless Raisins
per pound in bulk



4/\$5

CLIF KIT'S ORGANIC

Organic Fruit & Nut Bar
1.69 oz., selected varieties



\$6.99

EVERYONE

Soap
32 oz., selected varieties



\$8.99

BOIRON

Sabadil
60 ct.
other Boiron products also on sale



\$3.69

EVOLUTION FRESH

Fresh Squeezed Juice
15.2 oz., selected varieties



\$11.99

COUNTRY LIFE

Coenzyme B-Complex Caps
60 ct.
other Country Life products also on sale



\$27.99

NEW CHAPTER

Bone Strength Take Care
60 ct.
other New Chapter Supplements also on sale



\$9.99

ENER-C

Vitamin Drink Mix
30 ct., selected varieties



\$17.99

OREGON'S WILD HARVEST

Milk Thistle
90 ct.
not available at City Market



2/\$6

TRADITIONAL MEDICINALS

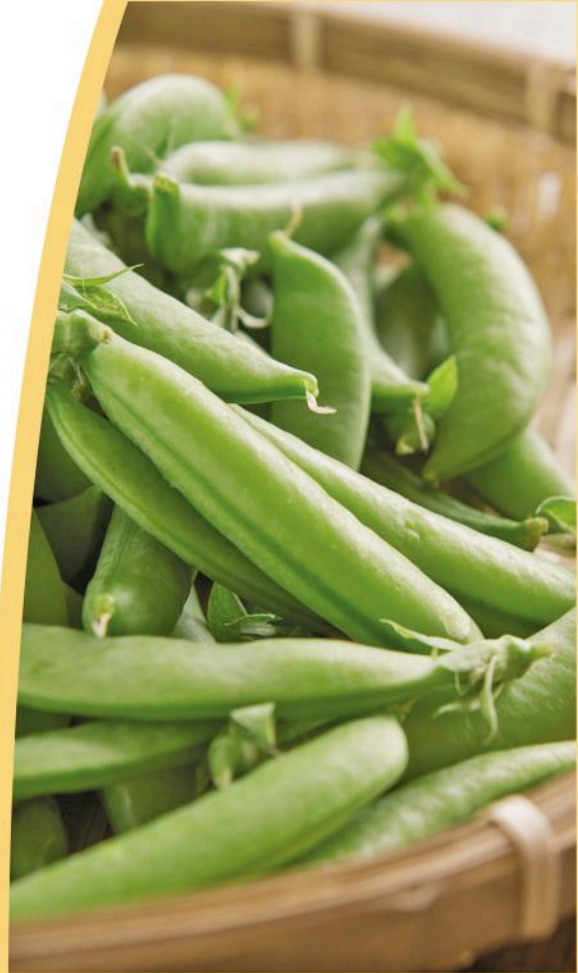
Herbal Tea
16 ct., selected varieties



4/\$5

THINKTHIN

High Protein Bar
1.4-2.1 oz., selected varieties



Snap Peas

Bright green snap peas are stand-outs among the array of irresistibly crisp, crunchy spring vegetables. Sweet and delicious eaten raw out-of-hand, snap peas are a super-easy snack. Or enjoy a flavorful stir-fry by cooking them with red peppers, scallions, sesame seeds, garlic and ginger in sesame oil. Sauté snap peas with carrots, onion, sage and chopped almonds and serve atop steaming hot pasta or hearty grains like kamut or wheat berries. Gently steam and chop peas, then toss with tart lemon juice and freshly torn mint leaves for a side dish that hints at the arrival of springtime.

Visit www.strongertogether.coop for more in-season ideas.



Asiago

Looking for an everyday alternative to Parmigiano-Reggiano? Asiago may be just the cheese. It is slightly sharp and nutty in flavor, but smoother and more mild than Parmesan. It complements the earthy flavors of kale and mushrooms in a creamy risotto. Or stir grated Asiago into a side dish of buttery cooked polenta. The rind is a great source of flavor, too. Flake off the outside as much as possible and drop the rind into vegetable, chicken or beef soups to add body and flavor. Once the rind is warm and soft, remove it from the soup and enjoy it with some crackers or crusty bread as you finish cooking.



2/\$7

ZEVIA
Zero Calorie Soda
6/12 OZ, selected varieties



\$3.19

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



\$2.69

HAPPY BABY
Organic Puffs
2.1 oz., selected varieties



2/\$6

CLIF KID
Organic ZFruit Rope
6 ct., selected varieties



3/\$5

**BOULDER
CANYON**
Potato Chips
5 oz., selected varieties



\$1.99 **NATURAL SEA**

Yellowfin Tuna
5 oz., selected varieties
other Tuna also on sale



\$3.69

**MARY'S GONE
CRACKERS**
Organic Crackers
6.5 oz., selected varieties



\$2.39

BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



\$3.69

**BACK TO
NATURE**
Fudge Mint Cookies
6.4 oz.
other Cookies also on sale



\$2.99

HAIL MERRY
Chocolate Miracle Tart
3 oz., selected varieties



\$9.99

EQUAL EXCHANGE

Organic Bulk Coffee
per pound in bulk,
selected varieties
Decaf Bulk Coffee not on sale



\$3.79

NANCY'S

Organic Cottage Cheese
16 oz.



5/\$5

JUSTIN'S

Almond Butter
Squeeze Pack
1.15 oz., selected varieties
other Justin's Nut Butter
also on sale

\$3.99

FOOD FOR LIFE

Organic Ezekiel 4:9
Bread
24 oz., selected varieties



\$2.19

ORGANIC VALLEY

Organic Non-Dairy
Creamer
16 oz.



\$4.99

FOOD FOR LIFE

Organic Ezekiel 4:9
Cereal
16 oz., selected varieties



\$2.99

ALMOND BREEZE

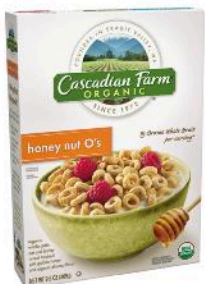
Almond Beverage
64 oz., selected varieties



\$2.69

R.W. KNUDSEN

Juice
32 oz., selected varieties



\$2.99

CASCADIAN FARM

Organic Cereal
9.2-14.6 oz., selected varieties



\$3.19

DESERT PEPPER

Salsa
16 oz., selected varieties



Deviled Eggs

Want a crowd-pleasing appetizer or brunch dish? Look no further than your fridge. A carton of eggs and a few condiments are all you need to make delicious deviled eggs. The term "deviled" is thought to originate in the 18th century to refer to spicy foods – so don't spare the mustard!

Boil and carefully peel the eggs, halve them and remove the yolks. For a lighter, fluffier filling, push the yolks through a sieve and add non-fat Greek yogurt instead of mayo. Besides mustard, you can spice up the filling with wasabi powder, chipotle, pickled jalapeños or finely-chopped chorizo. Use a plastic bag with the corner cut off to pipe the filling into the egg cavities for a neater look.



City Market

Onion River Co-op

Convenient Location and Great Selection

- Thousands of Vermont products
- Extensive beer & wine department
- Large variety of wellness products
- Hot and cold food bar
- Deli sandwiches
- Fresh local produce
- Artisan cheese
- Fresh cut meat
- Friendly staff

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\$6.99

AVALON ORGANICS

Shampoo or Conditioner

11 oz., selected varieties



\$2.99

NUBIAN HERITAGE

Bar Soap

5 oz., selected varieties



\$10.99

ALBA BOTANICA

Even Advanced Daily Cream

2 oz.

other Facial Care products also on sale



\$2.99

ECOVER

Delicate Wash

32 oz.

other Ecover Laundry products also on sale



\$4.99

ECO-DENT

Toothpowder

2 oz., selected varieties



\$7.99 GREEN FOREST

Bath Tissue

12 ct.



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