

coopTM deals

APR 13 - MAY 3, 2016



3/\$5

**FOOD SHOULD
TASTE GOOD**

Snack Chips

5.5 oz., selected varieties



\$2.39

MUIR GLEN

Organic Salsa

16 oz., selected varieties



2/\$5

BROWN COW

Yogurt

32 oz., selected varieties



\$8.99

**SEVENTH
GENERATION**

Liquid Laundry

Detergent

100 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, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons



Hearty Tofu Scramble

Serves 4. Prep time: 10 minutes active; 30 minutes total.

- 2 tablespoons olive oil
- 1 cup diced red onion
- 1 cup sliced mushrooms
- ½ bunch kale, shredded
- 1 cup diced red peppers
- 2 to 3 cloves garlic, chopped
- 1 pound extra-firm tofu
- 1 tablespoon Dijon mustard
- 3 tablespoons nutritional yeast
- ¼ teaspoon ground turmeric
- ¾ teaspoon smoked sea salt
- ⅛ teaspoon black pepper
- 4 fresh basil leaves, chiffonade

In a large skillet, heat olive oil over medium-high heat and sauté the red onion, mushrooms, kale, peppers and garlic for about 10 minutes, until soft. While the vegetables are cooking, drain and crumble the tofu. Mix the tofu with the Dijon, nutritional yeast, turmeric, salt and pepper. Add the tofu mixture to the skillet and cook until heated, about 10 minutes. Sprinkle with the basil and serve immediately.

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



2/\$3

MORI-NU

Silken Tofu

12.3 oz., selected varieties



\$1.39

NANCY'S

Organic Cultured Soy

6 oz., selected varieties



\$3.69

EARTH BALANCE

Buttery Spread

13-15 oz., selected varieties



\$3.69

RUDI'S

Organic Sandwich

Bread

20-24 oz., selected varieties

* Available by special order only



\$10.99

**CALIFORNIA
OLIVE RANCH**

Extra Virgin Olive Oil

25.4 oz.



\$8.99

EQUAL EXCHANGE

Organic Coffee
per pound in bulk



\$2.99

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



2/\$6

THE GREEK GODS

Greek Yogurt
24 oz., selected varieties



\$2.69

R.W. KNUDSEN

Organic Very Veggie
Juice
32 oz., selected varieties
other Very Veggie Juice
also on sale



\$2.69 GOLDEN TEMPLE

Granola
per pound in bulk



\$3.39 IMMACULATE

Cinnamon Rolls
17.5 oz.
other Immaculate products
also on sale



\$2.99

ENVIROKIDZ

Organic Cereal
10-14 oz., selected varieties
Envirokidz Bars also on sale



\$3.39

KASHI

Organic Cereal
10.3-16.3 oz., selected varieties



\$6.39

NATURE'S PATH

Organic Cereal Eco-Pac
26.4-32 oz., selected varieties

Nutritional Yeast

Once mostly used as a savory topping for popcorn, nutritional yeast has become a newly-trendy ingredient. Sold in packages or in bulk, these savory flakes of dried yeast bring a rich umami flavor to lots of dishes. Nutritional yeast is naturally free from dairy, wheat and gluten, and can be used in just about any recipe that calls for grated cheese. It's also surprisingly sodium free, even though it imparts a salty tang to foods from (vegan) mac and cheese to scalloped potatoes. Look for the fortified variety to ensure you're getting an extra boost of vitamin B12.



Balsamic-Glazed Strawberries

Serves 6. Prep time: 15 minutes.

- ¼ cup balsamic vinegar
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 pound fresh strawberries, halved
- ¼ cup chopped fresh mint
- 2 cups vanilla yogurt or vanilla ice cream

In a small saucepan, mix together the balsamic vinegar and honey. Cook over medium heat, stirring constantly, for 5 minutes, until the mixture has slightly thickened. Remove from heat and add the vanilla. Toss the strawberries with the balsamic glaze and stir in the mint. Once the sauce has cooled, drizzle over scoops of yogurt or ice cream in individual serving dishes.

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\$3.99

TALENTI

Gelato

16 oz., selected varieties



\$3.99

ORGANIC VALLEY

Organic Grassmilk Yogurt

24 oz., selected varieties



\$3.39

SO DELICIOUS

Non-Dairy Frozen Dessert

16 oz., selected varieties



\$5.99

ALDEN'S

Organic Ice Cream

48 oz., selected varieties



2/\$5

CASCADIAN FARM

Organic Fruit

8-10 oz., selected varieties



\$2.29

WESTBRAE
Organic Beans
25 oz., selected varieties



2/\$5

TASTY BITE
Indian Entrees
10 oz., selected varieties



3/\$5

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



\$2.99

MONTEBELLO
Organic Pasta
16 oz., selected varieties



\$6.99

FARMHOUSE CULTURE
Organic Caraway Kraut
22 oz.



\$2.39

LIGHTLIFE
Organic Tempeh
8 oz., selected varieties



\$3.69

BLAKE'S
Pot Pies or Casseroles
8 oz., selected varieties



\$9.99

ZOE
Organic Extra Virgin Olive Oil
33.8 oz.
other Olive Oil sizes also on sale



\$1.69 **WOODSTOCK**

Frozen Greens
10 oz., selected varieties
other Woodstock Frozen Vegetables
also on sale



Strawberries

These juicy, plump jewel-like berries are bursting with tangy, sweet flavor. Try a raw sauce to spoon over oats, plain yogurt, toast or ice cream: smash strawberries with orange zest, vanilla bean, cardamom, ginger, cinnamon and honey and marinate in the fridge for at least an hour. Strawberries add color and sweetness to a grilled chicken salad with spinach, walnuts and a homemade dressing of strawberries, olive oil, honey and a splash of orange juice. Or blend strawberries, tomatoes, green bell pepper, cucumber, onion, garlic, jalapeño, lime zest and juice, balsamic vinegar and salt for a refreshing lunchtime gazpacho.



Earth Day

April 22

Read about just a few of the great things food co-ops do to become more sustainable, environmentally responsible community-owned businesses. To learn more, visit us at www.strongertogether.coop.

Hunger Mountain Co-op

Montpelier, Vermont

Running efficiently has long been a priority for this 43+ year old co-op, which has installed a reclamation tank that captures heat from the refrigeration system to preheat water, and a system that circulates outdoor air in the winter to the walk-in coolers. An energy audit from Efficiency Vermont led them to replace fluorescent lighting with LEDs and make more upgrades to refrigeration systems. The co-op is a certified Vermont Green Business.



New Pioneer Food Co-op

Iowa City/Cedar Rapids, Iowa

With microscopes and red wiggler worms, co-op staffer Scott Koepke leads students of all ages through hands-on learning about gardening, composting, soil science and local foods. Through the Soilmates program, Scott teaches 300 classes in 40 schools annually, reaching 10,000 children. Soilmates aims to stimulate local production of organic food by teaching kids how to nurture the soil. New Pi also gives \$500 grants to 20 school gardens and helps establish cafeteria composting programs.



North Coast Co-op

Arcata/Eureka, California

In response to California's drought, this co-op instituted small changes that made a big difference. The maintenance team started using steamers instead of pressure washers to clean grocery carts and floor mats, and installed low-flow toilet flush valves and faucet aerators that reduce water flow from 2.2 to 0.5 gallons per minute. By landscaping with drought-tolerant plants, the co-op was able to turn off its irrigation system. These changes helped reduce water usage 28% in the first five months of 2015.





\$3.99 **KISS MY FACE**
Toothpaste
4.5 oz., selected varieties



\$3.39
HOMESOLV
Dishwashing Liquid
25 oz., selected varieties



\$13.99
NATURAL VITALITY
Calm
8 oz., selected varieties



\$3.99 **IF YOU CARE**
Parchment Paper
70 sq. ft.
other If You Care products
also on sale



2/\$6
REBBL
Organic Elixir
12 oz., selected varieties



\$2.99
ORGANIC VALLEY
Organic Fuel
11 oz., selected varieties



\$1.99
PERFECT BAR
Nutrition Bar
1.6-2.5 oz., selected varieties
* Available by special order
only



\$12.99
MANITOBA HARVEST
Hemp Protein Powder
16 oz.
other Hemp products also on sale



2/\$4
GUAYAKI
Ready-to-Drink Yerba Mate
16 oz., selected varieties
Yerba Mate Tea Bag items also on sale



Green Cleaners

Looking for cleaning products that are eco-friendly and effective? You'll find lots of choices at the co-op, from floor and carpet cleaners to disinfecting sprays and wipes made with natural botanical ingredients. Dish liquid, glass cleaners and tub and tile cleaners all come in environmentally-friendly versions — and often in biodegradable or recycled/recyclable packaging. Don't forget the added value of concentrated cleaning products; the smaller size of the packaging means a smaller carbon footprint as well.

Visit www.strongertogether.coop to read about making your own eco-friendly cleaners!



These companies have something powerful in common: they are Certified B Corporations. Certified B Corporations are leaders of a global movement of people using business as a force for good™. They meet the highest standards of overall social and environmental performance, transparency and accountability and aspire to use the power of business to solve social and environmental problems. There are more than 1,500 Certified B Corporations in over 120 industries and 40 countries with 1 unifying goal – to redefine success in business. When you choose to purchase products from these companies, you, too, can B the Change and use business as a force for good.

Learn more at www.bcorporation.net

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the community of

Certified



Corporations®



\$4.99

ALTER ECO
Organic Royal Pearl
Quinoa
12 oz., selected varieties



\$1.39

RUNA
Organic Ready-to-
Drink Guayusa
14 oz., selected varieties
other Guayusa products
also on sale



\$4.99

**MANITOBA
HARVEST**
Hemp Hearts
8 oz.
other Hemp products
also on sale



\$2.39

HILARY'S
Meatless Burgers
6.4 oz., selected varieties



2/\$4

DANG
Coconut Chips
1.43 oz., selected varieties



\$3.69

ORGANIC INDIA
Organic Tulsi Tea
18 ct., selected varieties



\$13.99

ESSENTIAL LIVING
Organic Coco Gogo
Energy Elixir
11 oz.
*Available by special order only



\$10.99

GARDEN OF LIFE
Organic B-12 Spray
2 oz.
other Garden of Life products
also on sale



\$26.99

NEW CHAPTER
Bone Strength
Take Care
60 ct.
*This size available by
special order only
other New Chapter products
also on sale



3/\$10

BADGER
Lip Balm
.25 oz., selected varieties
other Badger products
also on sale



\$10.99

DR. BRONNER'S
Liquid Castile Soap
32 oz., selected varieties



\$4.99

NUBIAN
Deodorant
2.25 oz., selected varieties



\$10.99 **TOPRICIN**
Pain Relief and Healing
Cream
2 oz.



\$4.99

PRESERVE
Razor
ea.
other Preserve products
also on sale



\$21.99

DR. HAUSCHKA
Cleansing Cream
1.7 oz.
other Dr. Hauschka products
also on sale



Manchego

This Spanish sheep's milk cheese offers a mouthwatering combination of earthiness and nutty sweetness. Toss arugula, sun-dried tomatoes, slivered almonds and shaved Manchego with a honey-vinegar dressing for a salad boasting rich and complex flavor. Watercress, radicchio and endive combined with slices of orange and grated Manchego is a crisp, tangy salad perfect for brunch. Manchego is also an excellent melting cheese; try a grilled cheese sandwich with Manchego, thinly sliced ham and apricot jam. A classic Spanish snack tops thick slices of Manchego cheese with membrillo, a sweetened quince paste, for a rich, salty-sweet snack or dessert.



3/\$7

STACY'S
Snacks
6.75-8 oz., selected varieties



2/\$5

FOOD SHOULD TASTE GOOD
Hummus
10 oz., selected varieties



\$4.69 RUMIANO
Organic Cheese
8 oz., selected varieties
*Available by special order only



2/\$4
BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



2/\$5

BEANFIELDS
Bean & Rice Chips
5.5-6 oz., selected varieties



\$1.69 BULK
Organic Yellow Popcorn
per pound in bulk



\$13.99

BULK
Organic Walnuts
per pound in bulk



\$4.69

BULK
Organic Raw Pumpkin
Seeds
per pound in bulk



\$2.39

MOUNTAIN VALLEY
Sparkling Water
1 ltr., selected varieties



\$11.99

THE HONEST KITCHEN
Dehydrated Turkey
Dog Food
32 oz.
*Available by special order only



\$4.69

ORGANIC VALLEY
Organic Cottage Cheese
16 oz., selected varieties



4/\$5

CLIF
Kit's Organic Bar
1.69 oz., selected varieties



\$1.99

PROBAR
Meal Bar
3 oz., selected varieties



\$2.99

**LUNDBERG
FAMILY FARMS**
Organic Rice Cakes
8.5-9.5 oz., selected varieties
other Rice Cakes also on sale



\$3.29

GO RAW
Organic Sprouted Snacks
3 oz., selected varieties



Eating for Energy

More daylight and warmer temperatures can mean more exercise in the great outdoors. Whether a springtime hike or training for a marathon is your goal, you may want to think about how the food you eat creates the energy you need for physical activity. The body's main source of fuel comes from carbohydrates. While they may have gotten a bad reputation in recent years, carbs are key for energy, particularly the complex carbohydrates provided by whole grains, oats and sweet potatoes. High-quality sources of proteins, from lean meat and fish as well as protein-rich quinoa, beans and tofu, are essential for healthy and strong muscles. And the best hydration for exercise is ... you guessed it! Water, and plenty of it.

Learn more at www.strongertogether.coop.

Celebrate Earth Week at City Market!

Monday, April 18 - Sunday, April 24*

Shop at City Market and we'll give you free reusable bags for your groceries! Thank you to our generous partners Seventh Generation, Cabot and Field Day for celebrating Earth Week and sustainable choices with us.

*while supplies last

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5/\$4

KOYO

Ramen

1.9-2.1 oz., selected varieties



\$2.39

AMY'S

Burrito

5.5-6 oz., selected varieties

other Amy's products also on sale



2/\$4

ENDANGERED SPECIES

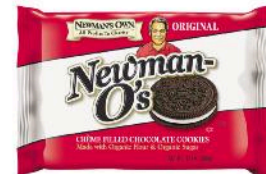
Chocolate Bar

3 oz., selected varieties



local color

Fresh ingredients make the most delicious dishes.



3/\$10

NEWMAN'S OWN

Newman-O's

13 oz., selected varieties

Happy Earth Day from your food co-op!



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