

# coop<sup>TM</sup> deals

OCT 5 - OCT 18, 2016



5/\$5

**MUIR GLEN**

Organic Tomatoes  
14.5 oz., selected varieties



\$7.99

**DR. BRONNER'S**

Organic Coconut Oil  
14 oz., selected varieties  
30 oz. Coconut Oil on sale  
\$13.99



2/\$4

**LATE JULY  
ORGANICS**

Multigrain Snack Chips  
6 oz., selected varieties



2/\$7

**ZEVIA**

Zero Calorie Soda  
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](http://www.citymarket.coop)

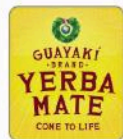
We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons

OCTOBER IS CO-OP MONTH!

# co-ops grow communities

Co-ops around the world share a set of guiding principles with your local food co-op, including “cooperation among cooperatives,” and “concern for community.” When you buy delicious, healthy food at the co-op, you’re supporting a business that cares about people and contributes to a livable, sustainable community. And when you choose products from co-op growers and vendors, that impact grows and grows!

Throughout this flyer you can learn how the following partners are helping co-ops grow livable communities across the globe:



\$2.39

**FIELD DAY**  
Organic Pasta Sauce  
26 oz., selected varieties



\$1.69 **FIELD DAY**  
Organic Pasta  
16 oz., selected varieties



\$9.99

**FIELD DAY**  
Organic Extra Virgin  
Olive Oil  
33.8 oz.



\$1.69

**GOVEGGIE**  
Vegan Parmesan Style  
Topping  
4 oz.



2/\$5 **ANCIENT HARVEST**  
Organic Gluten-Free  
Pasta  
8 oz., selected varieties



**\$3.99**

**DESERT ESSENCE**

Toothpaste  
6.25 oz., selected varieties



**\$14.99**

**ANDALOU NATURALS**

Night Cream  
1.7 oz.  
other Andalou Naturals products also on sale



**\$6.99**

**AURA CACIA**  
Facial Care Essential  
Oil Blend

.5 oz., selected varieties



**3/\$10**

**ALAFFIA**  
**EVERYDAY SHEA**

Hand Soap  
12 oz., selected varieties



**\$13.99**

**BULK**  
Organic Walnuts  
per pound in bulk



**\$1.19**

**BULK**  
Organic Steel Cut Oats  
per pound in bulk



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



**\$5.39**

**ALTER ECO**  
Organic Quinoa  
12 oz., selected varieties



**2/\$5**

**TASTY BITE**  
Indian Entrée  
10 oz., selected varieties



**\$2.99**

**IMAGINE**  
Organic Soup  
32 oz., selected varieties

co-ops grow communities



**Promoting Gender Equality**

Alaffia's Togolese women's cooperatives celebrate their members' unique skills, traditions and knowledge. They receive fair wages and are able to support their families, while maintaining traditions and managing a sustainable resource: shea butter. The goal is to alleviate poverty and encourage gender equality through projects focusing on education, health and reforestation.



**Cultivating Quinoa & Communities**

The 1,100 farmers of the ANAPQUI Cooperative have been growing certified organic quinoa for Alter Eco using traditional farming techniques since 1983. Harvesting by hand in the Bolivian Altiplano, they benefit from a living wage, thanks to Fair Trade practices. With an on-site processing plant, farmers reap the profits of direct exporting, improving their living conditions, their children's education and access to health services.

more info at [www.strongertogether.coop](http://www.strongertogether.coop)



## Banana Crumb Cake

Serves 8. Prep time: 15 minutes active; 1 hour total.

### Topping:

- ¾ cup brown sugar
- ¾ cup all-purpose flour
- 1 teaspoon cinnamon
- ⅓ cup unsalted butter, cold
- 1 ½ teaspoons baking powder
- ⅓ cup unsalted butter, softened
- 1 cup sugar
- 3 ripe bananas, peeled and mashed

### Cake:

- ¾ cup all-purpose flour
- ¾ cup whole wheat flour
- ½ teaspoon salt
- 1 large egg, beaten
- 1 teaspoon vanilla
- ½ cup milk

Heat the oven to 350 degrees F. Oil or butter an 8 x 8 inch pan and set aside.

In a mixing bowl, stir together the brown sugar, flour and cinnamon for the streusel topping. Add the butter and mix with a pastry blender or your fingers until the topping resembles rough pebbles or sand. Set aside.

In a small mixing bowl, whisk together the flours, salt and baking powder. In a larger bowl, using an electric mixer, blend together the butter and sugar. Add the bananas, egg, vanilla and milk and blend well. Mix the dry ingredients into the wet ingredients until just blended. Pour the cake batter into the prepared pan. Sprinkle evenly with the topping and bake for about 45 minutes or until a toothpick stuck in the center comes out clean. Let cool before serving.

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



**\$3.99**

**THREE TWINS**  
Organic Ice Cream  
16 oz., selected varieties



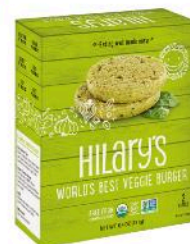
**\$5.69**

**SMART FLOUR FOODS**  
Pizza  
10-10.25 oz., selected varieties



**\$4.99**

**TUCSON TAMALES**  
Tamales  
10-13 oz., selected varieties



**\$2.69**

**HILARY'S**  
Veggie Burgers  
6.4 oz., selected varieties



**2/\$7**

**GREEN GARDEN**  
Organic Dressing  
11.25 oz., selected varieties



3/\$4

**JUSTIN'S**  
Organic Peanut Butter  
Cups  
1.4 oz., selected varieties



\$2.99

**MARY'S GONE**  
**CRACKERS**  
Organic Pretzels  
7.5 oz., selected varieties



5/\$5

**CLIF BAR**  
Energy Bar  
2.4 oz., selected varieties



2/\$5

**DIVINE**  
Chocolate Bar  
3.5 oz., selected varieties



3/\$4

**THINKTHIN**  
Protein Bar  
2.1 oz., selected varieties



2/\$4

**PROBAR**  
Meal Bar  
3 oz., selected varieties



\$10.99

**ENER-C**  
Vitamin Drink Mix  
30 ct., selected varieties



\$10.99

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



\$54.99

**HEALTHFORCE**  
**SUPERFOODS**  
Vitamineral Green  
17.64 oz.  
\*Not Available at City Market



\$13.99

**HERBAL**  
**REVOLUTION FARM**  
**& APOTHECARY**  
Tonic  
8 oz., selected varieties



**Equity & Cacao**

Kuapa Kokoo, the cooperative of family farmers who own **Divine Chocolate**, has prioritized equal participation and access for women since its founding in 1993. Women learn a range of income-generating skills and are encouraged to take positions of responsibility throughout the organization. Besides providing employment, Kuapa Kokoo offers literacy and numeracy training to enable women to earn income by starting other businesses.



**Coconuts to Clinics**

The people of **Dr. Bronner's** know the farmers who grow their coconuts and the workers who process them, at their sister company Serendipol, in the heart of Sri Lanka's "Coconut Triangle." This Fair Trade certified supply chain helps fund community development projects like improving medical clinics, renovating schools and providing electricity.

more info at [www.strongertogether.coop](http://www.strongertogether.coop)



**Eco-Forward Coffee Farming**

Equal Exchange partners with CSMACH co-op, which borders a UN-protected biosphere reserve in Mexico. Through thoughtful organic coffee farming, they strive to sustain rural farming communities while protecting incredible ecosystems.



**Rainforest Restoration**

Yerba mate, cultivated and sustainably harvested in South American Atlantic rainforests, helps Guayaki's partners create over 1,000 living wage jobs while supporting reforestation projects. This truly sustainable system generates a renewable income stream which enables these farming communities to improve living conditions at the same time.

To learn more about how co-ops are growing communities at home and across the globe visit: [www.strongertogether.coop](http://www.strongertogether.coop)



**\$7.99**

**EQUAL EXCHANGE**

Organic Midnight Sun Coffee  
per pound in bulk



**2/\$5**

**BLUE DIAMOND**

Nut Thins  
4.25 oz., selected varieties



**2/\$5**

**EQUAL EXCHANGE**

Organic Chocolate Bar  
2.8 oz., selected varieties



**\$1.69**

**GIMME**

Organic Seaweed Snacks  
.35 oz., selected varieties



**2/\$5**

**GARDEN OF EATIN'**

Tortilla Chips  
7.5 - 8.1 oz., selected varieties



**\$3.69**

**GREEN MOUNTAIN GRINGO**

Salsa  
16 oz., selected varieties



**3/\$5**

**GUAYAKI**

Organic Yerba Mate  
12 oz., selected varieties  
other Guayaki Yerba Mate items also on sale



**2/\$5**

**KETTLE BRAND**

Baked Potato Chips  
4 oz., selected varieties



**\$2.69**

**LOTUS FOODS**

Arare Rice Crackers  
5 oz., selected varieties



**3/\$7**

**ANGIE'S**

Boomchickapop Popcorn  
4.8-6 oz., selected varieties



2/\$6

**BARBARA'S**

Puffins Cereal

10-11 oz., selected varieties



\$2.39

**SO DELICIOUS**

Organic Coconut Milk

32 oz., selected varieties



\$2.99

**NATURE'S PATH**

Organic Toaster

Pastries

11 oz., selected varieties



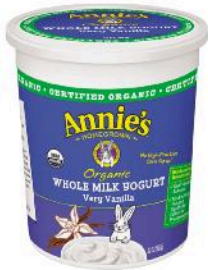
\$2.69

**IMMACULATE**

Organic Cinnamon

Rolls

17.5 oz., other  
Immaculate products  
also on sale



\$3.99

**ANNIE'S  
HOMEGROWN**

Organic Yogurt

32 oz., selected varieties

\*Available by Special Order  
Only



4/\$5

**STONYFIELD**

Organic Greek Yogurt

5.3 oz., selected varieties



\$2.99

**LIFEWAY**

Lowfat Kefir

32 oz., selected varieties



4/\$5

**LIBERTE**

Organic Yogurt

5.5 oz., selected varieties



\$6.99

**WALLABY  
ORGANIC**

Organic Greek Yogurt

32 oz., selected varieties

## Pears

Juicy pears go so well with so many other foods that you'll want to include them in myriad dishes. Fresh pears are delightful for breakfast, on waffles and French toast or swirled into oatmeal with some honey and cinnamon. Or fold them into muffin and pancake batters, and add to smoothies.

Chopped pears in a quinoa and spinach salad, or combined with mustard greens or kale and goat cheese add just the right sweetness to lunch or dinner. Dress with balsamic vinaigrette, and add grilled chicken or seafood, too. Pears are perfect in any autumn fruit salad, as well.



## Pear and Blue Cheese Flatbread

Serves 4 to 6. Prep time: 15 minutes active; 25 minutes total.

- 4 small flatbreads or 2 lavash, cut in quarters or halves
- 1 tablespoon olive oil
- 1 pear, cored and thinly sliced
- 8 ounces blue cheese, crumbled
- 2 teaspoons minced fresh sage
- 2 tablespoons coarsely chopped walnuts
- 2 cups arugula, washed
- 1 tablespoon balsamic vinegar
- Black pepper

Heat the oven to 450 degrees F. Place the flatbread or lavash pieces on a large sheet pan and drizzle with olive oil. Spread the pear slices evenly on top, sprinkle with blue cheese, sage and walnuts. Bake for 6 to 8 minutes until the cheese is bubbly. Remove from the oven.

While the flatbreads are baking, toss the arugula with the balsamic vinegar. Top the hot flatbreads with the dressed greens, sprinkle with black pepper and serve.

Serving suggestion: Serve as an appetizer course, or with a hearty bowl of soup on a chilly evening. The combination of pears with walnuts and blue cheese is a classic! Substitute fresh spinach for the arugula if you prefer.

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

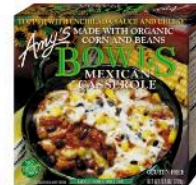


**2/\$7**

**BLAKE'S**

Pot Pie

8 oz., selected varieties  
other Blake's Entrees  
also on sale



**\$4.39**

**AMY'S**

Bowls

9-10 oz., selected varieties  
other Amy's products  
also on sale



**\$3.69**

**ANNIE'S**

**HOMEGROWN**

Pizza Bagels

6.65 oz., selected varieties  
Pizza Poppers also on sale \$2.39



**\$5.99**

**ORGANIC**

**PRAIRIE**

Organic Sliced Meat

6 oz., selected varieties  
\* Not Available at City  
Market



**\$4.69**

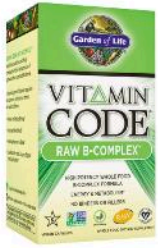
**ORGANIC**

**PRAIRIE**

Organic Jerky

2 oz., selected varieties





**\$14.99**

**GARDEN OF LIFE**

Vitamin Code Vitamin B Complex

60 ct.

\*Available by Special Order Only



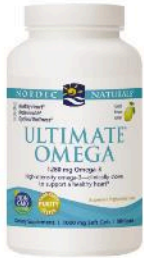
**\$29.99**

**GAIA HERBS**

Turmeric Supreme Extra Strength

120 ct.

other Gaia Herbs products also on sale



**\$52.99**

**NORDIC NATURALS**

Ultimate Omega

180 ct.

other Nordic Naturals products also on sale



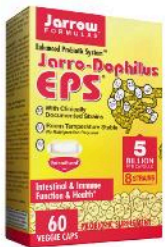
**\$12.99**

**MAGGIE'S ORGANICS**

Wool Hiking Socks

pair, selected varieties

\*Not Available at City Market



**\$15.99**

**JARROW FORMULAS**

Jarro-Dophilus EPS

60 ct.



**\$43.99**

**NEW CHAPTER**

Bone Strength Take

Care

120 ct.



**\$8.99**

**LILY OF THE DESERT**

Organic Aloe Vera Juice

32 oz., selected varieties



**\$2.99**

**ORGANIC VALLEY**

Organic Fuel

11 oz., selected varieties



**\$3.99**

**ORGANIC VALLEY**

Organic Shredded Cheese

6 oz., selected varieties



**\$3.99**

**ORGANIC VALLEY**

Organic Grassmilk Yogurt

24 oz., selected varieties

**Stitching Together Opportunity**

Since forming their first co-op in 1999, **Maggie's Organics** has helped to start five more in two countries that supply organic cotton and apparel. Their latest project is Opportunity Threads, a 100% worker-owned co-op in Morganton, NC. Most worker-owners are Mayan immigrants who left Guatemala during civil war. The co-op is a thriving example of reshoring U.S. industry while empowering workers.

**Sustainable Family Farms**

**Organic Valley** is owned and run as a cooperative by the producing farmers. As a cooperative, Organic Valley has been able to expand their farmer-member base across the country and make high-quality organic food more accessible while creating a more sustainable business model for small family farms.

more info at [www.strongertogether.coop](http://www.strongertogether.coop)



## Apples

There are few things more satisfying than a crisp, sweet Honeycrisp, Gala, Braeburn or Granny Smith apple, eaten as-is. But their versatility as an ingredient is amazing as well. Grate or slice apples onto leafy green salads with a curried raisin vinaigrette, or add to a light version of a traditional Waldorf with a nonfat yogurt dressing and toasted almonds. For something more savory, toss apple chunks with roasted cubes of butternut squash and serve as a side, or puree into a delicious creamy soup. A variety of grated apples with chopped celery, shredded cabbage and crumbled crisp bacon makes an unbeatable autumn slaw.

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**\$4.39**

**RUDI'S**  
Gluten-Free Bread  
18 oz., selected varieties



**\$5.69**

**ONCE AGAIN**  
Organic Sunflower  
Seed Butter  
16 oz.



**2/\$4**

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



**2/\$6**

**CASCADIAN FARM**  
Organic Granola Bars  
6.2-7.4 oz., selected varieties



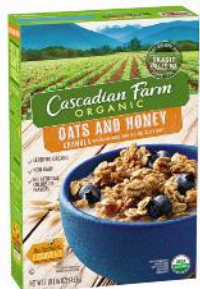
**\$3.39**

**SANTA CRUZ ORGANIC**  
Organic Applesauce  
6 pack, selected varieties



2/\$4

**BLUE DIAMOND**  
Almond Breeze  
32 oz., selected varieties



2/\$6

**CASCADIAN FARM**  
Organic Granola  
13.25-16 oz., selected varieties



\$3.99

**BOB'S RED MILL**  
Organic Rolled Oats  
32 oz.



\$7.99

**Highland Sugarworks**  
Vermont Maple Syrup  
12 oz., selected varieties



\$6.39

**NATURE'S PATH**  
Organic Eco-Pac  
Cereal  
26.4-35 oz., selected varieties



\$3.39

**NATURE'S PATH**  
Organic Cereal  
10.6-11.5 oz., selected varieties



\$2.99

**BLUE DIAMOND**  
Almond Breeze  
64 oz., selected varieties



\$2.39

**THEO**  
Organic Chocolate Bar  
3 oz., selected varieties



\$2.99

**ANNIE'S HOMEGROWN**  
Organic Yogurt  
4 pack, selected varieties  
\*Available by Special Order Only



\$3.99

**WOODSTOCK**  
Organic Frozen  
Blueberries  
10 oz.  
other Frozen Fruit also on sale



**Cooperation is Sweet**

Citadelle Cooperative, the world's largest supplier of 100% pure maple syrup under the **Shady Maple Farms** label, helps its more than 2,000 owners earn fair wages and provides ongoing training on how to produce delicious, pure maple syrup sustainably. They are also diversifying into cooperatively-produced honey and cranberries.



**Caring for Community**

**Theo Chocolate** is improving the lives of Congolese farmers by training them to grow high quality organic, fair trade cocoa, doubling farmer incomes and enabling farming families to reinvest in their communities and have access to necessary health care, in an area emerging from decades of poverty and violence.

To learn more about how co-ops are growing communities at home and across the globe visit: [www.strongertogether.coop](http://www.strongertogether.coop)

# October is National Co-op Month

Join the Onion River Co-op for only \$15 and receive great benefits:

- Money back on store purchases
- Discounts at 50+ locally-owned businesses
- Additional discounts for Working Members
- Free reverse osmosis water

Ask about joining today at the Customer Service desk or find out more at:

[www.citymarket.coop/membership](http://www.citymarket.coop/membership)



**Your Community-Owned Grocery Store**  
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 Open 7am - 11pm every day • 802-861-9700 • [www.citymarket.coop](http://www.citymarket.coop)



**\$2.99**

**R.W. KNUDSEN**  
 Simply Nutritious Juice  
 32 oz., selected varieties



**\$3.39**

**TRADITIONAL MEDICINALS**  
 Organic Tea  
 16 ct., selected varieties



**2/\$4**

**CASTOR & POLLUX**  
 Organic Dog Food  
 12.7 oz., selected varieties  
 other Castor & Pollux products also on sale



**\$9.99**

**SEVENTH GENERATION**  
 Baby Diapers  
 17-40 ct., selected varieties



**3/\$7**

**CELESTIAL SEASONINGS**  
 Herbal Tea  
 20 ct., selected varieties



**3/\$5**

**GREEN FOREST**  
 Facial Tissue  
 175 ct.

**Celebrate Co-op Month this October!**



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