



coopTM deals

NOV 2 - NOV 15, 2016



2/\$6

WHOLESOME!
Natural Cane Sugar
24 oz., selected varieties
Organic Sugar also on sale



2/\$6

CASCADIAN FARM
Organic Frozen Fruit
8-10 oz., selected varieties



2/\$4

IMAGINE
Organic Broth
32 oz., selected varieties



\$4.99

ORGANIC VALLEY

Organic Butter
16 oz., selected varieties

Featured Inside:

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



It's Time To... Pre-order Your Local Turkey!

Fresh from Vermont farms
to your Thanksgiving table.

Pre-orders accepted today
at our Meat & Seafood counter,
by phone at (802) 861-9705,
or online:

www.citymarket.coop/turkeys

**City
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Cinnamon Apple Coffee Cake

Serves 8. Prep time: 15 minutes active; 55 minutes total.

- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1 cup rolled oats
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon allspice
- 1 ½ teaspoons cinnamon
- 1 cup sugar
- ½ cup vegetable oil or melted coconut oil
- 1 egg, beaten
- ¼ cup milk
- 1 teaspoon vanilla
- 1 cup cored and diced apple
- ¼ cup dried cranberries

Heat the oven to 350 degrees F. Butter or oil an 8 x 8 inch pan.

In a large mixing bowl, whisk together the flours, oats, baking soda, salt, spices and sugar. Stir in the remaining ingredients until just combined. The batter will be very thick. Spread the batter evenly into the pan. Bake for 35 to 40 minutes or until a toothpick stuck in the middle comes out clean. Let cool before slicing.

Serving suggestion: Topped with whipped cream and served with hot fresh Fair Trade coffee or tea, this easy cake is sure to please your guests.

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



\$8.99

BOB'S RED MILL
Almond Meal Flour
16 oz., selected varieties
other Bob's Red Mill products
also on sale



\$7.99

NUTIVA
Organic Coconut Oil
14 oz.



\$4.39

FRONTIER CO-OP
Organic Ceylon Cinnamon
1.76 oz.
other Herbs and Spices
also on sale



\$1.19

BULK
Organic Rolled Oats
per pound in bulk



\$1.39

BULK
Organic Sugar
per pound in bulk



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 freshly baked 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 | group of ten |
|---------------------------|-------------------|----------------------|
| Entrées | ½ to ¾ pound | 5-7 pounds |
| Potatoes | ⅓ to ½ pound | 4 pounds |
| Vegetables | ¼ to ⅓ pound | 2 ½ pounds |
| Stuffing | ⅓ to ½ pound | 4 pounds |
| Gravies and sauces | ¼ cup | 2-3 cups |
| Turkey (whole) | 1 to 1½ pounds | 10-15 pounds |
| Cranberry relish | 2 ounces or ⅛ cup | 1 ½ pounds or 2 cups |
| Snacks/appetizers | 2-4 ounces | 2-3 pounds |
| Pie | 1 slice | 2 9-inch pies |
| Ice cream | ½ cup | ½ gallon |
| Cookies/bars | 2 each | 20 total |



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\$4.69

EQUAL EXCHANGE
Organic Chocolate Chips
10 oz., selected varieties



2/\$6

YOGI
Organic Tea
16 ct., selected varieties



2/\$5

EQUAL EXCHANGE
Organic Chocolate Bar
2.8 oz., selected varieties



\$9.99

EQUAL EXCHANGE
Organic Coffee
per pound in bulk
Decaf Coffee not on sale



Holiday Breads

Besides panettone, julekake (from Italy and Norway, respectively) and challah, the traditional Sabbath bread, there are many celebratory loaves that are popular at holiday meals. Spiced breads, sometimes with fruit and nuts, appear on festive tables in England, Ireland, Germany and Portugal. Braided loaves like Finnish pulla, Greek choreki and Czechoslovakian hoska are delicious and fun to make. Other traditions call for bread adorned with coils, cut-outs and elaborate decorations made from dough. Still other ways to celebrate include baking in a hidden surprise, like a coin, a ring or a plastic baby - which you'll find in Mexican rosca de reyes at Epiphany, and in Mardi Gras king cake.



\$3.69

EARTH BALANCE
Vegan Buttery Spread
13-16 oz., selected varieties



\$3.69

GLUTINO
Gluten-Free Pantry Mixes
16 oz., selected varieties



\$5.69

R.W. KNUDSEN
Just Tart Cherry Juice
32 oz.
other Just Juice also on sale



\$3.69

ANNIE'S HOMEGROWN
Organic Graham Crackers
14.4 oz., selected varieties



\$1.39

CLIF BAR
Seasonal Energy Bars
2.4 oz., selected varieties



\$5.69

BULK
Organic Sweetened Cranberries
per pound in bulk



Kabocha Squash Soup

Serves 4 to 6. Prep time: 45 minutes.

- 1 medium kabocha squash
- 2 tablespoons olive oil
- 2 tablespoons coconut oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 1 jalapeño, seeded and minced
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon garam masala
- 3 cups vegetable broth
- 1 cup unsweetened coconut milk
- Salt and black pepper to taste
- 1 lime, cut into wedges

Heat oven to 375 degrees F. Carefully cut squash into halves or quarters; remove the seeds, drizzle cut sides with olive oil and bake 30 to 40 minutes or until very tender. Scrape the flesh into a bowl and discard the skin. Roughly chop the squash.

In a large soup pot, heat the coconut oil over medium-high heat. Sauté the onion for 6 to 8 minutes until soft. Add the garlic, ginger and jalapeño and cook another 2 minutes, stirring frequently. Add the spices and stir for one minute. Add broth, coconut milk and squash and bring the soup just to a boil. Reduce heat and simmer the soup for 15 to 20 minutes, stirring occasionally. Remove from heat and blend with an immersion blender until smooth. Season with salt and pepper. Serve with lime wedges.

Serving suggestion: This winter soup warms you up with its subtle Indian-influenced flavors. You can use any dense, slightly sweet winter squash, like butternut or Hubbard if kabocha is not available. Serve over brown rice for a heartier dish.

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



\$8.99

**NAPA VALLEY
NATURAL**

Organic Extra Virgin
Olive Oil
25.4 oz.
other Oil and Vinegar
also on sale



2/\$4

**STAHLBUSH
ISLAND FARMS**

Frozen Vegetables
10 oz., selected varieties



\$2.69

SO DELICIOUS

Organic Coconut Milk
64 oz., selected varieties



\$2.69

**ANNIE'S
NATURALS**

Dressing
8 oz., selected varieties
16 oz. Dressing also on sale



\$2.99

PACIFIC

Organic Soup
32 oz., selected varieties



\$5.39

VICTORIA

Alfredo Sauce

18 oz., selected varieties
other Pasta Sauce also on sale



3/\$5

BIONATURAE

Organic Tomato Paste

7 oz.
other Bionaturae Tomatoes
also on sale



4/\$5

**ANNIE'S
HOMEGROWN**

Pasta & Cheese

Dinner

6 oz., selected varieties



\$1.99

BIONATURAE

Organic Pasta

16 oz., selected varieties



4/\$7

EDEN ORGANIC

Organic Beans

15 oz., selected varieties



\$1.99

**FANTASTIC
WORLD FOODS**

Dinner Mix

2.2-8 oz., selected varieties



\$1.99

FRONTERA

Cooking Sauce

8 oz., selected varieties



\$3.39

DAIYA

Dairy-Free Cheese

Style Shreds

8 oz., selected varieties



\$3.99

BEYOND MEAT

Plant-Based Protein

8-12 oz., selected varieties



\$3.39

GARDEIN

Meatless Protein

9-14.1 oz., selected varieties



Kabocha Squash

Kabocha squash can be dark green with mottled blue-gray striping, or a deep red-orange color on the outside with smooth, dense and intensely yellow flesh inside the skins. The flavor of kabocha squash is mellow and slightly sweet, somewhere between a sweet potato and a sugar pie pumpkin. Baked or roasted, kabocha squash is delicious pureed into creamy fall soups; mashed with potatoes, rutabagas and a bit of cream and butter; or baked into a pie. Kabocha partners well with curry spices, flavorful herbs like rosemary and sage, caramelized onions and hearty greens.

Go to www.strongertogether.coop for more ideas on cooking with winter squash



\$2.99

BARBARA'S
Cereal
12-14 oz., selected varieties



\$2.99

CASCADIAN FARM
Organic Cereal
8.6-14.6 oz., selected varieties



\$2.99

KASHI
GoLean Cereal
13.1-14 oz., selected varieties



\$3.39

SILK
Nut Beverage
48 oz., selected varieties



\$4.39

THE NEW BARN
Organic Almondmilk
28 oz., selected varieties



\$4.69

UDI'S
Gluten-Free Bread
12-14 oz., selected varieties



4/\$6

ORGANIC VALLEY
Organic Grassmilk
Yogurt
6 oz., selected varieties



4/\$5

ALMOND DREAM
Non-Dairy Yogurt
6 oz., selected varieties



4/\$3

BROWN COW
Cream Top Yogurt
6 oz., selected varieties



2/\$5

KEVITA
Organic Sparkling
Probiotic Drink
15.2 oz., selected varieties



\$16.99

MEGAFOOD
Daily Turmeric Nutrient
Booster Powder
59.1 gr.
other Megafood products
also on sale



\$3.69

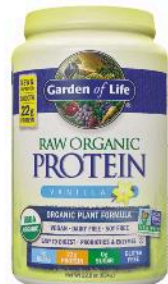
EVOLUTION FRESH
Fruit and Juice Blend
Smoothie
15.2 oz., selected varieties



\$32.99

RENEW LIFE
Ultimate Flora Extra
Care 50 Billion
30 ct.

*Not available at City Market



\$29.99

GARDEN OF LIFE
Raw Organic Protein
568-624 gr., selected varieties



\$21.99

NORDIC NATURALS
Ultimate Omega
60 ct.
other Nordic Naturals products
also on sale



2/\$5

BACK TO NATURE

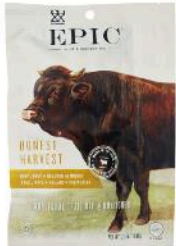
Crackers
3.5-8.5 oz., selected varieties



3/\$7

BLUE DIAMOND

Nut Thins
4.25 oz., selected varieties



\$3.39

EPIC BAR

Trail Mix Jerky
2.25 oz., selected varieties



\$3.39

BEARITOS

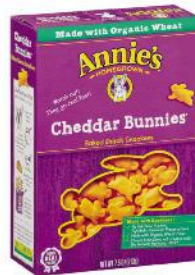
Corn Tortilla Chips
16 oz., selected varieties



\$2.69

JACKSON'S HONEST

Potato Chips
4.5-5 oz., selected varieties



2/\$6

ANNIE'S HOMEGROWN

Bunny Crackers
7.5 oz., selected varieties



\$1.39

ORGANIC VALLEY

Organic Good to Go Milk
11 oz., selected varieties



2/\$6

ANNIE'S HOMEGROWN

Cookies
8.06-8.4 oz., selected varieties



\$4.99 **ORGANIC VALLEY**

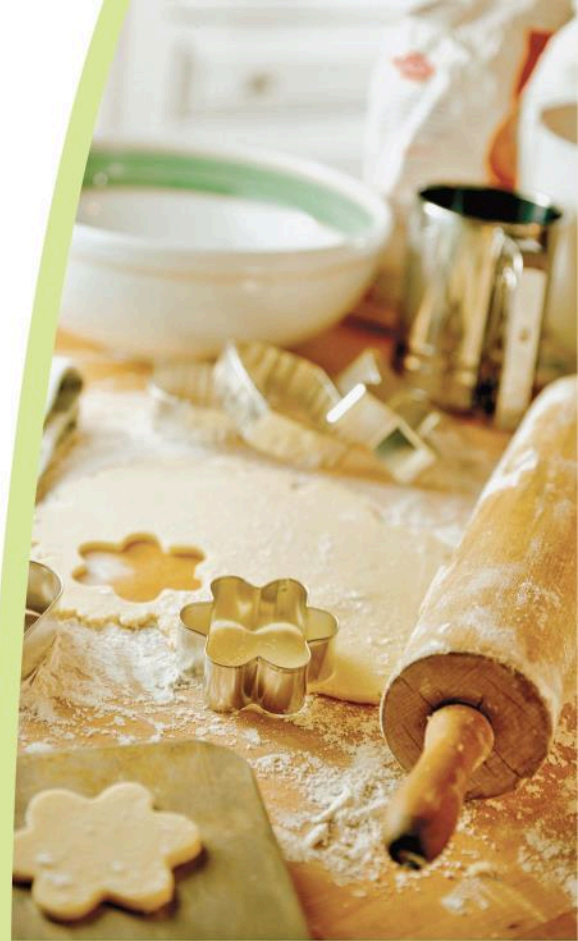
Organic Cheese
8 oz.,
*Available by Special Order Only



5/\$5

LARABAR

Fruit and Nut Bar
1.6-1.8 oz., selected varieties



Holiday Cookie Revival

Whether you grew up in a family of bakers or not, holiday baking traditions can be lots of fun. And baking up a big batch of cookies is a simple way to start! Cookies are (mostly) easy to make and loved by (nearly) everyone. A simple sugar cookie recipe is one place to start; or buttery jam-filled thumbprints, perhaps, customized with your favorite jam or jelly flavors. Double the batch so you'll have plenty for gifts, cookie exchanges or just to store in the freezer for later. Your house will smell extra-welcoming, too.

Visit www.strongertogether.coop for great holiday recipes and entertaining ideas.

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\$16.99

NOURISH ORGANIC

Cream-to-Oil Essential Oil Treatment

2 oz.

*Available by Special Order Only



\$5.99

AVALON ORGANICS

Shampoo or Conditioner

11 oz., selected varieties



\$8.99

SEVENTH GENERATION

Unbleached Bath Tissue

12 ct., selected varieties



\$9.99

ALBA BOTANICA

Very Emollient Body Lotion

32 oz., selected varieties



\$3.39

CITRA SOLV

Liquid Dish Soap
25 oz., selected varieties



\$3.99

JASON

Toothpaste
4.2-6 oz., selected varieties

Shop the co-op for your holiday staples!



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