

coopTM deals

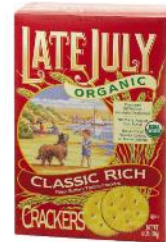
NOV 16 - NOV 29, 2016



2/\$6

R.W. KNUDSEN

Sparkling Juice
750 ml., selected varieties



2/\$5

**LATE JULY
ORGANIC**

Classic Rich
Crackers
6 oz., selected varieties



2/\$5

PACIFIC

Organic Broth
32 oz., selected varieties



4/\$7

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



Smoked Salmon Dauphinoise

Serves 4. Prep time: 20 minutes active; 1 hour, 40 minutes total.

- 1 ½ pounds Yukon gold potatoes, very thinly sliced
- 8 ounces smoked salmon, flaked into pieces
- 2 tablespoons minced fresh dill or tarragon
- 2 tablespoons minced shallots
- 1 cup heavy cream
- 1 cup milk
- Salt and black pepper

Heat the oven to 350 degrees F. Butter or oil a 3-quart casserole dish.

Place a third of the potatoes in the bottom of the casserole dish and sprinkle half each of the salmon, herbs and shallots over the potatoes. Season with salt and pepper, and place another third of the potatoes in the casserole dish. Top with the remaining salmon, herbs and shallots. Season with salt and pepper, and top with the remaining potatoes and another sprinkle of salt and pepper. Mix together the cream and milk, and pour over the potato mixture. Cover with aluminum foil and bake for 45 minutes. Remove the foil and bake another 15 to 25 minutes until the potatoes are tender and thoroughly cooked. Let sit for 15 minutes before serving.

Serving suggestion: Served with a side of steamed asparagus or colorful green beans, this satisfying dish is just fancy enough for company. It's also a sumptuous accompaniment for a main course of roast meat or poultry.

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



\$2.69

ARROWHEAD MILLS
Organic Stuffing Mix
10 oz.



3/\$5

FARMER'S MARKET
Organic Pumpkin
15 oz., selected varieties



2/\$4

WOODSTOCK
Organic Cranberry Sauce
14 oz., selected varieties



4/\$7

WESTBRAE
Organic Green Beans
14.5 oz.



\$9.99

TOFURKY
Veggie Roast
26 oz.
other Tofurky Holiday products also on sale



\$7.99

SPECTRUM

Organic Refined
Canola Oil

32 oz.
other Spectrum Cooking Oil
also on sale



\$1.99

**LUNDBERG FAMILY
FARMS**

Organic Short Grain
Brown Rice
per pound in bulk
Long Grain Brown Rice also on sale



\$4.99

SPECTRUM

Organic Mayonnaise
16 oz.



\$14.99

BIONATURAE

Organic Extra Virgin
Olive Oil
25.4 oz.



\$3.99

WOODSTOCK

Organic Pickles
24 oz., selected varieties



4/\$5

MUIR GLEN

Organic Tomatoes
14.5 oz., selected varieties



\$7.99

**LAKWOOD
ORGANIC**

Organic Pure Juice
32 oz., selected varieties



\$1.39

**SAN
PELLEGRINO**

Sparkling Mineral
Water
750 ml.



2/\$5

**CELESTIAL
SEASONINGS**

Herbal Tea
20 ct., selected varieties



Special Guests

If your holiday guest list includes friends and family with special dietary needs, a great place to begin is asking them to share the recipe for their favorite holiday dish with you. Chances are you'll find some delicious options! Are you cooking for vegetarians? How about a savory and elegant acorn squash stuffed with chard and white beans? Look for a naturally gluten-free wild rice-based stuffing; or a vegan cranberry-pecan stuffing (recipe at www.strongertogether.coop) that everyone will love. A good rule of thumb is that guests should have at least 3-4 dishes from which to choose. We guarantee the party will be a lot more joyful if everyone feels included.



Garnet Yam Burgers

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

- 1 ½ cups vegetable broth
- 1 cup peeled and diced garnet yams or sweet potatoes
- ¼ cup diced yellow onion
- 2 cloves garlic, minced
- ½ cup canned chickpeas, rinsed, drained and smashed
- ½ cup millet
- 1 teaspoon cumin
- 1 ½ teaspoons chili powder
- 2 teaspoons vegetarian Worcestershire
- Pinch of salt
- 1 cup bread crumbs, divided
- 1 egg, beaten
- 1 to 2 tablespoons vegetable oil

Bring the vegetable broth to a boil in a medium soup pot. Add the yams and simmer for about 8 minutes, just until the yams are getting tender. Add the onion, garlic, chickpeas and millet, cover the pot and simmer for another 20 minutes, stirring occasionally. The millet should be tender and the liquid should be entirely absorbed when done. Remove from heat and stir in the cumin, chili powder, Worcestershire, a pinch of salt and half of the breadcrumbs. Stir well and form into 6 even burgers.

Put the beaten egg in a small dish and the remaining bread crumbs in another small dish or plate. Gently dip each burger in the egg, and then coat well in breadcrumbs. Place the burgers on a sheet pan or plate and refrigerate for about 30 minutes.

Heat the vegetable oil over medium-high heat in a large skillet. Add the yam burgers to the pan and cook for 4 to 5 minutes until browned well on one side. Gently flip the burgers and cook another 4 to 5 minutes.

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



\$2.69

AMY'S

Organic Soup

14.1-14.5 oz., selected varieties



2/\$5

**LUNDBERG
FAMILY FARMS**

Organic Entrees and
Sides

5.5-6 oz., selected varieties



\$3.69

RISING MOON

Organic Pasta

8 oz., selected varieties



\$6.99

TALENTI

Gelato

32 oz., selected varieties



\$5.99

**ALDEN'S
ORGANIC**

Organic Ice Cream

48 oz., selected varieties



\$3.39

EXPLORE ASIAN

Organic Bean Pasta
8 oz., selected varieties



\$2.99

HODO SOY

Organic Tofu Nuggets
8 oz., selected varieties
other Hodo Soy products
also on sale



\$2.99

NATIVE FOREST

Artichoke Hearts
9.9-14 oz., selected varieties
other Native Forest products
also on sale



\$4.99

SANTA CRUZ ORGANIC

Organic Peanut Butter
16 oz., selected varieties



\$2.39

R.W. KNUDSEN

Very Veggie Juice
32 oz., selected varieties



2/\$6

TRADITIONAL MEDICINALS

Organic Tea
16 ct., selected varieties



\$2.69

ECOVER

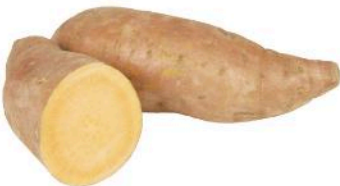
Dish Soap
25 oz., selected varieties



\$2.39

HAPPYBABY

Organic Puffs
2.1 oz., selected varieties



3/\$5

WELLNESS

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



Garnet Yams

Baked whole or cubed and roasted, garnet yams are not only flavorful but also among the most nutritious of all vegetables, high in beta carotene and vitamins A and C. These orange-fleshed sweet potatoes with a reddish brown skin (yes, they're not actually yams!) are delicious in soups, salads, curries, breads and pies. Top a baked-in-the-skin garnet yam with spicy black beans, chopped green onions and sour cream. Slice garnet yams in wedges, toss with chili powder, paprika, cumin and cayenne, and bake for a tasty side to a burger.

Go to www.strongertogether.coop for more great recipes and ideas.



Emmenthaler

Emmenthaler is a real *Swiss Swiss* cheese, meaning it originated in Switzerland. Made from cow's milk, its flavor is best described as nutty, buttery and slightly fruity, and it melts beautifully in sandwiches or shredded atop a casserole or gratin. Try a slice on your next Reuben (or tempeh Reuben), or serve as an appetizer with sliced apples, pears and toasted walnuts. Emmenthaler is a classic ingredient for a festive fondue as well.



\$8.99 **ORGANIC PRAIRIE**
Summer Sausage
12 oz.
* Available by Special Order Only



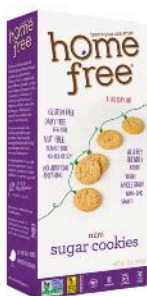
\$1.99 **SEMARK**
Rice Thins
3.5 oz., selected varieties



\$2.39 **KETTLE BRAND**
Potato Chips
5 oz., selected varieties



\$3.69 **ALIVE & RADIANT**
Kale Crunch
2.2 oz., selected varieties



\$3.69 **HOMEFREE**
Gluten-Free Holiday Cookies
5 oz., selected varieties



\$2.69 **RHYTHM SUPERFOODS**
Organic Kale Chips
.75 oz., selected varieties



\$2.39 **THEO**
Organic Chocolate Bar
3 oz., selected varieties



2/\$4 **K'UL**
Superfood Chocolate Bar
1.23-1.75 oz., selected varieties



\$2.69 **SILK**
Holiday Nog
32 oz.



\$2.69 **GREEN & BLACK'S**
Organic Chocolate Bar
3.5 oz., selected varieties



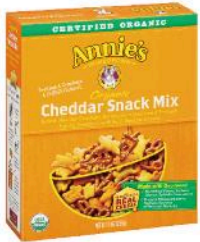
\$8.99

ORGANIC VALLEY

Organic Cheddar
Cheese

16 oz., selected varieties

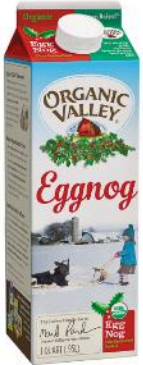
*Available by Special Order Only



2/\$7

**ANNIE'S
HOMEGROWN**

Organic Snack Mix
9 oz., selected varieties



\$4.39

**ORGANIC
VALLEY**

Organic Eggnog
32 oz.



2/\$4

**LATE JULY
ORGANIC**

Tortilla Chips
5.5 oz., selected varieties



\$3.39

NEWMAN'S OWN

Fig Newmans

10 oz., selected varieties



Party Starters

A great holiday party starts with a great beginning; welcome your guests with a tray or two of simple snacks as they begin to gather for Thanksgiving dinner. Try a sweet-and-salty tray of fresh pitted dates, served with roasted spiced nuts. Pick up 3 or 4 local cheeses at the co-op, and set them out with a basket of crostini and crackers. Or make a quick dip by blending softened plain chevre with a swirl of prepared pesto; serve with crunchy carrot sticks, bell pepper strips and celery.



Cranberry Relish

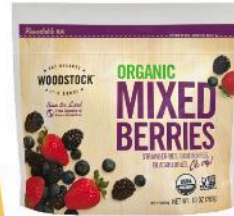
Serves 15. Prep time: 10 minutes.

- 1 pound whole cranberries, fresh or frozen
- 10 ounces canned crushed pineapple, drained
- 1 pound Granny Smith apples, cored and finely chopped
- ½ cup honey
- 15 ounces canned mandarin oranges, drained and chopped
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon allspice

Pulse cranberries in a food processor until coarsely chopped. Transfer into a bowl, and add apples, oranges and pineapple. Add honey and spices and mix well. Taste and adjust seasoning as needed. May be served immediately, but making this ahead and refrigerating overnight allow flavors to develop. Bring the relish to room temperature and stir well before serving.

Serving suggestion: Classic with turkey or poultry, this relish is a delicious addition to a sandwich too. Or add a spoonful or two to your favorite smoothie recipe for extra zing.

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\$3.39

WOODSTOCK
Organic Frozen Fruit
10 oz., selected varieties
other Frozen Fruit also on sale



\$2.99

SO DELICIOUS
CocoWhip
9 oz., selected varieties



\$3.99

IMMACULATE
Organic Cinnamon
Rolls
17.5 oz.
other Immaculate products
also on sale



\$2.99

**KING ARTHUR
FLOUR**
Unbleached All-
Purpose Flour
5 lb.



\$3.99

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



\$3.69

BULK
Organic Dry
Roasted Peanuts
per pound in bulk
Great for freshly-ground
nut butter



\$3.69

BULK
Organic Pumpkin
Seeds
per pound in bulk



\$14.99

BULK
Organic Pecans
per pound in bulk



\$9.99

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



Turkey Tips

Getting ready for the big holiday meal? Here are some tips about turkeys that might come in handy:

- Brining a turkey before cooking adds both flavor and moisture. Your co-op may have a ready-to-use brining mix, or you can make your own with salt and spices.
- Heritage or heirloom turkeys typically have a higher proportion of dark to white meat than other varieties. They also have an additional layer of fat under the skin that keeps meat moister while cooking.
- What size turkey do you need? A good rule of thumb is one to one and a half pounds of bone-in turkey per person (which allows for some leftovers, too).



\$2.69

**ORGANIC
VALLEY**
Organic Cream
Cheese
8 oz., selected varieties



\$1.99

**ORGANIC
VALLEY**
Organic Half & Half
16 oz.



\$4.39

BIG TREE FARMS
Organic Coconut
Sugar
16 oz.



\$5.69

PAMELA'S
Gluten-Free Pancake &
Baking Mix
24 oz.
other Gluten-Free Baking
Mixes also on sale



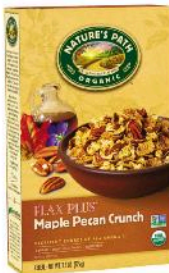
\$2.99

**SANTA CRUZ
ORGANIC**
Organic Applesauce
23 oz., selected varieties



Herb Butters

Homemade herb butter adds a special touch to holiday vegetables, roasts and dinner rolls – and it's simple to do. Just allow butter to soften to room temperature, and rinse your choice of fresh herbs (tarragon, chives, parsley, basil, rosemary or thyme). Finely chop the leaves, and mix them into the butter; taste for flavor (remember, the herb flavor will be stronger when the butter is warm). Top your steamed vegetables or mashed potatoes with a dollop of herb butter, or spread on your leftover roast your leftover roast turkey sandwich.



\$2.99

NATURE'S PATH
Organic Cereal
10-14 oz., selected varieties



\$3.69

ONE DEGREE
ORGANIC FOODS
Sprouted Grain Cereal
8-12 oz., selected varieties



\$3.99

DREAM
Almond Beverage
32 oz., selected varieties



\$2.99

SO DELICIOUS
Almond Milk
48 oz., selected varieties



\$1.69

SILK
Soy Creamer
16 oz., selected varieties



4/\$6

SO DELICIOUS
Coconut Milk
Yogurt
5.3 oz., selected varieties



2/\$6

THE GREEK GODS
Greek Yogurt
24 oz., selected varieties



10/\$10

WALLABY
Organic Lowfat Yogurt
6 oz., selected varieties



\$35.99

ANCIENT NUTRITION
Bone Broth Protein
445-504 gr., selected varieties



\$21.99

HEALTHFORCE SUPERFOODS
Vitamerical Earth
5.3 oz.

*Not available at City Market



\$ 1.99

RICOLA
Cough Drops
19-21 ct., selected varieties



\$ 9.99

BOIRON
Oscilloccoccinum
6 dose



\$ 9.99

PB 8
Digestive Health
Supplement
60 ct.
other Nutrition Now products
also on sale



\$ 9.99

SOLGAR
Ester-C Plus 500 mg
Vitamin C
100 ct.
*Not available at City Market



\$ 19.99

NATURAL FACTORS
Tranquil Sleep
60 ct.
*Not available at City Market



\$ 14.99

ORGANIC INDIA
Organic Turmeric
15 ct.
other Organic India products
also on sale



\$ 24.99

MYCHELLE DERMACEUTICALS
Perfect C PRO Speed Peel
1.2 oz.
*Not available at City Market



\$ 5.99

DR. BRONNER'S
Organic Shaving Soap
7 oz., selected varieties



\$ 12.99

WELEDA
Skin Food
2.5 oz.
other Weleda products also on sale



Maple Chipotle Spiced Nuts

Makes 1 pound. Prep time: 20 minutes.

- 1 pound unsalted mixed nuts, preferably raw: almonds, walnut and pecan halves, peanuts
- ¼ cup maple syrup
- 2 teaspoons chipotle powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Preheat oven to 325 degrees F. In a small bowl, combine the maple syrup, chipotle powder, salt, and pepper. Add the nuts to the mixture and toss well to coat. Spread the coated nuts in a single layer on a parchment-lined baking sheet and bake for 5 to 7 minutes; then stir and roast another 5 to 7 minutes, remove to a heat-proof bowl and allow to cool. Break up any nuts that are stuck together. Serve with fruit and cheese, sparkling cider, or cocktails.

19th Annual Benefit Sale

COTS Trees!

A benefit for the Committee on Temporary Shelter

**Starting
Nov 30**

while supplies last

All
Trees
\$35

**Fresh
Balsams**

grown in Craftsbury, VT

Trees are on sale 7am - 11pm. Outside customer service will be on hand for tree-tying assistance early evenings and weekends.

Your Community-Owned Grocery Store

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Open 7am - 11pm every day • 802-861-9700 • www.citymarket.coop



community

Happy Thanksgiving

Food co-ops bring people together to share good food and create healthy communities. On behalf of all of us at the co-op, we'd like to wish you a happy and peaceful Thanksgiving, filled with good health and delicious food to share.

Holiday meal traditions start at the co-op!



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