

# coop<sup>TM</sup> deals

JULY 5 - JULY 18, 2017



\$ 1.99

**ANNIE'S  
NATURALS**

Organic Ketchup  
24 oz.

other Condiments also on sale



2/\$7

**GARDEN OF  
EATIN'**

Tortilla Chips  
16 oz., selected varieties



\$2.99

**SILK**

Almondmilk  
64 oz., selected varieties



10/\$10 **KIND**  
Fruit & Nut Bar  
1.2-1.4 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](http://www.citymarket.coop)

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





## Baby Back Ribs with Maple-Mustard Glaze

Serves 6. Prep time: 30 minutes active; 3 hours total.

- 2 tablespoons brown sugar
- 1 tablespoon paprika
- 1 teaspoon dry mustard
- 1 teaspoon dried oregano
- 1 teaspoon coarse salt
- 1 teaspoon freshly cracked pepper
- 4 pounds baby back ribs
- ½ cup Dijon mustard
- ¼ cup balsamic vinegar
- ¼ cup maple syrup

Heat oven to 275 degrees F. In a small bowl, combine the sugar, paprika, dry mustard, oregano, salt and pepper. Place the ribs on a large rimmed baking sheet, rub with the spice mixture and tightly cover the baking sheet with foil. Bake for 2 ½ hours. The meat will be tender and easily pull away from the bone. Let cool.

While the ribs bake, make the sauce. In a small bowl, combine the Dijon mustard, vinegar and maple syrup. Transfer ½ cup of the sauce into a small bowl for serving.

Heat grill to medium-high. Grill the ribs, basting with the remaining sauce and turning occasionally, until just turning brown, 4 to 5 minutes. Serve with the reserved sauce.

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



**3/\$5**

**SANTA CRUZ ORGANIC**  
Organic Lemonade  
32 oz., selected varieties



**\$2.39**

**KETTLE BRAND**  
Potato Chips  
5 oz., selected varieties



**2/\$5**

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



**2/\$7**

**UDI'S GLUTEN FREE**  
Hamburger or  
Hot Dog Buns  
10.8-14.4 oz., selected varieties



**\$5.99**

**ORGANIC PRAIRIE**  
Organic Beef Hot Dogs  
12 oz.

\* Not available at City Market





5/\$5

**TAZO**  
Ready-to-Drink Tea  
13.8 oz., selected varieties



\$2.69

**QUE PASA**  
Organic Tortilla Chips  
16 oz., selected varieties



2/\$7

**FOOD SHOULD TASTE GOOD**  
Tortilla Chips  
11 oz., selected varieties



\$5.99

**HOPE**  
Organic Guacamole  
15 oz., selected varieties



\$2.99

**DREW'S**  
Organic Salsa  
12 oz., selected varieties



\$7.99

**SPECTRUM**  
Organic Mayonnaise  
32 oz.  
other Mayonnaise also on sale



2/\$6

**LIGHTLIFE**  
Veggie Hot Dogs  
12 oz., selected varieties



\$3.69

**MARY'S GONE CRACKERS**  
Organic Crackers  
5.5-6.5 oz., selected varieties



2/\$7

**BLUE SKY**  
Organic Soda  
6 pack, selected varieties



## BBQ, Reimagined

Everyone loves a cookout! Get creative and add the fresh, unexpected flavors of your favorite summer fruits to barbecue with a fruit-based BBQ sauce. Sweet and tangy berries, cherries and peaches all compliment the bold, smoky taste of grilled meats and veggies. Making your own sauce is easy — most recipes call for blending 1 to 2 cups of the ripe summer fruit of your choice, a little vinegar, salt, tomatoes, onion, garlic and fresh chilies then cooking it on the stove until thick and reduced by half. Pineapple, peach-habanero, blueberry, raspberry-jalapeño — your imagination is the limit. Visit [www.strongertogether.coop](http://www.strongertogether.coop) for a great recipe for Cherry Chipotle Barbecue Sauce, and go from there!





## Roasted Sweet Corn Bread

Makes 9 servings. Prep time: 20 minutes active; 40 minutes total.

- 1 ear sweet corn (2 if small)
- 1 cup unbleached flour
- 1 cup cornmeal
- ¼ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ cup butter, melted
- 1 cup plain nonfat yogurt
- 2 large eggs

To roast the corn, heat the oven to 400 degrees F. Place the husked corn on an oiled sheet pan and roast, turning every 5 minutes until the corn is browned and soft. Let cool and then cut the kernels from the cob. You should get about 1 cup.

For the cornbread, heat the oven to 400 degrees F. Butter or grease an 8-inch square metal pan. In a medium bowl, combine the flour, cornmeal, sugar, baking powder and salt, and whisk to combine. Place the yogurt, melted butter and eggs in a medium bowl and whisk to combine. Pour the yogurt mixture over the cornmeal mixture and stir until almost mixed, then add the roasted corn and stir just until the ingredients are combined. Scrape the batter into the prepared pan and smooth the top. Bake for 15 to 20 minutes, until a toothpick inserted in the center of the pan comes out clean. Let cool in the pan for 5 minutes before serving, and cut into 9 squares.

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



**4/\$5**

**STONYFIELD**

Organic Greek  
Yogurt

5.3 oz., selected varieties



**\$2.99**

**WOODSTOCK**

Organic Mangoes

10 oz.  
other Frozen Fruit also on sale



**\$4.99**

**ORGANIC  
VALLEY**

Organic Grassmilk

64 oz., selected varieties



**\$8.99**

**EQUAL EXCHANGE**

Organic Whole Bean Coffee

per pound in bulk  
Decaf Coffee not on sale



**\$3.99** **ORGANIC VALLEY**

Organic Large  
Brown Eggs

\* Not available at City Market





**\$3.39**

**NATURE'S PATH ORGANIC**

Organic Granola  
11.5 oz., selected varieties



**\$3.69**

**DREAM**

Ultimate Almond Beverage  
32 oz., selected varieties



**\$2.69**

**SO DELICIOUS**

Organic Coconut Milk  
64 oz., selected varieties



**\$3.39**

**EREWHON**

Organic Cereal  
10 oz., selected varieties



**\$7.99**

**ARTISANA ORGANICS**

Organic Raw Coconut Butter  
14 oz.



**\$9.69**

**ONCE AGAIN**

Cashew Butter  
16 oz.



**2/\$4**

**BIZZY**

Organic Coffee Shot  
2 oz., selected varieties



**\$2.69**

**R.W. KNUDSEN**

Organic Very Veggie Juice  
32 oz.

other Juice also on sale



**2/\$4**

**NOOSA**

Yoghurt  
8 oz., selected varieties



## Corn

There is something special about picking up that first bunch of sweet corn from the co-op or farmers market. Corn is a quintessential side on summer days and the options for enjoying it are almost endless: grilled, boiled, steamed or even microwaved. For a savory dish, garnish one cob (or many) with cumin-seasoned butter or sprinkle with Parmesan and black pepper. Add corn kernels and black beans to green salad mixed with spicy dressing for lunch or mix into cornbread to accompany your barbecue. Slice the cooked kernels off the cobs and freeze for later. With an average of 800 kernels per cob, you'll have fresh corn flavor well into fall.





## Cool Treats for the Summer Heat

Break out the ice pop molds and beat the summer heat with some simple, sweet recipes for homemade healthy frozen treats. To start, mix up fresh berries with honey, Greek yogurt, lemon juice and a touch of sugar, pour into molds and freeze. Get creative by adding some fresh herbs into the mix; strawberries and mint make for a wildly refreshing snack. Raspberries and rosehips bring some fancy late-summer flavors to the freezer. For the adults, try stirring up a twist on a classic cocktail. Blueberry mojito ice pops are equal parts fun and delicious, but keep the liquor content light so the pops freeze properly, or use rum flavoring instead.



**2/\$7**  
**THREE TWINS**  
 Organic Ice Cream  
 16 oz., selected varieties



**2/\$7**  
**TALENTI**  
 Gelato  
 16 oz., selected varieties



**\$3.39**  
**DREAM**  
 Frozen Almond Bites  
 6.6 oz., selected varieties



**2/\$3**  
**MUNK PACK**  
 Oatmeal Fruit Squeeze  
 4.2 oz., selected varieties



**2/\$4**  
**KATE'S**  
 Real Food Bar  
 3 oz., selected varieties



**4/\$5**  
**LARABAR**  
 Fruits + Greens Bar  
 1.24 oz., selected varieties



**\$2.39**  
**POPCORN INDIANA**  
 Popcorn  
 4.4-8 oz., selected varieties



**\$4.99**  
**POK POK SOM**  
 Vinegar Sodas  
 4 pack, selected varieties



**\$1.39**  
**BULK**  
 Organic Yellow Popcorn  
 per pound in bulk



**\$9.39**  
**BULK**  
 Organic Raw Almonds  
 per pound in bulk



2/\$5

**GOODBELLY**

Organic Probiotic Drink  
32 oz., selected varieties



\$2.69

**EVOLVE**

Protein Shake  
12 oz., selected varieties



\$2.69

**GT'S**

Organic Kombucha  
16-16.2 oz., selected varieties



\$19.99

**OREGON'S WILD HARVEST**

Milk Thistle  
90 ct.  
\* Not available at City Market



\$16.99

**JARROW FORMULAS**

Jarro-Dophilus EPS  
60 ct.  
other Probiotic products also on sale



\$53.99

**NORDIC NATURALS**

Ultimate Omega  
180 ct.  
other Omega products also on sale



\$5.99

**DR. BRONNER'S**

Arnica-Menthol  
Organic Magic Balm  
2 oz.



\$2.99

**DR. BRONNER'S**

Peppermint Bar Soap  
5 oz., selected varieties  
other Dr. Bronner's  
Peppermint products also on sale



\$5.99

**AVALON ORGANICS**

Shampoo or  
Conditioner  
11 oz., selected varieties



\$6.99

**ALBA BOTANICA**

Hawaiian Detox Scrub  
4 oz.  
other Facial Care products  
also on sale



\$3.99

**JASON**

Toothpaste  
4.2-6 oz., selected varieties



\$8.99

**ECOS**

Liquid Laundry  
Detergent  
100 oz., selected varieties



\$2.99

**SEVENTH GENERATION**

Dish Liquid  
25 oz., selected varieties



\$6.69 **SEVENTH GENERATION**

Bath Tissue  
12 ct.  
other Paper products also on sale





# SUMMERSVALE!



Join us every Thursday in July and August at the Intervale for local food, music, tasting events and family activities. City Market is a proud local partner of the Intervale Center. For more information, visit [www.intervale.org](http://www.intervale.org)



**\$2.69**

**SWEETLEAF ORGANICS**

Organic Stevia

35 ct.  
other Stevia products also on sale



**\$3.99**

**ZEVIA**

Zero Calorie Soda  
6 pack, selected varieties



**2/\$3**

**WESTBRAE**

Organic Beans  
15 oz., selected varieties



**\$8.99**

**NAPA VALLEY NATURALS**

Organic Extra Virgin  
Olive Oil  
25.4 oz.



**2/\$5**

**TASTY BITE**

Indian Entrees  
10 oz., selected varieties



**\$2.39 BULK**

Organic White Quinoa  
per pound in bulk

**Find big summer savings at the co-op!**



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