

# coop<sup>TM</sup> deals

JUNE 21-JULY 4, 2017



**\$3.99** SANPELLEGRINO  
Sparkling Beverage  
6 pack, selected varieties



**\$4.99** ALDEN'S  
ORGANIC  
Ice Cream  
48 oz., selected varieties



**\$3.99** ORGANIC  
VALLEY  
Organic American  
Singles  
8 oz.



**3/\$5**

**BOULDER  
CANYON**  
Kettle Cooked  
Potato Chips  
5 oz., selected varieties

## Featured Inside:

- Fantastic foil pouch cooking makes for clean and delicious grilling
- Eggplant is a versatile vegetable, and it's in season!
- Go beyond burgers with ideas for out of the box grilling
- All hail the "King of Cheese:" beautiful, buttery Brie



## Mushroom Swiss Burgers

Serves 4. Prep time: 20 minutes active; 30 minutes total.

- 8 ounces button mushrooms
- ½ teaspoon olive oil
- 1 pound grass-fed ground beef
- 1 large egg
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon black pepper
- 4 slices Swiss cheese
- 4 hamburger buns

Place half of the mushrooms in a food processor and pulse several times to mince. Place a large skillet over medium-high heat and add the olive oil, then scrape the mushrooms into the hot pan. Add the remaining mushrooms to the food processor and mince, then add to the pan. Stir, scraping the bottom of the pan, until the mushrooms are sizzling and give up their liquids. Add the Worcestershire sauce, salt and pepper and reduce the heat to medium. Stir until the pan is dry, about 5 minutes. Transfer to a large bowl and let cool.

Add the ground beef to the mushroom mixture and stir with your hands to combine. Divide the mixture into 4 equal portions and gently shape into patties. Refrigerate until time to cook.

Grill or pan-fry the patties for about 3 minutes per side. When the burgers are done, top each with a slice of Swiss cheese and let sit in the hot pan for a few seconds to melt the cheese, then serve on toasted buns.

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



**\$5.99**

**THOUSAND HILLS**  
Grass Fed Ground Beef  
16 oz., selected varieties



**\$3.39**

**SIR KENSINGTON'S**  
Ketchup  
20 oz., selected varieties  
other Condiments also on sale



**\$4.99**

**BEYOND MEAT**  
Beef Free Beast Burger  
8 oz.  
other Beyond Meat products  
also on sale



**\$3.49**

**RUDI'S ORGANIC BAKERY**  
Organic Hamburger Buns  
18 oz., selected varieties  
Hot Dog Buns also on sale



**\$6.99**

**WOODSTOCK**  
Lump Hardwood Charcoal  
8.8 lb.



**\$8.69**

**CALIFORNIA OLIVE RANCH**

Extra Virgin Olive Oil  
16.9 oz., selected varieties



**3/\$5**

**SANTA CRUZ ORGANIC**

Organic Lemonade  
32 oz., selected varieties



**\$2.99**

**ANNIE'S NATURALS**

Organic Dressing  
8 oz., selected varieties



**\$4.39**

**SIR KENSINGTON'S**

Fabanaise  
16 oz., selected varieties



**\$1.99**

**FIELD DAY**

Organic Pasta & Cheese Dinner  
6 oz., selected varieties  
Everyday low price!



**\$2.99**

**MOTHER INDIA ORGANICS**

Indian Dinner  
9.3-10.6 oz., selected varieties



**\$1.49**

**FIELD DAY**

Organic Beans  
15 oz., selected varieties  
Everyday low price!



**\$1.69**

**BULK**

Organic Black Turtle Beans  
per pound in bulk



**\$1.69**

**BULK**

Organic Garbanzo Beans  
per pound in bulk



## Foil Pouch Cooking

Love the grill but not the clean-up? Foil pouch cooking is your friend. This simple technique can keep a tasty mélange of veggies or fruits safely out of the coals, while infusing food with great flavors. Foil pouches also seal in moisture—plus they're fun to make. Besides veggies, fruits and meats, there are lots of other great foods to grill this way. To make spicy marinated olives, place your favorite olives on the foil, seal in a sprinkling of red pepper flakes and minced garlic and grill until warm. Or try pasta, using frozen cheese ravioli and your favorite chunky sauce. A warm pineapple salsa can accompany a foil-pouch grilled chicken breast, with diced pineapple chunks, minced jalapeño peppers and sweet onions, and olive oil.



## Grilled Japanese Eggplant

Serves 4-6. Prep time: 15 minutes active; 30 minutes total.

- 4 tablespoons red miso
- 4 tablespoons mirin
- 4 tablespoons tamari
- 2 tablespoons brown sugar
- Vegetable oil
- 6 medium Japanese eggplants

In a small pan, whisk the miso, mirin, tamari and sugar. Place over medium heat and whisk as the mixture comes to a boil. Cook, stirring, to thicken slightly. Let cool.

Trim stems from the eggplants and halve each lengthwise. Cut slashes in the flesh of each half, almost to the skin but not through. Brush lightly with oil. Preheat grill. Place the eggplants on the hot grill, cut side down. Cook for 3 minutes, until the eggplant is marked and softened. Flip pieces cut side up, and drizzle with miso sauce, brushing the sauce to the edges. Grill another 3 minutes, until eggplant is tender and sauce bubbling. Serve hot.



**\$3.69**

**BLUE SKY**  
Zero Calorie Soda  
6 pack, selected varieties



**2/\$4**

**SANTA CRUZ ORGANIC**  
Organic Agua Fresca  
32 oz., selected varieties



**\$2.99**

**WTRMLN WTR**  
Watermelon Juice  
12 oz., selected varieties  
33.8 oz. Watermelon Juice \$6.99



**3/\$5**

**THE MOUNTAIN VALLEY**  
Sparkling Water  
1 ltr., selected varieties



**2/\$5**

**BACK TO NATURE**  
Crackers  
3.5-8.5 oz., selected varieties



**2/\$5**

**BEANITOS**  
Bean Chips  
6 oz., selected varieties



**2/\$5**

**LATE JULY SNACKS**  
Organic Restaurant Style Cantina Dippers  
8 oz., selected varieties



**\$3.39**

**FIELD DAY**  
Organic Salsa  
16 oz., selected varieties  
Everyday low price!



**\$3.99**

**SO DELICIOUS**  
Non-Dairy Novelties  
4-8 ct., selected varieties



**2/\$4**

**GARDEN OF EATIN'**  
Tortilla Chips  
7.5-8.1 oz., selected varieties



**\$4.29**

**BULK**  
Organic Apricots  
per pound in bulk



**4/\$5**

**CLIF BAR**  
Organic Nut Butter  
Filled Bar  
1.76 oz., selected varieties



**\$2.99**

**LUNDBERG  
FAMILY FARMS**  
Organic Rice Cakes  
8.5-10 oz., selected varieties



**\$4.39**

**THE NEW PRIMAL**  
Jerky  
2 oz., selected varieties  
Meat Sticks also on sale



**\$2.99**

**IMMACULATE**  
Gluten-Free Cookie  
Dough  
14 oz., selected varieties



**\$3.99**

**ORGANIC VALLEY**  
Organic Stringles  
6 oz., selected varieties



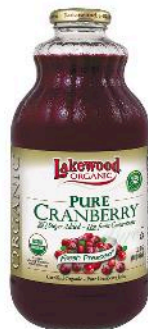
**\$2.99**

**HAIL MERRY**  
Tart  
3 oz., selected varieties



**2/\$5**

**KEVITA**  
Organic Probiotic  
Sparkling Drink  
15.2 oz., selected varieties



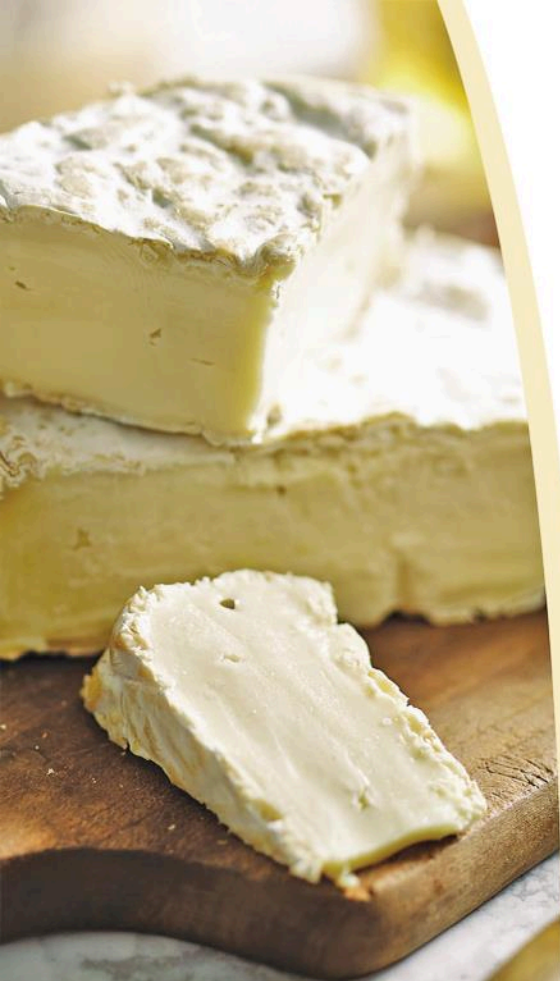
**\$7.99**

**LAKEWOOD  
ORGANIC**  
Organic Pure  
Cranberry Juice  
32 oz., selected varieties



## Eggplant

Once primarily used as a decorative plant, eggplant has taken its rightful place as a nutrient dense culinary delight. With skin ranging from glossy purple to striped or white, this attractive veggie provides a rich, unique, complex taste when cooked. It complements mildly-flavored dishes like pasta, ham and lentils. Seasoned with a little salt, garlic or cumin, eggplant is a wonderful addition to a mix of roasted or grilled zucchini, bell peppers and carrots. Eggplant slices even make perfect "crusts" for mini pizzas that will excite the entire family. It's best to enjoy eggplant within a couple days of purchase to savor the delicious flavors to their fullest.



## Brie

France is known for producing some delicious cheeses, but few compare to the divine, creamy “King of Cheese,” Brie. Buttery Brie is the perfect spread for crusty baguettes and crackers. Your guests will rejoice when Brie is featured on a cheese platter, since its fruity undertones pair delightfully with most sweet fruits, and the nutty notes are a perfect match for almonds or pistachios. Brie can add dimension to your dishes when melted into scrambled eggs, onto pizzas or swirled in a creamy roasted mushroom soup. Drizzle a room-temperature wedge with honey and serve with jams and chutneys; you’ll have a dessert that is *très magnifique!*



2/\$3

**ORGANIC VALLEY**  
Organic Grassmilk  
Yogurt  
6 oz., selected varieties



\$3.39

**NATURE'S PATH ORGANIC**  
Organic Love Crunch  
Granola  
11.5 oz., selected varieties



3/\$5

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



2/\$6

**PEACE**  
Cereal  
10-14 oz., selected varieties



\$2.99

**NATURE'S PATH ORGANIC**  
Sunrise Breakfast  
Biscuits  
7 oz., selected varieties



\$3.99

**LIFEWAY**  
Organic Kefir  
32 oz., selected varieties



2/\$6

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



\$2.99

**CASCADIAN FARM ORGANIC**  
Organic Cereal  
8.6-16 oz., selected varieties



\$8.99

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



\$8.99

**NUTTZO**  
Power Fuel  
12 oz., selected varieties  
other Nuttzo products also on sale



**\$2.99**

**TEMPLE TURMERIC**

Pure Prana Turmeric Shot

3 oz., selected varieties



**\$18.99**

**BULLETPROOF**

Brain Octane Oil

16 oz.  
other Bulletproof products also on sale



**\$13.99**

**ULTIMA REPLENISHER**

Electrolyte Powder  
3.7 oz., selected varieties



**\$16.99**

**VEGA**

Protein Smoothie

8.9-9.9 oz., selected varieties



**\$4.99**

**AURA CACIA**

Tea Tree Essential Oil

.5 oz.  
other Essential Oils also on sale



**\$21.99**

**SPECTRUM**

Fish Oil

250 ct.



**2/\$5**

**ECOS**

Dishmate

25 oz., selected varieties



**\$9.99**

**SEVENTH GENERATION**

Liquid Laundry Detergent

100 oz., selected varieties

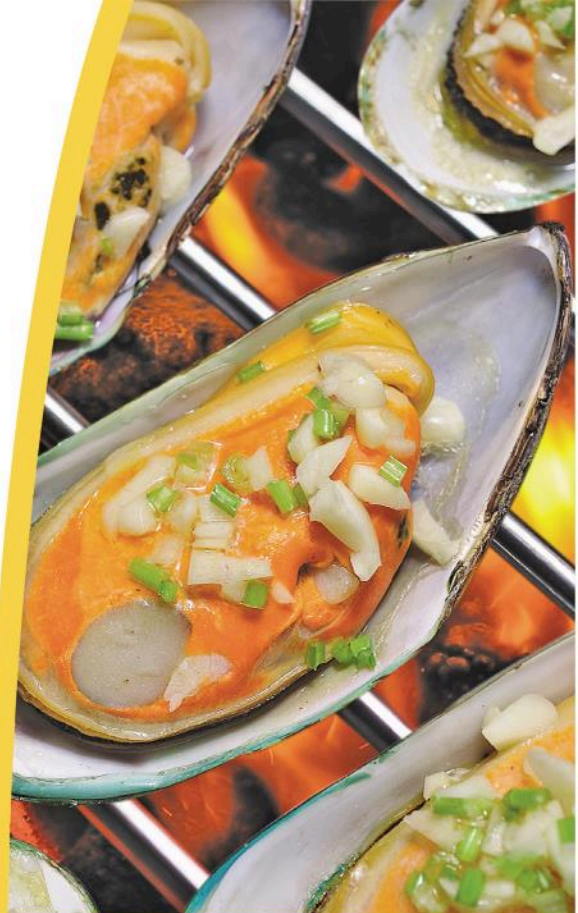


**\$3.99**

**NATUREZWAY**

Compostable Waste Bags

12-30 ct., selected varieties  
other Naturezway products also on sale



## Out of the Box Grilling

Expand your grilling repertoire beyond burgers this summer, starting with breakfast — yes, breakfast! French toast is perfect for the grill and especially delicious topped with grilled bananas. Slice bananas lengthwise with the peel on and grill the cut side until it begins to caramelize. For lunch, avocado halves also can be grilled in their skin, flesh-side down, then mashed into guacamole. A summery Caesar salad begins with grilled romaine. Simply chop the whole lettuce head in half, drizzle the cut side with olive oil and lightly char. Clams and oysters grill up fast in the shell with butter, lemon juice, garlic and a dash of hot sauce.

# FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

## ILLINOIS

**Common Ground Food Co-op**  
300 S. Broadway Ave., Urbana  
**Dill Pickle Food Co-op**  
3039 W. Fullerton, Chicago  
**Neighborhood Co-op Grocery**  
1815 W. Main St., Carbondale

## INDIANA

**3 Rivers Natural Grocery**  
1612 Sherman Blvd., Fort Wayne  
**Bloomington Market and Deli**  
3220 E. 3rd St., Bloomington  
316 W. 6th St., Bloomington  
Ivy Tech, 200 Daniels Way, Bloomington  
**Maple City Market**  
314 S. Main St., Goshen

## IOWA

**New Pioneer Co-op**  
3338 Center Point Rd N.E., Cedar Rapids  
1101 2nd St., Coralville  
22 S. Van Buren St., Iowa City  
**Oneota Community Co-op**  
312 W. Water St., Decorah  
**Wheatfield Cooperative**  
413 Northwestern Ave., Ames

## KANSAS

**The Merc Co-op**  
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## KENTUCKY

**Good Foods Co-op**  
455-D Southland Dr., Lexington

## MICHIGAN

**Grain Train Natural Foods Market**  
104 S. Park St., Boyne City  
220 E. Mitchell, Petoskey

**GreenTree Cooperative Grocery**  
214 N. Franklin, Mt. Pleasant

**Keweenaw Co-op Market & Deli**  
1035 Ethel Ave., Hancock

**Marquette Food Co-op**  
502 W. Washington, Marquette

**Oryana Natural Foods Market**  
260 E. 10th St., Traverse City

**People's Food Co-op**  
216 N. 4th Ave., Ann Arbor

**PFC Natural Grocery & Deli**  
507 Harrison St., Kalamazoo

**Ypsilanti Food Co-op**  
312 N. River St., Ypsilanti

## MINNESOTA

**Bluff Country Co-op**  
121 W. 2nd St., Winona

**City Center Market**  
122 N. Buchanan St., Cambridge

**Cook County Whole Foods Co-op**  
20 E. First St., Grand Marais

**Eastside Food Cooperative**  
2551 Central Ave. N.E., Minneapolis

**Hampden Park Co-op**  
928 Raymond Ave., Saint Paul

**Harmony Natural Foods Co-op**  
302 Irvine Ave. N.W., Bemidji

**Harvest Moon Natural Foods**  
2380 W. Wayzata Blvd., Long Lake

**Just Food Co-op**  
516 S. Water St., Northfield

**Lakewinds Food Co-op**  
435 Pond Promenade, Chanhassen  
17501 Minnetonka Blvd., Minnetonka  
6420 Lyndale Ave. S., Richfield

**Linden Hills Co-op**  
3815 Sunnyside Ave., Minneapolis

**Mississippi Market**  
740 E. 7th St., Saint Paul  
1500 W. 7th St., Saint Paul  
622 Selby Ave., Saint Paul

**Natural Harvest Food Co-op**  
732 N. 4th St., Virginia

**People's Food Co-op - Rochester**  
519 1st Avenue S.W., Rochester

**River Market Community Co-op**  
221 N. Main St., Stillwater

**Seward Community Co-op**  
317 E. 38th St., Minneapolis  
2823 E. Franklin Ave., Minneapolis

**St. Peter Food Co-op & Deli**  
228 W. Mulberry St., St. Peter

**The Wedge Co-op**  
2105 Lyndale Ave. S., Minneapolis

**Valley Natural Foods**  
13750 County Road 11, Burnsville

**Whole Foods Co-op - Denfeld**  
4426 Grand Ave., Duluth

**Whole Foods Co-op - Hillside**  
610 E. 4th St., Duluth

## NEBRASKA

**Open Harvest Cooperative Grocery**  
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## OHIO

**Phoenix Earth Food Co-op**  
1447 W. Sylvania Ave., Toledo

## SOUTH DAKOTA

**The Co-op Natural Foods**  
410 W. 18th St., Sioux Falls

## WISCONSIN

**Basics Cooperative**  
1711 Lodge Dr., Janesville

**Chequamegon Food Co-op**  
700 Main St. W., Ashland

**Menomonie Market Food Co-op**  
814 Main Street, Menomonie

**Outpost Natural Foods Co-op**  
2826 S. Kinnickinnic Ave., Bayview  
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7000 W. State St., Wauwatosa

**People's Food Co-op - La Crosse**  
315 5th Ave. S., La Crosse

**Viroqua Food Co-op**  
609 N. Main St., Viroqua

**Willy Street Co-op**  
1221 Williamson St., Madison  
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6825 University Ave., Middleton



**\$9.99**

**ALBA BOTANICA**  
Sunscreen Spray  
6 oz., selected varieties



**\$6.99**

**EVERYONE**  
3in1 Soap  
32 oz., selected varieties



**3/\$10**

**NUBIAN HERITAGE**  
Bar Soap  
5 oz., selected varieties  
other Nubian Heritage products also on sale



**\$4.99**

**BOIRON**  
Calendula Ointment  
1 oz.  
other Calendula products also on sale



**\$5.99**

**SHIKAI**  
Shampoo or Conditioner  
12 oz., selected varieties



**\$3.99**

**NATURE'S GATE**  
Toothpaste  
5-6 oz., selected varieties

**Pick up your grilling goodies at the co-op!**

**coop**<sup>TM</sup>  
stronger together

MW0617B