

# coop<sup>TM</sup> deals

SEPT 30 - OCT 20, 2015



2/\$6

**EQUAL  
EXCHANGE**

Organic Chocolate Bar  
3.5 oz., selected varieties



\$7.99

**DR. BRONNER'S**

Organic Coconut Oil  
14 oz., selected varieties



2/\$4

**LATE JULY  
ORGANIC**

Organic Snack Chips  
5.5 oz., selected varieties



\$3.99

**EVERYDAY SHEA**

Hand Soap  
12 oz., selected varieties

## Featured Inside:

- A smoky roasted cauliflower recipe makes a great snack or side
- Quick-pickled chimichurri-spiced veggies are fun to make and fun to eat
- What's fresh in the co-op deli this month? Curried Cauliflower with Carrots
- Celebrate Co-op Month and Fair Trade Month at your community co-op!



## Sirloin Steak with Coffee Rum Sauce

Serves 4. Prep time: 30 minutes.

- ½ teaspoon each of cumin, coriander and chili powder
- ¼ teaspoon allspice
- Pinch each of salt and black pepper
- 1 pound sirloin steak, trimmed
- 2 tablespoons unsalted butter, divided
- 1 tablespoon minced garlic
- 1 cup sliced yellow onion
- 1 tablespoon brown sugar
- ¾ cup brewed coffee
- ¼ cup rum

In a small bowl, stir together the cumin, coriander, chili powder, allspice, salt and pepper until thoroughly mixed. Season both sides of the sirloin with the spice mix.

Heat a large iron skillet over medium-high heat and add 1 tablespoon of butter. When hot, place the sirloin in the pan and cook for a few minutes on each side until steak reaches desired doneness. Remove the steak from the pan and set aside to rest.

In the same pan, add the remaining butter and sauté the garlic and onion until tender. Add the brown sugar, coffee and rum to the pan and bring to a simmer. Stir to incorporate any brown bits left in the pan from cooking the steak. Let simmer until the sauce slightly reduces, about 5 to 10 minutes.

Spoon the sauce over the steak and garnish with a sprinkle of cilantro before serving.

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



**\$2.39**

**CASCADIAN FARM**

Organic Vegetables  
16 oz., selected varieties



**\$10.99**

**CALIFORNIA OLIVE RANCH**

Everyday Olive Oil  
25.4 oz.



**\$8.99**

**EQUAL EXCHANGE**

Organic Coffee  
per pound in bulk  
Sale does not include  
Decaf Coffee



**\$4.99**

**WESTSOY**

Chicken Style Seitan  
18 oz



**\$2.69**

**ALEXIA**

Frozen Potatoes  
15-16 oz., selected varieties  
other Alexia products also on sale



**\$2.39**

**WESTBRAE**  
Organic Beans  
25 oz., selected varieties



**\$3.99**

**ORGANIC VALLEY**  
Organic Shredded Cheese  
6 oz., selected varieties



**\$1.99**

**EVOL**  
Burrito  
6 oz., selected varieties



**\$2.39**

**HEALTH VALLEY ORGANIC**  
Organic Soup  
14.5-15 oz., selected varieties



**\$5.39**

**BULK**  
Organic Red Quinoa  
per pound in bulk



**2/\$4**

**ANNIE'S HOMEGROWN**  
Organic Grass Fed Macaroni & Cheese  
6 oz., selected varieties



**\$3.69**

**MICHAEL ANGELO'S**  
Italian Entrees  
10 oz., selected varieties



**5/\$5**

**KOYO**  
Ramen  
2.1 oz., selected varieties



**2/\$5**

**ANCIENT HARVEST**  
Gluten-Free Pasta  
8 oz., selected varieties



**\$3.39**

**SAN-J**  
Organic Tamari  
10 oz.  
Shoyu and Reduced Sodium Tamari also on sale



## Fair Trade Primer

Food co-ops and our partners in the cooperative supply chain are integral supporters of Fair Trade products and ingredients, which help to improve the lives of farmers and workers around the world and the environment we all share. Fair trade encourages democratic decision-making, transparency, gender equity and independence. While fair trade certification is not available for all products, it's a growing trend. Look for the fair trade label on coffee, tea, spices, chocolates, sugar, body care products and more from companies like Alaffia, Aura Cacia, Dr. Bronner's, Equal Exchange, Frontier and Pachamama. Visit [www.strongertogether.coop](http://www.strongertogether.coop) to learn more about the relationship between fair trade and cooperatives.



## Smokey Roasted Cauliflower

Serves 4. Prep time: 10 minutes active; 30 minutes total.

- 1 head cauliflower, stems removed, cut into florets
- 3 tablespoons olive oil
- 3 cloves garlic, peeled and roughly chopped
- 1 teaspoon minced chipotle peppers in adobo sauce
- Salt and black pepper to taste

Preheat oven to 375 degrees F.

In a large mixing bowl, toss the cauliflower florets with the olive oil, garlic, chipotle peppers and a pinch each of salt and pepper. Spread the cauliflower out onto a baking sheet and place in the oven. Bake for 20 to 25 minutes, stirring halfway through, until cauliflower begins to brown and is tender.

Serving suggestion: A great side for roasted or grilled beef, pork or chicken, this savory cauliflower is also a tasty snack, warm or chilled, served with lime-spiked yogurt dipping sauce. Substitute smoked paprika for the chipotle peppers to reduce the spice level.

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



**\$2.39** **NATURAL SEA**

Yellowfin Tuna

5 oz., selected varieties  
other Natural Sea Tuna  
varieties also on sale



**\$3.99**

**RUDI'S**

Organic Bread

20-22 oz., selected varieties  
Organic Spelt Bread \$4.39



**2/\$5**

**BLUE DIAMOND**  
**ALMONDS**

Nut Thins

4.25 oz., selected varieties



**\$3.39**

**HOPE**

Organic Hummus

8 oz., selected varieties



**2/\$8**

**ZEVIA**

Zero Calorie Soda

6 pack, selected varieties



**\$2.69**

**POPCORN INDIANA**

Popcorn  
4.75-7 oz., selected varieties



**3/\$7**

**FOOD SHOULD TASTE GOOD**

Tortilla Chips  
5.5 oz., selected varieties



**\$2.69**

**GOOD HEALTH**

Veggie Snacks  
6.75 oz., selected varieties



**\$3.39**

**GREEN MOUNTAIN GRINGO**

Salsa  
16 oz., selected varieties



**\$3.39**

**ANNIE'S HOMEGROWN**

Mini Pizza Bagels  
6.65 oz., selected varieties



**2/\$4**

**KETTLE BRAND**

Baked Potato Chips  
4 oz., selected varieties



**2/\$6**

**GO RAW**

Organic Sprouted Cookies  
3 oz., selected varieties



**\$1.39**

**JUSTIN'S**

Organic Peanut Butter Cups  
1.4 oz., selected varieties



**\$2.69**

**MI-DEL**

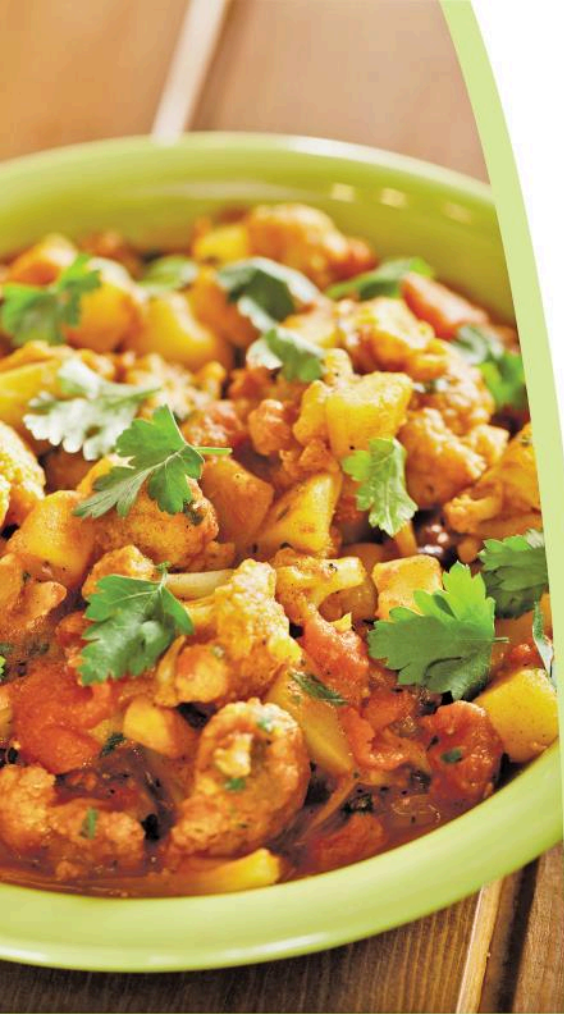
Cookies  
8-10 oz., selected varieties



## Cauliflower

Cauliflower is a bit of a culinary chameleon, as a delicious stand-in for rice, potatoes and even steak! Cauliflower "rice" is popular in grain-free meals; grate florets and add raw to salads as you would cooked grains, or quickly sauté in oil and serve as a side dish. Simmer chopped cauliflower in milk and puree for a mashed potato alternative. Or slice cauliflower into thick "steaks," brush with olive oil and roast, then drizzle with romesco sauce and sprinkle with fresh parsley. Of course, its milky-sweet and slightly nutty flavor makes cauliflower, steamed, raw or baked, a welcome addition to any meal.





## Fresh in the Deli

Co-op chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature.

### Curried Cauliflower with Carrots

*Cauliflower and carrots gently steeped with Indian spices and tossed with potatoes.*

save **\$1.00**  
per pound



**\$3.69**

**STONYFIELD**  
Organic Yogurt  
32 oz., selected varieties



**\$4.39**

**RUDI'S**  
Gluten-Free Bread  
18 oz., selected varieties  
other Rudi's products  
also on sale



**4/\$5**

**KIND**  
Fruit & Nut Bar  
1.4-1.6 oz., selected varieties



**\$7.69** **SUNRIDGE  
FARMS**

Chocolate Covered  
Almonds  
per pound in bulk



**\$13.99**

**BULK**  
Organic Almonds  
per pound in bulk



**\$2.99**

**KIND**  
Healthy Grains Bars  
5 ct., selected varieties



**\$3.99**

**GREEN VALLEY  
ORGANICS**  
Organic Kefir  
32 oz., selected varieties



**\$2.69** **ORGANIC  
PRAIRIE**

Organic Mighty Bar  
1 oz., selected varieties



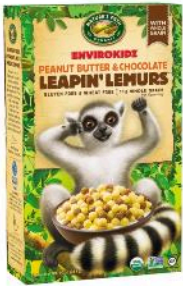
**2/\$6**

**R.W. KNUDSEN**  
Nature's Peak  
Juice Blend  
32 oz., selected varieties



**4/\$5**

**EARTH'S BEST**  
Infant Food Puree  
Pouches  
3.5-4.2 oz., selected varieties



**\$3.69**

**ENVIROKIDZ**  
Organic Kid's Cereal  
10 oz., selected varieties  
Envirokidz Organic Bars  
also on sale



**4/\$5**

**CHOBANI**  
Greek Yogurt  
5.3 oz., selected varieties



**\$3.39**

**CASCADIAN FARM**  
Organic Granola  
13.2-16 oz., selected varieties



**2/\$5**

**VAN'S**  
Waffles  
7.5-9 oz., selected varieties



**\$3.99**

**WOODSTOCK**  
Organic Fruit  
10 oz., selected varieties



**\$4.39**

**NANCY'S**  
Organic Plain Yogurt  
32 oz., selected varieties



**\$2.99**

**BARBARA'S**  
Cereal  
13-14 oz., selected varieties



**\$2.39**

**PACIFIC**  
Nut or Grain Beverage  
32 oz., selected varieties



**\$1.19**

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



**\$2.69**

**COUNTRY CHOICE ORGANIC**  
Organic Oats  
18 oz., selected varieties



## Fair Trade Bananas

Bananas are the world's fourth most valuable food crop (after rice, wheat and potatoes), and the most popular fresh fruit in the U.S. The fact that we eat so many of them (26 pounds per person each year, on average!) means we can make quite an impact by choosing Fair Trade bananas. Doing so ensures that banana growers aren't exploited—that they're paid a fair wage for their work—and that the bananas are grown with sustainable farming methods, without exposing growers or the environment to harmful chemicals. So indulge in this tropical delight, pre-packed by nature in a handy yellow wrapper.

# October is Co-op Month!

Food co-ops and other co-ops around the world are guided by the 7 Cooperative Principles.

## 7 Cooperative Principles

**1** voluntary and open membership



**2** democratic member control



**3** member economic participation



**4** autonomy and independence



**5** education, training and information



**6** cooperation among cooperatives



**7** concern for community







3/\$7

**CELESTIAL SEASONINGS**

Herbal Tea  
20 ct., selected varieties



\$1.19

**SILK**  
Soy Yogurt  
5.3 oz., selected varieties



\$8.99

**ECO TEAS**  
Organic Loose Leaf  
Yerba Mate  
16 oz.



\$3.39

**SILK**  
Cashew Milk  
64 oz., selected varieties



\$9.99

**MANITOBA HARVEST**  
Organic Protein  
Powder with Fiber  
16 oz.  
other Manitoba Harvest  
products also on sale



\$5.69

**MANITOBA HARVEST**  
Hemp Hearts  
8 oz.  
other Manitoba Harvest  
Hemp Hearts also on sale



\$4.69

**ORGANIC VALLEY**  
Organic Omega-3 Milk  
64 oz., selected varieties



2/\$6

**YOGI**  
Organic Tea  
16 oz., selected varieties



\$3.69

**LIGHTLIFE**  
Smart Sausages  
12 oz., selected varieties



2/\$4

**AMY & BRIAN**  
Coconut Juice  
17.5 oz., selected varieties



## Celebrating Co-ops

October is celebrated as Co-op Month around the world. Food co-ops, like ours, use the 7 Cooperative Principles to guide our work, in order to provide value to our owners and our community—and to help make the world a better place. We are proud to be a co-op.

To co-op owners, shoppers and supporters everywhere, we say "Happy Co-op Month!" You have helped to build something special: a store that is owned by and operated for the people who use it. Together, in this community and around the globe, we can build a better world through cooperation.



## Spicy Chimichurri Pickled Vegetables

Makes 1 quart. Prep time: 30 minutes active; one week total.

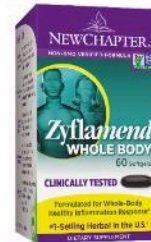
- 1 pound mixed vegetables washed and cut into bite-sized pieces (try cauliflower, bell peppers, onion, carrots, green beans, or other sturdy vegetables)
- 1 cup red wine vinegar
- 1 lemon, juiced
- 2 tablespoons white sugar
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon ground coriander
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 tablespoons fresh oregano, roughly chopped
- 3 tablespoons fresh parsley, roughly chopped
- 6-8 whole garlic cloves, peeled

Place the garlic cloves, oregano, and parsley in the bottom of a one-quart jar. Pack the rest of the vegetables tightly into the jar.

In a saucepan, mix the vinegar, lemon juice, sugar, chili flakes, coriander, salt, and pepper and bring to a boil to make a brine. Remove from heat and pour the hot brine over the vegetables. Add hot water until the liquid covers the vegetables. Let cool, then put the lid on tightly and place in the refrigerator. Allow the vegetables to pickle for about a week, shaking the jar occasionally.

Serving suggestion: These spicy pickled vegetables complement grilled meats, burgers, hearty chili and stews, accompanied by a good craft beer. Try adding them to an antipasto platter or relish tray for extra kick.

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



**\$29.99**

**NEW CHAPTER**  
Zyflamend Whole Body  
60 ct.  
other Zyflamend Supplements  
also on sale



**5/\$5**

**LARABAR**  
Fruit & Nut Bar  
1.6-1.8 oz., selected varieties



**\$2.39**

**KEVITA**  
Organic Kombucha  
15.2 oz., selected varieties



**\$7.99**

**LILY OF THE  
DESERT**  
Organic Aloe Vera Juice  
32 oz., selected varieties



**\$31.99**

**GARDEN OF LIFE**  
Perfect Food Alkalizer  
& Detoxifier  
285 grams  
other Perfect Food products  
also on sale



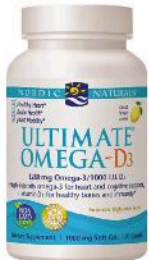
**\$ 10.99**

**BOIRON**  
Oscilloccinum  
6 dose



**\$ 10.99**

**OREGON'S WILD HARVEST**  
Organic Echinacea  
90 ct.  
other Herbal Supplements  
also on sale



**\$ 24.99**

**NORDIC NATURALS**  
Ultimate Omega D3  
60 ct.  
other Nordic Naturals  
Supplements also on sale



**\$ 1.99**

**RICOLA**  
Cough Drops  
24 ct., selected varieties



**\$ 19.99**

**NATURAL FACTORS**  
Tranquil Sleep  
60 ct.  
other Natural Factors  
Supplements also on sale



**\$ 14.99**

**NATURAL VITALITY**  
Original Natural Calm  
8 oz.  
other Natural Calm products  
also on sale



**\$ 7.99**

**ACURE**  
Facial Cleanser  
4 oz., selected varieties  
other Acure products  
also on sale



**\$ 7.99**

**AURA CACIA**  
Lavender Essential Oil  
.5 oz.  
other Essential Oils  
also on sale



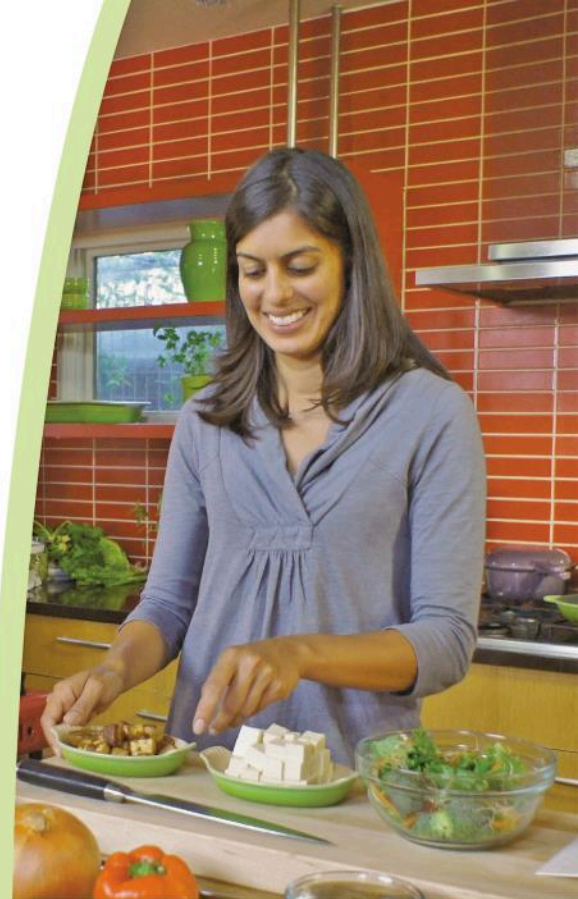
**\$ 10.99**

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



**\$ 3.99**

**TOM'S OF MAINE**  
Toothpaste  
4-5.5 oz., selected varieties



**coop kitchen**

## Autumn Wheatberry Salad

When it comes to cooking at home, choosing the right ingredients and understanding basic kitchen skills can make the difference between a good meal and an amazing one. In the Co+op Kitchen video series, you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food.

Shefaly Ravula shares a delicious, flexible (and thrifty!) recipe for a seasonal wheatberry salad that's easy to make. Check out the video at: [www.strongertogether.coop/recipes/autumn-wheatberry-salad/](http://www.strongertogether.coop/recipes/autumn-wheatberry-salad/).

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

### ILLINOIS

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

### INDIANA

**3 Rivers Natural Grocery**  
1612 Sherman Blvd., Fort Wayne  
**Bloomingfoods Market and Dell**  
614 E. 2nd St., Bloomington  
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**  
901 Iowa St., Lawrence

### KENTUCKY

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

### MICHIGAN

**East Lansing Food Co-op**  
4960 Northwind, East Lansing  
**Grain Train Natural Foods Market**  
220 E. Mitchell, Petoskey  
**Grain Train Neighborhood Market**  
104 S. Park St., Boyne City

**GreenTree Cooperative Grocery**  
214 N. Franklin, Mt. Pleasant  
**Keweenaw Co-op Natural Foods Market & Dell**  
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  
**People's Food Co-op**  
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

**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**  
505 3rd St. N., 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 Cooperative**  
317 E. 38th St., Minneapolis

**St. Peter Food Co-op & Dell**  
2823 E. Franklin Ave., Minneapolis  
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**  
610 E. 4th St., Duluth

### NEBRASKA

**Open Harvest Cooperative Grocery**  
1618 South St., Lincoln

### 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 Cooperative**  
2826 S. Kinnickinnic Ave., Bayview

7590 Mequon Rd., Mequon  
100 E. Capitol Dr., Milwaukee  
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  
6825 University Ave., Middleton



\$1.29

**CASTOR & POLLUX**

Organic Cat Food  
5.5 oz., selected varieties  
other Castor & Pollux  
Varieties also on sale



\$8.99

**BIONNE**

Liquid Laundry  
Detergent  
64 oz., selected varieties



**coop kitchen**

See what's cooking at

[www.strongertogether.coop/coop-kitchen](http://www.strongertogether.coop/coop-kitchen)



Celebrate Co-op Month at your community co-op!

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

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