

# coop<sup>TM</sup> deals

DEC 2 - DEC 15, 2015



\$3.69

**CROFTER'S**

Organic Premium  
Fruit Spread

16.5 oz., selected varieties  
10-11 oz. varieties also on sale



\$2.99

**KASHI**

Organic Cereal

9.5-16.3 oz., selected varieties



\$9.99

**SPECTRUM**

Organic Unrefined  
Extra Virgin Olive Oil

25.4 oz., selected varieties



3/\$7

**ENDANGERED  
SPECIES**

Chocolate Bar

3 oz., selected varieties

## Featured Inside:

- Sweet, seasonal persimmons star in a delicious bread pudding recipe
- DIY gifts! At the co-op, it's easy to please just about anyone on your list
- Our mouthwatering Maple Mustard Brisket recipe is a crowd-pleasing dinner
- Read all about naturally-delicious dates (and get a quick-to-fix appetizer idea, too)



## Maple Mustard Brisket

Serves 8. Prep time: 30 minutes active; 6 hours, 30 minutes total.

- 14-pound beef brisket
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- ½ teaspoon each of salt and black pepper
- 4 tablespoons Dijon or stone ground mustard, divided
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 1 carrot, sliced
- 1 celery stalk, sliced crosswise
- 3 cloves garlic, peeled and smashed
- ½ cup red wine
- ½ cup water
- 2 tablespoons maple syrup

Season the brisket with the garlic powder, paprika, salt, pepper and 2 tablespoons of mustard. Wrap the brisket in plastic wrap and refrigerate for 3 hours (or overnight).

Preheat the oven to 300 degrees F.

Heat a large oven-proof skillet over medium-high heat. Add the oil and brown the brisket for 5 minutes on each side. Remove the brisket from the pan and set aside.

In the same skillet, sauté the onion, carrots, celery and garlic for a few minutes in the brisket juices, then add the red wine and water. Place the brisket back in the pan on top of the veggies and cover the pan tightly with an oven-proof lid or aluminum foil. Place the pan in the oven and cook the brisket, covered, for 3 hours until very tender. Remove from oven.

To prepare the maple sauce, carefully remove 1 cup of the juices from the brisket pan and put into a small skillet or saucepan. Add the maple syrup and remaining mustard and bring to a simmer for about 5 minutes. Slice the warm brisket across the grain and serve with sauce.

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



**2/\$4**

**FIELD DAY**

Organic Broth

32 oz., selected varieties



**3/\$5**

**NEAR EAST**

Couscous Dinner Mix

5.4-5.9 oz., selected varieties  
other Near East Dinner Mixes  
also on sale



**\$2.99**

**MONTEBELLO**

Organic Pasta

16 oz., selected varieties



**\$7.99**

**SPECTRUM**

Organic Unrefined

Coconut Oil

14 oz.  
other Coconut Oil products  
also on sale



**\$2.69**

**POMI**

Tomatoes

26.46 oz., selected varieties



3/\$7

**FIELD DAY**  
Organic Crackers  
4.4-8 oz., selected varieties



**\$8.99** **ORGANIC PRAIRIE**  
Organic Summer Sausage  
12 oz., selected varieties



\$3.69

**RUDI'S**  
Organic Sandwich Bread  
20-24 oz., selected varieties



**\$3.39** **DAIYA**  
Cream Cheese Style Spread  
8 oz., selected varieties



**\$1.99** **JOVIAL**  
Organic Brown Rice Pasta  
12 oz., selected varieties



3/\$7  
**KETTLE BRAND**  
Organic Potato Chips  
5 oz., selected varieties



2/\$6  
**EQUAL EXCHANGE**  
Organic Chocolate Bar  
3.5 oz., selected varieties



3/\$7  
**WAY BETTER SNACKS**  
Tortilla Chips  
5.5 oz., selected varieties  
Other Way Better Chips also on sale



2/\$5  
**ANNIE'S HOMEGROWN**  
Cookies  
8.4 oz., selected varieties



2/\$4  
**ANNIE'S HOMEGROWN**  
Organic Pasta & Cheese Dinner  
6 oz., selected varieties



## DIY Gifts

Still searching for a last-minute gift? Look no further than the food co-op! There are plenty of great items for all sorts of people. Here are just a few:

- Host/hostess gift – cheeses, spiced nuts, dates and figs, with an assortment of crackers
- College student – energy bars, trail mix, snacks, cozy socks and a gift card for the co-op nearest their campus
- Bestie – bath salts scented with your own special blend of essential oils, lip balm, lotions
- Fitness buff – energy bars, protein shake mixes, warming/healing massage oil

Pack in a basket, reusable container or bag, add a heartfelt message, and you're good to go!

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more DIY gift ideas.



## Persimmon Bread Pudding

Serves 8. Prep time: 60 minutes active; 2 hours total.

- 4 to 5 ripe Hachiya persimmons
- 3 eggs
- 2 cups milk
- ¾ cup sugar, divided
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- 1 loaf (about 16 ounces) challah, torn or cut into bite-sized pieces
- ½ cup raisins

Cut the ripe fruit in half. Scoop the pulp out with a spoon and puree or mash until smooth. Measure 1 ½ cups of puree for the recipe (refrigerate or freeze extra puree to spoon over oatmeal, yogurt or ice cream).

In a bowl, whisk together the persimmon puree, eggs, milk, sugar (reserve 1 tablespoon), vanilla, cinnamon and ginger. Stir the bread and raisins into the mixture, cover and let sit in the refrigerator for at least 1 hour.

Preheat the oven to 350 degrees F. Grease a 9 x 13 inch casserole dish with butter and sprinkle the dish with 1 tablespoon sugar. Pour the bread pudding mixture into the casserole dish, spread out evenly and bake for 40 to 45 minutes until just set but still pudding-like. Remove from oven and serve warm.

Tip: Hachiya persimmons are ready to enjoy when they are very, very soft, like an overripe tomato or water balloon.

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



**\$3.99**

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



**\$3.99**

**WHOLESOME!**  
Organic Brown Sugar  
24 oz., selected varieties  
other Wholesome Sweeteners  
also on sale



**\$5.69**

**BULK**  
Organic Dried  
Sweetened Cranberries  
per pound in bulk



**\$6.69**

**PAMELA'S**  
Baking & Pancake Mix  
24 oz.  
other Pamela's products  
also on sale



**\$3.99** **ORGANIC VALLEY**  
Organic Pasture Butter  
8 oz.



**\$1.19**

**BULK**  
Organic Rolled Oats  
per pound in bulk



**2/\$6**

**YOGI**  
Tea  
16 ct., selected varieties



**\$12.99**

**BULK**  
Organic Pecans  
per pound in bulk



**\$6.99**

**FAGE**  
Total Yogurt  
35.3 oz., selected varieties



**\$4.39** **SUNSPIRE**  
Organic Chocolate Chips  
9 oz., selected varieties  
Other Sunspire Baking Chips  
also on sale



**2/\$3** **MORI-NU**  
Silken Tofu  
12-12.3 oz., selected varieties  
Organic Silken Tofu on sale  
\$1.69



**2/\$6** **NATURE'S PATH**  
Organic Granola Bars  
6.2-7.4 oz., selected varieties



**\$2.39** **ARROWHEAD MILLS**  
Organic Whole  
Wheat Flour  
32 oz.  
other Arrowhead Mills Flour  
also on sale



**\$2.69** **ORGANIC PRAIRIE**  
Organic Mighty Bar  
1 oz., selected varieties



## Persimmons

Discover the uniquely sweet taste of persimmons—peak season arrives just in time for holiday celebrations. Hachiya persimmons are shaped a bit like acorns, and aren't ripe until they begin to wrinkle and feel like a bag full of jelly. Scoop out the soft flesh from Hachiyas and use it in a cake with walnuts and lemon zest. Fuyu persimmons are smaller, shaped like tomatoes and much firmer when ripe. Complement the flavor with warming winter spices. Mix cinnamon, allspice and ginger with honey and water, then pour over sliced Fuyus before baking. Finish under the broiler and top this brightly-colored treat with whipped cream.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more recipes and ideas.



## 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.

### Persimmon Cookies

*Sweet, seasonal cookies blend the delicate flavor of persimmons with cinnamon, clove and vanilla.*

save 25¢ each

## Breadshop™ NATURAL FOODS

**\$3.99** BREADSHOP  
NATURAL FOODS  
Honey Gone Nuts  
Granola  
per pound in bulk



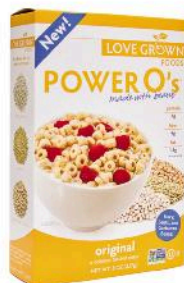
**\$3.39**  
SO DELICIOUS  
Coconut Milk Yogurt  
16 oz., selected varieties



**2/\$4**  
SO DELICIOUS  
Coconut Milk Creamer  
16 oz., selected varieties



**\$3.69**  
ARROWHEAD  
MILLS  
Buttermilk Pancake  
and Waffle Mix  
26 oz., selected varieties  
other Pancake & Waffle Mix  
also on sale



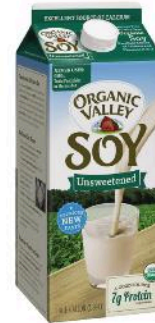
**\$2.99**  
LOVE GROWN  
FOODS  
Cereal  
8-12 oz., selected varieties



**\$7.99**  
EQUAL  
EXCHANGE  
Organic French Roast  
Coffee  
per pound in bulk  
Decaf French Roast Coffee  
\$11.99 per pound



**\$6.99**  
EQUAL  
EXCHANGE  
Organic Coffee  
10-12 oz., selected varieties  
Decaf Coffee \$8.99



**\$3.69**  
ORGANIC VALLEY  
Organic Soy Beverage  
64 oz., selected varieties



**5/\$5**  
LIBERTE  
Mediterranean Yogurt  
6 oz., selected varieties



**\$2.39**  
WESTSOY  
Organic Soy Milk  
32 oz., selected varieties



**\$3.39**

**SANTA CRUZ ORGANIC**

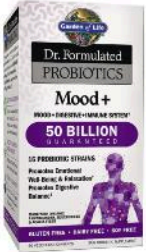
Organic Juice  
32 oz., selected varieties



**\$21.99**

**NORDIC NATURALS**

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



**\$32.99**

**GARDEN OF LIFE**

Dr. Formulated Probiotics Mood +  
60 ct.  
other Garden of Life products also on sale



**\$9.99**

**HERB PHARM**

Soothing Throat Spray  
1 oz.  
other Herb Pharm Extracts also on sale



**2/\$6**

**DR. BRONNER'S**

Bar Soap  
5 oz., selected varieties



**\$3.99**

**DESERT ESSENCE**

Tea Tree Toothpaste  
6.25 oz., selected varieties



**\$7.99**

**SEVENTH GENERATION**

Unbleached Bath Tissue  
12 ct.  
other Seventh Generation Paper products also on sale



**\$2.99**

**SEVENTH GENERATION**

Baby Wipes  
64 ct.  
other Baby Care products also on sale



**\$6.99**

**ALBA BOTANICA**

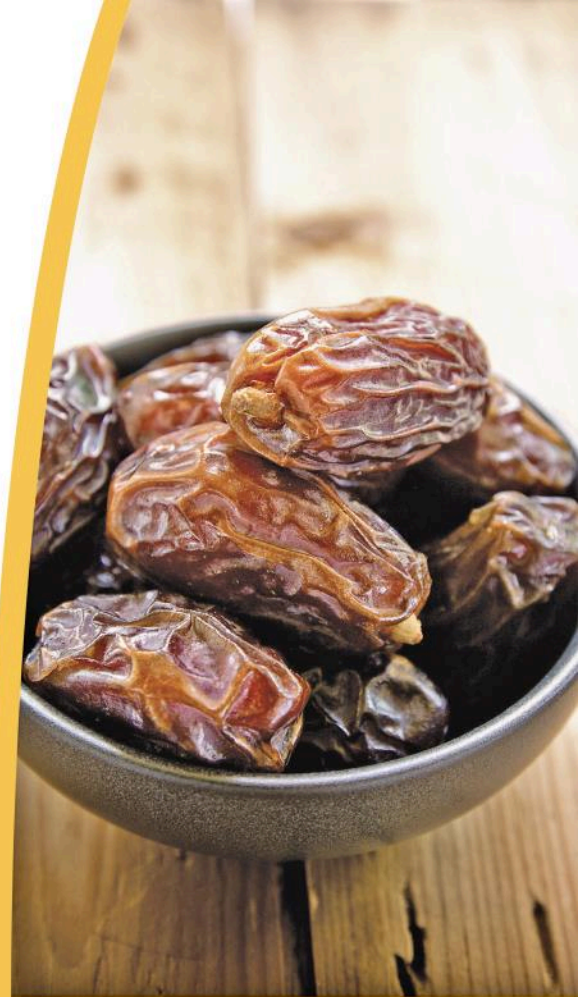
Acnedote Scrub  
8 oz.  
other Alba Botanica Facial Care also on sale



**\$3.99**

**ECOVER**

Fabric Softener  
32 oz.  
other Ecover Laundry products also on sale



## All About Dates

Thanks to their sticky sweetness, many people think that dates are a dried fruit. They're actually a fresh fruit, but because they contain less water than most other fruits, they naturally appear a bit dehydrated. Stuffed with nuts and cream cheese, dates are a popular (and easy) hors d'oeuvre. They're also luscious atop morning oatmeal or dinnertime pilafs. Add dates to a smoothie or blend with milk (or almond milk) and drizzle over ice cream or yogurt. Dates are surprisingly delicious in chicken or tuna salad, puddings and cookies. Few treats this sweet are also good for you!

## 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 Deli**  
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 Co-op**  
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 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  
**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  
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**  
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 Co-op**  
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



**\$5.99**

### AURA CACIA

Peppermint Essential Oil

.5 oz.  
other Essential Oils also on sale



**\$5.99**

### BACH

Rescue Pastilles

50 gr., selected varieties  
other Rescue Remedy products also on sale



## Merry Mint Spray

*Infuse your home, car or office with the refreshing scent of peppermint and sweet orange for extra holiday cheer. This uplifting scented spray makes a great DIY gift, too!*

- 4 drops Aura Cacia peppermint essential oil
- 6 drops Aura Cacia sweet orange essential oil
- 1/4 teaspoon vanilla extract
- 2 ounces distilled water

Place water and essential oils in a small spray bottle. Shake contents before spritzing the air lightly with this seasonal fragrance.

Give the gift of great food with a co-op gift card.



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