co+op deals™

FEB 3 - FEB 16, 2016

3/$5

CHOCOLOVE
Chocolate Bar
2.9-3.2 oz., selected varieties

$7.99

EVERYDAY SHEA
Body Lotion
32 oz., selected varieties
other Everyday Shea products also on sale

$6.99

DR. BRONNER'S
Organic Coconut Oil
14 oz., selected varieties

3/$5

KETTLE BRAND
Potato Chips
5 oz., selected varieties

Featured Inside:

- Pesto Di Noci for Valentine's Day! Done in 30 minutes
- Plan a foodie movie night — with thematic snacks
- Do-it-yourself chocolate bark makes a thoughtful gift
- February is "Healthy Heart Month;" give your heart some love

Pesto Di Noci

Serves 6. Prep time: 10 minutes active; 30 minutes total.

- ⅓ cup walnuts
- 1 12-ounce package whole wheat linguine
- 2 cloves garlic, peeled
- 3 tablespoons olive oil
- 2 cups fresh basil leaves
- ⅓ cup ricotta cheese
- Salt and black pepper to taste

Heat oven to 350 degrees F. Spread walnuts in a single layer on an ungreased baking sheet and toast in the oven for 5 to 10 minutes until golden brown. Cook the pasta, according to package directions, until al dente. Drain and set aside.

While the pasta cooks, blend the toasted walnuts, garlic, olive oil and basil in a food processor until a smooth paste is formed. Toss the warm linguine with the pesto, then fold in the ricotta cheese. Add salt and pepper to taste and serve warm.

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

$1.99 **BIONATURAE**
Organic Pasta
16 oz., selected varieties

$9.99 **NAPA VALLEY NATURALS**
Organic Extra Virgin Olive Oil
25.4 oz., selected varieties

3/$5 **BIONATURAE**
Organic Tomato Paste
7 oz.
Bionaturae Tomatoes also on sale

$2.69 **DREW'S**
Dressing
12 oz., selected varieties

2/$4 **CASCADIAN FARM**
Organic Frozen Vegetables
16 oz., selected varieties

2/$3

ANNIE'S
Organic Pasta & Cheese Dinner
5.5-6 oz., selected varieties

2/$8

TALENTI
Gelato or Sorbet
16 oz., selected varieties

2/$5

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

$5.39

AMY'S
Pizza
12-14 oz., selected varieties

$4.69

TRUROOTS
Organic Sprouted Quinoa
12 oz.

$4.69

NATURAL SEA
Fish Sticks or Fillets
8 oz., selected varieties

$1.99

SAN-J
Black Label Tamari
10 oz.
other 10 oz. Sauces and Tamari also on sale

$3.69

DAIYA
Dairy-Free Cheese Shreds
8 oz., selected varieties

4/$5

LOTUS FOODS
Rice Ramen
2.8 oz., selected varieties

$3.39

WILD PLANET
Albacore Tuna
5 oz., selected varieties

Movie Night!

Need an idea for a great night in? Why not pair a food movie with dinner? For family night, watch the animated film "Ratatouille" while savoring its namesake dish, served with slices of crusty French bread and a green salad; it's fun, fresh and flavorful. Or for something a bit more romantic, take your pick of noodle dishes: a steaming bowl of ramen noodles in savory broth and "Tampopo" on the screen; or a classic platter of spaghetti and red sauce with (what else?) "Lady and the Tramp." And the French film "Chocolat" inspires hand-made chocolate truffles as a dessert course.

Visit www.strongertogether.coop for a simple and sweet truffle recipe, or a Garlic Basil Ratatouille that takes just 30 minutes to make.

Kale and Potato Hash

Serves 4. Prep time: 30 minutes.

- 1 16-ounce package frozen hash browns, slightly thawed
- 1 bunch kale, trimmed and thinly sliced (chiffonade)
- ½ yellow onion, minced
- 1 clove garlic, peeled and minced
- 4 ounces vegetarian sausage, crumbled
- Salt and black pepper to taste
- 2 tablespoons vegetable oil or butter

In a mixing bowl, stir together the hash browns, kale, onion, garlic, veggie sausage crumbles and a pinch each of salt and pepper.

In a large skillet, heat the oil or butter over medium-high heat. When the skillet is very hot, add the hash brown mixture and press firmly into the pan. Cook for a few minutes until browned on the bottom, stir, press down again and cook another few minutes until browned on the bottom. Continue to cook and brown the hash browns until desired doneness. Serve warm.

Serving suggestion: This simple, filling one-skillet dish is as great a choice for winter weekend breakfasts as it is for quick weeknight suppers. Use pork or chicken sausage crumbles, chopped bacon or leftover pulled chicken or pork instead of vegetarian sausage if you prefer, and top with a fried egg for a super-hearty dish.

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

EQUAL EXCHANGE FAIRLY TRADED

$8.99

EQUAL EXCHANGE

Organic Love Buzz Coffee

per pound in bulk

Decaf French Roast Coffee

$11.99 per pound

$3.39

THE GREEK GODS

Greek Yogurt

24 oz., selected varieties

$3.39

NATURE'S PATH

Organic Love Crunch Cereal

10.6-11.5 oz., selected varieties

2/$7

ARROWHEAD MILLS

Pancake & Waffle Mix

26 oz., selected varieties

other Pancake & Waffle Mixes also on sale

$5.99

UNCLE MATT'S ORGANIC

Juice

59 oz., selected varieties

2/$4

SO DELICIOUS
Coconut Milk
32 oz., selected varieties

$2.99

KASHI
Organic Cereal
9.5-16.3 oz., selected varieties

2/$6

R.W. KNUDSEN
Organic Juice
32 oz., selected varieties
other 32 oz. Organic Juices
also on sale

2/$6

BROWN COW
Cream Top Yogurt
32 oz., selected varieties

$4.39

GREEN VALLEY ORGANICS
Organic Kefir
32 oz., selected varieties

$2.69

OREGON CHAI
Organic Chai
Concentrate
32 oz., selected varieties

2/$6

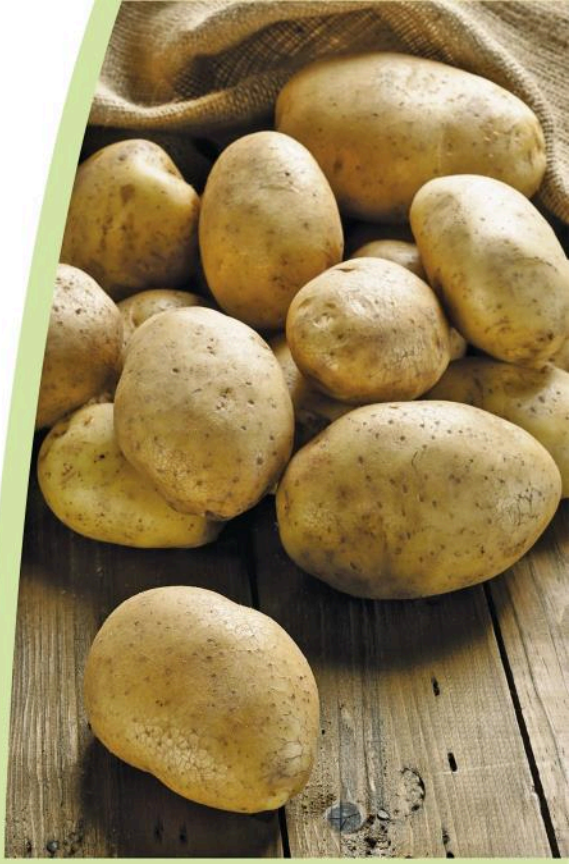
GOOD KARMA
Flax Milk
64 oz., selected varieties

2/$8

WALLABY
Organic Kefir
32 oz., selected varieties

$3.39

EREWHON
Organic Cereal
10-15 oz., selected varieties



Russet Potatoes

Mashed, boiled, baked or fried, versatile potatoes are a beloved dinnertime staple. Brown, thick-skinned russets are perfect for baking and frying. Homemade hash browns are best with russets, too; the trick is to squeeze out excess moisture after grating. A tasty potato leek soup is simple: purée cubed russets and leeks cooked in water or stock, then top with Greek yogurt or sour cream. Enjoy a twice-baked potato stuffed with sautéed onion and garlic and shredded sharp cheddar. Or sauté russets, green pepper, yellow onion and ham in olive oil and top with a basted egg for a hearty breakfast scramble.

Visit www.strongertogether.coop for more ideas and recipes.

ILY DIY*

A great way to share the love for Valentine's Day is also super-easy and fun: make your own custom chocolate bark. Line a baking sheet with foil or parchment paper. Chop up a pound of chocolate and melt in a double-boiler or heatproof bowl set over a pot of boiling water. Pour the melted chocolate (use dark, milk or white) onto the lined baking sheet, and get creative with whatever toppings suit your fancy: nuts, dried fruit, granola, candied ginger, pomegranate seeds. For a tropical twist, try chopped macadamia nuts, coconut and dried pineapple. Or sweet and salty, with crushed potato chips and peanuts. Let the bark harden in the fridge, break into pieces and get ready to say "you're welcome!"

* "I Love You" and "Do It Yourself"

3/$10

NEWMAN'S OWN

Newman-O's

13 oz., selected varieties
other Newman's Own Cookies also on sale

$1.39

JUSTIN'S

Organic Peanut Butter Cups

1.4 oz., selected varieties
4.7 oz. Sharing Sizes $3.99

$2.39

THEO

Organic Chocolate Bar

3 oz., selected varieties
other Theo products also on sale

2/$6

GO RAW

Sprouted Cookies

3 oz., selected varieties

$1.39

BULK

Organic Sugar

per pound in bulk

2/$7

ZEVIA

Zero Calorie Soda

6 pack, selected varieties

$1.99

EVOL

Burrito

6 oz., selected varieties

$4.99

ORGANIC VALLEY

Organic Cheese

8 oz., selected varieties

2/$5

TERRA

Exotic Vegetable Chips

5-6 oz., selected varieties
other Terra Chips also on sale

2/$4

GARDEN OF EATIN'

Corn Tortilla Chips

7.5-8.1 oz., selected varieties

$13.99

BULK
Organic Walnuts
per pound in bulk

3/$5

AMY & BRIAN
Coconut Water
17.5 oz., selected varieties

$5.99

BULK
Organic Dried Cranberries
per pound in bulk

$3.99

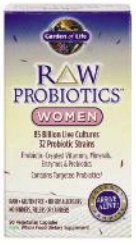
EARTH BALANCE
Coconut & Peanut Spread
16 oz., selected varieties
other Spreads also on sale

2/$4

PROBAR
Meal Bar
3 oz., selected varieties

$2.39

HAPPY BABY
Organic Yogis
1 oz., selected varieties



$39.99

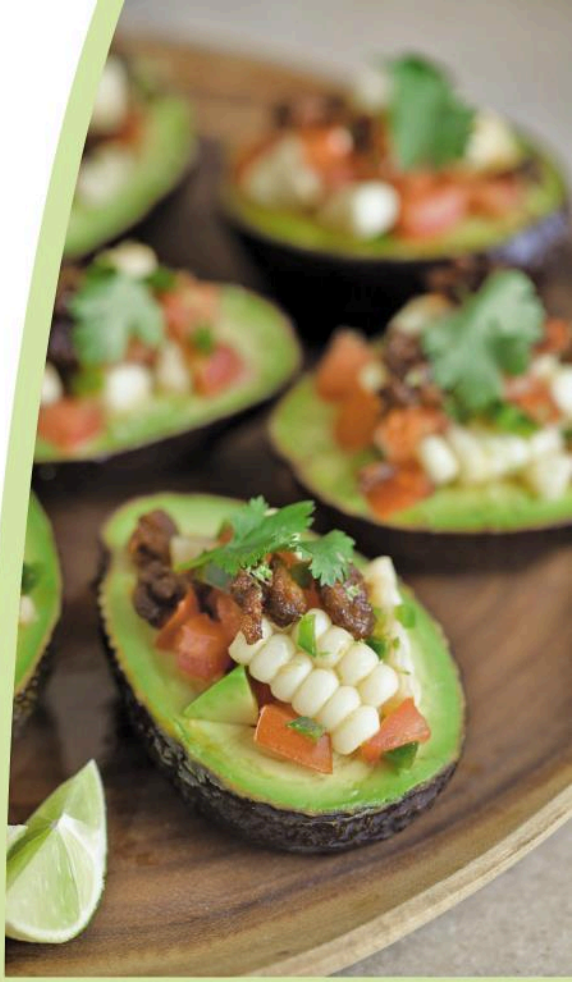
GARDEN OF LIFE
RAW Probiotics
90 ct., selected varieties

$18.99

GAIA HERBS
Turmeric Supreme Extra Strength
60 ct.
other Gaia Herbs products also on sale

$9.99

BOIRON
Oscillococcinum
6 dose
other Boiron products also on sale



Heart-Healthy Foods

It's no coincidence that February is both "Healthy Heart Month" and the month we celebrate all things romantic. Many heart-healthy foods are reputed to be boons to romance, too! Avocados and asparagus are both high in vitamin E. Bananas are a great source of potassium, which helps strengthen muscles and is essential for a healthy heart. Red wine, grapes and chocolate are rich in antioxidants. Omega-3 fatty acids, found in salmon and other types of fish, are known to decrease triglycerides, lower cholesterol and ease inflammation. So if you're cooking for your loved ones this Valentine's Day, remember to include some food for their hearts.

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

Wheatsfield 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

$2.99

EO
Hand Sanitizer Spray
2 oz., selected varieties
other EO products
also on sale

$3.99 **JASON**
Toothpaste
4.2-6 oz., selected varieties

$29.99

THE DIVA CUP
Menstrual Cup
each, selected varieties

$9.99

SEVENTH GENERATION
Liquid Laundry Detergent
100 oz., selected varieties

$1.69 **GREEN FOREST**
Facial Tissues
175 ct.

$7.99

SUSTAIN
Condoms
10 ct., selected varieties

Great deals you'll love - at the co-op!

co+op™
stronger together

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