

# 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  
10-16 oz., selected varieties



\$2.99

**SILK**

Almondmilk  
64 oz., selected varieties



10/\$10 **KIND**  
Fruit & Nut Bar  
1.2-1.4 oz.,  
selected varieties

## Featured Inside:

- Summer comfort food recipes for the grill and the oven
- It's the most wonderful time of the year: corn season!
- Liven up your next barbecue with a little imagination
- Cool down with a sweet treat using ingredients from the co-op





## 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.*



**\$5.99**

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



**2/\$7**

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



**2/\$5**

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



**\$2.39**

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



**3/\$5**

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





**\$7.99**

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



**2/\$6**

**LIGHTLIFE**  
Veggie Hot Dogs  
12-13.5 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



**\$2.69**

**QUE PASA**  
Organic Tortilla Chips  
12.3-16 oz., selected varieties  
Salsa also on sale



**\$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



**5/\$5**

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



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

Organic Large  
Brown Eggs  
doz.



**\$4.99**

**ORGANIC  
VALLEY**  
Organic Grassmilk  
64 oz., selected varieties



**\$2.99**

**WOODSTOCK**  
Organic Mangoes  
10 oz.  
other Frozen Fruit also on sale



**\$8.99**

**EQUAL EXCHANGE**  
Organic Whole Bean Coffee  
per pound in bulk  
Decaf Coffee not on sale





**\$3.39**

**NATURE'S PATH ORGANIC**

Organic Granola  
11.5-12.34 oz., selected varieties  
Gluten-Free Granola \$3.99



**\$3.69**

**DREAM**

Ultimate Almond Beverage  
32 oz., selected varieties



**\$2.99**

**SO DELICIOUS**

Organic Coconut Milk  
64 oz., selected varieties



**\$3.39**

**EREWHON**

Organic Cereal  
10-11 oz., selected varieties



**\$7.99**

**ARTISANA ORGANICS**

Organic Raw Coconut Butter  
14 oz.



**\$10.99**

**ONCE AGAIN**

Organic Cashew Butter  
16 oz.  
other Cashew Butter also on sale



**\$2.69**

**SWEETLEAF ORGANICS**

Organic Stevia  
35 ct.  
other Stevia products also on sale



**\$2.69**

**R.W. KNUDSEN**

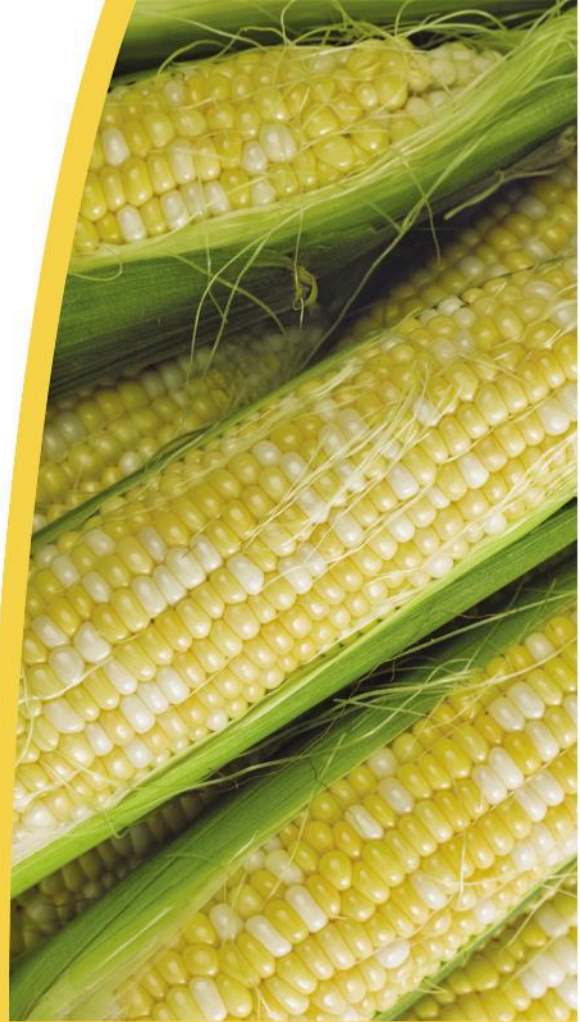
Organic Very Veggie Juice  
32 oz.  
other Juice also on sale



**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.



**\$3.39**

**DREAM**  
Frozen Almond Bites  
6.6 oz., selected varieties  
other Frozen Novelties also on sale



**2/\$7**

**THREE TWINS**  
Organic Ice Cream  
16 oz., selected varieties



**\$3.99** **ZEVEIA**  
Zero Calorie Soda  
6 pack, selected varieties



**2/\$7**

**TALENTI**  
Gelato  
16 oz., selected varieties



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



**2/\$3** **MUNK PACK**  
Oatmeal Fruit Squeeze  
4.2 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

**GT'S**

Organic Kombucha  
16-16.2 oz., selected varieties



\$2.69

**EVOLVE**

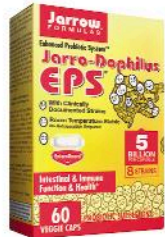
Protein Shake  
12 oz., selected varieties



2/\$4

**BIZZY**

Organic Coffee Shot  
2 oz., selected varieties



\$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.  
Baby Unscented Organic  
Magic Balm \$4.99



\$2.99

**DR. BRONNER'S**

Peppermint Bar Soap  
5 oz., selected varieties  
other Peppermint products  
also on sale



\$19.99

**OREGON'S WILD HARVEST**

Milk Thistle  
90 ct.  
other Herbal Supplements  
also on sale



\$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



\$5.99

**AVALON ORGANICS**

Shampoo or  
Conditioner  
11 oz., selected varieties



\$8.99

**ECOS**

Liquid Laundry Detergent  
100 oz., selected varieties



\$2.99

**SEVENTH GENERATION**

Dish Liquid  
22-25 oz., selected varieties



\$6.69 **SEVENTH GENERATION**

Bath Tissue  
12 ct.  
other Paper products also  
on sale



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### 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

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1612 Sherman Blvd., Fort Wayne  
**Bloomingsfoods 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**  
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22 S. Van Buren St., Iowa City  
**Oneota Community Co-op**  
312 W. Water St., Decorah  
**Wheatfield Cooperative**  
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### KANSAS

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

**Good Foods Co-op**  
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104 S. Park St., Boyne City  
220 E. Mitchell, Petoskey

**GreenTree Cooperative Grocery**  
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**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**  
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**PFC Natural Grocery & Deli**  
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**Ypsilanti Food Co-op**  
312 N. River St., Ypsilanti

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**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**  
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**The Wedge Co-op**  
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**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

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### OHIO

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

**SOUTH DAKOTA**  
**The Co-op Natural Foods**  
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**People's Food Co-op - La Crosse**  
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609 N. Main St., Viroqua

**Willy Street Co-op**  
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2817 N. Sherman Ave., Madison  
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**\$8.99**

**NAPA VALLEY  
NATURALS**

Organic Extra Virgin  
Olive Oil  
25.4 oz.



**2/\$5**

**TASTY BITE**

Indian Entrees  
10 oz., selected varieties



**2/\$3**

**WESTBRAE**

Organic Beans  
15 oz., selected varieties



**local  
color**

Fresh ingredients  
make the most  
delicious dishes.



**\$2.39 BULK**  
Organic White Quinoa  
per pound in bulk

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

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

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