

# coop<sup>TM</sup> deals

**AUG 16 - AUG 29, 2017**



**5/\$5**

**ANNIE'S  
HOMEGROWN**  
Pasta & Cheese Dinner  
6 oz., selected varieties



**5/\$5**

**SIGGI'S**  
Icelandic Yogurt  
5.3 oz., selected varieties



**\$3.99**

**CROFTER'S**  
Organic Premium  
Fruit Spread  
16.5 oz., selected varieties  
10-11 oz. Fruit Spread  
also on sale



**\$5.99**

**NATURE'S PATH**  
Organic Cereal  
26.4-32 oz., selected varieties

## Featured Inside:

- On-the-go food ideas for even the busiest families
- Recipes with only five main ingredients? High five!
- Raise money for your local school with Box Tops for Education
- Seize the nectarine! The sweet stone fruit is in season



## Goddess Bowl

Serves 4. Prep time: 15 minutes active; 25 minutes total.

- 1 cup dry quinoa or bulgur
- 1 ½ cups water plus 1 tablespoon, divided
- ¼ cup tahini
- 1 tablespoon cider vinegar
- 1 tablespoon Sriracha sauce
- 1 tablespoon tamari plus 1 teaspoon, divided
- 1 tablespoon honey
- ½ cup raw, unsalted pumpkin seeds
- 1 bunch Tuscan kale, thinly sliced
- 2 large carrots, shredded
- 2 medium avocados, halved and pitted

Cook the quinoa or bulgur. In a small pot, bring 1 ½ cups water to a boil, then add the grain. Return to a boil, and if using quinoa, reduce the heat to low and cook for 14 minutes, covered. For bulgur, bring to a boil for 1 minute, then remove from heat, cover and let stand for 15 minutes. Fluff the finished grain with a fork.

While the grain cooks, place the tahini, cider vinegar, one tablespoon each tamari, honey, Sriracha sauce and water in a small bowl and stir with a fork until smooth. Add a bit more water if the dressing is too thick.

Place the pumpkin seeds in a small sauté pan and swirl over medium-high heat. When they begin to pop and become fragrant, stir in the teaspoon of tamari. The tamari will coat the seeds and the pan will be dry. Transfer to a bowl to cool.

Place a quarter of the cooked grains in each of four low, wide bowls. Arrange the raw kale and carrots on top of the grains, then slice the avocado halves in the skin and carefully scoop them out with a spoon. Fan half an avocado over each bowl. Top with sauce and pumpkin seeds.

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



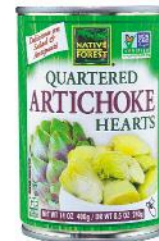
**5/\$4**

**KOYO**  
Ramen  
2-2.1 oz., selected varieties



**\$5.39**

**ALTER ECO**  
Organic Quinoa  
12 oz., selected varieties



**\$2.79**

**NATIVE FOREST**  
Quartered Artichoke Hearts  
14 oz.  
other Native Forest products also on sale



**\$11.99**

**NUTIVA**  
Organic Virgin Coconut Oil  
23 oz., selected varieties  
other Nutiva products also on sale



**\$6.69**

**THRIVE**  
Culinary Algae Oil  
16.9 oz.



**\$9.99**

**BULK**

Organic Dried Mango  
per pound in bulk



**\$6.99**

**BULK**

Organic Medjool Dates  
per pound in bulk



**\$2.99**

**BULK**

Organic Pumpkin  
Seeds  
per pound in bulk

EAT BECAUSE  
**WOODSTOCK™**  
IT'S GOOD!

**\$10.99**

**WOODSTOCK**

Organic Dark  
Chocolate Almonds  
per pound in bulk  
other Bulk Snacks also on sale



**3/\$4**

**GOMACRO**

Organic Thrive Bar  
1.4 oz., selected varieties



**\$3.99**

**MADE IN NATURE**

Organic Figgy Pops  
4.2 oz., selected varieties



**\$1.79**

**RXBAR**

Protein Bar  
1.83 oz., selected varieties



**2/\$4**

**PERFECT BAR**

Organic Protein Bar  
1.6-2.5 oz., selected varieties



**2/\$5**

**FARMHOUSE CULTURE**

Organic Kraut Krisps  
5 oz., selected varieties



## On-The-Go Options

With summer winding down and school schedules picking up, sometimes mealtime means enjoying a quick bite in the car between destinations. Luckily, there are tons of options to feed yourself and your family delicious, healthy food on the go. Salads in a jar are easily prepared and consumed when looking to cook at home. Fresh fruit, vegetables and trail mix are all convenient snacks or sides to your quick meals. Rather than pulling up to a drive-thru restaurant, stop by your local co-op's grab-and-go cooler or hot bar full of delicious prepared foods. Pasta salads, paninis or snack packs from the co-op are quick, properly portioned and most of all, tasty options to fuel your family.



## Nectarine Steak Salad

Serves 4. Prep time: 20 minutes.

- 12 ounces rib-eye steak
- 2 ½ tablespoons olive oil, divided
- ¾ teaspoon coarse salt, divided
- ½ teaspoon coarsely ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon honey
- 4 cups mixed greens
- 2 medium nectarines, pitted and sliced
- 2 large scallions, slivered
- 2 ounces blue cheese, crumbled

Preheat a grill or grill pan over medium-high heat.

Coat the steak with ½ tablespoon of the olive oil, then sprinkle with ½ teaspoon salt and pepper. Place the steak on the grill or hot pan and don't move it for at least 2 minutes. Grill steak 3 minutes total on each side or until desired degree of doneness. Remove from heat; let stand 8 minutes. Cut steak diagonally across the grain into thin slices.

While steak rests, combine lemon juice, honey, remaining ¼ teaspoon salt and remaining 2 tablespoons oil in a large bowl, stirring with a whisk. Add mixed greens and toss to coat. Add nectarines and scallions. Arrange the sliced steak on top of the dressed greens and sprinkle with blue cheese. Serve immediately.

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



**2/\$5**

**DREW'S**  
Dressing & Quick Marinade  
12 oz., selected varieties



**\$2.39**

**FIELD DAY**  
Organic Ketchup  
24 oz.  
other Condiments also on sale



**\$3.99**

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



**\$3.99 QUORN**  
Meat-Free Chik'n Nuggets  
10.6 oz.  
Other Meatless items also on sale



**2/\$7**

**RISING MOON**  
Organic Frozen Pasta  
8 oz., selected varieties  
16 oz. Pasta 2/\$10



**\$8.99**

**EQUAL EXCHANGE**

Organic Bulk Coffee  
per pound in bulk  
Bulk Decaf Coffee not on sale



**\$5.99**

**GRANDY OATS**

Organic Granola  
9 oz., selected varieties



**\$3.99**

**BAKERY ON MAIN**

Oats  
24 oz., selected varieties



**2/\$5**

**DREAM**

Organic Rice Drink  
32 oz., selected varieties



**\$3.99**

**SWEET EARTH**

Breakfast Sandwiches  
9.9.6-9.9 oz., selected  
varieties



**2/\$5**

**VAN'S**

Waffles  
8-9 oz., selected varieties



**2/\$3**

**SO DELICIOUS**

Coconut Milk Yogurt  
5.3 oz., selected varieties



**\$3.99**

**GREEN VALLEY ORGANICS**

Lactose Free Yogurt  
24 oz., selected varieties



**\$5.69**

**WALLABY ORGANIC**

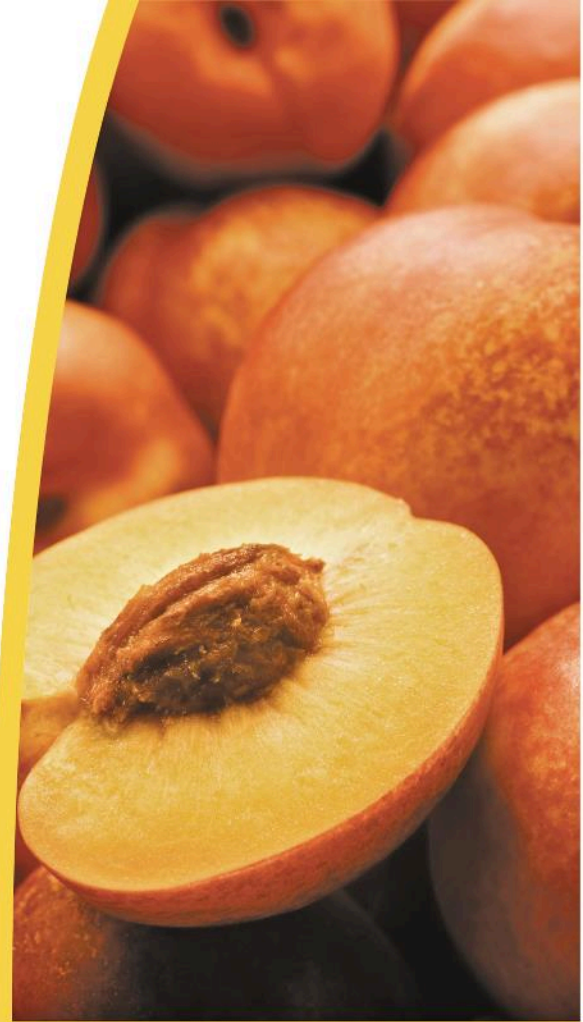
Greek Yogurt  
32 oz., selected varieties



**\$4.69**

**CALIFIA FARMS**

Organic Homestyle Nutmilk  
24.5-25.4 oz., selected varieties



## Nectarines

Sweet and juicy with smooth skin, nectarines are a favorite summer stone fruit. While never a bad idea to stick to classics like nectarine cobbler to delight picnic guests, there are many ways to cook with nectarines. Add nectarine chunks to a kebab with chicken and red onion for a sweet and savory combo. Mix diced nectarine, tomato, jalapeño and cilantro for a fruity salsa to spice up a summer night. Get the great taste of nectarines all year round by canning or whipping up a batch of jam. Spreading that on some cinnamon toast in the cooler months brings back warm summer days.



## Provolone

A crowd-pleasing cheese from southern Italy, Provolone brings authentic delicious flavor to the table. Mild like mozzarella but with a little more zing, it actually makes a great companion to other Italian cheeses. Provolone is ideal for lasagna, casseroles, burgers and hot sandwiches with its gooey melting capability. Try making an "Italian Grilled Cheese" by layering provolone atop toasted baguette with prosciutto and a fig jam spread. Cue: mouthwatering. Adding Provolone to a traditional macaroni and cheese recipe will leave the whole family happy. Melted or not, provolone should be on the top of your grocery list when looking for an alternative to your everyday cheese.



**\$3.69**

**EVOLUTION FRESH**

Juice Smoothie  
15.2 oz., selected varieties



**3/\$5**

**SANTA CRUZ ORGANIC**

Lemonade  
32 oz., selected varieties



**\$3.69**

**NATURAL BREW**

Natural Soda  
4 pack, selected varieties



**2/\$5**

**BLUE SKY**

Natural Soda  
6 pack, selected varieties



**2/\$5**

**LATE JULY SNACKS**

Organic Thin & Crispy  
Cantina Dippers  
Tortilla Chips  
8 oz., selected varieties



**\$3.69**

**BLUE SKY**

Zero Calorie Soda  
6 pack, selected varieties



**\$3.99**

**JULIE'S ORGANIC**

Ice Cream  
16 oz., selected varieties



**\$4.39**

**SO DELICIOUS**

Frozen Dairy Free  
Desserts  
16 oz., selected varieties



**2/\$6**

**HAIL MERRY**

Tart  
3 oz., selected varieties



**\$2.99**

**ORGANIC VALLEY**

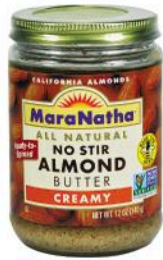
Organic Reduced Fat  
Chocolate Milk  
32 oz.



**\$4.39**

**UDI'S GLUTEN FREE**

Bread  
12 oz., selected varieties



**\$7.99**

**MARANATHA**

Almond Butter  
12 oz., selected varieties



**\$2.39**

**GOOD HEALTH**

Avocado Oil  
Potato Chips  
5 oz., selected varieties



**2/\$5**

**JACKSON'S HONEST**

Potato Chips  
4.5-5 oz., selected varieties  
5 oz. Tortilla Chips also on sale



**2/\$4**

**PEELED SNACKS**

Organic Peas Please  
3.3 oz., selected varieties



**2/\$3**

**GIMME**

Organic Seaweed Snacks  
.35 oz., selected varieties



**2/\$4**

**LATE JULY SNACKS**

Clasicos Tortilla Chips  
5.5 oz., selected varieties



**\$4.39**

**BACK TO NATURE**

Cookies  
6.4-8.5 oz., selected varieties



**\$3.39**

**SANTA CRUZ ORGANIC**

Applesauce Pouches  
4 ct., selected varieties



## High Five for High Five!

For those fall nights when time is at a premium, give yourself a "high five!" That's a recipe that uses just five main ingredients, plus some pantry staples. Wow your family by whipping up a tasty broccoli and cheddar rice casserole, with only six ingredients. Duck into the co-op, grab some broccoli (plus rice, milk and cheese if you don't already have them) and you're less than an hour away from an easy, cheesy main dish. Don't have an hour? Try a 20-minute egg curry; eggs, peas, onion and canned diced tomatoes are all you need. Visit [www.strongertogether.coop](http://www.strongertogether.coop) to explore our High Five recipes, and stock up on the ingredients for your family's favorite.



**\$5.99**  
**ORGANIC PRAIRIE**  
 Organic Deli Slices  
 6 oz., selected varieties



**\$4.39**  
**JUST MAYO**  
 Premium Mayo  
 16 oz.



**\$4.39**  
**LITTLE NORTHERN BAKEHOUSE**  
 Bread  
 16-17 oz., selected varieties



**\$3.99**  
**EARTH BALANCE**  
 Peanut Butter  
 16 oz., selected varieties



**4/\$5**  
**VERMONT SMOKE & CURE**  
 Meat Stick  
 1 oz., selected varieties

## A Winning Lunch Formula

The start of the school year is the perfect time to experiment with new lunch ideas for your family. Try whipping up some fun, healthy meals that will keep everybody's taste buds interested and their brains engaged. A good equation to follow is 1+1+1=1: one fruit or vegetable, one protein and one carbohydrate = one lunch. This formula allows for endless mealtime match-ups for your family, and might even teach them a little bit about balanced nutrition. For a Greek-inspired lunch box, try cucumber, diced chicken and pita bread (a little hummus could also be added). Spinach, cheese and tortillas offer an easy and delicious wrap your kiddos can assemble themselves at the lunch table. An apple, almonds and bagel will provide energy for the recess rendezvous they're about to have. Giving kids the power of choice can help minimize lunchtime trading, and bite-sized finger foods make it easy for your family to get the nutrition they need during the typically too-short lunch "hour."





2/\$5

**CASCADIAN FARM**

Organic Cereal  
8.6-14.6 oz., selected varieties



2/\$6

**CASCADIAN FARM**

Organic Granola Bars  
6.2-7.4 oz., selected varieties



2/\$6

**ANNIE'S HOMEGROWN**

Organic Cereal  
10-10.8 oz., selected varieties



\$2.69

**ANNIE'S HOMEGROWN**

Organic Fruit Snacks  
4.5 oz., selected varieties



2/\$6

**ANNIE'S HOMEGROWN**

Cookies  
8.4 oz., selected varieties



2/\$5

**ANNIE'S HOMEGROWN**

Snack Crackers  
7.5 oz., selected varieties



2/\$4

**ANNIE'S HOMEGROWN**

Pizza Poppers  
5 oz., selected varieties  
Mini Pizza Bagels also on sale



4/\$5

**LARABAR**

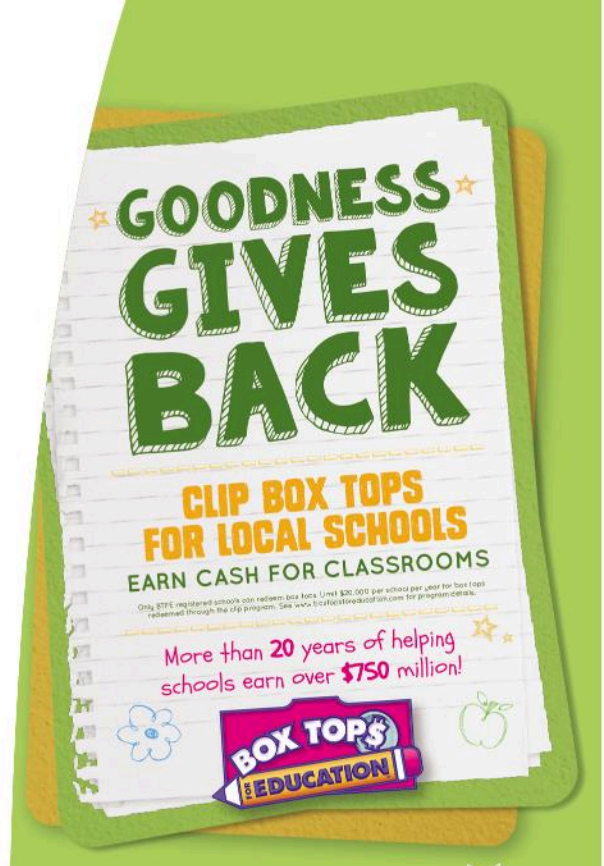
Fruits + Greens Bar  
1.24 oz., selected varieties



\$12.99

**ORGANIC VALLEY**

Organic Aseptic Milk  
12 ct., selected varieties  
Organic Balance Protein  
Shakes also on sale





## Zucchini Pesto “Pasta”

Serves 4. Prep time: 20 minutes.

- 1/3 cup unsalted almonds
- 1/2 cup olive oil
- 6 to 8 cloves of garlic, peeled
- 3 packed cups fresh basil leaves, stems removed
- 1/2 cup grated Parmesan cheese (optional)
- 1 tablespoon lemon juice
- 3 pounds zucchini
- 1 cup halved cherry tomatoes
- Salt and black pepper to taste

Using a blender or food processor, process the almonds, olive oil and garlic until they form a slightly-chunky paste. Blend the basil leaves into the almonds, olive oil and garlic, adding in small batches, until it forms a thick smooth paste. Blend in the grated Parmesan cheese and lemon juice until desired consistency and add salt to taste.

Peel the zucchini and cut each in half lengthwise. Hold one half with one hand and use the tip of a spoon to scoop out the seeds. Repeat the process for all the zucchini.

Using a julienne peeler or spiralizer, slice the zucchini into long, thin strips or spirals. Place zucchini “noodles” into a large bowl. Toss the zucchini noodles with the basil pesto, adding the cherry tomatoes before serving.

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**3/\$5**

**NUMI**  
Organic Bottled Tea  
12 oz., selected varieties



**5/\$5**

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



**4/\$3**

**HARVEST BAY**  
Coconut Water  
8.45 oz., selected varieties



**\$2.39**

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



**\$2.69**

**REBL**  
Organic Elixir  
12 oz., selected varieties



**\$5.99**

**ACURE**  
Shampoo or  
Conditioner  
8 oz., selected varieties



**\$15.99**

**ANDALOU  
NATURALS**  
Face Cream  
1.7 oz., selected varieties  
other Facial Care products  
also on sale



**\$3.99**

**JASON**  
Toothpaste  
4.2 oz., selected varieties



**\$5.99**

**KISS MY FACE**  
4 in 1 Moisture Shave  
11 oz., selected varieties



**\$5.99**

**MY MAGIC MUD**  
Activated Charcoal  
Toothpaste  
4 oz., selected varieties



**\$7.99**

**SIMILASAN**  
Homeopathic Eye  
Relief  
.33 oz., selected varieties



**\$4.99**

**XLEAR**  
Cough Drops  
30 ct., selected varieties



**\$4.99**

**SPECTRUM**  
Organic Ground  
Flaxseed  
12-14 oz., selected varieties



**\$34.99**

**GARDEN OF LIFE**  
Organic RAW Fit  
420-451 gr., selected varieties



## Food Preservation

Food preservation can be much more than just practical methods to keep an abundance of fresh food from going bad. A bumper crop of raspberries or a CSA box full of cabbage can lead to new recipes and fun, creative ways to enjoy your favorite foods. If you think fresh basil is delicious during the summer, imagine how delicious that bright spark of flavor would be on some creamy pasta in the middle of winter! Preserving food also translates into saving money and reducing waste.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) to learn about pickling, canning, freezing, fermenting and more.

## FIND MORE AT THE FOLLOWING NATURAL FOOD 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**  
901 Iowa St., Lawrence

### 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

**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**  
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

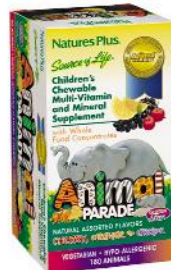
**Willy Street Co-op**  
1221 Williamson St., Madison  
2817 N. Sherman Ave., Madison

6825 University Ave., Middleton



\$5.99

**HYLAND'S 4KIDS**  
4Kids Homeopathic  
Remedy  
125 ct., selected varieties



\$17.99

**NATURE'S PLUS ANIMAL PARADE**  
Children's Chewable  
Multi-Vitamin  
180 ct., selected varieties



\$2.99 **SEVENTH GENERATION**  
Baby Wipes  
64 ct.  
Baby Diapers also on sale



**local color**

Fresh ingredients  
make the most  
delicious dishes.



\$9.99

**SEVENTH GENERATION**  
Liquid Laundry Detergent  
100 oz., selected varieties

Head to the co-op for back to school savings!

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

MW0817B