

coopTM deals

NOV 30 - DEC 13, 2016



\$3.69

**MARY'S GONE
CRACKERS**

Organic Crackers
5.5-6.5 oz., selected varieties



2/\$5

ALTER ECO

Organic Chocolate
Bar
2.82 oz., selected varieties



3/\$10

ZEVIA

Zero Calorie Soda
6 pack, selected varieties



\$1.99

WOODSTOCK

Organic Vegetables
10 oz., selected varieties

Featured Inside:

- DIY gift ideas made with quality ingredients from your co-op
- Easy-to-assemble Savory Bread Pudding makes a great holiday side
- Turn tasty tangerines into a tropical themed green salad (or main dish)
- Planning a party? We're here to help with sure-to-please dips and spreads



Savory Bread Pudding

Serves 8. Prep time: 15 minutes active; 1 hour total.

- 4 eggs, beaten
- 2 cups milk
- 4 to 5 cups cubed whole grain bread
- 1 tablespoon olive oil
- ½ cup diced yellow onion
- 2 cloves garlic, minced
- 4 ounces sliced shiitake, oyster or cremini mushrooms
- 4 ounces sliced button mushrooms
- 2 teaspoons dried thyme
- 1 bunch kale, washed, stems removed and chopped
- 1 cup shredded Gruyere cheese
- Pinch each of salt and black pepper

Heat the oven to 350 degrees F. Butter or oil an 8 x 8 inch casserole dish.

In a large mixing bowl, whisk together the eggs and milk. Gently fold the cubed bread into the mixture and set aside. In a large skillet, heat the olive oil over medium-high heat. Add the onion and sauté for 5 to 7 minutes until it is beginning to soften. Add the garlic, mushrooms and thyme and sauté another few minutes. Add the kale and stir until it softens. Remove from heat.

Stir the cooked vegetables into the bread mixture, then add the shredded Gruyere, salt and pepper. Pour into the prepared casserole dish and bake for about 45 minutes until firm and browning on top. Remove from oven and serve warm.

Serving suggestion: This is a great make-ahead dish for busy days; just assemble and refrigerate until you're ready to bake. Accompany with spicy carrot slaw for flavor contrast and eye appeal.

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



\$5.99

ORGANIC VALLEY
Organic Pasture Butter
16 oz.



\$6.99

SIMPLY ORGANIC
Organic Vanilla Extract
4 oz.
other Spices, Herbs and Extracts also on sale



\$6.99

SPECTRUM
Organic Unrefined
Coconut Oil
14 oz.



\$10.99

CALIFORNIA OLIVE RANCH
Everyday Olive Oil
25.4 oz.



\$2.69

ARROWHEAD MILLS
Graham Cracker Pie Crust
6 oz. selected varieties



\$1.39

BULK
Organic Sugar
per pound in bulk



\$2.39

BULK
Organic Shredded
Coconut
per pound in bulk



\$3.69

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



\$3.69

**ANNIE'S
HOMEGROWN**
Organic Graham
Crackers
14.4 oz., selected varieties



2/\$4

CHOCOLOVE
Chocolate Bar
2.9-3.2 oz., selected varieties



\$34.99

DR. HAUSCHKA
Day Cream
1 oz., selected varieties
other Dr. Hauschka Skin Care
products also on sale



\$5.99

**AVALON
ORGANICS**
Nourishing
Lavender
Shampoo or
Conditioner
11 oz., selected varieties



\$5.99

AURA CACIA
Peppermint Essential
Oil
.5 oz.
other Essential Oil also on sale



\$8.99

JASON
Body Wash
30 oz., selected varieties



\$10.99

ALBA BOTANICA
Very Emollient Body Lotion
32 oz., selected varieties
other Alba Botanica products
also on sale



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. For a host/hostess gift, pick up some favorite cheeses and an assortment of crackers – with dried dates, figs and spiced nuts from the bulk aisle. College student on your gift list? Stuff a reusable bag with energy bars, a pair of cozy socks, some bulk trail mix and a gift card for the co-op nearest their college campus. Your bestie might appreciate some homemade bath salts, scented with your own special blend of essential oils!

Visit www.strongertogether.coop for more DIY gift ideas.



Coconut Tangerine Salad

Serves 4 to 6. Prep time: 15 minutes.

- 3 tangerines
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 4 cups green leaf or romaine lettuce, torn into bite-sized pieces
- 1 small cucumber, halved and thinly sliced
- ½ cup shredded coconut
- ½ cup sliced almonds

In a small dry skillet, toast the coconut and almonds over medium heat until they just begin to brown. Set aside. Halve and juice one of the tangerines, and peel and segment the other two. For the dressing, stir together tangerine juice, vinegar, olive oil, salt and pepper. Toss dressing with lettuce, tangerine segments and cucumber in a large bowl. Top with the toasted coconut and almonds, and serve immediately.

Serving suggestion: A delicious side salad becomes a main meal with the addition of cooked shrimp or salmon. Substitute toasted peanuts for the almonds if you like, and garnish with pomegranate seeds for even more color and zip.

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



2/\$6

SANTA CRUZ ORGANIC
Organic Applesauce
23 oz., selected varieties



\$3.39

NATURE'S PATH
Organic Granola Bars
6.2-7.4 oz., selected varieties



\$5.99

ONCE AGAIN
Organic Peanut Butter
16 oz., selected varieties



\$5.99

ORGANIC PRAIRIE
Organic Sliced Turkey
6 oz., selected varieties



4/\$5

LOTUS FOODS
Rice Ramen
2.8 oz., selected varieties



3/\$5

**ANNIE'S
HOMEGROWN**

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



\$2.69

**ANNIE'S
HOMEGROWN**

Organic Soup
17 oz., selected varieties



\$2.99

PACIFIC

Organic Soup
32 oz., selected varieties



\$2.99

IMAGINE

Organic Broth
32 oz., selected varieties



\$3.99

FIELD DAY

Canola Oil
32 oz.



4/\$7

WESTBRAE

Organic Beans
15 oz., selected varieties



\$2.69

JOVIAL

Organic Brown Rice
Pasta
12 oz., selected varieties



\$2.69

JOVIAL

Organic Tomatoes
18.3 oz., selected varieties



2/\$7

TALENTI

Gelato
16 oz., selected varieties



\$3.99

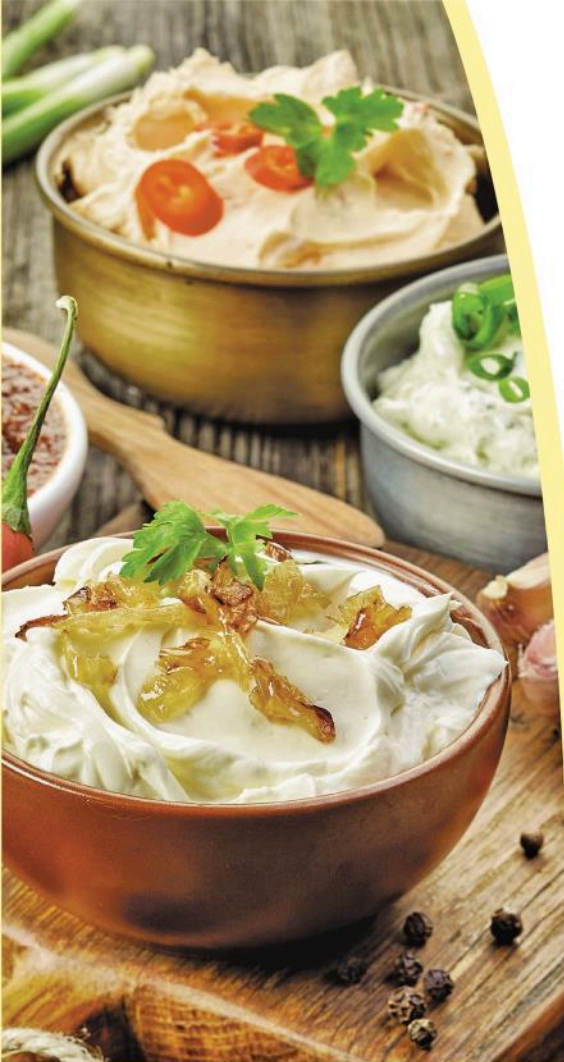
THREE TWINS

Organic Ice Cream
16 oz., selected varieties



Tangerines

For a refreshing, sweet uplift in winter (or anytime), reach for a tangerine. Cheerfully orange, sweet and easy to peel and section, a tangerine can really brighten your day. They offer a fresh note in grain and pasta salads, too; add peeled segments to leftover diced chicken and cooked pasta, tossed with honey Dijon dressing. Or liven up a main course, like coconut-crusted shrimp with a quick salsa of tangerines, peppers, cilantro and minced jalapeños. Substitute tangerine zest for orange or lemon zest in just about any recipe, sweet or savory. And if you find yourself with lots of tangerines, freshly-squeezed juice is an unbeatable breakfast treat.



Favorite Party Dips

Getting any party started is simple with an easy-to-make assortment of dips and spreads. Swirl your favorite salsas (a green tomatillo and a red tomato-based one) into a bowl of plain Greek yogurt or sour cream, and serve with pita crisps or potato chips. Spread softened cream cheese on a festive plate and top with chutney, chopped green onions and peanuts – and accompany with poppadum or rice crackers. Or add black olive tapenade to some hummus from the co-op, and top with crumbled feta.



\$3.99

STONYFIELD
Organic Grassfed
Yogurt
24 oz., selected varieties



2/\$6

QUE PASA
Organic Tortilla Chips
16 oz., selected varieties
other Que Pasa items
also on sale



\$3.39

R.W. KNUDSEN
Organic Sparkling
Juice
750 ml., selected varieties
other Sparkling Juice
also on sale



2/\$6

TAZO
Tea
20 ct., selected varieties



\$4.69

ORGANIC VALLEY
Organic Cheese
8 oz., selected varieties



3/\$5

BOULDER CANYON
Kettle Cooked Potato
Chips
5 oz., selected varieties



2/\$6

FOOD SHOULD TASTE GOOD
Hummus
10 oz., selected varieties



\$1.99

NANCY'S
Organic Sour Cream
8 oz.



2/\$3

PERRIER
Sparkling Water
25.3 oz., selected varieties



\$9.99

EQUAL EXCHANGE
Organic Bulk Coffee
per pound in bulk,
selected varieties
Bulk Decaf Coffee not on sale



2/\$5

KEVITA
Organic Probiotic
Drink
15.2 oz., selected varieties



2/\$3

LIBERTE
Organic Yogurt
5.5 oz., selected varieties



\$3.69

LIFEWAY
Organic Kefir
32 oz., selected varieties



\$2.99

**ANNIE'S
HOMEGROWN**
Organic Yogurt
4 pack, selected varieties



\$2.69

GOLDEN TEMPLE
Granola
per pound in bulk



\$4.99

DREAM
Ultimate Almond
Beverage
32 oz., selected varieties



\$2.99

RUDI'S
Organic English
Muffins
12 ct., selected varieties



\$3.69

**NATURE'S
PATH**
Organic Love Crunch
11.5 oz., selected varieties



2/\$4

NATURE'S PATH
Organic Waffles
7.4 oz., selected varieties



2/\$5

NATURE'S PATH
Organic Oatmeal
8 ct., selected varieties



\$2.99

KASHI
Organic Cereal
10.3-15.6 oz., selected
varieties



\$3.39

**ANNIE'S
HOMEGROWN**
Organic Cereal
10 oz., selected varieties



\$47.99

NEW CHAPTER
Bone Strength Take
Care
120 ct.
other New Chapter products
also on sale



\$53.99

**NORDIC
NATURALS**
Ultimate Omega
180 ct.
other Nordic Naturals
products also on sale

FIND MORE AT THE FOLLOWING NATURAL FOODS 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
Bloomingtons 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

East Lansing Food Co-op
4960 Northwind, East Lansing
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
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 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



\$10.99

FIRE CIDER

Organic Fire Cider
8 oz., selected varieties



2/\$6

SEVENTH GENERATION

Dish Liquid
25 oz., selected varieties



\$1.99

NEWMAN'S OWN

Dog Food
12.7 oz., selected varieties
other Dog Food products
also on sale



\$19.99

OREGON'S WILD HARVEST

Turmeric
60 ct.
other Oregon's Wild Harvest
products also on sale



\$6.69

GREEN FOREST

Bath Tissue
12 ct.



\$9.99

SEVENTH GENERATION

Baby Diapers
20-40 ct., selected varieties

Prepare for your holiday parties at the co-op.

coopTM
stronger together

MW1216AZ2,3