

coopTM deals

NOV 16 - NOV 29, 2016



2/\$6

R.W. KNUDSEN

Sparkling Juice
750 ml., selected varieties



2/\$5

**LATE JULY
ORGANIC**

Classic Rich
Organic Crackers
5.5-6 oz., selected varieties



2/\$5

PACIFIC

Organic Broth
32 oz., selected varieties



4/\$7

**CASCADIAN
FARM**

Organic Frozen
Vegetables
10 oz., selected varieties

Featured Inside:

- Your co-op's got you covered for Thanksgiving meal prep
- Use cooked garnet yams for a delicious vegetarian burger
- Cooking the turkey this year? We've got tips and hints inside
- Recipes and ideas for appetizers, mains and sides – happy holidays!



Smoked Salmon Dauphinoise

Serves 4. Prep time: 20 minutes active; 1 hour, 40 minutes total.

- 1 ½ pounds Yukon gold potatoes, very thinly sliced
- 8 ounces smoked salmon, flaked into pieces
- 2 tablespoons minced fresh dill or tarragon
- 2 tablespoons minced shallots
- 1 cup heavy cream
- 1 cup milk
- Salt and black pepper

Heat the oven to 350 degrees F. Butter or oil a 3-quart casserole dish.

Place a third of the potatoes in the bottom of the casserole dish and sprinkle half each of the salmon, herbs and shallots over the potatoes. Season with salt and pepper, and place another third of the potatoes in the casserole dish. Top with the remaining salmon, herbs and shallots. Season with salt and pepper, and top with the remaining potatoes and another sprinkle of salt and pepper. Mix together the cream and milk, and pour over the potato mixture. Cover with aluminum foil and bake for 45 minutes. Remove the foil and bake another 15 to 25 minutes until the potatoes are tender and thoroughly cooked. Let sit for 15 minutes before serving.

Serving suggestion: Served with a side of steamed asparagus or colorful green beans, this satisfying dish is just fancy enough for company. It's also a sumptuous accompaniment for a main course of roast meat or poultry.

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



\$2.69

ARROWHEAD MILLS
Organic Stuffing Mix
10 oz.



3/\$5

FARMER'S MARKET
Organic Pumpkin
15 oz., selected varieties



2/\$4

WOODSTOCK
Organic Cranberry Sauce
14 oz., selected varieties



4/\$7

WESTBRAE
Organic Vegetables
14.5-15.25 oz., selected varieties



\$10.99

TOFURKY
Veggie Roast
26 oz.
other Tofurky Holiday products also on sale



\$7.99

SPECTRUM
Organic Refined
Canola Oil

32 oz.
other Spectrum Cooking Oil
also on sale



\$1.99

**LUNDBERG FAMILY
FARMS**

Organic Short Grain
Brown Rice
per pound in bulk
Long Grain Brown Rice also on sale



\$4.99

SPECTRUM
Organic Mayonnaise
16 oz.



\$14.99

BIONATURAE
Organic Extra Virgin
Olive Oil
25.4 oz.



\$3.99

WOODSTOCK
Organic Pickles

24 oz., selected varieties
other Woodstock Condiments
also on sale



4/\$5

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



\$7.99

**LAKWOOD
ORGANIC**
Organic Pure Juice

32 oz., selected varieties



\$1.39

**SAN
PELLEGRINO**
Sparkling Mineral
Water
750 ml.



2/\$5

**CELESTIAL
SEASONINGS**
Herbal Tea
20 ct., selected varieties



Special Guests

If your holiday guest list includes friends and family with special dietary needs, a great place to begin is asking them to share the recipe for their favorite holiday dish with you. Chances are you'll find some delicious options! Are you cooking for vegetarians? How about a savory and elegant acorn squash stuffed with chard and white beans? Look for a naturally gluten-free wild rice-based stuffing; or a vegan cranberry-pecan stuffing (recipe at www.strongertogether.coop) that everyone will love. A good rule of thumb is that guests should have at least 3-4 dishes from which to choose. We guarantee the party will be a lot more joyful if everyone feels included.



Garnet Yam Burgers

Serves 6. Prep time: 30 minutes active; 45 minutes total.

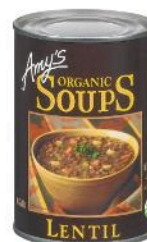
- 1 ½ cups vegetable broth
- 1 cup peeled and diced garnet yams or sweet potatoes
- ¼ cup diced yellow onion
- 2 cloves garlic, minced
- ½ cup canned chickpeas, rinsed, drained and smashed
- ½ cup millet
- 1 teaspoon cumin
- 1 ½ teaspoons chili powder
- 2 teaspoons vegetarian Worcestershire
- Pinch of salt
- 1 cup bread crumbs, divided
- 1 egg, beaten
- 1 to 2 tablespoons vegetable oil

Bring the vegetable broth to a boil in a medium soup pot. Add the yams and simmer for about 8 minutes, just until the yams are getting tender. Add the onion, garlic, chickpeas and millet, cover the pot and simmer for another 20 minutes, stirring occasionally. The millet should be tender and the liquid should be entirely absorbed when done. Remove from heat and stir in the cumin, chili powder, Worcestershire, a pinch of salt and half of the breadcrumbs. Stir well and form into 6 even burgers.

Put the beaten egg in a small dish and the remaining bread crumbs in another small dish or plate. Gently dip each burger in the egg, and then coat well in breadcrumbs. Place the burgers on a sheet pan or plate and refrigerate for about 30 minutes.

Heat the vegetable oil over medium-high heat in a large skillet. Add the yam burgers to the pan and cook for 4 to 5 minutes until browned well on one side. Gently flip the burgers and cook another 4 to 5 minutes.

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\$2.69

AMY'S

Organic Soup

14.1-14.5 oz., selected varieties



2/\$5

LUNDBERG FAMILY FARMS

Organic Entrees and Sides

5.5-6 oz., selected varieties



\$3.69

RISING MOON

Organic Pasta

8 oz., selected varieties



\$6.99

TALENTI

Gelato

32 oz., selected varieties



\$7.69

ALDEN'S ORGANIC

Organic Ice Cream

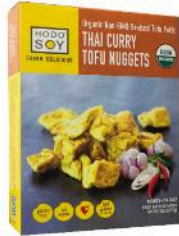
48 oz., selected varieties



\$3.39

EXPLORE ASIAN

Organic Bean Pasta
8 oz., selected varieties



\$2.99

HODO SOY

Organic Tofu Nuggets
8 oz., selected varieties
other Hodo Soy products
also on sale



\$2.99

NATIVE FOREST

Artichoke Hearts
9.9-14 oz., selected varieties
other Native Forest products
also on sale



\$4.99

SANTA CRUZ ORGANIC

Organic Peanut Butter
16 oz., selected varieties



\$2.39

R.W. KNUDSEN

Very Veggie Juice
32 oz., selected varieties



2/\$6

TRADITIONAL MEDICINALS

Organic Tea
16 ct., selected varieties



\$2.69

ECOVER

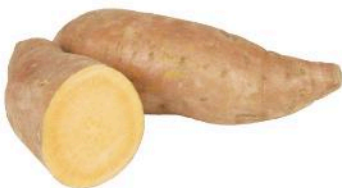
Dish Soap
25 oz., selected varieties



\$2.39

HAPPYBABY

Organic Puffs
2.1 oz., selected varieties
other HappyBaby products
also on sale



3/\$5

WELLNESS

Cat Food
5.5 oz., selected varieties
other Cat Food products also on sale



Garnet Yams

Baked whole or cubed and roasted, garnet yams are not only flavorful but also among the most nutritious of all vegetables, high in beta carotene and vitamins A and C. These orange-fleshed sweet potatoes with a reddish brown skin (yes, they're not actually yams!) are delicious in soups, salads, curries, breads and pies. Top a baked-in-the-skin garnet yam with spicy black beans, chopped green onions and sour cream. Slice garnet yams in wedges, toss with chili powder, paprika, cumin and cayenne, and bake for a tasty side to a burger.

Go to www.strongertogether.coop for more great recipes and ideas.



Emmenthaler

Emmenthaler is a real *Swiss Swiss* cheese, meaning it originated in Switzerland. Made from cow's milk, its flavor is best described as nutty, buttery and slightly fruity, and it melts beautifully in sandwiches or shredded atop a casserole or gratin. Try a slice on your next Reuben (or tempeh Reuben), or serve as an appetizer with sliced apples, pears and toasted walnuts. Emmenthaler is a classic ingredient for a festive fondue as well.



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



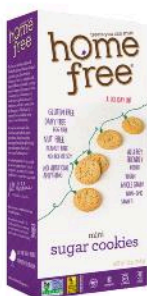
\$1.99 **SEMARK**
Rice Thins
3.5 oz., selected varieties



\$2.39 **KETTLE BRAND**
Potato Chips
5 oz., selected varieties



\$3.69 **ALIVE & RADIANT**
Kale Crunch
2.2 oz., selected varieties



\$3.69 **HOMEFREE**
Gluten-Free Holiday Cookies
5 oz., selected varieties



\$2.69 **RHYTHM SUPERFOODS**
Organic Kale Chips
.75 oz., selected varieties



\$2.39 **THEO**
Organic Chocolate Bar
3 oz., selected varieties



2/\$4 **K'UL**
Superfood Chocolate Bar
1.23-1.75 oz., selected varieties



\$2.99 **SILK**
Holiday Nog
32 oz.



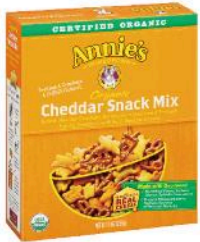
\$2.69 **GREEN & BLACK'S**
Organic Chocolate Bar
3.5 oz., selected varieties



\$8.99

ORGANIC VALLEY

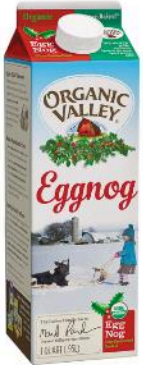
Organic Cheddar
Cheese
16 oz., selected varieties



2/\$7

**ANNIE'S
HOMEGROWN**

Organic Snack Mix
9 oz., selected varieties



\$4.99

**ORGANIC
VALLEY**

Organic Eggnog
32 oz.



2/\$4

**LATE JULY
ORGANIC**

Tortilla Chips
5.5 oz., selected varieties



\$3.39

NEWMAN'S OWN

Fig Newmans
10 oz., selected varieties



Party Starters

A great holiday party starts with a great beginning; welcome your guests with a tray or two of simple snacks as they begin to gather for Thanksgiving dinner. Try a sweet-and-salty tray of fresh pitted dates, served with roasted spiced nuts. Pick up 3 or 4 local cheeses at the co-op, and set them out with a basket of crostini and crackers. Or make a quick dip by blending softened plain chevre with a swirl of prepared pesto; serve with crunchy carrot sticks, bell pepper strips and celery.



Cranberry Relish

Serves 15. Prep time: 10 minutes.

- 1 pound whole cranberries, fresh or frozen
- 10 ounces canned crushed pineapple, drained
- 1 pound Granny Smith apples, cored and finely chopped
- ½ cup honey
- 15 ounces canned mandarin oranges, drained and chopped
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon allspice

Pulse cranberries in a food processor until coarsely chopped. Transfer into a bowl, and add apples, oranges and pineapple. Add honey and spices and mix well. Taste and adjust seasoning as needed. May be served immediately, but making this ahead and refrigerating overnight allow flavors to develop. Bring the relish to room temperature and stir well before serving.

Serving suggestion: Classic with turkey or poultry, this relish is a delicious addition to a sandwich too. Or add a spoonful or two to your favorite smoothie recipe for extra zing.

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\$3.39

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



\$2.99

SO DELICIOUS
CocoWhip
9 oz., selected varieties



\$3.99

IMMACULATE
Organic Cinnamon
Rolls
17.5 oz.
other Immaculate products
also on sale



\$4.69

**KING ARTHUR
FLOUR**
Unbleached All-
Purpose Flour
5 lb.



\$3.99

IF YOU CARE
Parchment Paper
70 sq. ft.
other If You Care products
also on sale



\$3.69

BULK
Organic Dry
Roasted Peanuts
per pound in bulk
Great for freshly-ground
nut butter



\$3.69

BULK
Organic Pumpkin
Seeds
per pound in bulk



\$14.99

BULK
Organic Pecans
per pound in bulk



\$9.99

**EQUAL
EXCHANGE**
Organic Coffee
per pound in bulk
Co-op Basics coffees \$8.99
Decaf Coffee not on sale



Turkey Tips

Getting ready for the big holiday meal?
Here are some tips about turkeys that
might come in handy:

- Brining a turkey before cooking adds both flavor and moisture. Your co-op may have a ready-to-use brining mix, or you can make your own with salt and spices.
- Heritage or heirloom turkeys typically have a higher proportion of dark to white meat than other varieties. They also have an additional layer of fat under the skin that keeps meat moister while cooking.
- What size turkey do you need? A good rule of thumb is one to one and a half pounds of bone-in turkey per person (which allows for some leftovers, too).



\$2.69

**ORGANIC
VALLEY**
Organic Cream
Cheese
8 oz., selected varieties



\$1.99

**ORGANIC
VALLEY**
Organic Half & Half
16 oz.



\$4.39

BIG TREE FARMS
Organic Coconut
Sugar
16 oz.
other Big Tree Farms products
also on sale



\$13.99

PAMELA'S
Gluten-Free Pancake &
Baking Mix
4 lb.
other Gluten-Free Baking
Mixes also on sale



\$2.99

**SANTA CRUZ
ORGANIC**
Organic Applesauce
23 oz., selected varieties



Herb Butters

Homemade herb butter adds a special touch to holiday vegetables, roasts and dinner rolls – and it's simple to do. Just allow butter to soften to room temperature, and rinse your choice of fresh herbs (tarragon, chives, parsley, basil, rosemary or thyme). Finely chop the leaves, and mix them into the butter; taste for flavor (remember, the herb flavor will be stronger when the butter is warm). Top your steamed vegetables or mashed potatoes with a dollop of herb butter, or spread on your leftover roast your leftover roast turkey sandwich.



\$2.99

NATURE'S PATH
Organic Cereal
10-14 oz., selected varieties



\$3.69

ONE DEGREE
ORGANIC FOODS
Sprouted Grain Cereal
8-12 oz., selected varieties



\$3.99

DREAM
Almond Beverage
32 oz., selected varieties



\$2.99

SO DELICIOUS
Almond Milk
48 oz., selected varieties



\$1.69

SILK
Soy Creamer
16 oz., selected varieties



4/\$6

SO DELICIOUS
Coconut Milk
Yogurt
5.3 oz., selected varieties



2/\$6

THE GREEK GODS
Greek Yogurt
24 oz., selected varieties



10/\$10

WALLABY
Organic Lowfat Yogurt
6 oz., selected varieties



\$37.99

ANCIENT NUTRITION
Bone Broth Protein
445-504 gr., selected varieties



\$21.99

HEALTHFORCE
SUPERFOODS
Vitamerical Earth
5.3 oz.
other Vitamerical Earth Sizes
also on sale



\$ 1.99

RICOLA
Cough Drops
19-21 ct., selected varieties



\$ 9.99

BOIRON
Oscillococinum
6 dose



\$ 15.99

PB 8
Digestive Health
Supplement
120 ct.
other Nutrition Now products
also on sale



\$ 9.99

SOLGAR
Ester-C Plus 500 mg
Vitamin C
100 ct.
other Solgar products
also on sale



\$ 19.99

**NATURAL
FACTORS**
Tranquil Sleep
60 ct.
other Sleep Aid products
also on sale



\$ 14.99

ORGANIC INDIA
Organic Turmeric
15 ct.
other Organic India products
also on sale



\$ 24.99

**MYCHELLE
DERMACEUTICALS**
Perfect C PRO Speed Peel
1.2 oz.
other Skin Care products
also on sale



\$ 5.99

DR. BRONNER'S
Organic Shaving Soap
7 oz., selected varieties



\$ 12.99

WELEDA
Skin Food
2.5 oz.
other Weleda products also on sale



Maple Chipotle Spiced Nuts

Makes 1 pound. Prep time: 20 minutes.

- 1 pound unsalted mixed nuts, preferably raw: almonds, walnut and pecan halves, peanuts
- ¼ cup maple syrup
- 2 teaspoons chipotle powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Preheat oven to 325 degrees F. In a small bowl, combine the maple syrup, chipotle powder, salt, and pepper. Add the nuts to the mixture and toss well to coat. Spread the coated nuts in a single layer on a parchment-lined baking sheet and bake for 5 to 7 minutes; then stir and roast another 5 to 7 minutes, remove to a heat-proof bowl and allow to cool. Break up any nuts that are stuck together. Serve with fruit and cheese, sparkling cider, or cocktails.

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
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

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

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 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



Happy Thanksgiving

Food co-ops bring people together to share good food and create healthy communities. On behalf of all of us at the co-op, we'd like to wish you a happy and peaceful Thanksgiving, filled with good health and delicious food to share.

Holiday meal traditions start at the co-op!



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