

coopTM deals

OCT 21 - NOV 3, 2015



2/\$4

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$2.69

IMAGINE
Organic Creamy Soup
32 oz., selected varieties



3/\$7

ANGIE'S
Boomchickapop
Popcorn
4.5-7 oz., selected varieties



2/\$4

ENDANGERED SPECIES
Chocolate Bar
3 oz., selected varieties

Featured Inside:

- Add zest to family meals with our quick and spicy vindaloo recipe
- How to braise foods – plus a one-dish braised chicken and pear recipe
- October's featured foods are classic provolone cheese and luscious pears
- Make a very veggie skeleton for a fun (and not very scary) Halloween treat



Pork Vindaloo

Serves 6. Prep time: 20 minutes active; 60 minutes total.

- 1 tablespoon minced fresh ginger
- 1 tablespoon garam masala
- 2 teaspoons mustard seeds
- 1 teaspoon cumin
- 3 cups diced yellow onion
- 2 tablespoons minced garlic
- 2 pounds boneless pork loin, trimmed of fat and cut into ½- to 1-inch pieces
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons vegetable oil (divided)
- ½ cup red wine
- ½ cup water
- 1 14.5-ounce can crushed tomatoes
- 2 tablespoons fresh cilantro, chopped

In a blender or food processor, puree the ginger, garam masala, mustard seeds, cumin, onion and garlic. Set aside.

Toss the pork pieces with salt and pepper. In a large Dutch oven or pot, heat 1 tablespoon oil and brown the pork pieces for a couple of minutes on each side. Remove the pork and set aside.

In the same pot, heat the remaining oil over medium heat. Add the spice-onion puree to the pan and cook, stirring frequently, for 5 to 7 minutes. Stir in the wine, water, tomatoes and browned pork. Cover the pot and reduce the heat to a low simmer. Cook for about 40 minutes, stirring occasionally. Remove from heat and serve over basmati rice, garnished with fresh cilantro.

Tip: Like most stews, leftover vindaloo is even better after the flavors have a day or two to meld, so save some for the next day's lunch.

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



\$5.99 **QUORN**
Meat-Free Turkey Roast
16 oz.
other Quorn products also on sale



\$4.39
SO DELICIOUS
Coconut Milk Frozen
Dessert
16 oz., selected varieties



\$7.99
SPECTRUM
NATURALS
Organic Unrefined
Coconut Oil
14 oz.
other Spectrum Naturals
Coconut Oils also on sale



2/\$5
TASTY BITE
Ready-to-Heat Indian
Entrée
10 oz., selected varieties



\$8.99
BULK
Organic Raw Cashews
per pound in bulk



\$3.69

BLAKE'S ALL NATURAL FOODS

Frozen Meal
8 oz., selected varieties



\$1.39

MARIA AND RICARDO'S

White Corn Tortillas
12 ct.



\$4.39

GLUTINO

Gluten Free Bread
14.1 oz., selected varieties



\$12.99

SPECTRUM NATURALS

Organic Mediterranean
Extra Virgin Olive oil
33.8 oz.



\$4.99

UDI'S

Gluten Free Pizza
10-10.1 oz., selected varieties



\$2.99

MONTEBELLO

Organic Pasta
16 oz., selected varieties



\$2.39

BULK

Organic Black Turtle
Beans
per pound in bulk



\$4.69

BULK

Organic Raw
Pumpkin Seeds
per pound in bulk



\$9.99

ORGANIC PRAIRIE

Organic Beef Summer
Sausage
12 oz., selected varieties



Braise Be!

Braising is a simple way to add depth of flavor to foods. First, the food is browned (typically in oil, butter or fat); then it is cooked, low and slow, in flavorful broth, wine or other liquid. A slow cooker is great for braising, but you can also use a heavy pot or Dutch oven. Once you master the basic technique with chicken, lamb, root vegetables or mushrooms, you'll find a world of slow-cooked, flavor-infused dishes to braise. The braising liquid can be reduced for a delicious sauce for finishing the plate, and the addition of fresh herbs, citrus zest and toasted nuts adds bright flavors to slow-cooked savory foods.



Braised Apricot Chicken with Honey-Glazed Pears

Serves 6. Prep time: 15 minutes active; 2 hours total.

- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- 1 teaspoon turmeric
- 1 ½ teaspoons coriander
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 whole chicken, cut into 8 pieces, bone-in, skin-on
- 2 tablespoons vegetable oil
- 3 cups diced yellow onion
- ½ cup chopped dried apricots
- 1 ½ cups chicken broth
- 2 tablespoons unsalted butter
- 2 pears, cored and sliced lengthwise into eighths
- 2 tablespoons honey

In a small bowl, stir together the cinnamon, ginger, turmeric, coriander, salt and pepper until well mixed. Rub the chicken pieces with the spice mix and refrigerate for at least an hour before cooking.

In a large stockpot or Dutch oven, heat the oil over medium-high heat. Place the chicken pieces in the pot and brown on each side (letting larger pieces, like breasts, cook a couple minutes longer than the other pieces). Remove the chicken from the pan and set aside.

Add the onion to the same pot and sauté for 5 minutes until it begins to soften, then add the apricots and chicken broth and stir well. Return the chicken pieces to the pot, then cover and simmer over low heat for about 45 minutes until thoroughly cooked (larger breasts may require some extra cooking time).

Heat the butter in a skillet over medium-high heat. Add the pear slices and the honey to the melted butter. Sauté the pears, stirring frequently, for 5 to 10 minutes until they become slightly softened and the honey has thickened and glazed the pears.

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\$2.39

BOB'S RED MILL
Steel Cut Oats
22-24 oz., selected varieties



\$2.99

KASHI
GoLean Cereal
13.1-14 oz., selected varieties



\$4.39

NUMI ORGANIC TEA
Organic Tea
18 ct., selected varieties



2/\$6

R.W. KNUDSEN
Organic Juice
32 oz., selected varieties



2/\$6

BLUE DIAMOND ALMONDS
Almond Breeze
64 oz., selected varieties



\$3.39

EREWHON

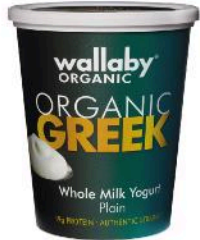
Organic Cereal
10-15 oz., selected varieties



4/\$5

STONYFIELD

Organic Oh My Yog!
6 oz., selected varieties



\$5.69

WALLABY ORGANIC

Organic Greek Yogurt
32 oz., selected varieties



5/\$5

CLIF BAR

Energy Bar
2.4 oz., selected varieties



2/\$4

BLUE DIAMOND ALMONDS

Almond Breeze
32 oz., selected varieties



\$8.99

EQUAL EXCHANGE

Organic Coffee
per pound in bulk
Sale does not include
Decaf Coffee



2/\$5

RICE DREAM

Organic Rice Drink
32 oz., selected varieties



2/\$6

SILK

Almond Milk
64 oz., selected varieties



\$6.39

NATURE'S PATH

Organic Eco-Pac
Cereal
26.4-32 oz., selected varieties



\$3.69

LIFEWAY

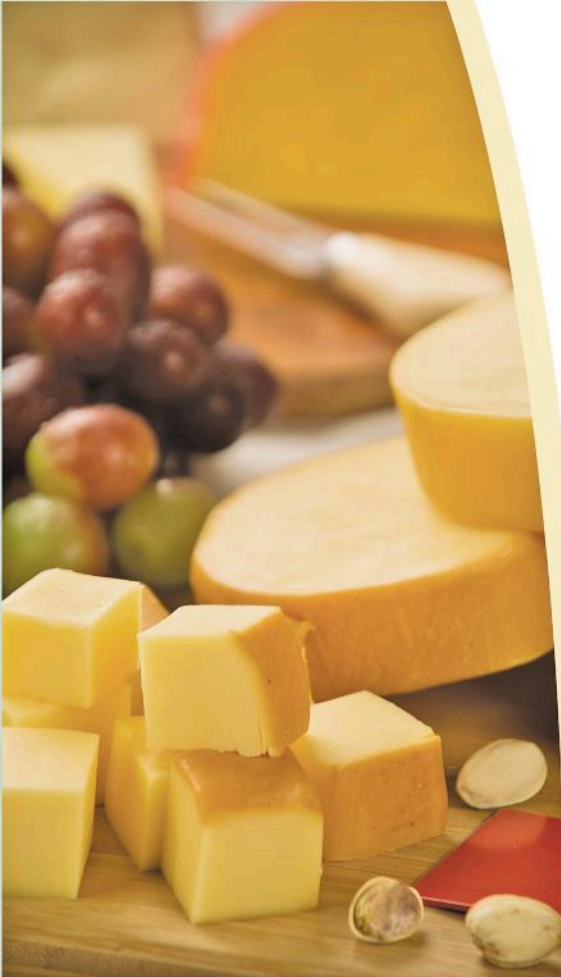
Organic Lowfat Kefir
32 oz., selected varieties



Pears

The sweet fragrance of colorful pears provides an aromatic contrast to fall's many earthy vegetables. Cook cubed pears with butternut squash, onion and garlic in chicken stock and season with nutmeg and fresh sage for a seasonal sweet-savory side dish. Roast pears and stuff with couscous cooked with leeks, celery and dried fruits for an elegant accompaniment to roasted pork. Warm up on a crisp day with this simple afternoon snack: drizzle olive oil on sliced pears and carrot sticks and roast in the oven; top with blue cheese and walnuts for extra flavor.

Visit www.strongertogether.coop to find these and more great pear recipes.



Provolone

This classic Italian cheese is similar to mozzarella, but more robust in flavor. Provolone dolce is a mild, creamy and nutty young variety and provolone piccante is an aged version with a saltier, sharper flavor that can be grated like Parmesan. Provolone's flavor is intensified when melted – perfect in a panini with basil pesto, roasted red peppers and prosciutto. Or layer sliced provolone with ham and salami on a toasted baguette spread with coarsely-ground mustard and mayo, then pile high with lettuce, tomato and thinly-sliced red onion. An easy autumn casserole combines cubed provolone and potatoes with eggs, mushrooms and your favorite herbs.



\$2.39

HAPPY FAMILY
Happy Puffs
2.1 oz., selected varieties



\$4.99

GLUTINO
Gluten Free Pretzels
14.1 oz., selected varieties



\$2.39

MEDITERRANEAN SNACKS
Lentil Crackers
4.5 oz., selected varieties



5/\$5

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



\$1.69

BARBARA'S
Cheese Puffs
5.5-7 oz., selected varieties



2/\$6

SANTA CRUZ ORGANIC
Organic Applesauce
6 ct., selected varieties



\$3.39

CASCADIAN FARM
Organic Granola Bars
7.4 oz., selected varieties



2/\$6

ANNIE'S HOME GROWN
Organic Fruit Snacks
4 oz., selected varieties



\$3.69

NEWMAN'S OWN
Newman-O's
13 oz., selected varieties



\$2.39

GARDEN OF EATIN'
Tortilla Chips
7.5-8.1 oz., selected varieties



\$3.69

C20
Coconut Water
33.8 oz., selected varieties



\$3.39

TRADITIONAL MEDICINALS
Organic Tea
16 ct., selected varieties



2/\$4

GOMACRO
Organic Nutritional Bars
2-2.5 oz., selected varieties



\$1.69

THE GINGER PEOPLE
GinGins
3 oz., selected varieties



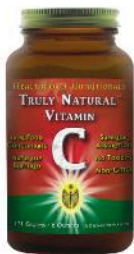
\$10.99

ENER-C
Vitamin C Supplement
30 ct., selected varieties



2/\$4

PROBAR
Meal Bar
3 oz., selected varieties



\$15.99

HEALTHFORCE NUTRITIONALS
Truly Natural Vitamin C Powder
6 oz., selected varieties
17.6 oz. \$29.99



\$14.99

COUNTRY LIFE
Maxi-Hair
90 ct.
other Country Life Supplements also on sale



\$10.99

ORGANIC INDIA
Organic Psyllium Husks
12 oz.



\$13.99

TERA'S WHEY
Whely Protein
12 oz., selected varieties



Very Veggie Skeleton

Give this spook-tacular snack a try for Halloween; kids won't make any bones about eating their veggies after helping to assemble this delicious treat.

The skull is made from crunchy-sweet jicama, with green beans for the bones, bell peppers as ribs and bright cherry tomato halves standing in for knees and elbows. Visit www.strongertogether.coop for easy how-to instructions and a complete list of ingredients.

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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
Wheatfield Cooperative
413 Northwestern Ave., Ames

KANSAS

The Merc
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 Natural Foods 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

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1618 South St., Lincoln

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

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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 Cooperative
2826 S. Kinnickinnic Ave., Bayview
7590 Mequon Rd., Mequon
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People's Food Co-op - La Crosse
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Viroqua Food Co-op
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Willy Street Co-op
1221 Williamson St., Madison
6825 University Ave., Middleton



\$16.99

**ANDALOU
NATURALS**

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



\$6.99

**AVALON
ORGANICS**

Haircare
11 oz., selected varieties



\$8.39

**EARTH FRIENDLY
PRODUCTS**

Ecos Liquid Laundry
Detergent
100 oz., selected varieties



\$7.99

EVERYONE

Bath Soak
30 oz., selected varieties



\$3.99

KISS MY FACE

Pure Olive Oil Soap
3 ct.



\$6.99

FIELD DAY

Bath Tissue
12 ct.
other Field Day Paper
Products also on sale

Stock up on Halloween treats at the co-op.

coopTM
stronger together

MW1015BZ2,3