

coopTM deals

FEB 17 - MAR 1, 2016



\$2.69

PACIFIC

Organic Soup

32 oz., selected varieties



2/\$6

STONYFIELD

Organic Yogurt

32 oz., selected varieties



\$3.69

CROFTER'S

Organic Fruit Spread

16.5 oz., selected varieties

10-11 oz. Fruit Spread
also on sale



2/\$5

CASCADIAN FARM

Organic Granola

13.25-16 oz., selected varieties

Featured Inside:

- Eat the Mediterranean way for health ... and flavor!
- A quick "couscous" salad with a not-so-secret ingredient
- Sort your way through salmon varieties with a handy guide
- Creamy Havarti cheese is in the spotlight; try it for breakfast



Salmon Chermoula

Serves 4. Prep time: 20 minutes active; 50 minutes total.

- ⅓ cup plain yogurt
- 2 tablespoons olive oil
- 1 lemon, zest and juice
- ½ cup chopped fresh parsley
- ½ cup chopped fresh cilantro
- 1 clove garlic, peeled and minced
- 1 jalapeño, stem and seeds removed, minced
- 1 ½ teaspoons ground cumin
- Pinch each of salt and black pepper
- 1 pound skin-on salmon filet, cut into 4 even pieces

In a mixing bowl, stir together all of the ingredients except the salmon. Cover and refrigerate ½ cup of the chermoula sauce to serve with the finished salmon.

Place the salmon in a baking dish and pour the remaining chermoula sauce over the filets to marinate, cover and refrigerate for 30 minutes.

Heat an oiled grill or a skillet over medium-high heat. Remove the salmon from the marinade and place on the grill, skin side down. Cook the salmon for 4 to 5 minutes, flip gently and cook another few minutes until the fish reaches desired doneness. Remove from heat and serve with the remaining chermoula sauce.

Serving suggestion: Accompanied by a wild rice blend studded with slivered almonds, this North African-inspired salmon dish is a bright and colorful main dish. Just add a wedge or two of lemon on the side.

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



2/\$4

BACK TO NATURE
Organic Pasta & Cheese
Dinner
6 oz., selected varieties



3/\$5

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$3.39

BRAGG
Liquid Aminos
16 oz.



\$7.99

SPECTRUM
Organic Unrefined
Coconut Oil
14 oz.



\$10.99

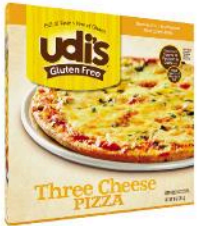
SPECTRUM
Organic Unrefined
Extra Virgin Olive Oil
25.4 oz.
other Cooking Oils and Sprays
also on sale



\$2.19 BULK
Organic Navy Beans
per pound in bulk



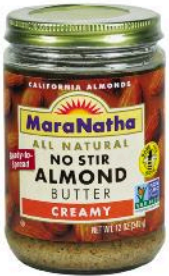
\$3.99 BULK
Organic Quinoa
per pound in bulk



\$4.99
UDI'S GLUTEN FREE
Pizza
10 oz., selected varieties



\$3.99
RUDI'S
Gluten-Free Sandwich
Bread
18 oz., selected varieties



\$7.99
MARANATHA
Almond Butter
12 oz., selected varieties



\$2.39 NATURAL SEA
Yellowfin Tuna
5 oz., selected varieties
other Tuna varieties
also on sale



\$2.69
ECOVER
Dishwashing Liquid
25 oz., selected varieties



\$2.99
WESTSOY
Seitan
8 oz., selected varieties



4/\$5
NEWMAN'S OWN
Cat Food
5.5 oz., selected varieties
other Pet Food also on sale



\$7.99 SEVENTH GENERATION
Unbleached Bath Tissue
12 pack
other Bath Tissue also on sale



Choosing Salmon

Of the Pacific salmon varieties, Chinook are revered as royalty. Also called king salmon because of their large size, Chinook are favored for the soft texture of their high-fat meat. The smaller, firmer Sockeye stand out for their intense red-orange flesh. Coho, or silver, are paler in color with a milder flavor. Salmon may be farmed in aquaculture operations or wild caught by commercial fisheries; the Marine Stewardship Council certifies fisheries committed to sustainable practices. All salmon is a good source of omega-3 fatty acids and low in sodium, making any variety a heart-healthy choice.

Visit www.strongertogether.coop
for delicious salmon recipes.



Spiced Broccoli "Couscous" Salad

Serves 6. Prep time: 30 minutes.

- 1 pound cauliflower florets
- 2 tablespoons olive oil or butter
- ½ yellow onion, thinly sliced
- 2 cloves garlic, peeled and minced
- 2 cups broccoli florets
- ⅓ cup raisins
- 1 15-ounce can chickpeas, drained and rinsed
- 1 tablespoon curry powder
- ⅓ cup water
- Juice of 1 lemon
- Salt and black pepper to taste

In a food processor, pulse the cauliflower florets until they resemble coarse grains that look like couscous. Set aside.

Heat the oil or butter over medium-high heat in a large pot. Add the onion and sauté for 2 minutes. Add the garlic and broccoli and sauté another 3 to 5 minutes. Add the raisins, chickpeas, curry powder and water and stir well. Add the cauliflower "couscous" and cook 3 to 5 minutes more. Remove from heat and stir in the lemon juice. Taste for salt and pepper and serve warm.

Serving suggestion: The cauliflower "couscous" is a fun way to add a fresh crunch to this warm winter salad. Sweet raisins and zesty curry powder make it a flavorful companion to braised chicken. Garnish with crumbled feta cheese if desired. Add cubed marinated and baked tofu to any leftovers and stuff into a pita for tomorrow's lunch.

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



2/\$3

C20

Coconut Water
17.5 oz., selected varieties



\$3.99

ROYAL HAWAIIAN ORCHARDS

Macadamia Nuts
5 oz., selected varieties



2/\$6

BLUE SKY

Natural Soda
6 pack, selected varieties



2/\$4

LATE JULY

Tortilla Chips
5.5 oz., selected varieties



2/\$5

R.W. KNUDSEN

Organic Very Veggie
Juice
32 oz., selected varieties



2/\$6

TAZO
Tea

20 ct., selected varieties
other Tazo Teas also on sale



2/\$4

NOOSA
Yoghurt

8 oz., selected varieties



2/\$5

CLIF KIDZ
Organic Zbars

7.62 oz., selected varieties



2/\$6

FOOD SHOULD TASTE GOOD

Tortilla Chips
11 oz., selected varieties



\$3.99

GLUTINO
Pretzels

14.1 oz., selected varieties
other Pretzels also on sale



2/\$4

SESMARK
Rice Thins

3.2-4.2 oz., selected varieties
Sesame Thins & Crackers
also on sale



\$2.69

GT'S
Enlightened Kombucha
16 oz., selected varieties



\$2.69

GREEN & BLACK'S
Organic Chocolate Bar
3.5 oz., selected varieties



2/\$4

GOOD HEALTH

Avocado Oil Potato Chips
5 oz., selected varieties



Broccoli

Deep emerald green and mild in flavor, broccoli is a reliable friend in the kitchen. It's perfect simply chopped and tossed into a stir-fry or pasta, or steamed and topped with butter and lemon zest. Broccoli pesto is simple: purée cooked broccoli with garlic, pine nuts, Parmesan, lemon juice and olive oil, and toss with hot cooked pasta. Oven-roasted broccoli florets, carrots, onion, zucchini and garlic, drizzled with olive oil, and sprinkled with dried herbs makes a tasty warm side for almost any dinner. Serve leftovers atop mixed greens and sprinkled with cubed goat cheese and pepitas for an easy (and nutritious) lunch salad.

Check out
www.strongertogether.coop for
more ideas on enjoying what's
in season.



Havarti

Creamy and rich, this pale yellow semisoft cheese is very buttery, which makes it a top-notch sandwich cheese. Try slices of Havarti layered with ham, Dijon mustard and sliced green apples on crusty French bread. Or roast beef, radicchio and roasted red peppers with Havarti on tangy pumpernickel. Stack turkey and Havarti, sliced pear, dried cranberries and mesclun on sourdough for another tasty sandwich. And a simple combination of the sliced cheese, mustard and frisée on whole grain wheat couldn't be easier. Don't forget breakfast! Slices of Havarti and Jarlsberg cheeses, pickled cucumbers and beets, hard-boiled eggs and toast is a delicious way to start the day.



3/\$4

ALMOND DREAM
Non-Dairy Yogurt
6 oz., selected varieties



\$1.19

BULK
Organic Steel Cut Oats
per pound in bulk



2/\$6

LIFEWAY
Organic Lowfat Kefir
32 oz., selected varieties



2/\$5

CASCADIAN FARM
Organic Frozen Fruit
8-10 oz., selected varieties



\$3.69

BOB'S RED MILL
Organic Rolled Oats
32 oz.
other Bob's Red Mill products
also on sale



2/\$5

GOODBELLY
Organic Probiotic
Juice Drink
32 oz., selected varieties



\$3.39

ENVIROKIDZ
Organic Cereal
10-14 oz., selected varieties



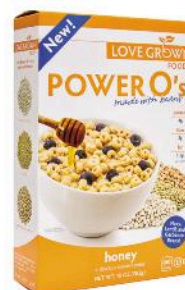
\$8.99

EQUAL EXCHANGE
Organic Love Buzz
Coffee
per pound in bulk
Decaf French Roast Coffee
\$11.99 per pound



2/\$6

SO DELICIOUS
Dairy-Free Milk
Beverages
48 oz., selected varieties



\$2.99

LOVE GROWN FOODS
Cereal
10-12 oz., selected varieties



\$10.99

BADGER

Man Care Beard
Conditioning Oil

1 oz.
other Badger products
also on sale



\$27.99

HOST DEFENSE

MyCommunity
Comprehensive
Immune Support

60 ct.
other Host Defense products
also on sale



\$21.99

MEGAFOOD

Balanced B Complex
60 ct.



\$2.99

ECO-DENT

Dental Floss

100 yd., selected varieties
other Oral Care products
also on sale



2/\$10

NATURE'S GATE

Shampoo or
Conditioner

18 oz., selected varieties



\$21.99

**NORDIC
NATURALS**

Ultimate Omega Fish Oil

60 ct.
other Nordic Naturals products
also on sale



\$4.99

SPECTRUM

Organic Flaxseeds

12-15 oz., selected varieties



\$14.99

**NATURAL
VITALITY**

Natural Calm

Magnesium Supplement
8 oz., selected varieties



\$24.99

TERA'S

Active Nutrition
Recovery Blend

12.5 oz., selected varieties



Mediterranean Diet Tips

People living around the Mediterranean Sea share similar dietary habits — ones that may lead to longer, healthier lives. The “Mediterranean Diet” is simple (and also delicious). Here are some tips:

- Use herbs in abundance. For example, stir fragrant herb pesto into a white bean soup.
- Olive oil makes a great dip (and butter alternative) for bread.
- Smaller amounts of red meat and sausages are used to flavor dishes, rather than served alone as entrées.
- Lighten up on dairy; it's easy with full-flavored (and lower fat) goat and sheep's milk cheeses like feta, chevre and Manchego.
- Enjoy a glass of red wine now and then, especially with good friends and family!

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ILLINOIS

Common Ground Food Co-op
300 S. Broadway Ave., Urbana
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
Wheatsfield 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
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 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

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
6825 University Ave., Middleton



Look for energizing recipes using spring's freshest local ingredients in next month's Co+op Deals flyers. Exclusively at your co-op!

Thanks for shopping co-op!

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stronger together

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