

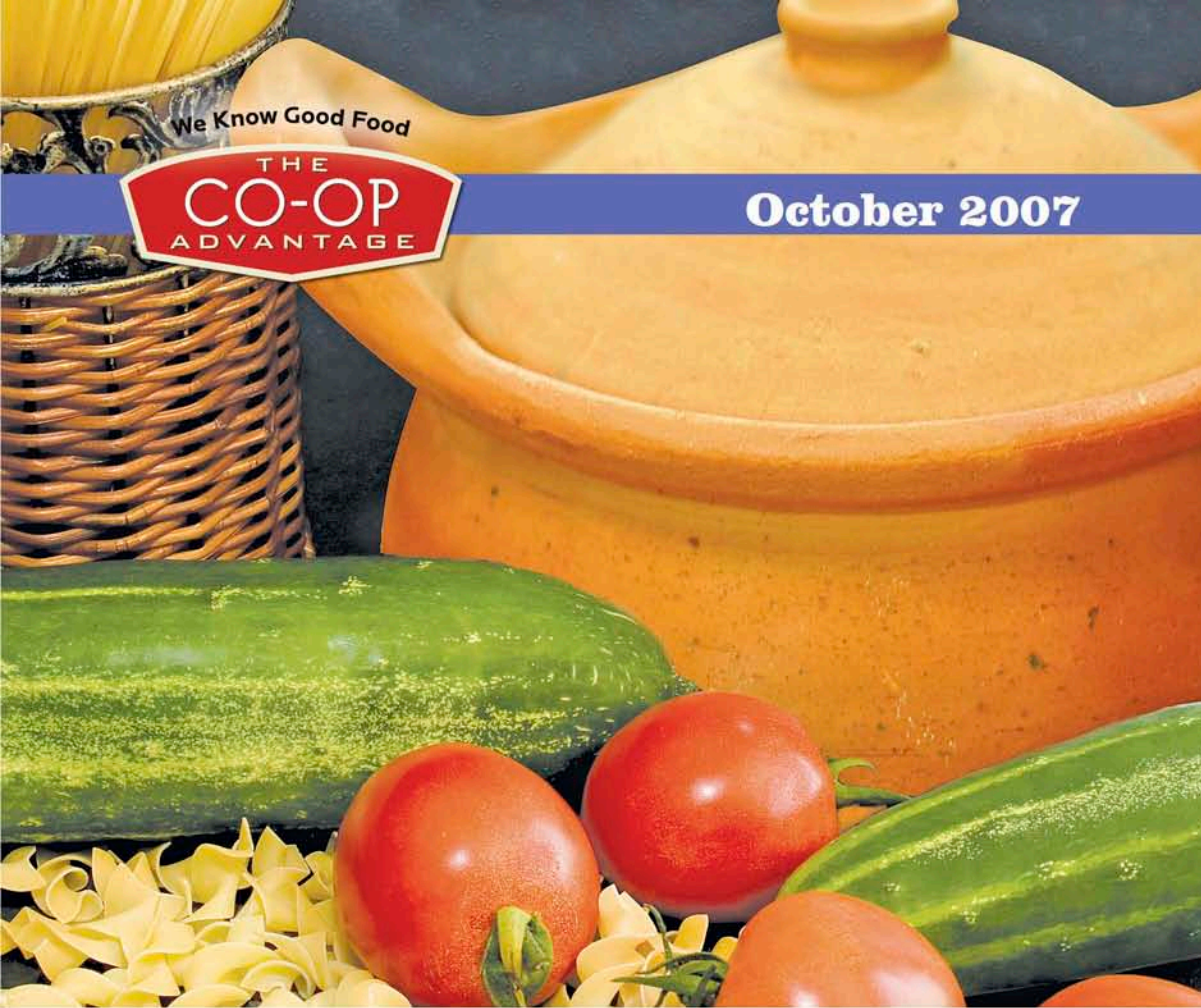
We Know Good Food



October 2007

This Month's Tips

- Help with Slow Cooking
- Recipe for Roasted Chicken with Shallots and Herbs



ALACER
Emergen-C
\$8.99



36 ct., selected varieties

HEALTH VALLEY
Soup
\$1.49



15 oz., selected varieties

SANTA CRUZ ORGANIC
Organic Applesauce
\$2.39



23 oz., selected varieties

BARBARA'S BAKERY
Shredded Cereal
\$2.99



13 - 16 oz.,
selected varieties

SEVENTH GENERATION
Liquid Laundry
Detergent
\$7.79



100 oz., selected varieties

WESTBRAE
Organic Beans
99¢



15 oz., selected varieties

**TRADITIONAL
MEDICINALS**
Tea
\$3.39



16 ct., selected varieties

ORGANIC VALLEY
Organic Soy
Beverage
\$2.89



64 oz., selected varieties

Some items may not be available at all stores or on the same days in the month of October.

GROCERY



Buy 5 Muir Glen* or Cascadian Farm* products and enter for a chance to

Win a Hybrid Car

(MSRP \$22,175)

Visit www.spfhybridcarsweeps.com or go to the service desk for complete sweepstakes rules and entry form.

NO PURCHASE NECESSARY TO ENTER OR WIN THIS SWEEPSTAKES. VOID WHERE PROHIBITED. Small Planet Foods Hybrid Car Giveaway Sweepstakes begins on 10/1/07 and ends on 10/31/07. Receive an official entry form (i) at the customer service desk of participating National Cooperative Grocers Association Stores when you purchase five (5) Muir Glen or Cascadian Farm products in one shopping visit between 10/1/07 and 10/31/07, or (ii) by printing an entry form at the www.spfhybridcarsweeps.com website. Fill out the entry form completely and mail with receipt for the five (5) purchased Muir Glen or Cascadian Farm products (purchased in one shopping visit) to: Small Planet Foods Toyota Hybrid Car Giveaway Sweepstakes, P.O. Box 162848, Atlanta, GA 30321-2848. To enter without purchase, mail a 3 x 5 card with your complete name, address, age and daytime phone number to: Small Planet Foods Hybrid Car Giveaway Sweepstakes, P.O. Box 162848, Atlanta, GA 30321-2848. All entries must be postmarked by 10/31/07 and received by 11/07/07. Open only to legal residents of WI, IN, MN, KS, MI, KY, IL, IO, NE, AK, OH, NY, MA, ME, VT, NC, MD, NH, PA, FL, GA, VA, TN, OR, AZ, CA, MO, MT, CO, NM, ID, TX, DC who are 18 years of age or older at time of entry. Limit one entry per household. See Official Rules posted in any National Cooperative Grocers Association Stores in the above states listed or at the www.spfhybridcarsweeps.com website for details. Sponsor will award one (1) prize in a random drawing on 12/10/07 in Roswell, Georgia. Prize consists of one (1) 2008 Toyota Prius CVT Hybrid car to include only standard features (ARV, \$22,175). Odds of winning depend on number of eligible entries received. Sponsor is General Mills, Inc., One General Mills Blvd., Minneapolis, MN 55426. Administrator/Operator: Leader Enterprises, Inc. Toyota name and logos, as well as Toyota model names, are trademarks of Toyota Motor Corporation. Sweepstakes is not sponsored by, or any way affiliated with, Toyota Motor Corporation.

Offer valid 10/1/07 - 10/31/07.



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MUIR GLEN
Organic Tomatoes
\$1.79



28 oz., selected varieties

MEDITERRANEAN ORGANIC
Organic Roasted Peppers
\$4.49



16 oz., selected varieties

SPECTRUM NATURALS
Extra Virgin Olive Oil
\$9.29



25.4 oz.

IMAGINE
Organic Broth
\$2.29



32 oz., selected varieties

ANNIE CHUN'S
Soup Bowl
\$2.29



5.3 - 5.9 oz.,
selected varieties

NATIVE FOREST
Organic Coconut Milk
\$1.29



13.5 oz.,
Organic Light Coconut Milk
also on sale

SAN J
Black Label Tamari
\$1.49



10 oz.
other San J products
also on sale

MORI NU
Silken Tofu
\$1.29



12.3 oz., selected varieties

PACIFIC
Organic Soup
\$2.39



32 oz., selected varieties

ALTER ECO
Rice
\$2.79



16 oz., selected varieties

NATURAL SEA
Chunk Light Tuna
\$1.29



6 oz., Salted or Unsalted

BACK TO NATURE
Organic Crackers
\$2.29



7 - 8.5 oz.,
selected varieties

Some items may not be available at all stores or on the same days in the month of October.

GROCERY

EQUAL EXCHANGE

Organic
Chocolate Bar
\$2.29



3.5 oz., selected varieties

LARABAR

Fruit & Nut Bar
\$1.19



1.6 - 1.8 oz.,
selected varieties

PANDA

Licorice Bar
39¢



1.125 oz., selected varieties

PAMELA'S

Organic Cookies
\$2.49



5.29 oz., selected varieties

NATURE'S PATH

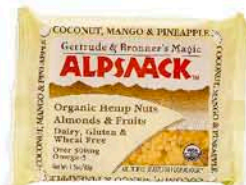
Organic
Granola Bars
\$2.99



7 oz., selected varieties

ALPSNACK

Organic Food Bar
\$1.79



1.5 oz., selected varieties

COUNTRY CHOICE ORGANIC

Organic Sandwich
Crème Cookies
\$2.39



12 oz., selected varieties

CLIF

Nectar Bar
\$1.29



1.6 oz., selected varieties

KASHI

GoLean Cereal
\$3.39



14.1 - 15 oz.,
selected varieties

LIVING HARVEST

Hempmilk
\$2.79



32 oz., selected varieties

NATURE'S PATH

Organic Cereal
\$2.89



13.25 - 14 oz.,
selected varieties

BOB'S RED MILL

Organic Rolled Oats
\$2.99



32 oz.,
Regular or Thick Cut
other Bob's Red Mill
Oats also on sale

R W KNUDSEN

Simply Nutritious
Juice
\$2.29



32 oz., selected varieties

UNCLE SAM'S

Cereal
\$2.29



10 oz.
other Uncle Sam's Cereal
products also on sale

CELESTIAL SEASONING

Tea
\$2.29



20 ct., selected varieties

COUNTRY CHOICE

ORGANIC
Instant
Oatmeal
\$2.79



8 packets,
selected varieties

Co-ops Celebrate Slow Food



Pan Roasted Chicken with Shallots and Herbs

By Doug Roese, Natural Foods Chef

Slow roasting adds a wealth of flavor to this meal in a pan! Just add a great green salad and enjoy. Serves 4.

2 1/2 lb. fryer chicken, cut into quarters	1 tsp. oregano
2 Tbsp. butter	1/2 tsp. thyme
2 Tbsp. olive oil	1/2 tsp. black pepper
1 lb. small shallots, peeled	1/2 tsp. salt
2 lbs. fingerling potatoes	1 cup chicken stock or white wine
1 tsp. basil	

Preheat oven to 375°F.

In an oven-proof casserole, heat butter and olive oil over medium high heat. Brown both sides of the chicken pieces and remove from pan. Add the shallots and little potatoes to casserole dish, and sauté until shallots start to color. Sprinkle with herbs and 1/2 of the salt and pepper. Add the stock or white wine, and chicken. Sprinkle with the rest of the salt and pepper, and bake for 1 hour or until the thigh measures 180°F at bone.

Individuals and groups the world over have reawakened to the values inherent in knowing where their food comes from. The Slow Food movement arose to honor local food customs and celebrate the pleasures of the table.

Your food co-op also plays an active role in preserving food traditions that make our regions special and unique. It's our priority to support foods produced by local farms. When you purchase their products at your local co-op, an economic and social food chain that supports local food and culture thrives.

As we celebrate Co-op Month, we are proud of the work of food co-ops around the country to create food networks based on high quality, fairness and sustainability. That's the Co-op Advantage.

SIMPLE THINGS YOU CAN DO TO SLOW DOWN

Industrial food products and the fast life can have a deleterious effect on our diet and well being. Try these tactics to help you "slow down" and get more enjoyment out of what you eat.

- **Savor what you eat.** It takes your stomach 15 minutes to receive the "I'm full" message. If you eat too quickly, studies show, you risk obesity by eating too much.
- **Eat at the table.** People who multi-task, eating at the TV or computer, actually eat more than those focused only on their meal.
- **Cook together.** Children who participate in preparing meals tend to eat what's served (including vegetables) and have healthier eating habits.

SECRETS OF GREAT HOME COOKING

Even restaurant chefs cook at home from time to time. How do they manage when they are outside the well-stocked realm of the commercial kitchen? Try their home cooking secrets, and you'll find having great meals just got easier.

Keep a few ethnic food ingredients on hand—Thai dipping sauces, Indian curry or chutney—and you've added variety to your diet without a lot of effort.

Buy the best utensils you can afford—a good knife and high quality chef's pan go a long way toward making prep easier and creating delicious results.

Create or buy seasoning blends—Cajun, Italian, Mexican, Asian—for changing up mundane dishes or marinating protein.

Think ahead by a day or two—a roasted chicken tonight can be made into sandwiches or fajitas the next day, or leftover vegetable stew can top off a bowl of pasta.

GROCERY

LITTLE BEAR
Tortilla Chips
\$2.29



16 oz., selected varieties

BLUE SKY
Soda
\$2.29



6 pack, selected varieties

STACY'S
Pita Chips
\$1.79



6 oz., selected varieties

ENDANGERED SPECIES
Chocolate Bar
\$1.99



3 oz., selected varieties

THE SWITCH
100% Juice Soda
\$4.29



4 pack, selected varieties

SEASON'S
Reduced Fat
Potato Chips
\$2.49



8.5 oz., selected varieties

VIRGIL'S
Soda
\$4.39



4 pack, selected varieties

GARDEN OF EATIN'
Blue Corn Chips
\$1.99



9 oz., selected varieties

RUDI'S ORGANIC BAKERY
Organic English
Muffins
\$2.29



12 oz., selected varieties

CASCADIAN FARM
Organic Fruit Spread
\$2.49



10 oz., selected varieties

ZOLA
Acai Beverage
\$1.59



11 oz., selected varieties

KAGOME
Fruit & Vegetable
Juice
\$2.79



30 oz., selected varieties

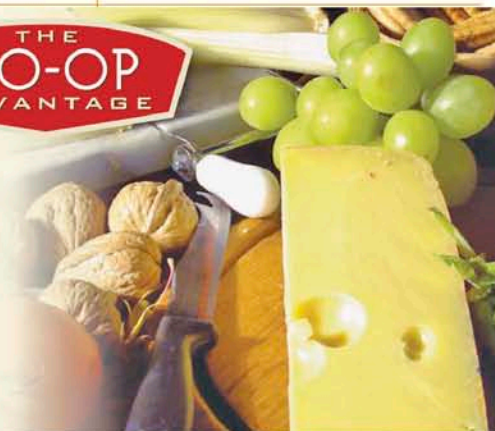
MIDDLE EARTH ORGANICS
Organic Pasta Sauce
\$3.99



19.8 oz., selected varieties

What are we all about?

We are over 100 consumer-owned grocery co-ops working together, across the country, to bring our passion for good food, our partnerships with local farmers and suppliers, our care for the community and the planet to you. Connecting you with other co-op shoppers across the country—that's the Co-op Advantage!

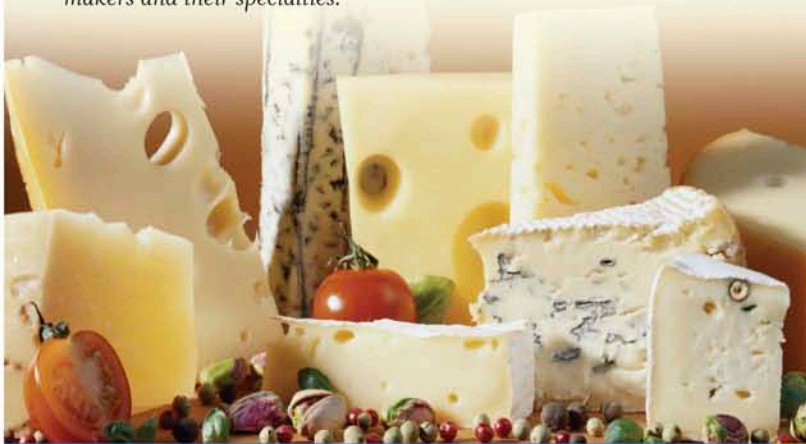


Fresh in the Deli

favorite foods from our co-op chefs

Featured Cheese: Local Cheeses

October is Co-op Month, and we celebrate by featuring some of our favorite locally produced cheeses. Look around in our cheese displays and you will discover a plethora of fine, hand-crafted artisan cheeses. Many are made in small batches and only available in the immediate vicinity of the farm. Make it a point to try a few different options this month and help support small local farms, your local economy and your co-op's mission. Consult with your co-op's cheese buyer for details on the local cheese makers and their specialties.



Customer Favorites from
Lakewinds Natural Foods,
Minnetonka, Minnesota

On sale at your co-op deli from 10/1/07 - 10/15/07

PERUVIAN QUINOA STEW

A thick and delicious stew, we sauté onions, celery, carrots, peppers, zucchini and tomatoes with garlic, cumin, coriander and chili powder, then add in freshly cooked quinoa and top it with fresh chopped cilantro. Perfect with some hearty, crusty bread.

save 75¢ per lb.

MAPLE GLAZED YAMS

A fall favorite, we oven roast fresh Garnet yams, then toss them with a glaze made from maple syrup, cranberries, apple juice and cinnamon. Try them as a side dish with a fresh, herb roasted rotisserie chicken.

save 75¢ per lb.

REFRIGERATED

BULK

BROWN COW
Plain Whole Milk
Yogurt
\$2.29



32 oz.
other Brown Cow Yogurt
also on sale

STONYFIELD FARM
Fat Free Yogurt
79¢



6 oz., selected varieties

PEACE COFFEE
Colombian Coffee
\$6.99



per pound,
Heavy Pedal or Dark Roast

EQUAL EXCHANGE
Organic Fair Trade
Co-op Blend
\$6.99



per pound

ORGANIC VALLEY
Organic Milk
\$6.29



128 oz., selected varieties

MISO MASTER
Organic Miso
\$4.79



16 oz., selected varieties

Celebrate Coop Month with a cup of
Equal Exchange coffee!

Equal Exchanges mission is to build long-term relationships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through our success, the contribution of worker cooperatives and Fair Trade to a more equitable democratic and sustainable world.

Some items may not be available at all stores or on the same days in the month of October.

WELLNESS

NORDIC NATURALS
All Products
20% Off



NEW CHAPTER
Every Woman II
\$49.99



180 tablets
other New Chapter products
also on sale

NUTIVA
Organic Hemp Shake
\$15.89



15 - 16 oz.,
selected varieties

THAYER
Slippery Elm
Lozenges
\$9.99



150 ct., selected varieties

KISS MY FACE
Liquid Rock
Deodorant
\$3.49



3 oz., selected varieties

TIGER BALM
Pain Relieving
Ointment
\$4.99



.63 oz., selected varieties

BACH
Rescue Remedy
\$12.49



20 ml.
other Rescue Remedy
products also on sale

ANCIENT SECRETS
Nasal Cleansing Pot
\$11.49



each

NATURE'S GATE
Tea Tree Shampoo
\$5.29



18 oz.
other Nature's Gate products
also on sale

AURA CACIA
Foam Bath
\$1.99



2.5 oz., selected varieties

BOIRON
Coldcalm
\$7.49



60 tablets,
selected varieties

EARTH SCIENCE
Apricot Facial Scrub
\$5.99



4 oz.
other Earth Science Facial
Care also on sale

NONFOOD

SEVENTH GENERATION
Baby Diapers
\$11.99



26 - 56 ct.,
selected varieties

GREEN FOREST
Bath Tissue
2/\$3



4 pack
other Green Forest Paper
Products also on sale

EARTH FRIENDLY
Dishmate
\$2.79



25 oz., selected varieties

PETGUARD
Cat Food
\$1.59



14 oz., selected varieties

Some items may not be available at all stores or on the same days in the month of October.

FROZEN

CASCADIAN FARM
Organic Fruit
\$2.89



8 - 10 oz.,
selected varieties

SEAPOINT FARM
Organic Edamame
\$2.29



14 oz., Pods or Shelled

AMY'S
Bowl
\$3.29



9 - 10 oz.,
selected varieties

STAHLBUSH
Vegetables
\$1.79



10 oz., selected varieties

CASCADIAN FARM
Organic Vegetables
\$1.89



16 oz., selected varieties

FRONTERA
Pizza
\$4.39



15.52 - 16.1 oz.,
selected varieties

BOCA
Veggie Burgers
\$2.79



10 oz., selected varieties

WHOLLY WHOLESOME
Pie Shells
\$2.49



14 oz., selected varieties

THE
CO-OP
ADVANTAGE

Co-op Advantage specials are available at the following natural food co-ops:



ARKANSAS
Ozark Natural Foods
1554 N. College Avenue,
Fayetteville

ILLINOIS
Neighborhood Co-op Grocery
1815 W. Main Street, Carbondale

INDIANA
Bloomingfoods Market and Deli
3220 E. 3rd Street, Bloomington
316 W. 6th Street,
Bloomington

419 E. Kirkwood Avenue,
Bloomington

Maple City Market
314 S. Main Street, Goshen

Three Rivers Food Co-op
1612 Sherman Blvd,
Ft. Wayne

IOWA
New Pioneer Co-op
22 S. Van Buren Street, Iowa City
1101 2nd Street, Coralville

Wheatfield Co-op
413 Douglas Avenue, Ames

KANSAS
Community Mercantile Co-op
901 Iowa Street, Lawrence

KENTUCKY
Good Foods Market & Cafe
455-D Southland Drive, Lexington

MICHIGAN
East Lansing Food Coop
4960 Northwind,
East Lansing

Grain Train
220 E Mitchell, Petoskey

Greentree Natural Foods Co-op
214 N. Franklin,
Mt. Pleasant

Marquette Food Co-op
109 W Baraga Avenue, Marquette

Oryana Food Co-op
260 E. 10th Street, Traverse City

People's Food Co-op
216 N. 4th Avenue,
Ann Arbor

People's Food Co-op
436 S. Burdick Street, Kalamazoo

Ypsilanti Food Co-op
312 N. River Street, Ypsilanti

MINNESOTA
City Center Market
122 N. Buchanan Street, Cambridge

Cook County Coop
20 E. First Street,
Grand Marais

Eastside Food Cooperative
2551 Central Avenue NE,
Minneapolis

Just Food Co-op
516 S. Water Street, Northfield

Lakewinds Natural Foods
1917 2nd Avenue South, Anoka
435 Pond Promenade, Chanhassen

17501 Minnetonka Boulevard,
Minnetonka

Linden Hills Co-op
2813 W. 43rd Street, Minneapolis

Mississippi Market
1810 Randolph Avenue, Saint Paul

622 Selby Avenue,
Saint Paul

River Market Community Co-op
221 N. Main Street, Stillwater

Seward Co-op Grocery & Deli
2111 E. Franklin Avenue,
Minneapolis

St. Peter Food Co-op
119 W. Broadway,
St. Peter

Valley Natural Foods
13750 County Road 11, Burnsville

Wedge Co-op
2105 Lyndale Avenue S.,
Minneapolis

Whole Foods Co-op
610 E. 4th Street,
Duluth

NEBRASKA
Open Harvest
1618 South Street, Lincoln

OHIO
Phoenix Earth Coop
1447 W. Sylvania Ave., Toledo

WISCONSIN
Basics Cooperative
1221 Woodman Rd,
Janesville

Menomonie Market
521 2nd Street E.,
Menomonie

Outpost Natural Foods
2826 S. Kinnickinnic Ave, Bayview

100 E. Capitol Drive, Milwaukee

7000 W. State Street, Wauwatosa

People's Food Co-op
315 5th Avenue S., LaCrosse

Viroqua Food Co-op
609 N. Main Street, Viroqua

Willy Street Grocery Co-op
1221 Williamson Street, Madison