

We Know Good Food

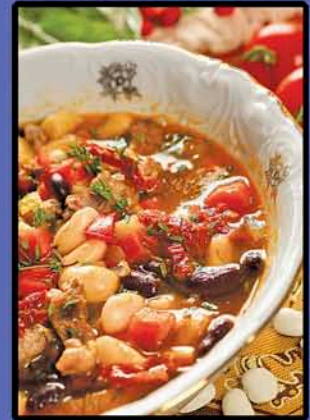


February 2008



This Month's Tips

- Show Your Love with Good Food
- Recipe: Smoked Sausage Cassoulet
- Set the Table for Romance



AURA CACIA
Foam Bath
\$1.99



2.5 oz., selected varieties

CHOCOLOVE
Chocolate Bar
\$1.79



3.2 oz., selected varieties

LAKWOOD ORGANIC
Organic Pomegranate
Blend Juice
\$2.89



32 oz., selected varieties

SPECTRUM NATURALS
Organic Extra Virgin
Olive Oil
\$9.49



25.4 oz.

BROWN COW
Yogurt
69¢



6 oz., selected varieties

NATURE'S PATH
Organic Optimum
Cereal
\$2.89



11 - 14 oz., selected varieties

BIONATURAE
Organic Pasta
\$1.79



16 oz., selected varieties

MUIR GLEN
Organic Pasta Sauce
\$2.29



25.5 oz., selected varieties

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

GROCERY

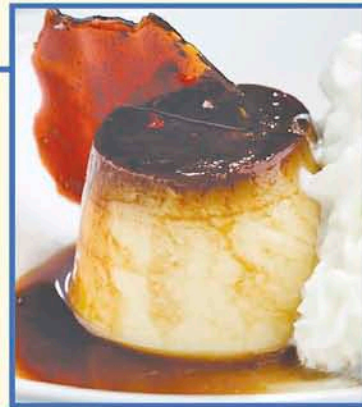
CHOCOLATE CRÈME BRULEE

Custard:

2 cups whipping cream
1 Tbsp. pure vanilla extract
3 ounces semi-sweet chocolate, chopped in pieces
6 egg yolks
6 Tbsp. sugar

Topping:

3 Tbsp. sugar
3 Tbsp. firmly packed brown sugar



Preheat oven to 300 degrees F.

In heavy saucepan, bring cream to a simmer and then remove from heat. Stir in vanilla extract and chocolate pieces until melted. In medium bowl, whisk together egg yolks and sugar. Slowly add hot chocolate cream. Let cool to room temperature, stirring occasionally (approximately 15-20 minutes).

Arrange six custard cups in a shallow baking pan. Spoon in chocolate mixture. Fill baking pan halfway with hot water (water should come halfway up sides of custard cups). Bake on center rack until custard is set, approximately 40 minutes.

Cool custards on rack. In the meantime, preheat broiler. Mix topping sugars together in small bowl and sprinkle evenly over custards. Place custards on baking sheet and broil (about 2 inches from heat) just until sugar melts and begins to caramelize. Let stand 5 minutes prior to serving.

GREEN & BLACK'S
Organic
Chocolate Bar

\$2.29



3.5 oz., selected varieties

NEWMAN'S OWN ORGANICS

Organic Sandwich
Cookies

\$2.79



16 oz., selected varieties

ANNIE CHUN'S
Soup Bowl

\$2.29



5.3 - 6 oz., selected varieties

BACK TO NATURE
Crackers

\$2.29



6 - 8.5 oz., selected varieties

MUIR GLEN
Organic Soup

\$1.89



19 oz., selected varieties

WESTBRAE
Organic Beans

2 for \$3



25 oz., selected varieties

EDWARD & SON'S
Miso-Cups

\$3.39



2.5 oz., selected varieties

BIONATURAE
Organic Tomato
Paste

\$1.39



7 oz.
other Bionaturae Tomatoes
also on sale

ECO FISH
Albacore Tuna

\$4.49



6 oz.

BELA OLHAO
Sardines

\$1.69



4.25 oz., selected varieties

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GROCERY

CLIF
Clif Bar
89¢



2.4 oz., selected varieties

WESTSOY
Unsweetened
Soy milk
\$1.69



32 oz., selected varieties

KASHI
Heart to Heart
Cereal
\$3.39



12.4 - 13.4 oz.,
selected varieties

GOOD KARMA
Organic Ricemilk
\$1.99



32 oz., selected varieties

YOGI
Tea
\$2.69



16 ct., selected varieties

BOOMI BAR
Energy Bar
\$1.29



1.7 oz., selected varieties

R.W. KNUDSEN
Very Veggie Juice
\$2.29



32 oz.

MIDEL
Cookies
\$2.19



8 - 10 oz., selected varieties

DREW'S ALL NATURAL
Dressing and
Marinade
\$2.29



12 oz., selected varieties

FANTASTIC FOODS
Organic Couscous
\$1.39



12 oz.

PACIFIC
Organic Soup
\$2.29



14.5 oz., selected varieties

ANNIE'S HOMEGROWN
Pasta and Cheese
Dinner
\$1.39



6 oz., selected varieties

GOOD EARTH
Tea
\$2.29



18 ct., selected varieties

MARANATHA
Organic
Almond Butter
\$12.39



16 oz., selected varieties

RUDI'S ORGANIC BAKERY
Organic English
Muffins
\$2.39



12 oz., selected varieties

EQUAL EXCHANGE
Organic Fair Trade Love
Buzz Bulk Coffee
\$6.99



per pound

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Love for Good Food



A lot of times, we show people we care by cooking special meals for celebrations, large and small. That's the spirit behind French bistro cooking. It's a way to show our love for the food and people around us, by making every day a celebration of simple pleasures. The food goes straight from the market to the cook stove with seasonal ingredients that make delicious one-pot meals. A baguette dipped in pan juices makes dinner complete. It's authentic and satisfying food that has a big, abundant heart. At your local food co-op, we know well-prepared ingredients served with pride are a fine tribute to love. That's the Co-op Advantage.



Smoked Sausage Cassoulet

By Chris Ryding

A simple, full-flavored version of the hearty, rustic French stew. Easy to prepare, tastes even better the second day. Serves four. Prep time, 15 minutes. Cook time, 60 minutes.

- 1 small onion, diced
- 2 small carrots, diced
- 2 ribs celery, sliced
- 2 tsp. minced garlic
- 2 tsp. herbs de Provence
- 1 pound Andouille sausage, cooked and sliced
- 1 (15 oz.) can diced tomatoes, drained
- 1 (15 oz.) can navy beans, rinsed
- 1 (15 oz.) can kidney beans
- 1 cup broth (beef or vegetable)
- 2 small bay leaves

Preheat oven to 425 degrees F.

In a large skillet, heat 1 Tbsp. of olive oil and sauté the onions, carrots, celery and garlic over medium heat for five minutes. Add the herbs and sliced sausage; sauté two minutes.

Add all ingredients to a three-quart casserole dish; stir, cover and bake in the oven for 30 minutes. Remove cover and bake an additional 30 minutes. Remove from oven, add salt and pepper to taste. Serve in small bowls. Complement with crusty bread and a green salad. Garnish with shredded or flaked parmesan cheese, optional.

Set the Table for Romance

Candles are practically required for a romantic setting. That's why it's doubly important to choose your candles with care, since some may actually pose a health risk. Paraffin wax is the final product of the petroleum refining chain, and candles made with paraffin can emit toxins that could be as detrimental as inhaling second-hand smoke.



Beeswax candles have a velvety finish, a soft, appealing flame and pleasant honey scent. Good beeswax candles can be expensive, but a 100% beeswax candle will burn five times longer than a petroleum-based candle.

Palm wax is made from the fruit berry of palm oil trees. Palm wax candles have a hot, burning flame and burn clean, all the way to the end of the taper. They burn twice as long as paraffin candles, are inexpensive, and a very environmentally friendly choice.

Soy candles are made from soybean wax, an all-natural product. They produce much less soot than paraffin candles and burn three times longer. Look for "made with 100% soy" on the label, as candles with as little as 25% soy could be blended with paraffin wax and still labeled as a "soy" candle.

GROCERY

GINGER PEOPLE
Ginger Soother
\$2.79



32 oz.

Ginger Soother is a unique beverage made with prized Chinese yellow ginger, honey, lemon and natural flavor. Ginger is said to soothe the throat and stomach, warm the internal organs, and ease nausea and ailments from colds to headaches. A daily dose of this all-natural, refreshing drink will help keep you in harmony all day.



NATURAL BREW
Soda
\$3.49



4 pack, selected varieties

GARDEN OF EATIN'
Tortilla Chips
\$1.99



7 - 9 oz., selected varieties

FRONTERA
Salsa
\$2.99



16 oz., selected varieties

ICELAND SPRING
Spring Water
\$1.49



50.7 oz.

BOB'S RED MILL
Gluten Free
Rolled Oats
\$4.49



32 oz.

ENJOY LIFE
Gluten Free Cookies
\$2.29



6 oz.

Chocolate Dipped Strawberries

These chocolate dipped strawberries are easy and elegant.

1 pint fresh strawberries, washed and thoroughly dried, leaving stems on the fruit

8 ounces bittersweet chocolate

Wash and dry the strawberries. Chop the chocolate into chunks and put into a double boiler or a stainless steel bowl over a pot of simmering water. Heat the chocolate slowly, stirring occasionally, to keep temperatures even. Gentle heating is important, because scorched chocolate will be grainy. Once the chocolate is fully melted, dip strawberries into the chocolate using a fork or toothpick. Put dipped strawberries on a rack with a pan under it to catch chocolate drips, or place them on waxed paper or parchment paper. Refrigerate to set the chocolate shell.



APPLETISER
Sparkling Juice
\$2.89



750 ml., selected varieties

COUNTRY CHOICE
Organic Instant
Oatmeal
\$2.69



10 oz., selected varieties

Fresh in the Deli

favorite foods from our co-op chefs

Featured Cheese: Parmesan

This hard, dry cheese is made from cow's milk and is a favorite of chefs. There are domestic and imported varieties of Parmesan cheeses available. Aging contributes to a rich, sharp, complex flavor and grainy texture. Typically, domestic versions are aged for 14 months, while imported Parmigiano-Reggiano is aged two years. Those labeled "Stravecchio" have been aged three years. Parmesan can be purchased grated, shredded or by the piece.

Try mixing grated parmesan with seasoned bread crumbs, then egg wash, dredge and sauté thinly sliced eggplant to make eggplant parmesan cutlets. Top with tomato sauce.



Customer Favorites from
Whole Foods Co-op
Duluth, Minnesota

On sale at your co-op deli from 2/1/08 - 2/15/08

SMOKED TURKEY SALAD WITH APRICOTS

Toasted almonds, chopped apricots, onions, celery and smoked turkey breast are tossed with penne pasta noodles and dressed in a light citrus mayonnaise dressing seasoned with thyme and tarragon. Perfect with a bowl of hot soup.

save 75¢ per lb.

MALTED MILK BALL CAKE

Chocolate lovers rejoice! Made-from-scratch chocolate layer cake, lightly seasoned with vanilla and cinnamon, is dressed with a house-made buttercream icing with chunks of malted milk balls.

save 50¢ per lb.

REFRIGERATED

ORGANIC VALLEY

Organic Cottage
Cheese
\$3.59



16 oz., selected varieties

SILK

Soymilk
\$2.89



64 oz., selected varieties

LIGHT LIFE

Smart Deli Slices
\$1.99



5.5 oz., selected varieties

EARTH BALANCE

Non-Dairy Spread
\$2.39



16 oz., selected varieties

WHOLESOY

Soy Yogurt
79¢



6 oz., selected varieties

BOSSA NOVA

Acai Juice
\$1.99



10 oz., selected varieties

Got love? No time to cook?

Prepared foods can help fill in where your culinary wizardry leaves off. A great meal can be pulled together with the help of artisan breads, pre-mixed salad greens, cheeses, fruits and your local deli. A little love note placed on the plate is as welcome as dessert.



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WELLNESS

GIOVANNI
Haircare
\$5.39



8.5 oz., selected varieties

DESERT ESSENCE
Facial Cleanser
\$5.99



8 oz.

SHIKAI
Adult Borage
Therapy
\$8.69



8 oz.
other Borage Therapy products
also on sale

ECODENT
Gentle Floss
\$3.79



100 yds.

ALACER
Functional
Emergen-C
\$10.99



36 ct., selected varieties

NUTRITION NOW
PB8 Acidophilus
\$14.99



120 capsules,
selected varieties

SPECTRUM ESSENTIALS
Omega 3 Fish Oil
\$7.49



100 capsules

DR. DÜNNER
Sambu Guard
\$12.99



6 oz.

BOIRON
Oscillococcinum
Bonus Pack
\$17.99



12 dose

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. Go Co-op!



NONFOOD

CITRA-SOLV
Cleaner and
Degreaser
\$4.29



8 oz.

SEVENTH GENERATION
Dish Liquid
\$2.29

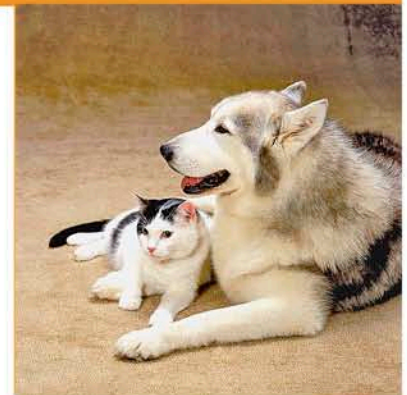


25 oz., selected varieties

CASTOR & POLLUX
Organic Canned
Petfood
69¢



3 oz., selected varieties



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FROZEN

RISING MOON

Pizza
\$4.69



13 oz., selected varieties

NATURAL SEA

Fish Sticks
\$3.79



8 oz.
Fish Fillets also on sale

SHELTON'S

Turkey Sausage
\$3.29



12 oz., selected varieties

SEAPOINT FARMS

Organic Edamame
\$2.29



14 oz., selected varieties



CASCADIAN FARM

Organic Juice
Concentrate
\$2.49



12 oz., selected varieties

FRENCH MEADOW

Functional Bread
\$3.99



24 oz., selected varieties

PURELY DECADENT

Non-Dairy Dessert
\$2.69



16 oz., selected varieties

THE
CO-OP
ADVANTAGE

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



GO
CO-OP!

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

Wheatsfield 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
Bluff Country Coop
121 W 2nd Street,
Winona

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