

We Know Good Food



March 2008



This Month's Tips

- Celebrate Springtime with Good Food
- Recipe: Irish Bangers and Mash
- Balancing Exercise and Healthy Eating



BROWN COW
Yogurt
69¢



6 oz., selected varieties

ENVIROKIDZ
Organic Cereal
\$2.89



10 - 14 oz., selected varieties

RICE DREAM
Enriched Rice
Beverage
\$1.89



32 oz., selected varieties

R.W. KNUDSEN
Just Black
Cherry Juice
\$2.89



32 oz.
other Just Juice also on sale

GREEN & BLACK'S
Organic Ice Cream
\$2.99



16 oz., selected varieties

WHOLESOME SWEETENERS
Organic Brown
Sugar
\$2.79



24 oz., Dark or Light Brown
other Wholesome Sweetener
products also on sale

IMAGINE
Organic Broth
\$2.79



32 oz., selected varieties

SEVENTH GENERATION
Cleaning Products
\$3.29



32 oz., selected varieties

Some items may not be available at all stores or on the same days in the month of March 2008.

GROCERY

Amy's



We invite you to join us in CELEBRATING 20 YEARS! Read about our history at www.amys.com



Organic Soup
\$1.89

14.1 - 14.5 oz.,
selected varieties

Pizza
\$4.49

11 - 14 oz.,
selected varieties

Enchilada
\$2.59

9 oz., selected varieties

Burrito
\$1.69

6 oz., selected varieties

BIONATURAE

Organic Extra Virgin
Olive Oil
\$10.39



25.4 oz.

MUIR GLEN

Organic Tomatoes
\$1.29



14.5 oz., selected varieties

EDEN

Organic Beans
\$1.29



15 oz., selected varieties

SEED'S OF CHANGE

Organic Dressing
\$2.79



13 oz., selected varieties

LUCINI

Pasta Sauce
\$4.99



19.6 - 25.5 oz.,
selected varieties

AMISH NATURALS

Organic Fettuccine
\$1.99



12 oz., selected varieties

EMERALD COVE

Organic Sushi Nori
\$2.79



10 sheets
other Emerald Cove products
also on sale

MANITOBA HARVEST

Hemp Seeds
\$5.39



8 oz.
other Hemp Seed products
also on sale

HIMALASALT

Salt Shaker
\$4.29



6 oz.
other Himalasalt products
also on sale

KAGOME

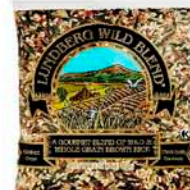
Fruit & Vegetable
Juice
\$2.49



30 oz., selected varieties

LUNDBERG FAMILY FARMS

Rice Blends
\$2.29



16 oz., selected varieties

THAI KITCHEN

Instant Rice
Noodle Soup
59¢



1.6 oz., selected varieties

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GROCERY

BIONATURAE

Organic Fruit Spread
\$2.79



9 oz., selected varieties

RUDI'S ORGANIC BAKERY

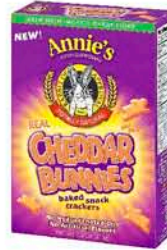
Organic Bread
\$2.79



22 oz., selected varieties

ANNIE'S HOMEGROWN

Crackers
\$2.29



7.5 oz., selected varieties

BARBARA'S BAKERY

Shredded Cereal
\$2.89



13 - 16 oz., selected varieties

COUNTRY CHOICE ORGANIC

Organic Sandwich
Creme Cookies
\$2.39



12 oz., selected varieties

NEWMAN'S OWN ORGANICS

Organic Hermit
Cookies
\$2.89



9 oz., selected varieties

DR. OETKER

Organic Baking
Mixes
\$1.89



11.3 - 17.6 oz.,
selected varieties

CLIF BAR

Builder Bar
\$1.19



2.4 oz., selected varieties

YUMMY EARTH

Organic Lollipop's
\$1.59



2.8 - 3 oz., selected varieties

SPECTRUM NATURALS

Organic Unrefined
Coconut Oil
\$5.99



14 oz.

SIMPLY ORGANIC

Organic Spices
\$2.79



2.21 - 3.7 oz.,
selected varieties
other Simply Organic products
also on sale

CHERRYBROOK

Wheat Free Baking
Mixes
\$3.39



13.1 - 18 oz.,
selected varieties

YOGI

Organic Green Tea
\$2.59



16 ct., selected varieties



Refresh and Renew with Green Tea

Nothing beats a cup of green tea. Its unique light-green color and subtle flavor is widely appreciated, especially in Asian countries, where drinking and producing tea is elevated to an art form.

Try these delicious green teas, which have very different flavor profiles:

- **Hojicha**— Made with the new leaves of a spring harvest that are slow roasted for a very nutty taste.
- **Genmaicha**— This Japanese green tea made with Sencha tea leaves mixed with toasted brown rice yields a distinctive roasted flavor.
- **Gunpowder**— A Chinese green tea wherein the leaves are rolled into tight pellets and dried. It's a full bodied tea, also traditionally used in Moroccan mint tea.

Celebrate Springtime

Spring renewal often inspires us to make lifestyle tune-ups to get ready for the active season. Although most people recognize the importance of healthy choices, it can be a struggle to find the right balance of food intake and activity level. Whether you are revitalizing yourself through an exercise and nutrition program, or just need someone to answer your questions, we're here to support your efforts. That's the Co-op Advantage.

Irish Bangers and Mash

By Christopher Ryding

An Irish twist to an English countryside classic, this earthy recipe incorporates the famous potato dish, Colcannon, in place of traditional mashed potatoes, which is topped with sausage and fried onion gravy. Serves 4. Prep time: 30 minutes.

To make the Colcannon:

- 1 lb. potatoes, peeled and cubed**
- 2 cups chopped or shredded cabbage**
- 1/2 cup chopped onion**
- 1/4 cup milk**
- 2 Tbsp. butter, unsalted**

In a medium saucepan, add enough water to cover the potatoes. Bring to a boil and simmer 15 minutes, or until tender.

As the potatoes are cooking, melt 1 Tbsp. of butter over low heat and add cabbage and onion. Sauté until soft, being careful not to brown. Remove from heat and reserve.

Drain the cooked potatoes and mash by hand. Incorporate the milk and butter into the potatoes until well mixed. Then, fold in the cooked cabbage and onions. Salt and pepper to taste.



To complete the dish:

- 8 links of your favorite pork sausage**
- 2 cups chopped onion**
- 2 cups beef broth**
- 1 Tbsp. corn starch**

Fry pork sausage in a skillet until browned. Remove sausage from pan and add onion to pan juices and sauté until lightly browned. Add beef broth, bring to a boil and simmer 5 minutes. Thicken with cornstarch to make gravy.

Place one scoop of the Colcannon in the center of a serving plate; top with two sausages and cover with gravy.

Better Nutrition for Everyone

The importance of mealtime rituals in the home cannot be overstated. Studies show that families, who eat at home together, not only eat better, but the practice also helps kids focus in school and avoid alcohol and drugs.

Here's how to establish a beneficial nutritional routine:

- Model the behavior you want to see in your children. Your actions influence their choices, and it is important to be positive about healthy food choices.
- Offer healthy grab-and-go snacks, like cut-up vegetables, dips, peeled fruits, seedless grapes or string cheese.
- Involve children in meal planning, shopping and cooking. Let them pick out and prepare healthy things they like to eat.
- Try to instill good food values. Kids often need multiple exposures to a food before they will embrace it. It's important to show your kids you like to try new things, too.



FROZEN

LIFESTREAM

Organic Waffles
\$2.29



11 oz., selected varieties

KASHI

Entrée
\$3.19



10 oz., selected varieties

Irish Soda Bread

Prep time: 10 minutes. Cook time: 1 hour.

- 4 cups all-purpose flour
- 1 cup granulated sugar
- 1 tsp. baking soda
- 2 tsp. baking powder
- 1/2 tsp. salt
- 3 eggs
- 1 pint sour cream
- 1 cup raisins



Preheat oven to 325 degrees F.
Grease two 8" x 4" loaf pans.

Mix flour, sugar, baking soda, baking powder and salt.
Add the eggs, sour cream and raisins and mix until just combined. Distribute batter evenly between the two pans.

Bake loaves at 325 degrees F for one hour.

QUORN

Meat Free Tenders
\$3.29



12 oz.
other Quorn products
also on sale

SO DELICIOUS

Organic Nondairy
Dessert
\$3.39



32 oz., selected varieties

SHELTON'S

Free Range
Ground Turkey
\$2.39



16 oz.

DOMINIX

Eggplant Appetizers
\$2.79



8 oz.
Eggplant Burgers and Cutlets
also on sale

HENRY & LISA

Mahi Mahi with
Marinara
\$5.39



9 oz.



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!



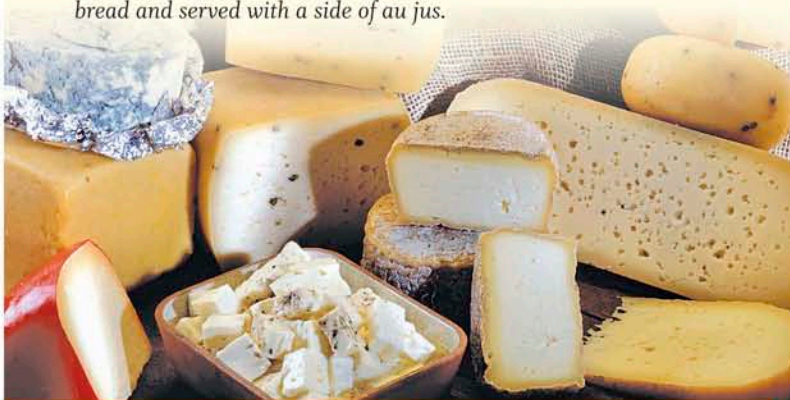
Fresh in the Deli

favorite foods from our co-op chefs

Featured Cheese: Northern European

From Holland comes mild, fruity Gouda. From Norway, there's the popular and slightly nutty Jarlsberg. And, hailing from Denmark are the semi-soft favorites of plain and flavored Havarti and sweet, honey-like Fontina. Northern Europe boasts a strong cheese-making heritage, and these all work well together on a cheese plate.

Try thinly sliced roast beef topped with smoked Gouda, caramelized onions and grilled tomatoes, broiled open-faced on a slice of sourdough bread and served with a side of au jus.



Customer Favorites from
Neighborhood Food Co-op
Carbondale, Illinois

On sale at your co-op deli from 3/1/08 - 3/15/08

AZTEC QUINOA SALAD

Light and tangy, this protein-packed salad features the ancient grain, Quinoa, dressed with lime juice, chili flakes and fresh cilantro, and studded with corn, black beans, bell peppers and cucumbers.

save 75¢ per lb.

APPLE CRANBERRY CRISP

This dessert is chock-full of all our favorite flavors — oats, apples, pecans, butter, sugar, cranberries and cinnamon.

save 50¢ per lb.

NONFOOD

GREEN FOREST Paper Towels

99¢



65 sheet roll
other Green Forest products
also on sale

BIOKLEEN Bac Out Enzyme Cleaner

\$5.49



32 oz.
other Biokleen products
also on sale

EQUAL EXCHANGE Organic, Fair Trade Breakfast Blend Coffee

\$6.99



per pound

GOLDEN TEMPLE Granola

\$2.29



per pound
some varieties \$2.49 or \$2.99

GROCERY

SAHALE Snack Blends

\$3.29



5 oz., selected varieties

DREW'S ALL NATURAL Organic Salsa

\$2.49



12 oz., selected varieties

STACY'S Pita Chips

\$1.79



6 oz., selected varieties

SEASON'S Cheese Puffs

\$2.29



6 - 8 oz., selected varieties

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WELLNESS

PRESERVE
Toothbrush
\$2.69



each, selected varieties

NATURE'S GATE
Toothpaste
\$3.29



6 oz., selected varieties

KISS MY FACE
Moisture Shave
\$4.69



11 oz., selected varieties

AURA CACIA
Kids Foaming Bath
\$1.89



2.5 oz., selected varieties

ALBA BOTANICA
Body Lotion
\$11.79



32 oz., selected varieties

DR. BRONNER
Body Soap
\$9.99



24 oz., selected varieties

BACH
Rescue Remedy
\$12.99



20 ml.

RAINBOW LIGHT
Women's or Men's
One Multivitamins
\$24.29



150 tabs.

NEW CHAPTER
Blockade
\$29.99



30 tabs.

BOIRON
Coldcalm
\$7.39



60 tabs.
Boiron Chestal products also on sale

NUTIVA
Organic Hemp Shake
\$16.49



15 - 16 oz., selected varieties

NORDIC NATURALS
All products
20%
OFF



selected varieties

FUTUREBIOTICS
Hair, Skin & Nails
\$7.99



75 tabs.
other Futurebiotic products also on sale

Five A Day Really Works!

Researchers have established that consuming at least five servings of fruits and vegetables a day can reduce the possibility of developing chronic diseases, including cancer. However, many people consume far less than the recommended levels. Here's how you can add more fruits and vegetables to your daily routine and reap the health benefits:

- Eat fresh fruit at breakfast everyday.
- Add fresh or frozen vegetables to eggs and omelets for breakfast, and to pasta sauces and casseroles for dinner.
- Toss crunchy chopped vegetables with a salad dressing for a side dish.
- Have fresh fruit and yogurt for dessert.



REFRIGERATED

NANCY'S

Organic Plain Yogurt
\$2.89



32 oz., selected varieties

ORGANIC VALLEY

Organic Extra Large Eggs
\$3.29



dozen

EARTH BALANCE

Whipped Buttery Spread
\$2.49



13 oz.



ORGANIC VALLEY

Organic Lactose Free Milk
\$3.29



64 oz., selected varieties

MEYENBERG

European Goat Butter
\$4.99



8 oz.

Gourmet Butters

Gourmet butters are becoming the chic spreads and key ingredients for adventurous home cooks and professional chefs. Lightly salted, all-natural and certified-kosher MEYENBERG European Style Goat Milk Butter has a delicious, rich flavor and light texture. A lower melting point makes it an ideal topping for toast or with anything you might use regular butter.

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