

We Know Good Food



April 2008

Celebrate Earth Day at Your Local Co-op!



This Month's Tips

- How to be 'green' everyday
- Recipe: Easy Beef Rouladen
- Recycling tips



BIOKLEEN
Laundry Powder
\$12.29



10 lb.

GT'S
Organic Kombucha
\$2.49



16 oz., selected varieties

CASCADIAN FARM
Organic Vegetables
\$1.69



10 oz., selected varieties

ANNIE'S NATURALS
Organic Dressing
\$2.49



8 oz., selected varieties

CLIF BAR
Luna Bar
89¢



1.69 oz., selected varieties
other Clif Bars also on sale

WESTSOY
Organic Unsweetened
Soy milk
\$1.49



32 oz., selected varieties

NATURE'S PATH
Organic Eco Pac
Cereal
\$5.49



26.4 - 32 oz.,
selected varieties

ANNIE'S HOMEGROWN
Organic Pasta &
Cheese Dinner
\$1.69



6 oz., selected varieties

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

GROCERY

LARABAR
Nutritional Bar
\$1.19



1.6 - 1.8 oz.,
selected varieties

LAKWOOD ORGANIC
JUICE
Organic Juice
\$3.29



32 oz., selected varieties

NATURE'S PATH
Organic Toaster
Pastries
\$2.49



11 oz., selected varieties

PANDA
Natural Licorice
Chews
\$1.89



7 oz., selected varieties

'Let's Concentrate and Get Out of Hot Water' Challenge

Did you know that if every U.S. household used 2x concentrated liquid laundry detergent instead of regular liquid detergent, we'd save 78,000 tons of plastic and 970,000 tons of greenhouse gas emissions — in just one year?*

The switch to concentrates is a critical change for all of us. That's why Seventh Generation is switching its liquid laundry line to 2x concentrated formulas, and challenges shoppers to give them a try.

In addition to the savings associated with the new formula, Seventh Generation's new products are just as effective in cold water washing. That means big energy savings and smaller energy bills.

Cold water + concentrated detergent = BIG environmental savings. Make a small change that makes a huge impact this Earth Day!

To learn more, go to www.seventhgeneration.com

*Based on 100 oz.



BUMBLE BAR
Energy Bar
\$1.39



1.4 - 1.6 oz.,
selected varieties

APPLE & EVE
Organic Fruit Juice
\$1.49



3 pack, selected varieties

ROBERT'S AMERICAN
Snacks
\$1.69



3.5 - 6 oz., selected varieties

SANTA CRUZ
Organic Applesauce
\$2.59



23 oz., selected varieties

SEVENTH GENERATION
Multipack Bath
Tissue
\$8.79



12 pack



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NONFOOD

CITRA-SOLV
Natural Cleaner and
Degreaser
\$6.79



16 oz., selected varieties

IF YOU CARE
Coffee Filters
\$1.89



100 ct., selected varieties
other If You Care
products also on sale

Green Steps to a Clean House

The average home does not need heavy-duty chemical compounds to keep it clean. Most common household products, like baking soda, vinegar and a simple home soap, can suffice for most tasks.

For non-toxic home cleaning recipes for kitchen, bath and floors, see *Clean & Green: The Complete Guide to Nontoxic and Environmentally Safe Housekeeping* by Annie Berthold-Bond.

To purchase ready-made "green" household cleaners:

- Seek out products that are chlorine-free, have low VOCs (volatile organic compounds) and non-carcinogenic ingredients.
- Look for biodegradable, vegetable-based ingredients that will not accumulate in the environment.



GROCERY

ZOLA
Organic Power Juice
\$1.69



12 oz., selected varieties

VITA SPELT
Spelt Pretzels
\$1.59



8 oz., selected varieties

STEAZ
Organic Energy
Drink
\$5.29



4 pack, selected varieties

SEASONS
Reduced Fat
Potato Chips
\$2.29



8.5 oz., selected varieties

MARY'S GONE CRACKERS
Organic Wheat Free
Crackers
\$2.79



6.5 oz., selected varieties

HARVEST BAY
Coconut Water
\$1.39



11 oz., selected varieties

COUNTRY CHOICE
ORGANIC
Organic Snacking
Cookies
\$2.49



7-8 oz., selected varieties

CHOICE ORGANIC TEA
Organic Tea
\$2.29



16 ct., selected varieties

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Going Green Every Day

In the spirit of renewal and environmental stewardship, we celebrate Earth Day every April by celebrating our planet's precious gifts. "Going green" as a consumer means our mindful actions can help preserve natural spaces for generations to come. Your food co-op is on a mission to help you contribute to a better future by offering product choices that truly respect people and the planet. That's the Co-op Advantage. Go Co-op!



Easy Beef Rouladen

By Christopher Ryding

A popular, regional German dish made from thinly pounded beef, slow cooked and filled with a classic mixture of onions, bacon, mustard and pickles.

Serves: 6 Prep time: 45 minutes

6 4-ounce cube steaks, pounded thin
6 strips bacon
2 cups diced onion
1 dill pickle spear
German-style mustard, stone ground or brown
2 cups beef broth
1 cup water
2 tablespoons cornstarch
Salt and pepper to taste



In a large non-stick skillet, fry bacon until nearly crisp. Remove the bacon from the pan, reserving bacon grease. Add diced onions to the bacon grease and saute until soft. Remove pan from heat.

Chop pickle and bacon; add them to the onion mixture and mix well. Lay out beef slices, season with a pinch of salt and black pepper, and spread each slice with 1 teaspoon of mustard.

Divide equal amounts of the onion-bacon mixture, spread onto the center of each slice of beef, then roll and secure with toothpicks.

Place beef rolls into the skillet and brown them. Add the beef broth and water, and bring to a boil. Reduce to a simmer, cover the pot and continue simmering until tender, about 30 minutes.

Remove the beef rolls and place on a serving plate. Bring broth back to a boil and stir in the cornstarch to make gravy. Return the beef roulades to the gravy and coat well. Serve the beef rolls hot, covered with gravy.

Make a Difference by 'Pre-Cycling'

By thinking about a product's merits in advance of purchasing it, you can have an even greater influence on the environment.

- Pick products and packaging that come from renewable resources or that can be recycled.
- Consider how long the product will last relative to the packaging.
- Examine an over-packaged product and ask if it is worth the cost to the environment.



In addition, you can pre-cycle by buying in bulk, using reusable bags and avoiding impulse shopping.

Packaging That's Earth Friendly

Look for these terms to help you determine how much impact a package or product may have on the environment:

- **Recyclable** products or packaging can be reassembled into a new product or package.
- **Pre-consumer** waste is reclaimed materials that never reach the consumer; for instance, trimmings from the wood, paper or plastics industries.
- **Post-consumer** waste is reclaimed material from a product's original purpose, including recycled paper or plastic soda bottles.
- **Biodegradable** materials can break down biologically if there is enough light, heat or water to support the process.

GROCERY

BIONATURAE

Organic Fruit Nectar
\$2.39



25.4 oz., selected varieties

KASHI

GoLean Cereal
\$3.29



14.1 - 15 oz.,
selected varieties

TEAS TEA

Ready to Drink Tea
\$3.79



2 ltr., selected varieties

GARDEN OF EATIN'

Tortilla Chips
\$1.99



9 oz., selected varieties

YOGI

Tea
\$2.59



16 ct., selected varieties

BOB'S RED MILL

Organic Golden
Flaxseed Meal
\$2.99



16 oz.

GLUTEN FREE PANTRY

Wheat Free
Baking Mix
\$2.99



16 oz., selected varieties

MEDITERRANEAN ORGANICS

Organic Preserves
\$3.29



13 oz., selected varieties

MUIR GLEN

Organic Tomatoes
\$1.79



28 oz., selected varieties

BELLA TERRA

Organic Wheat Free
Pasta
\$1.79



10 oz., selected varieties

RISEING MOON ORGANIC

Organic Pasta Sauce
\$2.69



14 oz., selected varieties

BLUE DIAMOND

Nut Thins
\$1.79



4.25 oz., selected varieties

EMPEROR'S KITCHEN

Organic Garlic
\$1.39



4.5 oz., selected varieties

WESTBRAE

Organic Beans
99¢



15 oz., selected varieties

NAPA VALLEY NATURALS

Organic Extra Virgin
Olive Oil
\$9.29



25.4 oz.



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Fresh in the Deli

favorite foods from our co-op chefs

Featured Cheese: Mediterranean Cheeses

Cheese is an integral part of Mediterranean culture. Italy, Spain, Greece and France share a landscape that includes hills and mountains, which is perfect for goats and sheep. As a result, the region produces a number of non-cow and mixed-milk cheese varieties, including Brie from France, Feta, Halloumi and yogurt cheeses from Greece, and Cabrales and Iberico from Spain.

Try creating a small tasting platter with cheeses from the various countries, and serve them with region-specific wines, crusty breads and fine olives for an elegant evening event.



Customer Favorites from
St Peter Food Co-op
St Peter, Minnesota

On sale at your co-op deli from 4/1/08 - 4/15/08

SWEET ONION PIE

A hearty quiche made from sweet, caramelized onions and cheddar cheese in a light cracker crust. Enjoy it with a fresh fruit salad.

save 75¢ per lb.

MEDITERRANEAN PASTA SALAD

Fresh spring asparagus, sweet bell peppers, onions, olives and feta cheese are tossed with a house-made red wine vinaigrette and al dente penne noodles.

save 50¢ per lb.

BULK

EQUAL EXCHANGE

Organic Fair Trade
French Roast Coffee
\$6.49



per pound

PEACE COFFEE

Birchwood Blend
Coffee
\$6.99



per pound

FRONTIER

Organic
Fair Trade Tea
\$12.59



per pound, 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. Go Co-op!



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REFRIGERATED

BROWN COW

Yogurt
\$2.79



32 oz., selected varieties

ORGANIC VALLEY

Organic Milk
\$3.29



64 oz., selected varieties

SILK

Soymilk
\$2.89



64 oz., selected varieties

SILK

Soy Yogurt
69¢



6 oz., selected varieties

STONYFIELD FARMS

Organic Fat Free
Yogurt
89¢



6 oz., selected varieties

POM WONDERFUL

Pomegranate Juice
\$3.19



16 oz., selected varieties

LIGHTLIFE

Smart Ground
\$2.59



12 oz., selected varieties
other Lightlife products
also on sale

FOLLOW YOUR HEART

Original Veganaise
\$2.59



16 oz.

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

Oneota Community Co-op
415 W. Water Street
Decorah

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
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