

We Know Good Food



June 2008



This Month's Tips

- Great Grilling Tips
- Recipe: Grilled Adobo Flank Steak with Corn and Tomato Relish



LAKWOOD
Organic Lemonade
\$1.99



32 oz., selected varieties

GREEN & BLACK'S
Organic Ice Cream
\$2.99



16 oz., selected varieties

STONYFIELD FARM
Organic Yogurt
69¢



6 oz., selected varieties

YVES
Veggie Dogs
\$2.29



9.7 - 12 oz., selected varieties

GARDEN OF EATIN'
Tortilla Chips
\$2.79



16 oz., selected varieties

DREW'S ALL NATURAL
Organic Salsa
\$2.49



12 oz., selected varieties

RICE DREAM
Enriched Rice
Beverage
\$1.99



32 oz., selected varieties

SPECTRUM NATURALS
Organic Extra Virgin
Olive Oil
\$9.49



25.4 oz.

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

GROCERY

R.W. KNUDSEN
Spritzers
\$3.99



6 pack, selected varieties

KETTLE
Krinkle Cut
Potato Chips
\$3.49



15 oz., selected varieties

NATURAL BREW
Natural Soda
\$2.99



4 pack, selected varieties

TERRA
Exotic
Vegetable Chips
\$3.19



7.5 oz., selected varieties

GUILTLESS GOURMET
Organic Corn Chips
\$1.49



7 oz., selected varieties

PENTA
Purified Drinking
Water
\$2.29



1 liter, selected varieties

POPCORN, INDIANA
Gourmet Kettlecorn
\$2.49



5.4 - 10.5 oz.,
selected varieties

ADINA
Organic Iced Coffee
\$1.59



8.5 oz., selected varieties

CLIF
Builder Bar
\$1.19



2.4 oz., selected varieties

EQUAL EXCHANGE
Organic Tamari
Roasted Almonds
\$5.29



5 oz.

SEASON'S
Cheese Snacks
\$2.29



6 - 8 oz., selected varieties

BOB'S RED MILL
Gluten Free
Baking Flour
\$2.79



22 oz.
other Bob's Red Mill products
also on sale

ANNIE CHUN'S
Noodle's & Sauce
\$2.39



7.1 - 8.2 oz.,
selected varieties

SIMPLY ORGANIC
Organic Grill
Seasoning
\$2.99



2.3 - 3.6 oz.,
selected varieties

ROAD'S END ORGANICS
Organic Pasta &
Cheese Mixes
\$1.39



6 - 6.5 oz., selected varieties

SEED'S OF CHANGE
Organic Dressing
\$2.79



13 oz., selected varieties

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

GROCERY

NATURE'S PATH
Organic Cereal
\$2.99



10 - 13.25 oz.,
selected varieties

R.W. KNUDSEN
Just Black
Cherry Juice
\$2.99



32 oz.
other Just Juice also on sale

KAVLI
Crispbread
\$1.39



5.29 oz., selected varieties

HONEST TEA
Organic Ready to
Drink Tea
99¢



16 oz., selected varieties

CELESTIAL SEASONINGS
Organic Coffee
\$6.99



12 oz., selected varieties

PEACE
Cereal
\$3.29



10.5 - 17 oz.,
selected varieties

RUDI'S ORGANIC BAKERY
Organic Bread
\$2.79



22 oz., selected varieties

BIONATURAE
Organic Fruit Spread
\$2.79



9 oz., selected varieties

ENVIROKIDZ
Organic Cereal
\$2.99



10 - 14 oz., selected varieties

ANNIE'S HOMEGROWN
Bunny Crackers
\$1.99



7.5 oz., selected varieties

LET'S DO ORGANIC
Organic Ice Cream
Cones
\$1.99



2.3 oz.

BACK TO NATURE
Pasta & Cheese Mix
\$1.29



6 - 6.5 oz., selected varieties

FRUITABU
Organic Smooshed
Fruit
39¢



.4 oz., selected varieties

School's Out, Now What?

Need a way to keep kids busy this summer while keeping them connected to food? Here are some great activities to encourage connection to what they eat and the earth:

- Grow a garden.
- Participate in a local farm tour.
- Picnic with fresh, local foods.
- Go fishing or camping.
- Take a hike in nearby parks.





A Taste of Place

Long before global food networks existed, regional cuisines flourished with unique local ingredients. Those foods had distinct flavors because of where they were grown or produced. The French have a word for regional taste: *terroir*, which means soil. Now that summer has arrived, finding your “taste of place” is easier than ever. At your local food co-op, you can discover a world of great tastes right in your own neighborhood. That’s the Co-op Advantage. Go Co-op!

Grilled Adobo Flank Steak with Corn and Tomato Relish

By Katee Rocker, Middlebury Natural Foods Co-op, Middlebury, Vt.

Something a little different for the grill, this slightly spicy, smoky beef dish is perfectly complemented with the cool tomato relish.

Serves: 4. Prep time: 60 minutes.



Ingredients

1 1/4 pound flank steak

Marinade

4 cloves peeled garlic

2 chipotle peppers in Adobo sauce (canned)

1/4 cup apple cider vinegar

1/2 teaspoon cumin

1 tablespoon fresh thyme (or substitute 1/2 teaspoon dried thyme)

1 cup honey

1/2 cup brown sugar

Combine all marinade ingredients into a food processor or blender and puree. Pour half the marinade over the flank steak and marinate at least 30 minutes. Cook to desired doneness over a medium-hot grill (about 145 degrees F for medium rare), brushing additional marinade over steak while cooking.

Corn & Tomato Relish

3 cups fresh or frozen kernel corn

1 diced fresh tomato

1 chopped chipotle pepper with Adobo (from can used to make marinade)

1/2 cup olive oil

1/2 cup apple cider vinegar

1 tablespoon chopped garlic

1 teaspoon fresh-chopped thyme.

In a separate bowl, combine corn, tomato, chipotle pepper with adobo, olive oil, apple cider vinegar, chopped garlic and fresh chopped thyme. Mix together well; season with salt and pepper.

Serving Suggestion:

Remove the cooked steak from the grill and let it rest 5 minutes. Slice it thin and serve it with the tomato corn relish on grilled sourdough bread or with warmed tortillas and corn chips.

Great Grilled Salads

Break out of your mayonnaise potato salad rut and try something flame-cooked. Salads and side dishes from grilled foods are surprising and delicious.

- Whole eggplant, bell peppers and tomatoes should be grilled until cooked through, but not too soft. When cooled, chop and add to a bowl with fresh herbs and vinaigrette dressing. Great with toasted pita bread triangles.
- Quarter a number of small zucchini and grill until tender. Mix with olive oil, lemon juice, fresh mint, garlic and dust with paprika.
- Grill chicken and add deboned cubes to a bowl with boiled potatoes and eggs. Dress with chopped green and black olives and mayo. Serve on a bed of lettuce.



NONFOOD

BULK

SEVENTH GENERATION
Baby Wipes
\$3.29



80 ct.
other Seventh Generation Baby products also on sale

EARTH FRIENDLY
Dishmate
\$2.69



25 oz., selected varieties

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



per pound

GOLDEN TEMPLE
Granola
\$2.59



per pound

CASTOR & POLLUX
Organic Cat Food
99¢



5.5 oz., selected varieties



PEACE COFFEE
Yeti Cold Press
Blend
\$6.99



per pound



WELLNESS

NORDIC NATURALS
Complete 3.6.9
\$29.99



120 ct.

FLORA
Udo's Choice
3.6.9 Oil
\$19.99



17 oz., selected varieties

HERO NUTRITION
Yummi Bear
Supplements
\$10.29



90 ct., selected varieties

NEW CHAPTER
Cinnamonforce
\$16.49



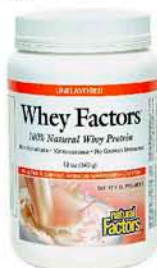
60 softgels

SWEET LEAF
Liquid Stevia
\$10.69



2 oz., selected varieties

NATURAL FACTORS
Whey Factors
\$14.49



12 oz., selected varieties

Providing a Holistic Approach to Health

Not just for athletes, Whey Factors is an excellent dietary source of protein for active adults, children, the elderly or anyone who needs to boost their protein intake.

Protein provides long-term energy, helps build lean muscle, and supports healing and recovery for the ill or injured.

Low in lactose, and with only 1 gram of digestible carbohydrates per serving, Whey Factors is 100% whey in a non-hydrolyzed, high-quality concentrate and isolate protein blend. You get the highest percentage of protein per gram of whey. Anti-inflammatory bromelain and other enzymes make Whey Factors easy to digest.

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

Fresh in the Deli

favorite foods from our co-op chefs

Featured Cheese: Brie

Originating in the French province of Brie, for which it is named, Brie is a spreadable soft-ripened cheese with a mild and creamy flavor. Now made all over the world, it is certainly the most popular French-style cheese. American and Canadian producers have come a long way in reproducing this French staple, though the finest examples are still imported from France.

With its mild flavor, Brie pairs well with fresh berries for breakfast and dessert. A thin slice with ham on a baguette is perfect picnic fare. For entertaining, try topping a whole Brie with fresh or preserved fruits or caramelized onions. Serve warmed or at room temperature, accompanied by bread and crackers.



Customer Favorites from
Community Mercantile
Lawrence, Kansas

On sale at your co-op deli from 6/1/08 - 6/15/08

BASMATI RICE SALAD WITH CURRANTS AND ALMONDS

This exotic basmati rice salad is filled with sweet, spicy and crunchy flavors, including toasted coconut, almonds, currants, ginger, chilies, cilantro and a touch of cardamom. Perfect with roasted or grilled poultry.

save 50¢ per lb.

BLACK-EYED PEA AND EDAMAME SUCCOTASH

Tender black-eyed peas, fresh soybeans, corn and bell peppers are tossed with fresh cilantro, scallions and a tangy mustard vinaigrette.

save 75¢ per lb.

FROZEN

SO DELICIOUS

Organic Non-Dairy
Dessert

\$3.39



32 oz., selected varieties

JULIE'S ORGANIC

Organic Ice Cream
Sandwiches

\$3.29



6 count
other Julie's Novelties
also on sale

LIFESTREAM

Organic Waffles

\$2.39



11 oz., selected varieties

FRENCH MEADOW

Men's or Women's
Functional Bread

\$4.79



24 oz.

RIISING MOON ORGANICS

Organic Pasta

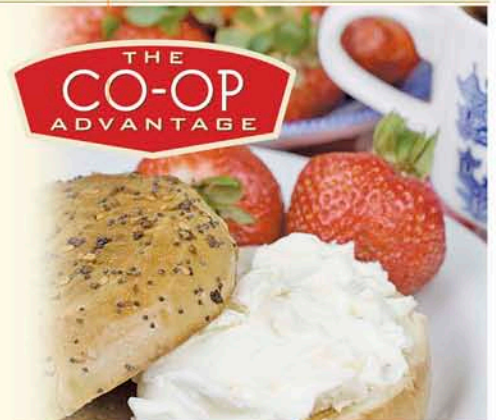
\$2.49



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. Go Co-op!



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

WELLNESS

NATURE'S GATE

Suncare
\$5.99



4 oz., selected varieties

QUANTUM

Buzz Away Extreme
Spray

\$6.29



4 oz.

BOIRON

Arnicare Cream
\$7.99



2.5 oz.

AURA CACIA

Lavender
Essential Oil

\$6.39



.5 oz., selected varieties
other Essential Oils
also on sale

SHIKAI

Color Reflect
Conditioner
\$5.19



8 oz., selected varieties

LIGHT MOUNTAIN

Henna Hair Color
\$4.39



4 oz., selected varieties

EARTH SCIENCE

Shampoo
\$4.89



12 oz., selected varieties

NATRACARE

Tampons
\$4.89



20 ct., Super or Regular

Californian Wins Hybrid Car

Congratulations to Melissa Cook of Bell Canyon, Calif. – winner of the Small Planet Foods Hybrid Car Sweepstakes, which was announced to co-op shoppers nationwide in the October 2007 CAP flyer!

Melissa's name was randomly drawn from more than 2,000 eligible entries. She was awarded a 2008 Toyota Prius at the Co-opportunity Consumers Co-op in Santa Monica.

Through this sweepstakes, Small Planet Foods – which includes Muir Glen and Cascadian Farms brands – and National Cooperative Grocers Association (NCGA) hoped to help someone who cares about eating nutritiously feel equally good about what they drive.

"I think Small Planet Foods is sending a great message by awarding an environmentally friendly car to an eco-conscious consumer," Melissa said.



EO

Shower Gel
\$4.69



8 oz., selected varieties

ALBA BOTANICA

Body Lotion
\$5.99



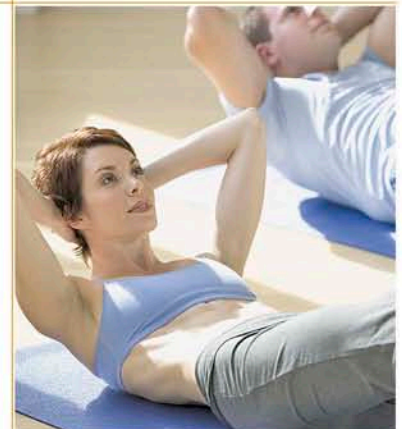
7 oz.
other Alba Botanica products
also on sale

NATURE'S GATE

Stick Deodorant
\$3.79



1.7 oz., selected varieties



REFRIGERATED

ORGANIC VALLEY

Organic Milk

\$2.99



64 oz., selected varieties

HELIOS

Organic Kefir

\$3.29



32 oz., selected varieties

LIBERTE'

Mediterranean Style

Yogurt
89¢



6 oz., selected varieties



REDWOOD HILL

Goat Yogurt

\$5.29



32 oz., selected varieties

MEYENBERG

Goat Milk

\$2.89



32 oz., selected varieties

June is national dairy month!



From calcium to potassium, dairy products like milk, cheese and yogurt contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse.



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
312 W. Water Street
Decorah

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

Menomnie Market
521 2nd Street E.,
Menomnie

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