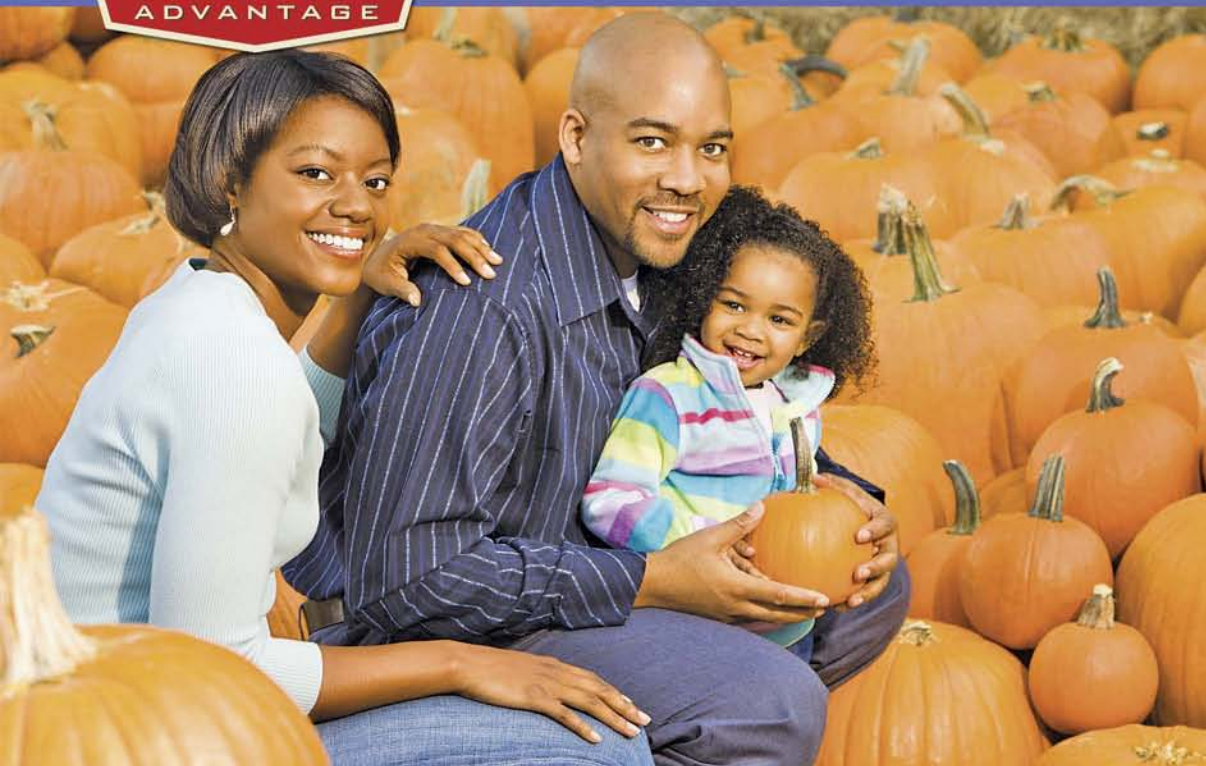


We Know Good Food



October 2008



This Month's Tips

- Green Halloween
- Recipe: Chicken Tikka Masala



BROWN COW
Plain Yogurt
\$2.29



32 oz., selected varieties

NATURE'S PATH
Organic Eco Pac
Cereal
\$5.99



26.4 - 32 oz., selected varieties

CELESTIAL SEASONINGS
Tea
\$2.19



20 ct., selected varieties

MUIR GLEN
Organic Soup
\$1.99



18.25 - 19 oz., selected varieties
Beef & Chicken Soup \$2.39

NATURE'S GATE
Shampoo or
Conditioner
\$3.99



18 oz., selected varieties
Tea Tree \$5.29

ANNIE'S HOMEGROWN
Organic Pasta &
Cheese Dinner
2/\$3



6 oz., selected varieties

SPECTRUM NATURALS
Organic Extra Virgin
Olive Oil
\$11.89



33.8 oz.

MUIR GLEN
Organic Tomatoes
\$1.69



28 oz., selected varieties

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

GROCERY

LITTLE BEAR
Tortilla Chips
\$2.59



16 oz., selected varieties

GREEN MOUNTAIN GRINGO
Salsa
\$2.99



16 oz., selected varieties

AMY & BRIAN
Coconut Water
\$1.49



17.5 oz., selected varieties

LARABAR
Nutritional Bar
\$1.19



1.6 - 1.8 oz.,
selected varieties

NEWMAN'S OWN ORGANIC
Newman O's
\$3.19



16 oz., selected varieties

POPCORN INDIANA
Ready to Eat
Popcorn
2/\$5



5.4 - 10.5 oz.,
selected varieties

R.W. KNUDSEN
Spritzers
\$3.79



6 pack, selected varieties

CASCADIAN FARM
Organic
Granola Bars
\$2.89



7.4 oz., selected varieties

SEASON'S
Reduced Fat
Potato Chips
\$2.19



8 oz., selected varieties

DOUBLE B
Jerky
\$4.29



3.5 oz., selected varieties

BHUJA
Snack Mix
\$2.79



7.1 oz., selected varieties

ZOLA
Organic Acai Juice
\$1.69



12 oz., selected varieties

ICELAND SPRING
Spring Water
\$1.89



1.5 liter

TERRA
Stripes & Blues
Chips
\$3.39



6.5 oz., selected varieties

GOOD HEALTH
Original Quilt
Crackers
\$2.19



7 oz.

YUMMY EARTH
Organic Lollipops
\$1.49



3 - 3.3 oz., selected varieties

GROCERY

EDEN
Organic Soymilk
\$2.19



32 oz., selected varieties

CASCADIAN FARM
Organic Cereal
\$2.89



9 - 17 oz., selected varieties

BARBARA'S BAKERY
Shredded Cereal
\$2.99



13 - 16 oz., selected varieties

R.W. KNUDSEN
Simply Nutritious
Juice
\$2.39



32 oz., selected varieties

BIONATURAE
Organic Fruit Nectar
\$2.59



25.4 oz., selected varieties

BOB'S RED MILL
Gluten Free
Pancake Mix
\$2.99



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

BLUE DIAMOND
Almond Breeze
\$1.79



32 oz., selected varieties

COUNTRY CHOICE
ORGANIC
Organic Instant
Oatmeal
\$2.79



10 oz., selected varieties

BACK TO NATURE
Crackers
\$2.29



6 - 8.5 oz., selected varieties

SAN-J
Black Label Tamari
\$1.69



10 oz.
other San-J Sauces also on sale

LUNDBERG FAMILY FARM
Organic Risotto Mix
\$2.29



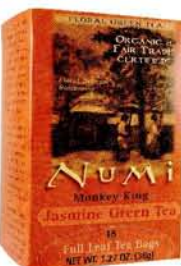
5.5 - 5.9 oz.,
selected varieties

KITCHENS OF INDIA
Ready to Eat Indian
Entrée
\$1.99



10 oz., selected varieties

NUMI
Organic Tea
\$3.69



16 - 18 ct., selected varieties

KAGOME
Fruit & Vegetable
Juice
\$2.49



30 oz., selected varieties

MUIR GLEN
Organic Pasta Sauce
\$2.69



25.5 oz., selected varieties

WESTBRAE
Organic Beans
\$1.19



15 oz., selected varieties



We Love Our Co-op Owners!

Food co-ops were founded with the mission to be the most trusted source for the best in fresh, wholesome food. People from all walks of life came together to meet our community's needs based on the values of local ownership. With your ownership, you helped build something special—a store owned by the people who patronize it.

Every October, we celebrate the cooperative idea and its power to make our lives better. For almost two centuries, this win-win approach to doing business has led to cooperatives forming worldwide in food, child care, housing, agriculture, health care, and electric utilities.

Many thanks to our co-op member-owners for your support and patronage!

Chicken Tikka Masala

By Christopher Ryding

This British-style curry dish is made from chunks of chicken marinated overnight in spices and yogurt, then served in a tomato curry sauce over rice. Serves 5. Prep time 45 minutes.

To make the marinade

Combine 1 cup of plain yogurt with juice from half a lemon, one teaspoon of fresh chopped ginger, 2 teaspoons of black pepper and one teaspoon each of ground cumin, ground cayenne pepper, cinnamon and salt.

Place 2 pounds of boneless chicken breast or thighs, cut into one inch chunks, into a glass or metal bowl, add the marinade and refrigerate overnight.

To make the sauce

3 tablespoons vegetable oil
1 medium onion, diced
1 serrano pepper, diced
2 tablespoons garlic, peeled and minced
2 tablespoons fresh ginger, peeled and minced
1 teaspoon each of garam masala, ground cumin, paprika and coriander
1/2 teaspoon of salt
1 tablespoon tomato paste
1 cup tomato sauce, plain
1 cup heavy cream

In a 6 quart sauce pan, heat 3 tablespoons of vegetable oil and sauté the onions until translucent, about 5 minutes. Add the garlic, ginger, serrano pepper, garam masala, cumin, and coriander and sauté 3 minutes more. Add the tomato paste and simmer 3 minutes. Add the tomato sauce and heavy cream and simmer 15 minutes.

While the sauce simmers, in a heavy skillet over medium heat, heat 2 tablespoons of vegetable oil and sauté the marinated chicken, stirring often. Add the cooked chicken pieces to the warm sauce and mix well. Serve over basmati rice.



It's Easy to be Green this Halloween

Experts predict Americans will spend \$3.12 billion on Halloween this year. That's a lot of candy wrappers, costumes and throw-away decorations. The organization, Green Halloween, says it's possible to have a healthier, earth-friendly Halloween. Here's how:

- Make it a seasonal experience—visit a pumpkin farm, pick apples, tell spooky stories, look at the moon.
- Have a kids party focused on games and activities, limiting candy and waste.
- Emphasize creative costuming with reusable, recycled items from household goods.



WELLNESS

BACH
Rescue Remedy
\$11.99



20 ml.
other Bach products also on sale

QUANTUM
Super Lysine +
\$14.19



180 tab.
other Quantum products
also on sale

ALACER
Emergen-C
\$8.99



36 ct., selected varieties

NEW CHAPTER
Host Defense
\$26.69



60 v-caps.

FLORA
Udo's Choice 3.6.9
\$21.39



17 oz., selected varieties

BOIRON
Coldcalm
\$7.49



60 tabs.

SPECTRUM ESSENTIALS
Organic Flax Oil
\$16.49



16 oz., selected varieties

SIMILASAN
Eye Drops
\$8.89



.33 oz.
other Similasan products
also on sale

REFRIGERATED

GT'S
Organic Kombucha
\$2.59



16 oz., selected varieties

ORGANIC VALLEY
Organic Soymilk
\$2.79



64 oz., selected varieties

EARTH BALANCE
Organic Whipped
Spread
\$3.19



13 oz.

LIFEWAY
Lowfat Kefir
\$2.69



32 oz., selected varieties

STONYFIELD FARM
Organic Fat Free
Yogurt
69¢



6 oz., selected varieties

Think Outside the Candy Box

Small changes to trick-or-treating traditions can be building blocks for change, so consider:

- Giving out healthier treats, like microwave popcorn or individually packaged dried fruits or raisins.
- Providing your own trick-or-treaters with a canvas tote or reusable container.
- Feeding kids a healthy meal before trick or treating.
- Limiting the amount of candy kids can consume at once.
- Encouraging kids to "buy" or "trade" candy for special non-candy gifts.



Fresh in the Deli

favorite foods from our co-op chefs



Featured Cheese: Locally Produced!

We plan to celebrate Co-op Month by featuring locally produced cheeses. Many of our cheese-making suppliers are family owned businesses operated in small communities by true artisans. Make it a point to try at least one locally produced cheese each week in the month of October, and feel good about helping to support the local cooperative mission. Look for signage in the cheese department calling attention to cheeses made nearby.

Customer Favorites from
Oryana Food Co-op
Traverse City, Michigan

On sale at your co-op deli from 10/1/08 - 10/15/08

WILD RICE TOFU SALAD

Sweet raisins, roasted pecans and tofu are mixed with wild rice and dressed in a cider vinaigrette with a touch of toasted sesame oil and curry powder.

save 50¢ per lb.

MUESLI BARS

Oats, nuts and coconut are blended with real butter, honey, vanilla and sugar, then are oven-baked golden brown for a great morning treat.

save 25¢ each

FROZEN

RIISING MOON ORGANICS

Pizza
\$5.99



13 oz., selected varieties

BLUE HORIZON

Shrimp & Pasta
Entrees
\$5.99



20 oz., selected varieties

CASCADIAN FARM

Organic Juice
Concentrate
\$2.69



12 oz., selected varieties

STAHLBUSH ISLAND FARMS

Fruit
\$2.29



8 - 10 oz., selected varieties

CASCADIAN FARM

Organic Potatoes
\$1.99

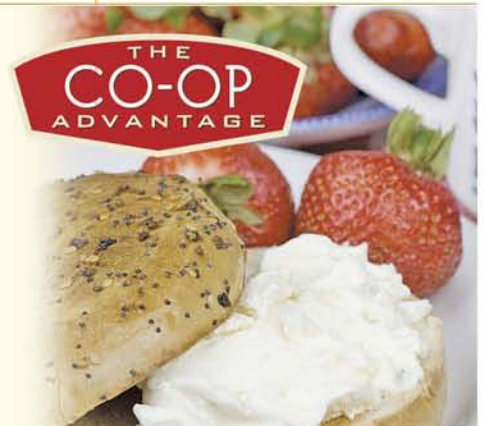


16 oz., selected varieties

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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!



WELLNESS

JASON
Body Wash
\$9.29



30 oz., selected varieties

ALBA
Very Emollient Body
Lotion
\$11.79



32 oz., selected varieties

DR. BRONNER'S
Liquid Soap
\$9.99



32 oz., selected varieties

TOM'S OF MAINE
Deodorant Stick
\$4.89



2.25 oz., selected varieties

WELEDA
Arnica Massage Oil
\$11.99



3.4 oz.
other Weleda Body Oil
also on sale

TIGER BALM
Pain Relieving
Ointment
\$4.69



.63 oz., Extra or
Regular Strength

ANCIENT SECRETS
Nasal Cleansing Pot
\$11.29



each

DIVA CUP
Menstrual Cup
\$23.49



each, selected varieties

GROCERY

PAMELA'S PRODUCTS
Cookies
\$2.69



7.2 oz., selected varieties

LIVING HARVEST
Hempmilk
\$2.89



32 oz., selected varieties

CASTOR & POLLUX
Organic Cat Food
99¢



5.5 oz., selected varieties



SEVENTH GENERATION
Dish Liquid
\$2.19



25 oz., selected varieties

EARTH FRIENDLY
Ecos Liquid Laundry
Detergent
\$8.99



100 oz., selected varieties



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FAIR TRADE

What is Fair Trade?

Fair trade is an organized social movement and market-based approach to help alleviate global poverty and promote sustainability. The movement advocates paying workers a fair wage while maintaining high levels of social and environmental responsibility in the production of a wide variety of goods.

Fair trade principles include:

- Fair pricing
- Fair labor conditions
- Direct trade
- Democratic and transparent organizations
- Community development
- Environmental sustainability

For more information on these companies practicing fair trade please visit their websites:

www.altereco.com

www.equalexchange.com

www.laffia.com

www.theochocolate.com



ALTER ECO
Organic
Chocolate Bar

\$3.19



3.5 oz., selected varieties

ALAFFIA
Shea Butter

\$8.49



2 oz., selected varieties

EQUAL EXCHANGE
Organic Fair-Trade
Co-op Blend Coffee

\$7.79



per pound

THEO
Organic
Chocolate Bar

\$1.99



2 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

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