

coopTM deals

SEPT 1-SEPT 14, 2010



10/\$7

BROWN COW
Yogurt
6 oz., selected varieties



2/\$5

NATURE'S PATH
Organic Waffles
7.5 oz., selected varieties



\$2.99

BARBARA'S BAKERY
Shredded Cereal
13-16 oz., selected varieties



2/\$5

SANTA CRUZ ORGANIC
Organic Applesauce
23 oz., selected varieties

Featured Inside:

- Zucchini: A to Z
- Roasted Ratatouille recipe
- Show us why your co-op rocks!
- Fall features in your co-op deli



Roasted Ratatouille

Description

Serves: 4-6. Prep time: 40-45 minutes.

Ingredient Checklist

- | | |
|--|---|
| <ul style="list-style-type: none"> ● 1 eggplant (about 1 lb.), chopped into 1 ½ inch pieces ● 2 zucchini (about ¾ lb.), chopped into 1 ½ inch pieces ● 1 bell pepper, chopped into 1 ½ inch pieces ● 1 pint cherry tomatoes ● ½ large red onion, chopped into 1 ½ inch pieces | <p>Marinade:</p> <ul style="list-style-type: none"> ● 2 tablespoons olive oil ● 2 tablespoons red wine vinegar ● 1 tablespoon tomato paste ● 1 teaspoon dried basil ● 1 teaspoon sea salt ● ½ teaspoon dried thyme ● ½ teaspoon black pepper ● ½ teaspoon dried rosemary ● ¼ cup red wine ● 3 cloves garlic, minced |
|--|---|

Preparation

Preheat the oven to 400 degrees. In a large mixing bowl, stir all marinade ingredients together. Toss the chopped vegetables with the marinade and let sit for 30 minutes to an hour. Place vegetables and marinade on a large sheet pan and roast in the oven for 30-40 minutes, stirring every 15 minutes, until vegetables look roasted and are tender. Serve as a side dish or with couscous.

Some items may not be available at all stores or on the same days.



\$11.99

SPECTRUM NATURALS
Organic Extra Virgin Olive Oil
25.4 oz.



\$1.99

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$2.99

SEEDS OF CHANGE
Organic Simmer Sauce
12 oz., selected varieties



\$7.99

EQUAL EXCHANGE
Organic Breakfast Blend Coffee
per pound in bulk



\$3.49

TRADITIONAL MEDICINALS
Organic Women's Tea
16 ct., selected varieties



\$2.99

KASHI
Organic Strawberry
Fields Cereal
10.4 oz.



\$2.29

PACIFIC
Organic Almond Beverage
32 oz., selected varieties



\$2.49

BARBARA'S BAKERY
Cereal Bars
7.8 oz., selected varieties



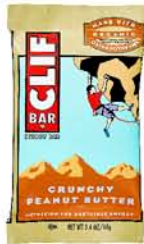
\$2.99

NEWMAN'S OWN ORGANICS
Fig Newman's
12 oz., selected varieties



\$2.79

RUDI'S ORGANIC BAKERY
Organic English Muffins
12 oz., selected varieties



99¢

CLIF
Endurance Bar
2.4 oz., selected varieties



\$3.99

MEDITERRANEAN ORGANIC
Organic Fruit Preserves
13 oz., selected varieties



\$9.99

EARTH FRIENDLY
Liquid Laundry Detergent
100 oz., selected varieties



\$1.99

CHOCOLOVE
Chocolate Bar
3.2 oz., selected varieties



\$2.69

SEVENTH GENERATION
Bath Tissue
4 pack
352 sheets, 2-ply



Zucchini

Virtually unknown in the US until a little over thirty years ago, zucchini now plays an important "supporting role" in dishes ranging from relishes and ratatouille to mixed veggie grills and chocolate cake. This versatile summer squash is naturally low in calories yet contains folate, potassium, vitamin A and is a good source of vitamin C. As with other vegetables, the darker the skin, the higher the nutrient content. For a change-of-pace appetizer, try zucchini blossoms stuffed with herbed goat cheese. Zucchini is abundant during the summer months and available year-round. Try zucchini sliced lengthwise and brushed with olive oil on the grill, or in a hearty weeknight vegetable stew.

For more fresh ideas and recipes, join the conversation at www.strongertogether.coop.



Fresh in the Deli

As summer turns to fall, look for crunchy cruciferous veggies like cabbage and cauliflower at the market. Both of these co-op favorites have a zing that will complement your end of season grilling rituals and upcoming tailgate parties.

Try These Fresh Deli Salads

Community Mercantile
Lawrence, Kansas

Curried Cauliflower

Cauliflower, carrots and potatoes are gently heated and infused with East Indian spices.

save 75¢ per lb.

Oryana Natural Foods Market
Traverse City, Michigan

Ramen Cabbage Crunch

Toasted ramen noodles and slivered almonds mixed with crisp fall cabbage and an Asian-inspired rice wine dressing.

save 50¢ per lb.

Some items may not be available at all stores or on the same days.



\$3.99

ORGANIC VALLEY
Organic Stringles Cheese
6 oz., selected varieties



\$2.99

DR. KRACKER
Organic Flatbread
7 oz., selected varieties



\$2.99

ANNIE'S NATURALS
Organic Dressing
8 oz., selected varieties



\$2.69

YVES
Veggie Dogs
9.7 oz.



\$3.49

WOODSTOCK FARMS
Organic Pickles
24 oz., selected varieties



\$1.69

**REDWOOD HILL
YOGURT**
Goat Yogurt
6 oz., selected varieties



2/\$10

**RISING MOON
ORGANICS**
Pizza
11 oz., selected varieties



\$2.99 **STAHLBUSH
ISLAND FARMS**
Frozen Fruit
10 oz., selected varieties



2/\$5

**RISING MOON
ORGANICS**
Organic Pasta
8 oz., selected varieties



\$4.49 **HENRY & LISA**
Fish Nuggets
12 oz.



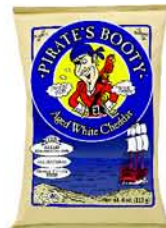
\$1.79

FANTASTIC FOODS
Vegetarian Entrée Mix
2.7-10 oz., selected varieties



5/\$4

EARTH'S BEST
Organic Baby Food
4 oz., selected varieties



\$1.79

PIRATE BRANDS
Baked Snacks
4-6 oz., selected varieties



\$1.29

OOPA
Sparkling Hibiscus Beverage
12.5 oz., selected varieties



2/\$5

TERRA
Exotic Veggie Chips
6 oz., selected varieties

WHY DOES YOUR CO-OP ROCK?



Show us your video.

The My Co-op Rocks Video Contest is back! **Starting September 1**, enter your original online video to show the world why your co-op rocks. Get in on the action at www.MyCoopRocks.coop, where you can watch video submissions, leave comments and ratings, and submit your own video for a chance to win super sweet prizes.

Win cool prizes!



www.MyCoopRocks.coop

Sponsors:



FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

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 Northwestern 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 Natural Foods Market
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 Co-op
121 W. 2nd Street, Winona

City Center Market

122 N. Buchanan Street, Cambridge

Cook County Co-op

20 E. First Street, Grand Marais

Eastside Food Cooperative

2551 Central Avenue Ne, Minneapolis

Harmony Natural Foods Co-op

117 3rd St. N.W., Bemidji

Harvest Moon

2380 W. Wayzata Blvd, Long Lake

Just Food Co-op

516 S. Water Street, Northfield

Lakewinds Natural Foods

435 Pond Promenade, Chanhassen

17501 Minnetonka Boulevard, Minnetonka

Linden Hills Co-op

3815 Sunnyside Avenue, Minneapolis

Mississippi Market

1500 West 7th Street, Saint Paul

622 Selby Avenue, Saint Paul

River Market Community Co-op

221 N. Main Street, Stillwater

Seward Co-op Grocery & Deli

2823 E. Franklin Ave, 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 Co-op

1447 W. Sylvania Ave., Toledo

WISCONSIN

Basics Cooperative

1711 Lodge Drive, Janesville

Chequamegon Food Co-op

215 Chapple Ave., Ashland

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



\$4.99

GIOVANNI
Shampoo or Conditioner
8.5 oz., selected varieties



\$5.99

BADGER
Organic Healing Balm
2 oz.



\$19.99

NORDIC NATURALS
Children's DHA
180 ct.
other Children's supplements
also on sale



\$5.99

DESERT ESSENCE
Thoroughly Clean Face Wash
8.5 oz.



\$13.99

NATURAL FACTORS
Whey Factors
12 oz., selected varieties



\$31.99

FLORA
Floressence Tea Blend
17 oz.

Join the conversation at www.StrongerTogether.coop

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