

coopTM deals

DEC 14 – JAN 3, 2012



\$1.99

ENDANGERED SPECIES

Chocolate Bar
3 oz., selected varieties
Organic Endangered Species
bars also on sale



\$3.49

MEDITERRANEAN ORGANIC

Organic Fruit Preserves
13 oz., selected varieties



\$1.99 SESMARK

Rice Thins
3.5 oz., selected varieties



2/\$5

R.W. KNUDSEN

Sparkling Juice
750 ml., selected varieties

Featured Inside:

- Start the new year with good luck — and spicy collard greens)
- Simple, elegant cheese spreads and more ideas for entertaining
- Making delicious holiday favorites flavorful and nutritious
- Great deals on healthy ingredients for holiday baking



Spicy Collard Greens

Serves 6. Prep time: 30 minutes.

- 2 large bunches collard greens, stems removed, chopped into 2-inch pieces
- 1 medium onion, sliced
- ½ red bell pepper, chopped
- 3 cloves fresh garlic, chopped
- 1 jalapeño pepper, chopped
- 3 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon ground black pepper
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin

Bring a large stockpot three-quarters full of salted water to a boil. Add the chopped collard greens and cook for 3-4 minutes. Remove from heat, drain, and squeeze out any excess water. In a skillet, sauté the bell pepper, garlic and jalapeño pepper with the 3 tablespoons of olive oil until just tender, and then add salt and spices to taste. Toss the sautéed vegetables and spices with the drained collards and serve.

Serving suggestion: Serve these spicy greens with steamed brown rice, cooked adzuki beans, and cornbread for healthy, filling meal. Collards are delicious with tuna steaks or roasted poultry too.

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



\$1.79

**STAHLBUSH
ISLAND FARMS**
Frozen Vegetables
10 oz., selected varieties



\$1.49

**LUNDBERG
FAMILY FARMS**
Organic Brown Rice
per pound in bulk



\$1.99

BLUE DIAMOND
Nut Thins
4.25 oz., selected varieties



\$3.79

BACK TO NATURE
Cookies
*6.4-8.5 oz., selected varieties
some cookie varieties on sale
for \$2.99*



\$2.99

INES ROSALES
Tortas
6.34 oz., selected varieties



\$2.79

IMAGINE
Organic Broth
32 oz., selected varieties



\$1.99

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



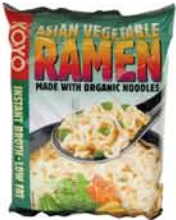
\$3.49

LAKWOOD ORGANIC
Organic Juice
32 oz., selected varieties



4/\$5

WESTBRAE
Organic Beans
15 oz., selected varieties



79¢

KOYO
Ramen
2-2.1 oz., selected varieties



\$3.49

ANNIE'S HOMEGROWN
Organic Fruit Snacks
4 oz., selected varieties



\$2.69

BACK TO NATURE
Crackers
4-8.5 oz., selected varieties



\$3.49

KETTLE
Krinkle Cut Potato Chips
13 oz., selected varieties



\$1.99

FOOD SHOULD TASTE GOOD
Tortilla Chips
5.5 oz., selected varieties



\$2.99

MUIR GLEN
Organic Salsa
16 oz., selected varieties



Collard Greens

You don't have to be from southern climes to enjoy collard greens! While the traditional (and delectable) way to serve them in the southern U.S. is with black-eyed peas and cornbread, they can be used in place of other leafy greens in recipes, too. Rich in nutrients and easy to prepare, collard greens are tempting additions to soups, served as a side with meats and poultry (like smoked turkey), and added to cooked bean or grain pilafs or salads. You can even substitute these broad mildly-flavored leaves for seaweed in homemade sushi.

For more information on what's in season and delicious recipes, visit www.strongertogether.coop.





Cheese Spreads

If you're planning a party or looking for a great appetizer to bring to your next potluck, consider a flavorful and festive cheese spread. Spreadable cheeses come in a vast variety of flavors, from traditional cheddar with port or pimientos to bleu cheese with toasted walnuts or soft fresh goat cheese spiked with herbs and lemon zest. Check your co-op's cheese section to see what's available, or make your own! Start with a soft plain cheese like cream cheese, Neufchatel or ricotta, and add your favorite flavors, like sun-dried tomatoes, chopped smoked salmon, or horseradish and bacon.



The Real Deal

Depending on the flavorings, serve cheese spread with baguette slices or hearty rye, plain crackers, crisp vegetables, or crunchy slices of apple or pear. A bowl of olives, smoked almonds or dried fruits are a great complement to spreadable cheeses, too.

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\$9.99

EQUAL EXCHANGE

Organic Bulk Coffee
per pound in bulk
decaf not included



\$2.99

YOGI

Tea
16 ct., selected varieties



\$6.79

BULK

Organic Almonds
per pound in bulk



\$5.49

BULK

Organic Medjool Dates
per pound in bulk



\$11.49

BULK

Pecan Halves
per pound in bulk



2/\$3

ORGANIC VALLEY

Organic Whipping Cream
8 oz.



\$6.49

SUNSPIRE
Organic Dark Chocolate Chips
per pound in bulk



\$4.99

BOB'S RED MILL
Organic Flour
5 lb., selected varieties



\$3.89

WHOLESOME SWEETENERS

Organic Light Brown Sugar
24 oz.
other sugar also on sale



\$2.79

SIMPLY ORGANIC

Organic Cinnamon
2.45 oz.
other spices and extracts also on sale



\$6.29

FRONTIER NATURAL

Organic Vanilla Extract
4 oz.
other extracts and spices also on sale



\$2.29

SO DELICIOUS

Nog Coconut Milk Beverage
32 oz.



\$2.49

NATIVE FOREST

Organic Fruit
14-15 oz., selected varieties



\$7.99

SPECTRUM NATURALS

Organic Canola Oil
32 oz.



\$2.59

RUDI'S

Organic English Muffins
12 oz., selected varieties



\$3.49

EARTH BALANCE

Buttery Spread
15 oz., selected varieties



\$3.49

NATURE'S PATH

Organic Granola
per pound in bulk



\$1.99

PEACE

Cereal
10-12 oz., selected varieties



\$2.79

PAMELA'S

Wheat-Free, Gluten-Free Cookies
7.25 oz., selected varieties



\$2.79

BROWN COW

Yogurt
32 oz., selected varieties



Holiday Favorites, Made Healthier

Many of us look forward all year long to classic holiday dishes, like stuffing, potato latkes, and pies. Here are some holiday favorites with a healthier twist!

- Instead of eggnog made with whole milk or cream, look for versions that are lower in fat. Or try a tasty non-dairy "nog." Made with soymilk and spices, these are lower in calories and cholesterol.
- There are lots of lighter versions of latkes, the traditional Hanukkah potato pancakes. Look for recipes that use mostly olive oil for frying, add vegetables like zucchini for extra fiber, or a layer of matzo crumbs for a crispy baked latke. Top latkes with nonfat Greek yogurt or applesauce instead of sour cream.
- Wild rice stuffing is higher in fiber than bread-based stuffings; add extra veggies (celery, onions, carrots, dried fruit and nuts) for a nutrition boost.
- Mashed potatoes are delicious made with the addition of steamed cauliflower or cooked sweet potatoes. Try using lowfat or nonfat milk, and add roasted garlic for extra flavor.
- Choose pumpkin pie or a fruit dessert instead of cheesecake or pecan pie. Poached pears are a colorful, seasonal, and luscious way to end a holiday meal.

For more holiday entertaining ideas and great recipes, visit www.strongertogether.coop.



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\$2.49

STONYFIELD
Organic
Frozen Yogurt
16 oz., selected varieties



2/\$5

TERRA
Exotic Vegetable Chips
5 oz., selected varieties



\$3.29

AMY'S
Snacks
6 oz., selected varieties



\$7.99

GREEN FOREST
Bath Tissue
12 pack, Double Rolls



\$3.99

ORGANIX
Organic Dog Cookies
12 oz., selected varieties



\$4.99

EARTH SCIENCE

Shampoo or Conditioner

12 oz., selected varieties
all Earth Science products
on sale



2/\$5

PRESERVE

Toothbrush
each



\$8.49

AUBREY

Shampoo or Conditioner

11 oz., selected varieties



\$4.99

ALBA

Very Emollient

Cream Shave
8 oz., selected varieties



\$3.49

SOUTH OF FRANCE

French Milled Soap

8.8 oz., selected varieties



\$19.99

NATURAL FACTORS

Stress-Relax Tranquil

Sleep Chewable
60 ct.



\$18.99

RAINBOW LIGHT

Men's One
Multivitamin

90 ct.
other Rainbow Light
supplements also on sale



\$19.99

SPECTRUM ESSENTIALS

Fish Oil

250 ct., selected varieties



\$11.99

SEVENTH GENERATION

4X Liquid Laundry
Detergent

50 oz., selected varieties



\$23.99

NEW CHAPTER

Zylamend

60 ct.
all New Chapter supplements
on sale



Mulling Spices

Mulled wine and cider date back to the 17th century and are still a warming winter treat. Cinnamon, allspice, cloves and nutmeg are among the most common mulling spices, but cardamom, star anise, ginger and black pepper can also be used. Pear, cranberry and citrus juices (or a blend) are also delicious options for mulling.

For a party-sized batch of your favorite beverage, pour a half-gallon of juice or wine into a stainless steel or enamel pot (a crockpot works well, too!). Place spices in a small muslin or cheesecloth bag, and put the bag into the pot. Bring the mixture just to a simmer. Heat gently for 10 to 30 minutes. Remove the bag before serving, and garnish with cinnamon sticks, star anise, or candied ginger.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ARKANSAS

Ozark Natural Foods
1554 N. College Ave., Fayetteville

ILLINOIS

Common Ground Food Co-op
300 S Broadway Ave., Urbana

Neighborhood Co-op Grocery
1815 W. Main St., Carbondale

INDIANA

Bloomingfoods - Market And Deli
3220 E. 3rd St., Bloomington
316 W. 6th St., Bloomington
419 E. Kirkwood Ave., Bloomington

Maple City Market
314 S. Main St., Goshen

Three Rivers Food Co-op
1612 Sherman Blvd., Ft. Wayne

IOWA

New Pioneer Co-op
22 S. Van Buren St., Iowa City
1101 2nd St., Coralville

Oneota Community Co-op
312 W. Water St., Decorah

Wheatsfield Co-op
413 Northwestern Ave., Ames

KANSAS

The Merc
901 Iowa St., Lawrence

KENTUCKY

Good Foods Market & Cafe
455-D Southland Dr., Lexington

MICHIGAN

East Lansing Food Coop
4960 Northwind, East Lansing

Grain Train Natural Foods Market
220 E. Mitchell, Petoskey

GreenTree Cooperative Grocery
214 N. Franklin, Mt. Pleasant

Marquette Food Co-op
109 W. Baraga Ave., Marquette

Oryana Natural Foods Market
260 E. 10th St., Traverse City

People's Food Co-op
216 N. 4th Ave., Ann Arbor

People's Food Co-op
507 Harrison St., Kalamazoo

Ypsilanti Food Co-op
312 N. River St., Ypsilanti

MINNESOTA

Bluff Country Co-op
121 W. 2nd St., Winona

City Center Market
122 N. Buchanan St., Cambridge

Cook County Co-op
20 E. First St., Grand Marais

Eastside Food Cooperative
2551 Central Ave. N.E., Minneapolis

Harmony Co-op
302 Irvine Ave. N.W., Bemidji

Harvest Moon
2380 W. Wayzata Blvd., Long Lake

Just Food Co-op
516 S. Water St., Northfield

Lakewinds Natural Foods
435 Pond Promenade, Chanhassen
17501 Minnetonka Blvd., Minnetonka

Linden Hills Co-op
3815 Sunnyside Ave., Minneapolis

Mississippi Market
1500 West 7th St., Saint Paul
622 Selby Ave., Saint Paul

River Market Community Co-op
221 N. Main St., Stillwater

Rochester Good Food Store
1001 6th St. N.W., Rochester

Seward Co-op Grocery & Deli
2823 E. Franklin Ave., Minneapolis

St. Peter Food Co-op
228 Mulberry St., St. Peter

Valley Natural Foods
13750 County Road 11, Burnsville

Wedge Co-op
2105 Lyndale Ave. S., Minneapolis

Whole Foods Co-op
610 E. 4th St., Duluth

NEBRASKA

Open Harvest
1618 South St., Lincoln

OHIO

Toledo Natural Food Co-op
1447 W. Sylvania Ave., Toledo

WISCONSIN

Basics Cooperative
1711 Lodge Dr., Janesville

Chequamegon Food Co-op
215 Chapple Ave., Ashland

Menomonie Market
521 2nd St. E., Menomonie

Outpost Natural Foods
2826 S. Kinnickinnic Ave., Bayview
100 E. Capitol Dr., Milwaukee

7000 W. State St., Wauwatosa

People's Food Co-op
315 5th Ave. S., La Crosse

Viroqua Food Co-op
609 N. Main St., Viroqua

Willy Street Grocery Co-op
1221 Williamson St., Madison
6825 University Ave., Middleton



\$2.99

HEMP BLISS

Organic Hemp Beverage

32 oz., selected varieties



\$2.99

STAHLBUSH ISLAND FARMS

Frozen Fruit

10 oz., selected varieties



Celebrating Co-ops in 2012

It's official: in 2012 everyone is celebrating co-ops! The United Nations declared 2012 the International Year of Cooperatives, so this will be a year to celebrate food co-ops across the country and how they make communities stronger together.

Visit www.strongertogether.coop for stories about co-ops across the country—and around the world!

Join the conversation at www.strongertogether.coop

