

# coop<sup>TM</sup> deals

NOV 30 - DEC 13, 2011



**\$2.79**

**RISING MOON ORGANICS**

Organic Ravioli  
8 oz., selected varieties



**\$2.29**

**CASCADIAN FARMS**

Organic Vegetables  
16 oz., selected varieties



**\$3.49**

**TRADITIONAL MEDICINALS**

Organic Tea  
16 ct., selected varieties



**\$2.99**

**DR. BRONNER'S**  
Bar Soap

5 oz., selected varieties

## Featured Inside:

- A pretty pear and pomegranate salad for your holiday feast
- What's fresh in the deli? Delicious and elegant winter salads
- Celebrate more (and spend less) with help from the co-op
- Easy gift ideas, holiday helper hints, quick and healthy meals on sale



## Roasted Pear and Pomegranate Salad

Serves 6. Prep time: 30 minutes.

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|--|---|
| <ul style="list-style-type: none"> <li>● 2 pears, cored and sliced into 6 wedges each</li> <li>● 6 ounces mixed salad greens</li> <li>● 1/3 cup dried cranberries</li> <li>● 1/3 cup toasted walnuts, coarsely chopped</li> <li>● 4 ounces bleu cheese, crumbled</li> <li>● 2 ounces fresh pomegranate seeds*</li> </ul> | <p>Dressing:</p> <ul style="list-style-type: none"> <li>● 1/4 cup olive oil</li> <li>● 1/3 cup bottled pomegranate juice</li> <li>● 1 tablespoon balsamic vinegar</li> <li>● 2 teaspoons maple syrup</li> <li>● 1/4 teaspoon ground cinnamon</li> <li>● salt and pepper to taste</li> </ul> |
|--|---|

Preheat the broiler. Place the pear wedges skin-side down on an oiled sheet pan or cookie sheet with a rim.

Whisk the dressing ingredients together in a small bowl. Brush the pear slices with a little of the dressing. Set remaining dressing aside. Broil the pears for 6-10 minutes, just until they begin to soften and caramelize. Remove from oven and cool to room temperature.

In a large bowl toss the greens, dried cranberries and toasted walnuts with 1/3 cup of the dressing. Divide equally onto 6 plates. Top each salad with 2 pear wedges, an ounce of bleu cheese and a few pomegranate seeds.

\*To remove the seeds from a fresh pomegranate, cut the stem end (the "crown") off the fruit and score the skin 4-5 times from top to bottom with a sharp knife. Immerse the pomegranate in a large bowl of water and gently break the sections apart. Separate the seeds from the rind and pith; the seeds will sink to the bottom so you can remove the inedible parts. Drain seeds and pat them dry.

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



**\$8.99**

**NAPA VALLEY  
NATURALS**  
Organic Extra Virgin  
Olive Oil  
*25.4 oz., selected varieties*



**\$2.99**

**BEARITOS**  
Yellow Tortilla Chips  
*16 oz., selected varieties*



**\$2.99**

**SALPICA**  
Salsa  
*16 oz., selected varieties*



**\$2.79**

**JOVIAL**  
Organic Gluten-Free  
Cookies  
*7 oz., selected varieties*



**89¢**

**Q.BEL**  
Candy  
*.9-1.1 oz., selected varieties*



**\$2.99**

**EQUAL EXCHANGE**

Organic Tea  
20 ct., selected varieties



**5/\$5**

**CHOBANI**  
Greek Yogurt  
6 oz., selected varieties



**\$3.59**

**FOOD FOR LIFE**  
Organic Ezekiel Bread  
24 oz., selected varieties



**\$3.49**

**IMMACULATE BAKING**  
Cinnamon Rolls  
16 oz.  
Scones also on sale



**2/\$5**

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



**\$2.99**

**CASCADIAN FARMS**  
Organic Cereal  
9-17 oz., selected varieties



**\$2.49**

**RICE DREAM**  
Enriched Rice Beverage  
32 oz., selected varieties



**\$2.79**

**NATURE'S PATH**  
Organic Hot Cereal  
8 ct., selected varieties



**\$2.99**

**SANTA CRUZ ORGANIC**  
Organic Juice  
32 oz., selected varieties



**\$2.29**

**BULK**  
Organic  
Thompson Raisins  
per pound in bulk



## Pomegranates

The pomegranate's leathery red skin hides a treasure trove of sweet-tart, juicy arils (as the edible seeds are called). Among the first cultivated fruits, pomegranates do not ripen once they've been picked. The sweetest, juiciest fruits should have smooth, unbroken skin and feel heavy for their size. Once you've liberated them from the skin and pith, pomegranate seeds are delicious additions to both sweet and savory dishes. Sprinkle them in Greek yogurt or atop a spinach salad. Try them on ice cream or hot cereal, or garnish a platter of roast pork with the little red jewels.

For more information on what's in season and delicious recipes, visit [www.strongertogether.coop](http://www.strongertogether.coop).





## Fresh in the Deli

Co-op chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature.

### Seasonal Side Salads

#### Quinoa with Cashews and Cranberries

Recipe courtesy of Moscow Food Co-op  
Moscow, Idaho

*This sassy salad of quinoa, dried cranberries and toasted cashews brightened with lemon and fresh mint makes a nice side dish served with roast turkey or pork, or stuffed in a baked winter squash.*

save 50¢ per pound

#### Power Salad

Recipe courtesy of Hendersonville Co-op  
Hendersonville, North Carolina

*Sweet potatoes, pecans, raisins and Granny Smith apples all gussied up in a honey-yogurt dressing and sweetened with agave nectar. Serve it alongside your holiday cheese plate!*

save 75¢ per pound

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



\$9.99

### EQUAL EXCHANGE

Organic Bulk Coffee  
per pound in bulk  
decaf not included



\$2.29

### ORGANIC VALLEY

Organic Flavored  
Half & Half  
16 oz., selected varieties



\$2.29

### GALAXY

Vegan Cream Cheese  
8 oz., selected varieties



\$1.79

### BOULDER CANYON

Potato Chips  
5 oz., selected varieties



\$5.79

### SPECTRUM NATURALS

Canola Mayonnaise  
32 oz.



**\$2.89**

**MONTEBELLO**  
Organic Pasta  
16 oz., selected varieties



**\$2.79**

**MUIR GLEN**  
Organic Pasta Sauce  
26 oz., selected varieties



**\$1.89**

**ANNIE'S  
HOMEGROWN**  
Organic Pasta &  
Cheese Dinner  
6 oz., selected varieties



**\$7.39**

**SPECTRUM  
NATURALS**  
Organic Coconut Oil  
14 oz.



**\$1.99**

**WOLFGANG  
PUCK**  
Organic Soup  
14.5 oz., selected varieties



**\$2.79**

**ANNIE'S  
HOMEGROWN**  
Snack Crackers  
7.5 oz., selected varieties



**\$2.99**

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



**\$5.29** **BULK**  
Tamari Almonds  
per pound in bulk



**\$1.39** **BULK**  
Organic Pinto Beans  
per pound in bulk



**\$2.49** **CASCADIAN  
FARMS**  
Potatoes  
16 oz., selected varieties



## Creative Gift Giving

Gift cards and gift certificates are among the most popular options for holiday giving, but if you'd like to take your gift cards up a notch, here are some suggestions.

- Bundle a co-op gift card with a favorite family cookie recipe, a colorful mixing bowl and a wooden spoon; or accompany your "secret" salad dressing recipe with a bottle of olive oil or specialty vinegar—plus a gift card to cover the salad ingredients.
- Give a friend a certificate (or a pair) for a cooking class or tasting event at your local co-op. Or make it a night out for the two of you!
- Present your elderly neighbor or relative with a gift certificate for homemade soup—delivered by you, so it's not just dinner, but also a chance to visit.



## Holiday Helpers

If you're planning a family gathering or party during the winter holidays, here are some ways to involve your children in creating great family memories (and help with the preparations at the same time!):

- Plan the menu: ask your child to pick out a favorite dish or two to serve. Spend some time looking at cookbooks together, or ask for suggestions for a particular course or using a favorite ingredient.
- Make place cards: use greeting cards, brown paper bags decorated with recycled ribbon or colored markers, colorful buttons, yarn and other household items to make place cards for guests.
- Decorate the table: use citrus fruit and whole cloves to make old-fashioned pomanders. Just poke holes in the skin of the fruit with a wooden skewer, insert cloves in a pretty pattern, and display in a decorative bowl.
- Event photographer: assign one of your children to take photos at the event; you may be surprised at the great moments she or he will capture!

For more ideas on holiday entertaining, visit [www.strongertogether.coop](http://www.strongertogether.coop).



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**\$4.99**

**RISING MOON ORGANICS**

Pizza

11 oz., selected varieties



**\$2.99**

**EQUAL EXCHANGE**

Organic Chocolate Bar

3.5 oz., selected varieties



**\$4.29**

**SO DELICIOUS**

Organic Dairy Free

Frozen Dessert

32 oz., selected varieties



**\$3.49**

**AH!LASKA**

Organic

Chocolate Syrup

22 oz.



**\$2.49**

**WOODSTOCK**

Organic Mangoes

10 oz.

other Woodstock frozen fruit also on sale



**\$7.99**

**KISS MY FACE**  
Moisturizing Lotion  
16 oz., selected varieties



**2/\$4**

**AURA CACIA**  
Mineral Bath  
2.5 oz., selected varieties



**\$4.49** **JASON**  
Toothpaste  
4-6 oz., selected varieties



**\$10.99**

**NATURTINT**  
Hair Color  
each, selected varieties



**\$19.99**

**EMERITA**  
Pro-gest Cream  
2 oz.



**\$7.99**

**BOIRON**  
Coldcalm  
60 ct.



**\$12.99** **EMERGEN-C**  
Immune Plus  
with Vitamin D  
30 ct., selected varieties



**\$12.99**

**NATURAL VITALITY**  
Natural Calm  
8 oz., selected varieties



**\$10.99**

**MAGGIE'S**  
Wool Hiker Socks  
3 pack, selected varieties



**\$15.99**

**NEW CHAPTER**  
Every Woman's  
One Daily  
24 ct.

all New Chapter supplements on sale



## Celebrate More, Spend Less!

Making a party more expensive doesn't mean better. There's no need to blow your budget — even when serving a sustainable menu. To save on your holiday celebrations:

- Check out your co-op's sales flyer and coupons for upcoming specials that you can incorporate into your menu plans.
- Rely on inexpensive staples like grains and beans.
- Buy in bulk for best economy.
- Cook the right amount of food. If you overdo it, arrange for guests to bring home leftovers.
- Choose reusable plates, linens, and utensils. If you don't own enough dinnerware to go around, consider borrowing a set from a friend.
- Use live plants or food for the table decor.
- Print your invites on recycled paper, or, better yet, send e-vites.

For more tips on holiday entertaining and great recipes, visit [www.strongertogether.coop](http://www.strongertogether.coop).

## 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

**Wheatfield 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



**\$2.79**

**EARTH FRIENDLY**

Dishmate  
25 oz., selected varieties



**3/\$4**

**GREEN FOREST**

Paper Towels  
1 roll



## 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](http://www.strongertogether.coop) for stories about co-ops across the country—and around the world!

Join the conversation at [www.strongertogether.coop](http://www.strongertogether.coop)

