

coopTM deals

AUG 2 - AUG 15, 2017



2/\$6

THE GREEK GODS

Greek Yogurt

24 oz., selected varieties



\$2.69

**ANNIE'S
NATURALS**

Organic Dressing

8 oz., selected varieties



4/\$5

HONEST TEA

Organic Ready-to-Drink Tea

16 oz., selected varieties



2/\$4

**GARDEN OF
EATIN'**

Tortilla Chips

7.5-8.1 oz., selected varieties

Featured Inside:

- Spice up the season with a simple vegetable curry recipe
- Zucchini is prime for the picking this month!
- Try an affordable and delicious Ribollita dish
- It's not too late to add some plants to your garden. Find tips inside



Simple Vegetable Curry

Serves 4. Prep time: 25 minutes.

- 1 cup canned coconut milk
- 4 teaspoons curry powder
- $\frac{3}{4}$ teaspoon salt
- 1 large red jalapeño, slivered
- 1 small yellow onion, finely chopped
- 2 cups green beans, trimmed and cut into 1-inch pieces
- 1 pound cauliflower, chopped into florets
- 1 tablespoon fresh lemon juice

Combine the coconut milk with the curry powder and salt in a large sauté pan, and stir to mix. Over medium-high heat, bring mixture to a boil and add the jalapeño, onion, green beans and cauliflower. Stir, then cover the pan and return to a boil, then reduce the heat to medium and cook for 10 minutes. Uncover and test the vegetables for doneness; they should be very tender when pierced with a paring knife. Stir in the lemon juice and taste for salt. If desired, simmer longer to thicken the sauce.

Serving suggestion: Don't like spicy food? Substitute red bell pepper for the red jalapeño. Serve finished curry with rice for a satisfying meal.

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



2/\$4

CASCADIAN FARM

Organic Vegetables
10 oz., selected varieties



\$3.99

GARDEIN

Seven Grain Crispy Tenders
9 oz.
Other Meatless items also on sale



\$1.99 BULK
Organic Green Lentils
per pound in bulk



\$9.99 BULK
Organic Raw Cashews
per pound in bulk



\$1.99 BULK
Organic Pinto Beans
per pound in bulk



\$9.99

JUSTIN'S
Almond Butter
16 oz., selected varieties



\$3.99

RUDI'S ORGANIC BAKERY
Sandwich Bread
20-24 oz., selected varieties



2/\$5

R.W. KNUDSEN
Organic Juice Boxes
4 ct., selected varieties



\$4.39

SANTA CRUZ ORGANIC
Organic Peanut Butter
16 oz., selected varieties



\$2.69

LATE JULY SNACKS
Organic Sandwich Crackers
5 oz., selected varieties



5/\$2

STRETCH ISLAND
Fruit Leather
.5 oz., selected varieties



2/\$4

KETTLE BRAND
Avocado Oil
Potato Chips
4.2 oz., selected varieties



\$3.99

GLUTINO
Gluten-Free Pretzels
14.1 oz., selected varieties



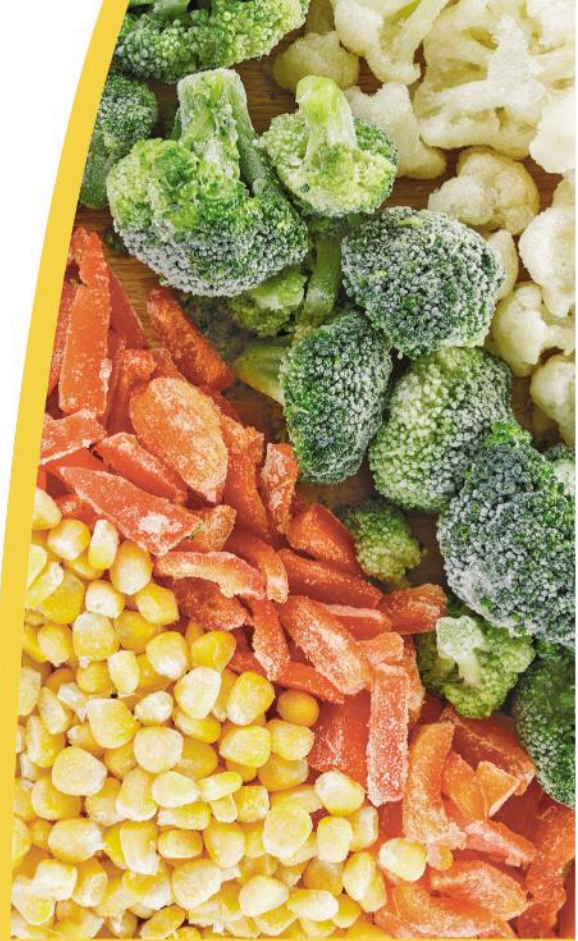
\$3.69

NEWMAN'S OWN
Crème Filled Cookies
13 oz., selected varieties



\$3.69

ANNIE'S HOMEGROWN
Organic Graham Crackers
14.4 oz., selected varieties



Preserving Your Veggies

Want to enjoy the most healthful food — like local, organic fruits and vegetables — year round? Preserving the bounty you've grown yourself or purchased from your local food co-op or farmers market makes it possible. For those who live where the growing season is relatively short, it's a great way to extend the season. When it comes to nutritious preserved foods, freezing is second only to fresh foods. Most vegetables, fruits, meats, soups and herbs can be frozen in airtight containers for use all year long. Dehydrating foods is a simple and easy way to keep vegetables, fruits and even meats stored away until you are ready to use them. You can find more on ways to preserve your harvest at www.strongertogether.coop.



Ribollita

Serves 5. Prep time: 45 minutes; 25 minutes active.

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 large garlic cloves, chopped
- 1 small zucchini, chopped
- 2 ribs celery, chopped
- 2 large carrots
- 1 bunch kale, stems chopped, leaves chopped
- 3 cups vegetable stock
- 2 teaspoons dried rosemary
- 1 cup tomato puree
- 1 teaspoon salt
- 1 can cannellini beans, drained
- 7 slices whole wheat bread
- Parmesan cheese

In a large pot, heat the olive oil over medium-high heat. Add the onion and garlic and stir for five minutes or so, until the onion is clear. Add the zucchini, celery, carrot, kale stems, and stir for a minute, then add the stock, salt and rosemary and bring to a boil. Reduce to a simmer and cook until the vegetables are tender, about 10 minutes. Stir in the tomato puree, kale leaves, cannellini beans and two slices of crumbled bread and simmer until the kale is softened. Serve soup over a slice of toasted bread and top with freshly shredded Parmesan. Estimated cost per serving: \$2.55.

coop basics

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\$11.99

CALIFORNIA OLIVE RANCH
Everyday Olive Oil
25.4 oz.



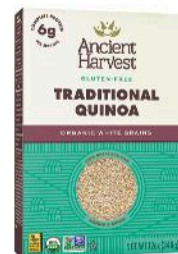
\$3.39

GO VEGGIE
Vegan Grated Parmesan
4 oz.
other Go Veggie products also on sale



2/\$6

SILVER HILLS BAKERY
Organic Bread
15-22 oz., selected varieties



\$4.99

ANCIENT HARVEST
Organic Quinoa
12 oz., selected varieties



\$2.69 JOVIAL
Organic Gluten Free Pasta
12 oz., selected varieties



3/\$10 **ZEVIA**
Zero Calorie Soda
6 pack, selected varieties



\$2.69 **HANSEN'S**
Soda
6 pack, selected varieties



3/\$5
C20
Coconut Water
17.5 oz., selected varieties



2/\$4
GUAYAKI
Organic Yerba Mate
15.5 oz., selected varieties



2/\$7
GO RAW
Organic Sprouted
Cookies
3 oz., selected varieties



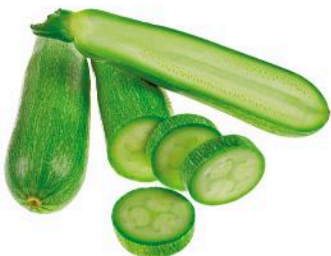
4/\$5
PAMELA'S
Organic Ambition Bar
1.41 oz., selected varieties



2/\$4 **EVOL**
Burritos
6 oz., selected varieties
Other EVOL items
also on sale



\$3.99
SO DELICIOUS
Frozen Dairy Free
Novelties
4-8 ct., selected varieties



\$3.99
TALENTI
Gelato
16 oz., selected varieties



Zucchini

Zucchini is a great late summer pick that (fun fact) is actually an immature fruit. Cousin to cucumbers and melons, it has a light delicate flavor that makes it a versatile cooking companion. Have you tried your hand at spiralized zucchini or "zoodles"? This ultra-trendy pasta substitute tastes great tossed in olive oil and lemon juice and sprinkled with grated Parmesan and fresh basil. Use ripe fruits to bake up a loaf of zucchini bread. Come August, you may realize you have an abundance of flourishing zucchini plants. Share the wealth with your block on August 8, which is "National Sneak Some Zucchini into your Neighbor's Porch Day."



\$8.99

EQUAL EXCHANGE

Organic Bulk Coffee
per pound in bulk
Bulk Decaf Coffee not on sale



\$2.99

GOLDEN TEMPLE

Granola
per pound in bulk



\$2.99

ENVIROKIDZ

Organic Cereal
10-14 oz., selected varieties



\$3.39

EREWHON

Organic Cereal
10-11 oz., selected varieties



\$2.99

NATURE'S PATH

Organic Toaster
Pastries
11 oz., selected varieties



\$3.69

ONE DEGREE ORGANIC FOODS

Organic Cereal
8-12 oz., selected varieties



\$5.69

PAMELA'S

Gluten-Free Baking &
Pancake Mix
24 oz.
other Pamela's products also
on sale



2/\$6

R.W. KNUDSEN

Organic Juice
32 oz., selected varieties



\$4.39 ORGANIC VALLEY

Organic Brown Eggs
doz.



2/\$3

ORGANIC VALLEY

Organic Grassmilk
Yogurt
6 oz., selected varieties



2/\$6

BROWN COW

Yogurt
32 oz., selected varieties



\$4.99

ORGANIC VALLEY

Organic Lactose
Free Milk
64 oz., selected varieties



3/\$4

ALMOND DREAM

Non-Dairy Yogurt
6 oz., selected varieties



\$1.19

SILK

Dairy-Free Yogurt
5.3 oz., selected varieties



\$4.99

REDWOOD HILL FARM

Goat Kefir
32 oz., selected varieties



\$2.99

KIND
Healthy Grains Bars
5 ct., selected varieties



4/\$5 **LARABAR**
Organic Superfoods Bar
1.6 oz., selected varieties



5/\$5 **LUNA**
Nutrition Bar
1.48-1.69 oz., selected varieties



2/\$4 **PROBAR**
Protein Bar
2.46-3 oz., selected varieties



\$2.39
KEVITA
Sparkling Probiotic Drink
15.2 oz., selected varieties



2/\$3
ESSENTIA
Electrolyte Enhanced Water
33.8 oz.



\$29.99
MEGAFOOD
MegaFlora Probiotic
60 ct.
other MegaFood products also on sale



\$19.99
RAINBOW LIGHT
Kid's One Multivitamin
90 ct.
other Rainbow Light products also on sale



\$14.99
NATURAL VITALITY
Natural Calm
8 oz., selected varieties



\$14.99
TERA'S WHEY
Simply Pure Whey Protein
12 oz., selected varieties



Late Summer Gardening

By now you're reaping the rewards of a summer spent digging in the dirt. Keep it growing! Trim new leaves to focus a plant's energy on ripening vegetables instead. Stay on top of weeding, too, so your veggies aren't competing for water and nutrients. And while you're picking summer's bounty, plant quick-growing crops for a fall harvest. Replace anything past its prime with spinach, beets, peas, radishes or broccoli — they don't mind cooler weather and will mature before the frost arrives. To account for shorter days and less intense sunlight, add two weeks to the "days to maturity" on seed packets.

FIND MORE AT THE FOLLOWING NATURAL FOOD CO-OPS:

ALASKA

Co-op Market Grocery & Deli
526 Gaffney Road, Fairbanks

ARIZONA

Food Conspiracy Co-op
412 North Fourth Avenue, Tucson

CALIFORNIA

BriarPatch Co-op Community Market
290 Sierra College Drive, Grass Valley

Chico Natural Foods Cooperative
818 Main Street, Chico

Co+opportunity Market & Deli
8770 Washington Boulevard,
Culver City
1525 Broadway, Santa Monica

Davis Food Co-op
620 G Street, Davis

Feather River Food Co-op
60 North Pine Street, Portola

Isla Vista Food Co-op
6575 Seville Road, Isla Vista

North Coast Co-op
811 I Street, Arcata
25 Fourth Street, Eureka

Ocean Beach People's Organic Food Co-op
4765 Voltaire Street, San Diego

Quincy Natural Foods Co-op
269 Main Street, Quincy

Sacramento Natural Foods Co-op
2820 R Street, Sacramento

SLO Natural Foods Co-op
2494 Victoria Avenue, San Luis Obispo

Ukiah Natural Foods Co-op
721 South State Street, Ukiah

IDAHO

Boise Co-op
888 West Fort Street, Boise
2350 North Eagle Road, Meridian

Moscow Food Co-op
121 East Fifth Street, Moscow

MONTANA

Community Food Co-op
908 W. Main Street, Bozeman
44 E. Main Street, Bozeman

OREGON

Alberta Cooperative Grocery
1500 N.E. Alberta, Portland

Ashland Food Co-op
237 North First Street, Ashland

Astoria Co-op Grocery
1355 Exchange Street, Astoria

First Alternative Co-op
1007 S.E. Third Street, Corvallis
2855 N.W. Grant Avenue, Corvallis

Food Front Cooperative Grocery
2375 N.W. Thurman Street, Portland
6344 S.W. Capitol Highway, Portland

Medford Food Co-op
945 South Riverside Avenue, Medford

People's Food Co-op
3029 S.E. 21st Avenue, Portland

WASHINGTON

Central Co-op
1600 East Madison, Seattle

Community Food Co-op
315 Westerly Road, Bellingham
1220 North Forest Street, Bellingham

Main Market Co-op
44 West Main Avenue, Spokane

Olympia Food Co-op
921 North Rogers, Olympia
3111 Pacific Avenue S.E., Olympia

Orcas Food Co-op
138 North Beach Road, Eastsound

Skagit Valley Food Co-op
202 South First Street, Mount Vernon

Sno-Isle Natural Foods Co-op
2804 Grand Avenue, Everett

The Food Co-op
414 Kearney Street, Port Townsend



\$2.99

DR. BRONNER'S
Citrus Castile
Bar Soap
5 oz.
other Dr. Bronner's products
also on sale



\$3.99 **TOM'S OF MAINE**
Toothpaste
4.2-5.5 oz., selected varieties



\$23.99

NORDIC NATURALS
Ultimate Omega-D3
60 ct.
other Nordic Naturals products
also on sale



\$6.99

ALBA BOTANICA
Hawaiian Shampoo
or Conditioner
12 oz., selected varieties



\$6.99

THAYERS
Witch Hazel
12 oz., selected varieties



\$5.99

ESSENTIAL OXYGEN
Organic Toothpaste
4 oz.
other Essential Oxygen products
also on sale

Find late summer savings at the co-op!

coopTM
stronger together

PWNW0817A