

# coop<sup>TM</sup> deals

APR 13 - MAY 3, 2016



3/\$5

**FOOD SHOULD  
TASTE GOOD**

Snack Chips  
4.5-5.5 oz., selected varieties



\$2.39

**MUIR GLEN**

Organic Salsa  
16 oz., selected varieties



2/\$5

**BROWN COW**

Yogurt  
32 oz., selected varieties



\$9.99

**SEVENTH  
GENERATION**

Liquid Laundry  
Detergent  
100 oz., selected varieties

## Featured Inside:

- Happy Earth Day! Sustainability stories from food co-ops inside
- Find out how you can “B the Change” with B Corporations
- Brighter days, lighter meals: tofu scramble and balsamic berries
- Greener cleaners, energy foods and much more – at the co-op!



## Hearty Tofu Scramble

Serves 4. Prep time: 10 minutes active; 30 minutes total.

- 2 tablespoons olive oil
- 1 cup diced red onion
- 1 cup sliced mushrooms
- ½ bunch kale, shredded
- 1 cup diced red peppers
- 2 to 3 cloves garlic, chopped
- 1 pound extra-firm tofu
- 1 tablespoon Dijon mustard
- 3 tablespoons nutritional yeast
- ¼ teaspoon ground turmeric
- ¾ teaspoon smoked sea salt
- ⅛ teaspoon black pepper
- 4 fresh basil leaves, chiffonade

In a large skillet, heat olive oil over medium-high heat and sauté the red onion, mushrooms, kale, peppers and garlic for about 10 minutes, until soft. While the vegetables are cooking, drain and crumble the tofu. Mix the tofu with the Dijon, nutritional yeast, turmeric, salt and pepper. Add the tofu mixture to the skillet and cook until heated, about 10 minutes. Sprinkle with the basil and serve immediately.

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



**2/\$3**

**MORI-NU**

Silken Tofu

12-12.3 oz., selected varieties  
Organic Silken Tofu also on sale



**\$2.99**

**NANCY'S**

Organic Cultured Soy

24 oz., selected varieties



**\$3.99**

**EARTH BALANCE**

Buttery Spread

10-15 oz., selected varieties



**\$3.69**

**RUDI'S**

Organic Sandwich

Bread

20-24 oz., selected varieties



**\$10.99**

**CALIFORNIA  
OLIVE RANCH**

Extra Virgin Olive Oil

25.4 oz.



**\$8.99**

**EQUAL EXCHANGE**

Organic Coffee  
per pound in bulk  
French Roast Decaf Coffee  
\$11.99 per pound



**\$2.99**

**R.W. KNUDSEN**

Organic Juice  
32 oz., selected varieties



**2/\$6**

**THE GREEK GODS**

Greek Yogurt  
24 oz., selected varieties



**\$2.69**

**R.W. KNUDSEN**

Organic Very Veggie  
Juice  
32 oz., selected varieties  
other Very Veggie Juice  
also on sale



**\$2.69 GOLDEN TEMPLE**

Granola  
per pound in bulk



**\$3.39 IMMACULATE**

Cinnamon Rolls  
17.5 oz.  
other Immaculate products  
also on sale



**\$2.99**

**ENVIROKIDZ**

Organic Cereal  
10-14 oz., selected varieties  
Envirokidz Bars also on sale



**\$3.39**

**KASHI**

Organic Cereal  
10.3-16.3 oz., selected varieties



**2/\$5**

**CASCADIAN FARM**

Organic Fruit  
8-10 oz., selected varieties



**\$6.39**

**NATURE'S PATH**

Organic Cereal Eco-Pac  
26.4-32 oz., selected varieties

## Nutritional Yeast

Once mostly used as a savory topping for popcorn, nutritional yeast has become a newly-trendy ingredient. Sold in packages or in bulk, these savory flakes of dried yeast bring a rich umami flavor to lots of dishes. Nutritional yeast is naturally free from dairy, wheat and gluten, and can be used in just about any recipe that calls for grated cheese. It's also surprisingly sodium free, even though it imparts a salty tang to foods from (vegan) mac and cheese to scalloped potatoes. Look for the fortified variety to ensure you're getting an extra boost of vitamin B12.



## Balsamic-Glazed Strawberries

Serves 6. Prep time: 15 minutes.

- ¼ cup balsamic vinegar
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 pound fresh strawberries, halved
- ¼ cup chopped fresh mint
- 2 cups vanilla yogurt or vanilla ice cream

In a small saucepan, mix together the balsamic vinegar and honey. Cook over medium heat, stirring constantly, for 5 minutes, until the mixture has slightly thickened. Remove from heat and add the vanilla. Toss the strawberries with the balsamic glaze and stir in the mint. Once the sauce has cooled, drizzle over scoops of yogurt or ice cream in individual serving dishes.

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



**3/\$10** **NEWMAN'S OWN**

Newman-O's  
13 oz., selected varieties  
other Cookies also on sale



**\$4.39**

**ORGANIC VALLEY**  
Organic Grassmilk Yogurt  
24 oz., selected varieties



**\$3.39**

**SO DELICIOUS**  
Non-Dairy Frozen Dessert  
16 oz., selected varieties



**\$5.99** **ALDEN'S**

Organic Ice Cream  
48 oz., selected varieties



**2/\$4**

**ENDANGERED SPECIES**  
Chocolate Bar  
3 oz., selected varieties



**\$2.29**

**WESTBRAE**  
Organic Beans  
25 oz., selected varieties



**2/\$5**

**TASTY BITE**  
Indian Entrees  
10 oz., selected varieties



**3/\$5**

**BACK TO NATURE**  
Organic Pasta & Cheese Dinner  
6 oz., selected varieties



**\$2.99**

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



**\$6.99**

**FARMHOUSE CULTURE**  
Organic Caraway Kraut  
22 oz.  
other Farmhouse Culture products also on sale



**\$2.69**

**LIGHTLIFE**  
Organic Tempeh  
8 oz., selected varieties



**\$3.69**

**BLAKE'S**  
Pot Pies or Casseroles  
8 oz., selected varieties  
Organic Pot Pie \$4.69



**\$3.99**

**TALENTI**  
Gelato  
16 oz., selected varieties



**\$1.69**

**WOODSTOCK**  
Frozen Greens  
10 oz., selected varieties  
other Woodstock Frozen Vegetables also on sale



**5/\$4**

**KOYO**  
Ramen  
1.9-2.1 oz., selected varieties



## Strawberries

These juicy, plump jewel-like berries are bursting with tangy, sweet flavor. Try a raw sauce to spoon over oats, plain yogurt, toast or ice cream: smash strawberries with orange zest, vanilla bean, cardamom, ginger, cinnamon and honey and marinate in the fridge for at least an hour. Strawberries add color and sweetness to a grilled chicken salad with spinach, walnuts and a homemade dressing of strawberries, olive oil, honey and a splash of orange juice. Or blend strawberries, tomatoes, green bell pepper, cucumber, onion, garlic, jalapeño, lime zest and juice, balsamic vinegar and salt for a refreshing lunchtime gazpacho.

# Earth Day

April 22

Read about just a few of the great things food co-ops do to become more sustainable, environmentally responsible community-owned businesses. To learn more, visit us at [www.strongertogether.coop](http://www.strongertogether.coop).

## Hunger Mountain Co-op

Montpelier, Vermont

Running efficiently has long been a priority for this 43+ year old co-op, which has installed a reclamation tank that captures heat from the refrigeration system to preheat water, and a system that circulates outdoor air in the winter to the walk-in coolers. An energy audit from Efficiency Vermont led them to replace fluorescent lighting with LEDs and make more upgrades to refrigeration systems. The co-op is a certified Vermont Green Business.



## New Pioneer Food Co-op

Iowa City/Cedar Rapids, Iowa

With microscopes and red wiggler worms, co-op staffer Scott Koepke leads students of all ages through hands-on learning about gardening, composting, soil science and local foods. Through the Soilmates program, Scott teaches 300 classes in 40 schools annually, reaching 10,000 children. Soilmates aims to stimulate local production of organic food by teaching kids how to nurture the soil. New Pi also gives \$500 grants to 20 school gardens and helps establish cafeteria composting programs.



## North Coast Co-op

Arcata/Eureka, California

In response to California's drought, this co-op instituted small changes that made a big difference. The maintenance team started using steamers instead of pressure washers to clean grocery carts and floor mats, and installed low-flow toilet flush valves and faucet aerators that reduce water flow from 2.2 to 0.5 gallons per minute. By landscaping with drought-tolerant plants, the co-op was able to turn off its irrigation system. These changes helped reduce water usage 28% in the first five months of 2015.





**\$3.99** **KISS MY FACE**  
Toothpaste  
4.1-4.5 oz., selected varieties



**\$3.39**  
**HOMESOLV**  
Dishwashing Liquid  
25 oz., selected varieties



**\$14.99**  
**NATURAL VITALITY**  
Calm  
8 oz., selected varieties  
other Natural Vitality products also on sale



**\$3.99** **IF YOU CARE**  
Parchment Paper  
70 sq. ft.  
other If You Care products also on sale



**2/\$4**  
**GUAYAKI**  
Ready-to-Drink Yerba Mate  
16 oz., selected varieties  
Yerba Mate Tea Bag items also on sale



**\$2.99**  
**ORGANIC VALLEY**  
Organic Fuel  
11 oz., selected varieties  
Organic Balance also on sale



**\$1.99**  
**PERFECT BAR**  
Nutrition Bar  
1.6-2.5 oz., selected varieties



**\$12.99**  
**MANITOBA HARVEST**  
Hemp Protein Powder  
16 oz.  
other Hemp products also on sale



**2/\$6**  
**REBBL**  
Organic Elixir  
12 oz., selected varieties



**\$11.99**  
**THE HONEST KITCHEN**  
Dehydrated Turkey Dog Food  
32 oz.  
other Pet Food varieties also on sale



## Green Cleaners

Looking for cleaning products that are eco-friendly and effective? You'll find lots of choices at the co-op, from floor and carpet cleaners to disinfecting sprays and wipes made with natural botanical ingredients. Dish liquid, glass cleaners and tub and tile cleaners all come in environmentally-friendly versions — and often in biodegradable or recycled/recyclable packaging. Don't forget the added value of concentrated cleaning products; the smaller size of the packaging means a smaller carbon footprint as well.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) to read about making your own eco-friendly cleaners!



These companies have something powerful in common: they are Certified B Corporations. Certified B Corporations are leaders of a global movement of people using business as a force for good™. They meet the highest standards of overall social and environmental performance, transparency and accountability and aspire to use the power of business to solve social and environmental problems. There are more than 1,500 Certified B Corporations in over 120 industries and 40 countries with 1 unifying goal – to redefine success in business. When you choose to purchase products from these companies, you, too, can B the Change and use business as a force for good.

Brought to you by  
the community of

**Certified**



**Corporations**

Learn more at [www.bcorporation.net](http://www.bcorporation.net)





**\$5.39**

**ALTER ECO**  
Organic Quinoa  
12 oz., selected varieties



**\$1.39**

**RUNA**  
Organic Ready-to-Drink Guayusa  
14 oz., selected varieties  
other Guayusa products also on sale



**\$4.99**

**MANITOBA HARVEST**  
Hemp Hearts  
8 oz.  
other Hemp products also on sale



**\$2.39**

**HILARY'S**  
Meatless Burgers  
6.4 oz., selected varieties



**2/\$4**

**DANG**  
Coconut Chips  
1.43 oz., selected varieties



**\$3.69**

**ORGANIC INDIA**  
Organic Tulsi Tea  
18 ct., selected varieties



**\$13.99**

**ESSENTIAL LIVING**  
Organic Coco Gogo Energy Elixir  
11 oz.  
other Essential Living products also on sale



**\$10.99**

**GARDEN OF LIFE**  
Organic B-12 Spray  
2 oz.  
other Garden of Life products also on sale



**\$26.99**

**NEW CHAPTER**  
Bone Strength Take Care  
60 ct.  
other New Chapter products also on sale



**3/\$10**

**BADGER**  
Lip Balm  
.25 oz., selected varieties  
other Badger products also on sale



**\$10.99**

**DR. BRONNER'S**  
Liquid Castile Soap  
32 oz., selected varieties



**\$4.99**

**NUBIAN**  
Deodorant  
2.25 oz., selected varieties



**\$10.99** **TOPRICIN**  
Pain Relief and Healing Cream  
2 oz.  
other Topricin products also on sale



**\$4.99**

**PRESERVE**  
Razor  
ea.  
other Preserve products also on sale



**\$21.99**

**DR. HAUSCHKA**  
Cleansing Cream  
1.7 oz.  
other Dr. Hauschka products also on sale



## Manchego

This Spanish sheep's milk cheese offers a mouthwatering combination of earthiness and nutty sweetness. Toss arugula, sun-dried tomatoes, slivered almonds and shaved Manchego with a honey-vinegar dressing for a salad boasting rich and complex flavor. Watercress, radicchio and endive combined with slices of orange and grated Manchego is a crisp, tangy salad perfect for brunch. Manchego is also an excellent melting cheese; try a grilled cheese sandwich with Manchego, thinly sliced ham and apricot jam. A classic Spanish snack tops thick slices of Manchego cheese with membrillo, a sweetened quince paste, for a rich, salty-sweet snack or dessert.



3/\$7

**STACY'S**  
Snacks  
6.75-8 oz., selected varieties



2/\$5

**FOOD SHOULD TASTE GOOD**  
Hummus  
10 oz., selected varieties



**\$4.69 RUMIANO**  
Organic Cheese  
8 oz., selected varieties  
6 oz. Organic Sliced Cheese  
\$3.69



2/\$4  
**BLUE DIAMOND**  
Nut Thins  
4.25 oz., selected varieties



2/\$5  
**BEANFIELDS**  
Bean & Rice Chips  
5.5-6 oz., selected varieties



**\$2.39 AMY'S**  
Burrito  
5.5-6 oz., selected varieties  
other Amy's products also on sale



\$13.99

**BULK**  
Organic Walnuts  
per pound in bulk



\$4.69

**BULK**  
Organic Raw Pumpkin  
Seeds  
per pound in bulk



\$2.39  
**MOUNTAIN VALLEY**  
Sparkling Water  
1 ltr., selected varieties



\$1.69 **BULK**  
Organic Yellow Popcorn  
per pound in bulk



**\$4.69**

**ORGANIC VALLEY**  
Organic Cottage Cheese  
16 oz., selected varieties



**4/\$5**

**CLIF**  
Kit's Organic Bar  
1.69 oz., selected varieties



**\$1.99**

**PROBAR**  
Meal Bar  
3 oz., selected varieties



**\$2.99**

**LUNDBERG  
FAMILY FARMS**  
Organic Rice Cakes  
8.5-9.5 oz., selected varieties  
other Rice Cakes also on sale



**3/\$10**

**GO RAW**  
Organic Sprouted Snacks  
3 oz., selected varieties



## Eating for Energy

More daylight and warmer temperatures can mean more exercise in the great outdoors. Whether a springtime hike or training for a marathon is your goal, you may want to think about how the food you eat creates the energy you need for physical activity. The body's main source of fuel comes from carbohydrates. While they may have gotten a bad reputation in recent years, carbs are key for energy, particularly the complex carbohydrates provided by whole grains, oats and sweet potatoes. High-quality sources of proteins, from lean meat and fish as well as protein-rich quinoa, beans and tofu, are essential for healthy and strong muscles. And the best hydration for exercise is ... you guessed it! Water, and plenty of it.

Learn more at [www.strongertogether.coop](http://www.strongertogether.coop).

## FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

### ILLINOIS

**Common Ground Food Co-op**  
300 S. Broadway Ave., Urbana  
**Neighborhood Co-op Grocery**  
1815 W. Main St., Carbondale

### INDIANA

**3 Rivers Natural Grocery**  
1612 Sherman Blvd., Fort Wayne  
**Bloomingfoods Market and Deli**  
614 E. 2nd St., Bloomington  
3220 E. 3rd St., Bloomington  
316 W. 6th St., Bloomington  
Ivy Tech, 200 Daniels Way, Bloomington  
**Maple City Market**  
314 S. Main St., Goshen

### IOWA

**New Pioneer Co-op**  
3338 Center Point Rd N.E., Cedar Rapids  
1101 2nd St., Coralville  
22 S. Van Buren St., Iowa City  
**Oneota Community Co-op**  
312 W. Water St., Decorah  
**Wheatfields Cooperative**  
413 Northwestern Ave., Ames

### KANSAS

**The Merc Co-op**  
901 Iowa St., Lawrence

### KENTUCKY

**Good Foods Co-op**  
455-D Southland Dr., Lexington

### MICHIGAN

**East Lansing Food Co-op**  
4960 Northwind, East Lansing  
**Grain Train Natural Foods Market**  
220 E. Mitchell, Petoskey  
**Grain Train Neighborhood Market**  
104 S. Park St., Boyne City  
**GreenTree Cooperative Grocery**  
214 N. Franklin, Mt. Pleasant  
**Keweenaw Co-op Market & Deli**  
1035 Ethel Ave., Hancock  
**Marquette Food Co-op**  
502 W. Washington, 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 Whole Foods Co-op**  
20 E. First St., Grand Marais

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

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

**Harvest Moon Natural Foods**  
2380 W. Wayzata Blvd., Long Lake

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

**Lakewinds Food Co-op**  
435 Pond Promenade, Chanhassen  
17501 Minnetonka Blvd., Minnetonka  
6420 Lyndale Ave. S., Richfield

**Linden Hills Co-op**  
3815 Sunnyside Ave., Minneapolis

**Mississippi Market**  
740 E. 7th St., Saint Paul  
1500 W. 7th St., Saint Paul  
622 Selby Ave., Saint Paul

**Natural Harvest Food Co-op**  
505 3rd St. N., Virginia

**People's Food Co-op - Rochester**  
519 1st Avenue S.W., Rochester

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

**Seward Community Cooperative**  
317 E. 38th St., Minneapolis  
2823 E. Franklin Ave., Minneapolis

**St. Peter Food Co-op & Deli**  
228 W. Mulberry St., St. Peter

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

**Valley Natural Foods**  
13750 County Road 11, Burnsville

**Whole Foods Co-op - Denfeld**  
4426 Grand Ave., Duluth

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

### NEBRASKA

**Open Harvest Cooperative Grocery**  
1618 South St., Lincoln

### OHIO

**Phoenix Earth Food Co-op**  
1447 W. Sylvania Ave., Toledo

**SOUTH DAKOTA**

**The Co-op Natural Foods**  
410 W. 18th St., Sioux Falls

### WISCONSIN

**Basics Cooperative**  
1711 Lodge Dr., Janesville

**Chequamegon Food Co-op**  
700 Main St. W., Ashland

**Menomonie Market Food Co-op**  
814 Main Street, Menomonie

**Outpost Natural Foods Co-op**  
2826 S. Kinnickinnic Ave., Bayview

7590 Mequon Rd., Mequon  
100 E. Capitol Dr., Milwaukee  
7000 W. State St., Wauwatosa

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

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

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



local  
color

Fresh ingredients  
make the most  
delicious dishes.



Happy Earth Day from your food co-op!

coop™  
stronger together

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