

# coop<sup>TM</sup> deals

MAY 3 - MAY 16, 2017



\$3.99

**ORGANIC VALLEY**

Organic Shredded Cheese

6 oz., selected varieties



2/\$5

**LATE JULY**

Organic Thin & Crispy Tortilla Chips

11 oz., selected varieties



\$6.99

**DR. BRONNER'S**

Organic Coconut Oil

14 oz., selected varieties



2/\$5

**EQUAL EXCHANGE**

Organic Chocolate Bar

2.8 oz., selected varieties

## Featured Inside:

- Quick, tasty and affordable? Make Vegetarian Paella tonight!
- Our rhubarb cake recipe is a sweet, seasonal way to eat your vegetables
- Make a special spring spread: herbed butter with freshly snipped herbs
- Entertain a crowd sustainably, with tips, deals and recipes from the co-op



## Vegetarian Paella

Serves 4 to 6. Prep time: 30 minutes active; 1 hour total.

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 1 large red bell pepper, seeded and diced
- 3 cloves garlic, minced
- 1 medium zucchini, diced
- 2 cups canned diced tomatoes and juice
- 5 to 10 saffron strands
- 2 teaspoons smoked paprika
- ½ teaspoon crushed red pepper flakes
- 1 ½ cups rice, medium or short grain
- 3 cups vegetable stock, room temperature
- ½ cup canned artichoke hearts, drained and quartered
- 2 cups canned garbanzo beans, rinsed and drained
- ½ teaspoon salt
- ½ teaspoon ground black pepper

In a large oven-proof stock pot or Dutch oven, heat the oil over medium-high heat. Add the onions and bell peppers and sauté for 10 minutes or until softened. Add the garlic, zucchini, diced tomatoes with juice, saffron, paprika and chili flakes and sauté for 5 to 10 minutes. Add the rice and stock; stir and bring to a boil. Reduce heat to low and simmer for 10 minutes.

Preheat the broiler in the oven while the rice is cooking. Add the artichokes, garbanzo beans, salt and pepper. Cover the pot and simmer for 10 to 15 more minutes. When the liquid is mostly absorbed and the rice is tender, uncover the pot and transfer to the broiler for 5 to 10 minutes until the edges of the rice begin to brown and get a bit crispy. Remove from broiler and serve. Estimated cost per serving: \$2.21.

**coop** basics

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



**\$11.99**

**SPECTRUM**  
Organic  
Mediterranean Extra  
Virgin Olive Oil  
33.8 oz.



**\$2.39**

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



**3/\$4**

**MUIR GLEN**  
Organic Tomatoes  
14.5 oz., selected varieties



**\$4.39**

**PRIMAL  
KITCHEN**  
Dressing  
8 oz., selected varieties



**\$5.39**

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



**\$2.39**

**ANCIENT HARVEST**

Organic Supergrain Pasta  
8 oz., selected varieties



**\$3.39**

**RP'S PASTA**

Gluten-Free Pasta  
9 oz., selected varieties



**5/\$4**

**KOYO**

Ramen  
2-2.1 oz., selected varieties



**\$2.29**

**ANNIE'S NATURALS**

Organic Ketchup  
24 oz.  
other Annie's Condiments also on sale



**4/\$5**

**ANNIE'S HOMEGROWN**

Pasta & Cheese Dinner  
6 oz., selected varieties



**\$3.39**

**TOFURKY**

Hot Dogs  
12 oz.



**\$5.49**

**UDI'S GLUTEN FREE**

Pizza  
10-11 oz., selected varieties



**\$4.39**

**IAN'S**

Gluten Free Fish Sticks

8 oz.  
other Ian's products also on sale



**3/\$4**

**NEWMAN'S OWN**

Premium Cat Food  
5.5 oz., selected varieties



**\$6.99**

**BETTER LIFE**

Tub & Tile Cleaner  
32 oz.

other Cleaning products also on sale

## The Tapas Tradition

If you've ever enjoyed a series of snacks for dinner instead of one big plate, you understand the appeal of the Spanish tradition of tapas—a collection of small bites with big flavors that make up a satisfying, leisurely meal. Some classic tapas to try:

- Mixed olives, warmed and dusted with smoked paprika. Serve with salty Spanish Marcona almonds.
- Chunks of spicy chorizo, slow-cooked in a rich tomato and red pepper sauce and served with a crusty baguette.
- A traditional Spanish omelet made with potatoes and onions slow-cooked in plenty of olive oil, bound together with eggs.
- Roasted vegetables and chunks of Manchego with zesty Romesco sauce.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more tapas recipes.



## Rhubarb Snacking Cake

Serves 9. Prep time: 15 minutes active; 50 minutes total.

- 1 cup rolled oats
- 1 ¼ cup brown sugar, divided
- 6 tablespoons butter, divided
- 1 cup whole wheat pastry flour
- ½ cup unbleached flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¾ cup nonfat plain yogurt
- 1 large egg
- 1 cup thinly sliced rhubarb

Heat the oven to 350 degrees F. Lightly oil or butter a 9-inch square baking pan. Melt the butter. In a medium bowl, combine 2 tablespoons of the melted butter with the oats and ¼ cup brown sugar. Mix well and set aside.

In a large bowl, mix the flours, remaining cup of brown sugar, soda and salt. In a separate bowl, whisk together the yogurt and egg; slowly add the remaining 4 tablespoons melted butter, while whisking the mixture. Pour the yogurt mixture over the dry ingredients and stir just to combine. Quickly stir in the rhubarb. Scrape the batter into the prepared pan. Sprinkle with the topping, then bake for 30 to 35 minutes. A toothpick inserted in the center of the cake should come out with no wet batter sticking to it. Cool the cake on a rack. Serve warm, or wrap tightly and refrigerate for up to a week.

Serving suggestion: When rhubarb is in season, make the most of its tangy, pink stalks in this quick cake. You can even make this with frozen rhubarb in the middle of winter, if you like; just bake it 5 or 10 minutes longer. Top with a dollop of whipped cream or coconut sorbet for special occasions, or just slice and enjoy!

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



**\$5.49**

**NEW BARN**  
Organic Non-Dairy  
Frozen Dessert  
14 oz., selected varieties



**3/\$4**

**FAGE**  
Total Plain Yogurt  
6-7 oz., selected varieties



**\$3.69**

**GOOD POP**  
Frozen Pops  
4 ct., selected varieties



**\$3.39**

**ALDEN'S ORGANIC**  
Ice Cream Bars  
4 ct., selected varieties



**\$2.39**

**SWEETLEAF**  
Stevia Sweetener  
35 ct., selected varieties  
other Stevia products  
also on sale



2/\$5

**CHOCOLOVE**  
Chocolate Bar  
3.2 oz., selected varieties



2/\$5

**ALTER ECO**  
Organic Chocolate  
Bar  
2.82 oz., selected varieties



\$2.69

**SURF SWEETS**  
Gummy Bears or  
Jelly Beans  
6 oz., selected varieties



\$3.69

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



2/\$6

**BLUE SKY**  
Natural Soda  
6 pack, selected varieties



\$3.69

**BLUE SKY**  
Zero Calorie Soda  
6 pack, selected varieties



\$3.39

**VITA COCO**  
Coconut Water  
33.8 oz., selected varieties



\$2.39

**KEVITA**  
Organic Kombucha  
15.2 oz., selected varieties



5/\$5

**SWEET LEAF**  
Organic Ready-to-  
Drink Tea  
16 oz., selected varieties



\$2.19

**BHAKTI**  
Sparkling Tea  
12 oz., selected varieties



## Rhubarb

When spring has sprung, so has the rhubarb. The tartness of this perennial vegetable lends itself well to a variety of dishes from salad dressings to desserts. Rhubarb vinaigrette is delightful when mixed with wild greens and pea shoots. For a bright twist on classic sauces, try cooking down rhubarb to create a sweet, tart marinade for salmon or chicken. Baking up a fresh rhubarb pie will welcome your spring guests with warm memories of their youth. In the mood for just a little treat? The rhubarb cake recipe featured in this flyer can satisfy your craving!



## Baked Crab and Asparagus Spread

Serves 6 to 8. Prep time: 20 minutes active; 45 minutes total.

- 1 tablespoon olive oil
- 1 bunch asparagus, trimmed and cut into ½-inch pieces
- 1 cup chopped canned artichoke hearts
- 1 cup chopped fresh tomatoes
- 3 cloves garlic, chopped
- 1 6-ounce can lump crab meat, drained
- ½ teaspoon sea salt
- ⅛ teaspoon black pepper
- 2 eggs
- 1 8-ounce package Neufchâtel or cream cheese, softened
- ½ cup milk
- ⅓ cup grated Parmesan
- 2 large pinches smoked paprika
- ¼ cup slivered almonds

Heat oven to 375 degrees F. Heat the olive oil in a sauté pan, then add the asparagus, artichokes, tomatoes and garlic. Sauté for about 5 minutes until asparagus is just tender. Remove from the skillet and place in a small, oiled baking dish. Stir in the crabmeat, and add salt and pepper.

In a food processor, blend together the eggs, Neufchâtel and milk until fully incorporated. Pour the egg and cheese mixture over the crab and veggies, then top with Parmesan, smoked paprika and almonds. Bake uncovered on the middle rack in the oven for 25 minutes. Remove from the oven and serve hot with toasted baguette slices or crackers.

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



**\$2.99**

**GLUTINO**  
Crackers  
4.4-7 oz., selected varieties



**2/\$5**

**KETTLE**  
Potato Chips  
5 oz., selected varieties



**3/\$5**

**GIMME ORGANIC**  
Seaweed Snacks  
.35 oz., selected varieties



**\$2.39**

**POPCORN INDIANA**  
Popcorn  
4.4-8 oz., selected varieties



**2/\$4**

**WAY BETTER**  
SNACKS  
Sprouted Tortilla Chips  
5.5 oz., selected varieties



**\$5.69**

**BULK**  
Organic Sweetened  
Cranberries  
per pound in bulk



**\$3.69**

**BULK**  
Organic Dry Roasted  
Peanuts  
per pound in bulk  
Great for freshly-ground nut butter



**\$1.99**

**BULK**  
Organic Pinto Beans  
per pound in bulk



**\$1.79**

**BEARITOS**  
Organic Refried  
Beans  
16 oz., selected varieties



**\$1.79**

**FRONTERA**  
Cooking Sauce  
8 oz., selected varieties



**\$3.99**

**CABO CHIPS**  
Par-baked Tortillas  
10 ct., selected varieties



**2/\$6**

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



**2/\$6**

**QUE PASA**  
Organic Tortilla  
Chips  
16 oz., selected varieties



**3/\$5**

**AMY & BRIAN**  
Coconut Water  
17.5 oz., selected varieties



**\$5.99**

**HOPE FOODS**  
Organic Guacamole  
15 oz., selected varieties



## Making Herbed Butter

Here's a quick and easy way to make your homemade bread and dinner rolls even more special. Herbed butter can also be added to sauces, mashed potatoes, or steamed veggies for a burst of flavor. Allow the butter to soften to room temperature so it's workable. Rinse and pat dry a tablespoon or two of fresh herbs: chives, parsley, tarragon, thyme and marjoram and basil in any combination. Finely chop the herbs, and mix into the butter, adding freshly-ground black pepper if you like.

Any leftover butter can be stored in a sealed container, or rolled into a log shape and wrapped tightly in plastic wrap. Plastic-wrapped herbed butter can be over-wrapped in foil and frozen for several months.



## Raspberry Cream Scones

Makes six 3-inch scones. Prep time: 20 minutes active; 35 minutes total.

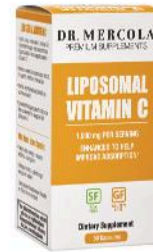
- 2/3 cup all-purpose flour
- 1/3 cup whole wheat flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3 tablespoons cold butter, cut or grated into small pieces
- 6 tablespoons heavy cream
- 1 egg, separated
- 1 teaspoon vanilla extract
- 3/4 cup fresh or frozen raspberries

Preheat the oven to 400 degrees F.

In a mixing bowl, whisk together the flours, sugar, baking powder and salt. In a separate small bowl, whisk together the heavy cream, egg yolk and vanilla.

Using a pastry cutter or your fingers, blend the cold butter with the flour mixture until it resembles coarse bread crumbs. Gently toss the raspberries with the flour and butter mixture, and slowly add the cream and egg yolk mixture. Gently blend just until the dough holds together.

Place the dough on a floured surface and gently pat out until about 1/2- to 1-inch thick. Cut the dough into 3-inch circles using a cookie or biscuit cutter and place on a greased or non-stick baking sheet. Gently push the remaining scraps of dough back together and cut more scones until all the dough is used. Brush the tops of the scones with beaten egg white and bake for 10-14 minutes until just starting to brown.



**\$ | 4.99**

**DR. MERCOLA  
PREMIUM  
SUPPLEMENTS**

Liposomal Vitamin C  
60 ct.  
other Dietary Supplements  
also on sale



**\$24.99**

**RAINBOW  
LIGHT**

Women's One  
Multivitamin

90 ct.  
other Women's Supplements  
also on sale



**\$21.99**

**NORDIC  
NATURALS**

Ultimate Omega

60 ct.  
other Nordic Naturals  
products also on sale



**\$ | 9.99**

**HOST DEFENSE**

Lion's Mane

60 ct.  
other Lion's Mane products  
also on sale



**\$ | 9.99**

**JARROW  
FORMULAS**

Beyond Bone Broth  
10.8 oz., selected varieties



**\$3.69**

**EVOLUTION FRESH**

Defense Up Smoothie

15.2 oz.  
other Juice and Smoothies also on sale



**\$2.99**

**KIND**

Granola Bars  
5 ct., selected varieties



**5/\$5**

**LARABAR**  
Fruit & Nut Bar  
1.6-1.8 oz.,  
selected varieties



**2/\$4**

**ORGANIC PRAIRIE**  
Organic Mighty Bar  
1 oz., selected varieties



**\$2.99**

**CLIF KIDZ**  
Organic Zbars  
7.62 oz., selected varieties



**\$12.99**

**ORGANIC VALLEY**  
Organic Aseptic Milk  
12 ct., selected varieties



**\$4.99**

**MARANATHA**  
Organic Peanut Butter  
16 oz., selected varieties



**\$3.99**

**UDI'S GLUTEN FREE**  
Bread  
12 oz., selected varieties



**2/\$4**

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



**\$3.69**

**CROFTER'S**  
Organic Premium Fruit Spread  
16.5 oz., selected varieties  
10 oz. Fruit Spread also on sale



## Springtime Sparklers

Hosting a spring fling? Make a splash with a fun and fruity sparkling drink! Flavor possibilities are only limited by your imagination. Try a seasonal combo like strawberry rhubarb, cherry almond or blackberry, lemon and thyme. Make a simple syrup base from one part sugar (or equivalent alternative sweetener), one part water and two parts fruit by boiling on the stove until fruit falls apart and mixture has thickened. Strain the syrup into a glass jar and chill. To enjoy, mix a few tablespoons of syrup with sparkling water to taste and garnish with herbs or a few drops of flavor extract. A squeeze of fresh lemon juice will brighten and boost the flavors.



## Sustainable Entertaining

Planning dinner for a crowd? You don't have to spend a lot to create a delicious and environmentally friendly meal your guests will love. A sustainable menu can offer up big flavor and low costs. By highlighting fresh, in-season and local fare, you'll typically be able to get the tastiest ingredients at a better price. Browse your cookbook collection or co-op website (try [www.strongertogether.coop](http://www.strongertogether.coop)) for recipes using the best of the season, and make these ingredients the stars of your meal plan.

Rely on inexpensive staples like grains and beans, which you can buy in bulk for best economy. Check out the co-op sales flyer and coupons for upcoming specials you can add to your plan, and stock up on shelf-stable items like sparkling beverages, canned goods and pasta while they're on sale.

For a zero-waste party, do your best to cook the right amount of food and arrange for guests to bring home any leftovers! Live plants or beautifully arranged baskets of snackable fruits and veggies make for great table décor. Use reusable plates and utensils whenever possible, or biodegradable ones.

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



**\$8.99**

**EQUAL EXCHANGE**

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



**2/\$4**

**SO DELICIOUS**

Organic Coconut Milk  
32 oz., selected varieties  
other So Delicious products also on sale



**\$6.39**

**NATURE'S PATH**

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



**\$3.99**

**APPLEGATE**

Sunday Bacon  
8 oz.  
Humanely Raised



**4/\$5**

**CHOBANI**

Greek Yogurt  
5.3 oz., selected varieties



**\$1.19**

**SILK**  
Soy Yogurt  
5.3 oz., selected varieties



**4/\$5**

**LIBERTE**  
Organic Yogurt  
5.5 oz., selected varieties



**\$4.99**

**SPECTRUM**  
Organic Flaxseed  
12-15 oz., selected varieties



**4/\$5**

**STONYFIELD**  
Organic Greek Yogurt  
5.3 oz., selected varieties



**\$2.69**

**GOLDEN TEMPLE**  
Granola  
per pound in bulk



**\$3.39**

**EREWHON**  
Organic Cereal  
10-11 oz., selected varieties



**\$7.99**

**CHAMELEON COLD-BREW**  
Organic Coffee Concentrate  
32 oz., selected varieties



**\$3.39**

**GOOD KARMA**  
Flaxmilk  
64 oz., selected varieties



**\$5.69**

**R.W. KNUDSEN**  
Organic Just Tart Cherry Juice  
32 oz.  
other Just Juice also on sale



**2/\$4**

**GUAYAKI**  
Organic Yerba Mate  
15.5 oz., selected varieties



## Simple Brunch Ideas

Whether it's a Mother's Day celebration or just a lazy weekend, there's nothing quite like a festive brunch. Whipping up a mid-morning meal doesn't have to be complicated, though; there are plenty of simple options. Make oatmeal special by soaking steel-cut oats overnight in milk, juice or almond milk, then cook and top with fresh fruit and yogurt. Try a springtime bruschetta, with sliced fresh strawberries and softened mascarpone cheese. And don't forget the Mom-Osa: a tall glass of peach nectar mixed with sparkling wine or seltzer water and garnished with mint.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more delicious brunch ideas.

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

## ILLINOIS

**Common Ground Food Co-op**  
300 S. Broadway Ave., Urbana  
**Dill Pickle Food Co-op**  
3039 W. Fullerton, Chicago  
**Neighborhood Co-op Grocery**  
1815 W. Main St., Carbondale

## INDIANA

**3 Rivers Natural Grocery**  
1612 Sherman Blvd., Fort Wayne  
**Bloomington Market and Deli**  
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  
**Wheatfield 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

**Grain Train Natural Foods Market**  
104 S. Park St., Boyne City  
220 E. Mitchell, Petoskey

**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

**PFC Natural Grocery & Deli**  
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

**Hampden Park Co-op**  
928 Raymond Ave., Saint Paul

**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

**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 Co-op**  
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

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**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  
2817 N. Sherman Ave., Madison

6825 University Ave., Middleton



**\$29.99**

**DR. HAUSCHKA**  
Rose Day Cream  
1 oz., selected varieties  
other Skin Care products  
also on sale



**\$3.99**

**JASON**  
Toothpaste  
4.2-6 oz., selected  
varieties



**\$4.99**

**BOIRON**  
Arnicare Gel  
1.5 oz.  
other Arnica products  
also on sale



**\$7.99**

**ALAFFIA**  
Coconut Reishi  
Haircare  
8 oz., selected varieties  
other Coconut Reishi products  
also on sale



**\$6.99**

**DR. BRONNER'S**  
Lavender Liquid  
Castile Soap  
16 oz.



**\$8.99**

**WELEDA**  
Calendula Diaper  
Rash Cream  
2.8 oz.  
other Baby products  
also on sale

Sweet deals for spring entertaining at the co-op!

**coop**<sup>TM</sup>  
stronger together

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