

# coop<sup>TM</sup> deals

JAN 18 - JAN 31, 2012



**\$3.99**

**ZEVIA**

Natural Diet Soda  
6 pack, selected varieties



**\$1.99**

**FOOD SHOULD  
TASTE GOOD**

Tortilla Chips  
5.5-6 oz., selected varieties



**\$2.29**

**ALEXIA**

Oven Fries  
15-16 oz., selected varieties



**\$4.99**

**RISING MOON  
ORGANICS**

Pizza  
11 oz., selected varieties

## Featured Inside:

- Super party tips for planning your game day gathering
- Blue cheeses offer a world of flavors
- Can carrots really improve your eyesight?
- Lights! Cameras! Co-ops! Our new video series premieres online January 21!



## Vegetable Jambalaya

Serves 6. Prep time: 45 minutes.

- 3 tablespoons canola oil
- 1 large yellow onion
- 2 ribs celery
- 3 medium carrots
- 1 green pepper
- 2 tablespoons minced garlic
- 2 tablespoons minced jalapeño peppers (fresh or pickled)
- ½ teaspoon chipotle chili powder
- 1 teaspoon oregano
- 1 ½ cups long grain brown rice, uncooked
- 2 cups water
- 2 vegetable bouillon cubes
- 6 ounces tomato paste
- 2 15-ounce cans diced tomatoes
- 1 cup okra, sliced (fresh or frozen)
- 1 ½ cups vegetarian meat substitute (ground beef style and/or sliced meatless sausage links)
- ½ teaspoon black pepper
- ½ teaspoon sea salt
- 3 tablespoons chopped fresh parsley

In a large pot, sauté the onions, carrots, celery and green pepper in 3 tablespoons of canola oil until soft, about 5 minutes. Add the garlic, jalapeño peppers, chili powder and oregano and sauté 2 more minutes. Add the rice and mix well. Add the water, bouillon cubes and tomato paste, mix well, bring to a boil and reduce to rolling simmer for 10 minutes, then add the okra, diced tomatoes, salt and pepper. In a skillet, brown the meat substitute and add it to the pot. Cover and simmer until the rice is cooked, about 20 minutes. Stir in the chopped parsley and serve.

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



**\$ | 2.99**

**SPECTRUM  
NATURALS**

Organic Mediterranean  
Extra Virgin Olive Oil  
33.8 oz.



**\$ | 1.79**

**BIONATURAE**

Organic Tomato Paste  
7 oz.  
other Bionaturae Tomatoes  
also on sale



**\$ | 3.79**

**WESTSOY**

Chicken Style Seitan  
18 oz.  
other Westsoy Seitan  
also on sale



**\$ | 1.49**

**MORI-NU**

Organic Firm Tofu  
12.3 oz.



**\$ | 1.89**

**LUNDBERG  
FAMILY FARMS**

Organic Basmati Rice  
per pound in bulk,  
Brown or White



**\$4.29** **NATURAL SEA**  
Fish Sticks  
8 oz.  
Natural Sea Fish Fillets  
also on sale



**\$2.59** **RUSTIC CRUST**  
Pizza Crust  
9-16 oz., selected varieties



**\$2.49** **AMY'S**  
Macaroni & Cheese  
Dinner  
9 oz.  
other Amy's products  
also on sale



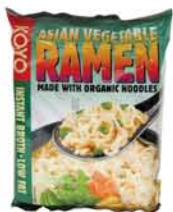
**\$2.79**  
**DR. KRACKER**  
Organic Flatbread  
7 oz., selected varieties



**\$1.79**  
**WOODSTOCK**  
Organic Vegetables  
10 oz., selected varieties



**\$1.99**  
**HEALTH VALLEY**  
Organic Soup  
14.5-15 oz., selected varieties



**79¢**  
**KOYO**  
Ramen Noodles  
2-2.1 oz., selected varieties



**\$2.39**  
**ANNIE CHUN'S**  
Soup Bowl  
5.3-9.1, selected varieties



**\$1.89**  
**SAN-J**  
Tamari  
10 oz.  
other San-J sauces  
also on sale



**\$3.29**  
**R.W. KNUDSEN**  
Just Black Cherry Juice  
32 oz.  
other Just Juices also on sale



## Super Party Tips

Whether it's for the "big game" or family game night, here are some quick tips for boosting the flavor (and fun) for your next party:

- Make a party snack mix using whole-grain cereals, popcorn, pretzels, nuts and raisins or other dried fruit
- Use nonfat Greek yogurt instead of sour cream in your favorite creamy dip recipe, and serve with baked chips or raw vegetables
- Add pureed edamame (green soybeans, available in the frozen veggie section and sometimes in produce) to guacamole for added protein and fiber
- Make a fruit juice spritzer by mixing sparkling water with your favorite juice, and garnish with a citrus slice

Share your favorite party tips on the Co+op, stronger together Facebook page.





## Blue Cheese

There are so many varieties of blue cheese, and each one has its own distinctive flavor and character. From pungent French Roquefort and English Stilton to Danish Saga Blue and Spanish Cabrales, there's a blue cheese for nearly every taste. Gorgonzola cheese is thought to have made its debut somewhere around 879 A.D., and cheesemakers are continuing to create new varieties. The distinctive blue veins and pockets come from penicillium cultures, which are injected into the cheese or mixed with the curds before they are pressed. Blue cheese can be made from cow, sheep or goat's milk, and the texture varies from crumbly to creamy.



### The Real Deal

Add salty blue cheese crumbles and toasted walnuts to whole-wheat pasta for a quick and satisfying supper. A blue cheese and sour cream or yogurt dip is just the thing for crispy veggies or potato chips. The classic combo of blue cheese with sliced pears or apples is a lovely way to end a meal.

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



**\$9.99**

**EQUAL EXCHANGE**  
Bulk Coffee  
*per pound in bulk*



**\$2.99**

**YOGI**  
Tea  
*16 ct., selected varieties*



**\$2.29**

**CELESTIAL SEASONINGS**  
Herbal Tea  
*20 ct., selected varieties*



**\$3.39**

**CASCADIAN FARM**  
Organic Granola Bars  
*6.2-7.4 oz., selected varieties*



**\$3.89**

**BULK**  
Organic Black Mission Figs  
*per pound in bulk*



**\$2.99**

**BARBARA'S**  
Cereal  
12-14 oz., selected varieties



**\$3.29**

**STRAUS FAMILY CREAMERY**  
Organic Yogurt  
32 oz., selected varieties



**\$2.99**

**EARTH BALANCE**  
Organic Soy Milk  
64 oz., selected varieties



**\$2.99**

**ARROWHEAD MILLS**  
Hot Cereal  
24 oz., selected varieties



**99¢**

**BULK**  
Organic Rolled Oats  
per pound in bulk



**\$2.79**

**LIFEWAY**  
Lowfat Kefir  
32 oz., selected varieties



**\$2.99** **CASCADIAN FARM**  
Organic Frozen Juice Concentrate  
12 oz., selected varieties



**79¢**

**WALLABY**  
Nonfat Yogurt  
6 oz., selected varieties



**\$1.59** **BULK**  
Organic Golden Flaxseed  
per pound in bulk



**\$1.49**

**SO DELICIOUS**  
Coconut Milk Yogurt  
6 oz., selected varieties



## Carrots

The old adage is right. As the richest food source of beta-carotene, carrots are good for your eyesight and a treat for your taste buds to boot! Snack on raw carrots, or shred them into your salads, where they'll contribute lovely color and texture. Juice them for the classic health food beverage, or add them to casseroles, soups, breads and muffins. Don't forget carrot cake, where they partner beautifully with warm spices like cinnamon and cardamom and fruits like pineapple and raisins. Simply steamed, with fresh-snipped herbs and a bit of butter, bright carrot coins enliven any dinner plate.

For more information on seasonal fruits and vegetables and great ways to enjoy them, visit [www.strongertogether.coop](http://www.strongertogether.coop).





**\$1.29** **KIND**  
Fruit & Nut Bar  
1.4-1.6 oz., selected varieties



**99¢** **LARABAR**  
Nutritional Bar  
1.6-1.8 oz., selected varieties



**\$1.79**  
**POPCHIPS**  
Potato Chips  
3 oz., selected varieties



**\$9.99**  
**EARTH FRIENDLY**  
ECOS Liquid Laundry  
Detergent  
100 oz., selected varieties



**\$1.79**  
**PETGUARD**  
Canned Cat Food  
14 oz., selected varieties



**39¢**  
**STRETCH ISLAND**  
**FRUIT CO.**  
Fruit Leather  
.5 oz., selected varieties



**\$8.99**  
**SIMILASAN**  
Homeopathic Eye  
Drops  
.33 oz., selected varieties



**\$11.99**  
**ALBA**  
**BOTANICA**  
Very Emollient  
Body Lotion  
32 oz., selected varieties



**\$3.99** **TOM'S OF**  
**MAINE**  
Toothpaste  
4.7-5.5 oz., selected varieties



**\$5.99**  
**AMERICAN**  
**HEALTH**  
Chewable Acidophilus  
100 ct., selected varieties



**\$9.99**  
**RAINBOW LIGHT**  
Advanced Enzyme  
System  
90 ct.  
other Rainbow Light products  
also on sale



**\$13.99**  
**AUBREY**  
Rosa Mosqueta  
Moisturizing Cream  
4 oz.



**\$22.99**  
**AMAZING GRASS**  
Green Super Food  
Powder  
8.5 oz., selected varieties



**\$23.99**  
**NEW CHAPTER**  
Bone Strength  
Take Care  
60 ct.



**\$7.99**  
**YERBA PRIMA**  
Psyllium Husks Powder  
12 oz.  
other Yerba Prima products  
also on sale



**\$3.39**

**MEDITERRANEAN ORGANIC**

Organic Olives  
8.1-8.6 oz., selected varieties



**\$2.29**

**STACY'S**

Pita Chips  
8 oz., selected varieties



**\$2.79**

**BIONATURAE**

Organic Fruit Nectar  
25.4 oz., selected varieties



**\$3.49**

**GREEN MOUNTAIN GRINGO**

Salsa  
16 oz., selected varieties



**\$1.99**

**R.W. KNUDSEN**

Organic  
Lemon Recharge  
32 oz.  
other Recharge also on sale



**\$2.49**

**NEWMAN'S OWN ORGANICS**

Pop's Corn  
3 ct., selected varieties



**\$2.29**

**KEVITA**

Probiotic Drink  
16 oz., selected varieties



**\$1.99**

**BARBARA'S**

Cheese Puffs  
5.5-7 oz., selected varieties



**\$1.99**

**PJ'S**

Organic Burrito  
6 oz., selected varieties



## Lights, Camera, Co-ops!

**Help us kick off International Year of Cooperatives**

The spotlight is on food co-ops for the world premiere of a new video series celebrating the International Year of Cooperatives and hosted by celebrity chef Kevin Gillespie. Join us online Saturday, January 21 at 7pm Central for a virtual premiere party featuring stories of co-ops, fresh, delicious food, and the people they bring together.

Grab some snacks and log onto [www.strongertogether.coop/premiere](http://www.strongertogether.coop/premiere) to discover what makes co-ops and their communities stronger together.



**Celebrating 2012 United Nations International Year of Cooperatives**



Scan this QR code to learn more!



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

### ARIZONA

**Food Conspiracy Co-op**  
412 North Fourth Avenue, Tucson

### CALIFORNIA

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

**Chico Natural Foods Co-op**  
818 Main Street, Chico

**Co-opportunity Consumers Co-op**  
1525 Broadway, Santa Monica

**Davis Food Co-op**  
620 G Street, Davis

**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**  
1900 Alhambra Boulevard, Sacramento

**Ukiah Natural Foods**  
721 South State Street, Ukiah

### IDAHO

**Moscow Food Co-op**  
121 East Fifth Street, Moscow

### MONTANA

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

**Good Earth Market**  
3024 Second Avenue N., Billings

### OREGON

**Alberta Cooperative Grocery**  
1500 N.E. Alberta, Portland

**Ashland Food Co-op**  
237 North First Street, Ashland

**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

**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

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

**Skagit Valley Food Co-op**  
202 South First Street, Mt. Vernon

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

**The Food Co-op**  
414 Kearney Street, Port Townsend

**“I feel like the co-op is an extension of our farm. We talk to them about what they need and what they'd like us to grow. It's a very special relationship.”**

**Rae Rusnak**

Farmer and owner of L&R Poultry & Produce,  
Partner of Just Food Co-op, Northfield, MN



Check out our video series celebrating 2012 United Nations International Year of Cooperatives at [www.strongertogether.coop](http://www.strongertogether.coop), or scan this QR code.



**Celebrating 2012 International Year of Cooperatives**

