

# coop<sup>TM</sup> deals

JUNE 15 - JUNE 28, 2011



**\$1.59**

**SANTA CRUZ ORGANIC**  
Lemonade  
32 oz., selected varieties



**\$2.99**

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



**\$2.79**

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



**\$1.79**

**BLUE DIAMOND**  
Almond Breeze  
32 oz., selected varieties

## Featured Inside:

- The fresh focus is on blueberries
- Berry nutrition facts: they're antioxidant power houses
- Try a tangy and delicious blueberry barbecue sauce recipe
- Cheese for dessert? It's a natural--and so simple



## Grilled Pork Chops with Blueberry Barbecue Sauce

Makes 4 servings. Prep time: 30 minutes.

- 4-6 pork loin chops, bone-in or boneless
- 2 tablespoons vegetable oil
- ½ cup shallots, minced
- 2 tablespoons fresh garlic, minced
- 1 tablespoon ground ginger
- 1 teaspoon chipotle chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground black pepper
- ¼ teaspoon ground cinnamon
- 1 cup blueberries
- ½ cup ketchup
- ¼ cup rice wine vinegar or apple cider vinegar
- ¼ cup brown sugar
- 3 tablespoons water
- 3 tablespoons tamari
- 1 tablespoon stone-ground mustard

In a medium-sized skillet, heat 2 tablespoons of the oil and sauté the minced shallots and garlic over medium heat for 3 minutes. Add the spices and sauté 1 minute more. Remove the skillet from the heat and place mixture into a food processor. Add the ketchup, vinegar, brown sugar, mustard, tamari and water, and purée the mixture, then add the blueberries and purée until smooth. Set sauce aside.

Lightly brush the grill and the pork chops with a little oil; then season chops with salt and pepper. Grill the chops, covered, for about 6 minutes on each side or until they reach an internal temperature of 155 degrees F. Baste with the barbecue sauce during the final few minutes.

Remove the chops from the grill and let them rest, covered, for 5 minutes. Dress the chops with the barbecue sauce and serve with additional sauce on the side.

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



**\$1.99**

**BIONATURAE**  
Organic Whole  
Wheat Pasta  
16 oz., selected varieties



**\$2.79**

**RISING MOON ORGANICS**  
Organic Pasta Sauce  
14 oz., selected varieties



**\$1.89**

**SAN-J**  
Tamari  
10 oz., selected varieties  
Reduced Sodium \$2.39



**\$2.99**

**BRAGG**  
Liquid Aminos  
16 oz.



**\$2.29**

**CROWN PRINCE**  
Smoked Oysters  
in Olive Oil  
3 oz.



**\$2.99**

**NATURE'S PATH**  
Organic Optimum Cereal  
11-14 oz, selected varieties



**\$3.49**

**NEW MORNING**  
Organic Graham Crackers  
14.4 oz, selected varieties



**\$2.79**

**NATURE'S PATH**  
Organic Granola Bars  
6.2-7.4 oz, selected varieties



**\$2.49**

**SANTA CRUZ ORGANIC**  
Organic Applesauce  
23 oz, selected varieties



**\$3.29**

**KASHI**  
Organic Cereal  
10.4-17.5 oz, selected varieties



**\$4.99**

**FRENCH MEADOW**  
Organic Bread  
24 oz, selected varieties



**\$2.79**

**DOCTOR KRACKER**  
Organic Flatbread Crackers  
7 oz, selected varieties



**\$2.99**

**FOOD FOR LIFE**  
English Muffins  
16 oz, selected varieties



**99¢**

**LUNA**  
Nutrition Bar for Women  
1.69 oz, selected varieties



**\$8.99**

**EQUAL EXCHANGE**  
Organic Midnight Sun Coffee  
per pound in bulk



## Blueberries

Want to transform an otherwise plain muffin, scone or pancake? Add a few blueberries! Luscious and lovely to look at, blueberries easily upgrade custards, puddings and French toast, too. While they can take center stage in traditional pies and cobblers, they also co-star well with other fruits, like strawberries and raspberries. And a handful of the fresh indigo berries atop your yogurt or cereal, or popped in your mouth literally bursts with flavor! Fully-ripened berries are highest in antioxidants (and the fruit does not ripen after harvest). Fresh blueberries are best stored in the refrigerator (unwashed) for up to five days, in layers of paper towels and covered with plastic wrap. Wash and dry the berries just before using.

For more great food ideas and information about seasonal produce, visit [www.strongertogether.coop](http://www.strongertogether.coop).



## Dessert Cheeses

Looking for a satisfying, easy, elegant way to end your meal? Cheese might not be the first thing that comes to mind, but it makes for a fabulous dessert. Imagine a soft chevre with raspberries and roasted pecans, for example. For a more extravagant spread, choose a few cheeses, combining flavors (mild and strong) and textures (soft and hard). Add a couple of accompaniments to the plate. Fresh fruit (grapes or pears), dried fruit (figs or apricots), and nuts (spiced walnuts or roasted hazelnuts) are classic.



### The Real Deal

For a special summer cheese plate, arrange cheeses on a platter with fresh berries and drizzle with balsamic vinegar or a tiny bit of honey. Serve dessert cheese at room temperature with a sweet or semi-sweet wine, coffee, or Belgian beer.

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



**\$2.99**

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



**\$4.49**

**PIRATE'S BOOTY**  
Snacks  
10 oz., selected varieties



**\$3.29**

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



**\$2.99**

**MARY'S GONE CRACKERS**  
Organic Gluten-Free Cookies  
5.5 oz., selected varieties



**99¢**

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



**\$2.49**

**SEVENTH GENERATION**  
Dish Liquid  
25 oz., selected varieties



**\$11.99**

**SEVENTH GENERATION**  
2X Concentrated Laundry Detergent  
100 oz., selected varieties



**\$1.69**

**GREEN FOREST**  
Bath Tissue  
4 pack



**\$5.29**

**ALL TERRAIN**  
Herbal Armor Spray  
4 oz., selected varieties



**\$1.79**

**PETGUARD**  
Dog Food  
14 oz., selected varieties



**\$2.99**

**NATRACARE**  
Regular Feminine Care Pads  
14 ct.  
other Natracare products also on sale



**\$5.49**

**DR. BRONNER'S**  
Organic Shave Gel  
7 oz., selected varieties



**\$4.99**

**GIOVANNI**  
Shampoo or Conditioner  
8.5 oz., selected varieties  
other Giovanni Haircare also on sale



**\$2.99**

**ONE WITH NATURE**  
Dead Sea Mineral Soap  
7 oz., selected varieties



**\$6.49**

**THAYERS**  
Witch Hazel  
12 oz., selected varieties



**\$9.99**

**JASON**  
Body Wash  
30 oz., selected varieties



**\$23.99**

**FLORA**  
FlorEssence Herbal Tea Blend  
17 oz.



**\$11.99**

**ALACER**  
Emergen-C Joint Health  
30 ct., selected varieties  
other Emergen-C Functionals also on sale



**\$25.99**

**NEW CHAPTER**  
Every Man's One Daily  
48 ct.



## Bountiful Berries

Besides being absolutely delicious, summer's bountiful berries are nutritional powerhouses. According to researchers at the Human Nutrition Research Center on Aging at Tufts University, four of the top ten antioxidant fruits are blueberries, blackberries, strawberries and raspberries (in case you're curious, the other six are prunes, raisins, plums, oranges, red grapes and cherries). Antioxidants include Vitamin C, Vitamin E, Beta-carotene, B vitamins, folate, lycopene, lutein and many others. Eating a diet rich in antioxidants may play a role in preventing diseases, according to the Mayo Clinic, including macular degeneration, Alzheimer's, heart disease and cancer.

A single cup of berries provides ample antioxidants and other nutrients like fiber, too. So pile them on your plate, whip them up with yogurt and bananas in a healthy smoothie treat. Freezing fresh berries is amazingly simple; just wash the fresh fruit in cold water and arrange berries in a single layer on a baking sheet. Pop them in the freezer, and once they're frozen, store in zip-lock bags or sealable containers. You can take out as few or as many as you like come colder weather for your favorite recipe or breakfast cereal.

For more information and great ideas about seasonal foods, visit [www.strongertogether.coop](http://www.strongertogether.coop).



**\$3.99**

**SO DELICIOUS**  
Organic Dairy-Free Dessert  
3.2 oz., selected varieties



**\$1.99**

**LET'S DO ORGANIC**  
Organic Ice Cream Cones  
2.3 oz.  
Other varieties on sale for \$2.49-\$3.29



**\$1.79**

**WALNUT ACRES**  
Organic Baked Beans  
15 oz., selected varieties



**\$2.99**

**GARDENBURGER**  
Veggie Burgers  
10 oz., selected varieties



**\$3.49**

**AMY'S**  
Indian Entrees  
9.5-10 oz., selected varieties

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



**\$2.99** **ORGANIC VALLEY**  
Organic Butter  
8 oz., selected varieties



**\$1.59** **OIKOS**  
Organic Fat Free  
Greek Yogurt  
5.3 oz., selected varieties



**\$2.79**  
**LIFEWAY**  
Lowfat Kefir  
32 oz., selected varieties



**\$2.79**  
**KOZY SHACK**  
Tapioca Pudding  
22 oz., selected varieties



**\$2.49**  
**GALAXY**  
**NUTRITIONAL FOODS**  
Vegan Rice Cheese  
6.7 oz., selected varieties



**\$2.99**  
**FOLLOW YOUR HEART**  
Original Vegenaise  
16 oz.



**\$1.79** **LUNDBERG FAMILY FARMS**  
Organic Sushi Rice  
per pound in bulk



**99¢** **BULK**  
Organic Millet  
per pound in bulk



**\$2.79** **BULK**  
Organic Peanut  
Butter Stock  
per pound in bulk



**\$3.89** **BULK**  
Organic Pitted Prunes  
per pound in bulk



## Healthy Choices at Your Co-op

Adopting a healthy lifestyle and staying on track with a wholesome diet is easier when you get support for your efforts. Your local food co-op can help you in your quest to eat sensibly by offering an array of foods that are fresh, nutritious, and produced with care. Our purpose is to give you the best in quality and variety so you can easily meet your goals. That's what co-ops are about: we're stronger together.

Visit [www.strongertogether.coop](http://www.strongertogether.coop) for more ideas on healthy eating and great recipes.

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

### ARIZONA

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

### CALIFORNIA

**Briar Patch Co-op Market**  
290 Sierra College Dr., Grass Valley

**Chico Natural Foods Cooperative**  
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**  
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

**Co-op Downtown**  
44 E. Main, Bozeman

**Community Food Co-op**  
908 West Main Street, Bozeman

### 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



### What are we all about?

We are over 100 consumer-owned grocery co-ops working together to bring our passion for good food, our partnerships with local farmers and suppliers, and our care for the community and the planet to you. Connecting you with other co-op consumers across the country—we're stronger together!

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

