

# coop<sup>TM</sup> deals

DEC 29 - JAN 11, 2011



\$2.29

**BROWN COW**  
Plain Yogurt  
32 oz., selected varieties



\$2.49

**PACIFIC FOODS**  
Creamy Soups  
32 oz., selected varieties



\$1.29

**MUIR GLEN**  
Organic Tomatoes  
14.5 oz., selected varieties  
Fire Roasted \$1.49



\$3.99 **TOM'S OF MAINE**  
Toothpaste  
4-6 oz., selected varieties

## Featured Inside:

- Warm up with a recipe for Baked Potato Soup with Bacon
- Comforting potatoes are the seasonal produce feature
- What's "Fresh in the Deli?" Hearty side dishes!
- Homemade soup stock: delicious, thrifty, and so simple



## Baked Potato Soup with Bacon

Makes 4-6 servings. Prep time: 45 minutes.

- 4 russet potatoes, baked until tender
- 6 strips bacon
- 1 ½ tablespoons oil or butter
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- ¼ cup flour
- 3 cups chicken broth
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- ¼ teaspoon smoked paprika
- 4 green onions, diced
- 2 ounces hot pepper cheese, shredded
- 2 ounces cheddar cheese, shredded
- 1 cup milk
- Salt and pepper to taste

In a large skillet, cook bacon until browned and crisp. Drain, let cool, and chop or crumble and set aside. Cut the baked potatoes in half lengthwise and then in half again. Gently scoop out the potato while reserving the skins for later.

In a stockpot, heat the oil or butter over medium heat. Add the yellow onion and garlic and cook for about 10 minutes until the onions are soft and translucent. Stir in the flour and gradually add the chicken broth. Bring to a boil and add the potatoes, thyme, basil, and smoked paprika. Cook for 5 to 10 more minutes and then turn off the heat. Add the green onions, cheeses, milk, and bacon. Stir until the cheese is melted. Season with salt and pepper and garnish with extra cheese or bacon.

If desired, place the potato skins on a sheet pan. Sprinkle with salt, pepper, and smoked paprika and top each with a thin pat of butter. Place the sheet pan under the broiler for a few minutes until skins are crisp. Serve as a garnish with the soup.

Vegetarian option: substitute vegetable broth for chicken broth, omit the bacon, and use smoked cheddar cheese. Garnish with bac'un bits when serving.

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



**\$2.49** EDWARD & SONS  
Brown Rice Snaps  
3.5 oz., selected varieties



**\$2.29** CELESTIAL  
SEASONINGS  
Herbal Tea  
20 ct., selected varieties



**\$2.99**  
RUDI'S ORGANIC  
BAKERY  
Organic Bread  
22-24 oz., selected varieties



**\$2.49**  
ANNIE CHUN'S  
Noodle Bowl  
8.2-9.1 oz., selected varieties



**\$3.29**  
PJ'S ORGANIC  
Frozen Mexican Snacks  
12 oz., selected varieties



**\$2.99**

**RUSTIC CRUST**  
Organic Ready Made  
Pizza Crust  
13 oz, selected varieties



**\$8.99**

**NAPA VALLEY  
NATURALS**  
Organic Extra Virgin Olive Oil  
25.4 oz  
other Napa Valley Naturals  
products also on sale



**\$1.39**

**BARBARA'S**  
Cheese Puffs  
5.5-7 oz, selected varieties



**\$1.29**

**LUNDBERG FAMILY  
FARMS**  
Organic Risotto  
5.5-5.9 oz, selected varieties



**\$2.29**

**ALEXIA**  
Sweet Potato Fries  
15 oz  
other Alexia products also on sale



**\$1.79**

**CASCADIAN FARM**  
Organic Vegetables  
10 oz, selected varieties



**\$4.99**

**GIOVANNI**  
Shampoo & Conditioner  
8.5 oz, selected varieties  
other Giovanni hair care  
also on sale



**\$5.49**

**EO**  
Liquid Hand Soap  
12 oz, selected varieties



**\$1.79**

**WELLNESS**  
Dog Food  
12.5 oz, selected varieties



**\$2.59**

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



## Potatoes

Comfort food at its best, potatoes are nutritious, filling, and satisfying. Affordable and readily available year round, potatoes are a produce staple. Serve them in a cheesy casserole, as the mainstay of the meal, or on the side, as baked, seasoned spears or mashed with garlic and olive oil. Bring them to your potluck, tossed with colorful veggies and a vinaigrette. Or serve them while tailgating, baked and topped with chili. Be sure to experiment with a variety of spuds, too, from buttery Yukon Golds to new potatoes and sweet potatoes. Comfort galore—and a very good source of vitamin C!

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



## Fresh in the Deli

Co-op chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature. This month's deli features highlight seasonal and satisfying root vegetables in delicious side dishes.

### Hearty Sides from Your Co-op

#### Roasted Carrots with Fennel

Recipe courtesy of Brattleboro Food Co-op  
Brattleboro, Vermont

*A splash of sweet orange juice makes this earthy dish of oven roasted carrots, and anise-flavored fresh fennel sing. A perfect accompaniment for beef or tempeh.*

save 50¢ per lb.

#### Caribbean Sweet Potato Salad

Recipe courtesy of Willy Street Co-op  
Madison, Wisconsin

*A slightly spicy chipotle- and cumin-seasoned combination of sweet potatoes, black beans, corn, peanuts, and fresh cilantro dressed in cider vinaigrette. Serve it with rice or chicken.*

save 75¢ per lb.

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



\$1.99

**LIGHTLIFE**  
Smart Deli Slices  
5.5 oz., selected varieties



\$2.29

**GALAXY NUTRITIONAL FOODS**  
Vegan Rice Cheese Slices  
6.7 oz., selected varieties



\$2.99

**SUNSHINE BURGER**  
Organic Vegetarian Burgers  
3 pack, selected varieties



\$2.99

**LITTLE BEAR**  
Tortilla Chips  
16 oz., selected varieties



\$1.99

**KETTLE BRAND**  
Baked Potato Chips  
4 oz., selected varieties



**\$1.99**

**R.W. KNUDSEN**  
Simply Nutritious Juice  
32 oz., selected varieties



**\$1.49**

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



**\$1.19**

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



**\$2.99**

**NATURE'S PATH**  
Organic Flax Plus Cereal  
10.5-14 oz., selected varieties



**\$3.49**

**CROFTER'S**  
Organic Premium Fruit Spread  
16.5 oz., selected varieties



**\$1.99**

**RICE DREAM**  
Enriched Rice Beverage  
32 oz., selected varieties



**\$2.99**

**NEWMAN'S OWN ORGANICS**  
Fig Newmans  
12 oz., selected varieties



**\$2.99**

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



**\$1.99**

**R.W. KNUDSEN**  
Organic Lemon Recharge  
32 oz.  
other Recharge also on sale



**\$1.49**

Organic Golden Flax Seeds  
per pound in bulk



## Making your own stock

Soup stock is the foundation for many of the tastiest soups, and it's a flavor enhancer for many a dish too. But canned and packaged stocks are generally high in sodium and may include artificial ingredients, like monosodium glutamate (MSG). You can find healthier and organic varieties at your co-op, but if you use stock frequently in your cooking, you might have fun making it yourself. Despite what you may think, making your own stock requires minimal effort, costs little money, and will keep you, well, stocked for months.

Want to learn more about making stock? Visit [www.strongertogether.coop](http://www.strongertogether.coop) to read the rest of this article and find simple 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**

8111 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

**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



**\$18.99**

**RAINBOW LIGHT**  
Prenatal One Multivitamin  
90 ct.  
other Rainbow Light  
Supplements also on sale



**\$22.99**

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



**\$21.99**

**RENEW LIFE**  
First Cleanse  
2 part kit



**\$8.99**

**HERB PHARM**  
Super Echinacea Extract  
1 oz



**\$9.99**

**SUPER NUTRITION**  
Simply One Women  
Multivitamin  
30 tabs.  
other Super Nutrition Women's  
Supplements also on sale



**\$8.99**

**SHIKAI**  
Borage Dry Skin  
Therapy Lotion  
8 oz

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

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