

coopTM deals

FEB 16 - MAR 1, 2011



\$2.59

LAKWOOD ORGANIC
Organic Pomegranate Juice Blend
32 oz, selected varieties



\$2.99

CASCADIAN FARM
Organic Cereal
8.5-17 oz, selected varieties



\$2.29

MUIR GLEN
Organic Fire Roasted
Tomatoes
28 oz, selected varieties



\$1.39

EDEN ORGANIC
Organic Beans
15 oz, selected varieties

Featured Inside:

- Pucker up for lip-smacking flavor-packing limes
- Simple, tasty Thai Salmon Cakes are the recipe feature
- "Please pass the Parmesan:" the cheese spotlight is on this flavorful favorite
- Learn why Fair Trade is good for farmers, their families and communities



Thai Salmon Cakes

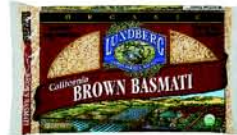
Makes 6-8 cakes. Prep time: 45 minutes.

- ¾ pound fresh salmon, skinned and deboned and cut into small chunks
- 1 egg
- ¾ cup carrots, shredded
- 3 scallions, chopped
- 2 tablespoons fresh basil, chopped
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons soy sauce
- 1 tablespoons honey
- Zest from 1 lime
- Juice from ½ lime (reserve other half to slice and serve with the cakes)
- 1 ½ tsp. red curry paste
- 1 ½ cups coarse bread crumbs (such as Panko), divided
- Ponzu sauce for dipping
- 2 tablespoons chopped peanuts (optional)

Preheat oven to 425 degrees F. Oil a baking sheet.

In a food processor, pulse the salmon chunks until almost pureed. In a large bowl, mix the salmon with the egg, carrots, scallions, basil, cilantro, soy sauce, honey, lime zest and juice, curry paste, and 1 cup of bread crumbs. Divide the salmon mixture evenly and shape into 6 to 8 patties. Coat each cake in bread crumbs and place on the baking sheet. Bake for 20 to 25 minutes, turning after 10 minutes in order to brown both sides. Serve with Ponzu sauce, lime wedges, and chopped peanuts.

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



\$2.79 **LUNDBERG FAMILY FARMS**
Organic Brown Basmati Rice
32 oz., selected varieties



\$1.99 **LUNDBERG FAMILY FARMS**
Rice Chips
6 oz., selected varieties



\$8.99 **NAPA VALLEY NATURALS**
Organic Extra Virgin Olive Oil
25.4 oz.



\$1.49 **Organic Garbanzo Beans**
per pound in bulk



\$2.89 **HATCH**
Enchilada Sauce
14 oz., selected varieties



\$2.79 **BARBARA'S**
Crackers
9-12 oz, selected varieties



\$1.99
PACIFIC
Soup
17.6 oz, selected varieties



\$2.99 **BOCA**
Meatless Patties
10 oz, selected varieties



\$1.99
FANTASTIC WORLD
FOODS
Vegetarian Entrees
4.4-10 oz, selected varieties



\$2.99 **ETHNIC GOURMET**
Frozen Entrees
10-11 oz, selected varieties



\$3.99
SO DELICIOUS
Non-Dairy Frozen Dessert
32 oz, selected varieties



\$1.29 **NEWMAN'S OWN**
ORGANICS
Cat Food
5.5 oz, selected varieties



\$6.99
SEVENTH
GENERATION
Liquid Laundry Detergent
50 oz, selected varieties



\$5.99
DESERT ESSENCE
Tea Tree Oil
.5 oz, selected varieties
other Desert Essence products
also on sale



\$8.99 **ALACER**
Emergen-C
30 ct, selected varieties



Limes

For such a small fruit, limes pack a powerful puckering punch. In fact, many varieties of limes are more acidic than lemons. While in America lime wedges are most often found on the rim of a glass, many ethnic cuisines—like Southeast Asian, Mexican, Latin American, and Caribbean—rely on limes for their distinctive flavor. To add a twist of lime to your cooking repertoire, consider using it in place of lemon now and then, on seafood, for example, or for making for limeade. Just include plenty of sweetener to tame that pucker!

For more great food ideas and information about seasonal produce, visit www.strongertogether.coop.



Parmesan

Is there another cheese that makes such a frequent appearance on the dinner table? Whether it's grated on pizza or dipping oils, defining Eggplant Parmesan, or gracing a cheese tray, Parmesan is an undeniable favorite. Maybe it's the mild nutty taste that makes it so friendly. Or maybe its affinity for everything from soups to salads, red wines to amber ales. By the way, for freshest taste, you'll want to buy a wedge and grate or slice as needed. No matter the meal, "Please pass the Parmesan" almost always seems appropriate!



The Real Deal

Drizzle aged balsamic vinegar on thin slices of Parmesan and serve with pears, or grate fresh Parmesan onto thick slices of fresh tomatoes and broil until the cheese begins to melt—quick and easy appetizers. Add Parmesan cheese to mashed potatoes or tomato soup for an extra-satisfying dish.

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\$1.19

THE GREEK GODS
Greek Yogurt
6 oz., selected varieties



\$2.29

NATURE'S PATH
Organic Waffles
7.5 oz., selected varieties



\$2.89

ARROWHEAD MILLS
Pancake & Waffle Mix
26 oz., selected varieties



\$2.79

LIGHTLIFE
Smart Bacon
5 oz.
other Lightlife products
also on sale



\$2.29

NANCY'S
Plain Yogurt
32 oz., selected varieties



\$2.59 **RUDI'S ORGANIC BAKERY**
Organic English Muffins
12 oz., selected varieties



99¢ **LUNA**
Nutrition Bar for Women
1.69 oz., selected varieties



\$1.99 **WESTSOY**
Organic Non-Dairy Beverage
32 oz., selected varieties



\$2.79 **TAZO**
Tea
20 ct., selected varieties



\$2.49 **NATURE'S PATH**
Organic Instant Oatmeal
8 ct., selected varieties



\$2.29 **CASCADIAN FARM**
Organic Fruit Spread
10 oz., selected varieties



89¢
Organic Oats
per pound in bulk



\$1.99
Organic Thompson Raisins
per pound in bulk



\$1.99 **BIONATURAE**
Organic Pasta
16 oz., selected varieties



\$2.99 **SAHALE SNACKS**
Fruit & Nut Snacks
5 oz., selected varieties



Fair Trade Facts

Fair trade is an ethical partnership between consumers and producers around the world. Food and other products that are purchased via Fair Trade support the farmers and artisans who produce them, their workers and communities, and the environment. Over a million farmers and workers in 58 developing countries—across Africa, Asia, and Latin America—are currently participating in Fair Trade.

Fair Trade benefits farmers and workers and their communities by guaranteeing decent living wages for products—wages that enable producers to support their families and contribute to the betterment of their communities. And it's not just for coffee, tea, and chocolate anymore; products with Fair Trade certification now include mangoes, rice, sugar, wine, and bananas. Look for Fair Trade-certified products at your local co-op. For more information on Fair Trade, visit www.fairtradeusa.org.

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

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



\$4.99 NATRACARE
Tampons
16 ct., selected varieties



\$19.99
NEW CHAPTER
1,000 mg. Wholemega
60 ct.



\$3.99
KISS MY FACE
Deodorant
2.48-3 oz., selected varieties



\$7.99
HONEY GARDENS
Apitherapy Propolis Spray
1 oz.



\$14.99
DR. DUNNER
Sambu Guard
5.9 oz.



\$4.79
NATURE'S GATE
Shampoo or Conditioner
18 oz., selected varieties

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