

coopTM deals

FEB 2 - FEB 15, 2011



\$2.49

GREEN & BLACK'S
Organic Chocolate Bar
3.5 oz, selected varieties



\$2.79

KASHI
TLC Crackers
8-9 oz, selected varieties



\$2.89

ENVIROKIDZ
Organic Cereal
10-11.5 oz, selected varieties



\$7.99

**SPECTRUM
ESSENTIALS**
Omega 3 Fish Oil
100 ct.

Featured Inside:

- Why artichokes might be the ultimate in "slow food"
- An artichoke-lover's pasta recipe: Linguini with Artichokes and Caramelized Onions
- Fresh in the Deli's featured side dishes, sparked with citrus and fresh herbs
- Hints and tips for a healthier heart



Linguini with Artichokes and Caramelized Onions

Makes 4-6 servings. Prep time: 30 minutes.

- ½ pound whole wheat linguini
- ½ cup olive oil, divided
- 1 yellow onion, julienned ¼-inch thick
- 2 cloves garlic, peeled and minced
- ¼ pound asparagus, cut into small spears
- ¼ cup sun-dried tomatoes in oil, drained and diced
- ¼ cup walnuts, chopped
- 1 - 6.5 ounce jar of marinated artichoke hearts, drained and quartered
- 2 tablespoons fresh oregano, chopped
- 2 tablespoons pitted Kalamata olives, chopped
- 2 ounces Parmesan cheese, shredded
- salt and pepper to taste

Heat a large pot of water to boiling. Cook linguini according to package directions. Drain.

In a large skillet, heat 2 tablespoons of the olive oil over low to medium heat. Add the onions and cook, stirring frequently, until they are soft and caramelized, about 15 to 20 minutes. Add the rest of the olive oil to the pan, along with the garlic, asparagus, sun-dried tomatoes, and walnuts, and cook for 5 more minutes until asparagus becomes tender. Remove the pan from the heat and stir in the artichokes, oregano, and olives. Toss the veggies with the pasta, add salt and pepper to taste, and top each serving with Parmesan cheese.

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



\$4.99

MEDITERRANEAN ORGANIC
Organic Sun-Dried Tomatoes in Olive Oil
8.3 oz.
other Mediterranean Organic products also on sale



\$1.99

BIONATURAE
Organic Tomatoes
28.2 oz., selected varieties



\$2.99

INES ROSALES
Tortas
6.34 oz., selected varieties



\$8.99

EQUAL EXCHANGE
Organic Love Buzz Coffee
per pound in bulk



\$1.79

CHOCOLOVE
Chocolate Bar
3.2 oz., selected varieties



\$2.49

MUIR GLEN
Organic Pasta Sauce
25.5 oz, selected varieties



\$4.99

AMY'S
Pizza
13-14 oz, selected varieties



\$1.99

EVOL
Burrito
6 oz, selected varieties



89¢

**ANNIE'S
HOMEGROWN**
Pasta and Cheese Dinner
6 oz, selected varieties



\$2.49

CASCADIAN FARM
Organic Frozen Potatoes
16 oz, selected varieties



\$1.99

AMY'S
Organic Soup
14.1-14.5 oz, selected varieties



\$2.99

**NEWMAN'S OWN
ORGANICS**
Newman-O's
16 oz, selected varieties



\$3.49

WESTSOY
Chicken Style Seitan
18 oz.



\$3.99

PAMELA'S
Gluten Free Brownie Mix
16 oz.
other Pamela's Baking Mixes
also on sale



\$6.49

**SPECTRUM
NATURALS**
Organic Unrefined Coconut Oil
14 oz.



Artichokes

While there are all kinds of ways to include artichokes in dishes, artichoke lovers seem to agree that nothing beats sliding the freshly steamed leaves (dipped in all manner of sauces) through your teeth, one at a time. Talk about the ultimate slow food! Artichokes contain cynarin, a compound that stimulates taste buds, so they're thought to make everything else they are eaten with taste better. Of course, if you enjoy artichokes you won't pass up the opportunity to top your pizza or paella with them, either. Go ahead and indulge; they're a good source of dietary fiber and vitamin C, low in calories, and fat free!

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



Fresh in the Deli

Co-ops chefs from around the country share their favorite seasonal recipes with your local co-op for this regular feature. This month's deli features are satisfying side dishes sparked with bright citrus and fresh herbs.

Satisfying Sides from Your Co-op

Orange Quinoa Salad

Recipe courtesy of The Food Co-op
Port Townsend, Washington

A blend of nuts, currants and highly-nutritious quinoa is dressed in a vinaigrette seasoned with cinnamon, orange, and curry. A nice accompaniment for tofu, meat, or seafood dishes.

save 50¢ per lb.

Herb Roasted Potatoes with Goat Cheese

Recipe courtesy of People's Food Co-op
Ann Arbor, Michigan

Seasoned and roasted with thyme and rosemary, these delicious potatoes are mixed with garlic, wilted spinach, and fresh crumbled goat cheese. Delicious with roast pork or your favorite veggie burger.

save 75¢ per lb.

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



\$3.29

ORGANIC VALLEY
Organic Soymilk
64 oz., selected varieties



\$3.99

RUDI'S ORGANIC BAKERY
Gluten Free Bread
18 oz., selected varieties



\$3.49

GARDEN OF EATIN'
Tortilla Chips
16 oz., selected varieties



\$2.99

MUIR GLEN
Organic Salsa
16 oz., selected varieties



\$1.79

KETTLE
Potato Chips
5 oz., selected varieties



\$2.99

R.W. KNUDSEN
Organic Juice
32 oz., selected varieties



\$2.59

LIFEWAY
Lowfat Kefir
32 oz., selected varieties



69¢

BROWN COW
Whole Milk Yogurt
6 oz., selected varieties



\$1.99

PACIFIC
Non-Dairy Nut and
Grain Beverage
32 oz., selected varieties



\$2.99

KASHI
Heart to Heart Cereal
12.4-13.4 oz., selected varieties



\$4.49

BOB'S RED MILL
Gluten Free Oats
32 oz., selected varieties



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



\$2.99

YOGI
Tea
16 ct., selected varieties



\$2.99

CITRADISH
Dishwashing Liquid
25 oz., selected varieties



\$12.99

BIOKLEEN
Laundry Powder
10 lb., selected varieties



February is “Heart Healthy Month”

When it comes to reasons for eating well, heart health sits near the top of the list. It all starts with food shopping, of course—by filling your cart with heart-healthy foods at your co-op, you can help lower your risk of heart disease, including heart attack and stroke.

Choose foods that are high in fiber and potassium; look for “good fats” like olive oil and nuts; and limit your intake of saturated fats, sweets, and alcohol for a start! To find out more about maintaining heart health, check out the article “Eating for a Healthy Heart” at www.strongertogether.coop.

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



\$8.99

NUTRITION NOW
PB8 Acidophilus
60 ct., selected varieties



\$12.99

WELEDA
Arnica Massage Oil
3.4 oz.
other Weleda Body Oil
also on sale



\$7.99

AVALON ORGANICS
Hand & Body Lotion
12 oz., selected varieties



\$9.99

SEVENTH GENERATION
Baby Diapers
22-44 ct., selected varieties



\$10.99

BOIRON
Oscilloccinum
6 dose
other Homeopathic
Medicine also on sale



\$1.99

AURA CACIA
Mineral Bath
2.5 oz., selected varieties

Join the conversation at www.strongertogether.coop

