

coopTM deals

OCT 21 - NOV 3, 2015



2/\$4

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$2.69

IMAGINE
Organic Creamy Soup
32 oz., selected varieties



3/\$7

ANGIE'S
Boomchickapop
Popcorn
4.5-7 oz., selected varieties



2/\$4

ENDANGERED SPECIES
Chocolate Bar
3 oz., selected varieties

Featured Inside:

- Add zest to family meals with our quick and spicy vindaloo recipe
- How to braise foods – plus a one-dish braised chicken and pear recipe
- October's featured foods are classic provolone cheese and luscious pears
- Make a very veggie skeleton for a fun (and not very scary) Halloween treat



Pork Vindaloo

Serves 6. Prep time: 20 minutes active; 60 minutes total.

- 1 tablespoon minced fresh ginger
- 1 tablespoon garam masala
- 2 teaspoons mustard seeds
- 1 teaspoon cumin
- 3 cups diced yellow onion
- 2 tablespoons minced garlic
- 2 pounds boneless pork loin, trimmed of fat and cut into ½- to 1-inch pieces
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons vegetable oil (divided)
- ½ cup red wine
- ½ cup water
- 1 14.5-ounce can crushed tomatoes
- 2 tablespoons fresh cilantro, chopped

In a blender or food processor, puree the ginger, garam masala, mustard seeds, cumin, onion and garlic. Set aside.

Toss the pork pieces with salt and pepper. In a large Dutch oven or pot, heat 1 tablespoon oil and brown the pork pieces for a couple of minutes on each side. Remove the pork and set aside.

In the same pot, heat the remaining oil over medium heat. Add the spice-onion puree to the pan and cook, stirring frequently, for 5 to 7 minutes. Stir in the wine, water, tomatoes and browned pork. Cover the pot and reduce the heat to a low simmer. Cook for about 40 minutes, stirring occasionally. Remove from heat and serve over basmati rice, garnished with fresh cilantro.

Tip: Like most stews, leftover vindaloo is even better after the flavors have a day or two to meld, so save some for the next day's lunch.

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



\$5.99 **QUORN**
Meat-Free Turkey Roast
16 oz.
other Quorn products also on sale



\$4.39
SO DELICIOUS
Coconut Milk Frozen
Dessert
16 oz., selected varieties



\$7.99
SPECTRUM
NATURALS
Organic Unrefined
Coconut Oil
14 oz.
other Spectrum Naturals
Coconut Oils also on sale



2/\$5
TASTY BITE
Ready-to-Heat Indian
Entrée
10 oz., selected varieties



\$8.99
BULK
Organic Raw Cashews
per pound in bulk



\$3.69

BLAKE'S ALL NATURAL FOODS

Frozen Meal
8 oz., selected varieties



\$4.39

GLUTINO

Gluten Free Bread
14.1 oz., selected varieties



\$4.99

UDI'S

Gluten Free Pizza
10-10.1 oz., selected varieties



\$4.39

NUMI ORGANIC TEA

Organic Tea
18 ct., selected varieties



\$12.99

SPECTRUM NATURALS

Organic Mediterranean
Extra Virgin Olive oil
33.8 oz.



\$2.99

MONTEBELLO

Organic Pasta
16 oz., selected varieties



\$4.39

KINGDOM

Organic Sharp
Cheddar Cheese
7 oz.



\$1.39

MARIA AND RICARDO'S

White Corn Tortillas
12 ct.



\$4.69

BULK

Organic Raw Pumpkin
Seeds
per pound in bulk



\$2.39

BULK

Organic Black Turtle
Beans
per pound in bulk



Braise Be!

Braising is a simple way to add depth of flavor to foods. First, the food is browned (typically in oil, butter or fat); then it is cooked, low and slow, in flavorful broth, wine or other liquid. A slow cooker is great for braising, but you can also use a heavy pot or Dutch oven. Once you master the basic technique with chicken, lamb, root vegetables or mushrooms, you'll find a world of slow-cooked, flavor-infused dishes to braise. The braising liquid can be reduced for a delicious sauce for finishing the plate, and the addition of fresh herbs, citrus zest and toasted nuts adds bright flavors to slow-cooked savory foods.



Braised Apricot Chicken with Honey-Glazed Pears

Serves 6. Prep time: 15 minutes active; 2 hours total.

- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- 1 teaspoon turmeric
- 1 ½ teaspoons coriander
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 whole chicken, cut into 8 pieces, bone-in, skin-on
- 2 tablespoons vegetable oil
- 3 cups diced yellow onion
- ½ cup chopped dried apricots
- 1 ½ cups chicken broth
- 2 tablespoons unsalted butter
- 2 pears, cored and sliced lengthwise into eighths
- 2 tablespoons honey

In a small bowl, stir together the cinnamon, ginger, turmeric, coriander, salt and pepper until well mixed. Rub the chicken pieces with the spice mix and refrigerate for at least an hour before cooking.

In a large stockpot or Dutch oven, heat the oil over medium-high heat. Place the chicken pieces in the pot and brown on each side (letting larger pieces, like breasts, cook a couple minutes longer than the other pieces). Remove the chicken from the pan and set aside.

Add the onion to the same pot and sauté for 5 minutes until it begins to soften, then add the apricots and chicken broth and stir well. Return the chicken pieces to the pot, then cover and simmer over low heat for about 45 minutes until thoroughly cooked (larger breasts may require some extra cooking time).

Heat the butter in a skillet over medium-high heat. Add the pear slices and the honey to the melted butter. Sauté the pears, stirring frequently, for 5 to 10 minutes until they become slightly softened and the honey has thickened and glazed the pears.

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\$2.39

BOB'S RED MILL
Steel Cut Oats
22-24 oz., selected varieties



\$2.99

KASHI
GoLean Cereal
13.1-14 oz., selected varieties



\$2.69

OLD WESSEX
Irish Style Oatmeal
18.5 oz.
other Old Wessex Hot Cereal also on sale



2/\$6

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



2/\$6

BLUE DIAMOND ALMONDS
Almond Breeze
64 oz., selected varieties



\$3.39

EREWHON

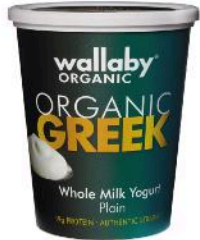
Organic Cereal
10-15 oz., selected varieties



4/\$5

STONYFIELD

Organic Oh My Yog!
6 oz., selected varieties



\$5.69

WALLABY ORGANIC

Organic Greek Yogurt
32 oz., selected varieties



5/\$5

CLIF BAR

Energy Bar
2.4 oz., selected varieties



2/\$4

BLUE DIAMOND ALMONDS

Almond Breeze
32 oz., selected varieties



\$8.99

EQUAL EXCHANGE

Organic Coffee
per pound in bulk
Sale does not include
Decaf Coffee



2/\$5

RICE DREAM

Organic Rice Drink
32 oz., selected varieties



2/\$6

SILK

Almond Milk
64 oz., selected varieties



\$6.39

NATURE'S PATH

Organic Eco-Pac
Cereal
26.4-32 oz., selected varieties



\$3.69

LIFEWAY

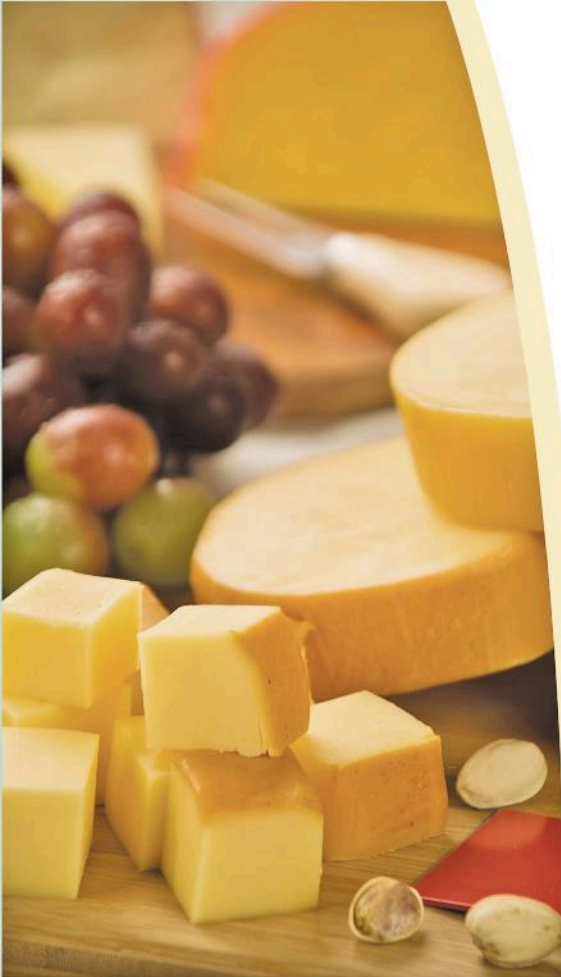
Organic Lowfat Kefir
32 oz., selected varieties



Pears

The sweet fragrance of colorful pears provides an aromatic contrast to fall's many earthy vegetables. Cook cubed pears with butternut squash, onion and garlic in chicken stock and season with nutmeg and fresh sage for a seasonal sweet-savory side dish. Roast pears and stuff with couscous cooked with leeks, celery and dried fruits for an elegant accompaniment to roasted pork. Warm up on a crisp day with this simple afternoon snack: drizzle olive oil on sliced pears and carrot sticks and roast in the oven; top with blue cheese and walnuts for extra flavor.

Visit www.strongertogether.coop to find these and more great pear recipes.



Provolone

This classic Italian cheese is similar to mozzarella, but more robust in flavor. Provolone dolce is a mild, creamy and nutty young variety and provolone piccante is an aged version with a saltier, sharper flavor that can be grated like Parmesan. Provolone's flavor is intensified when melted – perfect in a panini with basil pesto, roasted red peppers and prosciutto. Or layer sliced provolone with ham and salami on a toasted baguette spread with coarsely-ground mustard and mayo, then pile high with lettuce, tomato and thinly-sliced red onion. An easy autumn casserole combines cubed provolone and potatoes with eggs, mushrooms and your favorite herbs.



\$2.39

HAPPY FAMILY
Happy Puffs
2.1 oz., selected varieties



\$4.99

GLUTINO
Gluten Free Pretzels
14.1 oz., selected varieties



\$2.39

MEDITERRANEAN SNACKS
Lentil Crackers
4.5 oz., selected varieties



5/\$5

TAZO
Organic Ready-to-Drink Tea
13.8 oz., selected varieties



\$1.69

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



2/\$6

SANTA CRUZ ORGANIC
Organic Applesauce
6 ct., selected varieties



\$3.39

CASCADIAN FARM
Organic Granola Bars
7.4 oz., selected varieties



2/\$6

ANNIE'S HOMEGROWN
Organic Fruit Snacks
4 oz., selected varieties



\$3.69

NEWMAN'S OWN
Newman-O's
13 oz., selected varieties



\$2.39

GARDEN OF EATIN'
Tortilla Chips
7.5-8.1 oz., selected varieties



\$3.69

C20
Coconut Water
33.8 oz., selected varieties



\$3.39

TRADITIONAL MEDICINALS
Organic Tea
16 ct., selected varieties



2/\$4

GOMACRO
Organic Nutritional
Bars
2-2.5 oz., selected varieties



\$1.69

THE GINGER PEOPLE
GinGins
3 oz., selected varieties



\$10.99

ENER-C
Vitamin C Supplement
30 ct., selected varieties



2/\$4

PROBAR
Meal Bar
3 oz., selected varieties



\$15.99

HEALTHFORCE NUTRITIONALS
Truly Natural Vitamin C
Powder
6 oz., selected varieties
17.6 oz. \$29.99



\$14.99

COUNTRY LIFE
Maxi-Hair
90 ct.
other Country Life
Supplements also on sale



\$10.99

ORGANIC INDIA
Organic Psyllium
Husks
12 oz.



\$13.99

TERA'S WHEY
Whey Protein
12 oz., selected varieties



Very Veggie Skeleton

Give this spook-tacular snack a try for Halloween; kids won't make any bones about eating their veggies after helping to assemble this delicious treat.

The skull is made from crunchy-sweet jicama, with green beans for the bones, bell peppers as ribs and bright cherry tomato halves standing in for knees and elbows. Visit www.strongertogether.coop for easy how-to instructions and a complete list of ingredients.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

CONNECTICUT

Willimantic Food Co-op
91 Valley Street, Willimantic

DELAWARE

Newark Natural Foods Co-op
230 East Main Street, Newark

FLORIDA

Ever'man Cooperative Grocery & Cafe
315 W. Garden Street, Pensacola

New Leaf Market Co-op
1235 Apalachee Parkway, Tallahassee

GEORGIA

Life Grocery & Cafe
1453 Roswell Road, Marietta

Sevananda Natural Foods Market
467 Moreland Avenue N.E., Atlanta

MAINE

Belfast Co-op
123 High Street, Belfast

Blue Hill Co-op Community Market
4 Ellsworth Road, Blue Hill

Rising Tide Community Market
323 Main Street, Damariscotta

MARYLAND

The Common Market
5728 Buckeystown Pike, Frederick

TPSS Co-op

201 Ethan Allen Avenue, Takoma Park

MASSACHUSETTS

Berkshire Co-op Market
42 Bridge Street, Great Barrington

Green Fields Market
144 Main Street, Greenfield

Harvest Co-op Market - Arboretum
3815 Washington Street, Jamaica Plain

Harvest Co-op Market - Cambridge
580 Mass Avenue, Cambridge

McCusker's Market
3 State Street, Shelburne Falls

River Valley Market
330 North King Street, Northampton

Wild Oats Market
320 Main Street, Williamstown

NEW HAMPSHIRE

Concord Food Co-op
24 South Main Street, Concord

Concord Food Co-op of New London
52 Newport Road, New London

Hanover Co-op Market
43 Lyme Road, Hanover

Hanover Co-op Food Store
45 South Park Street, Hanover

Littleton Food Co-op
43 Bethlehem Road, Littleton

Monadnock Food Co-op
34 Cypress Street, Keene

NEW YORK

Abundance Cooperative Market
62 Marshall Street, Rochester

Flatbush Food Cooperative
1415 Cortelyou Road, Brooklyn

GreenStar Cooperative Market

701 West Buffalo Street, Ithaca
215 North Cayuga Street, Ithaca

Honest Weight Food Co-op
100 Watervliet Avenue, Albany

Hungry Hollow Co-op
841 Chestnut Ridge Road, Chestnut Ridge

Lexington Cooperative Market
807 Elmwood Avenue, Buffalo

Syracuse Real Food Co-op
618 Kensington Road, Syracuse

NORTH CAROLINA

Chatham Marketplace
480 Hillsboro Street, Pittsboro

Company Shops Market
268 E. Front Street, Burlington

Deep Roots Market
600 North Eugene Street, Greensboro

Durham Co-op Market
1111 W. Chapel Hill Street, Durham

French Broad Food Co-op
90 Biltmore Avenue, Asheville

Hendersonville Community Co-op
60 S. Charleston Lane, Hendersonville

Tidal Creek Cooperative Food Market
5329 Oleander Drive, Wilmington

Weaver Street Market
101 E. Weaver Street, Carrboro

716 Market Street, Chapel Hill
228 South Churton Street, Hillsborough

PENNSYLVANIA

East End Food Co-op
7516 Meade Street, Pittsburgh

Mariposa Food Co-op
4824 Baltimore Avenue, Philadelphia

Weavers Way Co-op Mt. Airy

559 Carpenter Lane, Philadelphia

Weavers Way Co-op Chestnut Hill
8424 Germantown Avenue, Philadelphia

Whole Foods Cooperative
1341 West 26th Street, Erie

TENNESSEE

Three Rivers Market
1100 N. Central Street, Knoxville

VERMONT

Brattleboro Food Co-op
2 Main Street, Brattleboro

City Market/Onion River Co-op
82 S. Winooski Avenue, Burlington

Co-op Food Store
209 Maple Street, White River Jct.

Hunger Mountain Co-op
623 Stone Cutters Way, Montpelier

Middlebury Natural Foods Co-op
9 Washington Street, Middlebury

Putney Food Co-op
8 Carol Brown Way, Putney

Springfield Food Co-op
335 River Street, Springfield

Upper Valley Food Co-op
193 N. Main Street, White River Jct.

VIRGINIA

Friendly City Food Co-op
150 East Wolfe Street, Harrisonburg

Roanoke Natural Foods Co-op
1319 Grandin Road S.W., Roanoke

1 Market Square S.E., Roanoke



\$16.99

**ANDALOU
NATURALS**

Face Cream

1.7 oz., selected varieties
other Facial Care products
also on sale



\$6.99

**AVALON
ORGANICS**

Haircare

11 oz., selected varieties



\$8.39

**EARTH FRIENDLY
PRODUCTS**

Ecos Liquid Laundry
Detergent

100 oz., selected varieties



\$7.99

EVERYONE

Bath Soak

30 oz., selected varieties



\$3.99

KISS MY FACE

Pure Olive Oil Soap

3 ct.



\$6.99

FIELD DAY

Bath Tissue

12 ct.
other Field Day Paper
Products also on sale

Stock up on Halloween treats at the co-op.

coopTM
stronger together

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