

# coop<sup>TM</sup> deals

MAR 22 - APR 4, 2017



2/\$4

**WILD PLANET**  
Wild Skipjack Light  
Tuna

5 oz., selected varieties  
other Wild Planet Tuna  
varieties also on sale



\$9.99

**SPECTRUM**  
Organic Unrefined  
Extra Virgin Olive Oil  
25.4 oz.



2/\$3

**BOULDER  
CANYON**  
Kettle Cooked  
Potato Chips

5 oz., selected varieties



\$5.99

**NATURE'S PATH**  
Organic Cereal  
26.4-32 oz., selected varieties

## Featured Inside:

- Ditch the takeout and try your hand at homemade pho
- Three words, one delightful dip: Mango Jicama Guacamole
- Hailing all the way from Spain, Manchego is an all-star appetizer cheese
- No matter how you slice them, mangos are in-season and delicious!



## Pho with Shrimp

Serves 6. Prep time: 30 minutes.

- 2 teaspoons vegetable oil
- 3 slices fresh ginger
- 4 cloves garlic, thinly sliced
- 8 cups chicken broth
- 2 whole star anise
- 1 stick cinnamon
- 1 teaspoon whole black peppercorns
- 3 tablespoons fish sauce, to taste
- 4 small heads baby bok choy, cut into 2-inch pieces
- 16 large shrimp, shelled and deveined
- 4 ounces flat rice noodles
- 1 large carrot, julienned
- 1 8-ounce package baked tofu, sliced
- 2 cups bean sprouts, rinsed
- 4 large scallions, sliced on a diagonal
- 2 large limes, halved and sliced

In a 2-quart pot, heat the oil over medium-high heat, then sauté the ginger and garlic just until fragrant, about a minute. Add the stock, anise, cinnamon, peppercorns and fish sauce. Bring to a simmer and lower heat to keep it at a gentle bubble. Cook for 20 minutes. The stock will reduce to about 7 cups.

While the stock simmers, chop the bok choy, prep the shrimp, and have all the vegetables in separate piles on a plate. Cook the noodles, and divide them between six wide soup bowls. Arrange the tofu and bean sprouts on top of the noodles.

When the stock is ready, strain it, taste for salt, adding more fish sauce if you think it needs it, and bring it to a boil. When you're ready to serve, simmer shrimp, bok choy and carrot in the stock until cooked, about 3 minutes, then ladle the hot soup over the noodles, tofu and sprouts. Sprinkle with scallions, and serve with lime slices.

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



5/\$4

**KOYO**

Ramen

2.1 oz., selected varieties



\$11.99

**NUTIVA**

Organic Virgin

Coconut Oil

23 oz.

other Nutiva Coconut Oil varieties also on sale



4/\$5

**MUIR GLEN**

Organic Tomatoes

14.5 oz., selected varieties



3/\$7

**CROWN PRINCE**

Sardines

3.75 oz., selected varieties



\$2.39

**ANCIENT HARVEST**

Organic Supergrain Pasta

8 oz., selected varieties



**\$13.99**

**ORGANIC VALLEY**

Organic Aseptic Milk  
12 ct., selected varieties



**\$2.39**

**ANNIE'S HOMEGROWN**

Pizza Poppers  
5 oz., selected varieties  
Pizza Bagels also on sale



**2/\$6**

**BLUE SKY**

Natural Soda  
6 pack, selected varieties



**\$4.39**

**ORGANIC VALLEY**

Organic Raw Cheddar Cheese  
8 oz., selected varieties



**\$4.39**

**CANYON BAKEHOUSE**

Bread  
14-18 oz., selected varieties



**\$9.99**

**JUSTIN'S**

Almond Butter  
16 oz., selected varieties



**\$2.99**

**BEARITOS**

Tortilla Chips  
16 oz., selected varieties



**\$2.99**

**FIELD DAY**

Organic Sandwich Cookies  
12 oz., selected varieties



**\$2.69**

**FIELD DAY**

Organic Crackers  
4.4-8 oz., selected varieties



**4/\$5**

**CLIF**

Kit's Organic Fruit & Nut Bar  
1.69 oz., selected varieties



**4/\$5**

**LARABAR**

Organic Superfoods Bar  
1.6 oz., selected varieties



**\$2.39**

**KEVITA**

Organic Kombucha  
15.2 oz., selected varieties



**\$2.39**

**SO GOOD**

Organic Baby Food  
3.5 oz., selected varieties



**2/\$4**

**TASTE NIRVANA**

Coconut Water  
16.2 oz., selected varieties



**3/\$5**

**HUBERT'S**

Lemonade  
16 oz., selected varieties



## Mango Jicama Guacamole

Serves 4. Prep time: 15 minutes.

- ½ cup chopped mango
- ½ cup cubed jicama
- 1 tablespoon plus 1 teaspoon fresh lime juice
- 2 large ripe avocados
- ½ teaspoon salt
- 1 clove garlic, smashed
- 2 small scallions, chopped
- 1 pinch chili powder

Peel and chop the mango and jicama in small, even pieces; sprinkle with a teaspoon of lime juice and reserve.

Halve the avocados and remove the pits; scoop the flesh into a medium bowl. Mash coarsely with a fork, then add the remaining tablespoon of lime juice, salt and garlic and mix. Stir in the scallions.

Spread the guacamole in a small serving bowl. Sprinkle mango and jicama on top of the guacamole, then dust with chili powder. Serve immediately with chips or quesadillas.

Serving suggestion: This is a fantastic dish to serve at a party; just double (or triple) the recipe and use a wider bowl or small casserole dish. The crunchy jicama, sweet mango and creamy avocado are a delicious topping for tostadas and quesadillas, too.

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



**\$2.99**

**LAKEWOOD ORGANIC**

Pure Juice  
12.5 oz., Lemon or Lime,  
selected varieties



**2/\$5**

**LATE JULY SNACKS**

Organic Thin & Crispy  
Tortilla Chips  
11 oz., selected varieties



**2/\$5**

**AMY'S**  
Burritos

5.5-6 oz., selected varieties



**2/\$3**

**WESTBRAE**

Organic Beans  
15 oz., selected varieties



**\$1.79**

**BULK**

Organic Black Beans  
per pound in bulk



**\$8.99**

**EQUAL EXCHANGE**

Organic Breakfast Blend Bulk Coffee  
per pound in bulk  
Decaf Breakfast Blend Bulk Coffee \$11.99



**\$1.19**

**BULK**

Organic Rolled Oats  
per pound in bulk



**\$1.99**

**CALIFIA FARMS**

Cold Brew Coffee  
10.5 oz., selected varieties



**\$2.99**

**BULK**

Organic Seedless Thompson Raisins  
per pound in bulk



**\$3.99**

**ORGANIC VALLEY**

Organic Brown Eggs  
doz., selected varieties



**\$3.99**

**WOODSTOCK**

Organic Frozen Fruit  
10 oz., selected varieties



**3/\$7**

**CELESTIAL SEASONINGS**

Herbal Tea  
20 ct., selected varieties



**2/\$6**

**YOGI**

Tea  
16 ct., selected varieties



**\$3.69**

**RICE DREAM**

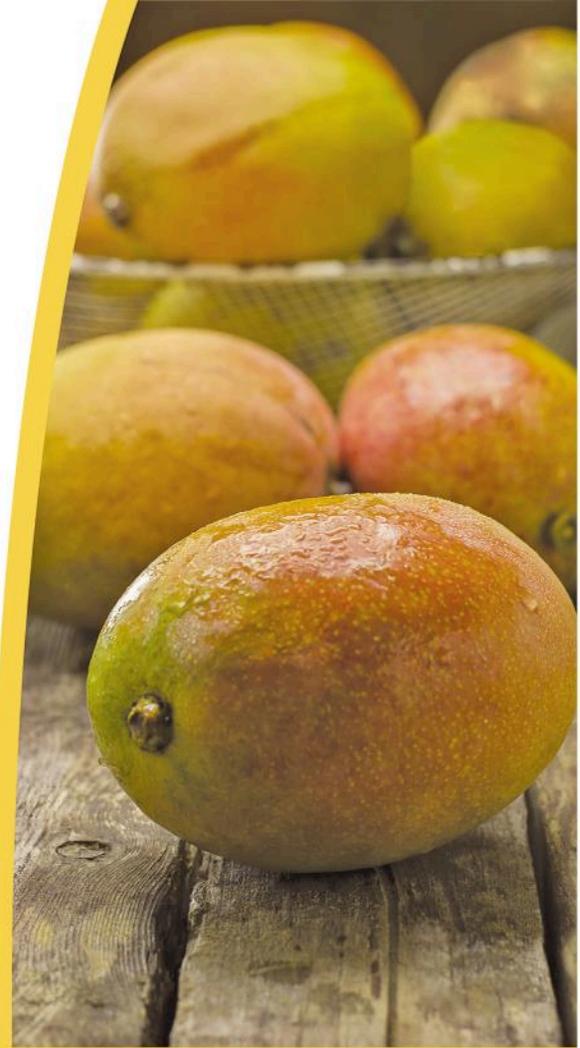
Organic Enriched Rice Drink  
64 oz., selected varieties



**\$3.39**

**ANNIE'S HOMEGROWN**

Organic Cereal  
10-10.8 oz., selected varieties



## Mangos

Colorful, juicy and sweet, mangos are a delicious dessert fruit that also complement a variety of spicy flavors like chilies, ginger and curries in savory dishes. Chopped into salsa, pickled, blended in smoothies, sauces and dressings, or added to a bowl of ice cream, there are plenty of ways to enjoy this tropical treat. When shopping for mangos, the stem ends should smell fruity and the fruit should yield to gentle pressure; choose the plumpest mangos so you can truly savor their sweetness. Visit [www.strongertogether.coop](http://www.strongertogether.coop) for a quick overview of just a few of the over a thousand varieties of this delectable fruit.



## Manchego

For over a thousand years, Manchego cheese has been produced and aged in the La Mancha region of Spain. The flavor of this compact, firm, yet buttery cheese depends on how long it has been aged. Cheeses that have been aged longer taste stronger and a bit more peppery while younger cheeses are mellow. A bit salty, sweet and nutty, Manchego is flavorful enough to hold its own as an appetizer, and is a great addition to cheese platters. Marinate cubes of Manchego in an herbed vinaigrette and serve with olives and slices of crusty bread. Pair this flavorful cheese with apples, mango, hot peppers and smoked sausages.



**\$4.69**

**MAPLE HILL CREAMERY**

Organic Kefir  
32 oz., selected varieties



**2/\$3**

**SO DELICIOUS**  
Coconut Milk Yogurt  
5.3 oz., selected varieties



**\$3.99**

**NANCY'S**  
Organic Plain Yogurt  
32 oz., selected varieties



**2/\$3**

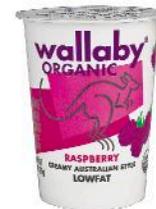
**LIBERTE**  
Organic Yogurt  
5.5 oz., selected varieties



**\$3.69**

**EVOLUTION FRESH**

Defense Up Smoothie  
15.2 oz.  
other Evolution Fresh products also on sale



**10/\$10**

**WALLABY ORGANIC**

Lowfat Yogurt  
6 oz., selected varieties



**\$24.99**

**RAW ORGANIC WHEY**

Organic Whey Powder  
12 oz.  
100% Grassfed Whey Protein  
also on sale \$14.99



**\$35.99**

**ANCIENT NUTRITION**

Bone Broth Protein  
445-505 gr., selected varieties



**\$17.99**

**COUNTRY LIFE**

Coenzyme B-Complex  
120 ct.  
other Country Life Supplements also on sale



**\$6.99**

**LILY OF THE DESERT**

Organic Aloe Vera Juice  
32 oz.  
other Aloe products also on sale



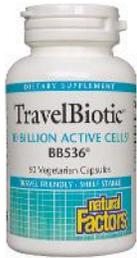
**\$6.99**

**THAYER'S**  
Slippery Elm Nasal Mist  
3 oz.



**\$8.99**

**BOIRON**  
Sinusalia  
60 ct.



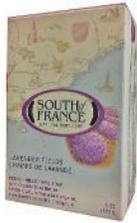
**\$29.99**

**NATURAL FACTORS**  
TravelBiotic  
60 ct.  
other Natural Factors  
Probiotics also on sale



**\$10.99**

**BACH**  
Rescue Remedy  
10 ml.  
other Rescue Remedy  
products also on sale



**2/\$6**

**SOUTH OF FRANCE**  
Bar Soap  
6-8 oz., selected varieties



**\$8.99**

**ALAFFIA**  
Everyday Coconut  
Body Lotion  
32 oz.  
other Alaffia Body Care items  
also on sale



**\$5.99**

**AVALON ORGANICS**  
Shampoo or Conditioner  
11 oz., selected varieties



**\$11.99**

**ALBA BOTANICA**  
Shampoo or Conditioner  
32 oz., selected varieties



**\$4.99**

**TEA TREE THERAPY**  
Pure Tea Tree Oil  
.5 oz.  
other Tea Tree Therapy products  
also on sale



**\$5.99**

**ALBA BOTANICA**  
Acnedote Face & Body Scrub  
8 oz.  
other Acnedote products also on sale



## Slicing Mangos

It's easy to slice a juicy mango without peeling it first. Stand the fruit stem end down. Cutting from the top, slice off two thick "cheeks" by running a knife down along both sides of the long, flat seed in the center. Score intersecting lines in both mango halves to create cubes, without cutting through the skin. Holding the mango in your palm, scoop out the flesh with a soup spoon. Or press the skin side of the mango to turn it "inside out" so the flesh stands apart in separate cubes, then carefully slice it away from the peel.

## 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  
6668 Thomasville Road, 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

**Common Market Co-op**  
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 Co-op**  
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 Food Stores**  
43 Lyme Road, Hanover  
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

307 College Avenue, Ithaca  
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**  
118 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**  
600 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 Chestnut Hill**  
8424 Germantown Avenue, Philadelphia

**Weavers Way Co-op Mt. Airy**  
559 Carpenter Lane, 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



**\$4.99**

**SEVENTH GENERATION**

**Tampons**

20 ct., selected varieties  
other Feminine Hygiene  
products also on sale



**3/\$5**

**GREEN FOREST**

**Bath Tissue**

4 pack  
Green Forest Facial Tissue  
also on sale



**\$4.69**

**BETTER LIFE**

**All-Purpose Cleaner**

32 oz., selected varieties  
other Better Life Cleaning  
products also on sale



**local  
color**

Fresh ingredients  
make the most  
delicious dishes.



**\$2.99**

**PLANET**

**Dishwashing Liquid**

25 oz.

**Savor spring flavors with foods from the co-op!**

**coop**<sup>TM</sup>  
stronger together

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