

coopTM deals

FEB 1 - FEB 14, 2012



\$1.99 **CHOCOLOVE**
Chocolate Bar
3.2 oz., selected varieties



\$2.79
CROFTER'S
Organic
Just Fruit Spread
10 oz., selected varieties



\$1.99
MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$2.29 **CASCADIAN FARM**
Organic Vegetables
7-16 oz., selected varieties

Featured Inside:

- Heart-healthy foods for February (chocolate included!)
- Citrus is in season; learn a few fun facts about oranges
- Recipes in this issue: Turkey Spinach Meatballs and a tangerine salad with jicama
- A profile of successful cooperatives in Spain and Great Britain



Turkey Spinach Meatballs

Makes 6 servings. Prep time: 20 minutes active; 45 minutes total.

- 1 pound ground turkey
- 2 tablespoons fresh garlic, minced
- 1 10-ounce package frozen spinach, thawed and drained
- ½ cup yellow onion, minced
- 3 tablespoons tomato sauce
- 1 egg, lightly beaten
- ½ cup whole wheat breadcrumbs
- 1 teaspoon ground oregano
- ½ teaspoon salt
- ½ teaspoon black pepper

Preheat oven to 375 degrees F. In a large mixing bowl, mix all of the ingredients until well blended. Form into 1 ½-inch balls and place on a sheet pan. Bake the meatballs for about 25 minutes, turning them a couple of times during baking to allow them to brown on all sides. The meatballs should have an internal temperature of 175 degrees when a meat thermometer is inserted into the center.

Serving suggestion: Move beyond traditional spaghetti and meatballs and serve these delicious meatballs over a bed of noodles with a rich mushroom-based or spicy Arrabbiata sauce. They make a fantastic meatball sandwich, too!

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



\$2.49

AMY'S
Organic Soup
14-14.5 oz.,
selected varieties



\$1.99

SESMARK
Crackers
3.2-7 oz.,
selected varieties



\$4.99

AMY'S
Pizza
12-14 oz.,
selected varieties



\$3.29

ETHNIC GOURMET
Frozen Entrees
10-11 oz., selected varieties



\$2.29

CASCADIAN FARM
Frozen Potatoes
16 oz., selected varieties



\$3.79 **LUNDBERG FAMILY FARMS**
Organic Brown Basmati Rice
32 oz.
other 32 oz. packaged rice also on sale



\$2.99
R.W. KNUDSEN
Organic Juice
32 oz., selected varieties



2/\$4
WESTBRAE
Organic Beans
25 oz., selected varieties



\$2.79
GREEN & BLACK'S
Organic Chocolate Bar
3.5 oz., selected varieties



\$7.49
SPECTRUM NATURALS
Organic Unrefined Coconut Oil
14 oz.



\$7.29 **WOODSTOCK**
Dark Chocolate Almonds
per pound in bulk
other bulk candy also on sale



\$1.99 **BULK**
Organic Garbanzo Beans
per pound in bulk



3/\$4
ANNIE'S HOMEGROWN
Pasta & Cheese Dinner
6 oz., selected varieties



\$3.49
AHILASKA
Organic Chocolate Syrup
22 oz.



Heart-Healthy Foods for February

It's no surprise that February is both "Healthy Heart Month" and the month we celebrate all things romantic. Many heart-healthy foods are reputed to be boons to romance, too! Avocados and asparagus are both high in vitamin E. Bananas are a great source of potassium, which helps strengthen muscles and is essential for a healthy heart. Red wine, grapes and chocolate are rich in antioxidants. Omega-3 fatty acids, found in salmon and other types of fish, are known to decrease triglycerides, lower cholesterol and ease inflammation. So if you're cooking for your loved ones this Valentine's Day, remember to include some food for their hearts.



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 selections have a "sweet" theme!

Vegan Chocolate Mousse

Recipe courtesy of Lexington Cooperative Market
Buffalo, New York

Sweet and simple, this rich-tasting dessert is made by blending together silken tofu, semisweet chocolate, soymilk and a touch of vanilla.

save 50¢ per pound

Bombay Sweet Potatoes

Recipe courtesy of La Montañita Co-op
Albuquerque, New Mexico

Saucy sweet potatoes seasoned with ginger, turmeric, fresh cilantro and chili powder. Perfect served with basmati rice and samosas.

save 75¢ per pound

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



\$9.99

EQUAL EXCHANGE

Bulk Coffee
per pound in bulk,
selected varieties



\$2.99

JOVIAL

Cookies
7-8.8 oz., selected varieties



\$3.29

NEWMAN'S OWN ORGANICS

Newman-O's
13 oz., selected varieties



\$2.49

KOZY SHACK

Pudding Cups
4 pack, selected varieties



\$2.49

ORGANIC VALLEY

Organic Cream Cheese
8 oz.



\$2.99

MUIR GLEN
Organic Salsa
16 oz., selected varieties



\$2.99

BEARITOS
Tortilla Chips
16 oz., selected varieties



2/\$5

TERRA
Exotic Vegetable Chips
5.5-6 oz.,
selected varieties



\$2.79

R.W. KNUDSEN
Organic Sparkling Juice
750 ml., selected varieties



\$1.99

KETTLE
Potato Chips
5 oz., selected varieties



\$3.79

**ANNIE'S
HOMEGROWN**
Organic Snack Mix
9 oz., selected varieties



\$3.29

SAHALE
Nut Blends
4 oz., selected varieties



\$1.59

SAN PELLEGRINO
Sparkling
Mineral Water
1 ltr.



\$4.29

OOGAVE
Organic Agave Soda
4 pack, selected varieties



Tangerine and Jicama Salad

Serves 6. Prep time: 30 minutes.

- 3 tangerines, peeled and segmented
- 1 cup pineapple chunks, diced
- 3 cups jicama, peeled and cut into matchsticks
- ½ cup red onion, julienned
- ½ cup carrots, peeled and shredded
- ½ cup green bell pepper, diced
- 3 tablespoons minced fresh cilantro
- ½ cup fresh lime juice

Combine all ingredients and mix well.



Celebrating 2012 United Nations International Year of Cooperatives



Scan this QR code to learn more!



2/\$6

YOGI
Organic Tea
16 ct., selected varieties



2/\$5

GT'S
Kombucha
16 oz., selected varieties



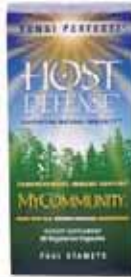
2/\$5

BOULDER CANYON
Rice & Bean Chips
5 oz., selected varieties



\$19.99

NEW CHAPTER
Wholemega 1,000 mg.
60 ct.
other Wholemega products also on sale



\$29.99

FUNGI PERFECTI'S HOST DEFENSE
MyCommunity
Comprehensive Immune Support
60 ct.
other Fungi Perfecti products also on sale



\$8.99

HERB PHARM
Super Echinacea
Herbal Extract
1 oz.



\$5.99

AURA CACIA
Bubble Bath
13 oz., selected varieties



\$6.99

KISS MY FACE
Olive Oil Soap
3 pack, selected varieties



\$5.99

DESERT ESSENCE
Hand and Body Lotion
8 oz., selected varieties



\$7.99

AVALON ORGANICS
Hand and Body Lotion
12 oz., selected varieties
other Avalon Organics also on sale



\$14.99

WELEDA
Body Oil
3.4 oz., selected varieties



\$10.99 **ANCIENT SECRETS**
Nasal Cleansing Pot
each



3/\$4

GREEN FOREST
Size Your Own
Paper Towels
each



\$11.99

SEVENTH GENERATION
4X Liquid Laundry Detergent
50 oz., selected varieties



\$3.29

CITRADISH
Dishwashing Liquid
25 oz., selected varieties



4/\$3

BROWN COW
Whole Milk Yogurt
6 oz., selected varieties



\$4.99

CHOBANI
Nonfat Greek Yogurt
32 oz., selected varieties



\$1.99

WESTSOY
Organic Soymilk
32 oz., selected varieties



\$3.49

CASCADIAN FARM
Organic Cereal
9-17 oz., selected varieties



\$2.29

VAN'S
Wheat & Gluten Free
Waffles
7.5-9 oz.,
selected varieties



\$3.29

ENVIROKIDZ
Organic Cereal
10-14 oz., selected
varieties



\$4.49

MARANATHA
Organic Peanut Butter
16 oz., selected varieties



\$3.29

FOOD FOR LIFE
Organic English Muffins
16 oz., selected varieties



\$1.19

BULK
Organic
Quick Rolled Oats
per pound in bulk



\$2.39

BULK
Organic Thompson
Seedless Raisins
per pound in bulk



Oranges

Oranges are an amazing fruit (so amazing that author and essayist John McPhee wrote an entire book about them). With a history that stretches back to ancient China, oranges are consumed in many different ways around the world. Given their nutritional value (an excellent source of both vitamin C and fiber) and fresh flavor, it's no surprise that oranges are so popular. In general, the sweetest oranges are the ones that are grown the closest to the Equator, but orange trees can be found as far afield as Brooklyn and even Iceland. The peak season for oranges in the U.S. is generally December through March.

Get great recipes and information on seasonal foods at www.strongertogether.coop.



FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ARKANSAS

Ozark Natural Foods
1554 N. College Ave., Fayetteville

ILLINOIS

Common Ground Food Co-op
300 S Broadway Ave., Urbana

Neighborhood Co-op Grocery
1815 W. Main St., Carbondale

INDIANA

Bloomingsfoods - Market And Deli

3220 E. 3rd St., Bloomington

316 W. 6th St., Bloomington

419 E. Kirkwood Ave., Bloomington

Maple City Market

314 S. Main St., Goshen

Three Rivers Food Co-op

1612 Sherman Blvd., Ft. Wayne

IOWA

New Pioneer Co-op

22 S. Van Buren St., Iowa City

1101 2nd St., Coralville

Oneota Community Co-op

312 W. Water St., Decorah

Wheatsfield Co-op

413 Northwestern Ave., Ames

KANSAS

The Merc

901 Iowa St., Lawrence

KENTUCKY

Good Foods Market & Cafe

455-D Southland Dr., Lexington

MICHIGAN

East Lansing Food Coop

4960 Northwind, East Lansing

Grain Train Natural Foods Market

220 E. Mitchell, Petoskey

GreenTree

Cooperative Grocery

214 N. Franklin, Mt. Pleasant

Marquette Food Co-op

109 W. Baraga Ave., Marquette

Oryana Natural Foods Market

260 E. 10th St., Traverse City

People's Food Co-op

216 N. 4th Ave., Ann Arbor

People's Food Co-op

507 Harrison St., Kalamazoo

Ypsilanti Food Co-op

312 N. River St., Ypsilanti

MINNESOTA

Bluff Country Co-op

121 W. 2nd St., Winona

City Center Market

122 N. Buchanan St., Cambridge

Cook County Co-op

20 E. First St., Grand Marais

Eastside Food Cooperative

2551 Central Ave. N.E., Minneapolis

Harmony Co-op

302 Irvine Ave. N.W., Bemidji

Harvest Moon

2380 W. Wayzata Blvd., Long Lake

Just Food Co-op

516 S. Water St., Northfield

Lakewinds Natural Foods

435 Pond Promenade, Chanhassen

17501 Minnetonka Blvd., Minnetonka

Linden Hills Co-op

3815 Sunnyside Ave., Minneapolis

Mississippi Market

1500 West 7th St., Saint Paul

622 Selby Ave., Saint Paul

People's Food Co-op - Rochester

1001 6th St. N.W., Rochester

River Market Community Co-op

221 N. Main St., Stillwater

Seward Co-op Grocery & Deli

2823 E. Franklin Ave., Minneapolis

St. Peter Food Co-op

228 Mulberry St., St. Peter

Valley Natural Foods

13750 County Road 11, Burnsville

Wedge Co-op

2105 Lyndale Ave. S., Minneapolis

Whole Foods Co-op

610 E. 4th St., Duluth

NEBRASKA

Open Harvest

1618 South St., Lincoln

OHIO

Phoenix Earth Food Co-op

1447 W. Sylvania Ave., Toledo

WISCONSIN

Basics Cooperative

1711 Lodge Dr., Janesville

Chequamegon Food Co-op

215 Chapple Ave., Ashland

Menomonie Market

521 2nd St. E., Menomonie

Outpost Natural Foods

2826 S. Kinnickinnic Ave., Bayview

100 E. Capitol Dr., Milwaukee

7000 W. State St., Wauwatosa

People's Food Co-op - La Crosse

315 5th Ave. S., La Crosse

Viroqua Food Co-op

609 N. Main St., Viroqua

Willy Street Grocery Co-op

1221 Williamson St., Madison

6825 University Ave., Middleton

Cooperative Enterprises: Mondragon and The Co-operative Group

Co-ops all over the world help people achieve community ownership, demonstrate the benefits of self-help and have a huge impact on their country's local economy. Here are two European co-ops that show what people, working together, can accomplish.

The Mondragon Corporation in Spain runs 256 companies in a variety of fields, employs more than 83,000 people, and generates \$20 billion in revenue for the co-op. The Co-operative Group, Manchester, England is one of the United Kingdom's largest retail business groups, offering everything from hardware to funeral services, as well as groceries.

The United Nations declared 2012 the International Year of Cooperatives; read more about these and other co-ops at www.strongertogether.coop or www.stories.coop.



Celebrating 2012 International Year of Cooperatives

