

# coop<sup>TM</sup> deals

FEB 29 - MAR 20, 2012



**\$4.99**

**GIOVANNI**  
Shampoo or Conditioner  
8.5 oz., selected varieties



**2/\$4**

**BLUE DIAMOND**  
Unsweetened  
Almond Breeze  
32 oz., selected varieties



**\$3.49**

**CASCADIAN FARM**  
Organic Granola Bars  
6.2-7.4 oz., selected varieties



**\$4.29** **NATURAL SEA**

Fish Sticks  
8 oz.  
Fish Fillets also on sale

## Featured Inside:

- Juicy, sweet-tart grapefruit: it's not just for breakfast
- Recipes for a spicy Szechuan sprout salad and a healthy fish dish
- Fresh in your co-op's deli: the bright flavors of springtime
- Does your co-op rock? Enter our video/photo contest and win big!



## Spicy Szechuan Sprout Salad

Serves 6. Prep time 30 minutes.

- 2 ounces mung bean sprouts
- 2 ounces broccoli or sunflower sprouts
- 4 ounces shiitake mushrooms, sliced and sautéed (stems removed)
- 2 green onions, thinly sliced
- ¼ cup carrots, shredded or julienned
- 1 cup green cabbage, shredded
- 1 6-ounce package baked tofu, cubed
- 1 clove garlic, minced
- 2 tablespoons sesame oil
- 2 tablespoons tamari
- 2 tablespoons rice vinegar
- 2 tablespoons brown sugar
- 2 teaspoons Sambal Oelek or Sriracha chili sauce

In a large bowl, gently toss the sprouts, sautéed mushrooms, green onions, carrots, cabbage and tofu together. In a small bowl, mix the garlic, sesame oil, tamari, vinegar, sugar and chili sauce. Pour the sauce over the vegetable mix and gently toss to combine. Serve immediately.

Serving suggestion: The crunchy texture and Asian flavors of this recipe go nicely with a cup of egg drop or hot and sour soup. Substitute button or crimini mushrooms for the shiitakes, if you prefer. Don't like tofu? Thinly sliced strips of cooked beef or chicken are a great substitution.

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



**\$2.79**

**SAN-J**  
Organic Tamari  
10 oz.



**\$2.79**

**BACK TO NATURE**  
Crackers  
5.5-6.5 oz., selected varieties



**\$3.49**

**MARY'S GONE CRACKERS**  
Organic Crackers  
6.5 oz., selected varieties



**\$4.99**

**GLUTINO**  
Gluten Free Pretzels  
14.1 oz., selected varieties



**\$3.49**

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



**\$2.89**

**MONTEBELLO**  
Organic Pasta  
16 oz., selected varieties



**\$2.79**

**MUIR GLEN**  
Organic Pasta Sauce  
25.5 oz., selected varieties



**\$2.49**

**ANNIE CHUN**  
Soup Bowl  
5.4-9.1 oz., selected varieties



**\$1.99**

**MUIR GLEN**  
Organic Soup  
14.4-14.9 oz., selected varieties



**\$4.99**

**RISING MOON ORGANICS**  
Pizza  
11 oz., selected varieties



**2/\$3**

**MUIR GLEN**  
Organic Tomatoes  
14.5 oz., selected varieties



**\$4.29**

**IAN'S**  
Wheat Free  
Gluten Free Chicken  
7-8 oz., selected varieties



**\$1.99**

**CASCADIAN FARM**  
Organic Vegetables  
10 oz., selected varieties



**Celebrating 2012 United Nations International Year of Cooperatives**



Scan this QR code to learn more!



**2/\$5**

**FOOD MERCHANTS**  
Organic Polenta  
18 oz., selected varieties

Enter for a chance to  
**WIN**  
a trip for 2 to  
*Cascadian Farm®*

when you buy  
ANY 5 Muir Glen® or  
Cascadian Farm® products.

Sweepstakes entry via mail-in form  
found at your local participating store.  
Offer Valid: 3/1/12-3/31/12



**NO PURCHASE NECESSARY.** Void Where Prohibited. For Official Rules, and complete details, send a SASE to "NCGA Trip To The Farm Sweepstakes" c/o Leader Enterprises Inc., 1775 Woodstock Road, Suite 200, Roswell, GA 30075 prior to 3/31/2012. Open to legal residents of AZ, AR, CA, CO, CT, FL, GA, ID, IL, IN, IA, KS, KY, MA, MI, MN, MT, MD, ME, NE, NM, NY, NH, NC, OH, OR, PA, SD, TN, TX, VA, WA, and WI 18 years of age or older at the time of entry. Enter between 3/1/2012 and 3/31/2012 via Regular Mail by sending a completed official entry form available at your neighborhood NCGA Participating Store or a 3"x5" post card with your first and last name, full address, daytime telephone number and date of birth to: "NCGA Trip To The Farm Sweepstakes", P.O. Box 43385, Atlanta, Georgia 30336. Limit one entry/prize per person/household. All entries must be postmarked no later than 4/2/2012 and received by 4/9/2012. Sponsor: General Mills Sales, Inc., One General Mills Boulevard, Minneapolis, Minnesota 55440.

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## 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 features herald springtime, with fresh bright flavors like lemon and herbs.

### Mediterranean Green Beans

Recipe courtesy of Linden Hills Co-op  
Minneapolis, Minnesota

*Olive oil, garlic, parmesan cheese and grated lemon peel are tossed with fresh green beans to make this popular side dish.*

**save 50¢ per pound**

### Raw Deal

Recipe courtesy of Community Food Co-op  
Bellingham, Washington

*A delicious green slaw of fresh spinach, chard, nuts and pumpkin seeds combined with light vinaigrette and seasoned with fresh herbs.*

**save 75¢ per pound**

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



**\$9.99**

### EQUAL EXCHANGE

Organic Bulk Coffee  
per pound in bulk,  
selected varieties



**\$3.29**

### ORGANIC INDIA

Organic Tulsi Tea  
18 ct., selected varieties



**\$3.79**

### BACK TO NATURE

Cookies  
6.4-8.5 oz., selected varieties



**99¢**

### LARABAR

Nutritional Bar  
1.6-1.8 oz., selected varieties



**\$2.79**

### GALAXY

Rice Cheese Slices  
7.3 oz., selected varieties



**\$2.99**

**NANCY'S**

Organic Plain Yogurt  
32 oz., selected varieties



**\$1.09**

**CHOBANI**

Greek Yogurt  
6 oz., selected varieties



**\$2.59**

**RUDI'S ORGANIC BAKERY**

Organic English Muffins  
12 oz., selected varieties



**\$2.89**

**BIONATURAE**

Organic Fruit Spread  
9 oz., selected varieties



**\$3.59**

**FOOD FOR LIFE**

Organic Ezekiel Bread  
24 oz., selected varieties



**\$2.99**

**KASHI**

Organic Promise  
Cereal  
10.4-17.5 oz.,  
selected varieties



**\$4.89**

**MCCANN'S**

Irish Oatmeal Tin  
28 oz.  
other McCann's products  
also on sale



**\$2.99**

**NATURE'S PATH**

Organic Granola  
per pound in bulk



**99¢**

**BULK**

Organic Steel Cut Oats  
per pound in bulk



**\$2.99**

**SANTA CRUZ ORGANIC**

Organic Juice  
32 oz., selected varieties



Celebrating:  
2012 International Year of Cooperatives

# HOW DOES YOUR CO-OP BUILD A BETTER WORLD?



**Don't be shy, enter for your chance to win big!**

2012 has been declared the International Year of Cooperatives. So to celebrate, the My Co-op Rocks Contest is upping its game. More co-ops. Bigger prizes. More people showing each other how their co-op builds a better world. Visit [MyCoopRocks.coop](http://MyCoopRocks.coop) to upload your videos and photos, check out all the entries and vote for your favorites. Good luck, and may your entries rock as hard as your co-op.

Contest starts March 1. Submission deadline is April 30 and voting extends through May 31.



[www.MyCoopRocks.coop](http://www.MyCoopRocks.coop)

Sponsors:





## Pacific Halibut with Fennel and Grapefruit Salad

Serves 4. Prep time 30 minutes.

- 4 Pacific halibut steaks\* (about 4 ounces each)
  - 1 cup white wine
  - 1 cup water
  - 10 whole black peppercorns
  - 10 whole coriander seeds
  - 1 bay leaf
  - 2 sprigs fresh thyme
- Salad:
- 1 cup fennel bulb, trimmed and sliced thin
  - 1 ruby red grapefruit, segmented
  - 1 green onion, sliced
  - ½ teaspoon fresh thyme leaves, minced
  - 1 tablespoon olive oil
  - Salt and black pepper to taste

To poach the halibut:

In a deep skillet or pot, combine white wine, water, peppercorns, coriander seeds, bay leaf and thyme. Bring this to a boil and then reduce to a simmer for 5 minutes. Add the halibut, cover and cook over a low simmer for 8-10 minutes until fish is firm and thoroughly cooked. Remove the fish from the poaching liquid and serve over the fennel and grapefruit salad.

To make the salad:

Mix all of the salad ingredients together in a large bowl. Taste for salt and pepper. Divide the salad evenly between four plates, and top each with a piece of poached halibut.

\*Wild-caught Pacific (also known as Alaskan) halibut is a Monterey Bay Aquarium Seafood Watch "Best Choice." Avoid Atlantic halibut, which is overfished, and halibut that is not line-caught. Pacific flounder or sole are good substitutions for halibut, if it is not available.

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



99¢

**HARVEST BAY**  
Coconut Water  
8.45 oz.



**\$3.49 FANTASTIC FOODS**

Hummus Dip Mix  
per pound in bulk  
other Bulk Dinner Mixes  
also on sale



**\$1.09 BULK**  
Organic  
Yellow Popcorn  
per pound in bulk



**\$1.39 BULK**  
Organic Pinto Beans  
per pound in bulk



**\$3.29**

**NATURAL BREW**  
Soda  
4 pack, selected varieties



\$1.79

**PROMETHEUS SPRINGS**

Organic Elixir  
16 oz., selected varieties



\$3.49

**TRADITIONAL MEDICINALS**

Organic Tea  
16 ct., selected varieties



\$7.49

**LAKEWOOD ORGANIC**

Organic Pure Cranberry Juice  
32 oz., selected varieties



\$24.99

**RAINBOW LIGHT**

Women's One Multivitamin  
150 ct.  
other Supplements also on sale



25% OFF

**NEW CHAPTER**

All Supplements  
25% Off Manufacturer's Suggested Retail Price



\$21.99

**ENZYMEDICA**

Digest Gold  
45 ct.



\$6.99

**ALBA**

Cocoa Butter Hand & Body Lotion  
7 oz.  
other Hawaiian products also on sale



\$6.99

**DR. BRONNER'S**

Organic Shikakai Liquid Soap  
12 oz., selected varieties



2/\$3

**DESERT ESSENCE**

Lip Rescue  
.15 oz., selected varieties



\$6.99

**HYLAND'S**

Calms Forte  
100 ct., selected varieties



\$12.99

**AMERICAN HEALTH**

Ester-C 500 mg.  
120 ct., selected varieties



\$16.99

**NATURAL FACTORS**

Whey Factors  
12 oz., selected varieties



\$5.99

**BIOKLEEN**

Bac-Out Foaming Spray  
32 oz.  
other Cleaning products also on sale



\$2.79

**SEVENTH GENERATION**

Dish Liquid  
25 oz., selected varieties



\$10.99

**WELLNESS**

Complete Health Dry Cat Food  
47 oz., selected varieties  
other Wellness Pet Food also on sale

## 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**  
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### WISCONSIN

**Basics Cooperative**  
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**Chequamegon Food Co-op**  
215 Chapple Ave., Ashland

**Menomonie Market**  
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**Outpost Natural Foods**  
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100 E. Capitol Dr., Milwaukee  
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**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



**\$3.99** **BACK TO NATURE**  
Juice Pouches  
10 ct., selected varieties



**99¢** **Q.BEL**  
Wafer Candy  
.9-1.1 oz., selected varieties



**\$2.99** **EQUAL EXCHANGE**  
Organic Chocolate Bar  
3.5 oz., selected varieties



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International Year of Cooperatives**

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**\$3.29**  
**CIAO BELLA**  
Sorbet  
16 oz., selected varieties

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