



# coop<sup>TM</sup> deals

NOV 16 - NOV 29, 2011



**\$4.69** **ORGANIC VALLEY**  
Organic Butter  
*16 oz., selected varieties*



**\$3.29**  
**WHOLESOME SWEETENERS**  
Organic Brown Sugar  
*24 oz., selected varieties*



**2/\$5**  
**PACIFIC**  
Organic Broth  
*32 oz., selected varieties*



**\$1.99** **CASCADIAN FARM**  
Organic Vegetables  
*10 oz., selected varieties*

## Featured Inside:

- Holiday baking specials, plus an extravagant brownie dessert recipe
- Great new ideas on how to love your leftovers (cranberry punch, anyone?)
- Darling Clementines are a flavor-packed holiday treat
- Mulled cider adds a fragrant and welcoming touch to any gathering



## Roast Turkey Hash

Serves 4. Prep time: 30 minutes.

- 2 tablespoons vegetable oil
- 1 ½ cups diced roast turkey
- 1 cup diced onion
- 1 cup diced red pepper
- 1 cup diced boiled or roasted potatoes
- 1 cup diced cooked butternut squash
- 1 teaspoon dried sage
- 1 teaspoon garlic powder
- Pinch of cayenne pepper
- 2 tablespoon water
- Salt and pepper to taste

In a large skillet, heat the oil over medium-high heat. Sauté the onions and peppers for 6-8 minutes until they begin to soften. Add the spices and sauté for another minute. Add the potatoes, squash and turkey. Adjust the heat under the skillet to very hot. Slightly mash the mixture in the skillet and let it brown for several minutes before stirring. Slightly mash the mixture again, and let sit for another few minutes to continue browning thoroughly. Add the water and scrape the brown bits from the bottom of the pan. Cook another minute until the water is absorbed. Add salt and pepper to taste.

Serving suggestion: What a great way to use up your Thanksgiving meal leftovers! Serve the hash with fried eggs and smothered with turkey or mushroom gravy. Not a turkey lover? Make a vegetarian version using just leftover veggies.

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



**\$1.99**

**BLUE DIAMOND**  
Nut Thins  
4.25 oz., selected varieties



**\$3.29**

**R.W. KNUDSEN**  
Just Black Cherry Juice  
32 oz.  
other Just Juice also on sale



**2/\$5**

**BACK TO NATURE**  
Crackers  
4-8.5 oz., selected varieties



**\$3.79**

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



**2/\$5**

**KETTLE**  
Tias! Tortilla Chips  
8 oz., selected varieties



**\$8.99**

**TOFURKY**  
Vegetarian Roast  
26 oz.



**\$1.99**

**GROWN RIGHT**  
Organic Cranberry  
Sauce  
14 oz., selected varieties



**\$2.49**

**ARROWHEAD  
MILLS**  
Organic Stuffing Mix  
10 oz.



**\$1.99**

**FARMER'S  
MARKET**  
Organic Pumpkin  
15 oz.



**\$1.49**

**NEAR EAST**  
Couscous  
5.4-6.1 oz., selected varieties



**\$1.29**

**MORI-NU**  
Silken Tofu  
12.3 oz., selected varieties



**\$1.79**

**LUNDBERG  
FAMILY FARMS**  
Organic Basmati Rice  
per pound in bulk,  
white or brown



**\$2.79**

**BULK**  
Organic Quinoa  
per pound in bulk



**2/\$5**

**THEO**  
Organic Chocolate Bar  
3 oz.  
some varieties on sale for  
\$1.99 and \$2.79



**\$3.49**

**BACK TO NATURE**  
Fudge Mint Cookies  
6.4 oz.  
other cookies also on sale



## Clementines

Ultra-sweet, usually seedless and very cute, darling clementines should be readily available between November and January in most areas of the country. Clementines (the name includes several varieties of small mandarin oranges) pack a ton of flavor and nutrition into one tidy package. Eat them out of hand, of course, but also add sections to grain or green salads, along with some black beans and feta or goat cheese for an unbeatable combination of flavors and colors. They're also lovely in fruit salads, compotes and even salsa. Clementines used to be called "zipper oranges" or "kid-glove oranges" because of their easy-to-peel nature. They make perfect hostess gifts and lunch box treats any time of the year.

For more information on what's in season and delicious recipes, visit [www.strongertogether.coop](http://www.strongertogether.coop).





## Gruyere

If you're a lover of Swiss cheese, you'll enjoy getting to know Gruyere. Higher in milk fat than other varieties of Swiss, Gruyere is also a bit firmer and richer (with fewer holes). Like Parmesan cheese in Italy, Gruyere has a protected origin designation, so that only cheese made in the Gruyere Valley in southern Switzerland can be labeled as "Gruyere." But there are Gruyere-style cheeses made elsewhere, including French Comte and Beaufort, and they share the same creamy, yet earthy flavor.



### The Real Deal

Gruyere cheese is delicious in dishes made with mushrooms, like soups and casseroles, a star performer on appetizer platters, with roasted and raw vegetables, or for dessert, with thin slices of ripe pears and crispy apples.

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



**\$2.99** **INES ROSALES**  
Olive Oil Tortas  
6.34 oz., selected varieties



**2/\$5**  
**R.W. KNUDSEN**  
Sparkling Juice  
750 ml., selected varieties



**\$3.49**  
**FOOD SHOULD TASTE GOOD**  
Dipping Chips  
16 oz., selected varieties



**\$2.99**  
**FRONTERA**  
Salsa  
16 oz., selected varieties



**\$2.49**  
**TERRA**  
Vegetable Chips  
5.5-6 oz., selected varieties



**\$2.99**

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



**\$3.29**

**THE GREEK GODS**  
Greek Yogurt  
24 oz., selected varieties



**\$2.99**

**ARROWHEAD MILLS**  
Pancake & Waffle Mix  
26 oz., selected varieties



**\$2.99**

**STONYFIELD**  
Organic Yogurt  
32 oz., selected varieties



**\$3.29** **APPLEGATE FARMS**  
Bacon  
8 oz., selected varieties



**2/\$5** **RUDI'S**  
Organic English Muffins  
12 oz., selected varieties



**\$3.99** **KING ARTHUR FLOUR**  
Flour  
5 lb., selected varieties



**\$2.79** **SANTA CRUZ ORGANIC**  
Organic Applesauce  
23 oz., selected varieties



**\$1.99** **WESTSOY**  
Soy milk  
32 oz., selected varieties



**\$2.99** **SO DELICIOUS**  
Organic Coconut Milk Beverage  
64 oz., selected varieties



## Thanks to You!

During the holidays and every day, we are grateful to our customers and members. We truly appreciate your support of your co-op and your community. Thanks to your patronage and participation, food co-ops across the country are continuing to grow and succeed. We're truly stronger together.

To learn more about the power of cooperation, visit [www.strongertogether.coop](http://www.strongertogether.coop), or like Co+op, Stronger Together on Facebook!





## Brownie Graham Delight with Cocoa Whipped Cream

Makes 2 dozen. Prep time: 25 minutes active, 1 hour total.

Crust:

- 1 cup gluten-free graham cracker crumbs
- 2 tablespoons sugar
- ¼ teaspoon cinnamon
- 6 tablespoons butter, melted
- ½ cup water
- ½ teaspoon vanilla extract
- 2 eggs, slightly beaten

Topping:

- 2 tablespoons sugar
- 1 tablespoon cocoa powder
- 1 cup whipping cream
- ½ teaspoon vanilla extract

Brownie layer:

- 1 package gluten-free brownie mix
- ½ cup half & half

Preheat oven to 350 degrees F. Line a 13x9-inch baking pan with parchment paper.

To prepare crust, combine first three ingredients. Add butter. Stir with fork until evenly combined. Press into bottom of parchment-lined pan. Bake for about 8 minutes. While crust is baking, stir together all brownie layer ingredients. Pour over baked crust. Return to oven and bake for 25 minutes. Top will look glossy. Using edges of parchment paper lift Brownie Delight out of pan and cool.

To make the topping, stir together sugar and cocoa powder. Pour whipping cream and vanilla into a chilled bowl. Add dry ingredients and whip until light and fluffy. Top each brownie with a dollop.

Recipe developed by Organic Valley & Simply Organic kitchens.

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



**\$2.79**

**SIMPLY ORGANIC**

Organic Cinnamon  
2.45 oz.  
other herbs and spices  
also on sale



**\$6.29**

**FRONTIER**

Organic Vanilla Extract  
4 oz.  
other extracts and flavorings  
also on sale



**\$2.99**

**ORGANIC VALLEY**

Organic Whipping  
Cream  
16 oz.



**\$7.19**

**BULK**

Organic Walnuts  
per pound in bulk

**FRONTIER**  
NATURAL PRODUCTS CO-OP

**\$5.39**

**FRONTIER**

Organic Cinnamon  
per pound in bulk  
other bulk herbs and spices  
also on sale



**\$7.99**

**SPECTRUM  
NATURALS**

Organic Canola Oil  
32 oz.



**\$4.99**

**SPECTRUM  
NATURALS**

Organic Shortening  
24 oz.



**\$2.29**

**DR. OETKER**

Organic Baking Mix  
11.3-16.9 oz., selected varieties



**\$3.99**

**SUNSPIRE**

Organic Chocolate  
Chips

9 oz., selected varieties  
other baking chips  
also on sale



**\$2.99**

**ENJOY LIFE**

Dairy, Nut & Soy Free  
Chocolate Chips  
10 oz., selected varieties



**\$1.29**

**SANTINI**

Evaporated Milk  
12 oz.



**\$2.99**

**CASCADIAN  
FARM**

Organic Fruit  
8-10 oz., selected varieties



**\$2.99**

**WHOLLY  
WHOLESOME**

Organic Pie Shells  
14 oz., selected varieties



**\$2.99**

**FILLO FACTORY**

Organic Fillo Dough  
16 oz.



**\$2.79**

**TRUWHIP**

Whipped Topping  
10 oz., selected varieties



## Add Spice to the Holidays

Mulled cider, gingersnaps warm from the oven, and savory stuffings and sides just wouldn't be the same without flavorful, fragrant herbs and spices. When planning your holiday meals, remember to look for fresh herbs like rosemary, sage, mint, thyme and basil in the produce aisle. Sage is a wonderful complement to poultry and roasted vegetables, and rosemary and mint are delicious as well as beautiful garnishes for a platter or a dessert. Bulk spices and herbs are convenient and affordable, too. Your co-op is likely to have just what you need, and buying in bulk allows you to purchase just the amount you want. Cinnamon, allspice, nutmeg, ginger, cloves and sometimes cardamom or mace are the classic combination for pumpkin pie spice!

Find more holiday tips at  
[www.strongertogether.coop](http://www.strongertogether.coop).





## Love Your Leftovers!

If you're lucky enough to have extras from your holiday table, here are a few ideas for new ways to use them up:

- Everyone loves pizza, right? Top your favorite ready-to-bake pizza crust with chopped sweet potatoes, shredded turkey, a sprinkle of rosemary and mozzarella or feta cheese.
- Use leftover cranberry sauce or chutney to make a refreshing punch by adding sparkling apple juice or lemonade. Serve over ice in tall glasses, with chopped apples and oranges.
- A frittata is a great way to use those leftover green beans, roasted potatoes, and other veggies. Frittatas are basically crustless quiches, cooked mostly on the stove instead of the oven (for a basic frittata recipe, visit [www.strongertogether.coop](http://www.strongertogether.coop) and search "frittata").
- Make Thanksgiving-themed quesadillas, with chopped turkey, sweet potatoes, cranberry chutney and grated cheese sandwiched between two flour or corn tortillas. Heat in a lightly oiled pan until tortillas are slightly browned (flip to brown them on both sides) and cheese is melted.

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



**\$1.99**

**DREW'S**

Dressing

12 oz., selected varieties



**\$2.39**

**MADHAVA**

Organic Agave Nectar

11.75 oz., selected varieties



**\$5.39**

**A.VOGEL**

Herbamare Seasoning

8.8 oz.



**\$2.49**

**LUNDBERG  
FAMILY FARMS**

Rice Blend

16 oz., selected varieties



**\$7.39**

**BULK**

Organic Dried Mango

per pound in bulk



\$3.29

**MEDITERRANEAN ORGANIC**

Organic Olives  
8.1-8.5 oz., selected varieties



\$3.49

**WOODSTOCK**

Organic Pickles  
24 oz., selected varieties



\$2.99

**CHOICE ORGANIC**

Organic Tea  
16 ct., selected varieties



2/\$5

**CELESTIAL SEASONINGS**

Holiday Tea  
20 ct., selected varieties



\$2.29

**PANDA**

All Natural Licorice  
7 oz., selected varieties



\$3.49

**IF YOU CARE**

100% Recycled Aluminum Foil  
50 sq. ft.  
other baking products also on sale



\$8.99

**AMERICAN FLATBREAD**

Pizza  
14-16 oz., selected varieties



2/\$5

**SEVENTH GENERATION**

Dish Liquid  
25 oz., selected varieties



\$2.99

**JULIE'S ORGANIC**

Organic Ice Cream  
16 oz., selected varieties



\$9.99

**EARTH FRIENDLY**

Liquid Laundry Detergent  
100 oz., selected varieties

community



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# WHY DOES YOUR CO-OP ROCK?



Vote now on the best video or photo!

The My Co-op Rocks Contest is a fun way for folks to tell everyone why their co-op rocks. The entries have been posted at [www.MyCoopRocks.coop](http://www.MyCoopRocks.coop), and it's time for you to get in on the action. Check out everyone's submissions, leave comments and ratings, and vote for your favorites. The winners will receive great prizes, determined by voting on the site. The deadline for voting is midnight, Wednesday, November 30, 2011!

## Win cool prizes!

1st Apple iPad2

2nd \$500 Co-op Gift Card

3rd Bloggie Duo HD Camera



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

## FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

### CONNECTICUT

**Elm City Market**  
777 Chapel Street, New Haven

### FLORIDA

**Ever'man Natural Foods**  
315 W. Garden Street, Pensacola

**New Leaf Market**  
1235 Apalachee Parkway, Tallahassee

### GEORGIA

**Life Grocery & Cafe**  
1453 Roswell Road, Marietta

**Sevananda Natural Foods Market**  
467 Moreland Avenue NE, Atlanta

### MAINE

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

**Rising Tide Community Market**  
323 Main Street, Damariscotta

### MARYLAND

**Common Market**  
5728 Buckeystown Pike, Frederick

**Silver Spring Co-op**  
8309 Grubb Road, Silver Spring

**Takoma Park 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 Markets**  
581 Massachusetts Avenue, Cambridge  
57 South Street, Jamaica Plain

**McCusker's Market**  
3 State Street, Shelburne Falls

**River Valley Market**  
330 North King Street, Northampton

**Wild Oats Co-op**  
320 Main Street, Williamstown

### NEW HAMPSHIRE

**Concord Cooperative Market**  
24 South Main Street, Concord

**Co-op Community Market**  
43 Lyme Road, Hanover

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

**Kearsarge Cooperative Grocer**  
52 Newport Road, New London

**Lebanon Co-op Food Store**  
12 Centerra Parkway, Lebanon

### 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**  
484 Central 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**  
3728 Spring Garden Street, Greensboro

**French Broad Food Co-op**  
90 Biltmore Avenue, Asheville

**Hendersonville Community Co-op**  
715 S. Grove Street, 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

**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**  
82 S. Winooski Avenue, Burlington

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

**Hunger Mountain Co-op**  
623 Stone Cutter's Way, Montpelier

**Middlebury Natural Foods**  
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 Wolf Street, Harrisonburg

**Roanoke Natural Foods**  
1319 Grandin Road S.W., Roanoke



**\$6.99**

**AVALON**  
Shampoo and  
Conditioner  
11 oz., selected varieties



**\$3.49** **NATURE'S GATE**  
Toothpaste  
6 oz., selected varieties



**\$5.99**

**EO**  
Liquid Hand Soap  
12 oz., selected varieties  
all EO products on sale



**\$11.99**

**AMERICAN HEALTH**  
Ester-C 500  
120 ct., selected varieties  
other American Health products  
also on sale



**\$8.99**

**NUTRITION NOW**  
PB8 Acidophilus  
60 ct.



**\$17.99**

**GAIA HERBS**  
Oil of Oregano  
60 ct.

Join the conversation at [www.strongertogether.coop](http://www.strongertogether.coop)

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