

# coop<sup>TM</sup> 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.

EAT BECAUSE  
**WOODSTOCK**  
IT'S GOOD!

**\$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

**coop**™  
stronger together



**\$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



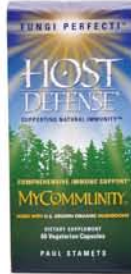
2/\$5

**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



**\$3.29**

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



**\$4.49**

**MARANATHA**  
Organic Peanut Butter  
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](http://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

**Bloomingfoods - 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](http://www.strongertogether.coop) or [www.stories.coop](http://www.stories.coop).



**Celebrating 2012 International Year of Cooperatives**

