

# coop<sup>TM</sup> deals

FEB 1 - FEB 14, 2012



**\$1.99** **CHOCOLIVE**  
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



**\$3.49** **LUNDBERG FAMILY FARMS**

Organic Brown Basmati Rice  
32 oz.  
other 32 oz. packaged rice also on sale



**\$1.99**

**WESTBRAE**  
Organic Beans  
25 oz., selected varieties



**\$6.99**

**SPECTRUM NATURALS**  
Organic Unrefined Coconut Oil  
14 oz.



**\$1.89**

**BULK**  
Organic Garbanzo Beans  
per pound in bulk



**\$2.99**

**YOGI**  
Organic Tea  
16 ct., selected varieties



**\$2.99**

**R.W. KNUDSEN**  
Organic Juice  
32 oz., selected varieties



**\$2.79**

**GREEN & BLACK'S**  
Organic Chocolate Bar  
3.5 oz., selected varieties

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

**\$7.39** **WOODSTOCK**

Dark Chocolate Almonds  
per pound in bulk  
other bulk candy also on sale



**\$1.29**

**ANNIE'S HOMEGROWN**  
Pasta & Cheese Dinner  
6 oz., selected varieties



**\$2.29**

**GARDENTIME**  
Organic Pasta  
10-12 oz., selected varieties



## 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



**\$3.29**

**BEARITOS**  
Tortilla Chips  
16 oz., selected varieties



**\$2.69**

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



**\$2.79**

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



**\$3.49**

**AH!ASKA**  
Organic  
Chocolate Syrup  
22 oz.



**\$2.79**

**ALMOND DREAM**  
Non-Dairy  
Frozen Dessert  
16 oz., selected varieties



**\$3.29**

**SAHALE**  
Nut Blends  
4 oz., selected varieties



**\$1.59**

**SAN PELLEGRINO**  
Sparkling  
Mineral Water  
1 ltr.



**\$2.49**

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



**\$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
- ⅓ cup fresh lime juice

Combine all ingredients and mix well.



**\$ 1.79**

**KETTLE**  
Potato Chips  
5 oz., selected varieties



**\$ 3.79**

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



**\$ 2.49**

**GT'S**  
Kombucha  
16 oz., selected varieties



**\$ 5.99**

**AURA CACIA**  
Bubble Bath  
13 oz., 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



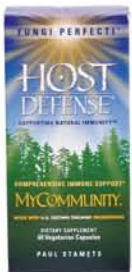
**\$ 14.99**

**MYCHELLE**  
Facial Cleanser  
4.4 oz.  
other Mychelle products also on sale



**\$ 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.



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



**\$ 1.49**

**GREEN FOREST**  
Size Your Own  
Paper Towels  
each



**\$ 11.99**

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



**\$ 2.99**

**PLANET**  
Dishwashing Liquid  
25 oz.



69¢

**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



\$4.29

**MARANATHA**  
Organic Peanut Butter  
16 oz., selected varieties



\$3.29

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



\$1.09

**BULK**  
Organic  
Quick Rolled Oats  
per pound in bulk



\$2.19

**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:

### ARIZONA

**Food Conspiracy Co-op**  
412 North Fourth Avenue, Tucson

### CALIFORNIA

**BriarPatch Co-op Market**  
290 Sierra College Drive, Grass Valley

**Chico Natural Foods Co-op**  
818 Main Street, Chico

**Co-opportunity Consumers Co-op**  
1525 Broadway, Santa Monica

**Davis Food Co-op**  
620 G Street, Davis

**Isla Vista Food Co-op**  
6575 Seville Road, Isla Vista

### North Coast Co-op

811 I Street, Arcata  
25 Fourth Street, Eureka

**Ocean Beach People's Organic Food Co-op**  
4765 Voltaire Street, San Diego

**Quincy Natural Foods Co-op**  
269 Main Street, Quincy

**Sacramento Natural Foods Co-op**  
1900 Alhambra Boulevard, Sacramento

**Ukiah Natural Foods**  
721 South State Street, Ukiah

### IDAHO

**Moscow Food Co-op**  
121 East Fifth Street, Moscow

### MONTANA

**Community Food Co-op**  
908 W. Main Street, Bozeman  
44 E. Main Street, Bozeman

**Good Earth Market**  
3024 Second Avenue N., Billings

### OREGON

**Alberta Cooperative Grocery**  
1500 N.E. Alberta, Portland

**Ashland Food Co-op**  
237 North First Street, Ashland

**First Alternative Co-op**  
1007 S.E. Third Street, Corvallis  
2855 N.W. Grant Avenue, Corvallis

**Food Front Cooperative Grocery**  
2375 N.W. Thurman Street, Portland  
6344 S.W. Capitol Highway, Portland

**People's Food Co-op**  
3029 S.E. 21st Avenue, Portland

### WASHINGTON

**Central Co-op**  
1600 East Madison, Seattle

**Community Food Co-op**  
315 Westerly Road, Bellingham  
1220 North Forest Street, Bellingham

**Olympia Food Co-op**  
921 North Rogers, Olympia  
3111 Pacific Avenue S.E., Olympia

**Skagit Valley Food Co-op**  
202 South First Street, Mt. Vernon

**Sno-Isle Natural Foods Co-op**  
2804 Grand Avenue, Everett

**The Food Co-op**  
414 Kearney Street, Port Townsend

## 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**



PVNW0212A