

coopTM deals

JUNE 18 - JULY 1, 2014



\$4.69

LUNA & LARRY'S

Coconut Bliss

16 oz., selected varieties



\$2.99

**ANNIE'S
NATURALS**

Organic Dressing

8 oz., selected varieties



\$1.99

**LAKEWOOD
ORGANIC**

Organic Lemonade

32 oz., selected varieties



\$6.99

**ALBA
BOTANICA**

Sunscreen

4 oz., selected varieties

Featured Inside:

- Time for some grilling! Try our grilled quesadilla recipe
- Monterey Jack is this month's tasty and versatile featured cheese
- Get the facts on in-season fruits (and delicious ways to enjoy them)
- Enjoy our barbecue sauce primer – and some great grilling tips, too!



Grilled Chipotle Chicken Quesadillas

Serves 4. Prep time: 30 minutes.

- 1 pound boneless, skinless chicken breasts or tenders
- 3-4 canned chipotle peppers in adobo sauce
- 1 tablespoon brown sugar
- 2 cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 4 whole wheat tortillas (10-inch diameter)
- 12 ounces Organic Valley shredded Mexican cheese
- 4 green onions, diced
- 4 ounces roasted red peppers, drained and diced
- 2 tablespoons butter

In a small bowl, use a fork to mash the chipotle peppers, sugar, garlic and spices together into a paste. Add the chicken, mix well to coat and let marinate 15 minutes. Prepare and heat the grill to medium-high. Place the chicken on the hot grill and cook for about 4 minutes on each side, or until chicken is thoroughly cooked. Remove the chicken from the grill, let sit for 5 minutes, then slice the chicken into thin strips.

Lay out the tortillas on a clean work surface and evenly distribute the sliced chicken, cheese, green onion and roasted red peppers on half of each tortilla. Fold the other half of the tortilla up and over the filling, press gently and spread lightly with butter.

Heat a large non-stick skillet over medium high heat, lay two quesadillas, butter side down, side by side and cook 2-3 minutes until lightly browned. Flip them over and cook until the cheese is melted and the tortilla is browned on the other side. Remove, set aside and repeat the process until all quesadillas are cooked. Serve whole or sliced into triangles.

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



\$1.49

MUIR GLEN
Organic Tomatoes
14.5 oz., selected varieties



\$2.19

WESTBRAE
Organic Beans
25 oz., selected varieties



\$3.69

ORGANIC VALLEY
Organic Shredded Cheese
6 oz., selected varieties



\$2.69

ALEXIA
Sweet Potato Fries
15 oz.



\$4.69

UDI'S
Gluten-Free Pizza
10 oz., selected varieties



\$7.99

BULK

Organic Unsweetened
Mango
per pound in bulk



\$4.39

SAMBAZON

Organic Acai Sorbet
16 oz.
other Sambazon products
also on sale



\$3.99

BULK

Organic Peanut Butter
Stock
per pound in bulk



\$2.99

**SILVER HILLS
BAKERY**

Bread
18.7-22 oz., selected varieties



\$1.99

BULK

Organic Garbanzo
Beans
per pound in bulk



\$2.39

NATURAL SEA

Skipjack Tuna
5 oz., selected varieties



\$3.99

**FANTASTIC
WORLD FOODS**

Bulk Dinner Mix
per pound in bulk,
other Fantastic Foods bulk
products also on sale



\$2.99

**LUNDBERG
FAMILY FARMS**

Organic Rice Cakes
8.5-10 oz., selected varieties



\$1.39

**ANNIE'S
HOMEGROWN**

Pasta & Cheese Dinner
6 oz., selected varieties



\$1.29

CLIF BUILDER'S

Protein Bar
2.4 oz., selected varieties



Monterey Jack

This versatile cheese was popularized in the United States in the late 1800s when Monterey, California businessman David Jacks began producing and shipping it to San Francisco. Jack cheese is often flavored with garlic, herbs or chili peppers, but other less common varieties range from a pale yellow soft cheese to deep golden dry, hard aged varieties. Jack cheeses are great compliments to black beans, chili peppers and salsas in Tex-Mex cuisine. Or add very thin slices of dry, aged Jack to a delicate salad of spring radishes, radish sprouts, lemon juice and olive oil, seasoned with salt and pepper.



Ceviche with Melon

Serves 4. Prep time: 30 minutes active; 120 minutes total.

- ½ pound sea bass or halibut
- ¼ pound sea scallops, side muscles removed
- ¼ pound raw shrimp, 25-30 size
- 2 oranges
- 2 limes
- 2 tablespoons olive oil
- 1 teaspoon minced jalapeño pepper
- 2 tablespoons minced green onions
- Pinch of salt
- 1 ½ cups watermelon, cut in ½-inch cubes
- 1 cup cantaloupe, cut in ½-inch cubes
- 2 tablespoons minced fresh mint
- 2 tablespoons minced fresh cilantro

Dice the fish and cleaned scallops into small cubes (about ¼- to ⅜- inch square) or ¼- inch inch thin slices. Peel and devein the shrimp, then cut in half lengthwise or dice. Set aside.

Zest the room-temperature oranges and limes separately. Set aside zest, then juice the limes and top off with fresh orange juice to make 1 to 1 ¼ cups of juice.

In a large bowl, combine the seafood with 1 tablespoon each of the orange and lime zests, the juice, olive oil, jalapeño, green onions and salt. Gently stir, then cover and refrigerate for up to 2 hours. The acid in the juice will “cook” the seafood. When the seafood is no longer translucent, add the watermelon, cantaloupe, mint and cilantro and stir gently. Use a slotted spoon to divide the ceviche among four small serving bowls.
Some items may not be available at all stores or on the same days.



\$16.99

SOLGAR

No. 7 Joint Support
30 ct.



\$5.99

BOIRON

Arnica Montana
80 ct., other Arnica products
also on sale.



\$24.99

NEW CHAPTER

Prostate 5LX
60 ct.
other Supplements also on sale



\$29.99

GARDEN OF LIFE

Vitamin Code
Multivitamin
120 ct., Men's or Women's,
selected varieties
other Vitamin Code products
also on sale



\$21.99

**SPECTRUM
ESSENTIALS**

Fish Oil
250 ct.



\$1.99

BLUE DIAMOND
Almond Breeze
32 oz., selected varieties



\$3.69

NANCY'S
Organic Plain Yogurt
32 oz., selected varieties



\$2.99

KASHI
Organic Cereal
10.3-16.3 oz., selected varieties



\$3.39

LIFEWAY
Organic Lowfat Kefir
32 oz., selected varieties



99¢

CHOBANI
Greek Yogurt
5.3 oz., selected varieties



\$2.69

R.W. KNUDSEN
Simply Nutritious Juice
32 oz., selected varieties



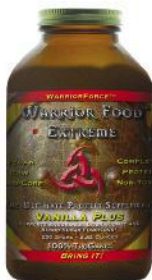
\$8.99

WHOLESOME SWEETENERS
Organic Blue Agave
44 oz., selected varieties



\$2.99

BLUE DIAMOND
Almond Breeze
64 oz., selected varieties



\$19.99

WARRIORFORCE
Warrior Food
Extreme
250 gr.
other Warrior Food products
also on sale



\$8.99

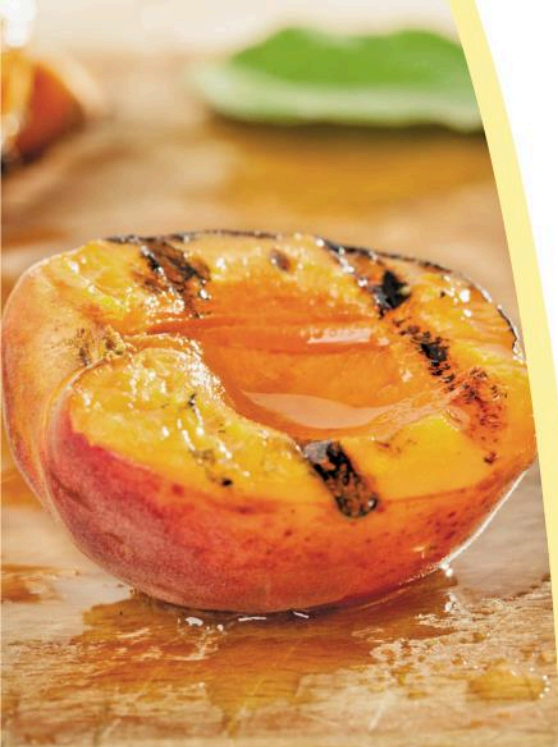
EQUAL EXCHANGE
Organic Breakfast Blend
Coffee
per pound in bulk
Decaf Breakfast Blend Coffee
\$11.99 per pound



Cantaloupe

There are many reasons why cantaloupe is the perfect complement to a hot summer's day: it is sweet, juicy, hydrating, and comes in a neat, portable package for enjoying outdoors at picnics or on the beach. Boldly colored and richly flavored, cantaloupe easily fits into a wide array of warm weather salads and beverages. Try an unexpected combination of fresh cantaloupe, spicy arugula, and salty prosciutto or feta cheese for lunch, or freshen up dinnertime with a cucumber and cantaloupe salad with ginger-chili-lime dressing. Try a new twist on the mojito cocktail by blending cantaloupe, mint, and lime juice and serving over ice. How cool is that?

For more great ideas to try, visit
www.strongertogether.coop.



Tips for great grilling

Are you ready to take your grilling skills to new heights? Here are a few tips:

- Use a blend of spices, salt and herbs as a rub for grilled meat, fish or tofu. Blends like Cajun, jerk, or tandoori spices add color, crunch and flavor.
- Marinades are another great way to spice up grilled foods. A basic marinade starts with oil, a sour element, and salt or seasoning. Tempeh and halloumi cheese are unusual bases for a tasty marinade, and easy to grill.
- Hit the sweet spot with grilled fruit, like bananas, peaches, nectarines or fresh figs. Just cut them in half, lightly coat with oil, and grill just a few minutes per side. Grilled fruit is amazing with ice cream.

Visit www.strongertogether.coop for great recipes for rubs and marinades and our "Fruit and Veggie Grilling Guide."



\$4.39 **FIELD ROAST**
Frankfurters
16 oz.



\$2.69 **ANNIE'S NATURALS**
Organic Ketchup
24 oz.
other Annie's Condiments
also on sale



\$10.99 **SPECTRUM NATURALS**
Organic Unrefined
Extra Virgin Olive Oil
25.4 oz.



\$1.99 **KETTLE**
Potato Chips
4 oz., selected varieties



\$3.99 **ZICO**
Coconut Water
33.8 oz., selected varieties



\$2.39 **FOOD SHOULD TASTE GOOD**
Kettle Cooked Sweet
Potato Chips
4.5 oz., selected varieties



\$3.69 **BOCA**
Veggie Burgers
10 oz., selected varieties



\$4.39 **SAN PELLEGRINO**
Sparkling Fruit
Beverages
6 pack, selected varieties



\$2.99 **R.W. KNUDSEN**
Spritzers
4 pack, selected varieties



\$4.99 **PRESERVE**
Large On The Go
Plates
8 ct., selected varieties



\$3.69

**ANNIE'S
HOMEGROWN**
Organic Fruit Snacks
4 oz., selected varieties



99¢

LARABAR
Nutrition Bar
1.6-1.8 oz., selected varieties



\$3.19

**ANNIE'S
HOMEGROWN**
Graham Crackers
14.4 oz., selected varieties



\$3.39

JULIE'S ORGANIC
Organic Ice Cream Bars
3 count, selected varieties



\$3.69

**BACK TO
NATURE**
Cookies
4.5-8.5 oz., selected varieties



\$2.39

ANGIE'S
Boomchickapop
Popcorn
5 oz., selected varieties



\$2.39

BLUE DIAMOND
Artisan Nut Thins
4.25 oz., selected varieties



\$2.69

**MEDITERRANEAN
SNACK FOOD**
Lentil Chips
4.5 oz., selected varieties



\$8.99

BIOKLEEN
Liquid Laundry
Detergent
64 oz., selected varieties



\$2.99

CITRASOLV
Homesolv Dish Soap
25 oz., selected varieties



Barbecue Sauces

There are probably as many barbecue sauce variations as there are people who barbecue; but generally speaking, three basic types: vinegar-based, tomato-based and mustard-based sauces. The typical Kansas City-style sauce uses tomato as a main ingredient, but in the Carolinas (depending on which sub-region, of course), you're more likely to find your barbecue sauced with a nearly-transparent vinegar-based sauce. A Georgia griller is more likely to start with mustard, for a tangy and savory condiment.

Check your co-op's sauce and condiment aisle to see what local variations are available, and try them out the next time you fire up the grill.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

ALASKA

Co-op Market Grocery & Deli
526 Gaffney Road, Fairbanks

ARIZONA

Food Conspiracy Co-op
412 North Fourth Avenue, Tucson

CALIFORNIA

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

Chico Natural Foods Cooperative
818 Main Street, Chico

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

Davis Food Co-op
620 G Street, Davis

Feather River Food Co-op
60 North Pine Street, Portola

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 Co-op
721 South State Street, Ukiah

IDAHO

Boise Co-op
888 West Fort Street, Boise

Moscow Food Co-op
121 East Fifth Street, Moscow

MONTANA

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

Co-op Downtown
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

Astoria Co-op
1355 Exchange Street, Astoria

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

Medford Food Co-op

945 South Riverside Avenue, Medford

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, Mount Vernon

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

The Food Co-op
414 Kearney Street, Port Townsend



\$3.99 **NATURE'S GATE**
Toothpaste
6 oz., selected varieties



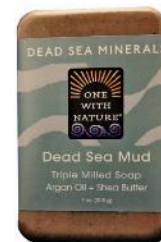
\$5.99
AVALON ORGANICS
Shampoo or
Conditioner
11 oz., selected varieties



\$6.69
SEVENTH GENERATION
Bath Tissue
12 pack

coop kitchen

See what's cooking at www.strongertogether.coop/coop-kitchen



\$3.39
ONE WITH NATURE
Bar Soap
7 oz., selected varieties

Great grilling recipes at www.strongertogether.coop

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PWNW0614BZ1