

coopTM deals

DEC 14 – JAN 3, 2012



\$1.99

ENDANGERED SPECIES

Chocolate Bar
3 oz., selected varieties
Organic Endangered Species
bars also on sale



\$3.49

MEDITERRANEAN ORGANIC

Organic Fruit Preserves
13 oz., selected varieties



\$1.99

SESMARK Rice Thins

3.5 oz., selected varieties



2/\$5

R.W. KNUDSEN

Sparkling Juice
750 ml., selected varieties

Featured Inside:

- Start the new year with good luck — and spicy collard greens)
- Simple, elegant cheese spreads and more ideas for entertaining
- Making delicious holiday favorites flavorful and nutritious
- Great deals on healthy ingredients for holiday baking



Spicy Collard Greens

Serves 6. Prep time: 30 minutes.

- 2 large bunches collard greens, stems removed, chopped into 2-inch pieces
- 1 medium onion, sliced
- ½ red bell pepper, chopped
- 3 cloves fresh garlic, chopped
- 1 jalapeño pepper, chopped
- 3 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon ground black pepper
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin

Bring a large stockpot three-quarters full of salted water to a boil. Add the chopped collard greens and cook for 3-4 minutes. Remove from heat, drain, and squeeze out any excess water. In a skillet, sauté the bell pepper, garlic and jalapeño pepper with the 3 tablespoons of olive oil until just tender, and then add salt and spices to taste. Toss the sautéed vegetables and spices with the drained collards and serve.

Serving suggestion: Serve these spicy greens with steamed brown rice, cooked adzuki beans, and cornbread for healthy, filling meal. Collards are delicious with tuna steaks or roasted poultry too.

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



\$1.49

**STAHLBUSH
ISLAND FARMS**

Frozen Vegetables
10 oz., selected varieties



\$1.39

**LUNDBERG
FAMILY FARMS**

Organic Brown Rice
per pound in bulk



\$1.99

BLUE DIAMOND

Nut Thins
4.25 oz., selected varieties



\$2.79

**BACK TO
NATURE**

Crackers
4-8.5 oz., selected varieties



\$3.29

INES ROSALES

Tortas
6.34 oz., selected varieties



\$2.79

IMAGINE
Organic Broth
32 oz., selected varieties



\$1.99

MUIR GLEN
Organic Tomatoes
28 oz., selected varieties



\$3.49

LAKESWOOD ORGANIC
Organic Juice
32 oz., selected varieties



4/\$5

WESTBRAE
Organic Beans
15 oz., selected varieties



79¢

KOYO
Ramen
2-2.1 oz., selected varieties



\$4.49

BUBBIES
Pickles
33.8 oz., selected varieties



\$3.79

BACK TO NATURE
Cookies
6.4-8.5 oz., selected varieties
some varieties on sale for \$3.29



\$3.49

KETTLE
Krinkle Cut
Potato Chips
13 oz., selected varieties



\$1.99

FOOD SHOULD TASTE GOOD
Tortilla Chips
5.5 oz., selected varieties



\$2.99

MUIR GLEN
Organic Salsa
16 oz., selected varieties



Collard Greens

You don't have to be from southern climes to enjoy collard greens! While the traditional (and delectable) way to serve them in the southern U.S. is with black-eyed peas and cornbread, they can be used in place of other leafy greens in recipes, too. Rich in nutrients and easy to prepare, collard greens are tempting additions to soups, served as a side with meats and poultry (like smoked turkey), and added to cooked bean or grain pilafs or salads. You can even substitute these broad mildly-flavored leaves for seaweed in homemade sushi.

For more information on what's in season and delicious recipes, visit www.strongertogether.coop.





Cheese Spreads

If you're planning a party or looking for a great appetizer to bring to your next potluck, consider a flavorful and festive cheese spread. Spreadable cheeses come in a vast variety of flavors, from traditional cheddar with port or pimientos to bleu cheese with toasted walnuts or soft fresh goat cheese spiked with herbs and lemon zest. Check your co-op's cheese section to see what's available, or make your own! Start with a soft plain cheese like cream cheese, Neufchatel or ricotta, and add your favorite flavors, like sun-dried tomatoes, chopped smoked salmon, or horseradish and bacon.



The Real Deal

Depending on the flavorings, serve cheese spread with baguette slices or hearty rye, plain crackers, crisp vegetables, or crunchy slices of apple or pear. A bowl of olives, smoked almonds or dried fruits are a great complement to spreadable cheeses, too.

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\$9.99

**EQUAL
EXCHANGE**

Organic Bulk Coffee
per pound in bulk
decaf not included



\$2.99

YOGI
Tea

16 ct., selected varieties



\$6.39

BULK

Organic Almonds
*per pound in bulk, selected
varieties*



\$5.79

BULK

Organic Medjool Dates
per pound in bulk



\$11.79

BULK

Pecan Halves
per pound in bulk



2/\$3

ORGANIC VALLEY

Organic Whipping Cream
8 oz.



\$2.69

BROWN COW

Yogurt
32 oz., selected varieties



\$1.99

PEACE

Cereal
10-12 oz., selected varieties



\$2.99

HEMP BLISS

Organic Hemp Beverage
32 oz., selected varieties



\$3.49

NATURE'S PATH

Organic Granola
per pound in bulk



\$2.59

RUDI'S

Organic English Muffins
12 oz., selected varieties



\$3.79

EARTH BALANCE

Buttery Spread
15 oz., selected varieties



\$2.79

STAHLBUSH ISLAND FARMS

Frozen Fruit
10 oz., selected varieties



\$3.29

AMY'S

Snacks
6 oz., selected varieties



\$2.79

TERRA

Exotic Vegetable Chips
5 oz., selected varieties



Creating a Cheese Platter

- Select three to five cheeses that offer contrasting tastes and textures; pair firm cheeses with creamy ones, mild cheeses with full-flavored varieties.
- Create contrast by choosing cheeses made from different types of milk (cow, goat, sheep).
- Pair cheeses with wines or beers from the same country or region.
- Be sure to serve the cheese at room temperature, and provide a serving utensil for each variety.
- Enhance the tray with olives, cured meats, roasted nuts, and fresh or dried fruits, like grapes, dates, apples, or figs.

Visit www.strongertogether.coop for more ideas for holiday entertaining.





Holiday Favorites, Made Healthier

Many of us look forward all year long to classic holiday dishes, like stuffing, potato latkes, and pies. Here are some holiday favorites with a healthier twist!

- Instead of eggnog made with whole milk or cream, look for versions that are lower in fat. Or try a tasty non-dairy "nog." Made with soymilk and spices, these are lower in calories and cholesterol.
- There are lots of lighter versions of latkes, the traditional Hanukkah potato pancakes. Look for recipes that use mostly olive oil for frying, add vegetables like zucchini for extra fiber, or a layer of matzo crumbs for a crispy baked latke. Top latkes with nonfat Greek yogurt or applesauce instead of sour cream.
- Wild rice stuffing is higher in fiber than bread-based stuffings; add extra veggies (celery, onions, carrots, dried fruit and nuts) for a nutrition boost.
- Mashed potatoes are delicious made with the addition of steamed cauliflower or cooked sweet potatoes. Try using lowfat or nonfat milk, and add roasted garlic for extra flavor.
- Choose pumpkin pie or a fruit dessert instead of cheesecake or pecan pie. Poached pears are a colorful, seasonal, and luscious way to end a holiday meal.

For more holiday entertaining ideas and great recipes, visit www.strongertogether.coop.



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\$2.49

STONYFIELD
Organic
Frozen Yogurt
16 oz., selected varieties



\$6.39

SUNSPIRE
Organic Dark
Chocolate Chips
per pound in bulk



\$3.99

**WHOLESOME
SWEETENERS**
Organic Light
Brown Sugar
*24 oz.
other sugar also on sale*



\$2.79

**PAMELA'S
PRODUCTS**
Wheat-Free,
Gluten-Free Cookies
7.25 oz., selected varieties



\$3.49

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



\$4.49

BOB'S RED MILL
Organic Flour
5 lb., selected varieties



\$3.19 **CHINO VALLEY RANCHERS**
Veg A Fed Eggs
doz., selected varieties



\$2.39 **NATIVE FOREST**
Organic Fruit
14-15 oz., selected varieties



\$2.29 **SO DELICIOUS**
Nog Coconut Milk
Beverage
32 oz.



2/\$5 **PRESERVE**
Toothbrush
each



\$6.29 **FRONTIER NATURAL**
Organic Vanilla Extract
4 oz.
other extracts and spices
also on sale



\$8.29 **SPECTRUM NATURALS**
Organic Canola Oil
32 oz.



\$8.49 **AUBREY**
Shampoo or Conditioner
11 oz., selected varieties



\$3.69 **SOUTH OF FRANCE**
French Milled Soap
8.8 oz., selected varieties



\$4.99 **ALBA**
Very Emollient
Cream Shave
8 oz., selected varieties



Mulling Spices

Mulled wine and cider date back to the 17th century and are still a warming winter treat. Cinnamon, allspice, cloves and nutmeg are among the most common mulling spices, but cardamom, star anise, ginger and black pepper can also be used. Pear, cranberry and citrus juices (or a blend) are also delicious options for mulling.

For a party-sized batch of your favorite beverage, pour a half-gallon of juice or wine into a stainless steel or enamel pot (a crockpot works well, too!). Place spices in a small muslin or cheesecloth bag, and put the bag into the pot. Bring the mixture just to a simmer. Heat gently for 10 to 30 minutes. Remove the bag before serving, and garnish with cinnamon sticks, star anise, or candied ginger.

FIND MORE AT THE FOLLOWING NATURAL FOODS CO-OPS:

COLORADO

Durango Natural Foods
575 East Eighth Avenue, Durango

NEW MEXICO

La Montañita Co-op
2301 Central Avenue N.E.,
Albuquerque

3500 Central Avenue S.E.,
Albuquerque

2400 Rio Grande Boulevard,
Albuquerque

105 East Coal Avenue, Gallup

913 West Alameda, Santa Fe

**Los Alamos
Cooperative Market**
95 Entrada Drive, Los Alamos

Mountain View Market
1300 El Paseo Road, Suite M,
Las Cruces

Silver City Food Co-op
520 North Bullard Street,
Silver City

TEXAS

Wheatsville Co-op
3101 Guadalupe Street,
Austin



\$18.99

RAINBOW LIGHT
Men's One
Multivitamin
90 ct.
other Rainbow Light
supplements also on sale



\$19.99

**SPECTRUM
ESSENTIALS**
Fish Oil
250 ct., selected varieties



\$11.99

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



\$23.99

NEW CHAPTER
Zyflamend
60 ct.
all New Chapter
supplements on sale



\$3.99

ORGANIX
Organic Dog Cookies
12 oz., selected varieties



\$7.99

GREEN FOREST
Bath Tissue
12 pack, Double Roll

Join the conversation at www.strongertogether.coop

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stronger together

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