

# 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

  
**NEW LEAF**  
market  
COOPERATIVELY OWNED



## 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



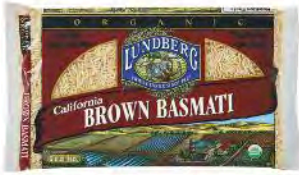
**\$3.29** **ETHNIC GOURMET**  
**Frozen Entrees**

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.



**\$7.29** WOODSTOCK  
Dark Chocolate  
Almonds  
available by special order only



**\$1.99** BULK  
Organic  
Garbanzo Beans  
per pound in bulk



**3/\$4**  
ANNIE'S  
HOMEGROWN  
Pasta & Cheese  
Dinner  
6 oz., selected varieties



**2/\$6**  
YOGI  
Organic Tea  
16 ct., selected varieties



**\$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/\$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



**\$1.59**

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



**2/\$5**

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



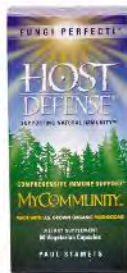
**3/\$4**

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



**\$11.99**

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



**\$29.99**

**FUNGI PERFECTI'S**  
**HOST DEFENSE**  
**MyCommunity**  
**Comprehensive Immune Support**  
60 ct.  
available by special order only



**\$19.99**

**NEW CHAPTER**  
**Wholemega 1,000 mg.**  
60 ct.  
other Wholemega products  
also on sale



**\$8.99**

**HERB PHARM**  
**Super Echinacea**  
**Herbal Extract**  
1oz.



## 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.



Grand opening of The Co-operative Group's grocery store in Clapham, England.

## Cooperative Enterprises Build a Better World

### Mondragon and The Co-operative Group

Cooperatives 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 for their mutual benefit, can accomplish.

The Mondragon Corporation, a worker-owned co-op in the Basque region in Spain counts as its holdings 256 companies, and employs more than 83,000 people, with revenues of \$20 billion. The co-op's companies manufacture consumer goods, industrial components, construction products and provide business services. The Co-operative Group, located in Manchester, England is one of the United Kingdom's largest retail business groups, encompassing everything from hardware stores to funeral services. The Co-operative Group's grocery stores now boast their own line of more than fifty Fair Trade products, including mangoes, pineapples, wine, and bean sprouts.

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 scan the code below to watch a short video about The Co-operative Group.



2/\$5

**BOULDER CANYON**  
Rice & Bean 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



\$2.99

**MUIR GLEN**  
Organic Salsa  
16 oz., selected varieties



\$2.99

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



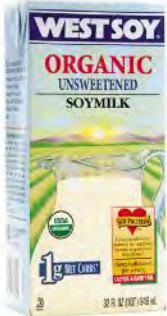
4/\$3

**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



\$4.49

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



\$3.29

**FOOD FOR LIFE**  
Organic English  
Muffins  
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).



eat healthy • buy local • build community



THE Parkway DISTRICT, 1235 Apalachee Pkwy • 850.942.2557 • newleafmarket.coop



Treat yourself.  
*Fine Wine &  
Gourmet Food event!*

February 11, 7-9 pm

Over 20 Wines • Gourmet Appetizers  
Tickets: \$20

Purchase your tickets online:  
[www.newleafmarket.coop](http://www.newleafmarket.coop)



\$5.99

DESERT ESSENCE  
Hand and Body  
Lotion

8 oz., selected varieties



\$5.99

AURA CACIA  
Bubble Bath

13 oz., selected varieties



\$14.99

WELEDA  
Body Oil

3.4 oz., selected varieties



\$10.99 ANCIENT SECRETS  
Nasal Cleansing Pot

each



\$6.99

KISS MY FACE  
Olive Oil Soap

3 pack, selected varieties



\$7.99

AVALON ORGANICS  
Hand and Body  
Lotion

12 oz., selected varieties  
other Avalon Organics also on  
sale

Celebrating 2012 International Year of Cooperatives



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