Food co-op

DEALS

MAY 15 - JUNE 4, 2019

May Hot Bar Menu

Menu Subject To Change Due To Ingredient Availability

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12	13	14	15	16 Latin Italian	17 Italian Indian	18 Italian Indian
19 Indian European	20 Indian European	21 European Asian	22 European Asian	23 Asian Comfort	24 Asian Comfort	25 Latin Comfort
26 Latin Comfort	27 Latin Italian	28 Latin Italian	29 Italian Indian	30 Italian Indian	31 Indian European	Food co-op

Henry & Lisa's

Wild Alaskan Salmon Burger

$6.99 12.8 oz

Save $1.50

Made Fresh In Our Kitchen

Red Curry Tofu

$8.99 lb

Save $2

Organic Valley

Feta Cheese

$4.99 8 oz

Save $1.3

Cream Bay

Muenster Cheese

$6.99 lb

Save $1

Applegate

Spinach Feta Pork Sausage

$6.99 12 oz

Save $1

Beehive Cheese

Seahive Cheddar

$19.99 lb

Save $4

Rumiano

Sliced Pepper Jack Cheese

$3.49 6 oz

Save $1

Made Fresh In Our Kitchen

Meatloaf

$11.99 lb

Save $2

Ambrosi

Grana Padano Cheese

$12.99 lb

Save $2

Divina

Garlic Stuffed Green Olives

$8.49 lb

Save $2

Knudsen and Sons

Prune Juice

$5.99 32 oz

Save $2

Bionaturae

Canned Tomatoes

2/$5 28.2 oz

Save $1.79 ea

A. Vogel

Herbamare Seasoning

$6.79 8.8 oz

Save $2.20

Peeled

Peas Please

2/$4 3.3 oz

Save $0.99 ea

Equal Exchange

Chocolate Bars

$2.99 8 oz

Save $0.80

Green Mountain

Salsa

$3.99 12 oz

Save $1.80

Jeff's Natural

Greek Peperoncini

2/$5 12 oz

Save $0.49 ea

Lakewood

Pure Pineapple Juice

$4.99 32 oz

Save $2

Nutiva

Coconut Manna

$8.99 15 oz

Save $1

San J

Asian Cooking Sauces

$2.99 10 oz

Save $1.20

co-op deals

Good Karma

Flaxmilk

2/$7

Save $0.99 ea

64 oz

USDA ORGANIC

co-op deals

Luna and Larry's

Coconut Frozen Dessert

$4.99

Save $2

16 oz

USDA ORGANIC

co-op deals

Live Soda

Kombucha

$1.99

Save $0.80

12 oz

co-op deals

Stahlbush

Frozen Fruit

2/$7

Save $0.99 ea

10 oz

co-op basics

co-op deals

Seventh Generation

Diapers

$9.99

Save $3

27 ct

co-op deals

Seventh Generation

Recycled Paper Towels

$2.29

Save $1.20

156 ct

USDA ORGANIC

co-op basics

Field Day

Cookies

$3.69

Great price everyday

12 oz

USDA ORGANIC

co-op basics

Field Day

Applesauce

$2.79

Great price everyday

24 oz

Caldera

Lawnmower Lager Cans

$6.49

6 pk

Enrique Mendoza

La Tremenda Monastrell

$9.99

Save $6

750 ml

Food Co-op

Show Me The Whey

$41.99 33 oz

Save $13

Ancient Nutrition

Dr. Axe Multi Collagen Ultra w/Cbd & Mct

$49.99 18.7 oz

Save $17

USDA ORGANIC

DOUBLE DEAL coupon

Garden Of Life

Mykind Turmeric Gummy

$22.99 120 ct

Save $12

Gaia

Whole Body Defense

$21.99 60 caps

Save $9

Natural Factors

Biosil Healthy Bones Plus

$31.99 120 tab

Save $8

Aloe Life

Skin Gel Topical Aloe Vera

$15.49 8 oz

Save $1.50

USDA ORGANIC

Ancient Apothacary

Lemon Essential Oil Food Grade

$10.49 .5 oz

Save $4.50

Mary Lake Thompson

The Perfect Apron w/ Two Pockets

$22.99 each

Down To Earth

Eco String Bag

$8.99 each

Save $1

DOUBLE DEAL coupon

Nature's Answer

Periobrite Toothpaste Cool Mint CoQ10

$5.79 4 oz

Save $0.70

Mango Salsa

How to make it

To prepare salsa, toss mango, peppers, onion, jalapeño, cumin and cilantro in a mixing bowl with lime juice and season with salt and pepper. Salsa may be prepared up to a day in advance, to allow flavors to combine.

When is a mango ripe?

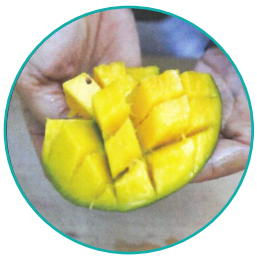
Ripe mangoes will give slightly with a gentle squeeze similar to an avocado. To ripen mangoes place in a paper bag for a few days - add a banana to speed the process. A ripe mango will have a sweet perfumey scent at the stem.

What you need

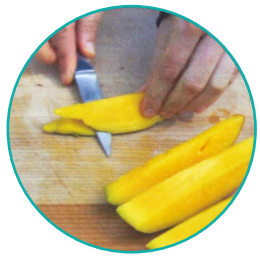
- 1 ½ cups mango, pitted, peeled and diced
- ¼ cup red or green pepper, diced
- ¼ cup red onion, minced
- 1 tablespoon jalapeño pepper, diced
- ¼ teaspoon ground cumin
- 2 tablespoons fresh cilantro, minced
- Juice of 1 lime
- Salt and pepper to taste

Cutting the Mango

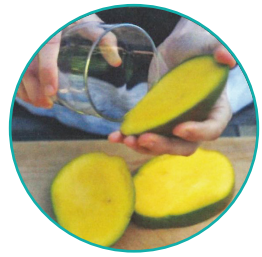
Cutting a mango can be intimidating. Try any of these five methods in your comfort zone - or for visuals go to #chooseYourCut Crespo Organic Mangoes - All 5 Cuts - You Tube.



THE HEDGEHOG



THE CUT & SLICE



THE HACK

THE PEEL & SLICE

MEXICAN FLOWER

Serving Suggestion

This vibrant salsa combines sweet mangoes, sour lime and spicy jalapeños for spectacular results. It's mouthwateringly good on chicken or other grilled meats, vegetables, or if you dare, straight out of the salsa bowl.

VALID SALES DATES: MAY 14 - JUNE 4, 2019

USDA ORGANIC
DOUBLE DEAL coupon
Local Wa

Fungi Perfecti

Brain & Body Reishi / Lion's Mane Blend

$19.99 3.5 oz Olympia

USDA ORGANIC
farm
Local 5

Nash's

Camelina Oil, Locally Grown & Pressed

$13.99 8 oz Sequim

Local 5

Mt Townsend Creamery

Campfire Jack Cheese

$15.49 lb Port Townsend

Local Wa

Greenbank Farm

Raw Milk Swiss Cheese

$8.99 16 oz Preston

USDA ORGANIC
Local 5

Cb's Nuts

Kettle Roasted Peanuts, Sea Salt & Jalepeno

$1.49 1.5 oz Kingston

Local 5

PT Coffee

Decaf French Roast

$12.99 lb Port Townsend

Local Wa

Island Thyme

Earth Song Aromatherapy Massage Oil

$10.49 2 oz Orcas Island

Local 5

Mountain Spirit

Pine Tar Shampoo Bar

$5.99 each Port Townsend

Local 5

Smackdown Salmon Inc.

Sockeye Salmon Filet

$14.99 lb Port Townsend

Local 5

Whidbey Island Winery

Pinot Gris

$14.99 750 ml Langley