



FRESH FLYER!

Weekly Savings & Seasonal Specials • Prices good August 2nd–August 16th



WEDGE COMMUNITY CO-OP
2105 Lyndale Ave. S., Mpls., MN 55405
wedge.coop

LINDEN HILLS CO-OP
3815 Sunnyside Ave., Mpls., MN 55410
lindenhills.coop



ORGANIC



WedgeMade
**Burger and
Hot Dog Buns**

Sale \$1 OFF ea. 15 & 18 oz.



Ellsworth Valley
Chipotle Colby

Sale \$1.50 OFF/lb.



ORGANIC



Triple Crown
BBQ Sauce

Classic and Cayenne

Sale \$1 OFF ea. 12 & 14 oz.



Garrett Valley
Turkey Bacon

Sale \$1 OFF ea. 8 oz.



ORGANIC



California
Pluots

Sale \$2.49/lb



Izzy's
Ice Cream

Sale \$1.50 OFF ea. 16 oz.



ORGANIC



Colorado
Peaches

Sale \$1 OFF/lb



Hail Merry
Tarts
All Varieties

Sale \$1.49 OFF ea. 3 oz.



Badger and All Terrain
Bug Sprays

Sale 25% OFF ea. .60 & 4 oz.

Product Supply May Be Limited.

SHARING GOOD FOOD & GOOD NEWS



SUMMER VEGGIE TACOS WITH CHICKPEAS AND AVOCADO CREAM

1 small zucchini, diced
1 small summer squash, diced
½ medium red onion, diced
1 medium red pepper, diced
1 cup cherry tomatoes, sliced in half
1 cup chickpeas (cooked or canned), drained
2 Tbsp. olive oil
2 cloves garlic, minced
2 tsp. ground cumin
Salt and pepper
1 ripe avocado
⅓ cup full fat, plain Greek yogurt
¼ cup cilantro
1 Tbsp. lime juice
Corn tortillas

[1] Prepare grill for medium heat. Toss the diced vegetables, chickpeas, and minced garlic with the olive oil, cumin, and salt and pepper to taste. Place on a grill pan or wrap in aluminum foil and grill until tender, 15–20 minutes. **[2]** While veggies are grilling, combine avocado, yogurt, cilantro, and lime juice in a blender or food processor until smooth. **[3]** To assemble tacos, warm up tortillas on the grill, fill them with veggies, and garnish with a drizzle of avocado cream.

RASPBERRY GRANITA

1 cup water
¾ cup plus 2 Tbsp. sugar
3 cups fresh raspberries (about 16 oz.)
1 Tbsp. fresh lemon juice
Whipped cream for garnish (optional)

[1] Combine water and sugar in medium saucepan. Stir over medium heat until sugar dissolves. Remove from heat and chill syrup until cold. **[2]** Meanwhile, mash raspberries in medium bowl. Stir in lemon juice and sugar syrup. Pour mixture through strainer, pressing on solids to extract as much liquid as possible. Pour mixture into shallow baking dish. Freeze until almost firm, stirring frequently, about 2 hours. **[3]** Continue freezing granita (do not stir) until firm, at least 3 hours or overnight. **[4]** Using fork scrape surface of granita to form crystals. Scoop crystals into glasses. Garnish with whipped cream and more fresh raspberries (if desired).



IF EVER THERE WAS a time to try going vegetarian, summer is it. Local produce comes pouring in, bringing a bounty of diverse fruits and vegetables perfect for no-cook weeknight meals that never get old. So get out of the heat, and out of your meat-heavy routines with these delicious menus that are light, fresh and seamlessly suited for the hazy, lazy days of summer.

WATERMELON GAZPACHO

1 lb. watermelon, seeds and rind removed, coarsely chopped (about 3 cups)
1 large beefsteak tomato, coarsely chopped
1 cucumber, peeled, coarsely chopped
1 jalapeño, seeded and sliced
2 Tbsp. olive oil
2 Tbsp. sherry vinegar or red wine vinegar
Fresh Feta cheese, crumbled
Salt and pepper

[1] Purée watermelon, tomato, cucumber, jalapeño, oil and vinegar in a blender until smooth. **[2]** Transfer gazpacho to a large bowl; season with salt and pepper. Cover and chill at least 1 hour prior to serving. **[3]** Garnish each serving with Feta and a drizzle of olive oil.

MEXICAN CORN SALAD

4 ears of corn, husked
3 Tbsp. mayonnaise
2 Tbsp. fresh lime juice
⅓ tsp. paprika
⅓ tsp. cayenne pepper (optional)
2 oz. Cotija cheese, crumbled (about ½ cup), plus more for serving
2 Tbsp. chopped fresh cilantro plus more for serving
Salt and pepper

[1] Prepare grill for medium heat. Grill corn, turning occasionally, until tender and charred, 8–10 minutes; let cool slightly. Cut kernels from cobs and transfer to a medium bowl. **[2]** Whisk mayonnaise, lime juice, paprika, cayenne, if using, 2 oz. Cotija cheese, and 2 tablespoons cilantro in a large bowl; season with salt and pepper. Add corn and toss to combine. Garnish with more cheese and cilantro.