



Open Harvest Cooperative Grocery
 1618 South St. Lincoln, NE 68502
 402.475.9069 | www.openharvest.coop

Member Specials

F E B R U A R Y 2 0 1 2

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PRODUCE OF USA

**Organic
Baby Carrots**

\$1.99 1lb

REGULARLY \$2.39

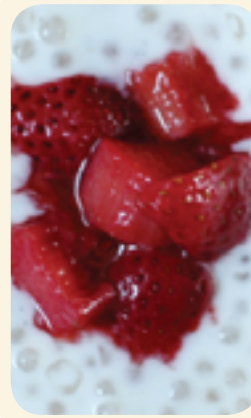


OUR DELI'S OWN

**Strawberries
& Tapioca**

\$4.49/lb

REGULARLY \$5.49/lb



NEW SLICED TO ORDER DELI MEATS!

**Applegate Organic's
Sugar Maple Ham**

20% off

REGULARLY \$9.99/LB

**Join the
co-op. Get
more than
just great
deals.**

- Invest in a business which returns over 2 million dollars to the local economy each year
- Help improve the health of our community
- Participate in a democracy. As an Owner you have a vote
- Support family farms
- Invest in a business that focuses on social, economic & environmental responsibility
- 5% discount on the total of one shopping trip each month
- Discount card worth 10% off all supplements
- Special discounts and perks at local businesses through the Community Cooperation Program
- New Owner-only sales & specials each month
- Discounted enrollment prices for Open Harvest classes

GROCERY & NONFOOD

Crown Prince	Smoked Oysters in Olive Oil	\$2.49
Crown Prince	Pink Salmon	\$2.89
Earth's Best	Organic Yogurt Smoothie	\$1.49
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Earth's Best	Organic Yogurt Smoothie	\$1.49
Edward & Son's	Organic Italian Bread Crumbs	\$3.79
Edward & Son's	Miso Cup with Seaweed	\$3.79
Emperor	Organic Copped Garlic	\$2.19
Garden of Eatin'	Organic Sprouted Tortilla Chips	\$2.79
Goodhealth	Chilean Avocado Chips	\$2.29
Goodhealth	Avocado Chips with Sea Salt	\$2.29
Goodhealth	Apple Chips	\$1.99
Ginger People	Ginger Peanut Sauce	\$3.79
Ginger People	Ginger Sesame Sauce	\$3.79
Ginger People	Ginger Spread	\$2.49
Guyaki	Organic Loose Yerbamate	\$6.49
Guyaki	Organic Traditional Yerbamate	\$5.29
Lundberg	Organic Brown Rice Penne	\$2.99
Lundberg	Organic Brown Rice Spaghetti	\$2.99
Newman's Own	Organic Cranberries	\$2.99
Pamela's	Gluten Free Chocolate Brownie Mix	\$4.79
Rapunzel	Organic Whole Cane Sugar	\$4.89
Rapunzel	Organic Active Dry Yeast	\$1.19
Rapunzel	Organic Chocolate Hazelnut Spread	\$5.49
San-J	Organic Tamari	\$4.79
San-J	Organic Wheat Free Tamari	\$5.39
Simply Organic	Organic Ranch Dip	\$1.19
Simply Organic	Organic Guacamole Dip	\$1.19
Spectrum	Unrefined Sesame Oil	\$5.99
Spectrum	Toasted Unrefined Sesame Oil	\$5.99
Spectrum	Walnut Oil	\$5.49
Spectrum	Organic Balsamic Vinegar	\$6.79
Spectrum	Organic Red Wine Vinegar	\$5.49
Spectrum	Organic White Wine Vinegar	\$5.49
Sunspire	Plain Sundrops	99¢
Sushi Sonic	Wasabi Paste	\$5.39
Sweetleaf	Stevia Clear Extract	\$9.99
Whlsm Sweeteners	Organic Light Brown Sugar	\$4.39
Whlsm Sweeteners	Organic Dark Brown Sugar	\$4.39
Yum	Organic Fruit Sweetened Lollipop	\$1.79

REFRIGERATED

Earth Balance	Organic Coconut Spread	\$4.49
Galaxy	Vegan Mozzarella Cheese	\$2.99
Kalona Supernatural	Organic Cottage Cheese 2%	\$3.79
Kalona Supernatural	Organic Cottage Cheese 4%	\$3.79
Kalona Supernatural	Organic Sour Cream	\$2.79
Lite Life	Smart Ground	\$3.29
Pom Wonderful	100% Pomegranate Juice	\$3.49
Pom Wonderful	Pomegranate Blueberry Juice	\$3.49
Wholesoy	Organic Soy Yogurts	99¢
Wholesoy	Organic Soy Yogurt Plain	\$2.79
Wholesoy	Organic Soy Yogurt Vanilla	\$2.79
Wholesoy	Organic Soy Yogurt Plain Unswtnd	\$2.79
Yves	Good Dog	\$3.29

BODY CARE

Aubrey	Sea Buckthorn Moisturizing Cream	\$13.99
Aubrey	Sea Buckthorn Facial Cleansing Cream	\$6.99
Aubrey	Sea Buckthorn Facial Toner	\$7.99
Jason	Revitalizing Vitamin E Cearm,5000 lu	\$7.29
Jason	Revitalizing Vitamin E 32000 lu Oil	\$9.29
Jason	Pure Natural Cream With Ester-C	\$10.99
Jason	Pure Natural Cream With Ester-C	\$11.99
Jason	Perfect Solution Ester-C	\$11.99
Nature's Gate	Moisturizing Liquid Soap	\$4.89
Nature's Gate	Purifying Liquid Soap	\$4.89
Olbas	Olbas Oil (10 Cc)	\$6.99
Tea Tree Therapy	Eucalyptus Tea Tree Soap	\$2.79

SUPPLEMENTS

Kal	Ultra Omega 3-6-9	\$18.99
Kal	Ultra Omega 3-6-9	\$36.39
Solaray	SambuActin Liquid Extract	\$13.79
Bach	Rescue Remedy Pastilles	\$5.99
Bach	Rescue Remedy Black Currant Pastilles	\$5.99

FROZEN

Dancing Deer	Chocolate Chunk Brownies	\$3.29
Organic Prairie	Organic Pork Breakfast Sausage	\$5.59
Rudi's	Organic Whole Wheat Bread	\$3.59
Rudi's	Organic Jewish Rye Bread	\$3.59
Rudi's	Organic Multigrain Oat Bread	\$3.59
Tofutti	Vanilla Cuties	\$3.59
Tofutti	Chocolate Cuties	\$3.59
Tofutti	Mint Chocolate Chip Cuties	\$3.59
Udi's	Gluten Free Blueberry Muffins	\$4.99
Udi's	Gluten Free Chocolate Muffins	\$4.99