



river valley co-op

wild about local

August 2 –
August 15, 2017

discover local

Next Barn Over Farm • Hadley, MA

Grown on their 40-acre farm in Hadley using sustainable farming practices, Ray Young and the crew at Next Barn Over keep the co-op supplied with certified organic veggies, herbs, and flowers all season long. A true Local Hero, their bounty is reliable and diverse – stop by and see what they delivered today!



Photo by Jim Gipe, Pivot Media



fresh specials

NEXT BARN OVER • Hadley, MA

CERTIFIED ORGANIC

LOCAL CHARD

\$1.99 bunch

SAVE \$1.00



NEXT BARN OVER • Hadley, MA

CERTIFIED ORGANIC

GREEN & PURPLE BELL PEPPERS

\$1.99 lb

SAVE \$2.00



NEXT BARN OVER • Hadley, MA

CERTIFIED ORGANIC

ZUCCHINI & SUMMER SQUASH

\$1.99 lb

SAVE \$1.00



RIVERLAND FARM • Sunderland, MA

CERTIFIED ORGANIC

LOCAL CANTALOUPE

2/\$6 ea

SAVE \$3.98



from our deli

MADE-TO-ORDER PULLED PORK SANDWICH

Our famous house-made pulled pork, smoked cole slaw, served on a local grilled Iggy's brioche roll with our Carolina style BBQ sauce on the side

\$4.99 ea
SAVE \$2.00

CABOT COOPERATIVE • VT MONTEREY JACK CHEESE

\$5.99 lb
SAVE 2.00

HOUSE-MADE CHIPOTLE-LIME CHICKEN WINGS

\$5.99 lb
SAVE \$1.00



cheese

ORGANIC VALLEY CERTIFIED ORGANIC AMERICAN CHEESE SINGLES

\$3.99 8 oz
SAVE \$1.00

CHAMPLAIN VALLEY CREAMERY
Middlebury, VT

CERTIFIED ORGANIC QUESO FRESCO

\$4.99 8 oz
SAVE \$2.00

MAPLE BROOK FARM
Bennington, VT

FRESH MOZZARELLA

Smoked or Regular
\$3.00 OFF
per lb

discover river valley co-op

wild about local

fresh meat & seafood

NIMAN RANCH BONE-IN PORK RIB CHOPS

Antibiotic & Hormone Free

\$5.49 lb
SAVE \$1.50

NIMAN RANCH BONE-IN PORK LOIN CHOP

Antibiotic & Hormone Free

\$5.49 lb
SAVE \$1.50

MEYERS NATURAL ANGUS BONELESS RIB EYE STEAK

Antibiotic & Hormone Free

\$14.99 lb
SAVE \$3.00



FREEBIRD BONELESS CHICKEN BREAST

Antibiotic & Hormone Free

\$4.99 lb
SAVE \$1.00

NIMAN RANCH PULLED PORK WITH BBQ SAUCE

Fully Cooked

\$6.99 12 oz
SAVE \$2.00

APPLEGATE NATURALS CHICKEN & APPLE BREAKFAST PATTIES

\$5.99 7 oz
SAVE \$2.00

FROZEN TUNA STEAK

\$9.99 lb
SAVE \$3.00

HOUSE-MADE SHRIMP SKEWERS

Made with USA Shrimp

\$2.99 ea
Great for the grill!

bulk savings

GOLDEN TEMPLE COCONUT ALMOND GRANOLA

\$2.99 lb
SAVE \$1.40

RED STAR NUTRITIONAL YEAST

\$6.99 lb
SAVE \$2.20

EQUAL EXCHANGE West Bridgewater, MA CERTIFIED ORGANIC & FAIRLY TRADED

BREAKFAST BLEND COFFEE

\$8.99 lb
SAVE \$1.70

FRESH GROUND ALMOND BUTTER

\$7.99 lb
SAVE \$2.90

RAW WALNUTS HALVES & PIECES

\$4.69 lb
SAVE \$1.50

WILD RICE SNACK STICKS

\$2.99 lb
SAVE \$1.00

beer & wine

FERNLANDS • New Zealand SAUVIGNON BLANC

\$9.99 750 ml
SAVE \$3.00

LA RIOJANA • Argentina FAIR TRADE RESERVE WINES

Malbec and Pinot Noir

\$8.99 750 ml
SAVE \$2.00

CO-OP EXCLUSIVE!

LAGUNITAS BREWING COMPANY 12th OF NEVER ALE

Hoppy with bright citrus flavors

\$14.99 12 pk
SAVE \$3.00

CISCO BREWING COMPANY
Nantucket, MA

LOCAL BEER All Varieties

\$9.99 6 pk
SAVE \$1.00

MAGGIE'S ORGANICS CUSH FOOTIE SOCKS

\$5.99 pair
SAVE \$2.00



wellness

RIVER VALLEY CO-OP BASIC MULTI VITAMIN

\$4.99 30 ct
SAVE \$2.00

RIVER VALLEY CO-OP MELATONIN 1MG LOZENGES

\$3.99 60 ct
SAVE \$1.00

calendar of events

**WEDNESDAY, AUGUST 9
11AM-NOON**

Free Picnic Presentation

Tim Van Egmond, Musician and Storyteller
Bugs, Birds & Beasts

**FRIDAY, AUGUST 11
5-7PM**

Northampton Arts Night Out

Opening reception for *Spore Print Art* by Madge Evers with live music by Kate O'Connor and Rico Spence.

**WEDNESDAY, AUGUST 16
11AM-NOON**

Free Picnic Presentation

LIVE ANIMALS from Dakin Pioneer Valley Humane Society with Ellen Duffey, Manager of Volunteer Services

TUESDAY, AUGUST 29

Owner Appreciation Day!

Co-op owners receive 10% OFF almost everything in the store! Excludes milk, beer, wine, Buying Club and Food for All.



river valley co-op

330 North King Street
Northampton, MA 01060

On Routes 5 & 10, just south of I-91 Exit 21
The PVRTA X98 Crosstown bus stops here!

(413) 584-2665

info@rivervalley.coop
www.rivervalley.coop

Open daily 8am–10pm
Everyone is welcome!

Follow us on Facebook:
River Valley Co-op

and on Twitter and Instagram
@rivervalleycoop

Printed with non-toxic, water-based ink
on paper that contains 40% recycled fiber.

Provençal Zucchini & Swiss Chard Tart

Adapted from New York Times

INGREDIENTS

1 recipe whole wheat pie pastry
1 pound local chard
2 tbsp. extra virgin olive oil
1 medium onion, finely chopped
2 lbs local zucchini, cut and diced
3 large garlic cloves, minced
1 tsp. fresh thyme leaves, chopped
2 tsp. chopped fresh rosemary
2 oz Gruyère cheese, grated
(1/2 cup, tightly packed)
3 large local eggs, beaten
Salt & pepper to taste

DIRECTIONS

Bring a large pot of water to a boil while you stem the greens, and wash them thoroughly in several rinses of water. If the ribs are wide, wash and dice them, then set aside. Fill a bowl with ice water. When the water reaches a rolling boil, add a generous amount of salt and the chard leaves. Blanch for one minute, until just tender. Using a slotted spoon or deep-fry skimmer, transfer to the ice water, then drain. Squeeze out excess water and chop. Set aside.

Heat the oil over medium-high heat in a large nonstick skillet, and add the onion and diced chard stems, if using. Cook, stirring, until tender, about five minutes. Stir in the zucchini. Season to taste with salt, and cook, stirring, until just tender and still bright green, about 10 minutes. Stir in the garlic, thyme and rosemary, and cook with the zucchini and onion until the garlic is fragrant, about one or two minutes. Stir in the greens, toss everything together, and remove from the heat. Taste and season with salt and pepper.

Beat the eggs in a large bowl. Stir in 1/4 to 1/2 teaspoon salt (to taste), the zucchini mixture, and the Gruyère. Mix everything together, add pepper, taste once more and adjust seasoning.

Preheat the oven to 375 degrees. Oil a 10-inch tart pan. Roll out two-thirds of the dough and line the pan, with the edges of the dough overhanging. Freeze the remaining dough. Fill the lined pan with the zucchini mixture. Pinch the edges of the dough along the rim of the pan. Place in the oven and bake 50 minutes, until set and beginning to color. Allow to rest for at least 15 minutes before serving (preferably longer). This can also be served at room temperature.

START YOUR DAY OFF RIGHT WITH

BREAKFAST

from our **HOT BAR**



**We are now serving
fresh breakfast on our
hot bar every morning
from 8am–10:30am**

Offerings will include classic breakfast staples like delicious scrambled eggs, local bacon, and home fries. Vegan and vegetarian options like tofu scrambles and veggie sausage will also be available. Stop by and start your day off right with breakfast at the co-op!

Don't forget your coffee!

Our Fair Trade coffee is always just **79¢** for any size

