



# river valley co-op

wild about local

August 30 –  
September 19, 2017

## discover local

**SIDEHILL FARM • Hawley, MA**

Sidehill Farm's milking herd grazes on diverse, certified organic pastures. Their milk is rich in both protein and butterfat; the cows are happy and live long, productive lives. No wonder Sidehill yogurt is a local favorite!

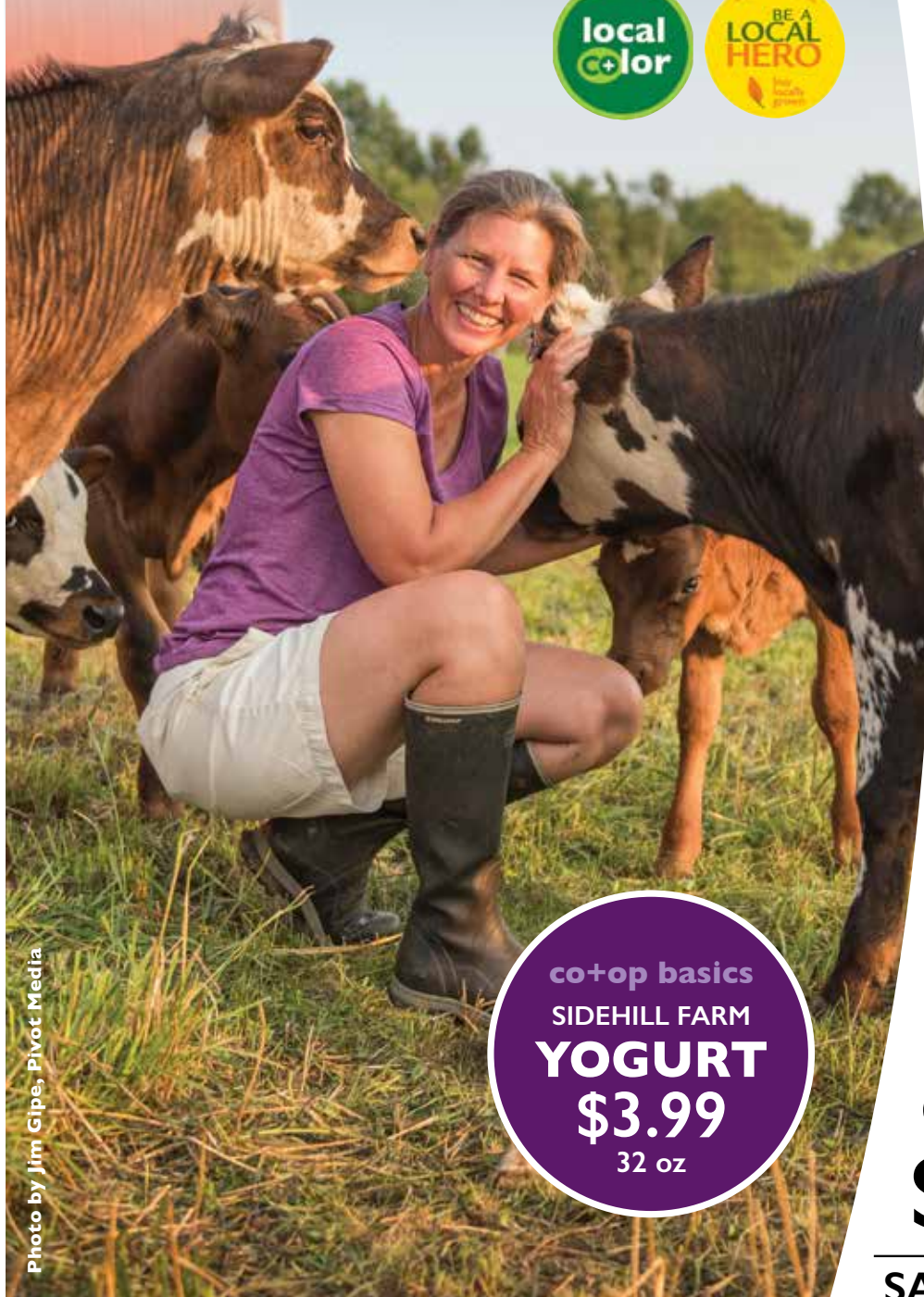


Photo by Jim Gipe, Pivot Media

co+op basics  
SIDEHILL FARM  
**YOGURT**  
**\$3.99**  
32 oz

## fresh specials

**APEX ORCHARD • Shelburne, MA**

**LOCAL APPLES**

Selected Varieties

**\$1.49** lb

SAVE 50¢



**HIGH MEADOWS FARM • Putney, VT**

**CERTIFIED ORGANIC**

**LOCAL ONIONS**

All Varieties

**\$1.49** lb

SAVE 50¢



**NEXT BARN OVER • Hadley, MA**

**CERTIFIED ORGANIC**

**LOCAL CARROTS**

**\$1.49** lb

SAVE 50¢



**ATLAS FARM • Deerfield, MA**

**CERTIFIED ORGANIC**

**COLLARD GREENS**

**\$1.99** bunch

SAVE \$1.00



## cheese

GREAT LAKES  
**NEW YORK SHARP CHEDDAR**  
**\$3.99** lb  
SAVE \$1.00

SWEET ROWEN FARMSTEAD  
West Glover, VT  
**VT CHEESE CURDS**  
**\$4.99** 8 oz   
SAVE \$1.50

HOUSE-MADE  
**MARINATED CHÈVRE**  
Made with local VT chèvre  
**\$4.99** 5 oz  
SAVE \$1.00

## from our deli

MADE-TO-ORDER  
**SLOPPY JOE**  
*Local grass fed beef, house marinara sauce, onions, and green peppers on a local Iggy's brioche roll*  
**\$4.99** ea

HOUSE-MADE  
**EGG SALAD**  
**\$7.99** lb  
SAVE \$2.00

  
**APPLEGATE AMERICAN CHEESE**  
*Sliced-to-Order*  
**\$7.99** lb  
SAVE \$2.00

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## fresh meat & seafood

APPLEGATE NATURALS  
**GREAT ORGANIC BEEF HOT DOG**  
**\$6.99** 14 oz  
SAVE \$2.00

HOUSE-MADE  
**HOT ITALIAN CHICKEN SAUSAGE**  
**\$4.99** lb  
SAVE \$2.00

HOUSE-MADE  
**SWEET ITALIAN CHICKEN SAUSAGE**  
**\$4.99** lb  
SAVE \$2.00

MEYERS NATURAL ANGUS  
**FLANK STEAK**  
**\$8.99** lb  
SAVE \$2.00

MEYERS NATURAL ANGUS  
**SHOULDER STEAK**  
**\$3.99** lb  
SAVE \$2.00

MEYERS NATURAL ANGUS  
**FLAT IRON STEAK**  
*Antibiotic & Hormone Free*  
**\$7.99** lb  
SAVE \$2.00



ORCA BAY  
**WILD CAUGHT SOCKEYE SALMON FILLET**  
*Previously Frozen*  
**\$10.99** lb  
SAVE \$4.00

 DUCKTRAP RIVER  
Belfast, MA  
**SMOKED PEPPER WILD MACKEREL**  
**\$6.99** 6 oz  
SAVE \$1.00

## bulk savings

WILLAMETTE VALLEY  
**CERTIFIED ORGANIC COCOA CHIA GRANOLA**  
**\$3.39** lb  
SAVE \$2.30

DOGUET'S • **CERTIFIED ORGANIC**  
**LONG GRAIN WHITE RICE**  
**\$1.39** lb  
SAVE 60¢

TIERRA FARM • Valatie, NY  
**CERTIFIED ORGANIC & FAIR TRADE**  
**YING YANG BLEND COFFEE**  
 **\$6.99** lb  
SAVE \$3.40

**CERTIFIED ORGANIC**  
**FRESH GROUND PEANUT BUTTER**  
**\$3.69** lb  
SAVE \$1.30

EQUAL EXCHANGE • West Bridgewater, MA  
**CERTIFIED ORGANIC & FAIRLY TRADED**  
**NATURAL ALMONDS**

 **\$10.99** lb  
SAVE \$3.00

**CERTIFIED ORGANIC**  
**FLAME RAISINS**  
**\$2.99** lb  
SAVE \$1.10

## beer, wine, & cider

CARR'S CIDER HOUSE • Hadley, MA  
**LOCAL HARD CIDER**  
*All Varieties*   
**\$12.99** 750 ml  
SAVE \$2.00

TWO ROADS  
Stratford, CT  
**LIL HEAVEN SESSION IPA**   
**\$14.99** 12 pk  
SAVE \$3.00

NATURA  
**CHILEAN WINES**  
*Assorted Varietals*  
*Made with Organic Grapes*  
**\$8.49** 750 ml  
SAVE \$1.50

## wellness

RIVER VALLEY CO-OP  
**FRENCH LAVENDER ESSENTIAL OIL**  
 **\$6.99** 1 fl oz  
SAVE \$2.00

RIVER VALLEY CO-OP  
**CHELATED MAGNESIUM**  
*250mg*  
**\$7.99** 90 ct  
SAVE \$2.00

GARDEN OF LIFE  
**CERTIFIED ORGANIC PROTEIN BARS**  
*Assorted Varieties*  
**2/\$4** 1.9-2.7 oz  
SAVE \$1.98



**10% OFF ALL HARD CIDERS**

## calendar of events

**FRIDAY, SEPTEMBER 8  
5-7PM**

### Northampton Arts Night Out

Opening reception for *Susan Holmes Retrospective: Photographs from the Yucatan*. Live music by Jim Matus. Everyone is welcome!

**TUESDAY, SEPTEMBER 12  
6:30-8PM**

### Free Workshop Discover Bliss with Beth

Tasicone, a yoga class that focuses on self-care for women. Pre-registration is required.

Call 413-584-2665 to sign up.

## Heirloom Tomato Gazpacho

Serves: 6

### Ingredients

2 lbs ripe heirloom tomatoes, roughly chopped  
1 cucumber, seeds removed, roughly chopped  
1 small red onion, chopped  
1 green bell pepper, chopped  
2 tbsp minced garlic  
1 jalapeño pepper, chopped  
1 cup cubed bread (French or rustic bread)  
2 tbsp red wine vinegar  
2 tbsp lime juice  
4 tbsp olive oil  
2 tbsp chopped fresh cilantro  
Salt and black pepper to taste

### Preparation

Combine all ingredients in a blender (in 2 to 3 batches, as everything will not fit into the blender at once). Blend until very smooth. Place in a bowl, stir the blended batches together and refrigerate for a few hours to allow the flavors to meld. Taste for salt and black pepper and serve chilled.

### Serving Suggestion

A summer favorite, this Spanish soup makes a refreshing and simple lunch with a green salad and crusty bread or alongside a meze platter. You can sweeten the dish by adding some cubed fresh melon or strawberries. Gazpacho is best served slightly chilled, not ice cold.



**SEPTEMBER 15-17 • 8am-10pm • Everyone is Welcome!**

**SAVE UP TO  
65%  
ON FULL CASES OF EVERYDAY ITEMS**



Grocery & Bulk • Meat & Seafood • Wellness Supplements • Beer & Wine • Local Apples • and more! Order form available at Customer Service and on our website.



## river valley co-op

330 North King Street  
Northampton, MA 01060

On Routes 5 & 10, just south of I-91 Exit 21  
The PVTA 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.

## co+op basics

Our Co+op Basics program offers every day low prices on many popular grocery and household items. From chicken to cereal to paper towels, you'll find both new value-priced brands as well as new low prices on some local favorites.

**Just look for the purple and white signs throughout the store to find the deals!**

