



# river valley co-op

wild about local

January 3 –  
January 16, 2018

## discover local



### Mi Tierra • Hadley, MA

Located in Hadley, Mi Tierra makes fresh tortillas using locally-grown corn. Their tortillas are a co-op favorite, used by our Deli, and are part of the **co+op basics** program meaning they're always a great price. They are true Local Heroes and we're lucky to have them in our community!

Left to right: Ernesto & Gaspar



MI TIERRA  
**CORN  
TORTILLAS**  
2/\$5  
co+op basics

## fresh specials

WINTER MOON ROOTS • Hadley, MA

**CERTIFIED ORGANIC**

### LOCAL BEETS

All Varieties

**\$1.99** lb

SAVE \$1.00



USA • **CERTIFIED ORGANIC**

### GREEN CURLY KALE

**\$1.99** bunch

SAVE \$1.00



USA • **CERTIFIED ORGANIC**

### NAVEL ORANGES

**\$1.49** lb

SAVE \$1.50



USA • **CERTIFIED ORGANIC**

### CARA CARA ORANGES

**\$1.99** lb

SAVE \$1.00



MEXICO • **CERTIFIED ORGANIC**

### AVOCADOS

**2/\$3**

SAVE \$1.00



from our deli

APPLEGATE  
**OVEN ROASTED  
TURKEY BREAST**  
**\$10.99** lb  
SAVE \$2.00

MADE-TO-ORDER  
**SUMMER TOFU  
SANDWICH**  
*House-marinated tofu, house-made sun-dried  
tomato pesto aioli, spinach, and tomato,  
served on a local Iggy's ciabatta*  
**\$5.99** ea  
SAVE \$1.00



HOUSE-MADE  
**RAW DEAL SALAD**  
*Kale, carrots, walnuts, pumpkin seeds,  
garlic, lemon juice and sambal*  
**\$6.99** lb  
SAVE \$2.00

from wine & cheese

WEST COUNTY CIDER  
Colrain, MA  
**LOCAL  
HARD CIDER**  
*All Varieties*  
**\$2.00 OFF**

JACK'S ABBY  
Framingham, MA  
**LOCAL BEER**  
*House Lager and Post Shift Pilsner*  
**\$8.99** 6 pk  
SAVE \$2.00



CARMINUCCI  
CASA VINICOLA DAL 1928  
**FALERIO or  
ROSSO PICENO**  
**\$9.99** 750 ml  
SAVE \$2.00

GRATI • Italy  
**CHIANTI**  
*Made with organic grapes*  
**\$7.99** 750 ml  
SAVE \$2.00

**ALL  
FETA CHEESE**  
*Cow, goat, and sheep's milk varieties*  
**10% OFF**

discover river valley co-op

wild about local

fresh meat & seafood

MEYERS NATURAL ANGUS  
**90% LEAN  
GROUND BEEF**  
*Antibiotic & Hormone Free*  
**\$4.99** lb  
SAVE \$1.00

MEYERS NATURAL ANGUS  
**BONELESS  
SIRLOIN STEAK**  
*Antibiotic & Hormone Free*  
**\$7.99** lb  
SAVE \$2.00

MEYERS NATURAL ANGUS  
**BONELESS  
SIRLOIN SPOON  
ROAST**  
*Antibiotic & Hormone Free*  
**\$6.99** lb  
SAVE \$2.00

FARMER'S MARK  
**LAMB RIB  
CHOPS**  
*Antibiotic & Hormone Free*  
**\$16.99** lb  
SAVE \$3.00

MEYERS NATURAL ANGUS  
**BONELESS  
STRIP STEAK**  
*Antibiotic & Hormone Free*  
**\$13.99** lb  
SAVE \$4.00

FREEBIRD  
**BONELESS  
CHICKEN  
BREAST**  
*Antibiotic & Hormone Free*  
**\$4.99** lb  
SAVE \$1.00

DUBRETON  
**BONELESS  
PORK  
ROAST**  
*Antibiotic & Hormone Free*  
**\$5.99** lb  
SAVE \$1.00

HOUSE-MADE  
**PORK  
SAUSAGE**  
*Mild or Hot*  
**\$3.99** lb  
SAVE \$2.00

FROZEN  
**BARRAMUNDI  
FILLET**  
**\$9.99** lb  
SAVE \$4.00



FROZEN  
**BAY  
SCALLOPS**  
**\$7.99** lb  
SAVE \$2.00

HOUSE-MADE  
**SALMON  
BURGERS**  
**\$2.99** ea  
SAVE \$1.00



wellness

SIMILASAN  
**DRY EYE RELIEF**  
*Homeopathic Eye Drops*  
**\$8.99** .33 fl oz  
SAVE \$3.80

OREGON'S WILD HARVEST  
**ASTRAGALUS  
CAPSULES**  
**\$9.99** 90 ct  
SAVE \$4.00

HIMALAYA HERBALS  
**NEEM TURMERIC  
SOAP BAR**  
**\$3.99** 4.41 oz  
SAVE \$1.00

bulk savings

EQUAL EXCHANGE  
West Bridgewater, MA  
**CERTIFIED ORGANIC • FAIRLY TRADED**  
**BREAKFAST  
BLEND COFFEE**  
**\$8.99** lb  
SAVE \$1.70

**CERTIFIED ORGANIC**  
**PINTO BEANS**  
**\$1.99** lb  
SAVE 60¢

**FRESH GROUND  
PEANUT BUTTER**  
**\$1.69** lb  
SAVE 60¢

TIERRA FARM • Valatie, NY  
**CERTIFIED ORGANIC**  
**CASHEW  
CRANBERRY PECAN  
GRANOLA**  
**\$5.99** lb  
SAVE \$2.40

LUNDBERG  
**CERTIFIED ORGANIC**  
**WHITE JASMINE RICE**  
**\$2.69** lb  
SAVE 90¢

**NATURAL ALMONDS**  
**\$4.99** lb  
SAVE \$2.00

## calendar of events

**FRIDAY, JANUARY 12, 5-7PM**

### Northampton Arts Night Out

Opening reception for the 2018 Co-op Kids' Art Show! Live music by Celia's Voice Studio. Everyone is welcome!

**TUESDAY, JANUARY 16, 6:30-8PM**

### Free Workshop

*Resilient Immunity* with Hart Brent.

Pre-registration is required. Stop by Customer Service or call 413-584-2665 to sign up.

**THURSDAY, JANUARY 18, 6:30-7:15PM**

### Free Workshop

*Sign Language Basics for Parents* with Theresa King. Pre-registration is required.

Stop by Customer Service or call 413-584-2665 to sign up.

**THURSDAY, JANUARY 25**

### 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

(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.

## Garlic Basil Barramundi Skillet with Tomato Butter Sauce

Yield 3-4 servings

### INGREDIENTS

1 tbsp olive oil  
2 cloves garlic, minced  
Fresh torn basil & fresh minced parsley  
Generous pinch of salt, freshly cracked pepper  
4-6 tomatoes, diced (about 1 1/2 cups)  
1 12-ounce can white beans, rinsed and drained  
12-16 ounces Australis Barramundi, thawed  
1/2 cup chicken or vegetable broth  
4 tbsp butter  
Parmesan cheese for topping

### DIRECTIONS

Combine olive oil, garlic, herbs, salt, pepper, tomatoes and their juices, and white beans in a small bowl. Set aside to marinate while cooking

the fish (although the longer they marinate, the better your sauce will be).

Heat a quick swish of olive oil in a pan over medium heat. Pat the fish dry, season with salt and pepper, and pan-fry on each side for about 4 minutes until golden brown. Remove from the pan and set aside.

Add the tomato white bean mixture to the skillet and add the butter. Bring to a low simmer—the sauce should start to thicken. Add the chicken broth as needed to thin it out. Season with salt and pepper. When the sauce is velvety and loose enough to evenly coat the back of a spoon, add the fish back in. Spoon the sauce over top of the fish and serve. Goes perfectly with a green salad and crusty bread.

Vote  
for  
us!

# Valley Advocate's BEST OF 2018



## It's that time of year again for the Valley Advocate's Best of 2018 Reader's Poll!

Remember to place your votes online  
between January 4 and January 31 at  
[www.valleyadvocate.com](http://www.valleyadvocate.com)



### 2017 FIRST PLACE

Best Local Market/Grocer  
Best Health Food Store  
Best Local Green Business

### 2017 SECOND PLACE

Best Place for Fair Trade  
Best Gourmet Food Store