



# river valley co-op

wild about local

January 31 –  
February 13, 2018

## discover local

Winter Moon Roots • Hadley, MA

From December through March, River Valley Co-op can depend on Michael Docter of Winter Moon Roots to keep our shelves stocked with fresh, organic, local root vegetables. On sale now!



## fresh specials

WINTER MOON ROOTS • Hadley, MA

**CERTIFIED ORGANIC**

**DAIKON RADISH**

**\$1.99** lb

SAVE \$1.30



WINTER MOON ROOTS • Hadley, MA

**CERTIFIED ORGANIC**

**RED BEETS**

**\$1.49** lb

SAVE \$1.50



WINTER MOON ROOTS • Hadley, MA

**CERTIFIED ORGANIC**

**CARROTS**

**\$1.49** lb

SAVE 50¢



USA • **CERTIFIED ORGANIC**

**NAVEL ORANGES**

**\$1.49** lb

SAVE 50¢



MEXICO • **CERTIFIED ORGANIC**

**AVOCADOS**

**2/\$3**

SAVE \$1.00



## from wine & cheese

HITCHCOCK BREWING CO.  
Whately, MA

**ALL 4 PACKS**  
**\$2 OFF**



PEAK ORGANIC • Portland, ME

**SPRING IPA**  
**\$9.49** 6 pk

SAVE \$1.50



LA FIERA • Italy

**MONTEPULCIANO**  
**D'ABRUZZO &**  
**PINOT GRIGIO**  
**\$5.99** 750 ml

SAVE \$2.00

VICTORY BREWING COMPANY

**HOPDEVIL**  
**CHEDDAR**  
**SPREAD**  
**\$3.99** 6.5 oz

SAVE \$2.00

NEIGHBORLY FARMS  
Randolph, VT

**FETA CHEESE**  
**\$11.99** lb

SAVE \$4.00



TROIS PETIT COCHONS  
**CORNICHONS**  
**\$5.99** lb

SAVE \$5.00

**ALL ALPINE**  
**STYLE CHEESES**  
**20% OFF**

BERKSHIRE MOUNTAIN BAKERY  
Housatonic, MA

**ALL**  
**BREADS**  
**10% OFF**



## from our deli

HOUSE-MADE  
**CHICKEN WINGS**  
*Sesame Ginger or Chipotle Lime*  
**\$6.99**

SAVE \$1.00

HOUSE-MADE  
**CHARRED**  
**TOMATO SALSA &**  
**GUACAMOLE**  
**\$1 OFF**

MOLINARI  
**DRY SALAMI**  
*Sliced-to-Order*  
**\$10.99** lb

SAVE \$2.00

FRESH  
**MADE-TO-ORDER**  
**BURRITOS**  
*Bean, Tofu, Rojo Chicken, or Pork*  
**\$1 OFF**

**ALL**  
**SPARKING**  
**WINE**  
**20%**  
**OFF**

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wild about local

## fresh meat & seafood

ALL NATURAL  
**CHICKEN**  
**WINGS**  
*Antibiotic & Hormone Free*  
**\$2.99** lb

SAVE \$1.00

HOUSE-MADE  
**BEEF**  
**MEATBALLS**  
**\$6.99** lb

SAVE \$2.00

ALL NATURAL  
**BONE-IN**  
**CENTER CUT**  
**PORK CHOPS**  
*Antibiotic & Hormone Free*  
**\$4.99** lb

SAVE \$1.00

MEYERS NATURAL ANGUS  
**GROUND**  
**BEEF**  
*Antibiotic & Hormone Free*  
**\$4.99** lb

SAVE \$1.00

MEYERS NATURAL ANGUS  
**BONELESS**  
**RIBEYE**  
*Antibiotic & Hormone Free*  
**\$12.99** lb

SAVE \$5.00

MEYERS NATURAL ANGUS  
**BEEF**  
**TENDERLOIN**  
**STEAK**  
*Antibiotic & Hormone Free*  
**\$16.99** lb

SAVE \$3.00

HOUSE-MADE  
**LAMB**  
**SAUSAGE**  
*Made with Rosemary & Red Wine*  
**\$9.99** lb

SAVE \$2.00

FARMER'S MARK  
**BONELESS**  
**LAMB STEW**  
**MEAT**  
*Antibiotic & Hormone Free*  
**\$13.99** lb

SAVE \$3.00

FROZEN  
**COOKED**  
**SHRIMP**  
*21/25 ct • Peeled & Deveined*  
**\$10.99** lb

SAVE \$2.00



FROZEN  
**LOBSTER**  
**TAILS**  
*Wild Caught • 4-5 oz average*  
**\$5.99** ea

SAVE \$2.00

FROZEN • USA  
**KING**  
**CRAB LEGS**  
*Wild Caught*  
**\$14.99** lb

SAVE \$10.00

## bulk savings

EQUAL EXCHANGE  
West Bridgewater, MA

**CERTIFIED ORGANIC**  
**LOVE BUZZ COFFEE**  
**\$8.99** lb

SAVE \$1.70

Fairly  
Traded

TIERRA FARM • Valatie, NY  
**CERTIFIED ORGANIC**  
**DRIED MANGO**  
**\$11.99** lb

SAVE \$4.00

**CERTIFIED ORGANIC**  
**DRIED RED**  
**KIDNEY BEANS**  
**\$1.99** lb

SAVE 80¢

**CERTIFIED ORGANIC**  
**ROLLED OATS**  
**99¢** lb

SAVE 20¢

WOODSTOCK FARM  
**CERTIFIED ORGANIC**  
**RED QUINOA**  
**\$2.69** lb

SAVE \$1.10

**RASPBERRY**  
**YOGURT**  
**COVERED PRETZELS**  
**\$5.69** lb

SAVE \$2.30

## wellness

GREEN MOUNTAIN CBD  
Hardwick, VT

**20MG CBD**  
**CAPSULES**  
**\$19.99** 30 ct

SAVE \$10.00



new

PLUS CBD OIL  
**100MG CBD**  
**OIL SPRAY**

*Unflavored • Made with Extra Virgin Olive Oil*

**\$19.99** 1 oz

SAVE \$3.00

BADGER • Gilsum, NH

**LIP**  
**SHIMMER**  
*Tinted Lip Balms*

**\$3.39** ea

SAVE \$1.60



## calendar of events

**FRIDAY, FEBRUARY 9, 5-7PM**

### Northampton Arts Night Out

Opening reception for Maddy Neely!  
Live music by guitarist, Joshua Crane.  
Everyone is welcome!

**TUESDAY, FEBRUARY 6, 6:30-8:00PM**

### Free Workshop

*The Gut Microbiome* with Ana Maria Moise, MS,  
CNS, LDN. Pre-registration is required.  
Stop by Customer Service or call  
413-584-2665 to sign up.

## NEWS FROM THE CO-OP

We are now exploring a  
potential second store site  
in Easthampton!

Find more info and a FAQ on our  
website: [www.rivervalley.coop](http://www.rivervalley.coop).



## 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](mailto:info@rivervalley.coop)  
[www.rivervalley.coop](http://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.

## Vegan Beet Chocolate Cupcakes

Adapted from [minimalistbaker.com](http://minimalistbaker.com)

Yield: 11 Cupcakes

### INGREDIENTS

2 local eggs  
1/2 cup almond milk + 3/4 tsp apple cider vinegar  
1 1/2 tsp baking soda  
1/4 cup local maple syrup or agave nectar  
1/3 cup cane sugar  
1/4 cup melted coconut oil or vegan butter  
1 cup local beet puree  
1/4 tsp sea salt  
1/2 cup unsweetened cocoa powder  
1/2 cup almond meal (finely ground)  
1/4 cup gluten free oat flour  
3/4 cup gluten free flour blend

### PREPARATION

**Beets:** Preheat oven to 400°F, drizzle 2 large beets with oil of choice and wrap in foil. Bake for 50 minutes–1 hour, until a knife slides through easily. Peel away skins. Add beets to a food processor and add 1/4 cup liquid of choice (try a mix of water and orange juice). Blend until creamy and smooth, scraping down sides as needed.

**Cupcakes:** Preheat oven to 375°F and line 11 muffins with paper liners, or lightly grease. Also measure out almond milk and add vinegar. Stir and let curdle while moving onto the next step.

Mix eggs in a large bowl and add baking soda to the almond milk vinegar mixture and stir. It should fizz. Add sugar, maple syrup and almond milk mixture to the egg mixture and beat to combine. Add beet puree, melted coconut oil, salt and mix.

Add cocoa powder, almond meal, oat flour and gluten free flour blend and beat to combine. If the batter appears too thick, add more almond milk. If too thin, add a little more gluten free flour blend and cocoa powder. It should resemble a thin batter.

Divide batter evenly between muffin tins, filling 3/4 full. Bake for 29–34 minutes or until puffy and a toothpick inserted comes out clean.

Let rest for 10–15 minutes, then remove and let cool on a cooling rack.

Frost cupcakes generously with your favorite chocolate frosting. Sprinkles, mint leaves, or fresh raspberries would make the perfect garnish.



## FLOWERS FOR YOUR SWEETIE!

Our Floral Department is  
bringing in an assortment of  
ethically grown roses in time  
for Valentine's Day!

Throughout the winter we carry  
floral bouquets from Green Mountain  
Blooms, a Rainforest Alliance  
Certified consortium of domestic and  
international farms that is dedicated  
to doing business responsibly. All of  
their products come from farms that  
are treating employees well and  
at the same time helping the  
environment.

