



river valley co-op

wild about local

May 31 –
June 20, 2017

discover local

Riverland Farm • Sunderland, MA

Situated on 38 acres in Sunderland, Riverland is a family farm that keeps the co-op supplied with a wide diversity of organic produce throughout the growing season.



Photo by Jim Gipe, Pivot Media

fresh specials

RIVERLAND FARM • Sunderland MA

CERTIFIED ORGANIC



LOCAL CARROTS

\$1.49 lb

SAVE 50¢



QUEENS GREENS • Amherst, MA

CERTIFIED ORGANIC



LOCAL GEMSTONE SALAD MIX

\$4.99 8 oz

SAVE \$1.00



USA & MEXICO

CERTIFIED ORGANIC

YELLOW PEACHES

\$1.99 lb

SAVE \$2.00



MEXICO

CERTIFIED ORGANIC

SEEDLESS GRAPES

All Varieties

\$3.99 lb

SAVE \$2.00



from our deli

MADE-TO-ORDER HARISSA TURKEY PITA WRAP

Harrisa seasoned local Misty Knoll Turkey, pickled onions, with a lemon yogurt sauce, served in a grilled pita

\$6.99 ea

CABOT COOPERATIVE
Vermont

MILD CHEDDAR

Sliced-to-Order



\$5.99 lb

SAVE \$2.00

HOUSE-MADE POTATO SALAD

Picnic Ready!

A traditional potato salad made with potatoes, egg, mustard, mayo, celery and onion

\$4.99 lb

SAVE \$1.00

cheese

CABOT COOPERATIVE • Vermont

2LB CHEDDAR BLOCK

Sharp, Seriously Sharp, or Extra Sharp



\$9.99

SAVE \$3.00

BULGARIAN SHEEP'S MILK FETA

\$6.99 lb

SAVE \$2.00

Made with nine whole fruits in every bottle!

beer & wine

LES DEUX MOULINS
France

SAUVIGNON BLANC or PINOT NOIR

\$9.99 750 ml

SAVE \$3.00

ALL ROSÉ WINES 20% OFF

SAMUEL SMITH

ORGANIC BEER & HARD CIDER

Assorted Varieties

\$1 OFF

550 ml



discover river valley co-op

wild about local

fresh meat & seafood

MEYERS NATURAL ANGUS

SHOULDER STEAK

Antibiotic & Hormone Free

\$4.99 lb

SAVE \$1.00

HOUSE-MADE Maple Rosemary Marinated

SKIRT STEAK

\$9.99 lb

SAVE \$3.00

A Co-op Favorite!

FRESH

ATLANTIC SALMON FILLET

\$10.99 lb

SAVE \$5.00

FREEBIRD SPLIT CHICKEN BREAST

\$3.99 lb

SAVE \$1.00

GARRETT VALLEY TURKEY SNACK STICK

\$3.49 4.87oz

SAVE \$1.00

HOUSE-MADE TUNA BURGERS

\$2.99 ea

SAVE \$1.00

PINELAND FARMS
New Gloucester, ME



BONE-IN RIB EYE STEAK

\$10.99 lb

SAVE \$5.00

ORCA BAY FROZEN MAHI MAHI

\$7.99 10 oz

SAVE \$2.00

HOUSE-MADE SALMON BURGERS

\$2.99 ea

SAVE \$1.00

wellness

MYKIND

CERTIFIED ORGANIC • VEGAN

MULTI VITAMIN FRUIT CHEWS

Assorted Varieties

\$22.99 120 ct

SAVE \$12.00

LIFE-FLO

MAGNESIUM ROLL-ON

With Aloe Vera

\$3.99 3 fl oz

SAVE \$2.00

HOST DEFENSE
MUSHROOMS

MyCOMMUNITY

17-Species Multi Mushroom Complex Formula
for Supporting Natural Immunity

\$14.99 1 fl oz

SAVE \$5.00

Through their research, Host Defense has discovered mushroom extracts can significantly reduce certain bee viruses. Your support will help them continue their research for solutions to solve Colony Collapse Disorder and secure our food supply for the future.

Visit beefriendlyinitiative.org for more info!



bulk savings

CERTIFIED ORGANIC

TRI COLOR QUINOA

\$2.49 lb

SAVE \$1.10

EQUAL EXCHANGE
West Bridgewater, MA

CERTIFIED ORGANIC & FAIRLY TRADED

LOVE BUZZ COFFEE

\$8.99 lb

SAVE \$1.70

CERTIFIED ORGANIC

THOMPSON RAISINS

\$2.99 lb

SAVE \$1.00

CERTIFIED ORGANIC

SPLIT MUNG BEANS

\$1.99 lb

SAVE 80¢

GOLDEN TEMPLE

35% FRUIT MUESLI

\$2.99 lb

SAVE \$1.40

TRUE NORTH GRANOLA • Guilford, VT

ORIGINAL NUTTY NO GRAINER

\$11.99 lb

SAVE \$5.00



calendar of events

TUESDAY, JUNE 6, 6:30-8PM

Free Workshop: *Solar 101* with Zach Swan from Northeast Solar. Pre-registration is required. Call (413) 584-2665.

FRIDAY, JUNE 9, 5-7PM

Northampton Arts Night Out

Opening reception for June's café gallery exhibition of Mayan art, with live music from The Wards, Americana acoustic duo.

TUESDAY, JUNE 13, 6:30-8PM

Free Workshop: *Backyard Earthen Ovens* with Ashley Schenk. Pre-registration is required. Call (413) 584-2665.

THURSDAY, JUNE 15

Owner Appreciation Day

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

THURSDAY, JUNE 22, 5-8PM

Strawberry Ice Cream Social

Join us in our parking lot for this popular free summer kick off event! Proceeds to benefit Grow Food Northampton.



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.

Quinoa Salad with Peaches and Pickled Onions

Adapted from epicurious.com

Serves 8

INGREDIENTS

1 1/2 cups tri color quinoa rinsed well
4 tsp kosher salt plus more
1 medium red onion, sliced 1/4" thick
1/2 cup apple cider vinegar
3 tbsps sugar
2 large ripe firm peaches, cut into 1/2" pieces
1/2 bunch arugula, thick stems trimmed, leaves torn (about 2 cups)
2 cups small cherry tomatoes (about one pint), halved
1/4 cup olive oil
1/2 cup 1/2" pieces chives, divided
Freshly ground black pepper

PREPARATION

Bring quinoa and 4 cups water to a boil in a medium saucepan. Season with salt. Cover, reduce heat, and simmer until quinoa is tender, 8-10 minutes. Drain, return quinoa to pan, and

cover. Remove from heat and let sit 15 minutes. Fluff with a fork and spread out on a rimmed baking sheet; let cool.

Meanwhile, place onion in a small bowl. Bring vinegar, sugar, and 4 teaspoon salt to a boil in a small saucepan, stirring to dissolve sugar and salt. Pour over onion and let stand 20 minutes. Drain, reserving pickling liquid.

Toss pickled onion, peaches, arugula, tomatoes, oil, 1/4 cup chives, and 3 tablespoons reserved pickling liquid in a large bowl; season with salt, pepper, and more pickling liquid, if desired. Fold in quinoa.

Serve salad topped with remaining 1/4 cup chives.

DO AHEAD: Quinoa salad can be made 6 hours ahead (do not add arugula and chives). Cover and chill. Bring to room temperature and toss in arugula and chives just before serving.

STRAWBERRY Ice Cream Social



With Bart's Homemade Ice Cream

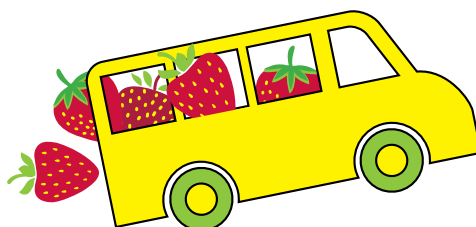
- Á La Cart Picnic Menu
- Free Face Painting & Kids Activities
- Live Music with The Pangeans
- Annual Austin Miller Co-op Hero Awards

Thursday, June 22 • 5-8pm • **EVERYONE IS WELCOME!**

Proceeds to benefit Grow Food Northampton

Beef Burgers Hardwick Grassfed Beef	\$5
Black Bean Burgers House-Made Vegan Burger	\$5
Potato Salad Vegan	\$2
Corn on the Cob Organic	\$2
Frozen	
Strawberry Lemonade Made with Local Strawberries	\$3
Cold Drinks	\$1
Ice Cream Sundaes	\$2
<i>FREE with burger purchase • Vegan option available</i>	
Made with Bart's Homemade vanilla ice cream and local certified organic strawberries	
Toppings: chocolate sauce, whipped cream, walnuts	

All Prices Include Sales Tax



RIDE OUR FREE PARTY BUS!
GET A COUPON FOR \$5 OFF your next
co-op purchase of \$25 or more!

Shuttle bus runs every 15 minutes from 4:30-8:30pm
from the Walmart Plaza Parking Lot.

