



# river valley co-op

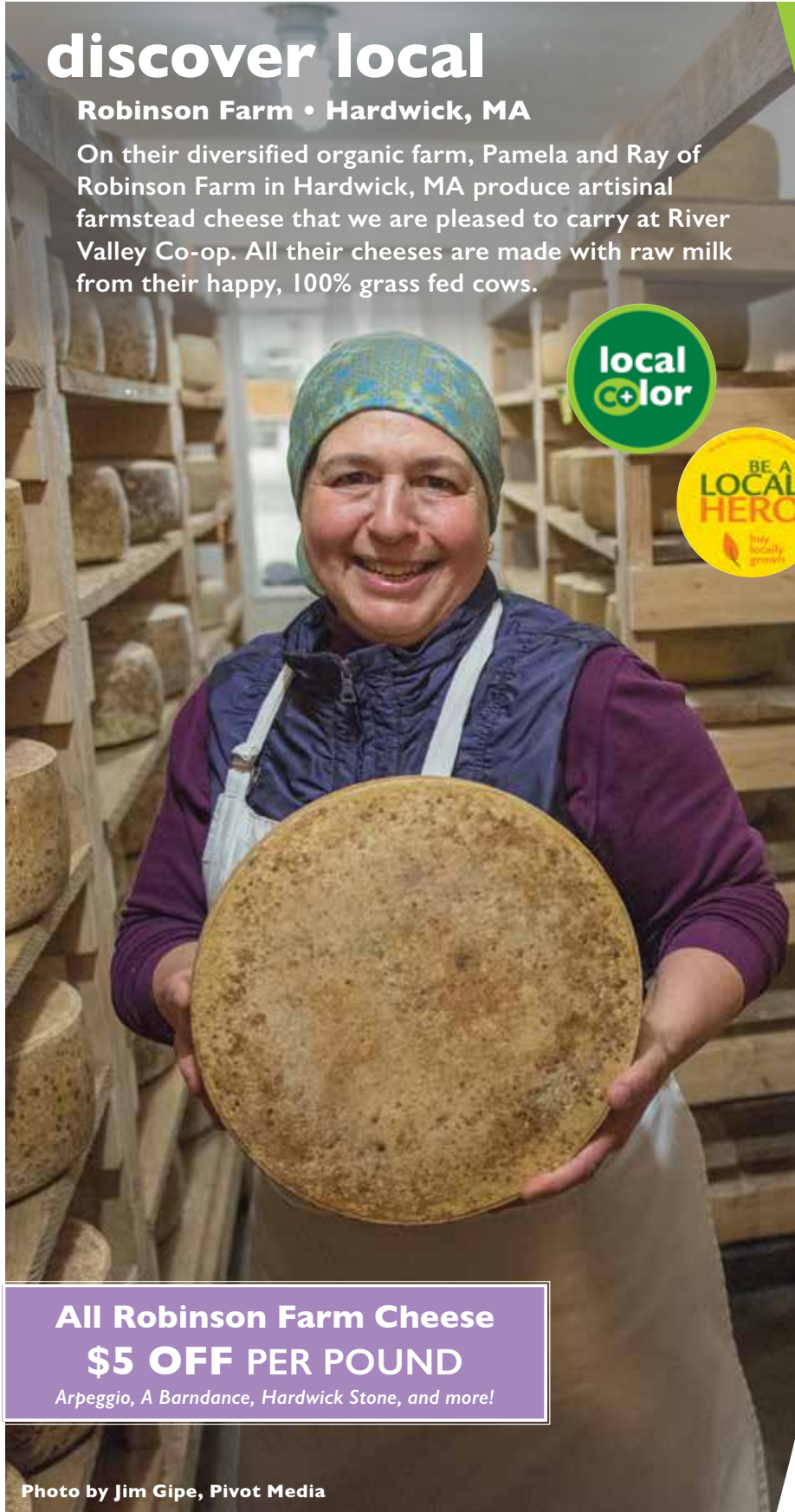
wild about local

November 29 –  
December 12, 2017

## discover local

Robinson Farm • Hardwick, MA

On their diversified organic farm, Pamela and Ray of Robinson Farm in Hardwick, MA produce artisanal farmstead cheese that we are pleased to carry at River Valley Co-op. All their cheeses are made with raw milk from their happy, 100% grass fed cows.



**All Robinson Farm Cheese**  
**\$5 OFF PER POUND**  
*Arpeggio, A Barndance, Hardwick Stone, and more!*

Photo by Jim Gipe, Pivot Media

## fresh specials

RIVERLAND FARM • Sunderland, MA

**CERTIFIED ORGANIC**

### LOCAL SWEET POTATOES

**\$1.49lb**

SAVE 50¢



ATLAS FARM • Deerfield, MA

**CERTIFIED ORGANIC**

### LOCAL BUTTERNUT SQUASH

**99¢ lb**

SAVE \$1.00



WINTER MOON ROOTS • Hadley, MA

**CERTIFIED ORGANIC**

### LOCAL BEETS

All Varieties

**\$1.99lb**

SAVE \$1.00



MEXICO

**CERTIFIED ORGANIC**

### AVOCADOS

**2/\$4**

co-op basics



## from wine & cheese

CHÂTEAU DU TERTRE • France  
**RED BORDEAUX**

**\$8.99** 750 ml  
SAVE \$2.00

NATURA • Chile

**CHILEAN WINE**  
All Varieties

**\$8.99** 750 ml  
SAVE \$1.00



NEW CITY BREWERY  
Easthampton, MA

**ORIGINAL  
GINGER BEER**  
or **NEW CITY  
MULE**

**\$9.99** 4 pk  
SAVE \$1.00



SMALL OVEN BAKERY  
Easthampton, MA

**ALL PRODUCTS**  
Sourdough Bread, Dinner Rolls, and more!

**10% OFF**

NEIGHBORLY FARMS  
Randolph Center, VT

**CERTIFIED ORGANIC  
LOCAL CHEESE**  
All Varieties

**\$4 OFF** per lb

DIVINA  
**DOLMAS**  
Stuffed Grape Leaves

**\$7.99** lb  
SAVE \$2.00

## from our deli

MADE-TO-ORDER  
**CHEESE STEAK**

House roast beef, roasted red peppers, grilled onions,  
melted American cheese, on a local Iggy's ciabatta

**\$6.99** ea  
SAVE \$1.00

NIMAN RANCH

**PASTRAMI ROUND**  
Sliced-to-Order

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

HOUSE-MADE

**APPLE  
BEET SLAW**

Green and red apples, beets, jalapeño,  
Arugula, onions, garlic, cayenne, nutmeg,  
cinnamon, apple cider vinegar

**\$5.99** lb  
SAVE \$1.00



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## fresh meat & seafood

HOMESTEAD NATURAL MEATS

**SMOKED  
PORK HOCKS**

Heritage Breed • Raised Outdoors

**\$2.99** lb  
SAVE 50¢

GARRETT VALLEY  
**TURKEY  
KIELBASA**

Antibiotic & Hormone Free

**\$5.99** 12 oz  
SAVE \$1.00

FREEBIRD  
**SPLIT BREAST  
CHICKEN**

Antibiotic & Hormone Free

**\$3.99** lb  
SAVE \$1.00

HOUSE-MADE

**HOT ITALIAN  
PORK SAUSAGE  
LINKS**

**\$5.99** lb  
SAVE \$1.00

THOUSAND HILLS  
**GRASS FED  
GROUND BEEF**

**\$5.99** 16 oz  
SAVE \$1.00

WILD CAUGHT  
**FROZEN  
ATLANTIC  
COD LOINS**

**\$10.99** lb  
SAVE \$1.00

Pairings  
selected by our  
Wine & Cheese  
Team

FARM RAISED  
**FRESH TILAPIA  
FILLET**

**\$6.99** lb  
SAVE \$1.00

Pair with  
Kono's New Zealand  
Sauvignon Blanc

MEYER NATURAL ANGUS  
**CHUCK ROAST**

Antibiotic & Hormone Free

**\$4.99** lb  
SAVE \$1.00

Pair with  
Domaine Bousquet's  
Malbec Reserve

## wellness

BADGER • Gilsum, NH

**CLASSIC LIP BALM  
GIFT SET**

**\$6.99** 4 pk  
SAVE \$3.00



MAGGIE'S ORGANICS

**WOOL  
SNUGGLE SOCKS**

**\$13.99** pair  
SAVE \$3.00

NATURAL VITALITY

**NATURAL CALM**  
Magnesium Supplement Drink Powder

**\$13.99** 8 oz  
SAVE \$7.00

## bulk savings

GRANDY OATS • Hiram, ME

**COCONOLA  
COCONUT GRANOLA**

**\$8.99** lb  
SAVE \$3.00

ESSELON • Hadley, MA

**FAIR TRADE**

**ETHIOPIAN COFFEE**

**\$7.99** lb  
SAVE \$3.00

**CERTIFIED ORGANIC**

**THOMPSON RAISINS**

**\$2.99** lb  
SAVE \$1.00

GOLDEN TEMPLE

**MAPLE ALMOND  
GRANOLA**

**\$2.99** lb  
SAVE \$1.40

TIERRA FARM • Valatie, NY

**CERTIFIED ORGANIC**

**DRIED MANGO**

**\$11.99** lb  
SAVE \$4.00

TIERRA FARM • Valatie, NY

**CERTIFIED ORGANIC**

**ROASTED SALTED  
PEPITAS**

**\$5.99** lb  
SAVE \$2.00

## calendar of events

**WEDNESDAY, DECEMBER 6  
6:30-8PM**

**Free Workshop** *World of Sparkling Wines* with Jess and Jamie from our Wine and Cheese Department. 21+ with valid ID. Pre-registration is required. Call 413-584-2665 to sign up.

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

### **Northampton Arts Night Out**

Opening reception for Sherid Adams, *The Little House Series*. Live music by Dave Dersham, folk guitar. Everyone is welcome!

**THURSDAY, DECEMBER 21  
5:30-8:30PM**

### **Winter Solstice Celebration at Arcadia Wildlife Sanctuary, Easthampton**

We're proudly sponsoring this free annual event, celebrating the shortest day of the year and welcoming the lengthening days ahead.

### **HOLIDAY HOURS**

Sunday, December 24: Closing early at 6pm

Monday, December 25: Closed all day

Tuesday, December 26: Resume regular hours



## 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.

## Sweet Potato Casserole

Coconut milk and maple syrup accentuate the natural deliciousness of sweet potatoes in this tasty side dish. Pairs well with roasted meats or poultry.

### INGREDIENTS

#### Casserole

2 pounds local sweet potatoes  
2 eggs, beaten  
1/2 cup local maple syrup  
2 tablespoons melted butter  
1/3 cup coconut milk  
1/8 teaspoon ground nutmeg

#### Topping

1/2 cup chopped pecans  
2 tablespoons melted butter  
1 tablespoon maple syrup  
salt and pepper to taste

Serves 6

### DIRECTIONS

Preheat oven to 350 degrees F. Butter or oil a 9 x 13 casserole dish. Peel and chop the sweet potatoes into medium-sized chunks. In a large pot of water, boil the sweet potatoes until tender, about 10 minutes. Drain the sweet potatoes and transfer to a large mixing bowl. Mash the sweet potatoes along with the beaten eggs, 1/2 cup maple syrup, 2 tablespoons melted butter, coconut milk, nutmeg, and a pinch of salt and pepper. Spoon the mashed sweet potato mixture into the baking dish.

In a small bowl, mix the chopped pecans, 2 additional tablespoons melted butter, and 1 tablespoon maple syrup. Sprinkle mixture evenly over the top of the sweet potatoes. Bake for about 40 minutes.

**SATURDAY, DECEMBER 9 • IN OUR PARKING LOT**

**9:00 am – 12:30 pm**

## Holiday Tree & Wreath Sale

SUSTAINABLY-GROWN • CHEMICAL-FREE

Local balsam fir trees from Pieropan  
Christmas Tree Farm harvested using  
sustainable stump culture

**4-8' TREES**

**WREATHS IN 3 SIZES**

**GARLANDS**

WHILE SUPPLIES LAST