



river valley co-op

wild about local

October 4 –
October 17, 2017

fresh specials

REAL PICKLES
**\$2.00
OFF**
ALL
PRODUCTS



Photo: Jim Gipe, Pivot Media

discover local

Real Pickles • Greenfield, MA

Celebrate national co-op month all October long by enjoying the offerings from one of our favorite local cooperatives! Real Pickles is a worker-owned cooperative that produces pickled products from locally-grown 100% organic vegetables.

Left to Right: Addie Rose, Heather, Brendan, Andy, and Annie



NEXT BARN OVER • Hadley, MA

CERTIFIED ORGANIC

**LOCAL SWEET
POTATOES**

\$1.49 lb

SAVE 50¢



ATLAS FARM • Deerfield, MA

CERTIFIED ORGANIC

**LOCAL RUSSET
POTATOES**

99¢ lb

SAVE \$1.00

5LB BAG

\$3.99

co-op basics



ATLAS FARM • Deerfield, MA

CERTIFIED ORGANIC

**LOCAL
BUTTERNUT
SQUASH**

\$1.29 lb

SAVE 70¢



APEX ORCHARD • Shelburne Falls, MA

LOCAL APPLES

All Varieties

70¢ OFF per lb



from our deli

3-PK CHOCOLATE PUMPKIN CANNOLI and CHOCOLATE TART
\$3.49 ea
 SAVE 50¢

VERMONT SALUMI • Plainfield, VT
PROSCIUTTO COTTO
\$9.99 lb
 SAVE \$1.00

MADE-TO-ORDER
REUBEN SANDWICH
Made with Applegate Naturals turkey or house-brined Tempeh, Swiss cheese, Real Pickles sauerkraut, house-made 1000 island dressing, served on Iggy's rye bread
\$6.99 ea
 SAVE \$1.00

cheese

MAPLE BROOK FARM • Bennington, VT
WHOLE MILK FETA
\$4.99 8 oz
 SAVE \$1.00

THOMAS FARM • Sunderland, MA
FRESH GOAT CHEESE
All Varieties
\$3.49 4 oz
 SAVE \$1.00

RUMIANO • **CERTIFIED ORGANIC**
CHEESE
All Varieties
\$3.99 8 oz
 SAVE \$1.20

SHELBURNE FARMS • Shelburne, VT
1 YEAR CHEDDAR
\$4.99 8 oz
 SAVE \$2.00

discover river valley co-op

wild about local

fresh meat & seafood

MEYER NATURAL ANGUS
BOTTOM ROUND POT ROAST
\$5.99 lb
 SAVE \$1.00

HARDWICK BEEF • New England
FRESH GRASS FED GROUND BEEF
Perfect for burgers!
\$7.99 lb
 SAVE \$2.00



NORTH COUNTRY SMOKE HOUSE
 Claremont, NH
CERTIFIED ORGANIC BACON
\$5.99 8 oz
 SAVE \$2.00

HOUSE-MADE
CHICKEN PESTO SAUSAGE
\$5.99 lb
 SAVE \$2.00

APPLEGATE NATURALS
CHICKEN NUGGETS
\$8.99 16 oz
 SAVE \$1.00

D'ARTAGNAN
DUCK BREAST
\$15.99 lb
 SAVE \$3.00

HOUSE-MADE
HARRISA MARRINATED SWORDFISH STEAKS
Previously Frozen
\$9.99 lb
 SAVE \$2.00

HOUSE-MADE
BACON WRAPPED DRY SEA SCALLOPS
\$23.99 lb
 SAVE \$4.00

bulk savings

ESSELON COFFEE • Hadley, MA
FAIR TRADE FRENCH ROAST BLEND
\$7.99 lb
 SAVE \$3.00

CERTIFIED ORGANIC GARBANZO BEANS
\$1.99 lb
 SAVE 60¢

LUNDBERG
CERTIFIED ORGANIC LONG GRAIN BROWN RICE
\$1.99 lb
 SAVE 90¢

DRIED APRICOTS
\$2.99 lb
 SAVE \$1.30

NATURAL ALMONDS
\$5.69 lb
 SAVE \$1.30

GOLDEN TEMPLE
MAPLE ALMOND GRANOLA
\$2.99 lb
 SAVE \$1.40

beer and wine

MONTINORE ESTATE
CERTIFIED ORGANIC PINOT GRIS
\$9.99 750 ml
 SAVE \$2.00

PEOPLE'S PINT • Greenfield, MA
LOCAL BEER
All Varieties
\$1.00 OFF

LA RIOJANA
RESERVA
Pinot Noir and Malbec
\$8.99 750 ml
 SAVE \$2.00

NEW CITY • Easthampton, MA
NEW CITY MULE and ORIGINAL GINGER BEER
\$8.99 4 pk
 SAVE \$2.00

BUY 6 BOTTLES OF LA RIOJANA AND RECEIVE A FREE WINE TOTE!

wellness

HERB PHARM
SUPER ECHINACEA
\$9.99 1 fl oz
 SAVE \$2.00

ZAND
ZINC ELDERBERRY LOZENGES
2/\$4 15 ct
 SAVE \$1.00



SOLARAY
BIOCITRATE MAGNESIUM
\$8.79 90 ct
 SAVE \$2.20

calendar of events

SUNDAY, OCTOBER 1

Co-op Ownership Drive Begins

Become a co-op owner during the month of October and receive two free gifts!

FRIDAY, OCTOBER 13, 5-7PM

Northampton Arts Night Out

Extended show for Susan Holmes *Retrospective: Photographs from the Yucatan*. Live music by Richard Norris, guitar, ragtime and bossa nova. Everyone is welcome!

WEDNESDAY, OCTOBER 18, 6:30-8PM

Free Workshop

Transforming Your Garden into a Native Bee Habitat with Leslie Cerier. Pre-registration required. Call 413-584-2665 or stop by Customer Service

THURSDAY, OCTOBER 26

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

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Butternut Squash Apple Soup Recipe

Adapted from: www.simplyrecipes.com

Serves: 4-6

Ingredients

1 medium yellow onion, chopped
1 celery rib, chopped
1 carrot, chopped
2 Tbsp butter
1 local butternut squash, peeled and chopped, seeds discarded
1 tart green apple, peeled, cored, chopped
3 cups chicken stock or broth
1 cup water
Pinches of nutmeg, cinnamon, cayenne, salt and pepper

Cooking Notes:

Butternut squashes come in various sizes. Your ratio of chopped butternut squash to chopped apple should be 3 to 1.

Directions

Sauté onion, carrot, celery in butter: Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.

Add squash, apple, broth, water, then simmer: Add the butternut squash, apple, broth and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.

Purée the soup: Use an immersion blender to purée the soup, or work in batches and purée the soup in a standing blender.

Season with nutmeg, cinnamon, cayenne, salt, pepper: Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste.

Garnish with chopped fresh parsley or chives.



october
co-op
ownership
drive

Join us!
Own it!

GET 2 FREE GIFTS
WHEN YOU JOIN

Refer a friend and your name will be entered into a weekly drawing for a \$50 co-op Gift Card.

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