



# river valley co-op

wild about local

December 5 —  
December 18, 2018



## discover local

**Big Picture Farm • Townshend, VT**

Run by Lucas, Louisa, and their small team, Big Picture Farm is a goat dairy and confectionery in southern Vermont. Their award-winning goat milk caramels are made with fresh, raw, creamy goat's milk from their herd of 40 healthy and happy, free-ranging companions. A perfect holiday gift, their caramels are on sale now!



Everyone is welcome to shop at the co-op, ownership is not required!  
330 North King Street, Northampton, MA 01060 • Open Daily 8 am – 10 pm  
(413) 584-2665 • info@rivervalley.coop • www.rivervalley.coop

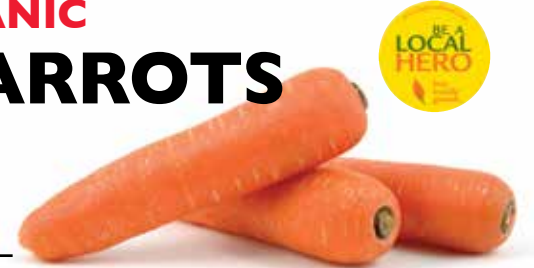
## fresh specials

WINTER MOON ROOTS • Hadley, MA

**CERTIFIED ORGANIC**

### LOCAL CARROTS

**\$1.49** lb



SAVE 50¢

USA

**CERTIFIED ORGANIC**

### GREEN KALE

**\$1.99** bunch



SAVE \$1.00

USA

**CERTIFIED ORGANIC**

### NAVEL ORANGES

**\$1.49** lb



SAVE \$1.50

USA

**CERTIFIED ORGANIC**

### GRAPEFRUIT

**\$1.49** lb



SAVE 50¢



## candies

BIG PICTURE FARM • Townshend, VT

### GOAT MILK CARMELS

Maple, Sea Salt, Cocoa Latte, and more!

**\$5.99** 3.2 oz  
SAVE \$3.00

## from the deli

CABOT COOPERATIVE • New England

### MEDIUM CHEDDAR CHEESE

Sliced-to-Order

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

### APPLEGATE NATURALS BLACK FOREST HAM

Sliced-to-Order

**\$10.99** lb  
SAVE \$2.00

### MADE-TO-ORDER BLT or TLT

A classic made with local bacon or house-smoked tempeh on your choice of grilled local bread

**\$5.99** ea  
SAVE \$1.00

### HOUSE-MADE PEPPERMINT MOCHA

Local espresso, local milk, house-made syrups, topped with local Cabot whipped cream and crushed peppermint

**\$3.99** 16 oz  
**\$2.99** 12 oz  
SAVE 50¢



## wine & cheese

CAMPO VIEJO • Spain

### GARNACHA or TEMPRANILLO

**\$10.99** 750 ml  
SAVE \$3.00

BLDG 8 BREWING • Florence, MA

### THE IPA

**\$12.99** 4 pk  
SAVE \$1.00

OLLI SALUMERIA

### ARTISANAL SALAMI

All Varieties

**\$1 OFF**

VERMONT CREAMERY  
Websterville, VT

### CRUMBLLED GOAT CHEESE

**\$12.99** lb  
SAVE \$2.00



# river valley co-op

## fresh meat & seafood

### SCRATCH-MADE HOT ITALIAN PORK SAUSAGE LINKS

A customer favorite!

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

### THOUSAND HILLS GRASS FED GROUND BEEF

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

### PINELAND FARMS BONELESS BEEF ROAST STRIP

**\$12.99** lb  
SAVE \$1.00

APPLEGATE NATURALS  
CERTIFIED ORGANIC & GLUTEN FREE

### SUNDAY BACON

**\$6.99** 8 oz  
SAVE \$1.00

BRIDGMONT FARM  
Westhampton, MA

### LOCAL GRASS FED GROUND BEEF

Antibiotic & Hormone Free

**\$7.99** lb  
SAVE \$1.00

### ALL NATURAL BONELESS PORK LOIN ROAST

**\$6.49** lb  
SAVE \$1.00



New England

### FRESH & LOCAL HADDOCK FILLETS

Wild Caught

**\$8.99** lb  
SAVE \$4.00

### BLUE HILL BAY SMOKED WHITEFISH SALAD

**\$8.99** 8 oz  
SAVE \$1.00

## wellness

BADGER • Gilsun, NH

### AROMATHERAPY TRAVEL KIT

Contains five .15oz balm sticks

**\$8.99** ea  
SAVE \$4.00

ALAFFIA

### SHAMPOO & CONDITIONER

2 oz travel size

**2/\$5**  
SAVE 98¢

NATURE'S WAY

### UMCKA COLDCARE

Lemon flavored soothing hot drink • 10 pack

**\$8.79**  
SAVE \$1.29

SUNBEAM CANDLES

### PINE NEEDLE BEESWAX VOTIVE

Made with solar power

**\$2.99** ea  
SAVE 80¢

## bulk savings

EQUAL EXCHANGE  
West Bridgewater, MA

CERTIFIED ORGANIC & FAIRLY TRADED

### BREAKFAST BLEND COFFEE

**\$8.99** lb  
SAVE \$1.70

CERTIFIED ORGANIC

### DARK CHOCOLATE CHIPS

**\$6.99** lb  
SAVE \$1.40

CERTIFIED ORGANIC

### STEEL CUT OATS

**99¢** lb  
SAVE 40¢

### WALNUT HALVES & PIECES

**\$6.99** lb  
SAVE \$2.70

GOLDEN TEMPLE

### MAPLE PECAN DREAM GRANOLA

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

TRUE NORTH • Brattleboro, VT

### GO NUTS GRANOLA

**\$8.39** lb  
SAVE \$2.00

## calendar of events

**FRIDAY, DECEMBER 7, 5:30-9PM**

**2018 Annual Meeting & Celebration Dinner  
at Mill 180 Park in Easthampton**

All co-op owners are encouraged to attend! Join us for a fun evening of food, drinks, dancing, and learning more about your co-op and where we're headed. Tickets available in advance at the Customer Service desk for \$5 each.

**SATURDAY, DECEMBER 8  
9AM-12:30PM**

**Holiday Tree & Wreath Sale  
in our parking lot!**

Locally-grown balsam fir trees and wreaths from Pieropan Christmas Tree Farm, harvested using sustainable stump culture.

**SATURDAY & SUNDAY  
DECEMBER 8 & 9**

**Wellness Department Holiday Pop Up Shops**

Stop by for great wellness holiday gift ideas!

**Saturday 9am-12:30pm:** Laura Crawford Inc.

**Sunday 12pm-4pm:** Sweet Roots Garden,  
Revival Homestead Supply, and Aura Cacia.

## Savory Carrot & Tarragon Tart

The bright local orange carrots in this savory tart are a feast for the eyes and the palate! Makes a perfect side dish for any holiday meal. Adapted from [www.strongertogether.coop](http://www.strongertogether.coop).

Total time: 1 3/4 hours  
Servings: 8

### INGREDIENTS

#### Crust

1 cup all-purpose flour  
1/2 cup whole-wheat flour  
1/2 tsp dried tarragon leaves  
1/2 tsp salt  
4 tbsp cold unsalted butter, cut into small pieces  
1/4 cup extra-virgin olive oil

#### Filling

2 tbsp extra-virgin olive oil  
1 cup thinly sliced red onion  
1 1/2 cups grated local carrots  
2 tbsp dry sherry, or rice vinegar, divided  
1 tbsp Dijon mustard  
1/2 cup shredded local Cheddar cheese  
1/2 cup low-fat plain yogurt  
1/2 cup low-fat milk  
2 large local eggs  
3/4 tsp finely chopped dried tarragon  
1/4 tsp salt

### PREPARATION

Preheat oven to 350°F. **To prepare crust:** Coat a 9-inch tart pan with cooking spray. Place all-purpose flour, whole-wheat flour, tarragon and 1/2 teaspoon salt in a food processor; pulse to combine. Add butter one piece at a time, pulsing twice after each addition, until incorporated. Add 1/4 cup oil and 1/4 cup yogurt and pulse just until the dough starts to come together. Transfer the dough to the prepared pan (it will be crumbly), spread evenly and press firmly into the bottom and all the way up the sides to form a crust. Bake crust until set but not browned, about 15 minutes. Let cool on a wire rack.

**To prepare filling:** Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until tender, about 5 minutes. Stir in carrots and 1 tablespoon sherry and cook, stirring, for 2 minutes. Remove from the heat.

Spread mustard over the crust. Sprinkle with Cheddar, then evenly spread the carrot mixture in the tart shell.

Whisk 1/2 cup yogurt, milk, eggs, tarragon, the remaining 1 tablespoon sherry, 1/4 teaspoon salt and pepper in a medium bowl. Place the tart pan on a baking sheet and pour in the filling.

Bake the tart until the filling is firm and the edges are golden brown, 40-45 minutes. Let cool for 15 minutes before slicing. Serve warm or chilled.



## 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.

## Co-op Holiday Hours

**Monday, December 24**  
8am-6pm

**Tuesday, December 25**  
Closed all day

**Monday, December 31**  
8am-8pm

**Tuesday, January 1**  
Closed all day