

April 3 — April 16, 2019



fresh specials

MEXICO • CERTIFIED ORGANIC ASPARAGUS \$3.99_в

USA • CERTIFIED ORGANIC GREEN BEANS \$1.99_{lb}

SAVE \$2.00

USA • CERTIFIED ORGANIC

GRAPEFRUIT SAVE \$1.00



MEXICO • CERTIFIED ORGANIC

MANGOES

SAVE \$6.96



discover local





Zawalick's Sugar House • Florence, MA

The days are longer and the sap is flowing! Enjoy the season with local maple syrup and maple candies from Stan Zawalick and his family in Florence. 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

USA AND MEXICO • CERTIFIED ORGANIC

STRAWBERRIES

\$4.99

SAVE \$3.00



from the deli



UNCURED GENOA SALAMI

SAVE \$2.00

MADE-TO-ORDER

LEO'S **PORTABELLO SANDWICH**

Marinated grilled portabella's, blue cheese and bacon served on local Iggy's Brioche with house made sundried tomato aioli, roasted red peppers, sliced onion, and spring mix

MADE-TO-ORDER **SMOOTHIE BOWLS**

A thickly blended smoothie with your choice of 3-6 toppings like house-made granola, goji berries toasted almonds and coconut, chia seeds, mini chocolate

chibs or fresh berries and banana slices



SCRATCH-MADE

ASIAN BEET SLAW

Mix of beets, carrots, peppers and scallions in a honey sesame dressing

\$5.99_{lb}

SAVE \$2.00

from wine & cheese

GREAT LAKES • Adams, NY

NEW YORK CHEDDAR

SAVE \$1.00



JACK'S ABBY • Framingham, MA

LOCAL BEER

Post Shift Pilsner, House Lager Bier, Blood Orange Wheat, IPL Mosaic, Citra Brau Lager



NEAL'S YARD DAIRY

STILTON COLSTON BASSETT \$18.99_{lb}

SAVE \$4.00

GUILOTEAU

BRIE D'AFFINOIS

SAVE \$2.00

STERLING

SAUVIGNON BLANC NAPA VALLEY

\$9.99 750 ml **SAVE \$5.00**

river valley co-op

fresh meat & seafood

PINELAND FARM New Gloucester, ME

FLAT IRON STEAK

SAVE \$1.00



FARMER'S FOCUS CERTIFIED ORGANIC

BONELESS CHICKEN THIGHS

\$5.99_{lb}

SAVE \$1.00

FARMER'S MARK

BLADE CHOP LAMB

Sustainably Raised • Antibiotic & Hormone Free

SAVE \$1.00

DR. HAUSCHKA **CLEANSING**

CREAM

Gently cleanses, exfoliates, fortifies and refreshes,

supporting the skin's natural protective

function for a healthy, radiant glow.

SAVE \$9.00

.99 1.77 fl oz

BLACK RIVER MEATS North Springfield, VT **CERTIFIED ORGANIC**

92% LEAN GROUND BEEF

SAVE \$1.00

APPLEGATE NATURALS

SUGAR FREE PORK SAUSAGE

SAVE \$1.00

APPLEGATE NATURALS

BLENDED TURKEY BURGER

SAVE \$2.00

BLACK RIVER MEATS North Springfield, VT

SWORDFISH PORTIONS

SAVE \$2.00

BERKSHORE • Easthampton, MA

LOCAL DAYBOAT **SEA SCALLOPS**

\$19.99_{lb}

SAVE \$4.00



wellness

EO

LAVENDER HAND SOAP \$5.99 12 fl oz

SAVE \$2.00



RIVER VALLEY CO-OP

PURE COLLAGEN PEPTIDES POWDER

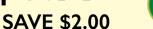
SAVE \$5.00

bulk savings

ESSELON COFFEE ROASTERS Hadley, MA

CERTIFIED ORGANIC • FAIR TRADE

ETHIOPIAN COFFEE



GRANDY OATS • Hiram, ME CERTIFIED ORGANIC

TURMERIC GINGER CASHEWS



SAVE \$3.00

CERTIFIED ORGANIC

THOMPSON RAISINS

\$3.49_{lb}

SAVE \$1.20

CERTIFIED ORGANIC

SHELLED WALNUTS HALVES & PIECES

\$9.99_{lb}

SAVE \$4.00

CERTIFIED ORGANIC

SHREDDED COCONUT

SAVE \$1.00

CERTIFIED ORGANIC

EXTRA VIRGIN COLD PRESSED OLIVE OIL

SAVE \$1.00

calendar of events

TUESDAY, APRIL 9, 6:30-8PM

Free Workshop

Activate 4 Healing Powers & End Chronic Back Pain with Lynne Ann Paterson Pre-registration is required. Call 413-584-2665 or stop by Customer Service to sign up!

WEDNESDAY, APRIL 10, 6:30-8PM

Free Workshop

Cleanse Clinic with Beth Goren Pre-registration is required. Call 413-584-2665 or stop by Customer Service to sign up!

THURSDAY, APRIL II, 6:30-8PM

Free Workshop

Kitchen Herbs for Family Wellness with herbalist Adrie Rose from Glad Heart Herbals Pre-registration is required. Call 413-584-2665 or stop by Customer Service to sign up!

FRIDAY, APRIL 12, 5-7PM

Northampton Arts Night Out

Opening reception for the 2019 Teen Art Show! Free refreshments and live music by Celia's Voice Studio presenting Arlo Gannon and Luna Puchalsky, ukulele and guitar. Everyone is welcome!





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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GREEN BEAN, BROCCOLI AND SALMON SALAD WITH TERIYAKI DRESSING

Adapted from: www.olivemagazine.com

15 Minutes Serves 2

INGREDIENTS

I/2 lb long-stemmed broccoli

3/4 lb green beans

1/4 lb edamame beans, defrosted if frozen

1/3 lb hot-smoked salmon

3 thinly sliced spring onions

2 tsp sesame seeds

I finely chopped red chilli

SESAME-TERIYAKI DRESSING

11/2 tbsp balsamic vinegar

11/2 tbsp mirin

11/2 tbsp soy sauce

2 tsp caster sugar

2 tsp sesame oil

DIRECTIONS

STEP I

Mix the dressing ingredients and leave to sit. Heat a large pan of boiling salted water. Drop in the broccoli and cook for 2 minutes, add the green beans and cook for another 2 minutes, then add the edamame and cook for a minute. Drain everything really well and cool a little. Toss with 1/2 the dressing and divide between 2 plates.

STEP 2

Top with the salmon, broken into flakes, then scatter over the spring onions, sesame seeds and chilli, and serve with the remaining dressing for drizzling.



Visit www.rivervalley.coop for more information on how to invest today!