



river valley co-op

wild about local

April 3 —
April 16, 2019



ZAWALICK'S
SUGAR HOUSE
\$18.99
32 fl oz jugs
SAVE \$9.00

fresh specials

MEXICO • **CERTIFIED ORGANIC**

ASPARAGUS
\$3.99 lb



SAVE \$4.00

USA • **CERTIFIED ORGANIC**

GREEN BEANS
\$1.99 lb



SAVE \$2.00

USA • **CERTIFIED ORGANIC**

GRAPEFRUIT
99¢ lb



SAVE \$1.00

MEXICO • **CERTIFIED ORGANIC**

MANGOES
4/\$5



SAVE \$6.96

USA AND MEXICO • **CERTIFIED ORGANIC**

STRAWBERRIES
\$4.99 16 oz



SAVE \$3.00

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

from the deli



Ithaca, NY

UNCURED GENOA SALAMI

sliced-to-order **\$14.99** lb  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

\$6.99 ea

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 chips or fresh berries and banana slices

\$3.00 OFF



NEW

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
\$5.99 lb  SAVE \$1.00

JACK'S ABBY • Framingham, MA
LOCAL BEER
Post Shift Pilsner, House Lager Bier, Blood Orange Wheat, IPL Mosaic, Citra Brau Lager

\$2.00 OFF 6-pack 



NEAL'S YARD DAIRY
STILTON COLSTON BASSETT
\$18.99 lb
SAVE \$4.00

GUILLOTEAU
BRIE D'AFFINOIS
\$12.99 lb
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
\$7.99 lb  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
\$8.99 lb
SAVE \$1.00

BLACK RIVER MEATS
North Springfield, VT
CERTIFIED ORGANIC
92% LEAN GROUND BEEF
\$7.99 16 oz  SAVE \$1.00

APPLEGATE NATURALS
SUGAR FREE PORK SAUSAGE
\$3.99 7 oz
SAVE \$1.00

APPLEGATE NATURALS
BLENDED TURKEY BURGER
\$7.99 16 oz
SAVE \$2.00

BLACK RIVER MEATS
North Springfield, VT
SWORDFISH PORTIONS
\$9.99 6 oz  SAVE \$2.00

BERKSHORE • Easthampton, MA
LOCAL DAYBOAT SEA SCALLOPS
10-20ct  **\$19.99** lb
SAVE \$4.00



wellness

DR. HAUSCHKA
CLEANSING CREAM  All Dr. Hauschka also on sale!
Gently cleanses, exfoliates, fortifies and refreshes, supporting the skin's natural protective function for a healthy, radiant glow.
\$19.99 1.77 fl oz
SAVE \$9.00

EO
LAVENDER HAND SOAP
\$5.99 12 fl oz
SAVE \$2.00



RIVER VALLEY CO-OP
PURE COLLAGEN PEPTIDES POWDER
\$19.99 14.1 oz
SAVE \$5.00

bulk savings

ESSELON COFFEE ROASTERS
Hadley, MA
CERTIFIED ORGANIC • FAIR TRADE
ETHIOPIAN COFFEE
\$8.99 lb  SAVE \$2.00

GRANDY OATS • Hiram, ME
CERTIFIED ORGANIC
TURMERIC GINGER CASHEWS
\$14.99 lb  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
\$2.99 lb
SAVE \$1.00

CERTIFIED ORGANIC
EXTRA VIRGIN COLD PRESSED OLIVE OIL
\$4.99 lb
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 11, 6:30-8PM

Free Workshop

Kitchen Herbs for Family Wellness with herbalist Adrie Rose from Glad Heart Herbs 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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on paper that contains 40% recycled fiber.

GREEN BEAN, BROCCOLI AND SALMON SALAD WITH TERIYAKI DRESSING

Adapted from: www.olivemagazine.com

15 Minutes Serves 2

INGREDIENTS

1/2 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
1 finely chopped red chilli

SESAME-TERIYAKI DRESSING

1 1/2 tbsp balsamic vinegar
1 1/2 tbsp mirin
1 1/2 tbsp soy sauce
2 tsp caster sugar
2 tsp sesame oil

DIRECTIONS

STEP 1

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.

Can you help launch Expedition Easthampton?

Invest in Our Wild About Growing Local!

2019 Co-op Owner Loan Campaign



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