



river valley co-op

wild about local

February 28 –
March 13, 2018

discover local

Gill Greenery • Gill, MA

Growing all of their sprouts hydroponically (without soil), and using organic practices, Seay and his family provide the co-op with a welcome sight of green throughout the winter! Here he is in one of their grow rooms just before harvest.



GILL GREENERY
LOCAL SPROUTS
All Varieties
\$1.99 4 oz
SAVE 50¢

Photo: Jim Gipe / Pivot Media

fresh specials

WINTER MOON ROOTS • Hadley, MA

CERTIFIED ORGANIC

LOCAL RED BEETS

\$1.49 lb

SAVE \$1.50



ARGENTINA • **CERTIFIED ORGANIC**

BARTLETT PEARS

\$1.99 lb

SAVE \$1.00



MEXICO • **CERTIFIED ORGANIC**

GREEN BEANS

\$2.99 lb

SAVE \$1.00



USA • **CERTIFIED ORGANIC**

RED & YUKON GOLD POTATOES

\$4.99 5 lb bag

SAVE \$1.00



USA • **CERTIFIED ORGANIC**

GREEN CABBAGE

79¢ lb

SAVE 50¢



cheese & bread

MT VIKOS

CERTIFIED ORGANIC
FETA CHEESE

Made with a blend of sheep's and goat's milk

\$4.99 6 oz
SAVE \$2.00



VERMONT CREAMERY
Websterville, VT

PLAIN CHÈVRE

Perfect for salads and pizzas

\$5.99 10.5 oz
SAVE \$1.50

RUMIANO

CERTIFIED ORGANIC
ALL CHEESES

Grass Fed • Certified Humane • Non-GMO

\$3.99 8 oz
SAVE \$2.00

IGGY'S BREAD OF THE WORLD
Cambridge, MA

FRENCH PARISIAN
BAGUETTE

\$2.49 ea
SAVE 50¢



\$4.99 ea
SAVE \$1.00

beer & wine

ALL
NEW ZEALAND
SAUVIGNON BLANCS
20% OFF

CHATEAU BARAT
France

BORDEAUX
SUPÉRIEUR

\$7.99 750 ml
SAVE \$2.00

ALL STOUTS &
PORTERS
10% OFF



from our deli

APPLEGATE NATURALS

OVEN ROASTED
TURKEY BREAST

Sliced-to-Order

\$10.99 lb
SAVE \$2.00

HOUSE-MADE
EGG SALAD

\$8.99 lb
SAVE \$1.00

MADE-TO-ORDER
BLT or TLT

A classic made with your choice of local
North Country Smokehouse bacon or our
famous house-smoked tempeh bacon,
served on local Iggy's bread

discover river valley co-op

wild about local

fresh meat & seafood

MYERS NATURAL ANGUS

STIR FRY
BEEF

Antibiotic & Hormone Free

\$5.99 lb
SAVE \$2.00

HOUSE-MADE

FLAT CUT
CORNER BEEF

Antibiotic & Hormone Free

\$5.99 lb
SAVE \$1.00

HOUSE-MADE

POINT CUT
CORNER BEEF

Antibiotic & Hormone Free

\$4.99 lb
SAVE \$1.00

ALL NATURAL

STIR FRY
PORK

Antibiotic & Hormone Free

\$5.99 lb
SAVE \$2.00

HOUSE-MADE

GARLIC & HERB
CHICKEN
BREAST

\$6.99 lb
SAVE \$1.00

STONEWOOD FARM
Orwell, VT

GROUND
TURKEY

\$5.99 16 oz
SAVE \$1.00



AMERICAN HOMESTEAD

HAM STEAK

\$6.99 8 oz
SAVE \$1.00

HOUSE-MADE

PESTO
CHICKEN
SAUSAGE

\$6.99 lb
SAVE \$1.00

FREEBIRD

GROUND
WHITE
CHICKEN

Antibiotic & Hormone Free

\$4.99 lb
SAVE \$2.00

FROZEN

BARRAMUNDI

\$11.99 lb
SAVE \$2.00

FRESH

HAKE

\$8.99 lb
SAVE \$1.00

HOUSE-MADE

CRAB STUFFED
SOLE FILLET

\$16.99 lb
SAVE \$2.00



bulk savings

DEAN'S BEANS • Orange, MA

CERTIFIED ORGANIC & FAIR TRADE

ROADHOUSE BLEND

Low Acidity



\$8.99 lb
SAVE \$1.20

GOLDEN TEMPLE

COCONUT ALMOND
GRANOLA

\$2.99 lb
SAVE \$1.40

CERTIFIED ORGANIC

FRESH GROUND
PEANUT BUTTER

\$3.69 lb
SAVE \$1.30

EQUAL EXCHANGE
West Bridgewater, MA

CERTIFIED ORGANIC & FAIRLY TRADED

NATURAL ALMONDS



\$9.99 lb
SAVE \$4.00

CERTIFIED ORGANIC

HIGH-GLUTEN
BREAD FLOUR

\$1.39 lb
SAVE 20¢

CERTIFIED ORGANIC

RED SPLIT LENTILS

\$1.69 lb
SAVE \$1.00

wellness

VERIDITAS BY PRANARŌM

CERTIFIED ORGANIC

LAVENDER
ESSENTIAL OIL

\$7.99 5 ml
SAVE \$2.00

RAINBOW LIGHT

SUNNY
GUMMIES

Vitamin D 1000IU

\$8.99 50 ct
SAVE \$3.00

RAINBOW LIGHT

50+ MINI-
TABLET

Food-Based Multivitamin

\$14.99 90 ct
SAVE \$4.00

UPSTATE ELEVATOR CO.

Burlington, VT

30MG FULL
SPECTRUM

CBD CAPSULES
\$4.99 2 pk



calendar of events

MARCH CO-OP OWNER DRIVE

Join us! own it!

Become a co-op owner during the month of March and get two free gifts when you join!

TUESDAY, MARCH 6, 6:30-8PM

Free Workshop

Introduction to Tong Ren with Ken Alan Hadden. Pre-registration is required. Stop by Customer Service or call 413-584-2665 to sign up.

FRIDAY, MARCH 9, 5-7PM

Northampton Arts Night Out

Opening reception for *Healing Abstractions* by GaBrilla Ballard with live music by The Wards.

TUESDAY, MARCH 13, 6:30-7:15PM

Free Workshop

10 Gluten Free Grains with Leslie Carter. Pre-registration is required. Stop by Customer Service or call 413-584-2665 to sign up.

THURSDAY, MARCH 29

Co-op Owner Appreciation Day!

Owners get 10% OFF a one-time shopping trip! Excludes beer, wine, milk, special orders, Buying Club and For 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

Printed with non-toxic, water-based ink
on paper that contains 40% recycled fiber.

Irish Colcannon (Creamy Potatoes and Cabbage)

Adapted from www.geniuskitchen.com

Serves 6 • Ready in 45 minutes

INGREDIENTS

- 1 lb cabbage
- 1 lb potatoes, peeled and diced
- 2 small leeks or 2 small onions, chopped
- 1/2 cup cream or milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon mace

DIRECTIONS

Strip outer leaves from cabbage. Shred the cabbage and place in a saucepan with water to cover the bottom and bring to a boil. Reduce the heat and simmer until crisp-tender, or about 5-10 minutes. Drain well.

In a separate pot, add potatoes and cover with water, boil until tender. Drain and set aside.

In a small saucepan cook leeks or onions and cream or milk for about 10 minutes.

Mash the potatoes and season with salt, pepper, and mace. Mix in the onion mixture. Combine with the cabbage, beating it to a pale green fluff over low heat.

Pour into a deep, warmed dish and dab with butter.

Note: Leftovers can be fried in oil until crisp and brown on both sides.



Join us! Own it!

GET 2 FREE GIFTS WHEN YOU JOIN!

River Valley Co-op Travel Mug • River Valley Co-op Recycled Shopping Tote

Refer a friend and you'll be entered into a weekly drawing for a \$50 co-op gift card!