



river valley co-op

wild about local

January 2 —
January 15, 2019



discover local

Echo Farm • Hinsdale, NH

A family farm located just over the border in New Hampshire, Echo Farm produces some of the best pudding in our region. Their all natural, gluten free, and Certified Humane puddings are made with milk from their own herd of very happy cows. On sale now!

Courtney Hodge with son Colton, daughter Honor, and cow Poppyseed

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

USA • **CERTIFIED ORGANIC**

SWISS CHARD

\$1.99 bunch

SAVE \$1.00



USA • **CERTIFIED ORGANIC**

CARA CARA ORANGES

\$1.99 lb

SAVE \$1.00



USA • **CERTIFIED ORGANIC**

SATSUMA MANDARINS

\$1.99 lb

SAVE \$2.00



USA • **CERTIFIED ORGANIC**

GRAPEFRUIT

99¢ lb

SAVE \$1.00



MEXICO • **CERTIFIED ORGANIC**

AVOCADOS

2/\$3

SAVE \$1.00



dairy

ECHO FARM • Hinsdale, NH

LOCAL PUDDING

Miracle's Chocolate, Lolly's Butterscotch,
and Ticket's Tapioca



2/\$1 6 oz
SAVE 98¢



from the deli

NIMAN RANCH

PASTRAMI ROUND

Sliced-to-Order

\$11.99 lb
SAVE \$2.00

TINE

JARLSBERG SWISS

Sliced-to-Order

\$9.99 lb
SAVE \$2.00

FRESH

MADE-TO-ORDER BURRITOS

Black bean, tofu, rojo chicken, or pork burrito in your
choice of white, wheat, or gluten free tortilla.
Excludes New Mexican breakfast burrito.

\$1 OFF

SCRATCH-MADE

ROASTED GARLIC MASHED POTATOES

A comfort food classic!

\$4.99 lb
SAVE \$4.00

wine & cheese

CYPRESS GROVE

MIDNIGHT MOON

Award-winning goat cheese from California

\$19.99 lb
SAVE \$5.00

VERMONT CREAMERY
Websterville, VT

LOCAL CHÈVRE

Herb or Plain



\$4.49 4 oz
SAVE 50¢

JEAN MARC BARTHEZ
France

BORDEAUX-ROUGE or BORDEAUX- BLANC

\$11.99 750 ml
SAVE \$1.00

ABANDONED BUILDING BREWERY
Easthampton, MA



LOCAL BEER 4-PACKS

Belladonna, St. Ebrus, Jubilation, and more

\$1 OFF

river valley co-op

fresh meat & seafood

Scratch-Made

Our Meat & Seafood team prepares a variety of items made from scratch using co-op recipes. From grinding their own sausages, to making their own marinades and sauces, to using our in-house smoker to create unique and flavorful items, the team is always working on something new, fresh, and delicious!

SCRATCH-MADE
**MAPLE
ROSEMARY
SKIRT STEAK**
\$10.99 lb
SAVE \$3.00

ALL NATURAL STRIP STEAK

Antibiotic & Hormone Free

\$12.99 lb
SAVE \$1.00

ALL NATURAL GROUND BEEF

Antibiotic & Hormone Free

\$4.99 lb
SAVE \$1.00

SCRATCH-MADE MILD ITALIAN PORK SAUSAGE

\$5.99 lb
SAVE \$1.00

FREEBIRD CHICKEN BREAST

Antibiotic & Hormone Free

\$4.99 lb
SAVE \$1.00

DUBRETON PORK TENDERLOIN

\$6.99 lb
SAVE \$1.00

FROZEN
**BREADED
PECAN
TILAPIA**
\$7.99 lb
SAVE \$2.00



WILD CAUGHT FROZEN SWORDFISH STEAK

\$9.99 lb
SAVE \$2.00

DUCKTRAP RIVER OF MAINE

SCOTTISH SMOKED SALMON

\$6.99 4 oz
SAVE \$1.00

bulk savings

CERTIFIED ORGANIC

REGULAR ROLLED OATS

99¢ lb
SAVE 20¢

EQUAL EXCHANGE
West Bridgewater, MA

CERTIFIED ORGANIC & FAIRLY TRADED

FRENCH ROAST COFFEE

\$8.99 lb
SAVE \$1.70



CERTIFIED ORGANIC

THOMPSON RAISINS

\$3.49 lb
SAVE 50¢

CERTIFIED ORGANIC

FRESH GROUND PEANUT BUTTER

\$3.49 lb
SAVE \$1.50

CERTIFIED ORGANIC

BROWN FLAX SEED

\$1.99 lb
SAVE 20¢

GOLDEN TEMPLE GRANOLA MAPLE ALMOND GRANOLA

\$2.99 lb
SAVE \$1.40

wellness

GOOD DAY CHOCOLATE

PROBIOTIC CHOCOLATE FOR KIDS

\$13.99 50 ct
SAVE \$4.00

THAYERS

SLIPPERY ELM LOZENGES

Fortified with Rose Hips and vitamin C

\$9.99 150 ct
SAVE \$3.00

HIMALAYA

NEEM & TURMERIC SOAP BAR

Cleanse and purifies skin

\$3.99 4.41 oz
SAVE \$2.00



OREGON'S WILD HARVEST

TURMERIC CAPSULES

Supports a healthy inflammation response

\$23.99 60 ct
SAVE \$6.00

calendar of events

FRIDAY, JANUARY 11, 5-7PM

Northampton Arts Night Out

Opening reception for our 10th Annual Co-op Kids' Art Show! Free refreshments and live music. Everyone is welcome!

WEDNESDAY,

JANUARY 15, 6:30-8PM

Free Workshop

What is Functional Medicine? Hosted by David Stuckey, DO. Pre-registration is required. Call 413-584-2665 or stop by Customer Service to sign up!

THURSDAY,

JANUARY 17, 6:30-8PM

Free Workshop

Aging Well: Fears and Antidotes with Rosamond Wulsin, MPH, CHC, FNLP. Pre-registration is required. Call 413-584-2665 or stop by Customer Service to sign up!

Garlic Toasts with Sausage, Peppers and Goat Cheese

A classic Italian combination of sausage and peppers comes together for a perfect appetizer.

INGREDIENTS

- 1 lb mild Italian pork sausage
- 1/4 cup unsalted butter
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1 tbsp finely chopped fresh parsley, divided
- 3/4 cup roasted red peppers, drained and sliced
- 1/2 cup goat cheese, crumbled
- 16 slices of a local baguette, cut diagonally into 1/2-inch thick slices

DIRECTIONS

Preheat oven to 375°F and line baking sheet with parchment paper. In saucepan, heat butter, garlic and salt until butter is melted; stir in 1 teaspoon parsley. Remove from heat; brush over one side of baguette slices. Place on prepared baking sheet; bake for 7 to 8 minutes or until golden and toasted.

Meanwhile, in nonstick skillet set over on medium-high heat, crumble and cook sausage for 8 to 10 minutes or until browned. Stir in peppers. Transfer to plate lined with paper towel.

Divide sausage mixture evenly among baguette slices. Top with goat cheese. Sprinkle with remaining parsley before serving.

Vote
for
us!

Valley Advocate's BEST OF 2019



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.



**It's that time of year again
for the Valley Advocate's
Best of 2019 Reader's Poll!**

Visit www.valleyadvocate.com to vote!
Polls close on January 31



2018 FIRST PLACE

Best Local Market/Grocer
Best Health Food Store
Best Local Green Business

2018 SECOND PLACE

Best Place for Fair Trade
Best Gourmet Food Store