



river valley co-op

wild about local

January 16 —
January 29, 2019



discover local



Pangaea Sushi • Northampton, MA

Poe and Su Su have been making sushi at the co-op since we opened in 2008. In 2017, they became independently-owned and incorporated as Pangaea Sushi. They make some of the best sushi in the area, using healthy, fresh, and all natural ingredients. A staff and customer favorite, their sushi and poke bowls are a must-try!

Featured in Photo: Susu (on left) and Poe (on right)

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 RED BEETS

\$1.49 lb

SAVE \$1.50



WINTER MOON ROOTS • Hadley, MA

CERTIFIED ORGANIC

**LOCAL DAIKON AND
STARBURST RADISHES**

\$1.99 lb

SAVE \$1.30



MEXICO • **CERTIFIED ORGANIC**

AVOCADOS

2/\$3

SAVE \$1.00



USA • **CERTIFIED ORGANIC**

D'ANJOU PEARS

\$1.99 lb

SAVE \$1.00



USA • **CERTIFIED ORGANIC**

NAVEL ORANGES

\$1.99 lb

SAVE \$1.00



from wine & cheese



Grafton, VT

MAPLE SMOKED CHEDDAR
\$9.99 lb
 SAVE \$1.00



SARTORI
BALSAMIC BELLAVITANO
\$16.99 lb
 SAVE \$2.00

JASPER HILL • Greensboro Bend, VT
WILLOUGHBY

A washed-rind soft cheese with subtle milky, herbal, and ripe-peach flavors

\$12.99 lb
 SAVE \$1.00



SAMUEL ADAMS • Boston, MA

COLD SNAP
\$8.99 6 pack
 SAVE \$1.00



WINTER WHITE ALE
\$9.99 6 pack
 SAVE \$1.00

from the deli

APPLEGATE NATURALS
GENOA SALAMI
Sliced fresh to order
\$14.99 lb
 SAVE \$4.00

HOUSE-MADE
PINEAPPLE KALE SMOOTHIE

Made with organic white grape juice and coconut milk, organic kale, and frozen pineapple

\$5.99 ea

MCCADAM
MUENSTER CHEESE
Sliced fresh to order
\$5.99 lb
 SAVE \$2.00

HOUSE-MADE
SWEET GREEK SANDWICH

Grilled sweet potato, lime massaged kale, feta cheese, house-made scallion crème fraîche served on a local Iggy's ciabatta

\$7.99 ea

river valley co-op

fresh meat & seafood

ALL NATURAL
CHICKEN WINGS
Antibiotic & Hormone Free
\$3.49 lb
 SAVE \$1.50

BRIDGMONT FARM
 Westhampton, MA
GRASS-FED GROUND BEEF
Antibiotic & Hormone Free
\$6.99 lb
 SAVE \$2.00



SCRATCH-MADE
BLACK BEAN CILANTRO CHICKEN SAUSAGE
\$5.99 lb
 SAVE \$1.00

ALL NATURAL
GROUND LAMB
Antibiotic & Hormone Free
\$11.99 lb
 SAVE \$1.00

NORTH COUNTRY SMOKEHOUSE
 Claremont, NH
JALAPEÑO CHEDDAR PORK SAUSAGE
\$5.39 12 oz
 SAVE \$2.00



PINELAND FARMS NATURAL MEATS
 New Gloucester, ME
FLAT BEEF BRISKET
\$7.99 lb
 SAVE \$1.00



DUCKTRAP RIVER OF MAINE
 Belfast, ME
SPRUCE POINT SMOKED SALMON
\$7.99 4 oz
 SAVE \$1.00



SCRATCH-MADE
SMOKED SALMON DIP
\$10.99 lb
 SAVE \$2.00

BERKSHORE • Easthampton, MA
STEELHEAD TROUT
Farm-raised
\$12.99 lb
 SAVE \$2.00



wellness

OLLOIS
DAIRY FREE HOMEOPATHIC REMEDIES
\$5.99 ea
 SAVE \$2.00

PRANAROM
IMMUNITY BOOST ESSENTIAL OIL BLEND
\$9.99 5 ml
 SAVE \$1.70

QUANTUM
DIGITAL BLUE EYE HEALTH
Helps filter digital blue light and optimize visual performance
\$15.99 60 Softgels
 SAVE \$4.00

bulk savings

CERTIFIED ORGANIC
POPCORN
\$1.49 lb
 SAVE 50¢

CERTIFIED ORGANIC
GARBANZO BEANS
\$1.99 lb
 SAVE 60¢

EQUAL EXCHANGE
 West Bridgewater, MA

CERTIFIED ORGANIC
FAIRLY TRADED

FRENCH ROAST COFFEE
\$8.99 lb
 SAVE \$1.70



TRUE NORTH • Brattleboro, VT
GLUTEN-FREE
GINGER GRANOLA
\$9.69 lb
 SAVE \$2.00



CERTIFIED ORGANIC
APRICOTS
\$4.99 lb
 SAVE 90¢

WALNUT HALVES AND PIECES
\$7.99 lb
 SAVE \$1.70

calendar of events

**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!

THURSDAY, JANUARY 31

Owner Appreciation Day

Co-op owners get 10% OFF almost all of their purchases! Excludes beer, wine, milk, special orders, Buying Club, and Food 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.

SIMPLE AVOCADO TOAST

Adapted from: www.homegrownprovisions.com

INGREDIENTS

2 slices of your favorite bread
1 ripe avocado
1/2 of a lime, juiced
flaky sea salt to taste
1 purple daikon radish, thinly sliced or shaved

Toppings

a drizzle or two of sesame oil
black sesame seeds
flaky sea salt
chervil leaves

DIRECTIONS

Toast the bread. While the bread is toasting, slice the avocado in half. Remove the pit and peel. Place the avocado halves in a bowl, splash with lime juice and use a fork to smash. Add flaky sea salt to taste.

Evenly distribute the smashed avocado between each piece of toast. Top with shaved radish slices. Drizzle with sesame oil and top with sesame seeds, flaky sea salt, and chervil as desired.



Valley Advocate's BEST OF 2019



**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