



river valley co-op

wild about local

June 5 —
June 18, 2019



fresh specials

QUEEN'S GREENS • Amherst, MA

CERTIFIED ORGANIC

LOCAL SALAD & LETTUCE MIXES

Gemstone Salad Mix and Kaleidoscope Lettuce Mix

\$4.99 8 oz

SAVE \$1.00



ATLAS FARM • Deerfield MA

CERTIFIED ORGANIC

LOCAL LETTUCES

Red, Green, or Romaine

\$1.99 bunch

SAVE \$1.00



MEXICO

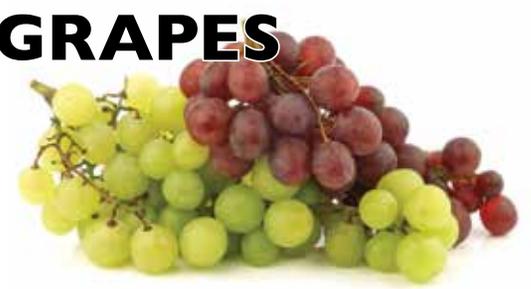
CERTIFIED ORGANIC

SEEDLESS GRAPES

Red, Green, or Black

\$3.99 lb

SAVE \$2.00



USA

CERTIFIED ORGANIC

BLUEBERRIES

\$4.99 pint

SAVE \$2.00



discover local

Queen's Greens • Amherst, MA

Owned and operated by Matt and Danya, Queen's Greens specialized in certified organic greens, herbs, and vegetables grown with care and passion. They're a reliable source of high-quality greens throughout the local season, and their tasty salad greens are 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

SCRATCH-MADE
**STRAWBERRY
STREUSEL BAR**
\$1.49 ea
SAVE \$1.00

TRUE STORY
**OVEN ROASTED
TURKEY**
\$12.99 lb
SAVE \$2.00

CABOT COOPERATIVE • New England
PEPPERJACK CHEESE
\$6.99 lb 
SAVE \$1.00



MADE-TO-ORDER
**BERRY-ANA
SMOOTHIE**

*Orange juice, kefir, banana, strawberry,
nutmeg, and vanilla extract*

\$3.99 16 oz
SAVE \$1.00

MADE-TO-ORDER
**ASHLIE'S FIESTA
TURKEY BURGER**

*Scratch-made turkey burger, served with local Grafton
smoked cheddar, chopped lettuce, caramelized onions,
and scratch-made horseradish mayo*

\$8.99 ea

from wine & cheese

PEAK ORGANIC • Portland, ME
SUMMER SESSION
A summertime IPA made with local wheat
\$10.99 6-pack
SAVE \$1.00 

PEAK ORGANIC • Portland, ME
SWEET TARTS
Sour ale made with grapefruit and hibiscus
\$10.99 6-pack
SAVE \$1.00



WHISPERING ANGEL
THE PALM ROSÉ
\$16.99 750 ml
SAVE \$2.00

ROSÉ ALL DAY
ROSÉ-GRENACHE
\$12.99 750 ml
SAVE \$1.00

DIVINA
SICILIAN OLIVES
\$8.99 lb
SAVE \$1.00

GREAT LAKES • Adams, NY
**NEW YORK
CHEDDAR CHEESE**
\$5.99 lb 
SAVE \$1.00

Grilling season has arrived!

Stop by our Meat & Seafood department
and grab some of these items to
throw on the grill, or try some of
our famous scratch-made sausages!



river valley co-op

wild about local

fresh meat & seafood

NORTH COUNTRY SMOKEHOUSE
Claremont, NT
**JALAPEÑO
CHEDDAR SAUSAGE**
\$6.39 12 oz 
SAVE \$1.00

SCRATCH-MADE
**BULK BREAKFAST
SAUSAGE**
Made right here at the co-op!
\$4.99 lb
SAVE \$1.00

PINELAND NATURAL MEATS
New Gloucester, ME
SHOULDER STEAK
Raised without antibiotics or hormones
\$5.49 lb 
SAVE \$1.50

SPRINGER MOUNTAIN
**BONELESS
SKINLESS
CHICKEN THIGHS**
\$3.49 lb
SAVE \$1.50

NIMAN RANCH
**GLUTEN FREE
BRATWURST**
No added nitrates or nitrite
\$5.99 12 oz
SAVE \$1.00

APPLEGATE NATURALS
**STADIUM BEEF &
PORK HOT DOGS**
All natural casing
\$5.99 12 oz
SAVE \$1.00



HOUSE-MADE
**GARLIC & HERB
SHRIMP SKEWERS**
Great on the grill!
\$13.99 lb
SAVE \$1.00

DUCKTRAP RIVER OF MAINE
Belfast, ME
**CERTIFIED ORGANIC
SMOKED SALMON**
\$8.99 3 oz 
SAVE \$1.00

wellness

WAY OUT WAX • Hyde Park, VT
BUG OUT!
*Woodland Mint, Citronatural
or Herbal Guard*
\$5.49 4 oz 
SAVE \$1.50



SUNSOIL • Hardwick, VT
**FULL SPECTRUM
CBD CAPSULES**
30 caps • 20 mg each
\$24.99 
SAVE \$5.00

VIBRANT HEALTH • Shelton, CT
GREEN VIBRANCE
*Plant-based superfood to support
immunity, digestions, and energy*
\$24.99 6.26 oz 
SAVE \$5.00

bulk savings

CERTIFIED ORGANIC
**REGULAR
ROLLED OATS**
99¢ lb
SAVE 20¢

DEANS BEANS • Orange, MA
CERTIFIED ORGANIC & FAIR TRADE
**AZTEC
TWO-STEP COFFEE**
\$9.99 lb 
SAVE \$1.00

TRUE NORTH • Brattleboro, VT
GLUTEN FREE
GINGER GRANOLA
\$10.69 lb 
SAVE \$1.00

**WHOLE NATURAL
ALMONDS**
\$5.99 lb
SAVE \$2.00

GOLDEN TEMPLE
**BLUEBERRY FLAX
GRANOLA**
\$2.99 lb
SAVE \$1.40

CERTIFIED ORGANIC
RED LENTILS
\$1.69 lb
SAVE 50¢

calendar of events

TUESDAY, JUNE 11, 5-7PM

Free Workshop

Community Investment Opportunities: Come learn about how to support our farms and farmland, our cooperatives, our local businesses and more through community investing. Pre-registration required—call (413) 584-2665 or stop by Customer Service to sign up

FRIDAY, JUNE 14, 5-7PM

Northampton Arts Night Out

Opening reception for *Fresh Meats*, works by Brynn Walker. Free refreshments and live music by Coby Gibson and Tom Staudle.

staff picks



GUAYAKI YERBA MATE BLUEPHORIA

As their website says “Yerba Mate has the strength of coffee, health benefits of tea, and the euphoria of chocolate.” Bluephoria has all that with a delicious burst of blueberry and elderberry!

Nikole, *Human Resources*



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.

Grilled Romaine Salad

Use the grill for more than just meat this summer by grilling your salad, too!

INGREDIENTS

Salad

- 1 large head local romaine lettuce
- 1 ear corn
- 2 slices day-old bread
- 1/2 avocado, chopped
- 1/4 medium red onion, thinly sliced
- 2 tbsp extra virgin olive oil, divided

Dressing

- 1/4 cup freshly grated Parmesan cheese
- 1 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1/4 tsp freshly ground black pepper

DIRECTIONS

Make the dressing by whisking together the cheese and lemon juice in a small bowl. Add the olive oil, balsamic and black pepper and whisk again until incorporated. Set aside.

Preheat an outdoor grill or stove top grill pan to

medium-low, about 350°F.

Place the corn on the grill and grill for about 4-5 minutes per side until the kernels start to char. Remove from grill once the whole ear is slightly charred, cut the kernels off the cob and set aside. While the corn grills, drizzle the bread with 1 tablespoon of olive oil and place on the grill for about 1-2 minutes per side until just slightly toasted and grill marks appear. Remove from the grill and cut into cubes.

Cut the head of romaine in half lengthwise keeping the core intact. Wash each half thoroughly, gently shake off any excess water and dry well.

Drizzle both halves of romaine (cut side) with the remaining tablespoon of olive oil. Place the lettuce halves on the grill, cut side down and grill for 1-2 minutes per side until the outer leaves just start to wilt and the core has some nice grill marks.

Plate the grilled romaine on a serving platter, top with the grilled corn kernels, sliced red onion, chopped avocado and grilled croutons.

Drizzle the dressing on top and serve warm.



SAVE THE DATE!
Thursday, June 20, 2019



Strawberry Ice Cream Social

Thursday, June 20, 5–8pm

Join us for our annual summer kickoff event! Everyone in the community is welcome to come celebrate the start of summer in the Valley! All proceeds to benefit Welcome Home Refugee Resettlement Program.

- 🍓 À la cart picnic menu with \$5 burgers, local corn on the cob, and more. *Vegan options available!*
- 🍓 Live music from local musicians
- 🍓 Free face painting and kids activities
- 🍓 Strawberry ice cream sundaes made with Batch ice cream and local strawberries

Location to be announced soon!

See next week's flyer and watch our website for an update.