



river valley co-op

wild about local

March 13 —
April 2, 2019



discover local

The Deli

Dave, Kate and the rest of the Deli team have been hard at work on a new menu and it's finally here! You'll find co-op classics like local grass-fed burgers and breakfast sandwiches alongside new items such as avocado toast with sunny side up eggs, vegan and dairy-free sipping soups, smoothie bowls, and so much more. All made-to-order just for you, and available all day!

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**
GREEN CABBAGE

79¢_{lb}

SAVE 50¢



USA • **CERTIFIED ORGANIC**
**YUKON GOLD &
RUSSET POTATOES**

\$3.99 5lb Bag

SAVE \$2.00



MEXICO • **CERTIFIED ORGANIC**
ASPARAGUS

\$5.99_{lb}

SAVE \$2.00



MEXICO • **CERTIFIED ORGANIC**
STRAWBERRIES

\$5.99 16 oz

SAVE \$2.00



ARGENTINA • **CERTIFIED ORGANIC**
BARTLETT PEARS


\$1.99_{lb}

SAVE \$1.00



from the deli

SCRATCH-MADE
CURRY CHICKEN SALAD
\$8.99 lb
SAVE \$4.00

MCKENZIE COUNTRY CLASSICS
Burlington, VT
DELI MEATS 
Maple Ham or Smoked Turkey
sliced-to-order
\$7.99 lb
SAVE \$2.00


From Our Co-operative Of Farm Families Since 1919
CHEDDAR 
Vermont
sliced-to-order
\$5.99 lb

HOUSE-BREWED
VIETNAMESE ICED COFFEE
\$2.99 ea
SAVE \$1.00

MADE-TO-ORDER
SWEET GREEK SANDWICH
Grilled sweet potato, scallion crème fraîche,
lime massaged kale and feta cheese
served on local Iggy's ciabatta
\$6.99 ea
SAVE \$1.00



river valley co-op

fresh meat & seafood

PINELAND FARMS
New Gloucester, ME
PRIME NY STRIP STEAK 
\$9.99 lb
SAVE \$5.00

PINELAND FARMS
New Gloucester, ME
PRIME BONELESS RIBEYE 
\$14.99 lb
SAVE \$4.00

NORTH COUNTRY SMOKEHOUSE
Claremont, NH
IRISH BANGER SAUSAGE 
\$6.39 12 oz
SAVE \$1.00

SCRATCH-MADE
FLAT-CUT CORNED BEEF BRISKET
\$8.99 lb
SAVE \$1.00

BLUE SEAL • Chicopee, MA
KIELBASA LOOP 
\$4.99 lb
SAVE \$1.00

FARMER'S MARK
BONELESS LAMB STEW
\$14.99 lb



VIKING
PECAN TILAPIA
Previously Frozen
\$7.99 lb
SAVE \$2.00



WILD CAUGHT
RAW SHRIMP
21/25 ct • Peeled & De-veined • USA
\$13.79 lb
SAVE \$1.00

from wine & cheese

KERRYGOLD
DUBLINER GRASS-FED CHEDDAR
\$9.99 lb
SAVE \$2.00

CAHILL'S CHEESE
CHEDDAR
Irish Porter and Whiskey Cheddar
\$15.99 lb
SAVE \$3.00




GUINNESS
ESTD 1759
STOUT PUB DRAFT
\$7.99 4-pack
SAVE 50¢

FINCA EL ORIGEN
RESERVA MALBEC
Deep purple color with notes of red fruits
\$9.99 750 ml
SAVE \$1.00

wellness

INESSCENTS
SALVATION CBD TRAVEL STICKS
Topical CBD product skin nourishing,
Moontime Harmony or Hot Freeze
\$12.99 .5 oz
SAVE \$2.00



 Single soap bars also on sale!
KIRK'S
CASTILE BAR SOAP
Aloe
\$3.99 3-pack
SAVE \$2.00

PIONEER NUTRITIONAL FORMULAS
B-COMPLEX STRESS FORMULA
\$14.99 60 ct
SAVE \$5.90

bulk savings

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

CERTIFIED ORGANIC
MEDJOOL DATES
\$6.49 lb
SAVE \$2.40

CERTIFIED ORGANIC
MILLET
\$1.29 lb
SAVE 40¢

CERTIFIED ORGANIC
GREEN LENTILS
\$1.99 lb
SAVE \$1.00

NATURAL ALMONDS
\$5.99 lb
SAVE \$2.00

TIERRA FARM • Valatie, NY
CERTIFIED ORGANIC
DRIED MANGOES
\$12.99 lb
SAVE \$3.00



calendar of events

TUESDAY, MARCH 12, 6:30-8PM

Free Workshop

You Have a Choice with Susan McNamara, M.A., CHHC. Pre-registration is required.

Call 413-584-2665 or stop by Customer Service to sign up!

WEDNESDAY, MARCH 13, 6:30-8PM

Free Workshop

Kitchen Herbs for Family Wellness with herbalist Adrie Rose from Glad Heart Herbals

Pre-registration is required.
Call 413-584-2665 or stop by Customer Service to sign up!

TUESDAY, MARCH 19, 6:30-8PM

Free Workshop

A Balancing Act with Roslyn S. Malkin, Ph.D., LICSW.

Pre-registration is required.
Call 413-584-2665 or stop by Customer Service to sign up!

TUESDAY, MARCH 26, 6:30-8PM

Free Workshop

Kitchen Witch with herbalist Adrie Rose from Glad Heart Herbals. Pre-registration is required.

Call 413-584-2665 or stop by Customer Service to sign up!



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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CABBAGE SOUP

Adapted from: www.dinnerthendessert.com

Celebrate spring with this cabbage soup.

INGREDIENTS

3 tablespoons olive oil
1/2 yellow onion chopped
2 cloves garlic minced
8 cups low sodium vegetable broth
1 teaspoon kosher salt
1/2 teaspoon dried thyme
1/2 teaspoon black pepper or to taste
1/2 head cabbage chopped in 1 1/2" chunks
4 carrots peeled and chopped
2 stalks celery sliced thinly
14.5 ounces stewed tomatoes

DIRECTIONS

In a large pot add the olive oil over medium heat then add in the onions and garlic, onion and cook until the onions are see through, about 3-5 minutes.

Add in the broth, salt, pepper, cabbage, carrots, celery and tomatoes and simmer for 30 minutes.

co-op owner Appreciation Days

Tuesday, March 26th and Wednesday, March 27th

Owners that shop at the co-op March 26th and March 27th
receive **10% OFF*** their entire order!

*Excludes beer, wine, milk, special orders, Buying Club, and Food for All



FRUITION SEEDS

ORGANIC SEED for the NORTHEAST

We have an assortment of seeds from Fruition Seeds,
High Mowing Organic Seeds, and Seed Savers Exchange
available now at the co-op!