



# river valley co-op

wild about local

May 15 —  
June 4, 2019



**SMIAROWSKI FARM  
LOCAL ASPARAGUS  
\$4.99 lb**

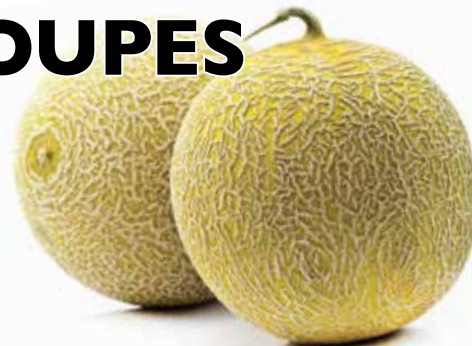
## fresh specials

MEXICO • **CERTIFIED ORGANIC**

### CANTALOUPES

# 2/\$7

SAVE \$2.98



USA • **CERTIFIED ORGANIC**

### PEACHES

# \$2.99 lb

SAVE \$1.00



MEXICO • **CERTIFIED ORGANIC**

### TOMATOES

# \$1.99 lb

SAVE \$2.00



## discover local

**Smiarowski Farm • Sunderland, MA**

Spring is here which incidates the arrival a favorite local staple - fresh asparagus from Smiarowski Farm in Sunderland! Good things are cropping up in the Valley at the co-op!



**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

USA • **CERTIFIED ORGANIC**

### GREEN CURLY KALE

# \$1.99 bunch

SAVE \$1.00




from the deli

SCRATCH-MADE  
**COLESLAW or  
POTATO SALAD  
or GRAMMA'S MAC**  
**\$1.00 OFF**

SCRATCH-MADE  
**ITALIAN  
SODAS**

Local Polar seltzer with your choice of Joe's organic syrups peach, strawberry, mango and raspberry.

**\$1.99** 16 oz   
SAVE 50¢

THE PIGGERY • Ithaca, NY  
**UNCURED  
BOLOGNA**

Nitrate free, thin-sliced, small-batch deli-style Bologna. Rich in flavor and texture.

sliced-to-order **\$9.99** lb   
SAVE \$3.00

ANDREW & EVERETT  
**AMERICAN  
CHEESE**

sliced-to-order **\$6.99** lb  
SAVE \$1.00

MADE-TO-ORDER  
**TRUE STORY  
HOT DOGS**

Grilled to order served with your choice of up to 4 toppings and condiments.

**2/\$5.99**

wine and cheese

MAPLE BROOK FARM  
North Bennington, VT  
**HANDMADE FRESH  
MOZZARELLA**  
**\$9.99** lb   
SAVE \$2.00

POINT REYES FARMSTEAD  
**BLUE CHEESE**  
**\$15.99** lb  
SAVE \$2.00

**ABANDONED  
BUILDING  
BREWERY**

Easthampton, MA   
**LOCAL BEER**

Hydra Pale Ale, The Other End Imperial IPA, Dirty Girl IPA

**\$1.00 OFF** 4 pack  
SAVE \$1.00

**HARDWICK  
VINEYARD & WINERY**

Hardwick, MA   
**WHITE  
ASPARAGUS WINE**  
**\$15.99** 750 ml  
SAVE \$1.00

river valley co-op

fresh meat & seafood

DUBRETON  
**PORK  
BABY BACK RIBS**  
*Raised without Antibiotics and Hormones*  
**\$4.49** lb  
SAVE \$1.00

PINELAND FARMS • New Gloucester, ME

**BONELESS  
RIBEYE STEAK**  
**\$15.99** lb   
SAVE \$2.00

SCRATCH-MADE  
**SWEET ITALIAN  
CHICKEN  
SAUSAGE**  
**\$5.99** lb  
SAVE \$1.00

NORTH COUNTRY SMOKEHOUSE  
Claremont, NH  
**BACON**  
**\$5.99** 12 oz   
SAVE \$1.00

SPRINGER MOUNTAIN FARMS  
**BONE IN SPLIT  
CHICKEN BREAST**  
**\$3.49** lb  
SAVE 50¢



Ithaca, NY  
**HOT DOGS**  
**\$6.99** 12 oz   
SAVE \$1.30

APPLEGATE NATURALS  
**PORK BREAKFAST  
SAUSAGE LINKS**  
**\$4.99** 7 oz  
SAVE \$1.00

DUCKTRAP RIVER OF MAINE  
Belfast, ME

**KENDALL BROOK  
SMOKED SALMON**  
**\$7.99** 4 oz   
SAVE \$1.00




wellness

QUANTUM HEALTH  
**BUZZ AWAY  
EXTREME**  
*Natural Insect Repellent*  
**\$5.99** 4 fl oz  
SAVE \$3.00



PRANAROM  
**CERTIFIED ORGANIC  
LAVENDER  
HYDROSOL**  
**\$3.99** 1 fl oz  
SAVE \$1.00



NEW CHAPTER, INC • Brattleboro, VT  
**ALL FLORA  
PROBIOTIC POWDER**  
*Clinical-strength probiotics, with revolutionary prebiotic & postbiotic nourishment, boost immune defenses and promote digestive health.*  
**\$27.99** 30 ct   
SAVE \$12.00

bulk savings

ESSELON COFFEE • Hadley, MA  
**CERTIFIED ORGANIC • FAIR TRADE**  
**SUMATRAN COFFEE**

**\$8.99** lb   
SAVE \$2.00

TRUE NORTH GRANOLA  
Brattleboro, VT  
**FIRST DATE  
GRANOLA**  
*Gluten Free*

**\$10.99** lb   
SAVE \$2.00

**CERTIFIED ORGANIC**  
**BLACK  
MISSION FIGS**  
**\$5.99** lb  
SAVE \$2.00

**CERTIFIED ORGANIC**  
**MILLET**  
**\$1.29** lb  
SAVE \$2.70

**CERTIFIED ORGANIC**  
**RAW CASHEW  
PIECES**  
**\$6.99** lb  
SAVE \$5.00

**DRIED SWEETENED  
CRANBERRIES**  
**\$2.99** lb  
SAVE \$1.00

## calendar of events

**SUNDAY, MAY 19, 11-2PM**

**Free Event**

Expedition Easthampton Fundraising Finale at  
228 Northampton St., Easthampton, MA!

**MONDAY, MAY 27, 8-10PM**

**Memorial Day**

We are open regular hours. Plan ahead!  
Due to Massachusetts Law,  
we cannot sell beer or wine on Memorial Day

**FRIDAY, JUNE 14, 5-7PM**

**Northampton Arts Night Out**

Art exhibition and reception opening. Free  
refreshments and live music by Coby Gibson and  
Tom Staudle, acoustic folk and blues  
Everyone is welcome!

## staff picks

### DOODLE PIES

Delicious, gluten-free  
hand pies! Sooooo  
good. My favorite is  
the ginger fig with  
lemon glaze.

Jennifer, Customer Service



## 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.

## ROASTED ASPARAGUS AND GRUYÈRE QUICHE

Adapted from: [www.spicedblog.com](http://www.spicedblog.com)

1 hr 20 minutes Serves 6

### INGREDIENTS

For the Roasted Asparagus

½ lb asparagus spears  
1 Tbsp olive oil

For the Quiche

1 unbaked pie crust homemade or store-bought  
3 large eggs lightly beaten  
½ cup milk  
1/3 cup heavy cream  
2 Tbsp fresh Italian parsley minced  
½ tsp salt  
½ tsp black pepper  
½ cup Gruyère or Swiss cheese grated

### DIRECTIONS

For the Roasted Asparagus

Preheat oven to 400°F. Trim off the thick bottom  
portions of asparagus spears. If desired, use a  
vegetable peeler to remove the thicker skin at the  
bottom of each stalk. Line a baking sheet with foil  
and arrange spears in a single layer.

Drizzle with olive oil and rub asparagus until each  
spear is well coated with oil. Roast at 400°F for  
10-12 minutes. Remove asparagus from oven and  
set aside.

For the Quiche

Roll out the pie dough into an 11" circle. Carefully  
press dough into an 8"x2" tart pan. Pinch off any  
excess dough, and place pan in freezer for at least  
30 minutes.

Preheat oven to 425°F. Using a fork, prick bottom  
and sides of dough 10-12 times. Bake pie crust for  
10-12 minutes, or until it just begins to turn golden  
brown. Remove crust from oven and set aside.

Reduce oven temperature to 350°F.

Chop roasted asparagus into 1" pieces; set aside In  
a large bowl, beat the eggs until well combined. Add  
milk, cream, parsley, salt, pepper and Gruyère; stir  
until well combined. Fold the chopped asparagus  
into the egg mixture.

Pour mixture into prepared pan.

Bake at 350°F for 50-55 minutes, or until top of  
quiche is set and golden brown in color.

Let cool for at least 5 minutes before slicing into  
wedges. Garnish each slice with freshly ground black  
pepper and a drizzle of olive oil before serving.



**1**

Purchase a \$5  
Bicycle Benefits  
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Customer Service.

We'll give you a free  
Purist Water® water  
bottle and a coupon  
worth 10% off a  
one time co-op  
shopping trip.



**2**

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Benefits  
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your  
helmet.



**3**

Show us the sticker  
when you bike to  
the co-op to shop.

For each shopping trip  
on your bike, receive  
a free organic  
fair trade banana,  
and double Co-op  
Green Stamps.