



river valley co-op

wild about local

May 17 –
May 29, 2018

discover local

Smiarowski Farm • Sunderland, MA

Spring is here and good things are cropping up in the Valley. A favorite local staple, fresh asparagus from Smiarowski Farm in Sunderland has arrived!



fresh specials

SMIAROWSKI FARM • Sunderland, MA

LOCAL ASPARAGUS
\$4.99 lb



USA/MEXICO

CERTIFIED ORGANIC

CUCUMBERS
\$1.99 lb



SAVE \$2.00

GEORGIA USA

CERTIFIED ORGANIC

VIDALIA ONIONS
99¢ lb



SAVE \$1.00

USA/MEXICO

CERTIFIED ORGANIC

CANTALoupES
\$3.99 ea



SAVE \$1.00

from the deli

CABOT COOPERATIVE • New England

MEDIUM CHEDDAR

Sliced-to-Order

\$6.99 lb

SAVE \$1.00



BLUE SEAL PROVISIONS
Chicopee, MA

SMALL BOLOGNA

Sliced-to-Order

\$8.99 lb

SAVE \$1.00



HOUSE-MADE

GRILLED SUMMER TOFU SANDWICH

Balsamic marinated tofu, on local Iggy's ciabatta with House-made sundried tomato pesto aioli, spinach and tomato

\$5.99 ea

SAVE \$1.00

Picnic Ready

\$1.00 OFF EACH

HOUSE-MADE SALADS

GRAMMA'S MAC

Traditional favorite made with elbow macaroni, celery, red onion, carrot and mayonnaise

PICNIC POTATO SALAD

Picnic favorite made with red bliss potatoes, celery, onion, parsley, dijon mustard, cage free eggs, organic red wine vinegar, and mayonnaise

COLESLAW SALAD

Traditional salad composed of green and red cabbages, organic carrots, dijon mustard, celery seeds, dill, organic white wine vinegar, organic cane sugar, and mayonnaise

Grilling season is here! Try some of these on the grill or stop by our Meat & Seafood Department for suggestions and recipes!

river valley co-op

wild about local

fresh meat & seafood

BLACK RIVER

BEEF PATTIES

80% lean 20% Fat • One-third pound ea

\$5.99 3-pack

SAVE \$1.00

APPLEGATE NATURALS

THE GREAT ORGANIC BEEF HOT DOG

\$6.99 10 oz

SAVE \$1.00

HOUSE-MADE

CHEDDAR BACON BURGERS

\$5.99 lb

SAVE \$3.00

HOUSE-MADE

SWEET ITALIAN CHICKEN SAUSAGE

\$4.99 lb

SAVE \$2.00

ALL NATURAL

PORK BABY BACK RIBS

Antibiotic & Hormone Free

\$5.99 lb

SAVE \$2.00

NORTH COUNTRY SMOKEHOUSE
Claremont, NH

FRUITWOOD SMOKED BACON

\$4.99 12 oz

SAVE \$1.00



VIKING

FROZEN PECAN CRUSTED TILAPIA

\$5.99 lb

SAVE \$2.00



BERKSHORE • New England WILD CAUGHT HALIBUT FILET

\$19.99 lb

SAVE \$4.00



from wine & cheese

MAINLAND

NEW ZEALAND SHARP CHEDDAR

Grass-fed

\$5.99 lb

SAVE \$1.00



BLDG 8 • Florence, MA

LOCAL IPA

\$11.99 4-pack

SAVE \$1.00

LAROQUE

CABERNET FRANC

\$9.99 750 ml

SAVE \$1.00

THE CROSSINGS

SAUVIGNON BLANC

\$10.99 750 ml

SAVE \$2.00

wellness

OREGON'S WILD HARVEST

CERTIFIED ORGANIC

FREEZE DRIED STINGING NETTLE

600mg, 90 capsules

\$14.99

SAVE \$5.50

HIMALAYA HERBALS

COMPLETE CARE TOOTHPASTE

100% Vegetarian

\$4.99 5.29 oz

SAVE \$1.00



ALBA

DEET FREE BUG SPRAY

Continuous spray bottle

\$9.99 4 fl oz

SAVE \$4.00

bulk savings

CERTIFIED ORGANIC

GARBANZO BEANS

\$1.99 lb

SAVE 60¢

CERTIFIED ORGANIC

THOMPSON RAISINS

\$2.99 lb

SAVE \$1.00

CERTIFIED ORGANIC

FRESH GROUND PEANUT BUTTER

\$3.69 lb

SAVE \$1.30

DEANS BEANS • Orange, MA

CERTIFIED ORGANIC • FAIR TRADE

BIRDWATCHER'S BLEND COFFEE

\$8.99 lb

SAVE \$1.20



TRUE NORTH • Brattleborro, VT

CHOCO GRANOLA

\$8.99 lb

SAVE \$1.40



WOODSTOCK

DARK CHOCOLATE COVERED ALMONDS

\$9.99 lb

SAVE \$1.50

calendar of events

FRIDAY, JUNE 8, 5-7PM

Northampton Arts Night

Come join us the 2nd Friday of each month for an artist reception honoring the River Valley Co-op artist of the month. Live music and free refreshments. Everyone is welcome.

MONDAY, MAY 30, 8-10PM

Memorial Day

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

staff picks

GREEN MOUNTAIN GREEK YOGURT Maple Flavor

This Vermont company does yogurt right: just the perfect amount of maple sweetness for that mid-afternoon pick-me-up, healthy dessert, or midnight snack.

Philip, Front End



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.

Lemony Fiddlehead and Mushroom Linguine

Adapted from Eatthriveglow.com

Serves 4

INGREDIENTS

2 cups fiddleheads
2.5 cups shitake mushrooms
2 cloves garlic
2 tbsp butter
8 oz linguine
¼ cup grated parmesan cheese
1 cup heavy cream
zest of ½ lemon
1 tbsp lemon juice
¼ tsp salt

DIRECTIONS

Clean fiddleheads thoroughly by washing them in water several times, then boil them for 15 minutes.

Fill a large pot with water, add a pinch of salt and cook the linguine al dente.

In a separate pan, saute the mushrooms, fiddleheads, and garlic together in butter. Once you are done sauteing, add the cream, parmesan cheese, salt and lemon juice and zest.

Remove the pan from heat once the sauce starts to thicken, and then toss it with the pasta.



GET A STICKER



PUT IT ON YOUR HELMET



BIKE AND SAVE

1

Purchase a \$5
Bicycle Benefits
sticker at
Customer Service.

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

2

Put your
Bicycle
Benefits
sticker on
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.