



river valley co-op

wild about local

May 30 –
June 12, 2018

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 season, and their tasty salad greens are on sale now!



Photo: Jim Gipe, Pivot Media

fresh specials

QUEEN'S GREENS • Amherst, MA

CERTIFIED ORGANIC

LOCAL SALAD GREENS

Kaleidoscope and Gemstone Salad Mixes

\$4.99 8 oz bags

SAVE \$1.00



ATLAS FARM • Deerfield, MA

CERTIFIED ORGANIC

LOCAL LETTUCE

Red Leaf, Green Leaf, and Romaine

\$1.99 bunch

SAVE \$1.00



ATLAS FARM • Deerfield MA

CERTIFIED ORGANIC

LOCAL SWISS CHARD

\$1.99 bunch

SAVE \$1.00



MEXICO

CERTIFIED ORGANIC

RED & GREEN SEEDLESS GRAPES

\$3.99 lb

SAVE \$2.00



pizza night

GOLDEN HOME PIZZA CRUSTS

Assorted Varieties

\$4.99 5 pk
SAVE \$1.70

SAN MARZANO PIZZA SAUCE

\$2.99 14 oz
SAVE \$1.40

CABOT CREAMERY • New England

SHREDDED MOZZARELLA

\$2.99 8 oz
SAVE \$1.00



Meat eater? Look for Applegate Naturals sliced pepperoni on sale for \$1 OFF!

wine & cheese

LA FIERA ITALIAN WINE

Montepulciano D'Abruzzo or Pinot Grigio

\$5.99 750 ml
SAVE \$2.00

BEAU DE FRANCE ROSÉ

\$9.99 750 ml
SAVE \$1.00

R&G CHEESE MAKERS • Troy, NY FRESH GOAT CHEESE

\$4.49 4 oz
SAVE 50¢



from the deli

MADE-TO-ORDER CHICKEN CAESAR WRAP

All natural chicken with our house-made Caesar dressing with lettuce, diced tomatoes, and bacon Parmesan croutons

\$7.99 ea

HOUSE-MADE SESAME GINGER SALMON

House-grilled wild caught salmon in a delicious sesame ginger tamari marinade

\$18.99 lb
SAVE \$1.00

JARLSBERG SWISS CHEESE

Sliced-to-Order
\$10.99 lb
SAVE \$2.00

APPLEGATE NATURALS BLACK FOREST HAM

Sliced-to-Order
\$10.99 lb
SAVE \$2.00

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 house-made sausages!



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fresh meat & seafood

APPLEGATE NATURALS THE GREAT ORGANIC BEEF HOT DOG

\$6.99 10 oz
SAVE \$2.00

HOUSE-MADE FRESH PORK BRATS

\$4.99 lb
SAVE \$2.00

FREEBIRD CHICKEN BONELESS CHICKEN BREAST

Antibiotic & Hormone Free
\$4.99 lb
SAVE \$1.00



PINELAND FARMS NATURAL MEATS
New Gloucester, ME

T-BONE STEAK

\$10.99 lb
SAVE \$4.00



PINELAND FARMS NATURAL MEATS
New Gloucester, ME

PORTERHOUSE STEAK

\$10.99 lb
SAVE \$4.00



FROZEN SWORDFISH STEAKS

\$8.99 lb
SAVE \$4.00



WILD CAUGHT • USA GARLIC & HERB SHRIMP SKEWERS

Great on the grill!
\$2.99 ea
SAVE \$3.00

HOUSE-MADE TUNA or SWORDFISH KABOBS

\$9.99 lb
SAVE \$3.00

wellness

WAY OUT WAX • Hyde Park, VT

BUG OUT! BUG SPRAY

All Scents
\$5.99 4 fl oz
SAVE \$1.00



NEEM AURA CITRONELLA OUTDOOR STICKS

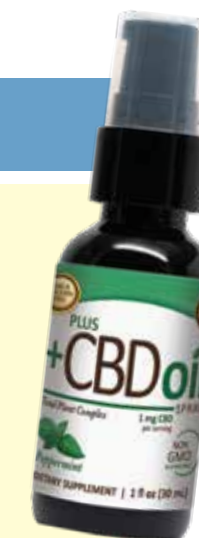
Naturally repels mosquitoes
\$3.99 10 ct
SAVE \$2.00

KULI KULI FAIR TRADE MORINGA ENERGY SHOTS

Coconut, Ginger, or Raspberry
\$2.99 2.5 fl oz
SAVE \$1.00

PLUS CBD CBD OIL SPRAY

Unflavored or Peppermint
in Extra Virgin Olive Oil
\$17.99
SAVE \$5.00



bulk savings

NATURE'S PATH
CERTIFIED ORGANIC

**HEMP PLUS
GRANOLA**
\$3.69 lb
SAVE \$2.00

CERTIFIED ORGANIC

ROLLED OATS
99¢ lb
SAVE 20¢

CERTIFIED ORGANIC

PUMPKIN SEEDS
\$3.69 lb
SAVE 70¢

CERTIFIED ORGANIC

PINTO BEANS
\$1.89 lb
SAVE 50¢

CERTIFIED ORGANIC

**ROASTED & SALTED
PISTACHIOS**
\$8.99 lb
SAVE \$2.80

EQUAL EXCHANGE
West Bridgewater, MA

CERTIFIED ORGANIC & FAIRLY TRADED

**FRENCH ROAST
COFFEE**
\$8.99 lb
SAVE \$1.70



calendar of events

FRIDAY, JUNE 8, 5-7PM

Northampton Arts Night

Opening reception for *Life Beyond Pavement*, works by Lauren LeCours. Live music by Coby Gibson and Tom Staudle. Everyone is welcome!

SATURDAY, JUNE 16, 12-3PM

Local Hero Day

There are over 200 Local Hero farms helping to feed our Valley – come by the co-op to meet some of them and taste their delicious products during our first Local Hero Day!

staff picks

HOUSE-MADE OATMEAL RAISIN PECAN COOKIES

I have a weakness for sweets, and these vegan oatmeal raisin cookies are by far the best I've come by!

– Louis, Grocery Team



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.

Fresh Herb Marinade

This simple marinade will add a fresh herb flavor to your favorite meats, tofu, and veggies.

INGREDIENTS

3 garlic cloves, minced
1/2 shallot, minced
4 sprigs oregano, leaves only, chopped
4 sprigs cilantro, leaves only, chopped
4 sprigs thyme, leaves only, chopped
1/4 cup red wine vinegar
1 tsp red pepper flakes
2/3 cup vegetable oil

PREPARATION

In a small mixing bowl, combine garlic, shallot and fresh herbs. Add vinegar and red pepper flakes, and then whisk in two tablespoons of the oil until well mixed. Slowly add the remaining oil to the bowl, whisking constantly.

SERVING SUGGESTION

This marinade adds a terrific herb flavor to any type of meat or tofu. You can reserve a portion of this marinade to use as a sauce with the finished dish.



FIRE UP THE GRILL! To find info on how to choose and cook the perfect steak, how to make delicious marinades and spice rubs for fabulous flavor infusions, how to turn your grill into a smoker and amazing recipes you'll love visit: strongertogether.coop/fire-grill

Strawberry Ice Cream Social

Thursday,
June 21, 2018
5-8pm

local
strawberry
sundaes

with Bart's Homemade Ice Cream

À La Cart Picnic Menu

Free Face Painting & Kids Activities

Live Music with Gumbo Jumbo Dixieland Band

Annual Austin Miller Co-op Hero Awards

Everyone is Welcome!