



river valley co-op

wild about local

September 30 —
October 20, 2020



**REAL PICKLES
\$2.00 OFF
ALL PRODUCTS**



discover local

Real Pickles • Greenfield, MA

A regional favorite, Real Pickles is a worker-owned cooperative producing tasty raw and naturally fermented pickles and sauerkrauts from vegetables grown by local Pioneer Valley farmers. Celebrate Co-op Month and stock up on their products today!

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

APEX ORCHARDS • Shelburne Falls, MA

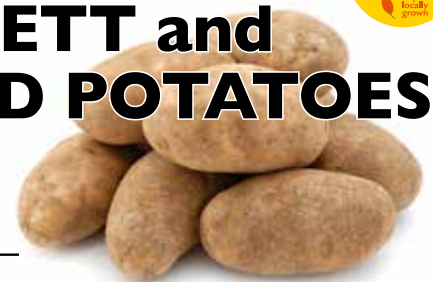
LOCAL HONEYCRISP APPLES
\$1.99^{lb}



SAVE \$1.00

ATLAS FARM • Deerfield, MA

CERTIFIED ORGANIC LOCAL RUSSETT and YUKON GOLD POTATOES
99¢^{lb}



SAVE \$1.00

CHAMUTKA FARM • Whately, MA

CERTIFIED ORGANIC LOCAL ACORN SQUASH
99¢^{lb}



SAVE \$1.00

NEXT BARN OVER • Hadley, MA

CERTIFIED ORGANIC LOCAL RED BEETS
\$1.99^{lb}



SAVE \$1.00

from the deli

MADE-TO-ORDER
**URSULA'S
SIGNATURE VEGGIE
BURGER**

Scratch-made black bean burger topped with lettuce, tomato, and scratch-made chipotle veganaise, served on a grilled brioche.

\$6.99 ea
SAVE \$1.00

ANDREW & EVERETT
AMERICAN CHEESE

sliced-to-order
\$7.99 lb
SAVE \$1.00

FARMERS AND COOKS • Warren, CT
CORNERED BEEF

sliced-to-order
\$17.99 lb
SAVE \$1.00

SCRATCH-MADE
**CARROT &
CHICKPEA SALAD**

Shredded carrots and chickpeas tossed with parsley and scallions in a toasted cumin jalapeño vinaigrette.

\$6.99 lb
SAVE \$1.00

SCRATCH-MADE
**LOCAL BUTTERNUT
SQUASH PILAF**

Scratch-made yellow rice, roasted local butternut squash and toasted coconut paired with a simple currant dressing make a hearty and warming side dish.

\$7.99 lb
SAVE \$1.00

grocery

REAL PICKLES • Greenfield, MA

CERTIFIED ORGANIC

ENTIRE BRAND

Pickles, Sauerkraut and more!

\$2.00 OFF

GROUND UP • Hadley, MA

LOCAL

ALL-PURPOSE FLOUR

Other varieties also on sale!

\$7.99 5 lbs
SAVE \$2.00

TAZA CHOCOLATE • Somerville, MA

CERTIFIED ORGANIC

**CHOCOLATE
COVERED NUTS**

Almonds or Hazelnuts

20% OFF



IQBAR • Boston, MA

PROTEIN BARS

Keto, vegan, paleo-friendly.

2/\$4 1.6 oz
SAVE \$1.58

LIVBAR

CERTIFIED ORGANIC

SUPERFOOD BARS

Coffee Maple Cacao or Blueberry Vanilla Kale

\$2.99 1.55 oz
SAVE 80¢

river valley co-op

fresh meat & seafood

PINELAND FARMS • New Gloucester, ME

CHUCK ROAST

Raised without antibiotics or added hormones

\$6.29 lb
SAVE \$1.00

GARRETT VALLEY FARMS

POLSKA KIELBASA

Raised without antibiotics or added hormones

\$5.49 12 oz
SAVE 50¢



DR. PRAEGER'S

KIDS FISH STICKS

\$4.99 10 oz
SAVE \$1.00

DUCKTRAP RIVER • Belfast, ME

**SMOKE ROASTED
PEPPERED SALMON**

\$6.99 4 oz
SAVE \$1.00

from wine & cheese

BERKSHIRE BREWING CO. • South Deerfield, MA

LOCAL BEER

22 oz bottles, 4 & 6 packs • Assorted Varieties

UP TO \$2.00 OFF

THE PINOT PROJECT

ASSORTED WINES

Chardonnay, Rosé, Pinot Noir or Pinot Grigio

\$11.99 750 ml
SAVE \$1.00

CABOT COOPERATIVE • NEW ENGLAND

**EXTRA SHARP
CHEDDAR**

\$7.99 lb
SAVE \$1.00

DIVINA

LEMON & GARLIC OLIVES

\$10.99 lb
SAVE \$1.00

wellness

25% OFF



All River Valley Co-op brand vitamins, supplements and essential oils.

HERBAL REVOLUTION
Union, ME

FIRE TONIC

Other Herbal Revolution products also on sale!

20% OFF

ZAND NATURALS

**HERBAL
LOZENGES**

All Varieties

30% OFF

bulk savings

CERTIFIED ORGANIC

WILD RICE

\$7.99 lb
SAVE \$2.00

CERTIFIED ORGANIC

RED RICE

\$5.79 lb
SAVE \$2.00

FALAFEL MIX

\$6.29 lb
SAVE \$2.00

**JADE
PEARL RICE**

\$3.59 lb
SAVE \$2.00

CERTIFIED ORGANIC

SOY BEANS

\$1.39 lb
SAVE 30¢

CERTIFIED ORGANIC

**RAW
CACAO BEANS**

\$4.00 OFF per lb

CERTIFIED ORGANIC

**WILD DRIED
BLUEBERRIES**

\$4.00 OFF per lb

Regular Hours are Back!

**Open Daily
8 am – 10 pm**

**RESERVED HOUR:
8 am – 9 am**

Reserved for our community members with compromised immune systems, including people over 60 years old.



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 8 am – 10 pm
Everyone is welcome!

Find us on social media!

Facebook: River Valley Co-op

Instagram: @rivervalleycoop

All offers valid while supplies last.



Balsamic Roasted Root Vegetables

adapted from: www.giveitsomethyme.com

Total Time: 1 hour

Servings: 8

Ingredients

1 lb sweet potatoes
3/4 lb carrots
3/4 lb parsnips
1 acorn squash
1 large red onion
1/3 cup extra-virgin olive oil
3 tablespoons balsamic vinegar
2 tablespoons maple syrup
1 tablespoon fresh thyme leaves
Salt and pepper
Non-stick cooking spray

Preparation

Preheat oven to 425°F. Spray an extra-large, rimmed baking sheet, or 2 smaller ones, with non-stick cooking spray.

Place sweet potatoes, carrots, parsnips, acorn squash, and red onion in a large bowl. Add olive oil, vinegar, syrup, and thyme. Season generously with salt and pepper. Toss to coat.

Spread vegetables on prepared pan(s). Roast 40-45 minutes until vegetables are softened and browned, stirring 2-3 times while in the oven.

Can be made 4 hours ahead. Cover and let stand at room temperature. Reheat at 350°F for 10-15 minutes.

**October
Co-op
Owner
Drive**

*Building a Better
Future Together*



Become an owner this month & receive...

**Automatic entry to win a \$500 co-op gift card • Two 10% OFF coupons for one time shopping trip
FREE Recycled Shopping Tote • FREE Z-Wrap Reusable Food Wrap**

Already an owner? Refer a friend for a chance to win a \$100 co-op gift card!

In October, we're proud to join with nearly 150 food co-ops around the country to celebrate the many stories of how cooperative companies, suppliers, manufacturers and farmers are growing strong, healthy communities around the world. Together with our co-op shoppers, we can make a difference!

To learn more visit rivervalley.coop.