



river valley co-op

wild about local

November 1 –
November 14, 2017



Photo by Jim Cipe, Pivot Media



fresh specials

ATLAS FARM • Deerfield, MA

CERTIFIED ORGANIC

LOCAL SWEET POTATOES

\$1.49 lb

SAVE 50¢



OLD FRIENDS FARM • Amherst, MA

CERTIFIED ORGANIC

LOCAL YELLOW ONIONS

99¢ lb

SAVE \$1.00



OLD FRIENDS FARM • Amherst, MA

CERTIFIED ORGANIC

LOCAL LEEKS

\$2.99 lb

SAVE \$1.00



SCOTT FARM • Dummerston, VT

ECO-GROWN

LOCAL HEIRLOOM APPLES

\$2.29 lb

SAVE 70¢

HONEYCRISP \$2.99lb SAVE \$1.00



discover local

It's that time of year again! Our Meat Department is ready to help you with your Thanksgiving turkey needs. Stop by and pre-order your local turkey today! See back page for details.

from wine & cheese

FORT HILL • Easthampton, MA

LOCAL BEER

All 6-Pack Varieties

\$1.50 OFF

LA FIERA

ITALIAN WINE

Pinot Grigio, Montepulciano d'Abruzzo

\$6.99 750 ml

SAVE \$1.00

PARÉS BALTA

BRUT CAVA

\$9.99 750 ml

SAVE \$4.00

KINGDOM

CERTIFIED ORGANIC

**CARAMELIZED
ONION CHEDDAR**

\$4.99 6 oz

SAVE \$1.00

Sharp Cheddar also \$1 OFF!



**BULGARIAN
SHEEP FETA**

\$6.99 lb

SAVE \$3.00

THOMAS FARM
Sunderland, MA

**FARMSTEAD
GOAT GOUDA**

\$5.99 6 oz

SAVE \$2.00

CORNICHONS

\$6.99 lb

SAVE \$3.00

BREAD EUPHORIA
Haydenville, MA

LOCAL BREAD

All Products

10% OFF

from our deli

HOUSE-MADE

RAW DEAL SALAD

Kale, spinach, pumpkin seeds, carrot, walnut, lemon juice, sambal, garlic, oregano, mint, sea salt, olive oil

\$6.99 lb

SAVE \$2.00

GRAFTON VILLAGE • Vermont

SMOKED CHEDDAR

\$10.99 lb

SAVE \$1.00

MADE-TO-ORDER

ALL TACOS

Rojo Chicken, Pork, or Black Bean
Two tacos per order

\$2.00 OFF



discover river valley co-op

wild about local

fresh meat & seafood

HOUSE-MADE

BEEF BROTH

\$5.99 32 oz

SAVE \$1.00

HOMESTEAD NATURAL MEATS

**BONELESS
PORK BUTT**

Heritage Breed • Non-GMO

\$3.99 lb

SAVE \$2.00

MEYER NATURAL ANGUS

**BONELESS
NY STRIP
STEAK**

Antibiotic & Hormone Free

\$13.99 lb

SAVE \$4.00

STONEWOOD FARM • Orwell, VT

**FROZEN
GROUND TURKEY**

Antibiotic & Hormone Free

\$5.99 16 oz

SAVE \$1.00

RED WHEELBARROW

CERTIFIED ORGANIC

**BONE-IN
CHICKEN THIGHS**

\$4.99 lb

SAVE \$1.00

BOSTON PRIDE • Boston, MA

**JUMBO
STUFFED CLAMS**

Wild Caught • Frozen

\$1.49 ea

SAVE 50¢



OCEAN GARDEN

WILD RAW SHRIMP

Peeled & De-veined • 21/25 ct

\$26.99 2 lbs

SAVE \$2.00

ORCA BAY

**WILD SOCKEYE
FILLET**

Previously Frozen

\$12.99 lb

SAVE \$2.00

wellness

DR. SCHNUFFIE'S
Great Barrington, MA

GET WELL

High-potency vitamin formula for immune support

\$15.99 30 ct

SAVE \$4.00

VERIDITAS BY PRANARŌM

**POMANDER
ESSENTIAL OIL
BLEND**

\$7.99 5 ml

SAVE \$2.00



TOUCH AND GO FARM
Bridgewater, VT

**BEST BEE
SAVVY JAR**

\$11.99 1.8 oz

SAVE \$3.00

bulk savings

EQUAL EXCHANGE
West Bridgewater, MA

CERTIFIED ORGANIC & FAIRLY TRADED

**FRENCH ROAST
COFFEE**

\$8.99 lb

SAVE \$1.70

**WALNUT
HALVES & PIECES**

\$3.99 lb

SAVE \$2.20

DECAS • Carver, MA

DRIED CRANBERRIES

\$2.69 lb

SAVE \$1.00

LUNDBERG

CERTIFIED ORGANIC

WILD RICE BLEND

\$3.99 lb

SAVE \$1.80

GOLDEN TEMPLE

**MAPLE PECAN
DREAM GRANOLA**

\$2.99 lb

SAVE \$1.40

KING ARTHUR • Norwich, VT

**ALL PURPOSE
FLOUR**

49¢ lb

SAVE 20¢

calendar of events

**WEDNESDAY, NOVEMBER 8
6:30-8PM**

Free Workshop *Thanksgiving Wine Pairings* with Jamie and Jess from our Wine Department. 21+ with valid ID. Pre-registration is required. Call 413-584-2665 to sign up.

FRIDAY, NOVEMBER 10, 5-7PM
Northampton Arts Night Out

Opening reception for the co-op staff art show. Live music by Jesse Doane, harp. Everyone is welcome!

**SATURDAY, NOVEMBER 11
10AM-12PM**

Free Workshop *Family Nature Walk at Fitzgerald Lake* with Ted Watt from Hitchcock Center for the Environment. Pre-registration is required. Call 413-584-2665 to sign up.

**TUESDAY, NOVEMBER 14
6:30-8PM**

Free Workshop *The Living Building Challenge* with Jessica Schultz from Hitchcock Center for the Environment. Pre-registration is required. Call 413-584-2665 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
The PVTA X98 Crosstown bus stops here!

(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.

Sweet Potato Casserole

Coconut milk and maple syrup accentuate the natural deliciousness of sweet potatoes in this tasty side dish.

Servings: 6

INGREDIENTS

Casserole

2 pounds local sweet potatoes
2 eggs, beaten
1/2 cup maple syrup
2 tablespoons melted butter
1/3 cup coconut milk
1/8 teaspoon ground nutmeg
salt and pepper to taste

Topping

1/2 cup chopped pecans
2 tablespoons melted butter
1 tablespoon maple syrup

DIRECTIONS

Preheat oven to 350°F. Butter or oil a 9x13 casserole dish. Peel and chop the sweet potatoes into medium-sized chunks. In a large pot of water, boil the sweet potatoes until tender, about 10

minutes. Drain the sweet potatoes and transfer to a large mixing bowl. Mash the sweet potatoes along with the beaten eggs, 1/2 cup maple syrup, 2 tablespoons melted butter, coconut milk, nutmeg, and a pinch of salt and pepper. Spoon the mashed sweet potato mixture into the baking dish.

In a small bowl, mix the chopped pecans, 2 additional tablespoons melted butter, and 1 tablespoon maple syrup. Sprinkle mixture evenly over the top of the sweet potatoes. Bake for about 40 minutes.

Serving Suggestion

This slightly-sweet version of a family favorite is perfect for a Thanksgiving sided-dish! But goes well with pretty much any roasted meats or poultry.

Order YOUR FRESH LOCAL TURKEY now!

PICK UP NOVEMBER 19-22

Family-Owned Farms • Humanely-Raised
Antibiotic & Hormone Free



DIEMAND FARM • \$3.89 lb

Wendell, MA



MISTY KNOLL FARM • \$3.99 lb

New Haven, VT



STONEWOOD FARM • \$2.99 lb

Orwell, VT



Certified Organic

MARY'S TURKEYS • \$3.79 lb

Kosher (previously frozen)

EMPIRE • \$3.99 lb

Call us at
413-584-2665 x314
or stop by the
Meat Department
to place your
order.

Pre-order a Thanksgiving turkey by November 14th and receive a coupon
for **\$10 OFF** a purchase of **\$50 or more** when you pick it up!