



river valley co-op

wild about local

September 15 —
September 28, 2021

Offers valid at both locations while supplies last



local apples!

You know fall is right around the corner when the local apples start arriving at the co-op. You'll find a wide range of unique varieties plus the all classics you know and love from orchards throughout our region. Thanks to **Scott Farm Orchard**, **Apex Orchards**, **Park Hill Orchard**, and other local growers, the co-op is stocked with delicious apples for eating, baking, preserving or whatever else you can come up with. Stop by today and stock up!

330 North King Street, Northampton, MA 01060 • (413) 584-2665
228 Northampton Street, Easthampton, MA 01027 • (413) 529-4990
Open Daily 8 am – 10 pm • info@rivervalley.coop • www.rivervalley.coop

MASK UPDATE: Per the Board of Health in Northampton and Easthampton, masks are required inside both of our stores if you are over two years old and do not have a health exemption. The first hour of every day is reserved for seniors (60+) and immune-compromised shoppers and masks are required regardless of vaccination status or health exemptions.

fresh specials

VARIOUS LOCAL ORCHARDS

LOCAL APPLES

Assorted Varieties

70¢ OFF per lb



ATLAS FARM • Deerfield, MA

CERTIFIED ORGANIC

LOCAL GREEN KALE

\$1.99 ea



SAVE \$1.00

FIVE COLLEGE FARM • Hadley, MA

CERTIFIED ORGANIC

LOCAL BUTTERNUT SQUASH

\$1.29 lb



SAVE 70¢

CHAMUTKA FARM • Whately, MA

CERTIFIED ORGANIC

LOCAL ACORN SQUASH

99¢ lb



SAVE \$1.00

grocery

APPALACHIAN NATURALS • Goshen, MA

SALAD DRESSING

Buttermilk Ranch, Ginger Miso, and more!

2/\$6 12 fl oz
SAVE \$5.98

GOLDTHREAD HERBS

HERBAL TONICS

Assorted Variates

\$3.29 12 fl oz
SAVE \$1.00



FEVER-TREE

DRINK MIXERS

Club Soda, Tonic Water, Ginger Ale, and more!

2/\$3 16.9 fl oz
SAVE \$2.98

WOODSTOCK

CERTIFIED ORGANIC

FROZEN FRUIT

Mango, Raspberries, and more!

2/\$7 10-13 oz
SAVE UP TO \$4.98

AMERICAN FLATBREAD • Pittsfield, NH

TOMATO SAUCE & THREE CHEESE FROZEN PIZZA



\$6.99
SAVE \$4.00
15.5 oz

from the deli

SCRATCH-MADE

TWO BEAN CHILI with LIME & POTATO

Warm up with our hearty scratch-made chili packed with vegetables and beans with a hint of lime

\$8.99 32 oz
SAVE \$1.00

SCRATCH-MADE

LASAGNA BOLOGNESE

Tender pasta sheets layered with ricotta filling and our delicious scratch-made bolognese sauce

\$9.99 lb
SAVE \$1.00

SCRATCH-MADE

QUINOA SALAD with CANDIED GINGER

Fluffy quinoa tossed in a citrus dressing with candied ginger, peas, carrots and sunflower seeds

\$5.99 lb
SAVE \$1.00

ANDREW & EVERETT

AMERICAN CHEESE

Sliced-to-Order

\$7.99 lb
SAVE \$2.00

MCKENZIE • Burlington, VT

SMOKED TURKEY BREAST

Sliced-to-Order

\$8.99 lb
SAVE \$2.00

meat & seafood

WHEEL-VIEW FARM & BRIDGMONT FARM

GRASS-FED SHORT RIBS

\$8.99 lb
SAVE \$1.00

SPRINGER MOUNTAIN

BONE-IN CHICKEN THIGHS

Non-GMO • All Natural

\$1.99 lb
SAVE 50¢

CHESTNUT LOT FARM
Conway, MA

GRASS-FED BEEFALO STEW MEAT

\$9.79 lb
SAVE 50¢

HENRY & LISA • Dover, NH

FROZEN RAW SHRIMP

Peeled & Deveined • 51/65 ct.

\$10.99 8 oz
SAVE \$2.00

from wine & cheese



MONTEREY JACK

\$5.99 lb
SAVE \$1.00

MAPLE BROOK FARM
Bennington, VT

WHOLE MILK FETA

Perfect crumbled on salad or topped on burgers

\$4.99 8 oz
SAVE \$1.00

SWITCHBACK BREWING
Burlington, VT

SWITCHBACK ALE

\$9.99 6-pk
SAVE \$1.00



SPENCER BREWERY • Spencer, MA

MONKSTER MASH PUMPKIN ALE

\$10.49 4-pk
SAVE \$1.00

WILLAMETTE VALLEY VINEYARDS

WHOLE CLUSTER

Rosé of Pinot Noir

\$18.99 750 ml
SAVE \$3.00

CHATEAU MARIS

PAYS D'OC ROUGE

Made from organic grapes

\$14.99 750 ml
SAVE \$1.00

wellness

YERBA PRIMA DAILY FIBER FORMULA

Supports Digestive Health

\$9.99 12 oz
SAVE \$3.00

RADIUS PEPPERMINT FLOSS

Plastic Free Packaging!

\$2.99 55 yd
SAVE \$1.00



20% OFF
until 9/29

All River Valley Co-op brand supplements, herbs & essential oils **20% OFF** until 9/29!

bulk savings

EQUAL EXCHANGE
West Bridgewater, MA

CERTIFIED ORGANIC & FAIRLY TRADED

GUATEMALAN MEDIUM ROAST COFFEE

\$8.49 lb
SAVE \$2.50

DARK CHOCOLATE & SEA SALT CARAMELS

\$7.49 lb
SAVE \$2.50

CERTIFIED ORGANIC

BLACK LENTILS

\$1.94 lb
SAVE 75¢

ROASTED SALTED CASHEWS

\$11.49 lb
SAVE \$3.50

WASABI PEAS

\$3.79 lb
SAVE \$1.50

TEXTURED VEGETABLE PROTEIN

Use as a meat extender or vegetarian meat substitute in recipes calling for ground beef or turkey

\$1.69 lb
SAVE \$1.00

Free Workshops

Wednesday, September 22 • 7 – 8 pm

The Art of Stir-Fry and Sauté with Leslie Cerier, The Organic Gourmet, Farm-to-Table Chef, Cooking Teacher & Cookbook Author

Thursday, September 23 • 7 – 8 pm

Yoga, Meditation and Gentle Movement for Pain Relief with Donna Brooks, BS, RSMT, C-IAYT Somatic Movement Educator and Meditation Therapist

Tuesday, September 28 • 7 – 8 pm

Self-care IS Selfish with Jaimee Roncone Owner of Healing Tree Health & Wellness Center

Wednesday, September 29 • 7 – 8 pm

Gut Health & Its Importance to Overall Health with Michelle Caron, RMT, CYT, Owner of Harmony Way

Thursday, October 21 • 7 – 8 pm

Gluten-Free Baking for Everyone with Leslie Cerier, The Organic Gourmet, Farm-to-Table Chef, Cooking Teacher & Cookbook Author

Tuesday, October 26 • 7 – 8:30 pm

Winter Herbal Medicine Cabinet with Jade Alicandro Mace, owner of Milk & Honey Herbs

All workshops are FREE to attend and will be held virtually for the time being. Registration is required.

To register, scan QR code or visit rivervalley.coop



Scan to sign up!



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One Co-op • Two Stores

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Chocolate-Raspberry Apple Slices

Whip up these fun chocolate-raspberry loaded apple slices for dessert or a sweet afternoon snack.

Time: 20 minutes • Servings: 4

Ingredients

- 1 cup frozen or fresh raspberries
- 1 tbsp local maple syrup
- 1/2 cup chocolate chips
- 2 large local Honeycrisp apples, halved, cored & sliced thin
- 1/4 cup pecans, chopped
- 2 tbsp shredded coconut
- 2 tbsp plain or vanilla yogurt

Preparation

In a small pot, simmer the raspberries and maple syrup for 5 to 10 minutes, stirring frequently. Remove the raspberry sauce from the heat and pour into a small container through a fine mesh

strainer to remove the seeds. (Tip: Use the back of a heavy spoon to push the raspberry sauce through the strainer.) Set aside the finished sauce. Melt the chocolate chips either in a double boiler or by microwaving for about 3 minutes on low, in a microwave-safe bowl. Spread out or overlap the apple slices on a platter or large plate. Lightly drizzle the apple slices with the melted chocolate and raspberry sauce, sprinkle pecans and coconut over the top, and serve with yogurt as a dipping sauce.

Serving Suggestion: Get creative with these kid-friendly dessert apple slices! Toast the nuts and coconut, replace the nuts with granola or crushed graham crackers, drizzle the apples with honey or caramel sauce, top with ice cream, sprinkle with cinnamon. If you have extra raspberry sauce, swirl it into the yogurt dip.

FREE LIVE MUSIC at the Easthampton co-op!

Saturday, October 2nd • 4–7 pm



Join us for FREE live music with **Salsa Train Orquesta** at our Easthampton location on October 2nd. Music starts at 5 pm!
Everyone welcome!