



river valley co-op

wild about local

April 2 —
April 15, 2025

Offers valid at both locations while supplies last



discover local

Meat & Seafood Department

The Meat & Seafood department at the co-op offers locally sourced, all-natural, and sustainably-raised products, ensuring the freshest options for our shoppers. Most items come from New England farmers and producers, many based right here in Massachusetts. From grass-fed beef raised just miles from the co-op to fresh seafood delivered straight from the Boston seaport, Dan and Jimmy keep the department stocked with high-quality products at great prices. With a commitment to personalized service, they're always happy to provide cooking tips, recipes, and perfect pairings for any meal.



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

All Masked Hour: From 8 am – 9 am everyday, face masks are required inside the co-op to provide an extra layer of security for those shoppers at higher risk.

fresh specials

MEXICO

CERTIFIED ORGANIC

CUCUMBERS

\$1.99 lb

SAVE \$2.00



USA

CERTIFIED ORGANIC

GREEN KALE

\$2.49 ea

SAVE 50¢



USA/MEXICO

CERTIFIED ORGANIC

GRAPE & CHERRY TOMATOES

\$3.99 pint

SAVE \$2.00



MEXICO

CERTIFIED ORGANIC

ASPARAGUS

\$3.99 lb

SAVE \$5.00



grocery



GRAN LUCHITO
BEANS
*Smoky Chipotle Refried Beans
or Cantina Black Beans*
2/\$5 15 oz
SAVE \$2.00

GRAN LUCHITO
ENCHILADA SAUCE
Assorted Varieties
2/\$7 14 oz
SAVE \$3.00

BONNE MAMAN
TARTLETS
Assorted Varieties
\$4.99 4.41 oz
SAVE \$1.50

BLACK RIVER
FRUIT JUICES & LEMONADES
Assorted Varieties
2/\$6 10.1 fl oz
SAVE \$2.00

CRYSTAL'S
RAW WILDFLOWER HONEY
\$10.99 17 oz
SAVE \$2.80

from the deli

SCRATCH-MADE
TOMATO & ASPARAGUS QUICHE
\$18.99 ea
SAVE \$1.00

SCRATCH-MADE
GLUTEN-FREE ZUCCHINI WALNUT BREAD
\$6.99 ea
SAVE \$1.00

HOUSE-MADE
MATCHA PEACH SMOOTHIE
\$5.99 ea
SAVE \$1.00

HOUSE-MADE
SMASH BURGER
Smashed beef or Beyond Beef vegan burger, griddle cooked and served with lettuce, tomato, Russian dressing, onion and pickles on potato roll
\$7.99 ea
SAVE \$1.00

meat & seafood

BILINSKIS
CERTIFIED ORGANIC CHICKEN SAUSAGE
Assorted Varieties
\$6.99 12 oz
SAVE \$1.30

VANDE ROSE
BONELESS PORK CHOPS
\$5.49 lb
SAVE \$1.50

NORTH COUNTRY • Claremont, NH
APPLEWOOD SMOKED BACON
\$7.99 12 oz
SAVE \$1.00

FARMERS FOCUS
ALL NATURAL CHICKEN PARTY WINGS
\$5.99 lb
SAVE \$1.30

PINELAND FARMS • New Gloucester, ME
CHUCK ROAST
Raised without antibiotics or added hormones
\$8.99 lb
SAVE \$1.50

BERKSHORE
WILD CAUGHT SOCKEYE SALMON FILLET
Previously Frozen • Product of USA
\$15.99 lb
SAVE \$1.00

bulk savings

CERTIFIED ORGANIC PUMPKIN SEEDS
\$4.99 lb
SAVE \$1.00

CERTIFIED ORGANIC DRIED GOJI BERRIES
\$14.99 lb
SAVE \$2.80

BACK ROADS GRANOLA
Brattleboro, VT
CERTIFIED ORGANIC & GLUTEN-FREE

COCONUT CRUNCH GRANOLA
\$11.89 lb
SAVE \$1.00

TRUE NORTH GRANOLA
Brattleboro, VT
GLUTEN-FREE NUTTY NO GRAINER GRANOLA

Delicious blend of maple-baked nuts and seeds, enhanced with coconut oil and a hint of spices
\$16.99 lb
SAVE \$3.00

CERTIFIED ORGANIC WHOLE ALMONDS
\$8.49 lb
SAVE \$1.70

from wine & cheese

CABOT CREAMERY • New England
SHARP CHEDDAR
\$8.99 lb
SAVE \$1.00

MAPLE BROOK FARM • Bennington, VT
FRESH MOZZARELLA
\$4.99 8 oz
SAVE \$1.00
Other Maple Brook cheese also on sale!

GLENDALE RIDGE • Westhampton, MA
LOCAL ROSÉ
\$21.99 750 ml
SAVE \$1.00

LE PETIT BALTHAZAR
CINSAULT ROSÉ
Crisp, dry, and fruity, with refreshing notes of citrus, ripe peach, melon & strawberry
\$7.99 750 ml
SAVE \$2.00
April Wine of the Month!

COLLECTIVE ARTS
NON-ALCOHOLIC IPA
\$8.99 4-pack
SAVE \$1.00

BACK EAST BREWING
Bloomfield, CT
ICE CREAM MAN IPA
\$12.99 4-pack
SAVE \$1.00

wellness

BOIRON
ALLERGYCALM TABLETS
\$9.99 60 ct
SAVE \$3.30

URBAN MOONSHINE • Burlington, VT
ORIGINAL BITTERS SPRAY
A well-balanced blend of traditional bitter herbs & warming aromatics
\$5.79 .5 oz
SAVE \$2.20

THE HEMPRESS • Brattleboro, VT
HEMP PROTEIN POWDER
Rich in dietary fiber & minerals
\$29.99 16 oz
SAVE \$7.00

DR. HAUSCHKA
ROSE DAY CREAM LIGHT
\$29.99 1 fl oz
SAVE \$15.00

Upcoming Events

FREE VIRTUAL CLASS

Wednesday, April 9 • 7:30 – 8:30 pm
Talking About the Climate & Other Hard Things with Castle O'Neill, Parent Coach, School Consultant

FREE VIRTUAL CLASS

Wednesday, April 16 • 7 – 8 pm
Balance, Strength, & Core Class for All Ages with Amy Dawn Kotel

FREE VIRTUAL CLASS

Wednesday, April 23 • 7 – 8 pm
Bring Health & Balance to Your Gardens & Farms with Agro-Homeopathy with Kristina White

FREE IN-PERSON CLASS • NORTHAMPTON

Sunday, April 27 • 1 – 2:30 pm
Crafting Spell Jars to Carry Spring Intentions with Kate Parker

FREE VIRTUAL CLASS

Tuesday, April 29 • 7 – 8 pm
Somatic Movement Support for Nervous System Regulation with Donna Brooks

For more full event descriptions and to register, scan QR code or visit rivervalley.coop



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One Co-op • Two Stores

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Slow Cooker Orange Chipotle Beef Tacos

Chuck roast is cooked to tender, juicy perfection in these fabulous and easy tacos.

Time: 4-8 hours; 20 minutes active
Servings: 6

Ingredients

- 1 1/2 pounds beef chuck roast
- 2 tablespoons tomato paste
- 1 teaspoon chipotle powder
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 4 cloves garlic, peeled
- 2 large seedless oranges, quartered
- 12 taco shells or corn tortillas
- 3 cups shredded lettuce
- 3 medium tomatoes, chopped
- 1 1/2 cups shredded Monterey Jack cheese

Preparation

Place the beef in a slow cooker. Stir together the tomato paste, chipotle, cumin, oregano and salt in a small bowl, then rub the mixture over the beef. Place garlic cloves and oranges on top of the meat and cover the pot. Turn temperature to high and cook for 4 hours, or on low for 7 to 8 hours. When the meat shreds when pressed with a fork, turn off the cooker and take out the insert to cool. Use tongs to transfer the meat to a bowl to cool, and shred the beef.

Place a strainer over a small pot and strain the liquids from the cooker into the pot. Squeeze the oranges over the strainer. Bring the juices to a boil and cook for about 10 minutes, until reduced to a syrupy consistency. Pour over the shredded beef and toss to coat. Taste for seasoning; add salt or more chipotle, if desired. Serve with taco shells or warm corn tortillas, lettuce, chopped tomato and shredded cheese.

Calling All Local Artists & Makers!

Apply to join us for the **River Valley Co-op Artisan Fair** on June 28th in Easthampton!

Artists and makers who create original handmade artwork and wares are invited to apply to be part of the fair, where their work will be on display and for sale during this exciting one-day event.

Scan code for more info & to apply!

