



**river valley co-op**

wild about local

# fresh specials

April 15 —  
April 28, 2026

*Offers valid at both locations while supplies last*

**It's our 18<sup>th</sup> Birthday  
This Month!**



*Thank you for 18 great years!*

Thanks to your support, we've accomplished great things in our community and beyond. From purchasing from more than 350 local farmers and vendors to supporting area nonprofits through our Change for Change program, we couldn't do it without our beloved co-op shoppers and community members. Here's to many more years as your locally owned food co-op!

**\$1.79<sub>lb</sub>**

Argentina  
Organic Bartlett Pears  
SAVE \$1.20



**\$1.49<sub>lb</sub>**

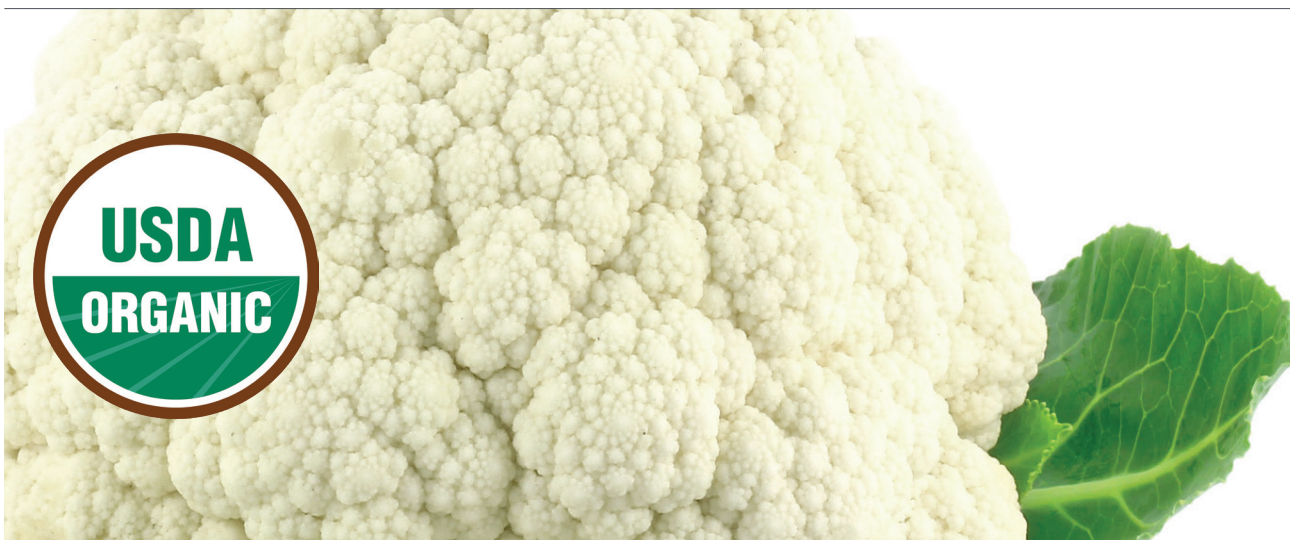
USA  
Organic Vidalia Onions  
SAVE \$1.00



*Fresh Savings!*

**\$3.99<sub>ea</sub>**

**Organic Cauliflower**  
SAVE \$3.00



# grocery

**Bianco DiNapoli Organic Crushed Tomatoes** are California-grown and packed at peak ripeness with rich tomato puree. Perfect for pasta sauces, pizza, soups, and slow-simmered comfort dishes.



**\$3.99**

Bianco DiNapoli Organic Crushed Tomatoes  
28 oz, SAVE \$1.80



**Laoban Ginger Chicken Dumplings** are filled with free-range chicken, fresh ginger, and a hint of honey, wrapped in tender dumpling dough for a quick, flavorful meal.



**\$5.49**

Laoban Ginger Chicken Dumplings  
8 oz SAVE \$1.00



**\$6.79**

Appalachian Naturals Salad Dressings assorted varieties  
12 fl oz, SAVE 1.70



**\$22.99**

New Wave Enviro 3 Gallon Water Bottle  
each, SAVE \$6.50



**\$15.99**

San Remo Organic Extra Virgin Olive Oil  
17 fl oz, **SAVE \$8.00!**



**\$5.49**

Daring Plant-Based Breaded Chicken Pieces  
8 oz, SAVE \$1.00



Looking to stretch your grocery budget? So are we! That's why we created our **Co+op Basics** program. Co+op Basics offers every day low prices on many popular grocery and household items. From chicken to cereal to paper towels, you'll find both new value-priced brands as well as new low prices on some old favorites.

*It gets even better!* We recently lowered the price on over **80** popular Co+op Basics items so you can save even more!

**fresh specials**

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## bulk savings



**\$3.79**<sup>lb</sup>  
Organic Flame Raisins  
SAVE \$1.30



**\$11.99**<sup>lb</sup>  
Grandy Organics • Hiram, ME  
Organic Chocolate Almond  
Trail Mix  
SAVE \$4.60



**\$12.99**<sup>lb</sup>  
Frontier Co-op  
Organic Hibiscus  
Flowers  
SAVE \$1.20



**\$6.99**<sup>lb</sup>  
Organic  
Pitted Prunes  
SAVE \$2.50



**\$2.99**<sup>lb</sup>  
Organic French Lentils  
SAVE \$70¢



## from the deli



**\$6.49**<sup>ea</sup>  
Made-to-Order  
Tropicolada Smoothie  
SAVE 50¢  
*Coconut milk, pineapple,  
orange juice, and a hint of  
vanilla*



**\$11.49**<sup>ea</sup>  
Made-to-Order  
Smoked Salmon & Avocado Sandwich  
SAVE 50¢  
*Smoked salmon and avocado on sourdough with goat  
cheese, arugula and lemon mayo*



**\$2.49**<sup>a</sup>  
Scratch-Made  
Maple Pecan Scone  
SAVE 50¢



**\$19.99**<sup>ea</sup>  
Scratch-Made  
Apple, Brie, & Caramelized Onion Quiche  
SAVE \$1.00

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# meat & seafood



**\$7.99**  
 True Story  
 Room to Roam  
 Uncured Applewood  
 Smoked Bacon

12 oz, SAVE \$1.00

**True Story Room to Roam Bacon** is raised by family farmers dedicated to raising meat right. These heritage breed hogs live stress-free lives without crates, antibiotics, or hormones. That means great-tasting bacon you can feel good about, for breakfast and beyond.



**\$10.49** lb  
 Pineland Farms  
 New Gloucester, ME  
 Shoulder Roast  
 SAVE \$2.00



**\$9.99** lb  
 Berkshire • USA  
 Fresh Wild Caught  
 Redfish Fillet  
 SAVE \$4.00



**\$7.99**  
 Bilinski's  
 Organic Wild Mushroom  
 Chicken Sausage  
 12 oz, SAVE \$1.50



**\$5.99** lb  
 Vande Rose  
 Pork Loin Chop  
 SAVE \$1.30



**\$7.99**  
 True Story  
 Organic Applewood  
 Smoked Ham  
 6 oz, SAVE 80¢



**\$10.99** lb  
 Misty Knoll Farm  
 New Haven, VT  
 Bone-In Chicken Thighs  
 SAVE \$2.30

## fresh specials

Product images are meant for illustrative purposes and are serving suggestions only

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# from wine & cheese

## April Wine of the Month

### Anne Amie Vineyards Willamette Valley Pinot Gris

Inviting aromas of Asian plum, yellow roses, white pepper, and guava. It's bright and refreshing with notes of pear, clementine, and key lime. Crisp minerality and a clean, lingering finish make it endlessly drinkable. Try pairing with shrimp ceviche, charred citrus & burrata salad, smoked trout toast with dill crème fraîche, or lemongrass coconut chicken. A perfect wine to welcome Spring!

On Sale!  
**\$16.99**  
750 ml • SAVE \$4.00  
PRICE VALID  
UNTIL 4/30/26



### Wine of the Month Tasting Events

#### Northampton

Saturday, April 4 • 1 – 3 pm  
Saturday, April 18 • 1 – 3 pm

#### Easthampton

Saturday, April 11 • 1 – 3 pm  
Saturday, April 25 • 1 – 3 pm



**\$11.99**

The People's Pint  
Greenfield, MA  
Early Green Pale Ale  
4-pack, SAVE \$2.00



**\$11.99**

Outlook Farm  
Westhampton, MA  
Honey Apple Hard Cider  
4-pack SAVE \$2.00



**\$9.99**

Plymouth Artisan Cheese  
Sage Herb Cheddar  
8 oz, SAVE \$1.00



**\$4.99**

Vermont Creamery  
Clover Blossom Honey Chevre  
4 oz, SAVE \$1.00



**\$10.99**

Le Bio Balthazar  
Minervois Rouge  
750 ml, SAVE \$2.00



**\$19.99**

Glendale Ridge  
Southampton, MA  
Crescent Estate White  
750 ml, SAVE \$3.00

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# health & wellness

**Bluebonnet EarthSweet Chewables** combine vitamin D3 and K2 in a tasty raspberry-flavored chewable. Sweetened with fruit powders, these convenient tablets support daily wellness and are gluten-free, soy-free, and non-GMO.

**\$13.99**

Bluebonnet Nutrition Earthsweet Chewable Vitamin D3 & K2 60 ct, **SAVE \$6.00**



**Boiron AllergyCalm Tablets** provide gentle, non-drowsy relief for sneezing, itchy eyes, runny nose, and other seasonal allergy symptoms. Easy meltaway tablets dissolve without water.

**\$9.99**

Boiron Allergy Calm Tablets 60 tabs, **SAVE \$3.30**



**\$15.99**

Bluebonnet Nutrition Sunfiber Prebiotic Soluble Fiber 7.4 oz, **SAVE \$7.00!**



**\$5.69**

Boiron Arnicare Gel 1.5 oz, **SAVE \$2.00**



**\$36.99**

Orgain Organic Vanilla Plant Protein 2.03 lbs, **SAVE \$8.00!**



**\$17.99**

Enzymedica Berberine Phytosome 60 ct, **SAVE \$6.80**

## River Valley Co-op Store Brand Vitamins, Herbs, Oils, & Supplements

**Get 10% OFF** co-op branded vitamins, herbs, essential oils, and body oils when you buy six or more of those items in one transaction!



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**LITTLE SESAME**  
Smooth Classic  
Hummus  
**\$3.49** 8 oz  
SAVE \$1.50

**LITTLE SESAME**  
Preserved Lemon  
Hummus  
**\$3.49** 8 oz  
SAVE \$1.50

**ALTER ECO**  
Organic Granola  
Assorted Varieties  
**\$5.59** 8 oz  
SAVE 90¢

**BARE FRUIT**  
Organic Fuji Red  
Apple Chips  
**\$5.29** 3 oz  
SAVE \$1.50

**MAMMA CHIA**  
Organic Raspberry  
Chia Beverage  
**\$2.59** 10 fl oz  
SAVE 70¢

**SANDERS**  
Dark Chocolate Sea  
Salt Caramels  
**\$7.09** 5.5 oz  
SAVE \$1.70



**PEELED SNACKS**  
Old Lyme, CT  
Dried Fruit Tropical  
Blend  
**\$4.59** 2.8 oz  
SAVE \$1.70



**COMMUNITY SNACKS**  
Old Lyme, CT  
Potato Chips  
Assorted Varieties  
**\$2.59** 5 oz  
SAVE \$1.20



**Co-op Owner Bonus Buys** are sale items available just to our co-op owners!

They are just one of the many perks of co-op ownership. Scan code to learn more or to join the co-op today!



## Upcoming Events

### ONLINE CLASS

**Wednesday, April 15 • 7 – 8:15 m**

**Ten Tips for Talking to Your Teen** with Sarah Getoff

### IN-PERSON • EASTHAMPTON

**Sunday, April 19 • 1 – 2:30 pm**

**Death Doula Care: Presence & Planning for Life's Final Threshold** with Alison Keller

### ONLINE CLASS

**Wednesday, April 22 • 7 – 8 m**

**Live Your Best Life as You Age: Part 2** with Bonnie Bloom

### ONLINE CLASS

**Thursday, April 30 • 7 – 8 m**

**Finding Balance in Unsteady Times** with Doug Kremm

For more full event descriptions and to register, scan QR code or visit [rivervalley.coop](http://rivervalley.coop)



## river valley co-op

*One Co-op • Two Stores*

330 North King Street  
Northampton, MA 01060  
(413) 584-2665

228 Northampton Street  
Easthampton, MA 01027  
(413) 529-4990

Both Locations Open Daily 8 am – 10 pm

[info@rivervalley.coop](mailto:info@rivervalley.coop) • [www.rivervalley.coop](http://www.rivervalley.coop)

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## Beans & Greens *with* Bacon

Time: 40 minutes

Servings: 8

### Ingredients

6 oz uncooked bacon, diced  
1 cup yellow onion, diced  
1/2 cup carrots, diced  
2 cloves garlic, minced  
1 15-ounce can crushed tomatoes  
1 cup vegetable broth or water  
1/2 lb mustard greens and/or kale, washed & roughly chopped  
1 15-oz can garbanzo beans, rinsed & drained  
2 tsp Worcestershire sauce  
Salt and ground black pepper to taste

### Preparation

Heat a large stock pot or Dutch oven over medium-high heat. Cook the bacon, stirring frequently, until it is browned and crispy. Remove the bacon and place it on a paper towel to drain. Reserve 1 tablespoon of bacon fat in the pot.

Saute the onions and carrots in the bacon fat over medium-high heat for several minutes until onions are beginning to soften, then add the garlic and saute another two minutes. Add the crushed tomatoes and vegetable stock and bring to a simmer. Add the greens and garbanzo beans, lower the heat and simmer the greens for 10-15 minutes until tender.

Add the Worcestershire sauce and cooked bacon and season with salt and pepper.

**Birthday Party *with* FREE Cake!**  
**April 30 • 4 – 6 pm**

*Celebrate  
with Us!*

Join us at either location on Thursday, April 30th from 4 – 6 pm for festive live music, great sales, and delicious birthday cake made by our co-op bakery.

*Everyone welcome!*

