

fresh specials

**August 19 —
September 1, 2026**

Offers valid at both locations while supplies last



Apex Orchards • Shelburne Falls, MA

Located atop a hill with one of New England's most spectacular views, Apex Orchards has been supplying fresh produce to the region since 1828. Their dedicated team grows a diverse range of fruit using IPM practices, including apples, peaches, nectarines, and more. During the growing season, the orchard buzzes with family-friendly events, live music, and the ever-popular pick-your-own apples and peaches.

2/\$3

USA

Organic Baby Carrots
1 lb, SAVE \$2.58



\$2.49 lb

USA

Seedless Green
& Red Grapes
SAVE \$1.50



\$3.99 lb

Apex Orchards
Shelburne Falls, MA
Local Peaches



Flavors of Summer!

5/\$3

**Bemben Farm • Hadley, MA
Local Sweet Corn**

SAVE 75¢



**local
color**

grocery

Stiller's Soda puts a fresh spin on classic favorites with all-natural ingredients and less sugar. We love it because it's flavorful, refreshing, and made with added vitamins!

\$1.79

Stiller's Soda
Natural Soda
assorted varieties,
12 fl oz, SAVE 50¢



Back to Nature Roasted Garlic & Herb Crackers are crisp and savory with roasted garlic and herbs. Pair them with fresh local goat cheese for a delicious snack or appetizer.

2/\$7

Back To Nature
Garlic & Herb
Stoneground Crackers
5 oz, SAVE \$2.00



\$5.49

Bonne Maman
Raspberry Tartlets
4.41 oz, SAVE \$1.80



\$18.99

Butternut Mountain Farm
Morrisville, VT
Grade A VT Maple Syrup
32 fl oz, **SAVE \$8.50!**



2/\$6

Daily Pantry
Organic Chicken Broth
32 fl oz, SAVE \$2.60



2/\$5

Tonnino
Yellowfin Tuna
assorted varieties,
4.9 oz, SAVE \$2.00



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

SALES VALID: August 19 – September 1, 2026 • While supplies last

bulk savings



\$9.99_{lb}

Organic Dried Sweetened Cranberries
SAVE \$1.90



Scan code for a recipe for Cranberry Oatmeal Cookies!



\$12.99_{lb}

True North Granola • Brattleboro, VT
First Date Granola • SAVE \$3.30

A vegan and gluten-free tasty blended of organic oats, dates, almonds, pecans, coconut, and cinnamon



\$1.99_{lb}

Organic Quick Rolled Oats
SAVE 50¢



\$10.49_{lb}

Organic Whole Almonds
SAVE \$2.30



\$2.79_{lb}

Organic Black Beans
SAVE 40¢

from the deli



\$6.99_{ea}

Orange Creamsicle Shake
16 fl oz, SAVE \$1.00

Fresh mandarin orange,
local vanilla ice cream, and
banana



\$3.49_{ea}

Scratch-Made
Peach Blueberry Crumble Pie
SAVE 50¢

Made with local peaches and blueberries – served
warm! Add a scoop of vanilla ice cream for \$2



\$14.99_{lb}

House-Made
Caprese Salad
SAVE \$1.00

Local heirloom tomatoes,
fresh mozzarella, basil and
balsamic glaze



\$9.99_{ea}

House-Made
Melty Fontina & Tomato Grilled Cheese
SAVE \$1.00

Local tomato, fontina cheese, and fresh basil
pressed between griddled Iggy's sourdough

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meat & seafood



65¢^{ea}

Fresh Farm-Raised
Littleneck Clams

Product of Rhode Island

SAVE 34¢



\$3.49^{lb}

Fresh Farm-Raised
Mussels

Product of Maine

SAVE \$1.30



6/\$6

Fresh Farm-Raised
Oysters

Product of Massachusetts

SAVE \$1.30



\$5.99^{lb}

House-Made
Beer Brats made with
ABB Co-op Kölsch!
SAVE \$3.00



\$26.99^{lb}

Pineland Farms
New Gloucester, ME
Strip Steak
SAVE \$3.00



\$6.99^{lb}

Vande Rose
Heritage Breed
Pork Belly
SAVE \$3.00



\$5.99^{lb}

Springer Mountain Farm
Boneless Chicken
Breasts
SAVE 80¢



\$5.79

Vermont Smoke & Cure
Hinesburg, VT
Original Beef & Pork
Sticks
3 oz, SAVE \$1.20



\$5.99

True Story
Room To Roam Bacon
12 oz, SAVE \$3.00

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

SALES VALID: August 19 – September 1, 2026 • While supplies last

from wine & cheese

August
Wine of the Month

Gönc Winery
The Little One

A bright, playful, low-intervention white blend from Slovenia featuring Pinot Blanc and Yellow Muscat. Lively aromatics of peach, pear, and white flowers. Yellow apple, citrus zest, and pear skin on the palate driven by acidity and a focused, refreshing mineral finish. Wine with a true sense of place. Pairs beautifully with halibut, sushi, yellow curry, pad Thai, and local goat cheese.

On Sale!
\$16.99
750 ml • SAVE \$4.00
PRICE VALID
UNTIL 8/30/26



Wine of the Month
Tasting Events

Easthampton

Saturday, August 1 • 1 – 3 pm
Saturday, August 15 • 1 – 3 pm

Northampton

Saturday, August 8 • 3 – 5 pm
Saturday, August 22 • 3 – 5 pm



\$5.49
Vermont Creamery
Websterville, VT
Clover Honey Chevre
4 oz, SAVE 50¢



\$11.99
Meredith Dairy
Marinated Sheep Feta
320 g, SAVE \$1.00



\$10.99
Champlain Orchards
Shoreham, VT
Sidria Sangria Cider
4-pack, SAVE \$2.00



\$10.99
People's Pint
Greenfield, MA
Hope St. Amber
4-pack, SAVE \$3.00



\$13.99
Fascino
Rosé Prosecco
750 ml, SAVE \$3.00



\$16.99
San Pietro
Organic Gavi
750 ml, SAVE \$4.00

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SALES VALID: August 19 – September 1, 2026 • While supplies last

health & wellness

Everyone Hand Sanitizer Spray helps keep hands clean on the go with plant-based alcohol and moisturizing ingredients. Perfect for summer adventures, picnics, and back to school season.

2/\$6

Everyone
Aloe Hand Sanitizer
Spray
2 fl oz, SAVE \$1.98



Melora Manuka Honey & Oil Body Lotion deeply hydrates and nourishes dry skin with manuka honey, almond and jojoba oils, helping soften skin and support its moisture barrier.

\$9.99

Melora Manuka Honey &
Oil Body Lotion
assorted scents,
7 fl oz, SAVE \$2.00



\$11.99

Nutribiotic
Grapefruit Seed
Extract
2 fl oz, SAVE \$5.00



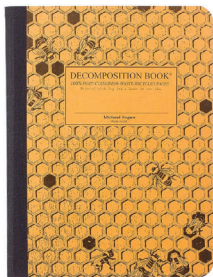
\$19.99

Flora
Super 8 Probiotic
30 ct, SAVE \$6.00



\$5.99

Boiron
Arnicare Gel
1.5 oz, SAVE \$1.70



\$8.99

Michael Roger
Decomposition Notebook
each, SAVE \$2.00

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!





WOODSTOCK
Organic Crunchy
Peanut Butter

\$5.19 16 oz
SAVE \$2.30

ANCIENT HARVEST
Gluten Free Organic
Quinoa Hot Cereal

\$8.19 12 oz
SAVE \$2.10

CHOLULA
Hot Sauce Original

\$3.79 5 fl oz
SAVE \$1.00

**ONCE AGAIN NUT
BUTTER**

Organic Tahini

\$7.89 16 oz
SAVE \$2.40

TOFURKY
Oven Roasted
Turk'y Slices

\$4.19 5.5 oz
SAVE \$1.10

BACK TO NATURE
Mint Fudge Cookies

\$5.29 5.5 oz
SAVE \$1.50



HIPPEAS
Rockin' Ranch
Tortilla Chips

2/\$7 5 oz
SAVE \$2.00

PRETZELIZED
Honey Mustard
Pretzel Crackers

2/\$7 6.5 oz
SAVE \$2.00

ITO EN
Oi Ocha
Unsweetened
Green Tea

\$1.89 16.9 fl oz
SAVE 60¢

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

IN-PERSON EVENT • NORTHAMPTON
Thursday, August 27 • 6 – 7:30 pm
Yoga Classes at the Co-op: Yoga, Reiki and Sound Healing with Kathy McCarthy & Tommy Mac, the Traveling Yoga Company

IN-PERSON EVENT • NORTHAMPTON
Saturday, August 29 • 10 – 11 am
Yoga Classes at the Co-op: Yoga for All with Michele Lyman, Serenity Yoga

IN-PERSON EVENT • EASTHAMPTON
Thursday, August 20 • 9 – 10 am
Summer Family Program: Paint with Mud! with Mariah Freemole

IN-PERSON EVENT • EASTHAMPTON
Thursday, August 27 • 9 – 10 am
Summer Family Program: Tea Party with Mariah Freemole

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

Offers valid at both locations while supplies last



Balsamic Peach Salad

Time: 15 minutes
 Servings: 6

Ingredients

4 ounces mixed salad greens
 4 medium local peaches
 8 ounces fresh mozzarella, small balls
 1/2 cup fresh basil, torn
 1/4 cup balsamic vinegar
 1 tablespoon honey
 1 teaspoon Dijon mustard
 1 clove garlic, pressed
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1/4 cup olive oil

Preparation

Wash and dry the greens, and place in a large serving bowl. Slice the unpeeled peaches a half-inch thick and place on top of the greens. Scatter the mozzarella over the top.

In a small bowl or jar, combine the balsamic vinegar, honey, Dijon mustard, garlic, salt and pepper and mix well. Add the olive oil and whisk or shake to mix. Pour the dressing over the salad and toss to mix. Serve immediately.

Serving suggestion: Add a loaf of crusty French bread for an easy salad supper. The fruit-forward flavors also make this a great fresh side for grilled meats.



Don't forget to check out our Co+op Deals flyer, filled with tons of **Buy One, Get One FREE** deals that are perfect for stocking up just in time for back-to-school season!