



**river valley co-op**

wild about local

# fresh specials

January 21 —  
February 3, 2026

Offers valid at both locations while supplies last



## Winter Moon Roots • Hadley, MA

From December to March, Winter Moon Roots supplies our co-op with premium quality certified organic carrots, beets, parsnips, turnips, and radishes. A longtime co-op partner, we know we can count on Rosendo and his team at Winter Moon to keep our shelves stocked with fresh and crisp root veggies all winter long. Their delicious beets are on sale now, so stop by and stock up on the flavors of the season!

**\$1.79** lb

Winter Moon Roots  
Hadley, MA  
Local Organic Beets  
all varieties, SAVE \$1.20



**3/\$3**

Mexico  
Organic Avocados  
SAVE \$4.50



*Sweet & tart with hints of raspberry!*

**5/\$4**

USA  
Blood Oranges  
SAVE \$5.95

# grocery

**Bono Sicilian Extra Virgin Olive Oil** is cold-pressed from premium Sicilian olives, offering rich, fruity character and fresh aroma — ideal for drizzling, dipping, sautéing, and finishing everyday dishes.

**\$13.99**

Bono  
Organic Sicilian Extra Virgin  
Olive Oil  
16.9 fl oz, **SAVE \$10.00!**



**Donkey Chips Salted Tortilla Chips** deliver bold, crunchy flavor with simple, quality ingredients. Perfect for snacking anytime or pairing with your favorite dips, salsas, and toppings.

**2/\$7**

Donkey Chips  
Salted Tortilla Chips  
11 oz, **SAVE \$3.00**



**2/\$4**

Thompson Chocolates  
Chocolate Hearts  
1 oz, **SAVE \$1.60**



**\$8.99**

Cafe Mexicano  
Veracruz Reserve  
Ground Coffee  
12 oz, **SAVE \$4.50**

**La Louvière**  
chocolatier belge

**\$10.99**

La Louvière  
Milk & White  
Chocolate Love  
Macaroons  
3.6 oz, **SAVE \$3.50**



**\$3.99**

Laurel Hill  
Mansfield, MA  
Artichoke & Spinach  
Spread  
15.17 oz, **SAVE \$1.50**



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: January 21 – February 3, 2026 • While supplies last

## bulk savings



**\$12.99**  
lb

Equal Exchange  
West Bridgewater, MA  
Organic Fair Trade Love Buzz Coffee  
SAVE 1.00



**\$2.79**  
lb

Organic Golden Flaxseed  
SAVE 60¢



Scan code  
below for an  
**Nut Butter  
& Flaxseed  
Powerball**  
recipe!



Find this recipe & many  
more at [grocery.coop](http://grocery.coop)



**\$4.29**  
lb

Organic  
Peanut Butter  
SAVE 80¢



**\$2.99**  
lb

Organic  
French Lentils  
SAVE 70¢



**\$9.99**  
lb

Back Roads Granola  
Brattleboro, VT  
Ancient Grains Granola  
SAVE \$2.90

## from the deli



**99¢**

House-Made  
Hot Chamomile  
Ginger Lemon &  
Honey Tea  
8 oz, SAVE \$1.00



**\$3.49**  
ea

Scratch-Made  
Vegan Mint Chocolate  
Mousse  
SAVE 50¢

**\$8.99**  
ea

Made-to-Order Grilled Chicken or Tofu Gyro  
SAVE \$1.00

*A customer favorite, made with your choice of grilled chicken or tofu strips, romaine, tomato, cucumber and onion with tzatziki sauce rolled in warm pita bread*

## fresh specials

SALES VALID: January 21 – February 3, 2026 • While supplies last

## meat & seafood



**\$9.49** lb

Pineland Farms • New Gloucester, ME  
**Chuck Roast**  
SAVE \$3.00

Pineland Farms' all natural chuck roast is a marbled cut that transforms into a melt-in-your-mouth centerpiece when slow-roasted. Its robust flavor pairs beautifully with root vegetables and herbs.



**\$5.99** lb  
Vande Rose Farms  
Boneless Pork Chops  
SAVE \$2.00



**\$18.99** lb  
Berkshire • Scotland  
Fresh Farm Raised Steelhead  
Trout Fillet  
SAVE \$3.00



**\$7.79**  
Niman Ranch  
Uncured Corned Beef  
6 oz, SAVE \$2.00



**\$11.49** lb  
Misty Knoll Farm  
New Haven, VT  
Boneless Chicken Breasts  
SAVE \$2.50



**\$7.99**  
Bilinski's  
Chicken & Apple Sausage  
12 oz, SAVE \$1.50



**\$6.49**  
Plainville Farms  
All Natural Ground  
Dark Turkey Meat  
16 oz, SAVE \$1.50

## fresh specials

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

SALES VALID: January 21 – February 3, 2026 • While supplies last

## from wine & cheese

# January Wine of the Month

Pierre & Antonin

### Petit Sauvage! Rouge

An exciting natural and certified vegan wine made from the Cabernet Cortis grape. An extraordinary varietal with strong resistance to vine diseases, resulting in a wine made without pesticides, copper, or added sulfur. Aromas of blackcurrant and cassis lead into hints of roasted pine, fig jam, and herbal undertones. Ripe red plum and blackberry fill the palate, followed by notes of graphite, bramble, and loamy earth. Velvety, vibrant, and deliciously rustic. An approachable introduction to natural wine. Try with tomato-based dishes or grilled poultry.



### Wine of the Month Tasting Events

#### Northampton

Saturday, Jan. 3 • 1 – 3 pm  
Saturday, Jan. 17 • 1 – 3 pm

#### Easthampton

Saturday, Jan. 10 • 1 – 3 pm  
Saturday, Jan. 24 • 1 – 3 pm



**\$19.99**

Best Day Brewing  
Non-Alcoholic Mix Pack  
12-pack, SAVE \$3.00



**\$12.99**

The People's Pint  
Greenfield, MA  
Farmer Brown Ale  
4-pack, SAVE \$1.00



**\$13.99**

Cabot Creamery  
New England  
Seriously Sharp Cheddar  
2 lbs, SAVE \$1.00



**\$2.00 OFF**

Jasper Hill Farm  
Greensboro, VT  
Bayley Hazen Blue Cheese  
on sale for \$27.99/lb, SAVE \$2.00



**\$13.99**

Côte Mas  
Rouge Syrah Grenache  
1 liter, SAVE \$1.00

Intense & fruity notes of ripe  
black fruits, pairs well with red  
meat, cheese & charcuterie



**\$4.99**

Stone & Skillet  
Boston, MA  
Original English Muffins  
12 oz, SAVE \$1.00

**fresh specials**

SALES VALID: January 21 – February 3, 2026 • While supplies last

# health & wellness

**Wiley's Finest Peak**  
**EPA** delivers concentrated wild Alaskan fish oil Omega-3s in easy-to-take softgels, supporting overall wellbeing, heart health, and everyday nutritional balance in a once-daily dose.

**\$19.99**

Wiley's Finest  
 Peak EPA Fish Oil  
 30 ct, **SAVE \$10.00!**



**Boiron ColdCalm**  
 quick-dissolving tablets offer non-drowsy, easy-to-take cold relief with melt-away tablets designed to support comfort and ease during cold season.

**\$9.99**

Boiron  
 ColdCalm Meltaway Tablets  
 60 ct, **SAVE \$3.30**



**\$13.99**

Urban Moonshine  
 Burlington, VT  
 Immune Zoom  
 2 fl oz, **SAVE \$4.00**



**\$21.99**

Megafood  
 Manchester, NH  
 Women's Whole Body  
 Multi Gummies  
 90 ct, **SAVE \$10.00!**



**\$12.99**

Mad Hippie  
 Ultra-Rich Barrier  
 Cream  
 2 fl oz, **SAVE \$5.00**



**\$22.99**

Orgain  
 Vanilla Protein  
 Powder  
 1.02 lb, **SAVE \$5.00**

## 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!



**fresh specials**

SALES VALID: January 21 – February 3, 2026 • While supplies last



January 21 – January 3, 2026



**LAUREL HILL**  
Mansfield, MA  
**Fruit Salsas**  
Assorted Varieties

**\$5.19** 16 oz  
SAVE 60¢



**AMALIAS COCINA**  
Chili Verde Sauce  
**\$5.19** 12 oz  
SAVE \$2.10

**SAN REMO**  
DOP Basil Pesto  
**\$5.29** 6.7 oz  
SAVE \$1.70

**BOWLCUT**  
Spicy Lemongrass  
Stir Fry Sauce  
**\$6.89** 10 oz  
SAVE \$3.60

## PASTABILITIES

Heart Shaped  
Pasta

**\$3.89** 14 oz  
SAVE \$2.10

## TOST

Sparkling Cranberry  
& Ginger White Tea

**\$6.19** 25.4 fl oz  
SAVE \$1.80

## BAR HARBOR FOODS

Whiting, ME

Seafood Stock

**\$3.79** 14.5 oz  
SAVE \$2.00



## BAR HARBOR FOODS

Whiting, ME

Wild Petite Sardines  
in Olive Oil

**\$3.79** 4.2 oz  
SAVE \$2.00

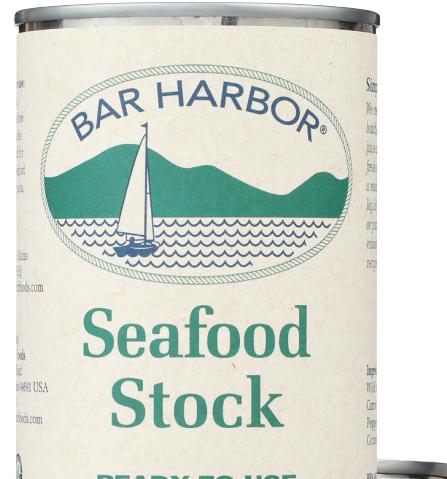


## BAR HARBOR FOODS

Whiting, ME

Clam Chowder

**\$3.89** 14.5 oz  
SAVE \$1.90



**Seafood Stock**

READY TO USE

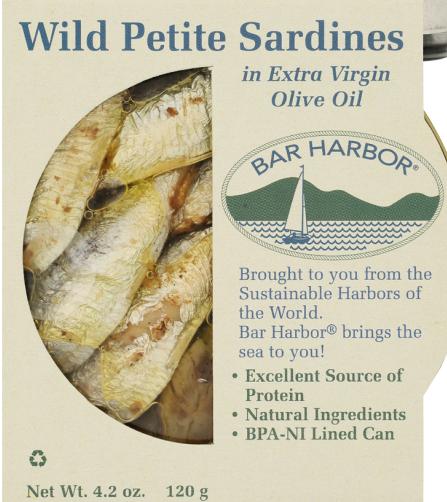
Net Wt. 14.5 oz./411 Grams



**Manhattan Style**  
**NEW! Clam Chowder**

Heartier Recipe

READY TO SERVE



**Wild Petite Sardines**

in Extra Virgin  
Olive Oil



Brought to you from the  
Sustainable Harbors of  
the World.  
Bar Harbor® brings the  
sea to you!

- Excellent Source of Protein
- Natural Ingredients
- BPA-NI Lined Can



**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, January 21 • 7 – 8 pm**

**Good Body Mechanics: Walking the Walk** with Jess Kern, Founder & Owner, Goldfinch Physical & Mental Wealth

## ONLINE CLASS

**Wednesday, January 28 • 7 – 8 pm**

**Slice, Dice, Chop, Eat!** with Emily Gilbert & Anna Leschen-Lindell Founders & Owners, Lilac Spoons

## ONLINE CLASS

**Wednesday, February 4 • 6:30 – 8 pm**

**Holistic Treatment for Allergies & Sensitivities** with Shoshana Wirth, MBA, BSN, RN

## ONLINE CLASS

**Thursday, February 12 • 7 – 8 pm**

**Strength Training 101** with Amy Dawn Kotel, Personal Trainer

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)

Offers valid at both locations while supplies last

# Kale & Blood Orange Salad

This salad is great to make-ahead of time or as meal prep for the week, since, unlike many tossed salads, it keeps for up to three days in the refrigerator.

**Time: 20 minute**

**Servings: 6**

## Ingredients

4 medium blood oranges

Juice of 1 large lemon

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

1 clove garlic, smashed

1/4 cup olive oil

1 bunch kale, washed, stems removed

1/2 cup slivered red onions

8 ounces feta cheese, crumbled or cubed

## Preparation

For the dressing, zest and juice one of the blood oranges into a small bowl or jar. Taste the juice. If it is very tart, add a tablespoon

of lemon juice; if it is very sweet, use two tablespoons blood orange juice and 2 tablespoons of lemon juice. Add salt, pepper, garlic and olive oil and whisk well or shake to combine. Set aside.

Roll the kale leaves up, cut crosswise into thin ribbons and place into a serving bowl. Pour the dressing over the kale and use your hands to toss, then massage for a minute or two to tenderize the leaves.

Peel and segment the remaining blood oranges, either with your fingers or with a knife, cutting between the membranes to make neat sections. Cut each segment into 2 or 3 pieces and add to the bowl with the kale. Add the red onions and feta, toss to mix and serve.

## Don't miss even more great deals & in our Co+op Deals Flyer!



Find the flyer at the co-op or scan the QR code!

