



river valley co-op

wild about local

fresh specials

June 17 —
June 30, 2026

Offers valid at both locations while supplies last



Real Pickles • Greenfield, MA

Real Pickles is a worker-cooperative located in Greenfield producing high-quality raw pickled foods using natural fermentation. Committed to supporting the regional and organic food system, they purchase all of their vegetables, fresh herbs, and spices from organic farms in the Northeast. A longtime staple at the co-op, we carry the full line of their delicious local products – all of which are on sale now!



\$3.49

USA
Organic
Grape Tomatoes
pint, SAVE \$2.50



\$1.99^{lb}

USA
Yellow Peaches
SAVE \$2.00



Flavors of the Season

\$2.29^{ea}

**Atlas Farm
Local Organic Green Curly
& Lacinato Kale**

SAVE 70¢

grocery

Bursting with local flavor!

Real Pickles is a longtime co-op staple producing raw and fermented products from Northeast grown products. Their famous dill pickles are on sale now, along with the full line of all their other products!

\$9.99

Real Pickles
Greenfield, MA
Organic Dill Pickles
26 fl oz, SAVE \$2.30



Franklin Original Texas BBQ Sauce brings bold, balanced barbecue flavor with smoky, tangy, and subtly sweet notes - perfect for grilling, dipping, marinating!

\$4.99

Franklin Barbecue
Original BBQ Sauce
18 oz, SAVE \$1.80



\$6.99

Koyo
Saucy Sesame
Noodles 5-pack
16.75 oz, SAVE \$2.00



\$2.99

Tejava
Unsweetened Black Tea
33.8 fl oz, SAVE 80¢



\$4.99

Sigdal
Rye & Spelt Bran
Crispbread
8.29 oz, SAVE \$1.50



\$1.79

United Sodas
Naturally-Flavored Soda
assorted varieties,
12 fl oz, SAVE 70¢



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: June 17 – June 30, 2026 • While supplies last

bulk savings



\$9.99^{lb}

Organic Walnuts Halves & Pieces
SAVE \$2.70



\$12.99^{lb}

True North Granola • Brattleboro, VT
Granola Blues
SAVE \$3.30



\$1.79^{lb}

Organic
Hulled Millet
SAVE 60¢



\$2.39^{lb}

Organic
Red Split Lentils
SAVE 80¢



\$9.49^{lb}

Organic Black Mission Figs
SAVE \$2.10

from the deli



\$7.49^{ea}

House-Made
Strawberry Milkshake
16 fl oz, SAVE \$50¢



\$9.99^{ea}

Made-to-Order BLT or TLT
SAVE \$1.00

Crispy local North Country bacon or Lightlife tempeh, with lettuce and tomato, on toasted Iggy's sourdough bread



\$4.99^{ea}

Scratch-Made
Pride Cupcakes
SAVE \$1.00

Gluten-free pride cupcakes also available!



**river
valley
co-op**

wild about local

\$12.99^{ea}

Scratch-Made Eggplant Parm Stacks
SAVE \$1.00

Fried, battered, and seasoned eggplant stacked, covered with our house-made marinara sauce and sprinkled with Mozzarella and Parmesan cheese

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meat & seafood



\$11.99^{lb}

Misty Knoll Farm • New Haven, VT

Boneless Chicken Breast

SAVE \$2.50

Misty Knoll Farms raises naturally-grown Vermont chickens with room to roam, uncrowded barns, wholesome feed, and a focus on quality and flavor.



\$8.99^{lb}

Pineland Farms
New Gloucester, ME
House-Made Burgers
SAVE \$2.00



\$15.99^{lb}

Pineland Farms
New Gloucester, ME
All Natural Sirloin Steak
SAVE \$3.00



\$7.79

True Story
Organic Applewood
Smoked Ham
6 oz, SAVE \$1.00



\$5.99^{lb}

Vande Rose
Pork Loin Chop
SAVE \$1.30



\$6.99

True Story
Room to Roam
Uncured Bacon
12 oz, SAVE \$2.00



\$19.99^{lb}

Wulf's Fish
Fresh Wild Caught Cod Fillet
product of Iceland • SAVE \$5.00

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

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from wine & cheese

Wine of the Month

Maison Breban

Villa Aix-En-Provence Rose

A gorgeous Provence rosé for the summer season!

Taut and fresh, with shimmering notes of watermelon, peach, and strawberry. Subtle hints of herbs and wild blossoms enchant the bouquet and delight the senses. The whole package is framed by a crisp acidity, making this classic summer sipper a wonderful pairing for grilled shrimp and chicken, corn salads, and herbed fish dishes. Or just bring a bottle down to the river! Maybe bring two!



Wine of the Month Tasting Events

Northampton

Saturday, June 6 • 1 – 3 pm
Saturday, June 20 • 1 – 3 pm

Easthampton

Saturday, June 13 • 1 – 3 pm
Saturday, June 27 • 1 – 3 pm



\$11.99

Abandoned Building
Easthampton, MA
Curbside Pils
4-pack, SAVE \$1.00



\$14.99

Fiddlehead
Burlington, VT
Second Fiddle DIPA
4-pack SAVE \$1.00



\$10.99

Vermont Creamery
Websterville, VT
Plain Local Chevre
10.5 oz, SAVE \$1.00



\$10.99^{lb}

Cabot Creamery
New England
Seriously Sharp Cheddar
Cheese
SAVE \$1.00



\$17.99

Nature's Revenge
Pet Nat
750 ml, SAVE \$2.00
*Natural sparkling wine crafted
in the Languedoc-Roussillon
region of France*



\$12.99

Maison Ventenac
Marie Colombard
750 ml, SAVE \$1.00

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health & wellness

Herbal Revolution Fire Cider is a handcrafted herbal tonic infused with apple cider vinegar, roots, herbs, and spices. Traditionally enjoyed to support seasonal wellness and add a zesty daily kick, it's great in salads dressings, sauces for grilling, and cocktails and mocktails!

Scan code for recipes!



\$12.99

Herbal Revolution
Union, ME
Fire Cider
8 fl oz, SAVE \$4.00



Summertime Essentials

Ursa Major Essential Face Wipes cleanse, exfoliate, soothe, and hydrate in one easy step. Individually wrapped, biodegradable wipes make refreshing, on-the-go skincare simple and convenient.

\$18.99

Ursa Major
Waterbury, VT
Essential Face Wipes
20 ct, SAVE \$7.00



\$12.99

Mad Hippie
Ultra Sheer SPF 40
Body Lotion
4 oz, SAVE \$6.00



\$21.99

Flora
Advanced Adult
Probiotic
30 ct, SAVE \$5.00



\$10.99

Honeybee Gardens
Kabuki Makeup Brush
each, SAVE \$2.00

Check out the Honeybee Gardens makeup line—new to the co-op this month and on sale now!



\$12.99

Flora
Organic Flax Oil
8.5 fl oz, SAVE \$3.50

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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Co-op owner

June 17 – June 30, 2026 *Bonus Buys* Owner Exclusive Savings



SIETE FAMILY FOODS
Taco Seasoning
Tortilla Chips
\$3.29 4 oz
SAVE \$1.00

KOYO
Organic Wide Udon
\$2.79 8 oz
SAVE \$1.00

DAIYA
Vegan Chive
Cream Cheese
\$3.99 8 oz
SAVE \$1.00

EMPEROR'S KITCHEN

Organic
Chopped Ginger
\$3.99 4.5 oz
SAVE \$1.00

**ONCE AGAIN
NUT BUTTER**

Organic Smooth No-
Stir Peanut Butter
\$6.29 16 oz
SAVE \$1.70

RISE BREWING CO.
Organic Cold Brew
Nitro Black Coffee
2/\$4 7 oz
SAVE \$2.00



WOODSTOCK
Organic
Sunflower Seeds
\$5.99 12 oz
SAVE \$1.50

WOODSTOCK
Organic
Pumpkin Seeds
\$7.99 11 oz
SAVE \$2.00

PAMELA' PRODUCTS
Gluten Free
Pancake Mix
\$7.99 24 oz
SAVE \$2.00

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 WORKSHOP • NORTHAMPTON

Saturday, June 20 • 9 – 10:30 am

Make Meditation Easier Through Neuroscience (Part II) with Kim Weeber

IN-PERSON EVENT • NORTHAMPTON

Thursday, July 9 • 6 – 7:30 pm

Yoga Classes at the Co-op: Yoga, Reiki & Sound Healing with Kathleen McCarthy & Tommy McCarthy

IN-PERSON EVENT • NORTHAMPTON

Thursday, July 14 • 9 – 10 am

Yoga Classes at the Co-op: Morning Mindful Movement with Beth Tascione

IN-PERSON EVENT • NORTHAMPTON

Friday, July 14 • 9 – 10 am

Yoga Classes at the Co-op: Yoga Therapy for the Psoas with Arden Sundari Pierce

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

Seafood Fest

June 19 – 22

One Weekend Only  Both Co-op Locations

Reel in the seafood savings and join us for a weekend of great deals!

Artisan Fair

Saturday, June 27 • 10 am – 4 pm

at our Easthampton location!



Come browse **original handmade artwork & wares** created by local artisans, and enjoy live music during this fun, family-friendly event outdoors on the patio in Easthampton!

