



river valley co-op

wild about local

fresh specials

April 29 —
May 19, 2026

Offers valid at both locations while supplies last



Annual Spring Plant Sale!

May 8 – 17 • Outdoors at the Co-op

Celebrate the warm weather and the joy of getting back into the garden with the co-op's annual Spring Plant Sale! We'll have an assortment of heirloom and organic plant starts directly from local farms and ready for your garden. Everyone welcome!

2/\$3

Mexico
Organic Mangoes
select varieties,
SAVE \$2.98



\$1.29^{lb}

USA
Organic Vidalia Onions
SAVE \$1.20



Fresh Savings!

2/\$3

Organic Avocados
SAVE \$2.00

grocery

Barbara's Original Cheese Puffs are light, crunchy, and baked with real aged cheddar and blue cheese. Made with simple ingredients, these gluten-free snacks deliver bold, cheesy flavor in every bite.

2/\$6

Barbaras Bakery
Marlborough, MA
Baked Cheese Puffs
5.5 oz, SAVE \$1.69



Local Food, Local Flavor

Mi Tierra tortilla's are a longtime co-op staple and beloved local favorite! Made with local corn and using traditional methods, their tortillas are versatile and delicious.

2/\$5

Mi Tierra • Hadley, MA
Organic Local Tortillas
10 oz, SAVE \$2.00



2/\$4

Bawi Agua Fresca
Sparkling Agua Fresca
assorted varieties
12 fl oz, SAVE \$1.60



\$1.39

Riega Foods
Organic Chicken Fajita
Seasoning
.71 oz, SAVE 40¢



\$3.79

Rio Luna
Organic Sliced
Jalapeno Peppers
12 oz, SAVE \$1.00



\$3.99

Donkey Chips
Salted Tortilla Chips
11 oz, SAVE \$2.30



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



\$1.99_{lb}

Organic Quick Rolled Oats
SAVE 50¢



\$10.29_{lb}

Back Roads
Brattleboro, VT
Coconut Ginger Granola
SAVE \$2.60



\$3.79_{lb}

Organic
Sunflower Seeds
SAVE 50¢



\$3.49_{lb}

Organic
Mung Beans
SAVE \$1.10



\$8.49_{lb}

Organic Medjool Dates
SAVE \$2.10



from the deli



\$4.99_{ea}

House-Made
Jalapeño Limeade
16 fl oz, SAVE \$1.00



\$9.49_{ea}

Black Bean or Shredded Chicken Burrito
SAVE 50¢

Your choice of black beans and peppers or shredded chicken with cilantro rice, local cheddar, and cabbage a local tortilla with house-made salsa rojo on the side



\$2.49_{ea}

Scratch-Made
Raspberry Pecan Streusel Bar
SAVE 50¢

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meat & seafood



\$7.49

**Niman Ranch
All Natural
Bratwurst**

12 oz, SAVE \$1.00

Niman Ranch All Natural Bratwurst are delicious, fully cooked pork sausages made from certified humane, free-range pork raised without antibiotics or hormones.



\$8.99 lb

Pineland Farms
New Gloucester, ME
All Natural Beef Burgers
SAVE \$2.00



\$16.99 lb

Wulf's Fish
Fresh Farm Raised
Faroe Island Salmon Fillets
SAVE \$3.00



\$10.99 lb

House-Made
Bacon Cheddar Jalapeño
Burger Patty
SAVE \$2.00



\$6.49 lb

Vande Rose
Pork Tenderloin
SAVE \$1.50



\$6.49

Applegate Naturals
Roasted Turkey
7 oz, SAVE \$1.00



\$5.79 lb

Springer Mountain
Boneless Skinless
Chicken Breasts
SAVE \$1.00

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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

Oyster River Winegrowers Morphos Pet Nat

A small family winery out of Warren, ME focused on producing wines and ciders with fruit sourced from their own vineyards or other Northeast growers. The vineyards are managed organically, fermentations are spontaneous using wild yeast, no sulfites are added and are unfiltered. The Morphos is bottled at the end of active fermentation and continues to ferment in the bottle leaving it dry, cloudy, yeasty, and full of life with a natural effervescence. It's bright and tart like a crisp apple, making it the perfect match for fried foods, freshly shucked oysters, and creamy, soft cheeses.



Wine of the Month Tasting Events

Northampton

Saturday, May 2 • 1 – 3 pm
Saturday, May 16 • 1 – 3 pm

Easthampton

Saturday, May 9 • 1 – 3 pm
Saturday, May 23 • 1 – 3 pm



\$10.99

Berkshire Brewing
South Deerfield, MA
Blood Orange Prickly
Pear Hard Seltzer
6-pack, SAVE \$2.00



\$14.99

Progression Brewing
Northampton, MA
Connect The Dots NEIPA
4-pack SAVE \$1.00



\$3.99

La Bonne Vie
Garlic & Herb Chevre
4 oz, SAVE \$1.00



\$14.99

Jasper Hill
Greensboro Bend, VT
Willoughby
8 oz, SAVE \$2.00



\$10.99

Bonterra
Organic Sauvignon Blanc
25.4 fl oz, SAVE \$3.00



\$8.99

Pierrick Harang Le Petit
Balthazar Rose
25.4 fl oz, SAVE \$2.00

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health & wellness

Stock Up & Save

All River Valley Co-op Store
Brand Supplements, Herbs,
Essential Oils, & Body Care

20% OFF!



\$18.99
Peepers
Polarized Sunglasses
each, SAVE \$7.00



\$8.99
Big Dipper Wax Works
Fox Beeswax Candle
each, SAVE \$4.00



\$5.99
Moon Valley Organics
Foaming Hand Soap
8.8 fl oz, SAVE 50¢



\$26.99
The Hempress
Hemp Protein Powder
Refill Bag
20 oz, SAVE \$3.00

River Valley Co-op brand wellness items offer quality and value, sourced from trusted brands New Generation Wellness and Vitality Works. Both emphasize rigorous testing, thoughtful formulations, and affordable pricing, delivering reliable vitamins and herbal products you can feel good about.



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coop owner

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Bonus Buys

Owner Exclusive Savings



BARBECUE SMOKEHOUSE
Original Plant-Based Pulled BVQ
\$6.69 10 oz
SAVE \$1.30

A.VOGEL
Herbamare Seasoned Sea Salt
\$5.99 4.4 oz
SAVE 80¢

CUCINA & AMORE
Pesto Genovese Basil
\$3.49 7 oz
SAVE \$1.00

BIOTTA JUICES
Elderberry Juice
\$7.39 16.9 fl oz
SAVE \$1.40

FORAGER
Organic Plain Cashew Milk Drinkable Yogurt
\$5.29 28 fl oz
SAVE \$1.50

FANCYPANTS BAKING CO.
Walpole, MA
Crispy Chocolate Chip Cookies
\$4.19 5 oz
SAVE \$1.10



LENNY & LARRY'S
Chocolate Mint Protein Cookie
\$2.39 4 oz
SAVE 60¢

SEA TALE
Albacore Tuna in Water
\$4.89 5 oz
SAVE \$1.10

SONOMA CREAMERY
Parm Cheese Crisps
\$3.49 2.25 oz
SAVE \$1.30

BARBARAS BAKERY
Marlborough, MA
Puffins Cinnamon Cereal
\$3.96 10 oz
SAVE \$1.33



KETTLE BRAND
Sea Salt Vinegar Kettle Chips
\$4.36 13 oz
SAVE \$1.93

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

BIKE SHOP POP UP • EASTHAMPTON

Sunday, May 3 • 10 am – 4 pm

Pop-up shop from Speed and Sprocket Cycle Works, tune ups, gear, and more!

ONLINE CLASS

Thursday, May 7 • 7 – 8 m

Homeopathic Support for Before & After Surgery with Abby Beale

IN-PERSON EVENT AT SWEET BIRCH HERBALS

Wednesday, May 13 • 2 – 4 pm

Sweet Birch Herbals Farm Visit with owner Hannah Morano

ONLINE CLASS

Thursday, May 14 • 7 – 8 m

Nutrition & Wellness in Midlife & Beyond with Amanda Mittman

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

Huevos Tortillas

Time: 30 minutes • Servings: 4

Ingredients

4 corn tortillas
cooking spray
2 cups chopped fresh tomato
1/2 medium red bell pepper, chopped
2 large scallions, chopped
1/4 cup fresh cilantro leaves, chopped
1/2 tablespoon cumin
1 clove garlic, crushed
Louisiana style hot sauce
4 large eggs
Salt and pepper

Preparation

Preheat the oven to 400 F. Spray a sheet pan with oil, then place the tortillas on the oil, and spritz the tortillas. Bake the tortillas

for 4 minutes, then flip them and bake for 3-4 minutes more. When the tortillas are toasted and crisp. Transfer the tortillas to the paper towel lined plate and sprinkle with salt.

While the tortillas bake, chop the tomatoes, bell pepper, scallions and cilantro and mix in a bowl. Add the cumin, garlic, and hot sauce to taste.

Place a large cast iron or non-stick skillet over medium heat. Let the pan get hot for a minute, then spray or oil it well. Crack each egg and slip into the hot pan, leaving plenty of room so that they don't run together. Sprinkle with salt and pepper, and cook until the whites are firm and the yolks are of desired doneness, 3-6 minutes.

To serve, top each tortilla with tomato mixture, then a fried egg. Serve immediately.



First of the season local asparagus is here!

\$5.99_{lb}

Smiarowski Farm
Sunderland, MA

Fresh Local Asparagus