river valley co-op
wild about local

# fresh specials

**November 18 — December 1, 2026**

*Offers valid at both locations while supplies last*




## Local Thanksgiving Turkeys!

Our Meat Department is ready to help you with all your Thanksgiving needs starting with the centerpiece. We have fresh local turkeys from **Reed Farm, Diemand Farm, Stonewood Farm, & Misty Knoll Farm**, along with a selection of frozen and organic options, available for pre-order for pickup just in the time for the big day.

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**99¢ lb**
**Bardwell Farm**
Hatfield, MA
**Local Yellow Onions**
SAVE $1.00



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**99¢ lb**
**Bardwell Farm**
Hatfield, MA
**Local Butternut Squash**
SAVE 50¢



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*Flavors of the Season!*

**$1.99 lb**

**Atlas Farm • Deerfield, MA**
**Local Organic Sweet Potatoes**
**SAVE $1.30**

# grocery

Bursting with pure Vermont flavor, **Butternut Mountain Farm's Dark Robust Maple Syrup** adds a deep flavor to baked goods, and is delicious in your morning coffee!




**$6.99**
**Butternut Mountain Farm** Morrisville, VT
**Dark Robust Maple Syrup**
8 fl oz, SAVE $2.00

**Macca Gene's Whole Milk Yogurt** is made from their own herd of very happy grass-fed cows, and is a local Western Massachusetts staple! Perfect on its own, or a great base for smoothies!




**$4.99**
**Macca Gene**
Hawley, MA
**Local Organic Whole Milk Plain Yogurt**
32 oz, SAVE $1.50




**99¢**
**Honees**
**Menthol Eucalyptus Honey Cough Drops**
1.6 oz, SAVE 50¢

**$4.99**
**Macca Gene**
Hawley, MA
**Local Sour Cream**
12 oz, SAVE $1.50




**$17.99**
**Barbera**
**Organic Extra Virgin Olive Oil**
33.8 fl oz, ***SAVE $9.30!***




**$3.99**
**La Cocina**
**Original Tortilla Chips**
14.1 oz, SAVE $1.30

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




**$3.49 lb**
**Organic Cannellini Beans**
SAVE 90¢

*Scan for hearty Cannellini Bean Salad side dish recipe!*




**$12.99 lb**
**Equal Exchange** • West Bridgewater, MA
**Organic Fair Trade French Roast Coffee** • SAVE $3.00

*An intensely dark and full bodied gem, with tasting notes of dark chocolate that is sweet and fruity*




**$12.99 lb**
**Organic**
**Pecans Halves**
SAVE $3.40



**$8.39 lb**
**Sliced Almonds**
SAVE $1.90




**$7.99 lb**
**Organic**
**Medjool Dates**
SAVE $2.60

# from the deli

local color

**$3.49 ea**
**House-Made**
**Mulled Local Cider**
12 fl oz, SAVE 50¢

*16 oz on sale for $3.99!*



**$9.99**
**Made-to-Order**
**Cran-Apple Turkey Sandwich**
SAVE $1.00

*House-roasted deli turkey, Cabot cheddar, arugula, local apples, and cranberry sauce on wheat bread*



**$1.99 ea**
**Scratch-Made**
**Pumpkin Scone**
SAVE $1.00



## Thanksgiving Dinner & Desserts

*Scratch-Made at the Co-op!*

Our Prep Foods & Bakery teams are ready to make your Thanksgiving a breeze! We'll have local turkey and all the classic fixings available à la carte starting Nov. 21st.

**Just looking for dessert?** Scan to pre-order fresh baked pies and cheesecakes and pickup in time for the holiday!

# fresh specials

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# meat & seafood



## $17.99 lb
**Wulf's Fish**
**Loch Duart Salmon Fillet**
SAVE $2.00

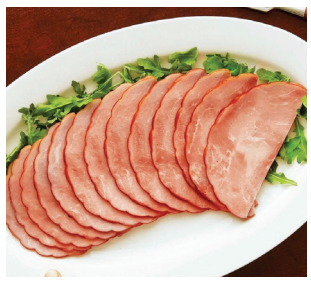
**Loch Duart** is an award-winning, ethically farmed Atlantic salmon from the Scottish Highlands, famous for its wild-heritage taste. We're thrilled to be able to offer this special salmon to our co-op shoppers! Scan code to learn more.




## $4.79 lb
**Misty Knoll Farm**
New Haven, VT
**Whole Chickens**
SAVE $2.00




## $8.29 lb
**North Country**
Claremont, NH
**Applewood Smoked Uncured Bacon**
12 oz, SAVE $1.00



## $9.99 lb
**Niman Ranch**
**Quarter Sliced Ham**
SAVE $2.00



## $12.49
**Orca Bay**
**Frozen Salmon Sockeye**
10 oz, SAVE $1.50



## $5.79 lb
**Vande Rose**
**Pork Loin Chop**
SAVE $1.50




## $11.99 lb
**Pineland Farms**
New Gloucester, ME
**All Natural Chuck Roast**
SAVE $2.50

## fresh specials

*Product images are meant for illustrative purposes and are serving suggestions only* SALES VALID: November 18 – December 1, 2026 • While supplies last

# from wine & cheese

## November

# Wine of the Month

### G.D. Vajra
## Organic Langhe Rosso

A beautifully made Piemont red that's a steal even at its regular price. Bursting notes of strawberry and cranberry are balanced by subtle spice and leather. Lip-smacking high acid and medium-bodied. An excellent food wine. Try it with Bolognese, braised lamb shank, or creamy mushroom risotto.

On Sale!
**$14.99**
*750 ml • SAVE $4.00*
PRICE VALID UNTIL 11/30/26




### Wine of the Month Tasting Events

**Northampton**

Saturday, Nov. 7 • 3 – 5 pm
Saturday, Nov. 21 • 3 – 5 pm

**Easthampton**

Saturday, Nov. 14 • 1 – 3 pm
Saturday, Nov. 28 • 1 – 3 pm

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**$10.99**
**Plymouth Artisan**
Plymouth, VT
**Artisan Cheddar**
assorted varieties
8 oz, SAVE $1.00




**$6.99**
**Maple Brook Farm**
Bennington, VT
**Whole Milk Ricotta**
16 oz, SAVE $1.00




**$12.99**
**Fiddlehead Brewing**
Shelburne, VT
**Second Fiddle DIPA**
4-pack, SAVE $3.00




**$12.99**
**Bunker Brewing**
**Chick-A-Dee Nitro ESB**
4-pack, SAVE $2.00




**$15.99**
**Jean-Marc Burgaud**
**Beaujolais Lantignié**
25.4 fl oz, SAVE $4.00




**$19.99**
**Raeburn Winery**
**Sonoma Pinot Noir**
25.4 fl oz, ***SAVE $5.00!***

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# health & wellness

**Mrs. Meyer's Iowa Pine Liquid Hand Soap** brings the fresh, woodsy scent of evergreen indoors. Made with plant-derived cleaning ingredients, it gently cleanses and refreshes hands.




**$4.49**
**Mrs. Meyers Iowa Pine Hand Soap**
12.5 fl oz, SAVE $2.50

**The Unscented Claryfying Shampoo Bar** is everything you need. Nothing you don't. Made with a 100% biobased, biodegradable formula and no added fragrances or dyes, it's beautifully simple hair care without the plastic bottle.




**$8.99**
**The Unscented Co. Unscented Clarifying Shampoo Bar**
2.3 oz, SAVE $4.00




**$19.99**
**Urban Moonshine Organic Citrus Bitters**
2 fl oz, SAVE $6.00




**$11.99**
**Boiron Oscillococcinum**
6 ct, SAVE $4.60




**$4.49**
**Badger** • Gilsum, NH
**Orange Spice Lip Balm**
.6 oz, SAVE $1.50




**$12.99**
**Jarrow Formulas Theanine 100mg**
60 ct, SAVE $4.00

## 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

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# co+op owner

## Bonus Buys

November 18 – December 1, 2026

Owner Exclusive Savings




**ANCIENT HARVEST**
Organic Quinoa
$6.19 14.4 oz
SAVE $1.60

**JOYVA**
Tahini Sesame
$6.59 15 oz
SAVE $1.90

**RISHI TEA**
Organic Tea
*Assorted Varieties*
$7.79 15 ct
SAVE $2.00

**TORANI PUREMADE**
Chocolate Hazelnut Sauce
$5.29 16.5 oz
SAVE $1.50

**WOODSTOCK**
Organic Tomato Ketchup
$2.89 15 oz
SAVE 90¢

**WOODSTOCK**
Organic Mayonnaise
$7.99 32 fl oz
SAVE $2.00

**WOODSTOCK**
Organic Frozen Diced Avocado
$5.29 10 oz
SAVE $1.20

**PRETZELIZED**
Sea Salt Pretzel Crackers
$3.49 6.5 oz
SAVE $1.00

**ONCE AGAIN**
Peanut Butter Chocolate Graham Cracker Sandwich
$1.29 1.59 oz
SAVE $0.50

**SEVENTH GENERATION**
Free & Clear All Purpose Cleaner
$4.69 23 fl oz
SAVE $1.30

**SEVENTH GENERATION**
Free & Clear Dish Liquid
$7.99 50 fl oz
SAVE $1.80




**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 WEBINAR**
**Wednesday, December 2 • 7 – 8 pm**
***The Science of Sleep & How to Get More of It*** with Rebecca Spencer, PhD

**IN-PERSON • NORTHAMPTON**
**Saturday, December 6 • 11 am – 3 pm**
***Holiday Tree Sale*** featuring locally-grown, chemical-free trees for sale in our Northampton location parking lot!

**ONLINE WEBINAR**
**Wednesday, December 9 • 6:30 – 8 pm**
***Herbs & Kitchen Medicine for Supporting Digestive Health*** with Jade Alicandro

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

ADVOCATE ★BEST★ OF THE VALLEY READERS' POLL 2026

## 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*



# Thanksgiving Hours

Tuesday, November 24
**Open 7 am – 10 pm**

Wednesday, November 25
**Open 7 am – 10 pm**

Thursday, November 26
**closed all day**

Masked Hours: From **7 am – 9 am** on 11/24 and 11/25
face masks are required inside the co-op

*Free-Range • Antibiotic Free*
**No Additives or Fillers • Naturally Processed**

## Ferndale market

## Frozen Whole Turkeys

# $1.99 lb

***Available in store now! No pre-order needed!***