



river valley co-op

wild about local

October 13 —
November 2, 2021

Offers valid at both locations while supplies last



October is Co-op Month!

Cabot Cooperative • New England

Cabot cheese products have been a New England staple since their cooperative was formed in 1919 by a group of 94 families in small Vermont town. Now owned by over 800 family farms – many of which are here in the Pioneer Valley – Cabot is one of our region's largest producer co-ops!

A quintessential New England cheese, their Extra Sharp Cheddar is perfect any way you choose to serve it. Slice it up for a scrumptious snack with a hoppy beer or a crisp local fall apple, melt it on gooey grilled cheese, or stir it into a bold cheese sauce. This creamy and rich cheese is on sale now so stop by and stock up!

330 North King Street, Northampton, MA 01060 • (413) 584-2665
228 Northampton Street, Easthampton, MA 01027 • (413) 529-4990
Open Daily 8 am – 10 pm • info@rivervalley.coop • www.rivervalley.coop

MASK UPDATE: Per the Board of Health in Northampton and Easthampton, masks are required inside both of our stores if you are over two years old and do not have a health exemption. The first hour of every day is reserved for seniors (60+) and immune-compromised shoppers and masks are required regardless of vaccination status or health exemptions.

fresh specials

NEXT BARN OVER • Hadley, MA

CERTIFIED ORGANIC

**LOCAL
SWEET POTATOES**
\$1.49 lb



SAVE 50¢

SCOTT FARM ORCHARDS • Dummerston, VT

ECO GROWN

**LOCAL HEIRLOOM
APPLES**
All Varieties
\$1.99 lb



SAVE \$1.00

USA

CERTIFIED ORGANIC

BARTLETT PEARS
\$1.99 lb



SAVE \$1.00

USA

CERTIFIED ORGANIC

POMEGRANATES
2/\$3



SAVE \$2.98

grocery



LAKE CHAMPLAIN CHOCOLATES
Burlington, VT

CERTIFIED ORGANIC & FAIR TRADE

HOT CHOCOLATE

Assorted Varieties



\$6.99 10-16 oz
SAVE \$5.76

FOGBUSTER • Greenfield, MA

CERTIFIED ORGANIC & FAIR TRADE

FOGBUSTER COFFEE

\$7.99 10 oz
SAVE \$4.80



KEOGH'S

POTATO CRISPS

Assorted Varieties

\$2.99 4.4 oz
SAVE \$1.48

AJUMMA REPUBLIC

GOCHUJANG FERMENTED CHILI SAUCE

\$3.79 11 oz
SAVE \$1.65

CASTOR RIVER

LONG GRAIN RICE

White or Brown

\$5.49 32 oz
SAVE \$2.48

from the deli

SCRATCH-MADE KYOTO SWEET POTATOES

Roasted sweet potatoes with savory umami from
miso, with a kick of garlic and ginger



\$5.99 lb
SAVE \$2.00

HOUSE-MADE

GLUTEN-FREE

BBQ PULLED PORK

\$6.99 lb
SAVE \$2.00



SCRATCH-MADE

PUMPKIN WHOOPIE PIES

Our famous scratch-made pumpkin cookie
transformed into a whoopie pie!



\$2.99 ea
SAVE \$1.00

SCRATCH-MADE

GLUTEN-FREE

CREAM of MUSHROOM SOUP

Delicious and rich, made with local milk
and cream, and plenty of mushrooms!

\$3.99 16 oz
SAVE \$1.00



MCKENZIE NATURAL ARTISAN DELI
Burlington, VT

ROASTED TURKEY

Sliced-to-Order



\$8.99 lb
SAVE \$2.00

PINELAND FARMS
New Gloucester, ME

CHUCK ROAST

Perfect for a Sunday pot roast!



\$6.79 lb
SAVE \$2.50



PINELAND FARMS
New Gloucester, ME

CHUCK STEAK

Great for marinating!



\$7.29 lb
SAVE \$2.50

DIVINA

SICILIAN OLIVES

\$10.99 lb
SAVE \$1.00

CABOT COOPERATIVE • New England

EXTRA SHARP CHEDDAR



\$7.99 lb
SAVE \$1.00

28%
OFF!

GARDEN OF LIFE

ONCE DAILY WOMEN'S PROBIOTICS

Dr. Formulated • 16 Probiotic Strains

\$29.99 30 ct
SAVE \$12.00



meat & seafood

HENRY & LISA • Dover, NH

FROZEN RAW SHRIMP

Peeled & Deveined • 51/65 ct.

\$9.99 8 oz

SAVE \$3.00



ALL NATURAL

PORK TENDERLOIN

Raised without antibiotics or added hormones

\$5.99 lb

SAVE \$2.00

BERKSHORE • Northampton, MA

FRESH WILD CAUGHT ICELANDIC COD

\$14.99 lb

SAVE \$3.00



APPLEGATE NATURALS

PEPPERONI

Turkey or Pork & Beef

\$3.49 4 oz

SAVE \$1.30

bulk savings

NEW ENGLAND NATURALS
Greenfield, MA

PECAN SPLENDOR GRANOLA

Perfect for baking, snacking and sharing

\$2.79 lb

SAVE \$1.00

YUP COFFEE ROASTERS

Florence, MA

CERTIFIED ORGANIC

BALI BLUE MOON COFFEE

Smooth body with overwhelming chocolate flavors



\$10.49 lb

SAVE \$3.00

from wine & cheese

LES VIGNERONS
ST. HILAIRE D'OZILHAN

PRESTIGE WINES

Rosé, Blanc, or Rouge

\$9.99 750 ml

SAVE \$1.00



AMHERST BREWING CO.
Amherst, MA

PUMPKIN ALE

\$11.99 4-pack

SAVE \$1.00

SIERRA NEVADA

OKTOBERFEST

Rich Märzen lager featuring German malts

\$8.99 6-pack

SAVE \$2.00



DARK CHOCOLATE COVERED ALMONDS

\$8.99 lb

SAVE \$3.00

CERTIFIED ORGANIC

PECAN HALVES

\$11.79 lb

SAVE \$4.00

wellness

GOODWELL + CO.

FLOSS PICKS

Credit card-sized packs, perfect for travel or on the go dental care!

\$5.99 40-pack

SAVE \$2.00



GOOD LIGHT

UNSCENTED TEA LIGHTS

100% Palm Wax • Cotton Wick

\$2.49 6-pack

SAVE 50¢

FRONTIER[®]

CO-OP

MEMBER OWNED SINCE 1976

CERTIFIED ORGANIC

CINNAMON & MULLING SPICES

Assorted Varieties

20% OFF!

Free Workshops

Thursday, October 21 • 7 – 8 pm

Gluten-Free Baking for Everyone with Leslie Cerier, The Organic Gourmet, Farm-to-Table Chef, Cooking Teacher & Cookbook Author

Tuesday, October 26 • 7 – 8:30 pm

Winter Herbal Medicine Cabinet with Jade Alicandro Mace, owner of Milk & Honey Herbs

Wednesday, November 3 • 7 – 8 pm

Getting Through the Holidays with Family with Eric Almeida, Certified Emotional Freedom Technique Practitioner & Founder/CEO of Eric EFT

Wednesday, November 10 • 7 – 8 pm

Care of Body, Mind & Spirit During the Holiday Season with Michelle Caron, RMT, CYT, Owner of Harmony Way

All workshops are **FREE** to attend and will be held virtually for the time being. Registration is required.

To register, scan QR code or visit rivervalley.coop



Scan to sign up!



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One Co-op • Two Stores

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Slow Cooker Orange Chipotle Beef Tacos

Chuck roast is cooked to tender, juicy perfection in these fabulous and easy tacos

Time: 4–8 hrs; 20 min active • Servings: 6

Ingredients

- 1 1/2 pounds beef chuck roast
- 2 tablespoons tomato paste
- 1 teaspoon chipotle powder
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 4 cloves garlic, peeled
- 2 large seedless oranges, quartered
- 12 taco shells or corn tortillas
- 3 cups shredded lettuce
- 3 medium tomatoes, chopped
- 1 1/2 cups shredded cheddar cheese

Preparation

Place the beef in a slow cooker. Stir together the tomato paste, chipotle, cumin, oregano and salt in a small bowl, then rub the mixture over the

beef. Place garlic cloves and oranges on top of the meat and cover the pot. Turn temperature to high and cook for 4 hours, or on low for 7 to 8 hours. When the meat shreds when pressed with a fork, turn off the cooker and take out the insert to cool. Use tongs to transfer the meat to a bowl to cool, and shred the beef.

Place a strainer over a small pot and strain the liquids from the cooker into the pot. Squeeze the oranges over the strainer. Bring the juices to a boil and cook for about 10 minutes, until reduced to a syrupy consistency. Pour over the shredded beef and toss to coat. Taste for seasoning; add salt or more chipotle, if desired. Serve with taco shells or warm corn tortillas, lettuce, chopped tomato and shredded cheese.

Serving Suggestion: Pair these tacos with tortilla chips and homemade guacamole or your favorite salsa. The meat can also be folded into larger tortillas with leftover cooked rice to make tasty burritos.



REAL PICKLES

FERMENTED & RAW



October is one of our favorite times of year at River Valley Co-op... and that's because it's officially CO-OP MONTH! To celebrate, we teamed up with our friends at **Real Pickles** – one of our oldest local cooperative partners – to bring you the scoop on their organic raw and fermented veggies, and how they're working to strengthen the local food system.



Scan QR code to watch our Real Pickles local spotlight video or visit rivervalley.coop/co-op-month to learn more about Co-op Month!