



river valley co-op

wild about local

fresh specials

October 22 —
November 4, 2025

Offers valid at both locations while supplies last



Pre-Order Your Holiday Turkey & Save! Order by Nov. 10 & receive a coupon for **\$10 OFF** a purchase of \$50 or more when you pick it up. Scan code or visit rivervalley.coop to order!



It's that time of year again! 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. See back page for details!

330 North King St, Northampton, MA 01060 • (413) 584-2665

228 Northampton St, Easthampton, MA 01027 • (413) 529-4990

Open Daily 8 am – 10 pm • info@rivervalley.coop • www.rivervalley.coop

All Masked Hour: From 8 am – 9 am everyday, face masks are required inside the co-op to provide an extra layer of security for those shoppers at higher risk.

\$1.49^{lb}

Atlas Farm
Deerfield, MA
Local Organic
Butternut Squash
SAVE \$1.50



\$3.49^{lb}

Apex Orchards
Shelburne Falls, MA
Local Honeycrisp Apples
SAVE 50¢



\$1.49^{lb}

Next Barn Over
Hadley, MA
Local Organic Carrots
SAVE \$1.00



99¢^{lb}

Next Barn Over
Hadley, MA
Local Organic Red &
Green Cabbage
SAVE 80¢



\$1.49^{lb}

USA Organic
Ganny Smith Apples
SAVE \$1.80



grocery

Stock up & Save!

Pretzelized Pretzel Crackers combine the crunch of a pretzel with the crispness of a cracker—baked, never fried, and perfect for snacking or dipping anytime.

Buy One, Get One

FREE

Pretzelized Pretzel Crackers select varieties, 6.5 oz



Pasta Toscana's semolina pasta is bronze-drawn and slow-dried at low temperatures using 100% Tuscan durum wheat—a premium choice that delivers exceptional texture, rich wheat flavor, and outstanding sauce-holding ability.

2/\$4

Pasta Toscana Semolina Pasta select varieties 16 oz, SAVE \$2.60



\$18.99

Casolare Organic Extra Virgin Olive Oil 25.4 fl oz, SAVE \$9.50



\$9.99

Cafe Mexicano Ground Coffee select varieties 12 oz, SAVE \$3.50



\$6.99

Island Bakery Melt Cookies select varieties 4.7 oz, SAVE \$4.00



\$2.79

Made Good Organic Star Puffed Crackers select varieties 4.26 SAVE \$1.00



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



\$3.29 lb

Organic Red Kidney Beans
SAVE 60¢

A great source of protein, fiber, and essential nutrients!



\$11.99 lb

True North Granola
Brattleboro, VT
Gluten-Free Vegan Lemon Ginger Granola
SAVE \$2.40



\$9.99 lb

Organic
Ground Korintje
Cinnamon
SAVE \$6.00



\$8.99 lb

Organic
Crystallized
Ginger
SAVE \$1.90



\$3.99 lb

Organic Peanut Butter
SAVE \$1.00

from the deli



\$1.99 ea

Scratch-Made
Frosted Pumpkin
Cookies
SAVE 50¢



\$6.99 ea

Scratch-Made
Pecan Pie Smoothie
SAVE \$1.00

*Made with bananas,
pecans, dates, spices,
and almond milk*

\$8.99 ea

Made-to-Order
The Ultimate Grilled Cheddar & Local Apple Sandwich
SAVE \$1.00

*Made with local apples, Cabot cheddar, arugula, red onion, pickled jalapeño,
and dijon on Iggy's sourdough*

fresh specials

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meat & seafood

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



Frozen
Whole Turkeys
\$1.99lb



Ferndale Thanksgiving turkeys available in-store starting October 29! Local turkeys available to pre-order – see back page for details



\$9.99lb
Misty Knoll Farm
New Haven, VT
Ground Turkey
SAVE \$2.50



\$15.99lb
Berkshire • Scotland
Fresh Farm Raised
Steelhead Trout
SAVE \$3.00



\$4.99
Applegate
Pork & Beef Pepperoni
4 oz, SAVE \$1.80



\$4.99lb
Vande Rose
Boneless Pork Roast
SAVE \$1.50



\$7.99
North Country
Claremont, NH
Local Bacon
12 oz, SAVE \$1.00



\$14.99lb
Brandt Beef
Hanger Beef Steak
SAVE \$3.00

fresh specials

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from wine & cheese

October
Wine of the Month

Ampeleia
Unlitro Toscana Rosso

Fresh, juicy cherry and strawberry pop up front, balanced by nicely integrated notes of leather, forest soil, and hints of baking spice. This earthy, fruity, medium-bodied red is produced using organic and biodynamic farming methods, and comes in a full liter bottle for sharing! It's perfect to pop with friends on a crisp night by the fire, or around the dinner table!



Wine of the Month
Tasting Events

Northampton

Saturday, Oct. 4 • 1 – 3 pm
Saturday, Oct. 18 • 1 – 3 pm

Easthampton

Saturday, Oct. 11 • 1 – 3 pm
Saturday, Oct. 25 • 1 – 3 pm



\$11.99
Progression Brewing
Northampton, MA
Noon Juice Session IPA
4-pack, SAVE \$1.00



\$9.99
Berkshire Brewing
South Deerfield, MA
Steel Rail Pale Ale
6-pack, SAVE \$1.00



\$4.99
VT Creamery
Websterville, VT
Fresh Chevre
select varieties, 4 oz,
SAVE 50¢



\$10.99^{lb}
Cabot Creamery
New England
Seriously Sharp
Cheddar Cheese
SAVE \$1.00



\$13.99
Union Wine Co
Underwood Pinot Noir
750 ml, SAVE \$1.00



\$12.99
Maison Ventenac
Carole Chardonnay
750 ml, SAVE \$1.00

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health & wellness

Plant Powered Freshness

This mouth spray, with peppermint, sage, and yerba mansa, uplifts breath, promotes a balanced oral environment, and supports the oral ecosystem.

\$8.99

Fat & The Moon
Herbs The Word Mouth Spray
1 fl oz, SAVE \$5.00

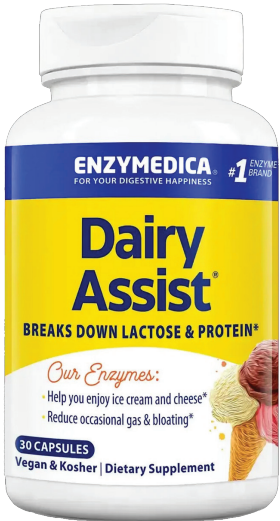


Enzymedica DairyAssist combines natural enzymes that help break down lactose and casein, easing digestion and reducing discomfort so you can comfortably enjoy your favorite dairy foods without worry.

\$11.99

Enzymedica DairyAssist
30 ct, SAVE \$3.00

Other Enzymedica products also on sale!



\$7.99

Inesscents
Flower Spirits
Plant Bath Botanical
Salt Soak
3.5 oz, SAVE \$2.00



\$1.79

Host Defense
Cocoa Mycobrew Packet
1 pkt, SAVE 50¢



\$12.49

Herb Pharm
Super Echinacea
Extract
1 fl oz, SAVE \$4.50

Other Herb Pharm products
also on sale!



\$27.99

Whole Earth & Sea
Womens 50+ Once A
Day Multivitamin
60 ct, **SAVE \$20.00!**



Stock up & Save!

All River Valley Co-op Store
brand vitamins, herbs, oils, &
supplements on sale now!



fresh specials

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co-op owner

October 22 – November 4, 2025

Bonus Buys

Owner Exclusive Savings



ALICE'S SWEET TOOTH
Gluten Free Cookie Bites
Select Varieties
\$4.99 5 oz
SAVE \$1.80



COCO GOODS
Organic Coconut Cream
2/\$4 13.5 oz
SAVE \$2.60

COCO GOODS
Organic Coconut Milk
2/\$4 13.5 oz
SAVE \$2.60

EFFIE'S HOMEMADE
Biscuits
Select Varieties
\$4.49 7.2 oz
SAVE \$1.80

UNITED SODAS
All Natural Soda
Select Varieties
\$1.79 12 fl oz
SAVE 70¢

BETTER WITH BUCKWHEAT
Gluten Free Wild Blueberry Buckwheat Crackers
\$4.49 4 oz
SAVE \$1.80

HAMPSTEAD
Organic Tea
Select Varieties
\$6.29 20 ct
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, EASTHAMPTON

Sunday, October 26 • 1 – 2:30 pm

Finding Time for Self Care with Bonnie Diamond, licensed acupuncturist

VIRTUAL CLASS

Wednesday, October 29 • 7 – 8 pm

Dinacharya: Cultivating a Balanced Daily Routine with Erin Casperson

IN-PERSON, EASTHAMPTON

Sunday, November 2 • 1 – 2:30 pm

Create Better Meetings with Evelyn Wright, RCST

VIRTUAL CLASS

Wednesday, November 5 • 7 – 8 pm

Tonic to Table: Fire Cider in Your Kitchen with Kara Peters, Albin's Fire Cider

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
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228 Northampton Street
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Both Locations Open Daily 8 am – 10 pm
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Offers valid at both locations while supplies last

Apple Maple French Toast Bake

Time: 1 hour 5 minutes; 20 minutes active
Servings: 8

Ingredients

1 1/2 cups milk
5 eggs, beaten
1 teaspoon cinnamon, divided
1/4 teaspoon ground ginger
1/4 cup brown sugar
5 to 6 cups cubed whole grain bread
2 tablespoons butter
4 local apples, peeled, cored and sliced
1/4 to 1/2 inch thick
1/4 cup maple syrup

Preparation

Heat the oven to 375°F. Oil or butter an 8 x 8 inch baking dish.

In a large mixing bowl, whisk together the milk, eggs, 1/2 teaspoon cinnamon, ginger and brown sugar. Add the bread and toss well. Set aside while you cook the apples, stirring once or twice to ensure the liquid soaks into the bread. Heat the butter in a skillet over medium heat. Add the apples and saute for 5 to 7 minutes until they begin to soften. Sprinkle with remaining cinnamon and stir in maple syrup. Cook another few minutes, allowing the maple syrup to caramelize and coat the apples. Remove from the heat and allow to cool.

Gently stir the apples into the bread mixture and pour into the prepared baking dish. Bake for about 45 minutes until firm throughout. Serve warm with additional maple syrup if desired.

Thanksgiving Turkeys

Fresh, local turkeys and turkey breasts available for pre-order to pick up in time for Thanksgiving! Order by November 10th and receive a coupon for **\$10 OFF** a purchase of \$50 or more when you pick it up!

Want something sooner? Frozen free-range whole turkeys available in store starting October 29th.

AVAILABLE FOR PRE-ORDER

Fresh & Local
**New England
Turkeys**



Reed Farm Sunderland, MA
Diemand Farm Wendell, MA
Stonewood Farm Orwell, VT
Misty Knoll Farm New Haven, VT

Scan code to
reserve your
turkey today!
Or visit rivervalley.coop



IN-STORE STARTING 10/29

Free-Range
**Frozen Whole
Turkeys**

\$1.99^{lb}

No Pre-Order Needed • While supplies last!

