

River Valley Market Your locally grown food co-op



SPECIALS

March 19-April 1, 2014









FRESH & LOCAL

First local crop of 2014, tapped and produced in Worthington, MA

& BEER



CK MONDAVI & SONS PINOT GRIGIO

CABERNET SAUVIGNON

SAUVIGNON BLANC

SCARLET FIVE RED BLEND

CHARDONNAY

Napa Valley



BLUE CHEESE WEDGES





PLYMOUTH ARTISAN CHEESE

8 month S



CAFE

QUARRY CAFÉ CHICKEN \$699

VOLUMIZING \$699 SHAMPOO \$6,5 oz

HONEY BLOSSOM SHAMPOO



CERTIFIED ORGANIC
FLAX OIL

TUNA

BLOCKS

Certified Humanely Raised

FROZEN, LOCAL

CERTIFIED ORGANIC SOBA OR UDON NOODLES SAVE 80¢

FANTASTIC FOODS FELAFEL MIX \$339

INSTANT REFRIED BEANS Pinto or Black Beans

NATURE'S BURGER MIX SO

CLASSIC **GRANOLA**

SPIRIT HILL
CERTIFIED ORGANIC
ANCIENT GRAINS
GRANOLA

FRESH \$1399

STEAK

SMOKED \$1999

DUCK

BREAST

ONCE AGAIN
WHOLE, LARGE
ROASTED, SALTED

ETHIOPIAN

£ **Q**89

TRUE NORTH GLUTEN FREE







GREEN BUSINESS

SUSHI GRADE \$1399
SAKE





FILLETS

SCALLOPS

10-20 CT DRY PACK \$1999 SAVE \$4.00

UPCOMING EVENTS

Tuesday, March 25, 6:30-8 pm FREE WORKSHOP: SEED STARTING

with Billie and Sandy

Learn how to start seeds and nurture seedlings for your summer garden. Pre-registration is required. Call 413-584-2665 to reserve your seat.

Saturday, March 29th, 10 am-4 pm VALLEY VEGFEST

JFK Middle School, Florence

Featuring passionate speakers, vegan food vendors, veg-friendly products & services, and non-profits dedicated to animal welfare, healthy living, and environmental advocacy. River Valley Market is cosponsoring, and we'll be selling bike-powered vegan smoothies! Learn more at valleyveg.org.

Tuesday, April 8, 2014, 6:30-8:00 pm FREE WORKSHOP: CLEANSE CLINIC

with Ziii Beth Goren

A simple and effective approach to cleansing toxins from your liver and gallbladder. Pre-registration is required. Call 413-584-2665 or stop by Customer Service.

Friday, April 11, 5:00-7:00 NORTHAMPTON ARTS NIGHT OUT

This month, meet the artists from our annual Teen Art Show. Live music from Casey O.

Thursday, April 3, 7-8:00 pm FREE WORKSHOP: UNDERSTANDING SOLAR **INCENTIVES**

with Steve Tofel from First Sun Solar Pre-registration is required. Call 413-584-2665 to reserve your seat.

Friday, April 25-Sunday, April 27 TRUCKLOAD SALE

Save big on cases of your favorite products! Stay tuned for details.

Sunday, May 11 4th ANNUAL WESTERN MASSACHUSETTS MOTHER'S DAY HALF MARATHON

to benefit Cancer Connection More at cancer-connection.org

330 North King Street Northampton, MA 01060

On Routes 5 & 10, just south of I-91 Exit 21

413.584.2665

info@rivervalleymarket.coop www.rivervalleymarket.coop

Open daily 8 am to 9 pm EVERYONE IS WELCOME.

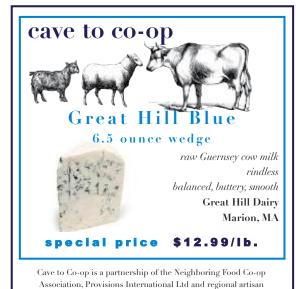
Follow us on Facebook & Twitter and get weekly e-mail updates rivervalleymarket.coop

Printed with non-toxic, water-based ink on paper that contains 40% recycled fiber.

MEMBER LENDERS thank you

We exceeded our goal of \$2 Million in Member Loans!!





cheesemakers. For more information, please visit www.nfca.coop



SAVORY PEAR, SWEET POTATO & MAPLE SYRUP SOUFFLE

Adapted from food52.com

INGREDIENTS FOR THE SOUFFLÉ BASE

2 T butter, plus more for baking dish

1 small onion or 2 shallots finely chopped 2 garlic cloves, minced

2 t fresh thyme leaves

Coarse salt and ground pepper to taste

1 c whole milk, hot

1 c coarsely grated Gruyere cheese

1 T fine grated Parmesan cheese for the baking dish

4 extra large eggs, separated + 1 more egg white

INGREDIENTS FOR THE PEAR & SWEET POTATO PURÉE

4 firm but ripe Bartlett pears, peeled, cored and cut into 1/4-inch slices

2 large or 3 medium sweet potatoes

2 T local maple syrup

2 T butter

1 T orange zest

PREPARATION

Peel and cut sweet potatoes into 1-inch chunks and place in a large saucepan, covered with water. Bring to a boil; cook until tender when pierced with the tip of a paring knife, 15-20 minutes. Drain.

Heat butter in a large skillet over medium heat. Add pears; cook, stirring occasionally, until soft and just golden, 12-20 minutes. Pour in maple syrup; cook, stirring, until pears are coated and very soft, 3 to 5

Purée the potatoes and pears in food processor, transfer to a bowl, set aside.

Preheat oven to 375°. Butter a soufflé baking dish and sprinkle the bottom and the sides with Parmesan Cheese. Set aside.

In a medium saucepan, melt butter over medium-low heat. Add onion, garlic, and thyme; season with salt and pepper. Cook, stirring often, until onion is softened, about 8 minutes. Stir in flour; cook, stirring, 3 minutes. Gradually whisk in milk; simmer, whisking constantly, until thickened, about 2 minutes.

Remove from heat, and stir in Gruyere cheese and 1 teaspoon salt. Whisk in sweet-potato and pear puree, orange zest and then egg yolks, one at a time. Taste and add more salt and pepper if needed.

In a clean mixing bowl, beat egg whites with a pinch of salt until stiff peaks form. Whisk 1/4 of whites into cheese, sweet-potato and pear mixture. Using a rubber spatula, gently fold in the rest.

Place soufflé baking dish on a rimmed baking sheet. Pour in mixture, smooth out the top. Bake until puffed and golden brown, 35 to 40 minutes. Serve immediately with more butter and Maple Syrup.