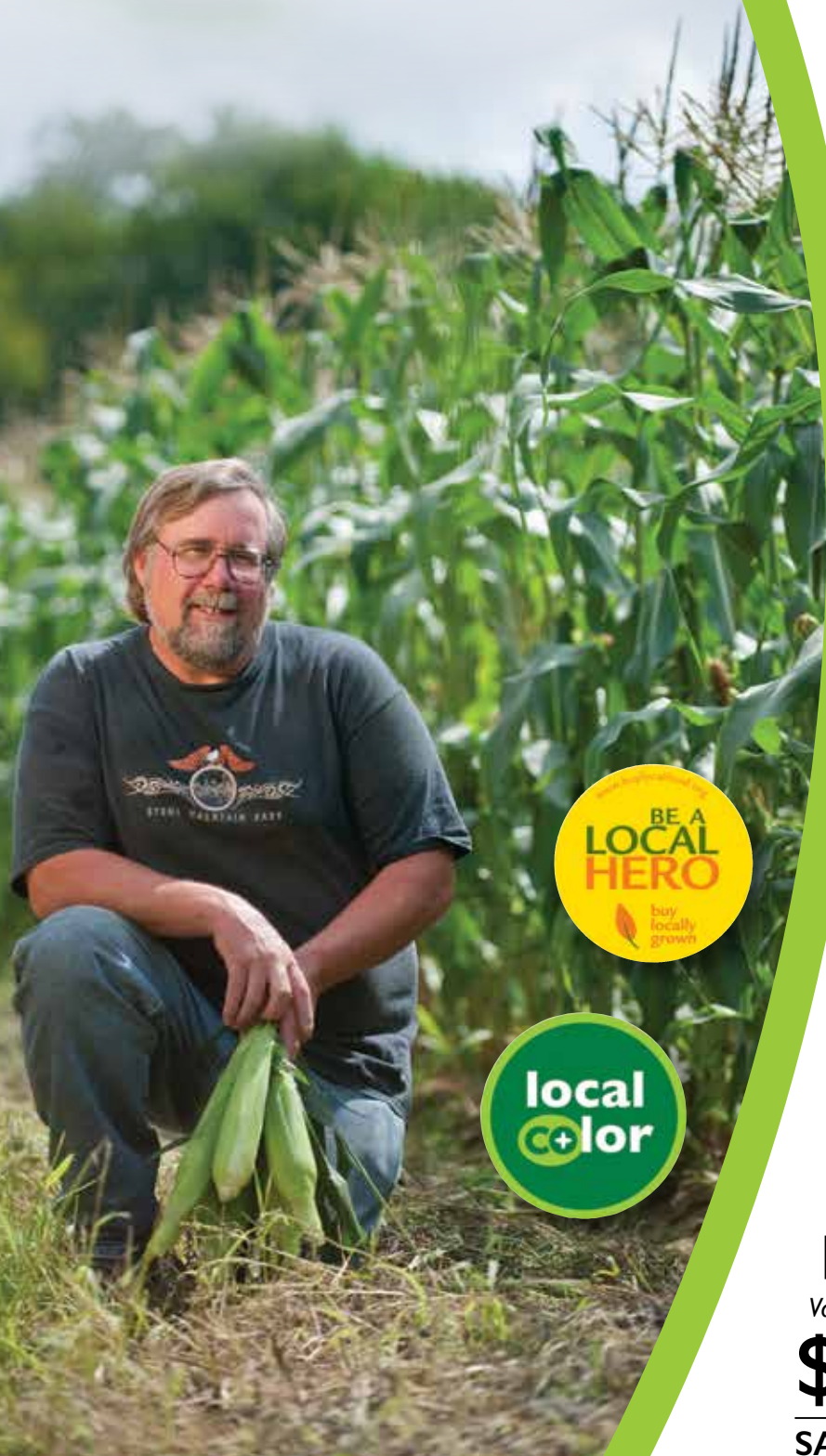


discover local

Thanks to John and his family and crew at Bemben Farm in Hadley, you can enjoy the fresh taste of summer that you've been waiting for all year. Stop by River Valley Market and pick up some of John's delicious, non-GMO sweet corn for dinner tonight. Enjoy!

Photo: Jim Gipe, Pivot Media



coop[™] fresh specials

August 5–18, 2015

BEMBEN FARM **NON-GMO**

LOCAL CORN

Hadley, MA

3 ears / \$1

SAVE 50¢



RIVERLAND FARM **CERTIFIED ORGANIC**

LOCAL CARROTS

Sunderland, MA

\$1.49 lb

SAVE 50¢



NEXT BARN OVER **CERTIFIED ORGANIC**

Mixed Varieties

LOCAL EGGPLANT

Hadley, MA

\$1.99 lb

SAVE \$1.00



CERTIFIED ORGANIC

LOCAL Green & Purple BELL PEPPERS

Various Local Farms

\$1.99 lb

SAVE \$1.00



Your locally grown
food co-op!

River Valley Market

wine & beer



LAS VALLES • SPAIN
**2013 VIURA-
 CHARDONNAY**
*and 2013
 TEMPRANILLO*
GARNACHA SYRAH
\$6.99 750ml
 SAVE \$2.00

CISCO BREWERS
 Nantucket, MA

**WHALE'S
 TALE PALE ALE**
*Sankaty Light, Grey Lady and
 Indie Pale Ale Also On Sale*
\$16.99 12 pk
 SAVE \$3.00



cheese

*We specialize in local and regional
 artisanal cheeses!*

CABOT COOPERATIVE • Vermont
**SERIOUSLY SHARP
 CHEDDAR**
2 lb Sharp and Extra Sharp Also On Sale
\$9.99 2 lbs
 SAVE \$3.00



**AUGUST
 CAVE TO CO-OP SPECIAL**

JASPER HILL FARM
 Greensboro Bend, VT

WILLOUGHBY

Cow's milk washed-rind, succulent and buttery

\$14.99 lb
 SAVE \$8.00



from our deli

**LOCAL
 STRAWBERRY
 SMOOTHIE**

*Vegan • Seasonal Specialty
 Get it while you can!*

\$4.99 16 oz

**TORTILLA
 BURGER**



*Local grass fed beef burger with local
 heirloom tomatoes, Hatch green chilies, cheddar,
 yellow mustard and onion on a flour tortilla*

\$8.99 ea

GRAFTON VILLAGE CHEESE
 Vermont

SMOKED CHEDDAR

Sliced to Order

\$9.99 lb
 SAVE \$2.00



**Bart's
 HOMEMADE**

Greenfield, MA

**LOCAL ICE CREAM
 AND SORBET**

All Flavors

\$3.99 pint
 SAVE \$1.00



discover River Valley Market

Your locally grown food co-op

fresh meat & seafood

HOUSE-MADE

**Italian Pork
 SAUSAGES**

Hot or Mild

\$4.99 lb
 SAVE \$2.00

BRIDGMONT FARM • Westhampton, MA

100% GRASS FED

GROUND BEEF

Frozen

\$7.99 lb
 SAVE \$2.00



STONEWOOD FARM
 Orwell, VT

GROUND TURKEY

Frozen • Antibiotic & Hormone Free

\$4.99 16 oz
 SAVE \$2.00



COLEMAN

CERTIFIED ORGANIC

**Boneless Skinless
 CHICKEN BREAST**

\$7.99 lb
 SAVE \$3.00

EARTH'S BEST KIDZ

**BAKED CHICKEN
 NUGGETS**

Frozen • Antibiotic & Hormone Free

\$5.99 16 oz
 SAVE \$2.00

MEYER NATURAL ANGUS

**Boneless
 SIRLOIN STEAKS**

Antibiotic & Hormone Free

\$8.99 lb
 SAVE \$3.00

WILD CAUGHT

**IN SEASON! FRESH WILD
 SOCKEYE SALMON**

\$12.99 lb
 SAVE \$3.00

WILD CAUGHT

RAW SHRIMP 26/30

Previously Frozen

\$12.99 lb
 SAVE \$6.00

WILD CAUGHT

AHI TUNA STEAKS

Previously Frozen

\$9.99 lb
 SAVE \$8.00

wellness

*Stay energized and hydrated with amino acids
 antioxidants, vitamins, minerals and electrolytes!*

VITALAH

**OXYLENT SPORT
 3-in-1**

Supplement Drink
\$1.48 .25 oz
 SAVE 30¢

KISS MY FACE

**PURE
 OLIVE OIL SOAP**

Fragrance Free
\$1.99 4 oz bar
 SAVE 80¢



bulk savings

CERTIFIED ORGANIC

CANE SUGAR

\$1.49 lb
 SAVE 50¢

CERTIFIED ORGANIC

SHREDDED COCONUT

\$3.39 lb
 SAVE \$1.00

VERMONT 5 SEASONS • Montpelier, VT

**MAPLE PECAN
 GRANOLA**

\$5.99 lb
 SAVE \$1.30



CERTIFIED ORGANIC

PRUNES

\$5.99 lb
 SAVE \$2.00

ESSELON • Hadley, MA

**COFFEE-SUMATRAN
 and DECAF MEXICAN**

FAIR TRADE

\$8.99 lb
 SAVE \$2.00



**FRONTIER CO-OP
 CERTIFIED ORGANIC
 BULK
 PICKLING SPICES
 25% OFF**



calendar of events

FRIDAY, AUGUST 7

5:30-9:30 PM

FOOD FOR CHANGE

The Story of Cooperation in America

Join us for dinner and a movie!

Quonquot Farm, Whately

Admission \$12.50

Buy your tickets in advance at the Co-op.

WEDNESDAYS AUGUST, NOON PICNIC PRESENTATIONS

August 12

Stephen Devine, Feng Shui

August 19

Skye Long & Laura Doubleday, Science Cafe

August 26

Carol Duke, Flower Hill Farm Retreat

The Allure of Gardening for Wildlife

FRIDAY, AUGUST 14, 5-7 PM

NORTHAMPTON ARTS NIGHT OUT

Meet the co-op artist of the month,

Nancy Pulley. Live music with Cosby Gibson

and Tom Staudle, acoustic folk and blues

TUESDAY, SEPTEMBER 1

PHASE 2 STORE REMODEL BEGINS

Open regular hours

Baba Ganoush • Roasted Eggplant Dip

Adapted from <http://www.inspiretaste.net>

This gets even better after a day or two in the refrigerator.

Yield: 6 (1/3 cup) servings

Ingredients

2 medium eggplants (about 2 pound)

1/4 cup tahini

1/4 cup freshly squeezed lemon juice

2 to 3 garlic cloves, finely minced

1/4 teaspoon ground cumin

1/2 teaspoon kosher salt

2 tablespoons chopped fresh parsley leaves

1 tablespoon olive oil

Preparation

Adjust an oven rack to the middle position and turn broiler on. Line a baking sheet with aluminum foil.

Place whole eggplants on the baking sheet and prick in several places using a fork. This helps steam escape while the eggplants roast.

Broil eggplants 2 minutes on all sides. The skin will darken a little and begin to smell smoky, adding lots of flavor to the dip.

Turn broiler off but do not remove eggplants from the oven. Heat oven to 375°F. Roast eggplants 25-30 minutes, or until very soft. Cool 10-15 minutes until easily handled.

Meanwhile, combine tahini, lemon juice, garlic, cumin and the salt in a medium bowl. Set aside so the flavors meld.

Split the eggplants, drain excess liquid, scrape out the flesh and add to the tahini mixture. (Discard excess liquid and skins.)

Mash eggplant into tahini mixture with a fork until somewhat smooth with some texture remaining. Cool to room temperature then stir in parsley and drizzle the top with olive oil.

How to make baked pita chips: Heat the oven to 400°F. Split 2-3 pitas into 2 rounds. Lightly brush each round on both sides with olive oil and sprinkle with salt. Cut each round into 8 wedges and arrange in a single layer on rimmed baking sheets.

Bake until golden and crisp, about 12 minutes.

summer's
bounty
is here

RIVER VALLEY MARKET

330 North King Street

Northampton, MA 01060

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

The PVTA X98 Crosstown bus stops here!

413.584.2665

info@rivervalleymarket.coop

www.rivervalleymarket.coop

Open daily 8 am to 9 pm

Everyone is welcome!

Follow us on Facebook
River Valley Market Co-op

or on Twitter
@rivervalleymkt

and sign up for weekly e-mail updates:
<http://rivervalleymarket.coop/new/newsletter/>

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



Left: Ray Young, Next Barn Over in Hadley, at our delivery dock with a huge load of fresh local organic vegetables.

Right: Cameron, Produce Team, stocking our cooler with fresh eggplants from Ray's farm.