



river valley co-op

wild about local

May 17 –
May 30, 2017

discover local

High Meadows Farm • Putney, VT

A family operated farm established in 1971, High Meadows was Vermont's first certified organic farm. Howard Prussack and his team provide the co-op with herbs, flowers and veggies, and a wide variety of their starts are here just in time for spring!



HIGH MEADOWS FARM
CERTIFIED ORGANIC
**LOCAL VEGGIE
& HERB STARTS**
\$3.49
AND UP

Photo by Jim Gipe, Pivot Media

fresh specials

SMIAROWSKI FARM • Sunderland, MA

**LOCAL
ASPARAGUS**

\$4.99 lb



THE SEASON HAS ARRIVED!

USA & MEXICO

CERTIFIED ORGANIC

CUCUMBERS

\$1.99 lb



SAVE \$2.00

MEXICO

CERTIFIED ORGANIC

CANTALOUPE

\$3.99 ea



SAVE \$1.00

USA

CERTIFIED ORGANIC

VIDALIA ONIONS

99¢ lb



SAVE \$1.00

from our deli

HOUSE-MADE SPRING KALE SMOOTHIE

Organic white grape juice, coconut milk,
organic kale, and pineapple

\$3.99 16 oz

HOUSE-MADE VEGAN POTATO SALAD

\$4.99 lb

SAVE \$1.00

MADE-TO-ORDER TACOS

Cheddar, onions, tomato, shredded cabbage
in local Mi Tierra organic corn tortillas with
house-made salsa and house-made guacamole
on the side; 2 tacos per order

Black Bean Tacos
\$3.99

**Rojo Chicken
or Pork Tacos**
\$5.99

**\$2.00
OFF**



cheese

MAPLEBROOK FARM
Bennington, VT

FRESH MOZZARELLA



\$8.99 lb

SAVE \$3.00

GRAFTON VILLAGE
Brattleboro, VT

RAW MILK CHEDDAR

Aged 1 Year

\$7.29 lb

SAVE \$3.00



beer & wine

ARTISAN BEVERAGE CO-OP
Greenfield, MA

GINGER or LOCAL LIBATION

\$10.99 750 ml

SAVE \$2.00

CITIZEN CIDER
Burlington, VT

LOCAL HARD CIDER

Wit's Up, Dirty Mayor, Unified Press,
and Lake Hopper



\$9.99 4 pk

SAVE \$2.00

BROADBENT

VINHO VERDE or VINHO VERDE ROSÉ

\$6.99 750 ml

SAVE \$2.00

discover river valley co-op

wild about local

fresh meat & seafood

Grilling season is here! Try some of these
on the grill or stop by our Meat & Seafood
Department for suggestions and recipes!

HOUSE-MADE FRESH PORK BRATS

\$4.99 lb

SAVE \$2.00

NIMAN RANCH FEARLESS BEEF FRANKS

No Nitrates or Nitrites Added

\$4.99 11 oz

SAVE \$2.00

HOUSE-MADE CHEDDAR BACON BURGERS

\$5.99 lb

SAVE \$3.00

FREEBIRD BONELESS CHICKEN BREAST

Antibiotic & Hormone Free

\$4.99 lb

SAVE \$1.00

MEYERS NATURAL ANGUS

T-BONE STEAK

\$9.99 lb

SAVE \$5.00

MEYERS NATURAL ANGUS

PORTERHOUSE STEAK

\$9.99 lb

SAVE \$5.00

HOUSE-MADE TUNA or SWORDFISH KABOBS

\$9.99 lb

SAVE \$2.00

FROZEN SWORDFISH STEAKS

\$8.99 lb

SAVE \$4.00

WILD CAUGHT • USA HOUSE-MADE SHRIMP SKEWERS

\$2.99 ea

wellness

LIFE FLO PURE MAGNESIUM OIL

\$6.99 8 oz

SAVE \$3.00



WAY OUT WAX • North Hyde Park, VT BUG OUT! ORIGINAL

Pure Plant Essence Insect Replant

\$5.99 4 fl oz

SAVE \$1.00



VALENTINA'S SUNNY OUTLOOK BODY MIST

Body Mist Made from Natural Ingredients

\$5.99 4 fl oz

SAVE \$2.00

bulk savings

ESSELON • Hadley, MA

CERTIFIED FAIR TRADE

GUATEMALAN

COFFEE

\$7.99 lb

SAVE \$3.00



YOUR CHOICE BRANDS

CERTIFIED ORGANIC

GRANOLA

All Profits to Customer-Selected Charities

\$6.99 lb

SAVE \$2.00

GRANDY OATS • Hiram, ME

CERTIFIED ORGANIC

HIGH ANTIOXIDANT TRAIL MIX



\$9.99 lb

SAVE \$4.00

EQUAL EXCHANGE
West Bridgewater, MA

CERTIFIED ORGANIC

NATURAL ALMONDS



\$10.99 lb

SAVE \$3.00

CERTIFIED ORGANIC

RED LENTILS

\$1.99 lb

SAVE 70¢

CERTIFIED ORGANIC

STEEL CUT OATS

\$1.19 lb

SAVE 50¢

calendar of events

TUESDAY, MAY 23, 6:30–7:30PM

Free Workshop: Qigong Movement with Makani Freitas. Pre-registration is required. Call (413) 584-2665.

TUESDAY, MAY 30, 6:30–8PM

Free Workshop: Cultured Vegan Cheese & Yoghurt with Trevor Ring. Pre-registration is required. Call (413) 584-2665.

WEDNESDAY, MAY 31, 6:30–8PM

Free Workshop: Treating Late-Stage Neurological Lyme Disease with Brendan Kelly. Pre-registration is required. Call (413) 584-2665.

TUESDAY, JUNE 6, 6:30–8PM

Free Workshop: Solar 101 – How Solar Keeps Money in the Local Economy with Zach Swan from Northeast Solar. Pre-registration is required. Call (413) 584-2665.

THURSDAY, JUNE 22, 5-8PM

Strawberry Ice Cream Social

Join us in our parking lot for this popular free summer kick off event! Proceeds to benefit Grow Food Northampton.



river valley co-op

330 North King Street
Northampton, MA 01060

On Routes 5 & 10, just south of I-91 Exit 21
The PVTX X98 Crosstown bus stops here!

(413) 584-2665

info@rivervalley.coop
www.rivervalley.coop

Open daily 8am–10pm
Everyone is welcome!

Follow us on Facebook:
River Valley Co-op
and on Twitter and Instagram
@rivervalleycoop

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

Orzo Salad with Cucumbers, Tomatoes and Pine Nuts

Lemon zest and juice add a punch to this light pasta salad. Ideal for early summer picnics.
Adapted from www.chowhound.com

Serves 8 – 10

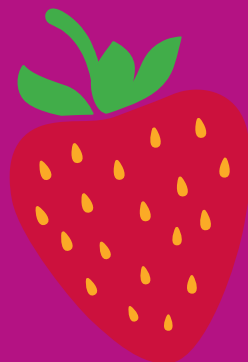
INGREDIENTS

1 pound three color orzo
1 pint cherry tomatoes, halved
1/2 medium English cucumber, seeded and cut into small dice (about 1 cup)
1/2 cup pine nuts, toasted
1/4 cup extra-virgin olive oil
3 tbsp finely chopped fresh basil
2 tbsp finely chopped fresh Italian parsley
2 scallions, finely chopped (white and light green parts only)
2 tbsp tightly packed, finely grated lemon zest (from about 3 medium lemons)
3 tbsp freshly squeezed lemon juice
Salt and freshly ground black pepper

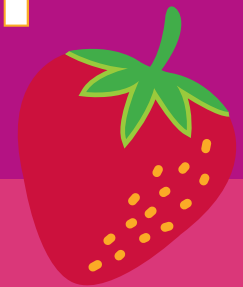
PREPARATION

Bring a large saucepan of heavily salted water to a boil over high heat and cook the pasta until al dente, about 8 minutes. Drain and rinse under cold water until cool. Transfer pasta to a large bowl.

Add the tomatoes, cucumbers, pine nuts, olive oil, basil, parsley, scallions, lemon zest, and lemon juice and toss to combine. Taste and season with salt, pepper, and additional lemon juice as needed. Serve chilled or at room temperature.



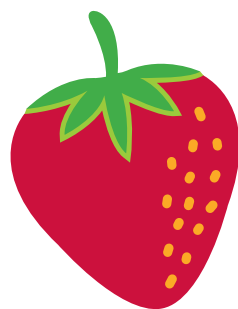
STRAWBERRY Ice Cream Social



THURSDAY, JUNE 22, 2017

5-8PM IN OUR PARKING LOT

Proceeds to benefit Grow Food Northampton



LOCAL STRAWBERRY SUNDAES with Bart's Homemade Ice Cream

- A La Cart Picnic Menu
- Free Face Painting & Kids Activities
- Live Music
- Annual Austin Miller Co-op Hero Awards

EVERYONE IS WELCOME!