

# EARTH FESTIVAL

MONADNOCK REGION



NOON - 4PM  
APRIL 22, 2017  
RAIN DATE APRIL 23  
AT RAILROAD SQUARE &  
MONADNOCK FOOD CO-OP  
KEENE, NH

KIDS ACTIVITIES  
CATERPILLAR LAB  
LOCAL FOOD BBQ  
ARTISANS & FARMERS  
MUSIC, MASSAGE & MORE

SPONSORED BY:  
MONADNOCK FOOD CO-OP  
[WWW.MONADNOCKFOOD.COOP/EARTHFESTIVAL](http://WWW.MONADNOCKFOOD.COOP/EARTHFESTIVAL)

mfc deals



## HOUSE FAVORITE: CUT PINEAPPLE

One of our most requested items was cut fruit -- so we installed a new produce case to fit your needs! While Mariah & the team prepare a broad range of fresh, juicy fruit and vegetables for you to indulge in on the go, you will mostly see them skillfully dicing sweet, golden pineapples because our customers love this healthy snack! We always start with the most ripe, succulent organic pineapples available.

Healthy convenience items can produce a lot of plastic, which is why the packaging we use is 100% recycled. As #1 PETE, this plastic is easily recycled, so it can go in any recycling bin around town!

PLEASE RINSE AND RECYCLE YOUR CONTAINERS! 

monadnock<sup>TM</sup>  
FOOD CO•OP  
APR 19 - MAY 2, 2017  
everyone can shop  
anyone can own



2/\$1  
**ORGANIC**  
Limes



99¢  
**ORGANIC**  
Sweet Onions  
per lb



\$1.99  
**ORGANIC**  
Zucchini  
per lb;



\$2.99  
**HOUSEMADE**  
Cut Pineapple  
per lb

## BEER & WINE



**\$10.99**

**BODINI**  
Malbec Red Wine  
750 ml



**\$11.99**

**ART OF EARTH**  
Montepulciano  
d'Abruzzo Red wine  
750 ml



**\$15.99**

**FREY VINEYARDS**  
Biodynamic Zinfandel  
Red Wine  
750 ml

## BAKERY & DELI



**\$2.49**

**BAKERY**  
Onion & Poppy  
Seed Bread  
each



**\$4.99**

**HOUSEMADE**  
Parmesan Herb Crusted  
Potatoes  
per lb



**\$7.99**

**HOUSEMADE**  
Portobello Asiago  
Pasta Salad  
per lb

## CHEESE



**\$3.49**

**VERMONT CREAMERY**  
Mascarpone  
8 oz; made in Websterville, VT



**\$3.99**

**SARTORI RESERVE**  
Sarvecchio Parmesan  
5.3 oz each; other Italian  
cheeses also on sale



**\$6.99**

**MAPLEBROOK FARM**  
Feta Cheese  
per lb; made in Bennington, VT

## WELLNESS



**\$3.29**

**KISS MY FACE**  
Lavender Liquid Rock  
Deodorant  
3 oz; other varieties on sale



**\$3.99**

**HOLLAND  
HOMESTEAD**  
New Hampshire Lilac  
Goat Milk Soap  
5 oz; other varieties on sale  
made in Keene, NH



**\$6.99**

**LIFEFLO**  
Pure Magnesium Oil Spray  
8 oz

## BUY in BULK & SAVE



**\$2.29**

**ORGANIC**  
Whole Wheat  
French Couscous  
per lb



**\$2.49**

**LUNDBERG**  
Organic White  
Jasmine Rice  
per lb



**\$2.99**

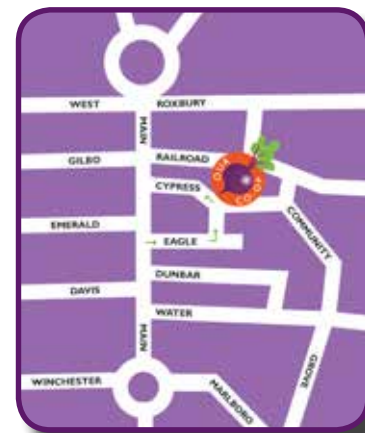
**ORGANIC**  
Banana Chips  
per lb



**\$4.49**

**LUNDBERG**  
Organic Wild Rice  
per lb

**monadnock**  
FOOD CO•OP



34 Cypress Street | Keene, NH  
603.355.8008 | [www.monadnockfood.coop](http://www.monadnockfood.coop)

## MEAT & SEAFOOD



**\$1.79**

**SPRINGER MOUNTAIN**  
Bone-In Chicken Thighs  
per lb; antibiotic-free, American  
Humane Certified



**\$3.59**

**FREEBIRD**  
Organic Whole Chicken  
per lb; antibiotic-free



**\$6.99**

**ORCA BAY**  
Swordfish  
10 oz



**\$7.99**

**ARCHWAY FARM**  
Uncured Cheddar Bratwurst  
per lb; antibiotic-free,  
pasture raised in Keene, NH



**\$5.99**

**HOUSEMADE**  
Spinach & Feta  
Chicken Sausage  
per lb; made with antibiotic-free  
chicken & organic spices



**\$5.99**

**HOUSEMADE**  
Chorizo  
per lb; made with antibiotic-free  
pork & organic spices



## STOCK UP ON SUSTAINABLE PRODUCTS!



**\$1.99**

**IF YOU CARE**  
Basket Coffee Filters  
100 ct



**\$1.99**

**WILD PLANET**  
Sardines in Spring Water  
4.37 oz; other varieties on sale



**\$2.69**

**SUSTAINABLE SEAS**  
Albacore Tuna in Water  
4.1 oz; other varieties on sale



**\$4.29**

**THE BREAD SHED**  
Tosceno Bread  
14.5 oz; baked in Keene, NH



**\$2.99**

**BHAKTI**  
Chai Tea  
16 fl oz; other varieties on sale



**\$3.99**

**SWEET EARTH**  
Organic Kyoto Stir Fry Bowl  
9 oz; other varieties on sale



**\$5.99**

**FARMHOUSE  
CULTURE**  
Organic Horseradish Leek Kraut  
16 oz; other varieties on sale



**\$5.99**

**HEAVENLY  
ORGANICS**  
Raw Acacia Honey  
12 oz; other varieties on sale



**\$8.49**

**EARTH FRIENDLY**  
Oxo Brite Powder  
3.6 lb

**Co+op  
basics**

Looking to stretch your grocery budget? So are we! Co+op Basics offers everyday low prices on many best-selling pantry essentials and household items, so that you can spend your dough where it counts most for you and your family. Just look for the Co+op Basics signs on the shelf, or ask our staff today!

