

\$12.49

WILEY'S FINEST WILD ALASKAN EASY SWALLOW FISH OIL MINIS 60 softgels **SAVE \$3.00**

Wiley's Finest Easy Swallow Minis provide a concentrated dose of EPA and DHA essential fatty acids in every serving. These mini softgels are 55% smaller than 1000 mg strength fish oil, but have 30% more Omega-3s per softgel.



\$10.99

NAVITAS ORGANICS ORGANIC GREENS SUPERFOOD POWDER 6.3 oz **SAVE \$3.50**



\$18.99

NATURAL FACTORS THERACURMIN 60 cabs **SAVE \$10.00**

SAVE THE DATE

2 21 ANNUAL MEETING

October 16, 2021, 1:00 - 3:00 pm, outside in the co-op tent

Join us for these events & workshops!



Intuitive Eating Workshop



Kitchen 2.0 **Cooking Series** for Kids



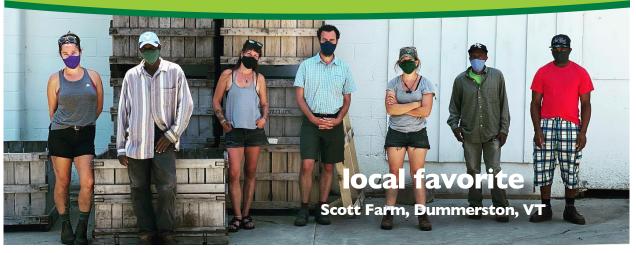
Winter Rest for Your **Garden Workshop**

⊕op deals

Details and full event calendar online at monadnockfood.coop/events



fresh deals



Scott Farm Orchard is a 571-acre gem, owned by The Landmark Trust USA. They offer 130 varieties of ecologically grown heirloom apples (as well as plums, blueberries, peaches, pears, quince, nectarines, cherries, grapes, medlars, and apricots). Approximately 85% of their crop stays local—reflecting the personal connections they have with their customers, family, friends, and community.



ORGANIC **CELERY** bunch **SAVE 21%**



HONEY CRISP APPLE TOTE BAGS grown in Dummerston, VT **SAVE 15%**



ORGANIC **RED OR GREEN SEEDLESS GRAPES SAVE \$1.00/lb**





\$3.29 lb

SPRINGER MOUNTAIN FARMS BONELESS CHICKEN THIGHS

raised without antibiotics; Non-GMO Project Verified; American Humane Certified



\$5.99 lb

HOUSEMADE **PARMESAN CHICKEN CUTLET** chicken raised without antibiotics **SAVE \$2.00/lb**



HOUSEMADE **SALMON BURGERS** each **SAVE \$1.00**



\$5.99 lb

HOUSEMADE SPICED APPLE **CHEDDAR SAUSAGE** pork raised without antibiotics **SAVE \$2.00/Ib**



CHICKEN **OUESADILLA** each



HOUSEMADE **PUMPKIN SPICE LOAF SAVE \$1.00**



\$12.99 lb

GRAFTON VILLAGE CHEESE CLOTHBOUND **CHEDDAR** made in Grafton, VT **SAVE \$11.00/lb**



VERMONT SHEPHERD INVIERNO CHEESE made in Putney, VT **SAVE \$6.00/Ib**





HOUSEMADE **SAVE \$1.50**



\$4.49

ONCE AGAIN CRUNCHY **PEANUT BUTTER** 16 oz; other varieties on sale **SAVE \$1.50**



\$7.99

LA RIOJANA MALBEC WINE 750 ml **SAVE \$2.00**



TONNINO **TUNA FILLETS IN SPRING WATER** 6.7 oz: other varieties on sale **SAVE \$2.50**



\$7.99 lb

BULK SALTED CASHEWS SAVE \$2.00/lb



GOODIE GIRL MINT COOKIES 7 oz: other varieties on sale



\$3.99

BLAKE'S CHICKEN POT PIE 8 oz **SAVE \$2.00**



SAMARA STRAWBERRY KIWI SPRITZER 11.5 fl oz; other varieties on sale made in Wendell, MA

