

SEPT 15 - SEPT 28, 2021



\$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 caps
SAVE \$10.00

fresh deals

SEPT 15 - SEPT 28



local favorite
Scott Farm, Dummerston, VT

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.

SAVE THE DATE

2021 ANNUAL MEETING

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



\$1.79

ORGANIC CELERY
bunch
SAVE 21%



\$1.69 lb

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



\$2.49 lb

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

Join us for these events & workshops!



Intuitive Eating Workshop

Sept 16
5:30 – 7:00pm

Registration Required



Kitchen 2.0 Cooking Series for Kids

Sept 20
4:30 – 5:30pm

Registration Required



Winter Rest for Your Garden Workshop

Oct 6
6:00 – 7:00pm

Registration Required



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

Order Co-op Curbside Pick Up at monadnock.storebyweb.com

34 Cypress Street | Keene, NH | 603.355.8008 | monadnockfood.coop | Open Mon - Sat 7 AM - 9 PM, Sun 8 AM - 9 PM





\$3.29 lb
SPRINGER MOUNTAIN FARMS BONELESS CHICKEN THIGHS
raised without antibiotics; Non-GMO Project Verified; American Humane Certified



\$12.99 lb
GRAFTON VILLAGE CHEESE CLOTHBOUND CHEDDAR
made in Grafton, VT
SAVE \$11.00/lb



\$5.99 lb
HOUSEMADE PARMESAN CHICKEN CUTLET
chicken raised without antibiotics
SAVE \$2.00/lb



\$20.99 lb
VERMONT SHEPHERD INVIERNO CHEESE
made in Putney, VT
SAVE \$6.00/lb



\$7.99
LA RIOJANA MALBEC WINE
 750 ml
SAVE \$2.00



\$4.99
HOUSEMADE SALMON BURGERS
each
SAVE \$1.00



\$2.49
BEVERAGE BAR SELF-SERVE AQUA VI-TEA KOMBUCHA
12 oz; other sizes on sale



\$5.49
TONNINO TUNA FILLETS IN SPRING WATER
6.7 oz; other varieties on sale
SAVE \$2.50



2/\$7
GOODIE GIRL MINT COOKIES
7 oz; other varieties on sale



\$5.99 lb
HOUSEMADE SPICED APPLE CHEDDAR SAUSAGE
pork raised without antibiotics
SAVE \$2.00/lb



\$5.49
HOUSEMADE CHICKEN QUESADILLA
each
SAVE \$1.50



\$7.99 lb
BULK SALTED CASHEWS
bulk
SAVE \$2.00/lb



\$3.99
BLAKE'S CHICKEN POT PIE
 8 oz
SAVE \$2.00



\$2.99
HOUSEMADE PUMPKIN SPICE LOAF
each
SAVE \$1.00



\$4.49
ONCE AGAIN CRUNCHY PEANUT BUTTER
16 oz; other varieties on sale
SAVE \$1.50



\$1.49
SAMARA STRAWBERRY KIWI SPRITZER
11.5 fl oz; other varieties on sale
made in Wendell, MA