

SEPT 14 – OCT 4, 2022



\$13.99

NATURAL FACTORS ORGANIC OIL OF OREGANO

2 fl oz
SAVE \$8.00

Organic Oil of Oregano is incredibly powerful, featuring at least 80% carvacrol – the constituent responsible for oregano’s activity. As a result, this convenient liquid formula delivers all the health benefits of oil of oregano.



\$11.99

BIG DIPPER WAX WORKS PURE BEESWAX PUMPKIN CANDLE

3”x3.25”; burns for 35 hours
SAVE \$5.00



\$8.99

BOODA BUTTER ORGANIC ALL-IN-ONE DAILY MOISTURIZER

2.3 oz
SAVE \$3.00

fresh deals

SEPTEMBER 14 – OCTOBER 4



local favorite

Jack’s Abby

Jack’s Abby Craft Lagers was founded in 2011 by three brothers, Jack, Eric, and Sam Hendler. Join us in welcoming Jack’s Abby to our Oktoberfest Patio Party & BBQ on Friday, September 23, from 3 – 6 pm. They will be featuring Copper Legend Oktoberfest, which in their words is, “the perfect beer for creating legendary times with legendary people.”

FALL TRUCKLOAD SALE



SAVE THE DATES! OCTOBER 14 & 15

save the dates for deep discounts on cases of our popular pantry staples!



\$2.49 lb

ORGANIC RED OR GREEN GRAPES
SAVE \$1.50/lb



2/\$3

ORGANIC AVOCADOS
each
SAVE 25%

Join us for these events & workshops!



Keep the Leaves with Michele Chalice

Monday, Sept 19
6:00 – 7:00pm

Registration Required



Kitchen 2.0 Workshop for Kids

Monday, Sept 26
4:30 – 5:30pm

Registration Required



Elevate Your Tailgating with Our Seductive Cheese Menu

Monday, Oct 1
2:00 – 3:00pm

Registration Required



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



99¢ lb

HARLOW FARM ORGANIC BUTTERNUT SQUASH
grown in Westminster, VT
SAVE \$1.00/lb

No fees for Curbside Pick-Up! Order 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





\$3.99 lb
HOUSEMADE LIME CILANTRO MARINATED CHICKEN THIGHS
chicken raised without antibiotics
 SAVE \$3.00/lb



\$15.99 lb
ABBOT HILL CREAMERY BUTTERKASE
made in Wilton, NH
 SAVE \$5.00



\$8.99
JACK'S ABBY CRAFT LAGERS ALL VARIETIES
4-pk; brewed in Framingham, MA
 SAVE \$1.00



\$2.49 lb
SMART CHICKEN WHOLE CHICKENS
 SAVE \$1.00/lb



\$4.99
BILLINGS FARM RESERVE CHEDDAR
4 oz; made in Woodstock, VT
 SAVE \$1.00



\$15.99 lb
PINELAND FARM BONELESS BEEF STRIP STEAK
 SAVE \$4.00/lb



\$3.99
HOUSEMADE "THE BOSS" SMOOTHIE
8 oz; other sizes also on sale
 SAVE \$1.00



\$3.99
ABRACADABRA COFFEE CO. DARK COLD BREW COFFEE
12 fl oz; other varieties on sale brewed in Woodstock, VT
 SAVE \$1.00



\$1.79
COCOJUNE STRAWBERRY RHUBARB COCONUT YOGURT
4 oz; other varieties also on sale
 SAVE 18%



\$3.49 lb
DU BRETON BONELESS PORK ROAST
 SAVE \$1.50/lb



\$8.99 lb
HOUSEMADE BROCCOLI CASHEW SALAD
 SAVE \$2.00/lb



\$6.99
MICHAEL'S OF BROOKLYN TOMATO BASIL PASTA SAUCE
32 oz; other varieties also on sale
 SAVE \$2.50



\$1.49 lb
ORGANIC ALL PURPOSE FLOUR
bulk
 SAVE 25%



\$2.99
HOUSEMADE PUMPKIN CAKE
each



\$4.99
ZOUP! CHICKEN BONE BROTH
32 fl oz
 SAVE \$2.00



\$9.99
SAN REMO EXTRA VIRGIN INTENSE OLIVE OIL
17 fl oz
 SAVE \$4.00