

SEP 18 – OCT 1, 2024



2/\$2

**AKASHA SUPERFOODS
LIPOSOMAL
SEA MOSS GEL**
.5 fl oz
SAVE 32%

Akasha's famous Premium Gold Sea Moss Gel has been formulated into quick, convenient, on-the-go single packets so it can fit easier into your daily wellness routine!



\$11.99 ea

**BIG DIPPER
WAX WORKS
MUSHROOM CANDLE**
3" x 3.5"
SAVE \$2.00



\$10.99 ea

**FAT AND THE MOON
ALL SALVE**
2 fl oz
SAVE \$2.50

fresh deals

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Members of our Co-op Produce Department recently spent a morning touring Picadilly Farm in Winchester, New Hampshire with Bruce and Jenny Wooster. Picadilly Farm includes forty acres of rich Connecticut River Valley agricultural soil with about twenty-six acres currently in production. They maintain the rest of the land as conservation land to prevent erosion, encourage pollinators, and further enhance the land.

round up your change in september

to SUPPORT NOFA-NH'S FARM SHARE PROGRAM
providing CSAs for NH RESIDENTS with LOW INCOMES



\$2.79 bunch

**PICADILLY FARM
ORGANIC RED KALE**
grown in Winchester, NH
SAVE 20%



\$1.99 lb

**ALYSON'S ORCHARD
HONEYCRISP APPLE
TOTE BAG**
grown in Walpole, NH
SAVE \$1.00/lb

Join us for these events & workshops!



Creative Doodling
Saturday, Sept 21
10am – noon
Registration
Required



**Textile Recycling
Drive**
Sunday, Oct 6
9:00am – 11:00am
Co-op Side Parking Lot



Co-op Book Club
Monday, Oct 7
6:00 – 7:30pm
Co-op
Community
Room

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

No fees for Curbside Pick-Up! Order at monadnock.storebyweb.com



\$2.49 bunch

**PICADILLY FARM
ORGANIC CURLY
GREEN KALE**
grown in Winchester, NH
SAVE 24%

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

monadnock
FOOD CO•OP



\$15.99 lb

**ORCA BAY
WILD-CAUGHT
SOCKEYE SALMON**
previously frozen
SAVE \$3.00/lb



\$10.49 ea

**VERMONT CREAMERY
HOOPER CHEESE**
5 oz; made in Websterville, VT
SAVE \$3.00



\$6.99 lb

**HOUSEMADE
KOREAN BBQ
CHICKEN THIGHS**
SAVE \$1.00/lb



\$8.99 ea

**VERMONT CREAMERY
GOAT CHEESE LOG**
10.5 oz; made in Websterville, VT
SAVE \$2.00



\$5.99 lb

**HOUSEMADE
PORK BEER
BRATWURST**
SAVE \$2.00/lb



\$6.49 ea

**VERMONT SALUMI
RED WINE &
GARLIC SALAMI**
4 oz; made in Barre, VT
SAVE \$2.50



\$8.99 lb

**HOUSEMADE
MERQUEZ
LAMB SAUSAGE**
SAVE \$1.00/lb



\$11.99 lb

**HOUSEMADE
ROASTED BUTTERNUT
SQUASH TORTELLINI**
SAVE \$3.00/lb



\$5.29 ea

**HOUSEMADE
HARVEST
PUMPKIN LOAF**
SAVE \$1.20



\$16.99 ea

**JACK'S ABBY
COPPER LEGEND**
12-pk
brewed in Framingham, MA
SAVE \$3.00



\$2.99 ea

**SAMBAZON
ORGANIC
SUPERBERRY
ACAI BOWL**
6.1 oz; other varieties also on sale
SAVE \$1.00



\$7.49 ea

**LOVEBIRD
ORGANIC GRAIN-FREE
CACAO CEREAL**
7 oz; other varieties also on sale
SAVE \$1.50



\$4.29 ea

**OLYRA
ORGANIC
CINNAMON TAHINI
BREAKFAST BISCUITS**
5.3 oz; other varieties also on sale
SAVE \$1.20



\$2.19 ea

**NASOYA
ORGANIC SILKEN TOFU**
16 oz; other varieties also on sale
SAVE 26%



\$1.29 lb

**BULK
THICK ROLLED OATS**
SAVE 27%



\$3.79 ea

**KIND
OATS & HONEY BARS**
6.2 oz; other varieties also on sale
SAVE \$1.20