

NOV 13 – DEC 3, 2024



\$10.99

**DR. SQUATCH PINE TAR SHAMPOO**  
8 fl oz; conditioner also on sale  
**SAVE \$3.00**

Pine Tar shampoo is made with a potent blend of Jojoba Oil and Oat Protein to protect your hair and seal in moisture, while Pine Tar helps soothe and calm the scalp.



\$18.99

**OM ORGANIC MUSHROOM GUMMIES W/ LION'S MANE**  
60 count  
**SAVE \$7.00**



\$11.49

**NATURE'S WAY CRANBERRY 465 MG**  
100 caps  
**SAVE \$3.50**

# fresh deals

NOV 13 – DEC 3, 2024



**local favorite**  
**Stonewood Farm**

This year, finding your fresh Thanksgiving turkey will be easy! No pre-orders needed. Just stop by our **TURKEY TRAILER** in the parking lot, tell us what you need and we'll get it for you. The Turkey Trailer will be open Monday & Tuesday, Nov 25 & 26, 7am – 6pm, and Wednesday, Nov 27, 7am – 3pm. Find more details at [monadnockfood.coop/event/turkey-trailer/](http://monadnockfood.coop/event/turkey-trailer/)

## round up your change in november



Planting seeds for a lifetime of healthy eating

SUPPORT THE CORNUCOPIA PROJECT'S MISSION TO TEACH KIDS OF ALL AGES HOW TO GROW AND PREPARE HEALTHY FOOD THROUGH SCHOOL GARDENS, COOKING CLASSES & FARM EDUCATION.

## Join us for these events & workshops!



**Plaid Friday**  
Friday, Nov 29  
A perfect day to SHOP LOCAL!



**Cider Monday**  
Monday, Dec 2  
Stop by the Co-op for FREE CIDER!



**Co-op Book Club**  
Monday, Dec 2  
6:00 – 7:30pm  
Co-op Community Room

Details and full event calendar online at [monadnockfood.coop/events/](http://monadnockfood.coop/events/)

**No fees for Curbside Pick-Up! Order at [monadnock.storebyweb.com](http://monadnock.storebyweb.com)**



\$1.49 lb

**ORGANIC RED & YELLOW ONIONS**  
**SAVE 25%**



\$4.99

**DWIGHT MILLER ORCHARDS ORGANIC APPLE CIDER**  
½ gallon; certified organic by VOF made in East Dummerston, VT  
**SAVE \$2.00**



\$1.29 lb

**ORGANIC RED, GOLD & RUSSET POTATOES**  
**SAVE 35%**

34 Cypress Street | Keene, NH | 603.355.8008 | [monadnockfood.coop](http://monadnockfood.coop) | Open Mon-Sat 7 AM - 9 PM, Sun 8 AM - 9 PM





**\$4.99 lb**  
**HOUSEMADE COUNTRY SAGE BULK PORK SAUSAGE**  
 GREAT FOR STUFFING!  
**SAVE \$3.00/lb**



**\$4.99**  
**VERMONT CREAMERY CRÈME FRAÎCHE**  
 8 oz; made in Websterville, VT  
**SAVE \$1.30**



**\$17.99**  
**HARPOON WINTER WARMER**  
 12-pack; brewed in Boston, MA  
**SAVE \$4.00**



**\$6.99**  
**NORTH COUNTRY SMOKEHOUSE SMOKY MAPLE LINKS**  
 16 oz; made in Claremont, NH  
**SAVE \$1.00**



**\$9.99**  
**CABOT CREAMERY ARTISAN RESERVE CHEDDAR CHEESE**  
 16 oz; other varieties also on sale made in Cabot, VT  
**SAVE \$1.50**



**\$13.99 lb**  
**HOUSEMADE MAPLE ROSEMARY BEEF TIPS**  
**SAVE \$2.00/lb**



**\$10.99 lb**  
**ORGANIC PECAN HALVES**  
 bulk  
**SAVE \$4.00/lb**



**\$4.99**  
**MAPLE MEADOW FARM LARGE BROWN EGGS**  
 dozen; raised in Salisbury, VT  
**SAVE 50¢**



**\$3.49**  
**STACY'S EVERYTHING BAGEL CHIPS**  
 7 oz; other varieties also on sale  
**SAVE \$1.00**



**\$10.99 lb**  
**BAYWIND COOKED SHRIMP**  
**SAVE \$4.00/lb**



**\$2.99**  
**HOUSEMADE PUMPKIN CAKE**  
 slice  
**SAVE \$1.00**



**\$3.49**  
**MILTON'S MULTI-GRAIN GLUTEN-FREE CRACKERS**  
 6 oz; other varieties also on sale  
**SAVE \$1.00**



**\$4.99**  
**KATZ GLUTEN-FREE PUMPKIN SPICE GLAZED DONUTS**  
 8.25 oz; other varieties also on sale  
**SAVE \$1.30**



**\$7.99**  
**HOUSEMADE PUMPKIN BISQUE**  
 quart  
**SAVE \$2.00/qt**



**\$6.99 lb**  
**BULK SEMI-SWEET CHOCOLATE CHIPS**  
 bulk  
**SAVE \$3.00/lb**



**\$7.99**  
**IF YOU CARE DISHWASHER TABLETS**  
 40 tablets  
**SAVE \$2.00**