

FEB 19 – MAR 4, 2025



**\$5.49**

**DR. BRONNER'S LAVENDER CASTILE SOAP**  
8 fl oz; other varieties also on sale  
**SAVE \$1.00**

Scented with pure lavender and lavender essential oils to calm the mind and soothe the body. Dr. Bronner's Pure-Castile Lavender Liquid Soap is concentrated, versatile, and effective. Made with organic and certified fair trade ingredients. Packaged in a 100% post-consumer recycled bottle.



**2/\$9**

**ZUM BAR SEA SALT GOAT MILK SOAP**  
8 oz; other varieties also on sale  
**SAVE 18%**



**\$11.99**

**DR. SQUATCH PINE TAR DEODORANT**  
2.65 oz; other varieties also on sale  
**SAVE \$1.50**

# fresh deals

FEB 19 – MAR 4, 2025



**local favorite**  
Boggy Meadow Farm

Boggy Meadow Farm is located in the rich, fertile farmland of the Connecticut River Valley in Walpole, NH. Marcus Lovell Smith began making cheese in the mid 1990s, using the 1780 house at the center of the farm. Now with a small team including head cheesemaker, Evan Sabatelli, they produce a series of Alpine cheeses from their raw cow's milk. A Co-op favorite, Boggy Meadow Baby Swiss, is on sale now!

**round it up**  
Round up your change this month to support the Monadnock Food Co-op **FARM FUND**



Grants go to farms in Cheshire County and abutting NH towns who would like to develop or expand their production for wholesale markets, including the Monadnock Food Co-op.

For more info go to: [monadnockfood.coop/farmfund](http://monadnockfood.coop/farmfund)



**round it up**  
Funds can be used for a range of needs including: equipment, infrastructure, packaging, or technical assistance.



**\$3.49 lb**  
**ORGANIC BRUSSELS SPROUTS**  
**SAVE \$2.50/lb**



**\$3.49**  
**ORGANIC GRAPE TOMATOES**  
pint  
**SAVE \$1.50**

## Join us for these events & workshops!

**Nutrient Dense Dinner Cook Along**  
Sunday, Feb 23  
3:30pm – 4:30pm  
Reservations Required

**Co-op Book Club**  
Monday, Mar 3  
6:00 – 7:30pm  
Co-op Community Room

**Planning A Medicinal Herb Garden**  
Saturday, Mar 8  
10:00am – 11:30pm  
Reservations Required

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)**



**\$1.99 lb**  
**ORGANIC COSMIC CRISP APPLES**  
80/88 ct, US Extra Fancy  
**SAVE \$1.00/lb**

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







**\$13.99 lb**

**FAROE ISLAND SALMON**  
farm-raised  
**SAVE \$2.00/lb**



**\$14.99 lb**

**BOGGY MEADOW FARM BABY SWISS CHEESE**  
made in Walpole, NH  
**SAVE \$8.00/lb**



**\$17.99**

**VON TRAPP BREWING VARIETY PACK**  
12-pack; brewed in Stowe, VT  
other varieties also on sale  
**SAVE \$2.00**



**\$15.99 lb**

**PINELAND FARMS SIRLOIN STEAK TIPS**  
**SAVE \$3.00/lb**



**\$5.29**

**VERMONT CREAMERY CRÈME FRAÎCHE**  
8 oz; made in Websterville, VT  
**SAVE \$1.00**



**\$6.99**

**BILINSKI ORGANIC MILD ITALIAN CHICKEN SAUSAGE**  
12 oz  
**SAVE \$2.00**



**\$3.29 lb**

**ORGANIC SHREDDED COCONUT**  
bulk  
**SAVE \$1.00/lb**



**\$3.29 lb**

**VERMONT SOAP UNSCENTED LAUNDRY SOAP**  
bulk; made in Middlebury, VT  
other varieties also on sale  
**SAVE \$1.00/lb**



**\$4.99**

**SAN REMO ORGANIC ORECCHIETTE PASTA**  
16 oz; other varieties also on sale  
**SAVE \$1.50**



**\$5.99**

**NIMAN RANCH GROUND PORK**  
16 oz  
**SAVE \$1.00**



**\$2.49 ea**

**HOUSEMADE WALNUT THUMBPRINT COOKIES**  
**SAVE 50¢**



**\$3.29**

**MI TIERRA ORGANIC CORN TORTILLAS**  
12 count; made in Hadley, MA  
**SAVE \$1.00**



**\$5.99**

**SAN REMO ORGANIC MARINARA SAUCE**  
17.6 oz; other varieties also on sale  
**SAVE \$1.50**



**\$12.99 lb**

**HOUSEMADE MONADNOCK POWER SLAW**  
**SAVE \$3.00/lb**



**\$5.49**

**SMALL TOWN CULTURES TURMERIC KIMCHI**  
12 oz; other varieties also on sale  
**SAVE \$1.50**



**\$17.99**

**BARBERA EXTRA VIRGIN OLIVE OIL**  
500 ml  
**SAVE \$4.00**