

MAR 19 – APR 1, 2025



**\$7.99**

**BIG DIPPER  
WAXWORKS  
100% BEESWAX  
SONG BIRD CANDLE**  
3" x 4"

**SAVE \$2.00**

This carefully sculpted 100% pure beeswax Song Bird candle will be a lovely addition to any springtime table setting.



**\$13.99**

**HERBAL REVOLUTION  
ORGANIC FIRE  
CIDER TONIC**  
8 fl oz; made in Union, ME  
other varieties also on sale  
**SAVE \$4.00**



**\$18.99**

**WILEY'S FINEST  
RELAX FOCUS  
DIETARY SUPPLEMENT**  
30 caps  
**SAVE \$8.50**

# fresh deals

MARCH 19 – APRIL 1, 2025



## local favorite

Shire's Naturals

Shire's Naturals' story began with Adam Hamilton and Joshua Velasquez experimenting with fermentation, using cashews as the base. A unique cheese was created, and after years of hard work, they're now in their own state-of-the-art fermentation facility in Peterborough. They've expanded their dairy-free cheese products to include ravioli, offering customers classic Italian flavors with plant-based innovation. You'll find three delicious flavors of their ravioli in our frozen food aisle and it's on sale now!

# round up your change in march to support



**COMMUNITY GARDEN CONNECTIONS**

**ANTIOCH UNIVERSITY**

## Join us for these events & workshops!



**Let's Talk Detox**

Saturday, Mar 29  
10:00am – 11:30am

Reservations Required



**Stop Bullying:**

Building a Supportive  
Dialogue

Saturday, Mar 29  
9:30am – 1:30pm

Norma Walker Hall,  
KSC Alumni Center



**Co-op Book Club**

Monday, April 7  
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  
BARTLETT PEARS**  
**SAVE \$1.50/lb**



**\$3.99 bag**

**ORGANIC  
MANDARINS**  
2-lb bag  
**SAVE \$2.00**



**99¢ lb**

**ORGANIC  
GREEN CABBAGE**  
**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

**monadnock**  
FOOD CO•OP





**\$12.99 lb**

**WILD CAUGHT  
AHI TUNA**  
SAVE \$3.00/lb



**\$4.99**

**VERMONT CREAMERY  
CRANBERRY  
CINNAMON  
ORANGE CHEVRE**  
4 oz; made in Websterville, VT  
SAVE 80¢



**\$18.99**

**BEST DAY BREWING  
NON-ALCOHOLIC  
VARIETY PACK**  
12-pack  
SAVE \$3.00



**\$6.99**

**BLACK RIVER MEATS  
UNCURED BACON**  
12 oz  
SAVE \$2.00



**\$4.99**

**CREMINELLI  
MINI SALAMI STICKS**  
2.6 oz  
SAVE \$1.50



**\$8.99 lb**

**PINELAND FARMS  
BEEF BRISKET**  
SAVE \$4.00/lb



**\$4.29**

**THE ESSENTIAL  
BAKING COMPANY  
ORGANIC TAKE & BAKE  
GARLIC BREAD**  
16 oz  
SAVE \$1.20



**\$8.29**

**MAPLE NUT KITCHEN  
SOUTHERN CHERRY  
ALMOND GRANOLA**  
10 oz; made in Swanzey, NH  
other varieties also on sale  
SAVE \$2.20



**2/\$6**

**O.W.L ENERGY  
ORIGINAL BAR**  
2.7 oz; made in Brattleboro, VT  
other varieties also on sale  
SAVE 24%



**\$11.99 lb**

**BAYWIND  
COOKED SHRIMP**  
SAVE \$3.00/lb



**\$5.99**

**HOUSEMADE  
ORANGE SUGAR  
COOKIES**  
6-pack  
SAVE \$1.00



**\$3.79 lb**

**LUNDBERG  
ORGANIC WHITE  
JASMINE RICE**  
bulk  
SAVE \$1.00/lb



**\$6.29**

**SHIRE'S NATURALS  
DAIRY-FREE SPINACH  
& CHEESE RAVIOLI**  
9 oz; made in Peterborough, NH  
other varieties also on sale  
SAVE \$1.70



**\$10.99**

**HOUSEMADE  
TUSCAN  
VEGETABLE SOUP**  
quart  
SAVE \$2.00



**\$4.79**

**BAKERLY  
CHOCOLATE  
CROISSANTS**  
6-pack  
SAVE 20%



**\$9.99**

**FINALLIE FERMENTS  
BLACK GARLIC KIMCHI**  
16 fl oz; made in Brattleboro, VT  
other varieties also on sale  
SAVE \$2.50