

JULY 2 – JULY 15, 2025



\$7.99
KLEAN KANTEEN
REUSABLE STRAWS
 4-pack + cleaning brush
SAVE \$2.00

Avoid single-use straws with these reusable stainless steel options. Safer for you and the planet, Klean Kanteen's reusable, recycled steel straws are crafted from 18/8 food-grade stainless steel with a flexible silicone safety tip, and are dishwasher safe.



\$13.99
TOWN FARM TONICS
TULSI LIME HERBAL
ELECTROLYTE MIX
 8 fl oz; made in Westport, MA
SAVE \$2.00



\$8.99
HIBAR
MAINTAIN
SHAMPOO BAR
 3.2 oz; other varieties also on sale
SAVE \$2.00

fresh deals

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local favorite
Brookford Farm

HAWTHORNE FOODS was born in the Hudson Valley and they take pride in their deep roots in this agricultural community. As they've grown, they've partnered with farmers throughout New York, Massachusetts, and even Canterbury, NH to make their fermented vegetables. **BROOKFORD FARM'S** Catarina and Luka Mahoney have honed and practiced biodynamic farming for over 14 years on their 613 acres growing a variety of vegetables, raw milk, farmstead cheeses, meats, and eggs. Their mission is to reclaim and return the land and soils to optimum fertility which has made Brookford not only a farm to buy ingredients for fermenting from but a place where young farmers can visit and learn.



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



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



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

Join us for these events & workshops!



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



Herb Walk
 Saturday, July 12
 10:00 – 11:30am
 Registration Required



Lego Letterpress Workshop
 Thursday, June 17
 5:30 – 6:30pm
 Registration Required

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

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



\$2.99 lb
ORGANIC
BROCCOLI
CROWNS
SAVE 21%



4/\$5
ORGANIC
BI-COLOR CORN
SAVE 21%



\$3.49
ORGANIC
RAINBOW CHERRY
TOMATOES
 pint
SAVE \$1.50

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





\$13.99 lb

FAROE ISLAND SALMON
farm-raised
SAVE \$3.00/lb



\$6.99 lb

PINELAND FARMS GROUND BEEF
SAVE \$1.00/lb



\$2.99 lb

SMART CHICKEN WHOLE CHICKENS
SAVE 50¢/lb



\$11.99 lb

WOOD'S FISHERIES SHELL-ON SHRIMP
16/20
SAVE \$3.00/lb



\$5.99

SMITH'S COUNTRY CHEESE FARMSTEAD GOUDA, SUNDRIED TOMATO & BASIL SPREAD
8 oz; made in Winchendon, MA
SAVE \$1.50



\$5.99

MAPLEBROOK FARM SMOKED FETA CHEESE
8 oz; made in Bennington, VT
SAVE \$1.00



\$5.49 lb

ORGANIC PUMPKIN SEEDS
bulk
SAVE \$1.30/lb



\$8.99

HOUSEMADE CHILLED GAZPACHO
quart
SAVE \$2.00



\$10.99

HOUSEMADE APPLE CROSTATATA
6-inch
SAVE \$2.00



\$8.99

LA RIOJANA ROSÉ WINE
750 ml; other varieties also on sale
SAVE \$2.00



\$2.29

DOROT GARDENS CRUSHED GARLIC
2.8 oz
SAVE 28%



\$4.29

THAI TASTE SRIACHA HOT CHILI SAUCE
15.23 fl oz
SAVE \$1.70



\$6.99

NAVITAS ORGANIC GOJI BERRIES
4 oz
SAVE 24%



\$5.99

STELLAR SEA SALT PRETZEL THINS
7.2 oz
SAVE \$1.70



\$5.69

HAWTHORNE FOODS ORGANIC RUBY SAUERKRAUT
16 oz; made in Hudson, NY
other varieties also on sale
SAVE 28%



\$2.79

SANG TRADITIONAL VIETNAMESE COFFEE
8 fl oz; other varieties also on sale
SAVE \$1.20