

OCT 22 – NOV 4, 2025



\$12.99

**HERB PHARM
ALCOHOL-FREE
ORGANIC BLACK
ELDERBERRY HERBAL
SUPPLEMENT**
1 fl oz; other varieties also on sale
SAVE \$5.00

Herb Pharm prepares their Black Elderberry extract from the FAIRWILD® Certified, fully ripened berries of certified organic Sambucus Nigra trees. To assure optimal extraction of the herb's bioactive compounds, the berries are hand-harvested only when ripe.



\$9.99

**ONE EARTH
SHAMPOO BAR**
2.1 oz; made in Plymouth, NH
other varieties also on sale
SAVE \$2.50



\$13.99

**BADGER
ORGANIC GINGER DEEP
TISSUE MASSAGE OIL**
4 fl oz; made in Gilsum, NH
SAVE \$3.00

Cooperation is Radical

October is Co-op Month



Join us for these events & workshops!



Co-op Annual Meeting

Thurs, Oct 30
5:00 – 7:30pm
Heberton Hall, Keene
Registration Required



Nervous System Workshop

Saturday, Nov 8
10:00 – 11:30am
Registration Required



Block Printing Workshop

Thursday, Nov 20
5:30 – 7:00pm
Registration Required

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

Try our **NEW** bulk/case ordering process at: monadnock.provisions.coop



fresh deals

OCTOBER 22 – NOVEMBER 4, 2025



Back in 1995, Bill Whyte and Katie Schwerin started hand filling tins of their original Badger Balm in their kitchen. 25 years later, Badger (located in Gilsum, NH) makes over 100 products, has over 90 employees, and is sold in 20 countries. Still family owned and operated, the company is now led by second-generation family owners and Collaborative Executive Officers Emily Schwerin-Whyte and Rebecca Hamilton. We always have a large selection of Badger products on our wellness shelves and this week their Ginger Deep Tissue Massage Oil is on sale.



\$1.99 lb

**ORGANIC
GALA APPLES**
SAVE \$1.00/lb



\$1.79 lb

**ORGANIC
SPAGHETTI SQUASH**
SAVE 28%



\$2.79 lb

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

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



99¢ ea

**CHANNEL ROCK
WHOLE OYSTERS**
SAVE \$1.00



\$5.99

**VERMONT FARMSTEAD
SIP OF SUNSHINE
CHEDDAR CHEESE**
7 oz; made in Woodstock, VT
SAVE \$2.00



\$8.99

**PINELAND FARMS
BEEF STEW MEAT**
16 oz; raised in Maine
SAVE \$2.00



\$18.99 lb

**STONY POND FARM
SWALLOWTAIL
TOMME CHEESE**
made in Enosburg Falls, VT
SAVE \$11.00/lb



\$6.99

**BILINSKI'S
ORGANIC CLASSIC SAGE
BREAKFAST SAUSAGE**
12 oz; other varieties also on sale
SAVE \$2.00



\$2.99 lb

**ORGANIC
DARK RED
KIDNEY BEANS**
bulk
SAVE \$1.20/lb



\$11.99

**ESSELON COFFEE
FRENCH DARK ROAST
WHOLE BEANS**
12 oz; roasted in Hadley, MA
other varieties also on sale
SAVE \$3.50



\$3.99

**OCEAN'S HALO
ORGANIC VEGAN
CHICKEN RAMEN
NOODLES**
4.02 oz
SAVE \$1.30



\$12.99 lb

**WOOD'S FISHERIES
SHELL-ON SHRIMP**
16/20
SAVE \$2.00/lb



\$3.99

**HOUSEMADE
PUMPKIN
WHOOPIE PIES**
each
SAVE \$1.00



\$7.49

**BASE CULTURE
ORIGINAL
KETO BREAD**
16 oz; other varieties also on sale
SAVE \$2.50



\$3.99

**VITAL HALVA
SESAME SEED
PROTEIN BAR**
2.3 oz; other varieties also on sale
SAVE \$1.00



\$10.49

**HOUSEMADE
CHEDDAR ALE SOUP**
quart
SAVE \$2.50



\$5.49

**LOON CHOCOLATE
THE GHOST & THE
SEA CHOCOLATE BAR**
2.25 oz; made in Manchester, NH
SAVE 24%



\$2.79

**FARMER'S MARKET
ORGANIC CANNED
PUMPKIN**
15 oz
SAVE \$1.20