

NOV 5 – NOV 18, 2025



\$13.99

**HERBAL REVOLUTION
ORGANIC
DIGESTIVE TONIC**
8 fl oz; made in Union, ME
SAVE \$4.00

Digestive Tonic is infused with bitter roots of dandelion, burdock, and yellow dock, which have a rich history and use as digestive bitters. Herbal Revolution adds lemongrass, chamomile, and ginger to boost flavor and digestive well-being.



\$7.49

**BADGER
ORGANIC
HARDWORKING
HANDS BALM**
1 oz; made in Gilsun, NH
SAVE \$2.50



\$7.49

**BADGER
ORGANIC
NIGHT-NIGHT BALM**
1 oz; made in Gilsun, NH
SAVE \$2.50

round up your change in november

SUPPORT THE **CORNUCOPIA PROJECT'S** MISSION to TEACH KIDS of all AGES HOW to GROW and PREPARE HEALTHY FOOD through SCHOOL GARDENS, COOKING CLASSES and FARM EDUCATION.



Cornucopia
PROJECT
Planting seeds for a lifetime of healthy eating

Join us for these events & workshops!



**Nervous System
Workshop**

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



**Block Printing
Workshop**

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



**Fenton Family
Community Food
Drive**

Thurs, Nov 22
9am – 2pm

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

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



fresh deals

NOVEMBER 5 – NOVEMBER 18, 2025



co-op favorite
Picadilly Farm

Jenny & Bruce Wooster's farm includes forty acres of rich Connecticut River Valley agricultural soil in Winchester. About twenty-six acres are in production and they maintain the rest as conservation land to prevent erosion, encourage pollinators, and further enhance the land. We are proud to carry **PICADILLY FARM'S** quality organic produce and support their business growth.



\$1.79 lb

**ORGANIC
GRANNY
SMITH APPLES**
SAVE \$1.20/lb



\$2.99

**ORGANIC
CRANBERRIES**
8 oz bag
SAVE \$1.50



\$1.99 lb

**PICADILLY FARM
ORGANIC
COVINGTON
SWEET POTATOES**
grown in Winchester, NH
SAVE \$1.00/lb

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



\$12.99

**BOYDEN FARMS
CHUCK STEW MEAT**
16 oz; raised in Cambridge, VT
SAVE \$1.00



\$7.69

**VERMONT SALUMI
RED WINE &
GARLIC SALAMI**
4 oz; made in Barre, VT
other varieties also on sale
SAVE \$1.30



\$14.99

**BOYDEN FARMS
BONELESS SHORT RIBS**
16 oz; raised in Cambridge, VT
SAVE \$2.00



\$5.17

**VERMONT FARMSTEAD
CRANBERRY
WINDSORDALE
CHEESE**
7 oz; made in Woodstock, VT
SAVE 35%



\$17.99

**SIERRA NEVADA
CELEBRATION
FRESH HOP IPA**
12-pack
SAVE \$5.00



\$13.99 lb

**PINELAND FARMS
SIRLOIN STEAKS**
SAVE \$2.00/lb



\$2.69 lb

**ORGANIC
PEARLED FARRO**
bulk
SAVE 18%



\$4.49

**MALK
ORGANIC ALMOND
HOLIDAY NOG**
28 fl oz
SAVE \$1.50



\$3.19

**CAPE COD SELECT
FROZEN CRANBERRIES**
16 oz; grown in southeastern MA
SAVE 20%



\$7.99

**COLVARD & CO.
SPICY FENNEL
SAUSAGE**
1 lb; made in Ellsworth, ME
SAVE \$2.00



\$2.49

**HOUSEMADE
BLONDIES**
each
SAVE 50¢



2/\$4

**BIONATURAE
ORGANIC
TOMATO PASTE**
7 oz
SAVE 47%



\$3.99

**ORGANIC INDIA
ORIGINAL TULSI TEA**
1.14 oz; other varieties also on sale
SAVE \$1.00



\$9.99

**HOUSEMADE
TORTIÈRE (FRENCH-
CANADIAN MEAT PIE)**
6-inch
SAVE \$2.00



\$9.99

**SEVENTH
GENERATION
BATH TISSUE**
12-pack
SAVE \$4.00



\$7.99

**KOALA ECO
MULTIPURPOSE
CLEANER**
16.9 fl oz; other varieties also on sale
SAVE \$2.00