

NOV 19 – DEC 2, 2025



\$8.49

**SEAWEED BATH CO.
UNSCENTED HYDRATE
BODY CREAM**

6 fl oz

SAVE \$3.50

This rich, replenishing cream provides pure marine moisture with nutrient-rich kukui oil, hyaluronic acid and shea butter that melt into skin to lock in soothing hydration. Sustainably harvested Atlantic seaweed with 65+ vitamins and minerals nourishes and detoxifies. Argan oil, rich in vitamin E and essential fatty acids, naturally comforts dry, troubled skin.



\$39.99

**HERB PHARM
ORGANIC SUPER
ECHINACEA**

4 fl oz

SAVE \$15.00



\$24.99

**NUTIVA
UNFLAVORED
ORGANIC MCT
POWDER W/
PREBIOTIC ACACIA**

10.6 oz

SAVE \$8.00

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!



**Block Printing
Workshop**

Thursday, Nov 20
5:30 – 7pm

Registration Required



**Fenton Family
Community Food
Drive**

Thurs, Nov 22
9am – 2pm



**Stained Glass
Ornament
Workshop**

Thurs, Dec 18, 5:30 – 7pm

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

NOVEMBER 19 – DECEMBER 2, 2025



local favorite
Stonewood Farm

This year, finding your fresh Thanksgiving turkey will be easy! No pre-orders needed. Just stop by our **TURKEY TRAILER** in the parking lot and our staff will be ready to assist you. The Turkey Trailer will be open **Monday & Tuesday, Nov 24 & 25**, 7am – 6pm, and **Wednesday, Nov 26**, 7am – 3pm. Find more details at monadnockfood.coop/event/turkey-trailer/



\$1.49 lb

**PICADILLY FARM
ORGANIC
BUTTERNUT SQUASH**
grown in Winchester, NH

SAVE 25%



\$4.99

**DUTTON BERRY FARM
APPLE CIDER**

½ gallon; made Brookline, VT
other varieties also on sale

SAVE \$1.50



\$1.49 lb

**DUTTON BERRY FARM
ASSORTED
APPLE TOTES**

grown in Brookline, VT

SAVE 25%

monadnock
FOOD CO-OP

34 Cypress Street | Keene, NH | 603.355.8008 | monadnockfood.coop | Open Mon-Sat 7 AM - 9 PM, Sun 8 AM - 9 PM



\$8.49 lb

**PINELAND FARMS
CHUCK ROAST**
SAVE \$1.50/lb



\$4.99 lb

**HOUSEMADE
PORK SAGE SAUSAGE**
bulk; great for stuffing!
SAVE \$2.00/lb



\$9.99 lb

**NORTH COUNTRY
SMOKEHOUSE
FRUITWOOD
SMOKED BACON**
bulk; made in Claremont, NH
SAVE \$2.00/lb



\$12.99 lb

**BAYWIND
COOKED SHRIMP**
SAVE \$2.00/lb



\$9.99

**HOUSEMADE
COTTAGE PIE
(BEEF & POTATO)**
6" pie
SAVE \$2.00



\$4.79

**VERMONT CREAMERY
CRANBERRY
ORANGE CINNAMON
GOAT CHEESE**
4 oz; made in Websterville, VT
SAVE \$1.00



\$4.99

**TREELINE
CHEESEMAKERS
HERB GARLIC
CASHEW CHEESE**
6 oz; made in Kingston, NY
other varieties also on sale
SAVE \$2.70



\$1.99 lb

**ORGANIC
GRANULATED SUGAR**
bulk
SAVE \$1.00/lb



\$2.99

**HOUSEMADE
APPLE CIDER CAKE**
slice
SAVE \$1.00



\$15.49

**RAISED GLUTEN FREE
9" VEGAN PUMPKIN PIE**
22 oz; other varieties also on sale
SAVE \$4.50



\$4.79

**CALIFIA
HORCHATA
RICE & ALMOND MILK**
48 fl oz
SAVE \$1.50



\$12.99

**FLAVORGANICS
ORGANIC VANILLA
EXTRACT**
4 fl oz
SAVE \$4.50



\$22.99

**LOREN CROSSING
NAPA VALLEY
CABERNET
SAUVIGNON WINE**
750 ml
SAVE \$4.00



\$16.99

**STORM POINT
CHENIN BLANC WINE**
750 ml
SAVE \$3.00



\$8.99

**MY COUNTY
MUSHROOMS
BALSAMIC MARINATED
MUSHROOMS**
12 fl oz; made in Chelsea, MA
other varieties also on sale
SAVE \$2.50



\$11.99

**GOOD TIME HEALTH
HIBISCUS EARTH TEA**
3.7 oz
SAVE \$4.50