

APR 1 – APR 14, 2026



**\$10.49**

**NATURES PLUS  
HEMA-PLEX IRON**  
30 tabs

**SAVE \$4.00**

From the Iron Specialists at NaturesPlus, HEMA-PLEX Iron Capsules provide fast, effective, and gentle iron supplementation. With high-potency chelated iron and a full spectrum of supportive nutrients, this formula is designed to promote total blood health.



**\$8.99**

**JOY LANE FARM  
MINT GARDEN  
SHEA BUTTER LOTION**  
8 fl oz; made in Rollinsford, NH

**SAVE \$2.00**



**\$13.99**

**TOWN FARM TONICS  
FIRE CIDER INFUSED  
HERBAL VINEGAR**  
8 fl oz

**SAVE 21%**

**round up  
your change  
in april**

to SUPPORT the **MONADNOCK CONSERVANCY FARMLAND FUND**



**Join us for these events & workshops!**



**Medicinal Herb  
Garden Workshop**

Saturday, Apr 11  
10:00am – 11:30pm

Registration  
Required



**Earth Fest 2026**

Saturday, Apr 25  
11:00am – 3:00pm

Railroad Square  
Keene



**Clothing Swap**

Saturday, May 2  
10:00am – 2:00pm

Co-op Community  
Room

Details and full event calendar online at [monadnockfood.coop/events/](http://monadnockfood.coop/events/)

Try our **NEW bulk/case ordering process at: [monadnock.provisions.coop](http://monadnock.provisions.coop)**



# fresh deals

APRIL 1 – APRIL 14, 2026



**local favorite**  
**North Country Smokehouse**

Located in historic Claremont, NH for more than a century, **North Country Smokehouse** handcrafts artisanal smoked meats using only the best hand-selected, natural ingredients and small batch smoking process over embers of local hardwoods. Their independent, family-farm network is vertically integrated from farm to further processing, which includes feed, finishing, transportation, and harvesting, fulfilling their mission to restore value to America's farm and food systems. Respect for people, animals, and the planet is at the center of everything North Country Smokehouse does.



**\$2.49 lb**

**ORGANIC  
SLICING CUCUMBERS**  
**SAVE \$1.00/lb**



**\$4.99**

**ORGANIC  
STRAWBERRIES**  
16 oz  
**SAVE \$2.00**



**\$4.79 lb**

**ORGANIC  
ASPARAGUS**  
**SAVE 20%**



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





**\$5.49 lb**

**HOUSEMADE COUNTRY SAGE SAUSAGE**  
bulk  
**SAVE \$2.50/lb**



**\$11.99**

**MITICA 24-MONTH-AGED PARMIGIANO REGGIANO CHEESE**  
7 oz; other varieties also on sale  
**SAVE \$3.00**



**\$12.49 lb**

**HOUSEMADE FETA & MINT LAMB SAUSAGE**  
**SAVE \$2.50/lb**



**\$8.99**

**ELEVATION WHISKEY SALAMI**  
4.5 oz; other varieties also on sale  
**SAVE \$2.50**



**\$6.49**

**NORTH COUNTRY SMOKEHOUSE ORGANIC APPLEWOOD SMOKED HAM STEAK**  
6 oz; made in Claremont, NH  
other items also on sale  
**SAVE \$1.50**



**\$7.99 lb**

**ORGANIC RAW ALMONDS**  
bulk  
**SAVE \$3.50/lb**



**\$13.99**

**TUSSOCK JUMPER MOSCATO WINE**  
750 ml  
**SAVE \$4.00**



**\$12.99 lb**

**WILD CAUGHT AHI TUNA STEAK**  
**SAVE \$4.00/lb**



**\$5.99**

**HOUSEMADE MEDITERRANEAN FRITTATA**  
each  
**SAVE \$2.00**



**\$2.99**

**FRONTERA ROASTED TOMATO SALSA**  
16 oz  
**SAVE \$2.00**



**\$14.99**

**MERINO OLD VINES RED WINE**  
750 ml  
**SAVE \$4.00**



**\$2.99**

**HOUSEMADE SOUR CREAM COFFEE CAKE**  
each  
**SAVE \$1.00**



**\$1.69**

**MUIR GLEN FIRE ROASTED CRUSHED TOMATOES**  
14.5 oz  
**SAVE 60%**



**\$4.49**

**FIREHOOK ROSEMARY SEA SALT CRACKERS**  
5.5 oz; other varieties also on sale  
**SAVE 21%**



**\$7.49**

**NEWMAN'S OWN BUFFALO STYLE CHICKEN PIZZA**  
15.1 oz  
**SAVE \$1.50**



**\$1.99**

**BREW DR. KOMBUCHA LOVE**  
14 fl oz; other varieties also on sale  
**SAVE 28%**