

MAR 18 – MAR 31, 2026



\$12.99

MARY RUTH'S ORGANIC LYMPHATIC SUPPORT LIQUID EXTRACT

1 fl oz
SAVE \$4.00

This organic herbal blend uses a proprietary blend of organic echinacea purpurea root, European elderberry, plantain leaf, blue vervain aerial parts, yarrow leaf/flower, myrrh oleo-gum resin, and thyme leaf to help support your lymphatic system.



\$24.99

OREGON'S WILD HARVEST ALLER-AID W/ QUERCETIN & NAC

90 caps
SAVE \$8.00



\$4.29

BAUDELAIRE GRAPEFRUIT LOOFA EXFOLIATING SOAP

5 oz; Swanzey, NH owned business
SAVE \$1.00

fresh deals

MARCH 18 – MARCH 31, 2026



local favorite
Baudelaire

Christoph Oberli and Christina MacLeod proudly took over the reins of the Monadnock Region's legacy brand, Baudelaire in 2020. They have had the pleasure of introducing a fresh perspective on artisanal classics and bestowing a revitalized energy to the company, expanding the product offering while staying true to the brand's origins and what has made Baudelaire a trusted brand for more than 30 years. They look forward to continuing to lead with an uncompromising dedication to beautiful body care products made using superior natural ingredients.

round it up

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



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



round it up

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



Join us for these events & workshops!



Medicinal Herb Garden Workshop

Saturday, Apr 11
11:30am – 12:30pm
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/



2/\$4

LADY MOON FARMS ORGANIC GREEN KALE
bunch
SAVE 28%



\$3.99

ORGANIC MINI SWEET PEPPERS
16 oz
SAVE \$2.00



4/\$3

ORGANIC TANGELO MINNEOLAS
SAVE 40%

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

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





\$9.99 lb

**SILVER FERN FARMS
CHUCK ROAST**
SAVE \$1.50/lb



\$7.99

**SHELBURNE FARMS
1-YEAR AGED
CHEDDAR CHEESE**
8 oz; made in Shelburne, VT
SAVE \$2.00



\$16.99

**JASCI
MONTEPULCIANO
D'ABRUZZO
RED WINE**
750 ml
SAVE \$3.00



\$11.99 lb

**SUPERIOR FARMS
BONELESS
LEG OF LAMB**
SAVE \$2.50/lb



\$8.49

**SHORT CREEK FARM
POBLANO DRY SALAMI**
5 oz; made in Kennebunk, ME
SAVE \$2.00



\$12.99 lb

**SUPERIOR FARMS
LAMB STEW MEAT**
SAVE \$3.00/lb



\$1.79 lb

**ORGANIC
STEEL CUT OATS**
bulk
SAVE 21%



\$8.99

**GREEN MOUNTAIN
PEANUT BUTTER
ALL FLAVORS!**
16 oz; roasted in Stowe, VT
SAVE \$2.50



\$4.99

**KLARA'S GOURMET
COCONUT
MACAROONS**
7 oz; made in Lee, MA
other varieties also on sale
SAVE 25%



\$16.49 lb

**WULF'S FISH
ARCTIC CHAR**
SAVE \$2.50/lb



\$2.99

**HOUSEMADE
CARROT CAKE CUP**
each
SAVE \$1.00



\$6.29

**ALEC'S
MATCHA CHOCOLATE
CHIP ICE CREAM**
pint
SAVE 21%



\$4.69

**SIGDAL
NORWEGIAN SIMPLY
GOOD CRISPBREAD**
8.29 oz; other varieties also on sale
SAVE \$2.30



\$9.99

**HOUSEMADE
ASPARAGUS
TARRAGON SOUP**
quart
SAVE \$3.00



\$4.19

**CABOT CREAMERY
SALTED OR
UNSALTED BUTTER**
16 oz; made in Cabot, VT
SAVE 16%



\$3.99

**LAUREL HILL
ORGANIC CAPERS**
3.5 oz; other varieties also on sale
SAVE \$1.50