

APR 15 – APR 28, 2026



\$12.99

**HERB PHARM
ORGANIC ALCOHOL-FREE
LEMON BALM**
1 fl oz
SAVE \$4.00

Herb Pharm manufactures all their products in the beautiful southern Oregon countryside. They grow more than 75 herbs on their Regenerative Organic Certified® farms, just down the road from their manufacturing facility.



\$6.49

**J.R. LIGGETT'S
OLD-FASHIONED
BAR SHAMPOO**
HERBAL FORMULA
3.5 oz; made in Cornish, NH
SAVE \$1.50



\$14.99

**PINES
ORGANIC WHEAT
GRASS POWDER**
3.5 oz
SAVE \$3.00

round up
your change
in april



to SUPPORT the MONADNOCK CONSERVANCY FARMLAND FUND

Join us for these events & workshops!



Earth Fest 2026
Saturday, Apr 25
11am – 3pm
Railroad Square
Keene



Clothing Swap
Saturday, May 2
10am – 2pm
Co-op Community
Room



Textile Recycling Drive
Sun, May 3, 9am – 11am
Co-op
Parking
Lot

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

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



fresh deals

APRIL 15 – APRIL 28, 2026



local favorite
Cabot Creamery Cooperative

Since 1919, when 94 families from Cabot, Vermont, formed a cooperative to ensure their livelihood, they knew that they were stronger together than they were apart. Today, **CABOT CREAMERY** farm families still have each other's backs. As do the 1,000+ people they employ across four creameries in three states. Supporting each other is what a cooperative is all about. This commitment can be tasted in every slice of Cabot cheese and we're thrilled to have selected blocks and shreds on sale now.



\$2.49 lb
**ORGANIC
ZUCCHINI**
SAVE \$1.50/lb



\$1.99 lb
**ORGANIC
BARTLETT PEARS**
SAVE 28%



\$3.99
**ORGANIC
ARTICHOKES**
each
SAVE \$2.00

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





\$6.49 lb

HOUSEMADE KOREAN BBQ MARINATED CHICKEN THIGHS
other varieties also on sale
SAVE \$2.50/lb



2/\$6

CABOT CREAMERY SERIOUSLY SHARP CHEDDAR CHEESE
8 oz; other varieties also on sale
SAVE 24%



\$6.99

WELLSHIRE TURKEY KIELBASA
12 oz; other varieties also on sale
SAVE \$2.00



2/\$6

CABOT CREAMERY MAC & CHEESE SHREDS
8 oz; other varieties also on sale
SAVE 24%



\$13.99

TXAKOLI PRIMO ZARAUTZ WHITE WINE
750 ml
SAVE \$3.00



\$13.99 lb

WILD CAUGHT SWORDFISH
previously frozen
SAVE \$4.00/lb



\$6.99 lb

ORGANIC DICED ALMONDS for ALMOND BUTTER
bulk
SAVE \$2.00/lb



\$3.79

REPURPOSE COMPOSTABLE PLATES
9-inch; other varieties also on sale
SAVE \$1.20



\$4.99

PAN'S TERIYAKI MUSHROOM JERKY
2.2 oz
SAVE 25%



\$9.99

FORCE OF NATURE GRASS FED BEEF ANCESTRAL BLEND
SAVE \$5.00



\$5.49

HOUSEMADE MATCHA CHIA PUDDING
each
SAVE \$1.50



\$4.79

GOOD PLANET FOODS MOZZARELLA SHREDS W/OLIVE OIL
7 oz
SAVE \$1.20



\$4.49

O'DOUGHS VEGAN DELUXE BURGER BUNS
13.9 oz; other varieties also on sale
SAVE \$1.20



\$10.49 lb

HOUSEMADE ZUCCHINI FRITTERS W/PUMPKIN SEED RAGU
SAVE \$2.50/lb



\$4.99

BIG TREE FARMS ORGANIC COCO AMINOS
10 fl oz
SAVE \$1.50



2/\$6

HIGH GROUND SPARKLING CHILI MANGO ELIXIR
12 fl oz; other varieties also on sale
SAVE 43%