

APR 29 – MAY 19, 2026



\$12.99

DR. TUNG'S OIL PULLING CONCENTRATE
1.7 fl oz
SAVE \$3.50

This concentrate supports oral health by nourishing and soothing dry mouth while promoting gum and tooth strength and balances the oral microbiome to encourage a healthy mouth environment.



\$18.99

MALAMA MUSHROOMS MATCHA COCONUT LATTE MIX
3.5 oz
SAVE \$6.00



\$11.99

SOVEREIGN SILVER MULTI-SYMPTOM SORE THROAT SPRAY
1 fl oz
SAVE \$3.50

fresh deals

APRIL 29 – MAY 19, 2026



local favorite
Mi Tierra Tortillas

Jorge Sosa and Michael Docter, co-owners of **Mi Tierra Tortillas** pride themselves in bringing the highest quality tortilla to you. Back in 2013, Michael was an organic farmer and an avid fan of the food served at Mi Tierra Restaurant in Hadley, MA. At the restaurant Jorge and Michael began to talk about the lack of good tortillas in New England and wouldn't it be great if they could made them from fresh local corn. And that's what they did! We're thrilled to receive their delicious tortillas—literally still warm from the oven—delivered to us every Friday!



PRE-ORDER NOW UNTIL MAY 9TH
for THURSDAY, MAY 14TH PICK-UP!

MONADNOCKFOOD.COOP/SALES/TRUCKLOAD-SALES

Join us for these events & workshops!



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



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



Women's Wellness Workshop
Saturday, May 9
10am – 11:30am
Registration Required

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



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



\$1.49

ORGANIC CILANTRO
bunch
SAVE 50¢



\$2.29

LADY MOON FARM ORGANIC LACINATO KALE
bunch
SAVE 23%



\$3.99

ORGANIC PINEAPPLES
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





99¢

FARM RAISED EAST COAST WHOLE OYSTERS
each
SAVE 50%



\$4.99

VERMONT CREAMERY BLUEBERRY, LEMON & THYME GOAT CHEESE
4 oz; made in Websterville, VT
SAVE \$1.00



\$8.49 lb

HOUSEMADE PARMESAN CHICKEN CUTLETS
SAVE \$2.50/lb



\$8.99

SHORT CREEK FARM SCILIANO SALAMI
5 oz; made in Kennebunk, ME
other varieties also on sale
SAVE \$1.50



\$19.99

VILLA SPARINA GAVI WHITE WINE
750 ml
SAVE \$3.00



\$8.99

ORGANIC PRAIRIE GRASSFED 85/15 GROUND BEEF
16 oz; other varieties also on sale
SAVE \$2.00



\$1.69 lb

ORGANIC QUICK OATS
bulk
SAVE 26%



\$7.99

HALF DAY PEACH PREBIOTIC ICED TEA
4-pk; other varieties also on sale
SAVE \$2.00



\$3.29

MI TIERRA FRESH ORGANIC CORN TORTILLAS
10 oz; made in Springfield, MA
SAVE \$1.00



\$12.99

ORGANIC PRAIRIE GRASSFED SIRLOIN STEAK
8 oz; other varieties also on sale
SAVE \$3.00



\$7.99 lb

HOUSEMADE JALAPEÑO POPPER MAC & CHEESE
16 oz
SAVE \$2.00/lb



\$10.99

VERMONT CHEESELESS VEGAN CHOCOLATE
7.5 oz; made in New Haven, VT
other varieties also on sale
SAVE \$2.00



\$3.99

SOLELY ORGANIC MANGO FRUIT GUMMIES
3.5 oz
SAVE \$1.50



\$2.49 lb

HOUSEMADE BLONDIE BROWNIES
each
SAVE 50¢



\$2.69

WILD WONDER ORGANIC MANGO GOLD SPARKING PRE/PROBIOTIC DRINK
12 fl oz; other varieties also on sale
SAVE 18%



\$19.99

HERBERT HONEY HONEYBEE POLLEN
8 oz; made in Oxford, MA
SAVE \$6.00