

JULY 15 – AUGUST 4, 2026



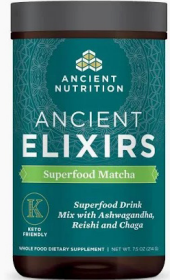
\$9.99 1.2oz

**DR TUNG'S
HERBAL TOOTH
POWDER TABS
SPEARMINT**
SAVE \$4.00!



\$12.99 8FLOZ

**TOWN FARM TONICS
TULSI LIME HERBAL
ELECTROLYTE MIX**
SAVE \$4.00!



\$29.99 7.5oz

**ANCIENT
NUTRITION
ANCIENT ELIXIRS
SUPERFOOD MATCHA**
SAVE \$10.00!

**round up
your change
in July**

to SUPPORT THEIR GARDENS and NUTRITION PROGRAM!



fresh deals

JULY 15 – AUGUST 4, 2026



**local favorite
CAPE COD PIZZA**

The Cape Cod Café opened in 1939 on Route 28 in Brockton, then the only road to Cape Cod. In 1947, after serving in World War II, E. James "Papa" Jamoulis purchased the café. Looking for something satisfying to serve factory workers after a long day, he created what would become the original bar pizza. At the time, it was simply called pizza—the term "South Shore bar pizza" came years later. A true bar pizza is made in a ten-inch pan with thin, freshly proofed dough, homemade oregano-based sauce, a blend of cheddar cheeses, and baked in a deck oven.

Please join us for an

INFORMATION SESSION!

Learn About Our Co-op • Contribute Ideas
Review Our Plans • Ask Questions!



Wednesday, July 1st

4:00-5:00PM at the
CIVIC CENTER in JAFFREY

Wednesday, July 22nd

5:00-6:00PM at the
AMERICAN LEGION in JAFFREY



Join us for these events & workshops!



Gene Clerkin, DC
Saturday, July 18th
11:00 am – 12:00pm
**Menopause &
Midlife Health!**



MAXT makerspace
Thursday, July 23rd
5:30pm – 7:00pm
Solarprinting!



Dr. Linda Kingsbury
Saturday, August 8th
10am – 11:30am
**Herbs for the Aura
and Chakras!**

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

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



\$2.49/lb

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



2/\$4

**ORGANIC
MANGOS**
SAVE! 33%



4/\$5

**ORGANIC
ATAÚLFO
MANGOS**
SAVE! 50%

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





\$19.99/lb

**THOUSAND HILLS
GRASSFED
BONELESS RIBEYE**

Strip Steak Also Available!

SAVE! \$5.00/lb



\$11.99 16oz

**WOOD'S FISHERIES
21/25 SHELL-ON
SHRIMP**

SAVE! \$2.00



\$3.99/lb

**PRINCE EDWARD
ISLAND MUSSELS
FARM RAISED**

SAVE! \$2.00/lb



\$6.99 12oz

**BILINSKI'S
ORGANIC CAPRESE
CHICKEN SAUSAGE**

Other Varieties Available!

SAVE! \$2.00



\$5.99 8oz

**MAPLEBROOK
SMOKED FETA**

SAVE! \$1.30



\$10.99 2lb

**CABOT CHEDDAR
EXTRA SHARP**

Other Varieties Available!

SAVE! \$3.00



\$8.99/lb

**ORGANIC
ROASTED & SALTED
PISTACHIOS**

SAVE! \$2.00/lb



\$2.99/lb

**ORGANIC
FLAME RAISINS**

SAVE! \$1.00/lb



\$6.99 16oz

**HOUSEMADE
ZESTY AVOCADO
CUCUMBER
CHILLED SOUP**

SAVE! \$2.00



Meet Vermont's Pilsner, a crisp, easy drinking light beer. Noble hops in perfect balance with only the finest Pilsner malt, provides a clean and satisfying brew that is as welcoming as the Green State itself.

\$17.99 12PK/12 FLOZ

**ZERO GRAVITY
GREEN STATE LAGER**

Other Varieties Available!

SAVE! \$3.00



\$4.49 16 FL OZ

**VEGGIE WASH
FRUIT & VEGGIE
WASH**

SAVE! \$1.50



\$7.99 12oz

**ECOBAN
CILANTRO LIME
DRESSING**

Other Varieties Available!

SAVE! \$3.00



\$6.99 16oz

**CAPE COD CAFE
CHEESE PIZZA**

Other Varieties Available!

SAVE! \$1.80



\$3.99 12oz

**LAUREL HILL
MARINATED
ARTICHOKE HEARTS**

SAVE! \$2.80



\$3.99 16oz

**HEIWA TOFU
ORGANIC TOFU**

SAVE! \$1.00



\$3.49 5oz

**BARNANA
PLANTAIN CHIPS
SEA SALT**

SAVE! \$1.50

