

SEPTEMBER 30 – OCTOBER 20, 2026



**\$12.99** 32 FLOZ

**DR. BRONNER'S  
CASTILE SOAP  
LAVENDER**  
**SAVE! \$5.00**



**\$19.99** 90 CAPS

**HERB PHARM  
MUSHROOM WELLNESS  
TURKEY TAIL BLEND  
W/ REISHI**  
**SAVE! \$10.00**



**\$8.49** 4 FL OZ

**ALAFFIA  
MIRACLE MELTING  
BALM UNSCENTED**  
*other varieties available!*  
**SAVE! \$3.00**

**round up**  
*your change*  
**in october**  
to SUPPORT CO-OPS!



<https://monadnockfood.coop/sales/truckloadsale/>

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



**Community Dinner**  
Thursday, October 8th  
4:00pm – 6:00pm  
*Dinner with friends!*



**Linda Kingsbury**  
Saturday, October 10th  
10:00am – 11:30am  
*Herbs for Emotional  
Wellbeing!*



**Annual Meeting**  
Thursday, October 29th  
5:00pm – 8:00pm  
*Connect with our Co-op  
Community!*

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

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



# fresh deals

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**local goodness** *with*  
**ALYSON'S ORCHARD**

**Alyson's Orchard**, rooted in the rich glacial soil of the Connecticut River Valley, thrives in Walpole, NH. On 450 acres of endless beauty, Alyson's offers apples, peaches, plums, pears, nectarines and berries. Apples, by far, are their largest crop with over 50 varieties; including many Heirlooms (varieties that have been in cultivation for more than 75 years). We're proud to bring these locally grown New Hampshire apples from Alyson's Orchard to our community!



**\$2.49/lb**

**ALYSON'S ORCHARD  
HONEYCRISP APPLES**  
**SAVE! 28%**



**\$7.99/BAG**

**PICADILLY FARM  
ORGANIC PINTO  
POTATOES 4 LB BAG**  
**SAVE! 20%**



**\$5.99/EA**

**ALLEN BROTHERS FARM  
CARVING PUMPKINS**  
**SAVE! 25%**

34 Cypress Street | Keene, NH | 603.355.8008 | [monadnockfood.coop](https://monadnockfood.coop) | Open Mon-Sat 7 AM - 9 PM, Sun 8 AM - 9 PM

**monadnock**  
FOOD CO-OP



**\$6.99/lb**

**HOUSEMADE  
LIME CILANTRO  
CHICKEN THIGHS**

*other varieties available!*

**SAVE! \$2.00/lb**



**\$8.49**

16oz

**KOCH'S  
ORGANIC GROUND  
DARK TURKEY**

*other varieties available!*

**SAVE! \$2.50**



**\$24.99/lb**

**WILD CAUGHT  
FRESH SEA SCALLOPS**

**SAVE! \$5.00/lb**



**\$8.99**

18oz

**CLAM SHACK  
LOBSTER BISQUE  
FROZEN**

**SAVE! \$3.00**



**\$6.99**

8oz

**GRAFTON VILLAGE  
TRUFFLE CHEDDAR**

**SAVE! \$2.00**



**\$9.99/lb**

**ORGANIC  
DRIED MANGO**

**SAVE! \$4.00/lb**



**\$2.19/lb**

**ORGANIC  
GARBANZO BEANS**

**SAVE! 26%**



**\$5.49**

4PK

**BISOUSWEET  
PUMPKIN  
WHOOPIE PIE**

**SAVE! \$1.50**



**\$12.99** 64FLOZ

**ZUM  
LAUNDRY DETERGENT  
FRANKINCENSE  
AND MYRR**

**SAVE! \$5.00**



**\$11.99** 12oz

**ESSELON COFFEE  
MEXICO LIGHT**  
*other varieties available!*

**SAVE! \$3.50**



**\$5.99** EA

**PACHA ORGANIC  
BUCKWHEAT  
SOURDOUGH BREAD  
GLUTEN FREE**

**SAVE! \$2.00**



**Bright ruby-red and fruit-forward**, with notes of dark cherry, roasted red pepper, vanilla, and subtle tobacco. Firm tannins give this organic, no-sulfur-added Cabernet a dry, satisfying finish. A great match for BBQ, burgers, roasted meats, and hearty plant-based dishes.

**\$12.99** 750ML

**STELLAR ORGANICS  
ORGANIC & FAIR TRADE  
CABERNET SAUVIGNON**

**SAVE! \$3.00**



**\$8.49** 15oz

**REAL PICKLES  
ORGANIC KIMCHI**  
*other varieties available!*

**SAVE! \$3.50**



**\$4.99** 24oz

**ALEXANDRE FAMILY FARM  
ORGANIC LOWFAT  
GRASSFED YOGURT**

**SAVE! 20%**



**\$3.49** 8 FL OZ

**WANDERING BEAR  
MOCHA LATTE COLD  
BREW COFFEE**  
*other varieties available!*

**SAVE! \$1.20**