

OCTOBER 21 – NOVEMBER 3, 2026

inclusive trade

\$3.99 5oz

DR BRONNER'S
ALL-ONE CASTILE
BAR SOAP CITRUS
SAVE! \$1.00

\$23.99 60CAPS

OREGON'S WILD HARVEST
VITAMIN C
CAPSULES
SAVE! \$6.00



\$13.49 8 FLOZ

AHLBIN'S
FIRE CIDER
SAVE! \$3.50

TRY ME!
Fire Cider demo
with Ahlbin's
Friday, October 30th
4:00pm – 6:00pm

fresh deals

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Ahlbin's owner, Kara, started making Fire Cider in her kitchen for her family with ingredients from her own garden. The name "Ahlbin's" carries on the name of Kara's ancestors who came to the US from Sweden. Her traditional creations are *tried and true* & based on traditional folk recipes passed from family to family and generation to generation, tapping into her great grandfather roots and other ancestors from days gone by.

\$1.79/lb

ALYSON'S ORCHARD
CORTLAND APPLES
SAVE! 35%

\$2.79/EA

PICADILLY FARM
ORGANIC COLLARD
BUNCH
SAVE! 20%

\$2.79/EA

PICADILLY FARM
ORGANIC
LACINATO KALE
SAVE! 20%

Join us for these events & workshops!

Saxy Chef!
Thursday, October 29th
11:30am – 2:30pm
Live Demo!

Cheshire Wellness
Community Dinner!
Tuesday, November 3rd
6:30pm – 8:00pm
Share a meal with friends!

Fenton Family
Food Drive!
Saturday, November 21st
11:00am – 2:00pm
Give back to your community!

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

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

monadnock
FOOD CO-OP



\$5.49/lb

**FARMER FOCUS
CHICKEN WINGS**
SAVE! \$1.50/lb



2/\$6 8oz

**CABOT
HABANERO
CHEDDAR**
other varieties available!
SAVE! 25%

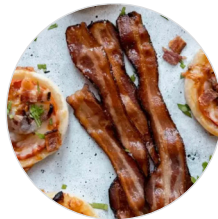


\$10.99 7.5oz

**SITKA SEAFOOD
HALIBUT FILETS
FROZEN**
SAVE! \$3.00



\$8.99/lb
**ORGANIC
SUGAR COVERED
GINGER**
SAVE! \$3.00/lb



\$10.99/lb

**NORTH COUNTRY
SMOKEHOUSE
UNCURED APPLEWOOD
SMOKED BACON**
SAVE! \$2.00/lb



\$17.99/lb

**GARLIC
GRANULES**
SAVE! 35%



\$12.49/lb

**WILD CAUGHT
ALASKAN COD
REFRESHED**
SAVE! \$2.50



\$2.99 EA

**HOUSEMADE
APPLE CIDER
CAKE SLICE**
SAVE! 25%



\$9.99/lb

**HOUSEMADE
BUTTERNUT
HARVEST RICE**
SAVE! \$2.00/lb



Elegant & refined. Powerful flavors of black currant and cherries layered over rich tobacco, leather and graphite. A solid choice for everyday sipping or easy entertaining, this wine is perfect for fans of full-flavored, expressive reds.

\$12.99 750ML

**BONTERRA
CABERNET SAUVIGNON
MADE W/ ORGANIC GRAPES**
SAVE! \$2.00



\$6.99 16.9 FLOZ

**KOALA ECO
MANDARIN
PEPPERMINT
FLOOR CLEANER**
SAVE! \$3.00



\$6.29 32oz

**NATURAL HARVEST
GARLIC DILL
PICKLE CHIPS**
zesty hot pickles also available!
SAVE! \$1.70



\$5.49 17.6oz

**SAN REMO
TRUFFLE
PASTA SAUCE**
other varieties available!
SAVE! \$2.50



\$4.99 8.29oz

**SIGDAL
NORWEGIAN
CRISPBREAD
HERBS & SEA SALT**
SAVE! \$2.00



\$7.99 8oz

**MY FOREST FOODS
MY PULLED PORK
VEGAN MYCELIUM
PULLED PORK**
SAVE! \$2.00



\$11.99 10oz

**DUCHESS COFFEE
ESPRESSO
LA CHINGONA**
other varieties available!
SAVE! \$3.00