

$19.99 2 FL OZ

URBAN MOONSHINE
SIMMER DOWN
STRESS SUPPORT
SAVE! $7.50



$10.49 8 FL OZ

BANYAN BOTANICALS
REFINED ORGANIC SESAME OIL
SAVE! $2.50



$18.99 4 FL OZ

IMMUNIA
URINARY HEALTH
CRANBERRY & ELDERBERRY CONCENTRATE
SAVE! $5.50

ORGANIC SESAME OIL Traditional Ayurvedic oil, rich, robust, and "true" in scent. Seeds are harvested at peak ripeness, and the oil is extracted using a chemical free, natural cold pressed method, creating a wonderfully versatile oil that supports your well-being. Commonly used for massage.

round up your change in November

TO SUPPORT *our* LOCAL FARMERS!

monadnock® FOOD CO•OP
FARM FUND

Join us for these events & workshops!

Saxy Chef!
Saturday, November 14th
11:30am – 2:30pm
Live Demo!



Dr. Kingsbury
Saturday, November 14th
10:00am – 11:30am
Wellness workshop!

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

fresh deals

NOVEMBER 4 – NOVEMBER 17, 2026



Jenny & Bruce Wooster's farm includes 40 acres of rich Connecticut River Valley agricultural soil in Winchester. About 26 acres are in production and they maintain the rest as conservation land to prevent erosion, encourage pollinators, and further enhance the land. We are proud to carry PICADILLY FARM'S quality organic produce and support their business growth.



2/$7 8 OZ BAG

ORGANIC
CRANBERRIES
SAVE! 22%



2/$4

ORGANIC
POMEGRANATES
SAVE! $2.00



$2.39/lb

PICADILLY FARM
ORGANIC
SWEET POTATOES
SAVE! 20%

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



$4.49/lb

DUBRETON
BONELESS
PORK BUTT

SAVE! $1.50/lb



$4.49 8oz

NIMAN RANCH
CLASSIC PORK
BREAKFAST SAUSAGE

other varieties available!

SAVE! $1.50



$3.49/lb

HOUSEMADE
BUFFALO STYLE WINGS

other varieties available!

SAVE! $2.50/lb



$5.99 16oz

NIMAN RANCH
GROUND PORK

SAVE! $1.00



$5.49 8oz

MAPLEBROOK
SMOKED MOZZARELLA

SAVE! 21%



$5.99 16oz

MAPLEBROOK
WHOLE MILK
RICOTTA

SAVE! 21%



$11.99 16oz

ORGANIC
PECANS

SAVE! $1.50/ea



$10.99 32oz

BLOUNT FINE FOODS
ITALIAN WEDDING
SOUP

SAVE! 21%



$7.99 9oz

WE HEART GLUTEN FREE
GLUTEN FREE
CARROT CAKE

SAVE! $2.00/lb



Freshly picked hops, *rushed from farm to brewery, fill Celebration IPA with powerful citrus and pine flavors. When you're on the slopes with friends or building a backyard campfire for the fam, you need a holiday beer as fresh as fallen snow. Pure hops, balanced with rich caramel malt, make every sip a true celebration ale.*

$18.99 12 FL OZ

SIERRA NEVADA
CELEBRATION IPA

SAVE! $4.00/12 pk



$7.49/lb

ORGANIC
MEDJOOL DATES

SAVE! $1.80/lb



$2.49 13.5oz

COCO GOODS
ORGANIC
COCONUT MILK

lite coconut milk also available!

SAVE! $1.00



$2.49 7oz

CABOT
WHIPPED CREAM

14 oz also available!

SAVE! 24%



$5.99 9oz

FERDIES
SALTED VIRGINIA
PEANUTS

other varieties available!

SAVE! $2.00



$4.99 7oz

KLARA'S
COCONUT
MACAROONS

other varieties available!

SAVE! $1.70



$19.99 1QT

STUART & JOHN'S
VERY DARK
MAPLE SYRUP

SAVE! $5.00

monadnock® FOOD CO•OP