



# river valley co-op

wild about local

February 3 –  
February 16, 2016

## celebrate local

Artisan Beverage Cooperative, a worker-owned cooperative in Greenfield, keeps River Valley Co-op shoppers supplied with their favorite beverages: Katalyst Kombucha, Green River Ambrosia, and Ginger Libation.

Left to right: Dave, Sandy, Garth, and Will



Photo: Jim Gipe, Pivot Media

## fresh specials

CERTIFIED ORGANIC • USA

### BROCCOLI

**\$1.99** lb

SAVE \$1.70



WINTER MOON ROOTS • Hadley, MA

CERTIFIED ORGANIC

### Local RED BEETS

**\$1.69** lb

SAVE \$1.00



CERTIFIED ORGANIC • USA

### CAULIFLOWER

**\$2.69** lb

SAVE \$1.30



CERTIFIED ORGANIC • USA

### Baby BOK CHOY

**\$2.69** lb

SAVE \$1.00



CERTIFIED ORGANIC • USA

### Minneola TANGELOS

**\$1.99** lb

SAVE \$1.00





## beer & wine

TWO ROADS BREWING • Stratford, CT



**LIL HEAVEN  
SESSION IPA**

**\$15.99** 12 pk

SAVE \$4.00

Also save 10% OFF on  
all Two Roads beer!

LA VIELLE FERME  
**ROSÉ,  
RED BLEND,  
and WHITE  
BLEND**

**\$6.99**

750 ml

SAVE \$2.00



## cheese



VERMONT FARMSTEAD  
South Woodstock, VT

**FEBRUARY  
CAVE TO CO-OP SPECIAL**

**ALEHOUSE  
CHEDDAR**

Fragrant with a flavorful balance of cheddar  
and nuts, ending with a strong hop finish

**\$3.99** 7 oz

SAVE \$3.00

**BULGARIAN FETA**

Salty with a firm yet creamy texture

**\$5.99** lb

SAVE \$3.00

## from our deli

**MEXICAN  
HOT CHOCOLATE**

**\$1.59** 12 oz

**\$1.79** 16 oz

SAVE 60¢

APPLEGATE FARMS  
**AMERICAN CHEESE**

**\$7.99** lb

SAVE \$2.00

HOUSE-MADE  
**TORTILLA BURGER**

Local grass-fed beef burger on a flour tortilla  
with lettuce, tomato, onion, hatch green chili,  
and yellow mustard

**\$7.99** ea

## wellness

SMOOTHING TOUCH  
**LAVENDER LACE  
BODY LOTION**

**\$4.99** 8 oz

SAVE \$3.00

Tuscan Bouquet, High Desert Sage  
and Island Coconut also on sale!

MINERAL FUSION  
**NAIL POLISH**

All Colors

**\$4.99** ea

SAVE \$3.00



# discover river valley co-op

wild about local

## fresh meat & seafood

HOUSE-MADE  
**Cordon Bleu  
CHICKEN  
SAUSAGE**

Antibiotic & Hormone Free  
No Preservatives or Fillers

**\$3.99** lb

SAVE \$3.00

NIMAN RANCH  
**PORK LOIN  
ROAST**

Sustainably Raised  
Antibiotic & Hormone Free

**\$4.99** lb

SAVE \$1.00

RED WHEELBARROW  
**Boneless  
Skinless  
CHICKEN  
BREAST**

Cage Free  
Antibiotic & Hormone Free

**\$4.99** lb

SAVE \$1.00

PLAINVILLE FARMS  
**CERTIFIED ORGANIC  
Honey  
Roasted or  
Hickory Smoked  
SLICED  
TURKEY**

**\$4.99** 6 oz

SAVE \$2.00



MEYER NATURAL ANGUS  
**STIR FRY BEEF**

Antibiotic & Hormone Free

**\$4.99** lb

SAVE \$2.00

MEYER NATURAL ANGUS  
**Fresh Lean  
GROUND BEEF**

Antibiotic & Hormone Free

**\$4.99** lb

SAVE \$2.00

RED WHEELBARROW  
**CERTIFIED ORGANIC  
Boneless  
CHICKEN  
TENDERS**

**\$6.99** lb

SAVE \$2.00

HOUSE-MADE  
**Asian Style  
CHICKEN  
SKEWERS**

**\$4.99** lb

SAVE \$3.00

SHEPHERD'S PRIDE  
**Boneless  
LAMB STEW  
MEAT**

Antibiotic & Hormone Free

**\$9.99** lb

SAVE \$5.00



**DRIED CHERRIES**

**\$6.99** lb

SAVE \$3.20

ESSELON COFFEE • Hadley, MA

**CERTIFIED FAIR TRADE  
SUMATRAN  
COFFEE**

**\$7.99** lb

SAVE \$3.00



**CERTIFIED ORGANIC**

**RED  
SPLIT  
LENTILS**

**\$1.69** lb

SAVE \$1.00



EARTH'S BEST  
**Kid's FISH  
NUGGETS**

100% Whole Grain Breading

**\$3.99** 8 oz

SAVE \$1.00

WILD CAUGHT  
**ALASKAN  
SOCKEYE  
SALMON**

Previously Frozen

**\$10.99** lb

SAVE \$4.00

WILD CAUGHT  
**SWORDFISH  
STEAKS**

Previously Frozen

**\$9.99** lb

SAVE \$3.00

## calendar of events

### THURSDAY, FEBRUARY 4, 6:30–8 PM

**Free Workshop:** *Introduction to Tong Ren* with Ken Alan Hadden. Pre-registration is required. Call (413) 584-2665.

### FRIDAY, FEBRUARY 12, 5–7 PM

**Northampton Arts Night Out**

**Mosaics by Christine Kenneally**

Opening Reception with live music from Dave Dersham, folk guitar.

### SATURDAY, FEBRUARY 13

**CO-OP LOVE DAY!**

Stop by the Co-op for a fun day of delicious food demos and have your picture taken in the Foto Fun Booth! Live music by MarKamusic.



RIVER VALLEY CO-OP

330 North King Street

Northampton, MA 01060

On Routes 5 & 10, just south of I-91 Exit 21

The PVTA X98 Crosstown bus stops here!

(413) 584-2665

info@rivervalley.coop

www.rivervalley.coop

Open daily 8 am to 9 pm

*Everyone is welcome!*

Follow us on Facebook:

River Valley Co-op

or on Twitter

@rivervalleycoop

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on paper that contains 40% recycled fiber.

## Date, Dried-Cherry and Chocolate Torte

*Adapted from www.epicurious.com*

Serves 6 – 10

### INGREDIENTS

- 1 1/2 cups Medjool dates (9 oz), pitted and each cut into 6 pieces (or mix with some Black Sphinx or Deglet Noor dates if available)
- 1 cup dried cherries (6 oz)
- 1 teaspoon baking soda
- 1 cup boiling water
- 1/4 cup brandy (or substitute with apple juice)
- 1 1/3 cups all-purpose flour
- 1/4 cup unsweetened cocoa powder (not Dutch-process)
- 1/2 teaspoon salt
- 1 1/2 sticks (3/4 cup) unsalted butter, softened
- 3/4 cup sugar or sweetener of your choice
- 2 large eggs at room temperature
- 1 teaspoon vanilla
- 3/4 teaspoon finely grated fresh orange zest
- 6 oz bittersweet chocolate coarsely chopped
- 3/4 cup pecans, finely chopped
- Garnish: confectioners sugar
- Accompaniment: brandied whipped cream

### DIRECTIONS

Preheat oven to 375°F. Combine dates, cherries, and baking soda in a heatproof bowl, then stir in boiling water and brandy.

Whisk together flour, cocoa, and salt.

Beat together butter and sugar until pale and fluffy. Add eggs 1 at a time, beating until just combined. Beat in vanilla and zest. Add half of flour mixture and beat at low speed until just combined. Add date mixture with liquid and beat at low speed until just combined. Add remaining flour mixture and beat until just combined. Stir in chocolate and pecans.

Pour batter into a generously buttered 9-inch springform pan, smoothing top. Bake in middle of oven until center is slightly rounded and top of torte is cracked (edges will be dark brown), about 55 minutes. Let torte stand 5 minutes in pan on a rack. Run a sharp small knife around side of pan to loosen, then remove side. Cool torte on rack.

*Note: Torte may be made 2 days ahead and kept in an airtight container at room temperature.*



## FLOWERS FOR YOUR SWEETIE!

Our Floral Department is bringing in an assortment of Fair Trade roses in time for Valentines Day! Five-stem spray rose bouquets for just \$9.99.

Throughout the winter, we also have floral bouquets from Green Mountain Blooms, a Rainforest Alliance Certified consortium of domestic and international farms that is dedicated to doing business responsibly. All of their products come from farms that are treating employees well and at the same time helping the environment.

