



Fresh DEALS FLYER

2 Main Street, Brattleboro, VT • 802-257-0236 • Mon-Sat 7-9; Sun 9-9 • BrattleboroFoodCoop.coop

Half Price!

2 lbs for
3.00

or 1.50/lb



USA Reg. 2.99 lb

Anjou, Bosc, Bartlett Pears

Save 2.00 lb!

7.99 lb



ELLINGTON, CT, USA

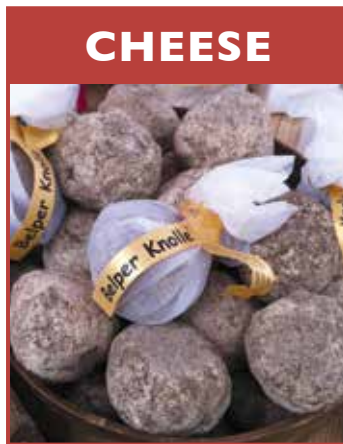
Chestnuts

Reg. 9.99 lb

Save 3.00 ea!

9.99 ea

*Small cow's milk
cheese rolled in black
pepper and allowed to
age until dry*



SWITZERLAND

Jumi Belper Knolle

Reg. 12.99 ea

Save 2.00 lb!

5.99 lb



Pre-Packed
Random Weight

**No Hormones,
Antibiotics, or Nitrates**

MISTY KNOLL, NEW HAVEN, VT, USA

Ground Turkey

Reg. 7.99 lb

Save 2.80 lb!

3.99 ea

8 oz

Reg. 6.79 ea

MISO MASTER

Traditional or Mellow White Miso



Save 1.00 ea!

2.99 ea



Reg. 3.99 ea

Sole Elite Stuffed with Crab



ONE WEEK ONLY VALID THURSDAY, 11/15 THRU WEDNESDAY, 11/21



NOVEMBER @ THE CO-OP



Full descriptions can be found on the Events Calendar of our website!
Any changes or cancellations are posted on our News Page and Facebook.

FREE CHEESE SAMPLINGS

EVERY DAY @ CHEESE ISLAND +

Crown Finish Caves

Thurs/Nov 1 • 11am-1pm

Jumi Schlossberg

Sat/Nov 10 • 11am-2pm

L'amuse Signature Gouda

Thurs/Nov 15 • 11am-1pm

Jumi Belper Knoll

Tues/Nov 20 • 5-6:30pm

Stop by any day to say "hi" to our new Cheese Manager, Joe Green, at Cheese Island and try his daily sampling of cheese!

CUT THE CHEESE WITH JOE

Fri/Nov 2 • 5:30-7pm

Join Joe at Cheese Island for a mininar (little seminar) about a very special 80 pound organic Parmigiano Reggiano from Bio-Hombre. As he demonstrates the cutting of this wheel, he will offer samples.

FREE KIDS COOKING CLASSES SAMPLING & SIGN-UP

Thurs/Nov 1 • 3:30-4:30pm

Meet Lizi, BFC's Education Outreach Coordinator, to learn about the free kids cooking classes available at the Co-op. You can sign the kids up for class while sampling some of the foods they are preparing this month.
@ The Demo Counter



FREE STORY & SNACK

Fridays • 10:30-11:30am

Bring the kids to KidsPLAYce for a story hour and healthy snack from the Co-op.
@ (20 Elliot Street)

FREE CHINESE MEDICINE COURSE Year-Long Seasonal Attunement Journey

Sat/Nov 3 • 10am-Noon

+2019 Dates:

Feb 9, May 4, Jul 27, Sept 7

Prepare for the coming season by relating what is happening in our natural world to what is happening in our bodies, minds & spirits through traditional Chinese medicine teachings. Enjoy tastings of seasonal nourishing foods.

Facilitator: Licensed Acupuncturist

Michaela Wood, L. Ac, M.Ac. DiplOM

@ BFC Cooking Classroom/Community Room via Canal Street entrance.

Producer of the Month

FREE SAMPLINGS

from the BFC Deli

Week of 11/5 - 11/9

See Facebook for sampling times!

FREE SPIN CLASS

for Shareholders

Mon/Nov 5 • 5:15-6pm

Every first Monday of the month, take a FREE spin class with Susie (from Seafood)
@ Body in Harmony / 22 High Street

The Brattleboro Food Co-op makes these classes and events available to everyone in the community! Most are FREE of charge and all are fun, informative and engaging.

Pre-Registration is required for all classes!

Contact Shareholder Services at the store (10am-7pm any day), by phone at 802-246-2821, or by email at Shareholders@BrattleboroFoodCoop.coop.

Please do so no later than Noon of the day prior to class.

ADULT COOKING WORKSHOP DIY CHEESE MAKING

-Fromage Blanc

Tues/Nov 6 • 6-7:30pm

Learn how to make fromage blanc, a sweet, tangy, and smooth spreadable cheese from northern France and southern Belgium. Participants will be have the opportunity to flavor their own with sweet or savory additions, and take home some recipes perfect for the holidays.

Instructors: Jeannette Fellows

(BFC Cheese Dept. buyer and Cheesemaker Extraordinaire) and Lizi Rosenberg (BFC Education Outreach Coordinator)

Cost: \$10/\$5 Shareholders

@ BFC Cooking Classroom/Community Room via Canal Street entrance.

FREE YOGA CLASS for Shareholders

Wednesdays • Noon-1pm

Join us for an inspiring, all-levels yoga class lead by a different instructor each week.
@ BFC Community Room via Canal Street entrance.

FREE WINE* & CHEESE TASTING

Thurs/Nov 8 • 4-6pm

Sample this month's featured wine along with paired local cheese.

*Must be 21+ years of age with valid ID to sample alcohol in accordance with Vermont state law.

SHAREHOLDER EVENT

Annual Meeting

Fri/Nov 9 • 6-9pm

Attention Shareholders!

Join us for our 43rd Annual Shareholder Meeting at NEYT, on Flat Street. Enjoy a hand made meal from the Co-op's Deli, and presentations about the Co-op from the General Manager and the Board of Directors President. We will also host a panel discussion with a wide variety of community members to share the many ways the Co-op has impacted their lives.

Board of Directors voting begins 11/9 @ 9pm and ends Sunday, 11/25 @ 5pm

CELEBRATE SQUASH!

Vegan Cooking Class

Mon/Nov 12 • 6-8pm

Join Edible Brattleboro chefs for a fun and educational hands-on cooking class celebrating squash in 3 plant-based recipes perfect for holiday gatherings. Participants will make a soup, a salad and a dessert.

Instructors: Marilyn Chiarello and Edible Brattleboro members

Cost: \$5 suggested donation to help cover class materials (squash, etc.)

@ BFC Cooking Classroom/Community Room via Canal Street entrance.

SHOP LOCAL COMMUNITY

ENGAGEMENT PRESS EVENT

Thurs/Nov 15 • Noon-12:30pm

Join us for a Community Engagement Press Event to raise awareness about "Shop Small Saturday" on Nov. 24th. Representatives from Local First/VBSR, Downtown Brattleboro Alliance and the Brattleboro Food Co-op will speak and answer questions you may have.
@ BFC Community Room

FREE TASTING

The Great Turkey Tasting

Fri/Nov 16 • 2-6pm

The turkeys have begun to arrive! Sample one just out of the oven from Stonewood Farm and taste the goodness!
@ The Demo Counter

FREE HOLIDAY TASTING

DELI SIDES FOR THE HOLIDAY!

Mon/Nov 19

11am-1pm & 2-4pm

Tues/Wed—Nov 20/21

11am-1pm & 4-6pm

Relax and enjoy your company!

The BFC Deli, has you covered for the holiday with sensational Thanksgiving side dishes and desserts. Sample our favorite BFC made sides and take them home for your holiday table.
@ The Demo Counter

FREE KIDS CLASS

KIDS HOLIDAY PIE-MAKING

Mon/Nov 19 • 1-2:30pm

In this special Thanksgiving week class, kids will learn how to make basic pie dough and then use it to bake apple or pumpkin pies to share with their family and friends. Everyone will leave with 2 mini pies and recipes.

Instructor: Lizi Rosenberg

(BFC Education Outreach Coordinator)

@ BFC Cooking Classroom/Community Room via Canal Street entrance.

FREE KIDS COOKING CLASS

Fun Foods from Around the World

Indian Sweet Potato Samosas

Tues/Nov 20 • 11am-12:30pm

Sign your kids up to learn how to make samosas with sweet potatoes. These spiced triangular pies are eaten in the cities and countryside of India. We will also learn about the culture of India.

Instructor: Lizi Rosenberg

@ BFC Cooking Classroom/Community Room via Canal Street entrance.



THE CO-OP CLOSED THANKSGIVING THURS/NOV 22

SHOP LOCAL — SHOP SMALL

Sat/Nov 24

"Shop Small Saturday" encourages you to shift your shopping to locally, cooperatively and independently owned stores in Brattleboro and our surrounding local areas.

FREE KIDS CLASS FUN WITH FOOD AND ART GIFTS OF THE SEASON

Tues/Nov 27 • 3:30-5pm

We will meet at the Brattleboro Museum and Art Center (BMAC) for an up-close look at the current art exhibit followed by a hands-on creative activity led by Linda Whelihan. Then, the class will walk up to the BFC Cooking Classroom to make something delicious in with Lizi.

Instructors: Linda Whelihan

(Educator for BMAC) and Lizi Rosenberg (BFC Education Outreach Coordinator)
@ BMAC & BFC Cooking Classroom

FREE TASTING & SALE COZY JARS ARE HERE!

Fri/Nov 30 • 4-6pm

Join Laurie Klenkel to taste our 32 bean soup beautifully packaged in a mason jar. Just add water and you have a warm, delicious soup. Enjoy it vegan or "beef" it up with some meat. Cozy jars make a perfect gift for shut-ins, college students, or to give as a donation to local charities! And, at the \$9.99 price point, it is an affordable gift for everyone on your list.
@ The Demo Counter

SAVE THE DATE GALLERY WALK

Holiday Preview and Wine & Cheese Event*

Fri/Dec 7 (4-7pm)

Everyone is invited to enjoy wine* & cheese during our Holiday Preview! There will be a local and artisan viewing and sale of giftware, dinnerware, holiday decor, cards, and lots of cold weather goodies at the Co-op.

Enter our Free Drawing to win an awesome holiday basket of goodies!

The wine served will be part of a special holiday sale.

*Must be 21+ with valid ID to sample alcohol in accordance with Vermont state law.