

March SALES

@ BRATTLEBORO FOOD CO-OP



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

Save 1.00 lb

2.99 lb
Reg. 3.99 lb



Red and Rainbow



USA

PLU# 94513/94587

Organic Chard

Save 1.00 lb

2.99 lb
Reg. 3.99 lb



Pre-Packed
Random Weights



MISTY KNOLL FARMS

New Haven, CT

Whole Chickens

Save 1.09 ea

2 for \$ **5**
Reg. 3.59 ea



- Black Beans
- Black Beans/Low Sodium
- Traditional
- Traditional/Low Sodium
- Beans w/Green Chiles

AMY'S

Refried Beans

15.4 oz

Save 1.00 ea

3.99 ea
Reg. 4.99 ea



PLU#94433/94430

ECUADOR/PERU

Organic Pineapples



Save 1.00 ea

5.99 ea
Reg. 6.99 ea



USA

5 oz

BBQ Salmon on a Plank

Save 1.50

3.49
Reg. 4.99

MEDITALIA™

- Green Olive Tapenade
- Black Olive Tapenade
- Sundried Tomato Spread
- Artichoke Heart Tapenade
- Basil Pesto

MEDITALIA

Pesto and Tapenades

6.35 oz

Prices valid all month long unless otherwise noted. All circulars are available in the store and online at BrattleboroFoodCoop.coop. Rain checks available for out of stock items.

Coop™ deals

Find these signs in-store for
Save Every Day!

Pick up our twice-monthly Co+op Deals Sales Circular
and our Co+op Deals bi-monthly Coupon Book

Even More
Savings
March
15th-21st

Fresh
DEALS
FLYER

Mid-Month Sale on a Variety of **Fresh** Foods!

Coop™ basics

Find these signs in-store for
Every-Day Low Prices!

A wide range of Staple Foods/Household Goods, including
Natural and Organic products priced below suggested retail

MARCH SPECIALS



MEAT

Save 1.00 ea

5.99 ea
Reg. 6.99 ea

 *Local*

NORTH COUNTRY SMOKEHOUSE
Bacon 12oz Claremont, NH

WINE

Save 2.00

7.99
Reg. 9.99

- Cabernet
- Chardonnay
- Merlot
- Moscato




RAYWOOD California
Wine 750ml

new

GROCERY

Save 1.00

4.99
Reg. 5.99



VERMONT SALSA CO
Salsa Rojo Mild, Medium, Hot 12 oz

MEAT

Save 1.00 lb

6.99 lb
Reg. 7.99 lb

Pre-Packed
Random Weights

DUBRETON Canada
Pork Tenderloin

CHEESE

Save 5.00 lb

14.99 lb
Reg. 19.99 lb

 *Local*

Washed w/Maple Liqueur
Pre-Cut & Wrapped
Random Weights

MT MANSFIELD CREAMERY Mansfield, VT
Sugar Slalom

new

GROCERY

Save 1.00 ea

2.99 ea
Reg. 3.99 ea



SWEET EARTH
Burritos 6-7 oz

SEAFOOD

Save 1.00 ea

5.99 ea
Reg. 6.99

 *March 1-15*

USA 5 oz

Lemon/Peppered Salmon on a Plank

CHEESE

Save 4.00 lb

18.99 lb
Reg. 22.99 lb



Irish Farmstead Cheese
Pre-Cut & Wrapped
Random Weights

GUBBEEN FARM County Cork, Ireland
Gubbeen

GROCERY

Save 1.49 ea

2 for \$5
Reg. 3.99 ea

 *Organic*

- Spaghetti
- Penne
- Cappelini
- Fusili

 **Gluten-Free**


JOVIAL
Brown Rice Pasta 12 oz


SEAFOOD

Save 1.00 lb

7.99 lb
Reg. 8.99 lb

Pre-Packed
Random Weights



 *March 16-31*

Pecan Crusted Tilapia

CHEESE

Save 6.00 lb

19.99 lb
Reg. 25.99 lb

 *Local*

Pre-Cut & Wrapped
Seasonal/Limited Quantities

JASPER HILL FARM Greensboro, VT
Winnimere

GROCERY

Save 1.50

3.49
Reg. 4.99

 *Organic*

Lasagna, Tagliatelle

 **Gluten-Free**

JOVIAL
Brown Rice Pasta 9 oz

DELI

Save 1.50 lb

6.49 lb
Reg. 7.99 lb

 **BFC MADE**

Fresh from the Deli!



BFC MADE Brattleboro, VT
Colcannon

Classic Irish dish w/buttermilk red potatoes, organic kale and fresh leeks.
Made without gluten ingredients.

Seasonal



DAIRY

Save 1.00 ea **new**

1.99 ea Reg. 2.99 ea

TRIBUCHA Kombucha 12 oz cans

- Brainiac
- Controlled Burn
- Flowers of Life

GROCERY

Save 1.49 ea

2 for \$7 Reg. 4.99 ea

Local Maple, Regular

SIDEHILL FARM Applesauce 16 oz

FROZEN

Save 1.19 ea

2 for \$9 Reg. 5.69 ea

Local All Flavors

WALPOLE CREAMERY Premium Ice Cream Walpole, NH 16 oz

DAIRY **Local**

Save 89¢ ea **Organic**

2 for \$3 Reg. 2.39 ea

MAPLE HILL CREAMERY Greek Yogurt Kinderhook, NY 5.3 oz

- Plain
- Vanilla
- Strawberry
- Raspberry

WELLNESS **new**

Save 4.00

15.99 Reg. 19.99

BUDDHA TEAS CBD Teas 18 ct box

- Turmeric Ginger
- Matcha Green
- Chamomile
- Mint

FROZEN

Save 99¢ ea **Organic**

2 for \$5 Reg. 3.49 ea

VAN'S Organic Waffles 8 oz

GROCERY

Save 1.00

2.29 Reg. 3.29

Gluten-Free

JACKSON'S Cheesy Puffs 4 oz

GROCERY **new**

Save 1.50

3.99 Reg. 5.49

SAVORY WILD Portabella Jerky 2 oz

- Roasted Garlic & Black Pepper
- Sesame, Ginger, and Korean Chili

Vegan

WELLNESS

Save 1.50 **Save 2.00**

6.49 Reg. 7.99 **8.49** Reg. 10.49

NATURAL DENTIST Toothpaste 4 oz **NATURAL DENTIST Mouthwash** 16.9 oz

All Varieties

GROCERY

Save 89¢ ea **Organic**

2 for \$3 Reg. 2.39 ea

NATURE FACTOR Coconut Water 10 oz

GROCERY

Save 2.00 **Organic**

9.99 Reg. 11.99

TROPICAL PLANTATION Coconut Oil 24 oz

GROCERY

Save 1.00 **Organic**

1.99 Reg. 2.99

BIONATURAE Tomato Paste 7 oz

BULK

Save 2.00 lb **Organic**

11.99 lb Reg. 13.99 lb

TIERRA FARMS Pineapple Rings

BULK

Save 1.70 lb **Organic**

11.99 lb Reg. 13.69 lb

TIERRA FARMS Dried Mango Slices

GROCERY

Save 1.50 **Gluten-Free**

2.49 Reg. 3.99

EDWARD AND SONS Brown Rice Snaps 3.5 oz

- Sesame
- No Salt
- Onion
- Veggie
- Black Sesame

GROCERY

Save 1.00 **Gluten-Free**

1.79 Reg. 2.79

EDWARD AND SONS Rice Toast 2.25 oz

- Black Sesame
- Onion
- Red Rice & Flax



CHEDDARS

Grafton Reserve

Shelburne 3 Year

Cabot 3 Year

Crowley Unusually Sharp

GOUDAS

Shadagee VT Artisan Gouda

Cobb Hill Good Old Gouda

Boston Post Tres Bonne

Blue Ledge Luna

BLOOMY

Von Trapp Mt. Alice

Vermont Farmstead Lille

Plymouth Ballyhoo Brie

Sweet Rowan Storm

WASHED

Cellars at Jasper Hill/Von Trapp Oma

Consider Bardwell Dorset

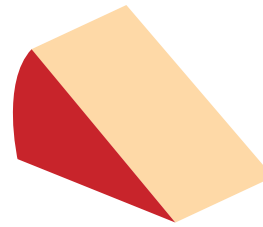
Woodcock Timberdoodle

Mount Mansfield Sugar Slalom



VERMONT

Cheese MADNESS



ALPINES

Thistle Hill Tarentaise

Cobb Hill Ascutey Mtn.

Jasper Hill Alpha Tolman

Springbrook Tarentaise

BLUES

Green Mtn. Blue Gore Dawn Zola

Parish Hill West West

Von Trapp Mad River

Jasper Hill Bayley Hazen

TOMMES

VT Shepherd Verano

Parish Hill Hermit

Twig Hill Tomme

West River TBD

GOAT

Blue Ledge Lakes Edge

Barn First Cowles

Lazy Lady TBD

VT Creamery Coupole

Cheddar vs Gouda

Alpine vs Blue

Bloomy vs Washed

Tomme vs Goat

March is a time of year when picking your favorite college basketball teams is at the front of your mind, so we thought we would execute a similar competition with cheese!

Our bracket is based on 8 styles of cheese and contains 32 different cheeses from 26 Vermont producers. We will have tastings and votes on a different matchup each day. The matchups will be announced on social media, and so will the winners. It will be an action-packed March with new showdowns every day. The winner will be our June Producer of the Month.

THE 8 STYLES OF CHEESE

CHEDDAR —The classic New England cheese!

GOUDA —A sweet cheese originally invented in the Netherlands.

BLOOMY —Rind is made from mold, natural flora is allowed to “blossom” on cheese creating a whitish rind.

WASHED —Rind is made from bacteria, cheese is rubbed (“washed”) with a brine or alcohol solution creating a new growing environment for native fauna.

ALPINES —Originally made in the Alps mountain range in Europe, known for savory flavors and superb melting.

BLUES —Cheese that has blue mold veins throughout; strong flavors.

TOMMES —Can be any small wheel of cheese that doesn't fit in other categories.

GOAT —Cheese made from goat milk.

ON THE DAYS THAT THE CHEESES ARE SAMPLED FOR COMPETITION, THEY'LL BE ON SALE AT 10% OFF!