



# Fresh DEALS FLYER

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

Save 1.00 lb!

99¢ lb



USA  
Green Cabbage

Reg. 1.99 lb



Save 2.00 ea!

16 oz

3<sup>99</sup> ea



USA  
Strawberries

Reg. 5.99 ea



Save 1.00 lb!

Pre-Packed Random Weight

7<sup>99</sup> lb

Free from  
Hormones,  
Antibiotics,  
& Nitrates



MEYER ANGUS, USA  
Corned Beef Brisket

Reg. 8.99 lb

Save 2.00 lb!

9<sup>99</sup> lb



Gluten Free,  
Dairy Free, Vegan

Fresh  
from the Deli!

Emerald Isle Kale Salad

Reg. 11.99 lb



Save 3.00 lb!

14<sup>99</sup> lb



USA  
Scallops

Reg. 17.99 lb

Save 3.00 lb!

19<sup>99</sup> lb

Gluten Free

new

CASHEL, IRELAND  
Cashel Blue

The renowned Irish blue!

Reg. 22.99 lb



ONE WEEK ONLY VALID FRIDAY, 3/15 THRU THURSDAY, 3/21

# March

## EVENTS & CLASSES @ THE CO-OP



### Producer of the Month

#### ORCHARD HILL BREADWORKS

**Mar 14 (Thur) 4-6 pm**

Stop by the Co-op to meet the folks from Orchard Hill Breadworks, (this month's featured local producer), and enjoy free samples of their tasty and healthful bread.

Read about them in

**foodthought**



### FREE CLASSES AND EVENTS 4 KIDS

#### FREE STORY & SNACK

**Fridays — 10:30-11:30am**  
Bring the kids to KidsPLAYce for a story hour and healthy snack from the Co-op.  
@ KidsPlayce (20 Elliot Street)

### FREE SAMPLE & SIGN UP MAPLE SYRUP TASTING

**Mar 5 (Tues) 3:30-4:30pm**  
Visit Lizi Rosenberg, BFC Education Outreach Coordinator, to learn about the FREE educational and exciting classes offered for your kids at the Co-op's Community Kitchen! While signing up for March classes, enjoy FREE SAMPLES of local maple syrups which will be featured in the March classes!  
@ The Demo Counter



### FUN FOODS FROM AROUND THE WORLD

#### CANADIAN MAPLE BUTTER TARTS

**Mar 7 (Thurs) 3:30-5pm**  
Did you know Canada produces over 70% of the world's maple syrup? Did you also know Vermont is the largest producer of maple syrup in the USA? In this class, the kids will be honoring this sweet golden liquid, Vermont, and our northern neighbors by making Canadian butter tarts, which are creamy, crumbly and earthy. Come celebrate spring and bring along your sweet tooth!  
**Instructor:** Lizi Rosenberg,  
BFC Education Outreach Coordinator  
@BFC Cooking Classroom/Community Room

### FUN WITH FOOD AND ART CREATURES

**Mar 19 (Tues) 3:30-5pm**

The fun will start at the Brattleboro Museum and Art Center (BMAC) where the kids will enjoy the current art exhibit and create an art project with Linda. This class explores the place where art inspires our creativity, and where food mirrors art. So, afterward, the class will walk up to the Co-op's Community Kitchen to make something creative (and good to eat) with Lizi.

#### Instructors:

Linda Whelihan, BMAC Educator and Lizi Rosenberg, BFC Education Outreach Coordinator



### FREE CLASSES FOR ADULTS

#### FREE SPIN CLASS for SHAREHOLDERS

**Mar 4 (Mon) 5:15-6pm**  
Every first Monday of the month, take a FREE spin class with Susie (from Seafood)  
@ Body in Harmony Fitness Studio,  
22 High Street

#### FREE YOGA CLASS for SHAREHOLDERS

**Wednesdays — Noon-1pm**  
Join us for an inspiring, all-levels yoga class lead by a different instructor every week. Be sure to bring your own yoga mat and arrive early. Space is limited.  
@ BFC Community Room

### CELEBRATE A Mud-Luscious MARCH (VEGAN) MEAL

**Mar 11 (Mon) 6-7:30pm**  
Come cook — and eat — with Edible Brattleboro! Knock the mud off your boots and come on over to the Co-op. Join us in preparing three whole food, plant-based recipes: Potato Leek Soup, Moroccan Stew, and Key Lime Pie. Bring yourselves, maybe your favorite apron, an appetite, and mostly... your enthusiasm! Edible Brattleboro will provide materials (food/ingredients), and even child care.  
**Presenters:** Marilyn Chiarello and volunteers with Edible Brattleboro  
@BFC Cooking Classroom/Community Room

#### COLOMBIAN EMPANADAS

**Mar 18 (Mon) 5:30-7pm**  
In this class, our own native Colombian-born Lizi Rosenberg will teach us how to make a classic empanada dough using masa harina to make the pastry taste sweet and earthy. This corn-based ingredient is popular for making many other Latin American foods including tamales, tortillas, arepas and more. The class will make 2 kind of empanadas; one sweet and one savory, using two kinds of dough.  
**Class Materials Fee: \$6 / \$4 Shareholders**  
**Instructor:** Lizi Rosenberg,  
BFC Education Outreach Coordinator  
@BFC Cooking Classroom/Community Room

### FREE TASTINGS

#### FRIDAY SAMPLINGS

**Try before you buy - on sale!**  
**Fridays 11am-1pm**  
Join us Fridays to try something new, something seasonal, something on sale!  
@ the Demo Counter

#### FREE SAMPLING SIZZLING SAUSAGE DEMO

**Mar 4 (Mon) 4:30-6:30pm**  
Come to the Co-op and try one of our many locally famous, house-made sausages with Janet.  
@ The Demo Counter

#### FREE WINE\* & CHEESE TASTING

**Mar 14 (Thur) 4-6pm**  
Stop by the Co-op to sample this month's featured wine along with paired cheese.  
*Must be 21+ to sample alcohol in accordance with Vermont state law.*

#### FREE ST. PATTY'S TASTINGS

**Mar 15 (Fri) 11am -5pm**  
Start off with some BFC Deli-made Colcannon at 11am, followed by other Irish favorites including Irish cheese and our own corned beef and more—right through till 5pm. There will be back-to-back tastings from the Deli, Meat, and Cheese Departments! Plan to "pre" celebrate this holiday with us!  
@ The Demo Counter



### 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.