



Fresh DEALS FLYER

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

Save 1.00 ea!

2⁹⁹ ea



94089

PICADILLY FARM,
WINCHESTER, NH
Bunched Radishes

Reg. 3.99 ea

Save 1.00 ea!

1⁹⁹ ea



94640

DEEP MEADOW FARM,
ASCUTNEY, VT
Romaine Lettuce

Reg. 2.99 ea

Save 1.00 lb!

5⁹⁹ lb

Free from
hormones,
antibiotics,
& nitrates.



DUBRETON, CANADA
Baby Back Ribs

Pre-Packed Random Weight

Reg. 6.99 lb

Save 2.00 lb!

5⁹⁹ lb

Dairy Free
Vegan

Fresh
from the Deli!



Co-op Special Tabouli

Reg. 7.99 lb

Save 2.00 lb!

8⁹⁹ lb



USA
Cod

Reg. 10.99 lb

Save 6.00 lb!

16⁹⁹ lb

Unique flavor
from cow's diet of
pasture and spent
Scotch mash.



ISLE OF MULL, SCOTLAND
Scottish Cheddar

Reg. 22.99 lb

ONE WEEK ONLY VALID SATURDAY, 6/15 THRU FRIDAY, 6/21



FREE CLASSES for SHAREHOLDERS

YOGA

Wednesdays • Noon-1pm

Join us in the BFC Community Room (via the Canal Street entrance) for an inspiring, all-levels yoga class lead by a different instructor every week. Bring your own yoga mat and arrive early. Space is limited.

SPIN CLASS

6/3 (Mon) 5:30-6:15pm

Every first Monday of the month, take a FREE spin class with Susie (from Seafood). Arrive early. Limited capacity.
@ BODY IN HARMONY Fitness Studio, 22 High Street

YOGA CLASS

6/5 (Wed) 9:15-10:30am

Moderate heat, all levels Vinyasa Flow Yoga class, at Bodhifit, with Kristin. Arrive early. Space is limited.
@ Bodhifit, 22 High Street

FREE CLASSES & EVENTS for EVERYONE

FREE LECTURE for ADULTS OVERSTRESSED, OVERWORKED AND OVERTIRED

The Natural Way to Approach Life's Challenges with New Chapter

6/13 (Thurs) 5:30-7:00pm

Join us for an informative lecture on how to best make supplements work for you and your lifestyle.

Presenter: Charlotte Traas, Director of Sales Education and Training, New Chapter, Inc.
@ BFC Community Room via Canal Street entrance

FREE CLASS for ADULTS COOKING FROM MY KITCHEN HERB GARDEN 4 HERBS — 4 RECIPES!

6/27 (Thurs) 4-7pm

Take a class which will inspire a green thumb in the kitchen. You'll look forward to using more fresh herbs in everyday cooking. The class will make a dip, an appetizer, Panzanella, and a dessert, using essential kitchen garden herbs: dill, sage, basil, and lavender. Each student will take home the recipes PLUS a garden set of these herbs to start their own kitchen garden. Limited to 10 students, so sign up early.

Instructors: Lizi Rosenberg, Donna Lee Amerman, and Laurie Kenkel
@ BFC Cooking Classroom via Canal Street entrance



STROLLING OF THE HEIFERS PARADE

Celebrating family farmers, local food and rural life! This year's parade theme:

Heifers Are Our Heroes!

6/8 (Sat) @ 10:00am

Come enjoy the Strolling of the Heifers Parade where you can cheer on the Brattleboro Food Co-op Shopping Cart Rally team... a true spectacle!

Producer OF THE Month



PRODUCER OF THE MONTH JASPER HILL FARM FREE CHEESE TASTING

6/14 (Fri) 3-6pm

6/29 (Sat) 11am-2pm

Join us in welcoming the team from Jasper Hill Farm, winner of national and international cheese awards, for our Producer of the Month visit and taste their cheese, including Alpha Tolman, winner of our Vermont Cheese Madness!
@ the Demo Counter



STROLLING OF THE HEIFERS SLOW LIVING SUMMIT

Please pre-register at SLOWLIVINGSUMMIT.ORG for these Slow Living Summit Presentation Panel Discussions which will take place in the BFC Community Room via the Canal Street entrance.

6/6 (Thursday) CO-OPS — SUSTAINABILITY AND SCALE 10:30am-Noon

COOPERATIVE OWNERSHIP — OUR PATH TO OWNING OUR WORKPLACE! 3:30-5:00pm

6/7 (Friday) AGRICULTURE PANEL 10:30am-Noon

BUILDING CONNECTION TO PLACE THROUGH FOOD: STORIES BOTH URBAN AND RURAL 2:00-3:30pm



FREE STORY & SNACK HOUR

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 CLASS for KIDS

FUN WITH FOOD AND ART WEAVING

6/11 (Tues)

3:30-5pm

Explore the place where art inspires creativity and food mirrors art.



For this class, we will meet up at the Brattleboro Museum and Art Center (BMAC) to explore the current exhibit, followed by an art project with Linda. Afterward, everyone will walk up to the BFC Cooking Classroom with Lizi to creatively cook/bake something delicious!

Instructors: Linda Whelihan, Educator for BMAC, and Lizi Rosenberg, BFC Education Outreach Coordinator.

FREE CLASS for KIDS

KIDS SUMMER IN VERMONT ICE CREAM — 2 WAYS

6/13 (Thurs) 3:30-5pm

This fun class for kids of all ages will celebrate the onset of Southern Vermont's berry season by adding one of these sweet jewels to some frozen creations.

Strawberries will be the star of the BFC Cooking Classroom, where you will learn two methods of making ice cream: with rock salt, and by machine. Bring your muscles! You'll need them to shake, turn, and twist, to make these mixtures — and then — eat them up!

Instructor: Lizi Rosenberg, BFC Education Outreach Coordinator

FREE DEMOS & TASTINGS for EVERYONE



FREE FRIDAY SAMPLINGS TRY BEFORE YOU BUY - ON SALE!

Fridays Noon-2pm

Stop by the Demo Counter to try something new, something seasonal, something on sale!

SIZZLING SAUSAGE SAMPLING

6/3 (Mon) 4:30-6:30pm

Come to the Co-op and try one of our locally famous BFC made sausages at the demo counter with Janet.

FREE WINE* & CHEESE TASTING

6/13 (Thurs) 4-6pm

Stop by the Co-op to sample Alverdi Italian wines and with a specially paired cheese. Both will be on sale throughout the month.

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

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.



BRATTLEBORO FOOD CO-OP .com

