



Fresh DEALS SALE

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

Save 1.00 lb!

99¢ lb

Reg. 1.99 lb



USA

Green Cabbage



Save 2.00 lb!

99¢ lb



Reg. 2.99 lb

PICADILLY FARM Winchester, NH

Red Cut Beets & Purple Top Turnips



Save 1.00 lb!

799 lb

Reg. 8.99 lb



Pre-Packed
Random Weights

MYER ANGUS USA

Corned Beef Style Seasoned Brisket



Save 2.00 lb!

599 lb



Colcannon

Classic Potato Dish with

Organic Kale and Sweet Leeks

Reg. 7.99 lb



Save 2.00 lb!

799 lb



Pre-Wrapped
Random Weights

GRAFTON VILLAGE CHEESE Grafton, VT

1-Year Cheddar

Reg. 9.99 lb



Save 2.00 lb!

1099 lb

FAROE ISLAND ICELAND

Salmon

Reg. 12.99 lb



ONE WEEK ONLY VALID SUNDAY, 3/15 THRU SATURDAY, 3/21



March EVENTS & CLASSES @ 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.

VERMONT CHEESE MADNESS

JOIN THE FUN EVERY DAY
during this month-long contest!

with **FREE SAMPLING & VOTING**
11AM-5:30PM • EVERY DAY

VERMONT Cheese MADNESS

Stop by the Cheese Counter every day in March and take part in Vermont Cheese Madness. Each day, you will have the opportunity to taste and judge two cheeses. Vote for your favorite and be a part of that day's winning cheese!

ENJOY 10% OFF THE CHEESES FEATURED EACH DAY!

The full bracket is listed in the March *Food for Thought* and at the Cheese Counter. You can keep up with the voting results daily on Facebook, Instagram, and our website, where you will also see updates and announcements to the winners. *No purchase necessary to taste, vote, or get your 10% discount on the featured cheeses each day. One vote per person, per day, in-store only. One winner will be announced per day at 10am, for previous day's voting.*

The winning cheesemaker will be a featured Producer of the Month in an upcoming *Food for Thought*.

FREE CLASS for SHAREHOLDERS

SPIN CLASS
Mon/Mar 2 • 5:15-6pm

Take a FREE spin class with Susie (from Seafood) at Body in Harmony Fitness Studio @ 22 High Street.

FREE CLASS for SHAREHOLDERS

YOGA CLASS at BODIFIT
Wed/Mar 4 • 9:15-10:30am

Take this moderate heat, all levels vinyasa flow yoga class at Bodifit with Kristin. Arrive early. Space limited. @ 22 High Street

FREE CLASS for SHAREHOLDERS

YOGA CLASS
Wednesdays • Noon-1pm

Join us at the Co-op for an inspiring, all-levels yoga class lead by a different instructor each week. Bring your own yoga mat and arrive early. Space is limited.

@ BFC Community Room via Canal St. entrance

FREE MEDITATION for ADULTS

Wednesdays • 1:15-1:45

Join Vera Riley, who leads a weekly meditation time, to create more peace and relaxation in your life. The gathering includes instruction, practice, and Q&A. Vera encourages folks to come by, even for just 5 minutes, which can make a difference in your day!

@ BFC Community Room
via Canal Street entrance

FREE STORY & SNACK for KIDS

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 TASTING: IN THE STORE

TRY BEFORE YOU BUY

Fridays • 1-4pm

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

FREE CLASS for EVERYONE

EAT YOUR GREENS!

A HANDS-ON VEGAN COOKING AND EATING EXPERIENCE

Sun/Mar 8 • 4-6pm

Please join the Edible Brattleboro chefs for a very GREEN experience. Dark leafy greens are an excellent source of fiber, folate, and carotenoids. They contain vitamins C and K, and the minerals iron and calcium. Dark green leafy vegetables act as antioxidants in the body. These powerful greens will be featured in the dishes prepared during this class. Afterward, everyone will be invited to relax and enjoy the communal meal they prepared together.

@ BFC Cooking Classroom/Community Room via Canal Street entrance

This class is free for everyone.

Edible Brattleboro is always gracious for donations toward their effort in growing edible spaces here in Brattleboro.

POP-UP BOOK GROUP

**WHITE FRAGILITY:
WHY IT'S SO HARD FOR WHITE
PEOPLE TO TALK ABOUT RACISM**

Authored by Robin DiAngelo

Tuesdays • March 10, 17, 24

Noon-1:30pm

Come join the discussion to talk about this New York Times and international best-seller!



WHITE FRAGILITY explores counterproductive reactions white people have when their assumptions about race are challenged, and how those reactions maintain racial inequality.

Take this important opportunity to examine how white fragility develops, and how it protects racial inequality. This book educates us as to what we can do to engage more constructively, both as individuals and as a community.

Facilitator: BFC Shareholder and former BFC Board member Wesley Pittman

@ BFC Community Room via Canal St. entrance
Get your Copy at Everyone's Books on Elliot Street.

FREE TASTING: IN THE STORE

GREENS FOR ST. PATTY'S

Thurs/March 12 • 4-6pm

Join Laurie Klenkel for a mean, green treat to celebrate St. Patty's Day, vegan-style.

Free Recipes, too!
@ the Demo Counter

FREE TASTING*: IN THE STORE

WINE* & CHEESE TASTING

Thurs/Mar 12 • 4-6pm

Come sample featured wines from Santa Julia Organica with a paired cheese.

*Must be 21+ years old with valid ID in accordance w/VT law.

FREE TASTING: IN THE STORE

BFC CORNED BEEF

Fri/Mar 13 • 4:30-6:30pm

Don't miss our Meat Department's own Corned Beef. Take one home for your St. Patty's Day celebration. They are perfectly seasoned and ready to cook.

@ the Demo Counter

EDUCATIONAL DEMO

PEACEFUL HARVEST MUSHROOMS

Sat/Mar 14 • 11am-3pm



Karen & Brian Wiseman of Peaceful Harvest Mushrooms, Worcester, VT, will be at the Co-op to demonstrate and sample their mushroom-based products, and educate folks about the health benefits of mushrooms and the key role fungi plays in our ecosystem.

FREE TASTING: IN THE STORE

ST. PATTY'S DAY FOODS

Mon/Mar 16 • 2-6pm

Tues/Mar 17 • 11am-3pm

Let the Co-op Deli do the cooking for your St. Patrick's Day celebration!

We have mouth-watering, ready-to-eat Colcannon and traditional Corned Beef & Cabbage to "Try before you buy!"

@ the Demo Counter (Cheese Counter)

Producer of the Month

FREE TASTING

**PRODUCER OF THE MONTH:
GLOBAL VILLAGE CUISINE**

**Taste Global Village Cuisine's
delicious offerings on**

**Thurs/Mar 12 • 11am-1pm
and Thurs/Mar 26 • 4-6pm**

Come to the Co-op to meet Mel from Global Village Cuisine! .

These frozen entrées offer the taste of African hospitality with warming spices, comfort food flavors, and the taste of a fresh-made meal.

**Pre-Registration is required
FOR ALL CLASSES!**

Contact Shareholder Services at the store
(10am-6pm any day),

by phone at 802-246-2821, or by email at
Shareholders@BrattleboroFoodCoop.coop.