The Weekly Radish

Littleton Food Co-op

Weekly Specials & Co-op News: Friday March 6 - Thursday March 12 2026

5.3 oz
Chobani Greek Yogurt
10/$10

BULK
Select Varieties
Back Roads Granola
$8.99 Lb

Organic
1 Pint
Blueberries
$3.99

WOMAN-OWNED BIZ!

PRODUCE

USDA ORGANIC	**Blueberries, Organic, 1 Pint**	**$3.99**
USDA ORGANIC	**Red, Orange, or Yellow Peppers, Organic**	**$3.99/lb**
	Asparagus	**$2.99/lb**
	Lemons	**2/$1**
	Red or Green Seedless Grapes	$2.99/lb
	Green Cabbage	79¢/lb
	Yellow Onions, 2 lb Bag	99¢
	Little Leaf Salads, 4 oz, Select Varieties	2/$5

BAKERY

	Steve's Whoopie Pies, 6 oz, Select Varieties	**2/$5**
CO-OP BAKED	English Toasting Bread	$2.49
	Superior On Main Eclairs, 4 ct	$2.99

IN THE FRIDGE

	Chobani Greek Yogurt, 5.3 oz	**10/$10**
	Buitoni Stuffed Tortellini, 10 oz	**$3.99**
local	Stonyfield Yogurt, 32 oz	$4.29
co-op	Almond Breeze Almondmilk, 64 oz	2/$5
co-op USDA ORGANIC	Organic Valley Raw Block Cheese, 8 oz, Select Varieties	$5.69
co-op	Kerrygold Pure Irish Butter, 8 oz	$4.99

BEER & WINE

	Earthgrown Sustainable Wines, 750 ml	**$3.99**
local	**Fiddlehead Brewing, 12 pk**	**$17.99**
	Foodies wines, 750 ml	$7.99
	Downeast Cider, 9 pk	$18.99

MEAT

SERVICE COUNTER: 7AM–7PM DAILY

	Sirloin Steak	**$9.99/lb**
	Fresh Chicken Tenders	**$2.99/lb**
	Beef Bottom Round Rump Raost	$6.99/lb
	Pork Tenderloin	$2.99/lb
	Corned Beef Flat Cut	$7.99/lb
	Bubba Turkey Burgers, 32 oz	$10.99
	Corned Beef, Point Cut	$6.49/lb
local	Vermont Smoke & Cure Meat Stick, 1 oz	$1.79

SEAFOOD

SERVICE COUNTER: 7AM–7PM DAILY

	Wild Tuna	$10.99/lb
	Johnny Tempura Shrimp, 2 oz	$6.99
	Johnny Popcorn Shrimp, 2 oz	$6.99
	Sea Best Shrimp, Cooked, 51-60/16 oz	$9.99

DELI

SERVICE COUNTER: FRI & SAT 7 AM – 7 PM; SUN–THU 7 AM – 6 PM

	Bread Pudding	**$2.99**
	Boar's Head Ovengold Turkey	**$8.99/lb**
	Boar's Head Smoked Gouda Cheese	$5.99/lb
CO-OP MADE!	Cobb Salad	$4.99

GROCERY

Nature's Bakery Fig Bars, 2 oz	**79¢**
Kellogg's Club & Town House Crackers, 13.7-13.8 oz	**$2.99**
Mike's Mighty Good Ramen Soup Cups, 1.6-2.4 oz	3/$5
Boulder Canyon Potato Chips, 5.5-6.0 oz	2/$5
Arizona Iced Tea, 128 oz	2/$7
Spindrift Single Sodas, 12 oz	$1.79
Salada Green Tea, 40 ct	$3.69
Knorr Sides Rice & Noodles, 4-5.7 oz	4/$5
Cabot Reserve Mac & Cheese Sharp Cheddar, 11 oz	$3.49
Dole Fruit, 4pk	$2.99
Vlassic Pickles, 16-32 oz, Select Varieties	2/$5
Skippy Peanut Butter, 15-16.3 oz	2/$5
Betty Crocker Brownie Mix, 16.3 oz	2/$4
Newmans Own Cookies, 13 oz	$2.99
PopCorners Corn Snacks, 7 oz	$3.99
Bob's Red Mill Gluten-Free Rolled Oats, 28.32 oz	$7.79
Dr. Bronners Magic Chocolate Chocolate Bar, 2.93-3 oz	$4.49
Spectrum Extra Virign Olive Oil, 25.4 oz	$17.99
Bounty Essential Paper Towels, 6 pk	$10.99

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

Raw Pumpkin Seeds, Organic	**$4.99/lb**
Back Roads Granola, Select Varieties	**$8.99/lb**
Equal Exchange Tamari Almonds	$11.99/lb
Crystallized Ginger Chunks, Organic	$9.99/lb
Lundberg Jasmine Rice, Organic	$3.99/lb
Yellow Popcorn, Organic	$1.99/lb

FROZEN

Giffords Ice Cream, 32 oz	**$3.99**
Woodstock Frozen Vegetables, 10 oz, Select Varieties	**2/$5**
Wymans Frozen Fruit, Mango Berry, 3 lbs	$11.79
Original Pizza Logs Pepperoni & Buffalo Chicken, 11.6-13.70 oz	$5.99
Mrs. T Pierogies, 16 oz	$2.99
Haagen Dazs Ice Cream, 14 oz	$4.49
McCains Onion Rings, 14 oz	$3.49
Red's Burrito, 4.5-5 oz, Select Varieties	$2.29

BEAUTY & WELLNESS

Natural Factors Vitamin C Chew Tabs, 500 mg, 90ct	**$7.99**
Soothing Touch Body Lotion, 32 oz, Select Varieties	$7.99
Aura Cacia Essential Oil Kids Mists, 2 oz, Select Varieties	$3.99

SPECIALTY CHEESE

Shelburne Farm 2 Year Cheddar, 8 oz	**$7.99**
Maplebrook Fresh, Plain, or Smoked Mozzarella Balls, 8 oz	$1 off
Sartori BellVitano Cheese, 5.3 oz	$5.99

Cheese of the Week:

While Supplies Last! Price tag reflects current discount.

Open Daily: 7 AM - 8 PM
Meat Counter: 7 AM - 7 PM

Deli: Fri & Sat 7 AM - 7 PM
Sun-Thu 7 AM - 6 PM

43 Bethlehem Rd.
Littleton, N.H.

(603) 444-2800
LittletonCoop.com

Symbol Guide

- Local Grower / Producer
- Made by a Co-op
- USDA Certified Organic
- Inclusive Trade

Sales & Discounts:

*Discounts apply to eligible items only; standard restrictions apply. Prices may be subject to change. We are not responsible for typographic errors. Have a question? Come see the friendly folks at our Service Desk for details!

Event Calendar

Thu Mar 5	Senior Member Discount Day
Fri Mar 6	Free Tasting: Auspicious Brew 3-5pm
Mon Mar 9	Free Coffee Morning! 7am-12pm
Sat Mar 14	Be Well! w/ WM Apiary 1-3pm (RSVP)
Sat Mar 14	Pi Day! π
Mon Mar 16	Co-op Board Meeting @5pm on Zoom (RSVP)
Tue Mar 17	St Patrick's Day
Wed Mar 18	Houseplants w/ Littleton Garden Club @5pm (RSVP)
Fri Mar 20	First Day of Spring
Sat Mar 21	Member Appreciation Day

MARCH is New Hampshire Maple Month AND Women's History Month!

To see our full list of events or to RSVP, visit our website: www.littletoncoop.com

Daylight Savings is a Major DRAG, so....

One free Equal Exchange Hot coffee per person. Does not apply to hot chocolate, tea, cold brew, or bottled coffee drinks. Available 3/9/2026.

Bee Well!

Saturday March 14 1-3pm FREE
Janice Mercieri, co-owner of White Mountain Apiary & Bee Farm, and Reyah Carlson, Practitioner of Apitherapy, will lead a conversation in the Co-op Cafe about the benefits of bee-produced by-products, including potential health benefits and a live demonstration of bee venom therapy. RSVP is requested.

Not a Member Yet? Join Today!
Learn more, buy shares, start a new account:
www.littletoncoop.com/membership

Last Chance to VOTE!

We are nominated in NH Magazine's Best of NH awards: Best Specialty Foods Store, Best Beer Store, and Best Butcher Shop! Voting is open through Thursday, March 12, and it's a great way to spend 5 minutes of your time supporting your favorite local NH businesses. Vote online:

www.nhmagazine.com/best-of-nh

MORE FROM YOUR STORE

Colorful Collages by Gaby Appleby

Check out our colorful cafe this March and April! Our featured artist is Gaby Appleby, an artist who creates intricate collages and handmade paper bowls from mixed media. Gaby is also the founder and owner of Pomme Soap Company, and some of her pieces feature pieces of that same soap! Beyond soap-making, Gaby also enjoys turning magazines, books, scrap wood, and forgotten materials into imaginative collages, giving new life to what would otherwise be thrown away. Come take a look at the Cafe and get lost in these beautiful, unique pieces. They're also for sale, so you can bring one (or more) home to continue to admire!

March is Women's History Month

Each week in March we'll present a Producer Spotlight of a woman-owned business, starting with Back Roads Granola from Brattleboro, VT... and it's ON SALE THIS WEEK!

Back Roads Granola started with an idea...that barely had anything to do with granola. Virginia and Peter Vogel opened a bed & breakfast in Vermont (down a "back road"), and then decided that their breakfast needed some homemade granola. Once guests had a taste of their creations, they let the Vogels know they had to sell their granola so more people could experience what was then a back road secret. Back Roads Granola became a dedicated kitchen space producing 1,000 lbs of granola a week within the first year. As the business expanded, they brought on more family members and employees until they reached 100% women ownership in 2024 from a transfer to daughters Coral and Liv.

Based in Brattleboro, VT, they distribute crunchy granola made from ethically sourced ingredients, made by a close knit family team, made to be Organic, non-GMO, Glyphosate free.

In Bulk: Back Roads Granola, Select Varieties $8.99/lb

BIG SPRING PLANS

Get Ready for St Patrick's Day

The star of your St. Patrick's Day dinner has arrived! We have flat cut and point cut corned beef available now in the Meat Department.

What's the difference? It has to do with the actual shape and the marbling -- the fat content throughout. Flat cut is typically more lean, which makes it better (and easier) for slicing up for your Irish boiled dinner or reuben sandwiches. Point cut is fattier, but that also means it's more tender, and some report it to retain more flavor. Point cut is great for your hash. Shop early for best selection!

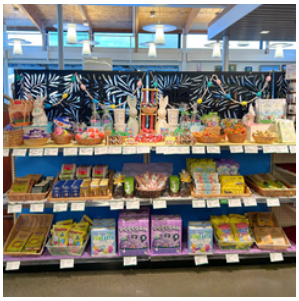
Hot Cross Buns & Soda Bread

Spring also means it's time for Irish Soda Bread, which is perfect for rounding out your Irish dinner or pairing with a hearty late spring stew. Good Friday is a ways off still, but we also have Hot Cross Buns at the ready too! Keep an eye out for these goodies in our bakery department, along with green cupcakes and other seasonal treats.

Seeds in Stock

Getting a jump on your spring gardening? Swing by our display of High Mowing and Earthbeat seeds to pickout your favorite flowers, herbs, and veggies. Gardening protip: you'll want to wait until the soil warms up to direct-sow in the ground, but now is a good time to start seeds indoors, especially those that take a longer time to grow.

More Spring!!



If you can't beat 'em, join 'em! Our seasonal display in front of the Co-op Cafe has been taken over by the Easter Bunny 🐰 We have some great early gifts and treats, including local Ben's Sugar Shack Maple "bunny" candy, pressed flower art kits, and high quality chocolate from Lake Champlain Chocolates (VT) and fair-trade Tony's Chocolonely.

YOUR CO-OP COMMUNITY

Round Up for Local Food

Root to Rise envisions an inclusive, resilient, and thriving food system that supports farmers and agriculture in New Hampshire's North Country.

Their mission is to promote, support, and empower farmers and agricultural enterprises in creating viable markets and sustainable practices in the North Country that can be accessed by all. Through educational avenues and partner collaborations, Root to Rise supports existing and new programs to inspire future and continuing farmers of all ages.

The organization is now focused on facilitating direct school and local agriculture connection by funding field trips, in-classroom farmer presentations, student internships, professional development for farmers, and more.

All donations at the Co-op registers during March will go directly to R2R and support their mission 🌱

Help the Community Food Fund

Co-op Food Fund
CFF

CFF is a new initiative that supports the Co-op's food assistance programs, including Healthy Food Access, emergency response programs, and needs-based initiatives for Littleton Co-op shoppers.

Your donation to the Fund will immediately help sustain Market Match at our Co-op while we work on long-term funding strategies. At this time, there is an immediate need to raise $18,000 to support Market Match until our next allotment in May 2026.

We are incredibly grateful for your support so far! Please keep those donations coming!

Learn more & make a donation:
www/littletoncoop.com/foodfund

STAY IN TOUCH!

Get a handy dandy link to the latest ad & flyer in your email inbox every Thursday, along with all the new items, recipes, community updates, and events you know and love from the Co-op. Sign up online at littletoncoop,com and scroll down the page to sign up for our weekly e-newsletter!