



EVERYONE IS WELCOME TO SHOP AT THE CO-OP - NO MEMBERSHIP REQUIRED!

Weekly Specials

Fri Mar 15 - Thu Mar 21, 2024



Organic  
Asparagus

**\$3.99**  
Lb



48 oz  
**Friendly's  
Ice Cream**  
**2/\$7**



5.5 oz  
**Garden  
of Eatin'  
Tortilla  
Chips**  
**2/\$5**

## PRODUCE

Asparagus	\$3.99/lb
Bartlett Pears	99¢
Clementines, 3 lb Bag	\$4.99
Red or Green Seedless Grapes	\$2.99/lb
Lemons or Limes	2/\$1
<b>NEW SIZE!</b> Little Potato Company, 3 lb Bag, Select Varieties	\$4.99
White Mushrooms, 8 oz	2/\$4
Pink Lady or Honeycrisp Apples	79¢
Blackberries, 6 oz	2/\$5

## BEER & WINE

Ruffino Prosecco, 750 ml	\$7.99
Rossino Rose, 750ml	\$8.99
Guinness Brewery, 8pk	\$14.99
Tuckerman Brewing, 12pk	\$18.99

## BAKERY

Golden Kaiser Rolls, 6 Pk	\$2.29
English Toasting Bread, 18.5 oz	\$2.49
Granny's 8" Chocolate Cream Pie, 32 oz	\$11.99

## BULK FOODS

Raw Almonds	\$9.99/lb
Equal Exchange Bittersweet Chocolate Chips	\$7.99/lb
White Quinoa	\$2.99/lb
Lundberg White Jasmine Rice	\$3.99/lb
Myriad Snack Mix	\$5.99/lb
Dark Chocolate Ginger	\$9.99/lb

## WELLNESS

South of France Bar Soap, 6 oz, Select Varieties	2/\$5
HiBAR Solid Shampoo or Conditioner, 8.5 oz, Select Varieties	\$9.99
Natural Factors Magnesium Citrate 150mg, 60 ct	\$7.99

## MEAT

Top Round Roast	\$4.29/lb
Boneless Center Cut Pork Roast	\$2.29/lb
Boneless Center Cut Pork Chops	\$2.59/lb
Bilinski's Chicken Sausage, 12 oz	\$7.99
Misty Knoll Boneless Chicken Breast	\$10.99/lb
Misty Knoll Ground Turkey	\$8.99/lb
Robie Farms Ground Beef, 1 lb	\$9.59
Top Round Steak	\$4.59/lb

## SEAFOOD

Fresh Wild Skinless Haddock	\$8.99/lb
Johnny Popcorn or Tempura Shrimp, 8 oz	\$5.99

## DELI

Boar's Head Corned Beef	\$9.99/lb
Boar's Head Imported Swiss Cheese	\$6.99/lb
McKenzie Roasted Turkey Breast	\$7.99/lb
Cooper Sharp American Cheese	\$4.99/lb
Tuna Salad	\$8.99/lb
Big Picture Foods Olives, 8 oz	\$4.59

## SPECIALTY CHEESE

Belgioioso Fresh Mozzarella Balls, 8 oz	\$2.99
Grafton Village Cheddar, 8 oz	\$1.00 off
MT Vikos Feta, 6-7 oz	\$5.99



THE WEEKLY

**RADISH** →

**INSIDE: Spring Events, 10,000 Member Giveaway,  
Solar Eclipse Seminar, Important Member Dates  
to Remember, Free Beer Tasting, Celebrate  
Maple Syrup Season, & More!**

Just a Reminder:

**We're Closed on Easter Sunday!**



## GROCERY

Garden of Eatin' Tortilla Chips, 5.5 oz	2/\$5
Barilla Pasta, 12-16 oz, Select Varieties	2/\$3
Food Club Brown or Confectioner's Sugar, 2lb	\$2.29
Food Club Mayonnaise, 30 oz	\$3.99
Folgers Coffee, 9.6 oz	\$4.99
Barilla Oven Ready Lasagna, 9 oz	2/\$5
Desert Pepper Salsa, 16 oz	\$3.99
Pomi Tomatoes, 26.46 oz	\$3.89
McCormick Gravy Mix, .87-1 oz, Select Varieties	4/\$5
Snow's Clams, 6.5 oz	2/\$4
Morton Kosher Salt, 48 oz	\$3.79
Skippy Peanut Butter, 15-17 oz	2/\$4
Ghirardelli Brownie Mix, 18-19 oz	\$2.99
Food Club All-Purpose Flour, 5lb	\$2.49
Lay's Potato Chips, 7.5 oz	2/\$7
Muir Glen Pasta Sauce, 23.5 oz	2/\$7
Nixie Sparkling Water, 8 pk	2/\$7
Pasta Toscana Pastas, 16 oz	2/\$5
Michaels Pasta Sauce, 32 oz	\$7.99
Michaels Alfredo Sauce, 15 oz	\$7.99
Simply Done Paper Towels, 6rl	\$5.99
Food Club Cocktail Sauce, 12 oz	2/\$3

## REFRIGERATED

Nasoya Foods Tofu, 14-16 oz, Select Varieties	2/\$5
Dibruno Cheese Spreads, 7.6 oz	\$3.99
Sargento Cheese Shreds, 5-8 oz	2/\$4
Laughing Cow or Babybel Cheese, 4-6 oz	\$3.49
Califia Almondmilk Creamer, 25.4 oz	\$4.49
Fage Total Greek Yogurt, 16 oz	2/\$6
Planet Oat Oatmilk, 52 oz	2/\$5
Planet Oat Oatmilk Creamer, 32 oz	\$2.99
Food Club Butter, 16 oz	\$3.29
Rana Family Size Tortellini, 20 oz	\$6.99
Rana Lasagna, 12 oz	\$5.99
Chobani Yogurt, 5.3 oz Select Varieties	5/\$5

# Subscribe!



Get this flyer via email every Thursday - just sign up online! (We promise we won't spam you)

[WWW.LITTLETONCOOP.COM](http://WWW.LITTLETONCOOP.COM)



## FROZEN

Konscious Plant-based Onigiri, 7.2 oz	\$5.79
Mike's Ultimate Pizza, 10.25 oz	\$6.99
Mrs. T's Pierogi, 16 oz	\$2.99
Friendly's Ice Cream, 48 oz	2/\$7
Outshine Bars, 6-12 ct	\$3.99
Friendly's Ice Cream Novelties, 4-6 ct	\$3.99
Haagen Dazs Butter Cookie Cones, 4ct	\$5.99

# Fish Friday

## Wild Alaskan Cod Fillets

(Skinless, Previously Frozen)

# \$9.99 lb

## Friday 3/15/24

Sale is valid 3/15/24 only. Includes in-stock items, while supplies last. No rainchecks or special orders. Standard restrictions apply; this promotion cannot be combined with other sales, coupons, discounts, or offers. For questions please ask at the Service Desk.

**That's Rad!**

Hey! We're Littleton Food Co-op. We host a super Rad podcast about local food, farms, & community.

(Oh, and we have a pretty cool grocery store here in NH's North Country, too.)

Come say hello!

[www.littletoncoop.com/podcast](http://www.littletoncoop.com/podcast)

## NEW MARCH/APRIL COUPONS

# Spring into great savings!

Look for over 65 coupons throughout the store.

Check out the online preview on our specials page: [littletoncoop.com](http://littletoncoop.com)

**save over \$80**

### This Week's Flyer:

- 5 Local Items
- 1 Fair Trade Item
- 9 Organic Items
- 0 Cooperatively-Made Items

### Sales & Discounts:

Discounts apply to eligible items only, and standard restrictions apply. Have a question? Come see the friendly folks at our Service Desk for details.

**43 Bethlehem Rd.**  
Littleton, N.H.

**Open Daily**  
7 AM to 8 PM

**(603) 444-2800**  
[LittletonCoop.com](http://LittletonCoop.com)



# THE WEEKLY RADISH

March 15 - March 21, 2024

## Event Calendar

[LittletonCoop.com/Events](http://LittletonCoop.com/Events)

Fri Mar 15: Fish Friday  
Sat Mar 16: Fire Cider Workshop (RSVP)  
Sun Mar 17: St Patrick's Day  
Mon Mar 18: Co-op Board Meeting @5pm on Zoom (RSVP)  
Fri Mar 22: Fish Friday  
Fri Mar 22: Free Beer Tasting! Zero Gravity @3pm (21+)  
Sat Mar 23: Member Appreciation Day  
Tue Mar 26: Live Cooking Demo in the Cafe @1-1:45pm  
Wed Mar 27: Darkness To Daytime w/ Doug Arion @6-7pm  
Sat Mar 30: Free Wine Tasting! Rossi Wines @11:30am-1:30pm (21+)  
Sat Mar 30: Gardening in a Changing Climate @2-3pm (RSVP)  
Sun Mar 31: Easter Sunday - Closed



Check out our full event page online! To RSVP for an event, visit our website at [www.littletoncoop.com/events](http://www.littletoncoop.com/events). Questions? Send us an email: [info@littletoncoop.org](mailto:info@littletoncoop.org)

## Free Beer Tasting: Zero Gravity



**Friday, March 22 @3-5pm- free.**  
Time to try some new beers! Our friends from Zero Gravity will be visiting from Burlington VT to sample some of their best brews. Come on by and have a taste, and maybe bring home something new and different! Beer tastings are totally free, but you have to be 21+ with an ID to partake.

## Darkness in Daytime with Douglas Arion, PHD



**Wednesday March 27 @6-7pm - Free.**  
For the second time in seven years, the Moon will cover the Sun and create a Total Solar Eclipse, and parts of our area will be within the full totality. Learn more about the sun, our solar system, and this rare phenomenon from an astronomy expert. RSVP on our event page!

## Gardening in a Changing Climate with UNH Master Gardeners



**Saturday, March 30 @2pm- free.**  
Gardeners are often the first to witness changes in the climate, like later frosts and long droughts. This presentation provides a brief look at the impact on our daily lives, while also offering ideas for adapting our growing strategies. Grow the plants you love, while learning new ways to garden sustainably! RSVP online, please.

## MEMBER UPDATES

Who Will Be Member # 10,000??

# 9,999 AND YOU!

We have almost 10,000 Members here at the Co-op, which is a big milestone! Right now we're only about 14 memberships away from the big hurrah, and gaining fast!

To celebrate and build up the hype, we'll be giving away a \$500 shopping spree - just like Supermarket Sweeps! - to the 10,000th Member. Who will it be? Who knows?? It's so exciting! So tell your friends to join the Co-op, and then if they win the big prize they can buy you a treat or two to celebrate ; )



**Not a Member Yet? Join Today!**

Learn more, buy shares, start a new account:  
[www.littletoncoop.com/membership](http://www.littletoncoop.com/membership)

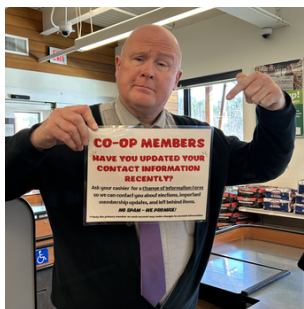
## Next Board Meeting:



**Monday March 18 @5-6pm (Zoom)**

In this meeting, the Board will approve the final slate of candidates for the upcoming election, & hear a report from General Manager Ed King. This is the easiest way to find out what is happening at the Co-op- and it only takes an hour! Send an email to [board@littletoncoop.org](mailto:board@littletoncoop.org) to get the zoom invite link.

## Please Update Your Member Info



Have you moved? Changed your phone number? Ditched that embarrassing old email address? Please let us know! We won't spam you but we do need to contact you about important Member elections, & patronage rebates. Need to make a change or update? Email us at [info@littletoncoop.org](mailto:info@littletoncoop.org) or stop by the Service Desk the next time you're here.

## IMPORTANT MEMBER DATES:

**April 27-May 10: Voting open for 2024 Board Election**

**May 2: Annual Meeting**

**May 10-12: 15th Anniversary Celebration**



# FRESH, NEW & FUN

## Easter is Almost Here!



## Local Seeds for Local Soil



Local Seeds and local soils are starting to arrive at the Co-op! The Produce Department already boasts a full rack of local brand High Mowing Organic Seeds (Wolcott, VT), and fan favorite local soils are arriving very soon. So start planning your gardens now if you haven't already - there are so many great things to grow!

## March Maple Madness



We absolutely love maple everything here at the Co-op! Warmer weather tells the trees that it's time to let the sap flow, so now's the time when local harvesters start the long process of turning that liquid gold into syrups, candies, and more. We have plenty of locally-produced maple products on our shelves, so come pick some up!

# MORE FROM YOUR STORE

## In the Co-op Cafe: Joshua Dorsett



You may have seen Josh working around the Co-op, but what many do not realize is that behind his shy persona is an incredible depth of photography talent. Josh started taking photos a few years ago, but it wasn't until more recently that he found his personal style and realized he wanted to build a career with his skills. His subjects are the pristine landscapes of the North Country, and he finds inspiration and motivation through a deep sense of balance, symmetry, and spirituality.

Check out the full collection of Josh's work in the Co-op Cafe, now through the end of April!

# YOUR CO-OP COMMUNITY

## Round Up for Local Trails!



## Round Up this March to support PRKR MTN Trails & Franconia Area NE Mountain Bike Association!

The funds will be split between the two groups: half will be used to maintain PRKR's trail network, and the other half will fund FA NEMBA's new beginner and adaptive-friendly trail, which will be accessible to the whole community.

Learn More: [www.prkrmtn.org](http://www.prkrmtn.org), and [www.facebook.com/FranconiaAreaNEMBA](https://www.facebook.com/FranconiaAreaNEMBA)

## \$4,662 for North Country Pride



Great news! The Co-op community raised over \$4,662 for North Country Pride, our February partner of the month. Your everyday small-change donations at the register added up to help make a big, positive change and help ensure that our beautiful community is welcoming to everyone. Here's Jill Kimball, NCP Co-President, holding the Big Check with Ed King, our GM!

## Tap a Maple Tree at the Rocks



**Saturday, March 16**  
**Sat, March 23 & Sun, March 24**  
**Sat, March 30 & Sun, March 31**  
**Saturday, April 4**

113 Glessner Road  
Bethlehem, NH  
(603) 444-6228  
Reservations:  
[forestsociety.org/  
maplemonth](http://forestsociety.org/maplemonth)