

Everyone is Welcome @ the Co-op!



16 oz  
**Mini Sweet Peppers**  
**2/\$3**



**Chicken Drumsticks**  
**69¢**



16 oz  
Select Varieties  
**Teddie Peanut Butter**  
**\$2.99**

**PRODUCE**

Mini Sweet Peppers, 16 oz	2/\$3
Red or Green Seedless Grapes	\$1.99/lb
Cosmic Crisp Apples	69¢
Cluster Tomatoes	\$1.99/lb
Jalapeno Peppers	\$1.99/lb
Strawberries, 16 oz	\$3.99
Blueberries, 1 pint	\$3.99
Evercrisp or Snapdragon Apples 2lb	2/\$6

**BAKERY**

Stonefire Mini Naan, 4 pk, Select Varieties	\$1.99
Specialty Bakers Vanilla French Twirl, 4 pk	\$2.99
Ecce Panis Neo Tuscan Boule, 16 oz	\$3.49

**BEER & WINE**

Cupcake Wines, 750 ml	\$7.99
Harpoon Day Drifter IPA, 15 pk <b>NEW!</b>	\$15.99
Mark West Pinot Noir, 750 ml	\$11.99
Long Trail Riverside Lager, 15 pk <b>NEW!</b>	\$17.99

**BULK FOODS**

Grandy Organics Peanut Butter Coconola	\$9.99/lb
Milk Chocolate Rainbow Drops	\$7.99/lb
Roasted & Salted In-Shell Pistachios	\$8.99/lb
Back Bay Snack Mix	\$4.99/lb
White Quinoa	\$2.99/lb
Magical Mystery Trail Mix	\$9.99/lb
Grandy Organics Roasted Cashews, Select Varieties	\$16.99/lb

**SPECIALTY FOODS & CHEESES**

VT Farmstead Cheeses, Select Varieties, 7-8 oz	\$4.99
Sartori BellaVitano Cheese	<b>\$1 OFF</b>
Belgioioso Italian-Style Grated Cheese, 5 oz	2/\$7
Natural Valley Goat Cheese, 8 oz	\$7.99
Edmond Falot Mustard, 7.4 oz	\$4.49
Rustic Bakery Sourdough Flatbread, 4-6 oz	<b>\$1 OFF</b>
Maine Crisp Buckwheat Crackers, 4 oz	\$6.99

**MEAT**

SERVICE COUNTER: 7AM-7PM DAILY

Chicken Drumsticks	69¢/lb
Boneless Sirloin Tip Steaks	\$9.99/lb
Eye Round Beef Roast	\$5.29/lb
Boneless Center Cut Pork Chops	\$2.59/lb
Chicken Thighs	\$1.59/lb
North Country Smoky Maple Links 16 oz	\$6.99
Bilinski's Chicken Sausage, 12 oz	\$7.99
VT Smoke & Cure Meat Sticks, 1 oz Select Varieties	3/\$5

**SEAFOOD**

FISH FRIDAYS! MARCH 7 - APRIL 11

Wild Alaskan Sockeye Salmon, previously frozen	\$14.99/lb
Duck Trap Herring in Wine or Cream Sauce, 12 oz	\$6.99
Johnny Cooked Salad Shrimp, 8 oz	\$4.99

**DELI**

SERVICE COUNTER: SUN-THU: 7AM-6PM | FRI & SAT: 7AM-7PM

Brussels Sprout & Butternut Squash Salad	\$6.99/lb
Farmers & Cooks Uncured Ham	\$7.99/lb
Cooper Sharp American Cheese	\$4.49/lb
Black Bean Salad	\$4.99/lb

**WELLNESS**

Jason Body Wash, 30 oz, Select Varieties	\$6.99
Desert Essence Deodorant, Select Varieties, 2.25 oz	\$6.99
Dr. Tung's Smart Floss, 30 yd	\$2.99

THE WEEKLY **RADISH** >>>









## GROCERY

Teddie Peanut Butter, 16 oz, Select Varieties	\$2.99
 Annie's Mac & Cheese, 5-6 oz, Select Varieties	2/\$5
Waterloo Sparkling Water, 12 pk	2/\$8
Garden of Eatin' Tortilla Chips, 16 oz	2/\$7
Prince Pasta, 12-16 oz, Select Varieties	4/\$5
Quaker Life Cereal, 13 oz	\$2.99
A-1 Steak Sauce, 10 oz	\$4.99
Sticky Fingers BBQ Sauce, 18 oz, Select Varieties	\$2.99
Lindsay Olives, 6 oz	2/\$5
Ghiradelli Brownie Mixes, 18-20 oz	\$3.49
 King Arthur Appetizer Mixes, 15-18.4 oz	\$4.99
Stacy's Pita Chips, 7.33 oz	\$3.49
Bear Naked Granola, 12 oz	\$3.99
 Westbrae Beans, 15 oz	2/\$5
Rao's Homemade Pasta Sauce, 24 oz	\$7.69
 Napa Valley Naturals Extra Virgin Olive Oil, 25.4 oz	\$17.99
Siete Tortilla Chips, 5.5 oz	2/\$6
Green Forest Bath Tissue, 12 pk	\$9.99
Meyers Dish Soap, 16 oz	\$3.99
Simply Done Paper Towels, 6pk	\$5.99

## FROZEN

Beyond Meat Plant-Based Sausages, 14 oz	\$5.99
Grain Trust Frozen Rice Sides, 20-30 oz	2/\$6
 Alden's Ice Cream, 48 oz	\$8.99
Stahlbush Frozen Vegetables, 10 oz	2/\$5
Quorn Meat Alternatives, 9.2-12 oz	\$4.49

## REFRIGERATED

Olipop Prebiotic Soda, 12 oz	2/\$3
Oatly Oatmilk, 64 oz	2/\$7
Food Club Cheese Bars & Shreds, 8 oz	2/\$4
 Immaculate Cinnamon Rolls, 17.5 oz	\$5.99
Noosa Yoghurt, 8 oz	3/\$7
 Earth Balance Butter, 13 oz	\$5.99
 Health-Ade Kombucha, 16 oz	2/\$5



## Fish Friday



### Wild Skinless Cod Fillets

(Previously Frozen)

**\$8.99**  
lb

**Friday 3/28/25**

Sale is valid 3/28/25 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.

## THE CHEESE OF THE WEEK!

 GREAT CHEESE  
 GREAT PRICE

Presented By



### Marcel Petite Comté



Marcel Petite Comté, a member of French cheese royalty, is an exceptional Alpine cheese made with raw milk from the Montbéliarde cows that graze in the vineyards and pastures of the Jura Mountains. Aged for 18 months in the caves at Fort St Antoine in eastern France, Marcel Petite Comté has a dense, smooth paste and a sublime balance of flavors that

bring to mind hazelnuts, French onion soup and heavy cream and long lasting notes that deliver savory and sweet, herbaceous and fruity flavors. A must in French fondue and gratins, Marcel Petite Comté is also a perfect table cheese.

**Save \$5/lb**  
**from March 28 - April 3**

## 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](http://littletoncoop.com) and scroll down the page to sign up for our weekly e-newsletter!

#### This Week's Flyer:

- 8 Local Items
- 16 Organic Items
- 0 Cooperatively-Made Items
- 0 Fair Trade items

#### Sales & Discounts:

\*Discounts apply to eligible items only, and 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.



Open Daily: 7 AM to 8 PM  
Deli & Meat Service Hours:  
See Section in Flyer

43 Bethlehem Rd.  
Littleton, N.H.

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



## EVENT CALENDAR

Fri Mar 28: Fish Friday  
 Sun Mar 30: Book Release w/Carlene Gadapee @1-3PM  
 Sat Apr 5: Senior Member Discount Day  
 Sat Apr 5: Co-op Kitchen Cooking Demo @11:30AM  
 Fri Apr 11: Fish Friday

To RSVP for an event: visit [littletoncoop.com/events](http://littletoncoop.com/events), or email [info@littletoncoop.org](mailto:info@littletoncoop.org)

## Poetry Celebration



**Sunday March 30 @1-2pm**  
 Join local poet, author, teacher, and Co-op Member Carlene M. Gadapee to celebrate the release of her new chapbook, *What to Keep*. This collection of keen observations includes choices made, minor regrets, small successes, and questions asked. The poet will be signing books, and light refreshments will be served.

## Co-op Cooking



**Saturday April 5 @11:30am**  
 We heard such great feedback from our last Co-op Kitchen Cooking Demo! Next up, Chef Matt will be taking the stage - err, stove - to share his homemade fresh pasta recipe. We were already excited to bring back our "Food Network studio audience vibes," but now we can check off "fine Italian dining on a budget" too.

**More info & online RSVP:**  
[LittletonCoop.com/Events](http://LittletonCoop.com/Events)

## Podcast: A Convo With Emshika



On the latest episode of *That's Rad*, Anastasia sits down for an interview with local chef and Co-op Member Emshika Alberini for a conversation on food, life, and what it looks like to show authenticity in both. The duo cover everything from working with family, to her appearance on Food Network's "Chopped," to finding inner happiness!

**Listen Online:**  
[LittletonCoop.com/Podcast](http://LittletonCoop.com/Podcast)



## MORE FROM YOUR STORE

### Reserve Your Easter Ham



Easter is a little later than usual this year, so there's still a little time left to reserve your holiday ham, lamb, or poultry. Stop by the Meat Department and speak with one of our friendly clerks about what we have available, or give us a call at 603-444-2800. Happy Spring!

## A Sure Sign of Spring



Gardeners rejoice! We have seeds in stock from High Mowing (VT) and Earthbeat Seeds, so you can pick out this year's lettuce, tomato, carrot, and flower crops while you shop. It's a little early to sow seeds outdoors, but if you're starting your herbs and veggies early indoors you'll want to start soon.

We are also once again hosting The Seed Library, located in the exit area. This locally-organized effort prevents seed waste and promotes seed sharing by offering pre-divided smaller seed portions at no cost. Please feel free to take seeds and share seeds from your garden!

There's certainly debate on whether or not what we're experiencing in the North Country is "fake spring," but either way, it's a sign that outdoor gardening season is on its way.



# FRESH, NEW, & FUN

## Easter Bunny Bait



The Bulk Department just got a shipment of colorful sweets perfect for an Easter basket... or a random Tuesday afternoon. Bright and chewy jelly beans compliment caramel and milk chocolate eggs. And you won't want to leave without picking up a bag of the new "Eggstravagant" Gummies. These can be found on the seasonal candy display in the Bulk dept!

## Moch(i) Better Than a Salad Bar



We are so excited that Bubbies individually wrapped mochi are back at the Co-op, now in their own special freezer! These little treats combine mochi (a sweet rice dough) with premium ice cream. Singles flavors are mago, strawberry, ube, and matcha. Find the "Bubbies Mochi Bar" in the frozen aisle.

## Bag it Up



We're always talking about how so many of our products make great gifts, but so many of you wanted to be able to walk away from the Co-op with a fully prepared gift. You asked, we listened. We now have a selection of neutral gift bags and tissue paper available for purchase. Find them next to the seasonal display by the Cafe.

# MEMBER UPDATES

## FOMOOCME



That's the Fear Of Missing Out On Co-op Member Events, which is what will happen to YOU if you haven't updated your email and mailing address! If you want to vote in the Spring Board Election, get invited to the Annual Meeting, or receive updates on patronage, please make sure we can reach you! Email us your info: info@littletoncoop.org. Thanks!

## Important Member Dates

- April 26: Meet the Candidates Event @1PM
- April 26: Board Election Begins - Voting Open
- May 1: Co-op Annual Meeting at The Rocks
- May 10: Board Election Ends - Voting Closes
- May 10: Anniversary Celebration & Member Day

More: [LittletonCoop.com/Board](http://LittletonCoop.com/Board)

# YOUR CO-OP COMMUNITY

## Art In the Cafe: Brenna Nicely



Brenna is a fiber artist inspired by natural environments and textures in New England. Working with tapestry and circular weaving techniques with natural fibers, fleece, and yarn, Brenna's work invites the viewer to look, touch, and experience closely. Her work is here for viewing through April, and is also available for purchase.

## Round UP for Local Theatre



Round up in March to support Theatre UP! The mission of Theatre UP is to create exceptional theatre experiences to enrich the community. They have been active in the Littleton area since 1979, providing not only excellent performances, but also a huge range of theatre-education opportunities backstage. The benefits gained from theatrical involvement and training not only help strengthen performance and production skills, but help promote social-emotional development as well as bolster soft skills such as self-confidence, teamwork, communication, and initiative. They'll also be helping us bag up groceries at the registers throughout the month, so be sure to say hello!

Learn more at [theatreupnh.org](http://theatreupnh.org)

## Artist Marketing in the Middle of Nowhere



**Tuesday April 8 @1-3pm @ WREN**  
In this workshop from WREN, presented by local landscape painter Rebecca M. Fullerton, artists will learn to make their art more visible and saleable in rural New England. \$30 / \$25 for WREN members. Register Online: [wrenworks.org/register/p/artist-marketing](http://wrenworks.org/register/p/artist-marketing)