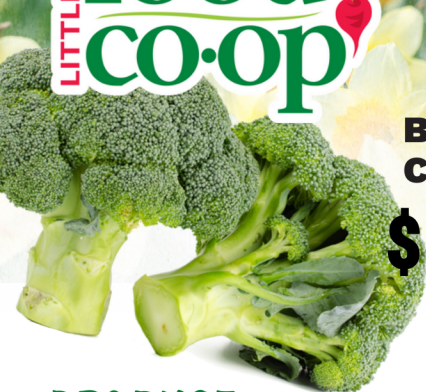




Happy Easter! The Co-op will be closed on Sunday March 31

Weekly Specials

Fri Mar 29 - Thu Apr 6, 2024



Broccoli
Crowns

\$1.49
Lb



4-6 oz
Little
Lad's
Popcorn

2/\$6



12 pk
Lacroix
Sparkling
Water

2/\$8

PRODUCE

Broccoli Crowns	\$1.49/lb
Red, Orange, or Yellow Peppers	\$2.49/lb
Honeycrisp Apples	99¢
Cucumbers	2/\$3
Red or Green Seedless Grapes	\$2.99/lb
Russet Potatoes	79¢/lb
Strawberries, 16 oz	2/\$6
Cluster Tomatoes	\$1.49/lb
Bartlett Pears	99¢

BEER & WINE

Samuel Adams Brewery, 12 pk	\$17.99
Night Shift Brewing, 12 pk, Select Varieties	\$16.99
Cupcake Wine, 750 ml	\$8.99
90+ Cellars Wine, 750 ml	\$11.99

BAKERY

Chabaso Ciabattas, 16 oz, Select Varieties	\$2.99
Buttermilk Biscuits, 6 Pk	\$3.49
Dere Street Chocolate Chip Scones, 3 Pk	\$4.49

BULK FOODS

Roasted & Salted Pumpkin Seeds	\$7.99/lb
Energy Power Trail Mix	\$6.99/lb
Garbanzo Beans	\$2.49/lb
Chia Seeds	\$3.99/lb
Roasted & Salted Mixed Nuts	\$16.99/lb
Lundberg Long Grain Brown Rice	\$2.99/lb

WELLNESS

Earth Science Shampoos & Conditioners, Fragrance Free, 12 oz	\$5.99
Dr Tung's Toothpaste Tabs, 100 ct, Select Varieties	\$6.99
Vital Proteins Collagen Peptides, Unflavored, 10 oz	\$19.99

MEAT

Boneless Sirloin Steak Tips	\$10.99/lb
Eye Round Roast	\$4.99/lb
Chicken Thighs	\$1.59/lb
Pork Tenderloins	\$2.99/lb
North Country Sausage, 12-16 oz	\$6.59
Smart Chicken Nuggets, Breaded, 16 oz	\$8.99

SEAFOOD

Wild Yellowfin Tuna, thawed or frozen	\$11.99/lb
Luke's Lobster Cake Bites, 1 lb	\$14.99
Sea Best Cooked Shrimp, 26-30 ct, 1 lb	\$9.99
Blue Circle Arctic Smoked Salmon, 4 oz	\$5.99

DELI

Boar's Head Deluxe Roast Beef	\$9.99/lb
Boar's Head Muenster Cheese	\$4.99/lb
New England Tradition Virginia Baked Ham	\$4.99/lb
Land O'Lakes Sharp Cheddar American	\$5.99/lb
Potato & Egg Salad	\$4.99/lb
Co-op Made Macaroni & Cheese, 24 oz	\$7.99


SPECIALTY FOODS & CHEESES

VT Farmstead Brie, 6.5 oz	\$7.99
Belgioioso Grated Italian-Style Cheese, 5 oz	2/\$7
Sartori BellaVitano Cheese, 5.3 oz	\$5.49
Emmi Original Fondue, 14 oz	\$13.99
VT Creamery Goat Cheese Logs, 4 oz	\$4.49
VT Farmstead Voodoo Ranger, Fat Tire or Cheddy Topper, 7 oz	\$7.49
Old Croc Sharp, Extra-Sharp or Smoked Cheddar, 7 oz	\$6.99
Maplebrook Fresh Mozzarella Balls, 8 oz	\$4.99
Blake Hill Preserves, 10 oz	\$6.99
Rustic Bakery Bites, 4 oz	\$5.99
Three Little Pigs Petite Toast, 2.8 oz	\$3.29

GROCERY

Lacroix Sparkling Water, 12 pk	2/\$8
Poland Springs Sparkling Water, 33.8 oz	\$1.19
Prince Pasta, 12-16 oz, Select Varieties	4/\$5
Near East Rice Pilaf, 5-7 oz, Select Varieties	2/\$3
Chi Chi's Tortillas, 16-18 oz, Select Varieties	2/\$5
Chi Chi's Salsa, 16 oz	2/\$4
Wishbone Salad Dressing, 15 oz	2/\$5
Vlasic Pickles, 16-32 oz, Select Varieties	2/\$5
Teddie's Peanut Butter, 16 oz	2/\$6
Stacy's Pita Chips, 7.33 oz	\$3.49
Planters Peanuts, 16 oz, Select Varieties	2/\$5
 Little Lad's Popcorn, 4-6 oz	2/\$6
 Gomacro Macrobar, 2.5 oz	2/\$4
Food Club Raisin Bran Cereal, 18.7 oz	\$2.59
Maruchan Ramen, 3 oz	3/\$1
Heinz Squeeze Ketchup, 38 oz	\$4.99
Ray's BBQ Sauce, 18-28 oz, Select Varieties	\$2.99
Sticky Fingers BBQ Sauce, 18 oz	\$2.99
Cravn' Flavor Cookies, 8-12 oz, Select Varieties	2/\$5
Hoptonic Sparkling Tea, 12 oz	2/\$5
Simply Done Liquid Dish Soap, 2.29	\$2.29
Simply Done Bath Tissue, 12 ct	\$9.99

REFRIGERATED

Food Club Cheese Bars or Shreds, 8 oz	2/\$4
Chobani Yogurt, 5.3 oz, Select Varieties	5/\$5
 Almond Breeze Almond Milk, 64 oz	\$3.29
Rana Stuffed Pasta, 8-10 oz	\$4.49
Rana Lasagna, 40 oz	\$11.99
 Lifeway Organic Kefir, 32 oz, Select Varieties	2/\$8

FROZEN

Hood Ice Cream, 48 oz, Select Varieties	2/\$7
Amy's Pizza, 9-14 oz, Select Varieties	\$6.99
Alexia Frozen Potatoes, 15-19 oz	\$4.99
Ruby Jewel Ice Cream Cookie Sandwich, 5.25 oz	\$3.99
NotChicken Patties, 12 oz	\$5.49

10,000 MEMBERS

It's official: the Littleton Food Co-op is owned by 10,000 community Members!

None of this would be possible without the support and participation of our Members, customers, staff, and community. YOU are the Co-op Difference!



Mike V, aka "The Bread Guy", in our Bakery Department

save
over \$80

Spring into great savings!

Look for over 65 coupons throughout the store.

Check out the online preview on our specials page: littletoncoop.com



This Week's Flyer:


- 7 Local Items
- 1 New Item
- 9 Organic Items
- 1 Cooperatively-Made Item

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

THE WEEKLY RADISH

Fri Mar 22 - Sat Mar 30, 2024

Event Calendar LittletonCoop.com/Events

Sat Mar 30: Wine Tasting! Rossi Wines @11:30am-2pm (21+)
Sat Mar 30: Gardening in a Changing Climate @2-3pm (RSVP)
Sun Mar 31: Easter Sunday - Closed
Fri Apr 5: Senior Member Discount Day (65+)
Sat Apr 6: Meet the Artist: Joshua Dorsett
Mon Apr 8: Solar Eclipse @3:28 pm
Sat Apr 13: Member Appreciation Day
Thu Apr 18: Candidate Night @5pm
Mon Apr 22: Earth Day
Mon Apr 22: Board of Directors Meeting (RSVP)
Thu May 2: Annual Meeting @ the Rocks @pm

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



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.

Free Wine Tasting



Saturday, March 30 @11:30-2pm

We love when the Rossi's come to do a tasting, because it's always like a party at the end of Aisle 10! Let this charming couple of wine experts pair you up with the best bottle for your Easter table, or just stop by to try a sip or two and chat. Tastings are totally free, but you must be 21 or older to partake.

Meet the Artist: Joshua Dorsett



Saturday, April 6 @1-3pm

Attention local art lovers: come to the cafe to meet Josh Dorsett, an incredible young photographer (and one of our favorite coworkers here at the Co-op!) This is his first art show, and we are so excited to feature his gorgeous photos on our walls. Light refreshments will be served. Josh's prints are available for through the end of April.

MEMBER UPDATES

2024 Board Election Update



Our annual Board Election is coming soon! Voting opens April 27 and ends on May 10. There are three seats available on our nine-member Board, and we have seven excellent candidates running:

Derek Maillet-Rust
Robert Henry Goss (employee)
Deborah Rossetti Sullivan (incumbent)
Brandon F. Millett
Kimberly Warren Cenkl
Dan Crosby
Molly S. O'Brien

Over the next few weeks we'll be sharing more info and updates about each candidate, so stay tuned.

To be eligible to vote, you must be a Full Member, ie own four or more shares, and be listed as the primary name on your Member account.

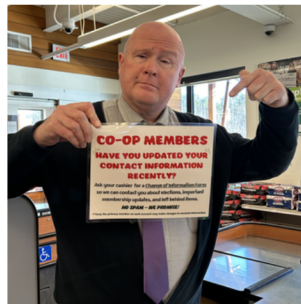
We use a website called Simply Voting to handle our Board Elections. Eligible Members will receive either a mailed letter and/or an email from Simply Voting at the end of April. Keep an eye out!

Not a Member Yet? Join Today!

Learn more, buy shares, start a new account:
www.littletoncoop.com/membership



Hi! Update Your Member Info :)



Don't miss out on important Member updates! If you haven't done so already, this is prime time to check and update your Membership information, make sure your Primary Name, mailing address, and email are correct, acquire more shares, become a full Member, and make your voice heard in the oversight and direction of your Co-op.

Important Member Dates! April 18: Candidate Night - Co-op Cafe @5pm // April 27-May 10: Board Election - Voting Open // May 2: Annual Meeting - The Rocks, Bethlehem @ 5pm // May 10-12: 15th Anniversary Celebration // More Info: www.littletoncoop.com/board_election

FRESH, NEW & FUN

Are You Ready for Easter?



Mickey in Our Meat Department & Madison in our Bulk Department!

Bigger, Better NA Selection



The Co-op is officially the place to go if you want a beverage with all of the flavor and none of the hangover. We have N/A beer, wine, canned cocktails, spirits, ciders, and more. This isn't your father's Near-Beer! Don't know where to start? Chat with our Beer Master Kevin for some great recommendations 😊

Local Ricotta is a Huge Hit!



New to the Specialty Cheese island is locally produced ricotta cheese from Mill Bridge Farm in Meriden, NH. It has quickly stolen the hearts of our staff - they describe it as soft in texture (not at all grainy), and the perfect dessert cheese for a cannoli or spread on toast with fruit. Pick some up today and let us know what you think!

MORE FROM YOUR STORE

New Pancakey Podcast

EPISODE #41

Polly and her Pancake Parlor



YOUR CO-OP COMMUNITY

Congrats to Caledonia Co-op!



Congratulations to our friends at the Caledonia Food Co-op in St. Johnsbury for surpassing their latest fundraising goal! They are well on their way to opening a brand new store in downtown St J and we are so excited.

One of the founding ideas of our Co-op is Principle #6, aka Cooperation Among Cooperatives. Instead of being competitive, we believe that opening more co-ops in our area means extra support to local farmers, better access to healthier food choices, and money well-spent in the local economy.

Learn more: www.caledoniafood.coop

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, and www.facebook.com/FranconiaAreaNEMBA

THAT'S RAD - EPISODE 41: POLLY AND HER PANCAKE PARLOR

In honor of March being NH Maple Month AND Women's History Month, host Anastasia is bringing That's Rad out to Sugar Hill to discuss perhaps one of the most influential North Country names in food, Pauline Taylor. You probably know her from her most lasting creation: Polly's Pancake Parlor.

In this episode, Anastasia sits down with the Cote family, current owners and operators of Polly's, to discuss the life and legacy of the family matriarch, and why their traditional Americana breakfast experience resonates with people to this day. Listeners are in for a treat as we take you further through this beloved institution than you've ever been before - through the restaurant photo albums, through the kitchen, and through the heart of the last eighty plus years of Polly's Pancakes. The only bad part of this episode is that we can't give you a pancake sampler to enjoy it with!