



1 pt / 1 lb / 6 oz  
**Blueberries,  
Strawberries,  
or Blackberries**

**2/\$5**



**19th Hole  
Snack Mix**


**\$4<sup>99</sup>**  
Lb




1 Ltr  
**Vita Coco  
Original  
Coconut  
Water**

**2/\$6**

## PRODUCE

Blueberries, 1 pt	2/\$5
Strawberries, 1 lb	2/\$5
Blackberries, 6 oz	2/\$5
Whole Seedless Watermelon	\$5.99
Sweet Corn	6/\$3
Broccoli Crowns	\$1.49/lb
 Fuji Apples, 2 lb	\$3.99
Mangoes	99¢
Pineapple	2/\$5
Kiwi, 16 oz	\$4.99


## BAKERY

Chabaso Ciabatta, 16 Oz, Select Varieties	\$2.99
 Chocolate Chip or Chocolate White Chip Cookies, 12 Pk	\$3.99
Muffin Town Cornbread Loaves, 12 Pk	\$6.59

## BULK FOODS

Roasted & Salted Cashews	\$8.99/lb
19th Hole Snack Mix	\$4.99/lb
 Raw Pumpkin Seeds	\$5.99/lb
 Sweetened Dried Cranberries	\$6.99/lb
 Pearled Farro	\$2.99/lb
Yogurt Covered Raisins	\$6.99/lb

## BEER & WINE

 Harpoon Brewery, 12 pk	\$17.99
Sun Cruiser Hard Iced Tea Variety, 8 pk	\$20.99
Angel's Ink Pinot Noir, 750 ml	\$16.99



**ROSÉ SALE!**

**Rosé All Day, Seaglass,  
Riojana, Moncaro, or  
Rossino Rosé Wines  
and Prosecco**

**\$8<sup>99</sup>**

750 mL  
Bottles

**Weekly Specials: Fri May 17- Thu May 23, 2024**



## MEAT

 Boneless Ribeye Steak	\$13.99/lb
 Boneless Chuck Steak	\$5.49/lb
Center-Cut Boneless Pork Chops	\$2.79/lb
Teton Grass-Fed Beef Kielbasa, 12 oz	\$7.49
Fresh Chicken Tenders	\$2.99/lb




## SEAFOOD

Fresh Faroe Island Salmon	\$15.99/lb
Henry & Lisa's Wild Alaskan Salmon Burgers, 12.8 oz	\$10.99
Matlaws Stuffed Clams, 20 oz	\$6.29
SeaBest Shrimp Ring, 60/80 ct, 10 oz	\$6.99

## DELI

 Boar's Head Sweet B's Honey BBQ Chicken Breast	\$7.99/lb
 Boar's Head Sharp Cheddar Cheese	\$5.99/lb
New England Traditions Virginia Baked Ham	\$5.99/lb
Cooper Sharp American Cheese	\$4.59/lb
Four Bean Salad	\$3.99/lb

## SPECIALTY CHEESE

 VT Creamery Chevre Logs, 4 oz	\$4.49
 VT Creamery Cultured Butter, 8 oz	\$3.49
 Grafton Village Cheddar, 8 oz	<b>\$1 OFF</b>
BelGioioso Parmesan, Fontina or American Grana, 8 oz	\$4.99

## WELLNESS

Andalou CannaCell Moisture Shampoos & Conditioners, 8.5 oz	\$5.99
Radius Floss, Clove Cardamom, 55 yds	2/\$5
Bach Rescue Pastilles Natural Stress Relief, Select Varieties, 1.7 oz	\$8.99







**THE WEEKLY**

**RADISH** →

## GROCERY



Vita Coco Original Coconut Water, 1 ltr	2/\$6
From the Ground Up Cauliflower Crackers, 4 oz	2/\$6
Awake Caffeinated Chocolate Pouch, 2.9 oz	2/\$6
 Ocean Spray Juices, 64 oz, Select Varieties	\$2.99
Arizona Ice Tea, 128 oz	2/\$7
Barilla Pasta, 12-16 oz, Select Varieties	2/\$3
Bumble Bee Tuna Solid White Water & Oil, 5 oz	2/\$3
Hellmans Mayo, 24-30 oz Select Varieties	\$5.49
French's Mustard, 20 oz	\$2.49
Franks Red Hot Sauce, 12 oz	\$3.99
Stubbs BBQ Sauce, 18 oz	\$3.99
Vlasic Pickles, 16-24 oz, Select Varieties	2/\$4
 Blue Diamond Almonds, 6 oz	\$3.49
Duncan Hines Family Size Brownie Mix, 18 oz	4/\$5
Mi Nina Tortilla Chips, 12 oz	\$3.99
 Port City Pretzels, 8 oz	\$2.99
Stacy's Pita Chips, 7.33 oz	\$3.49
Kellogg's Town House & Club Crackers, 13.7 oz	2/\$5
Lays Potato Chips, 7-8 oz, Select Varieties	<b>BOGO</b>
Nature's Path Cereal, 9-14 oz, Select Varieties	2/\$9
 Santa Cruz Lemonades, 32 oz	2/\$5
Kingsford Charcoal, 12-16 lb	\$11.99

## REFRIGERATED

Wildwood Super Firm Tofu, 16 oz	2/\$7
 Cabot Cheese Bar & Shreds, 8 oz, Select Varieties	2/\$5
 Cabot Cheese Slices & Cuts, 7-8 oz, Select Varieties	\$2.99
Newman's Lemonade, 59 oz	\$2.49
 Cabot Premium Butter, 8 oz	\$3.19
 Cabot Whipped Cream, 7 oz	\$2.49
Heluva Dips, 12 oz	3/\$5
Daisy Sour Cream, 16 oz	2/\$5
Philadelphia Cream Cheese Bar, 8 oz	\$3.99
Chobani Greek Yogurt, 5.3 oz	5/\$5
Hood Half & Half Creamer, 32 oz	\$2.99



## FROZEN

Wyman's Frozen Blueberries, Raspberries, and Mixed Berries, 12-15 oz	2/\$6
 Ben & Jerry's Ice Cream, 16 oz, Select Varieties	\$3.99
Hood Ice Cream, 48 oz, Select Varieties	\$3.49
Gardein Plant Based Proteins, 8-14 oz, Select Varieties	\$3.99
 Alexia Frozen Potatoes, 15-19 oz, Select Varieties	\$4.79



**Best of NH 2024 Editor's Pick:**  
**BEST COMMUNITY GROCERY STORE!**

"Editor's Picks are given to the extraordinary businesses and people who we think deserve a shout out and are our personal favorites from across the state."

**We're so honored to have been chosen! Check out our upcoming spotlight in the July issue of New Hampshire Magazine:**

[www.nhmagazine.com/best-of-nh](http://www.nhmagazine.com/best-of-nh)

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Look for 69 coupons throughout the store.

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at your local food co-op



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Available on the  
**App Store**

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it's FREE! Get the latest sales, specials and news in your email inbox each Thursday!

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



### This Week's Flyer:

10 Local Items  
5 Organic Items  
6 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

Friday May 17 - Thursday May 23, 2024

## Event Calendar [LittletonCoop.com/Events](http://LittletonCoop.com/Events)

Mon May 20: Co-op Board Meeting @5pm (RSVP)  
Tues May 21: NCFAC Lunch & Learn on Zoom (RSVP)  
Thu May 23: "Common Ground" @ The Colonial Theatre @7pm  
Fri May 24: Summer Hours Start! Open 7am-9pm  
Wed May 29: Storytime in the Co-op Cafe with Littleton Library - details TBA!  
Wed Jun 5: Senior Member Discount Day

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

## Common Ground at the Colonial



**Thursday May 23 @7pm**

We are so excited to once again partner with the Colonial Theater, this time for a showing of Common Ground, the highly anticipated sequel to the 2020 film Kiss the Ground. Join us for local refreshments from Small Axe Farm at 7, followed by a discussion at 7:30. Then we watch the film! Tickets: [bethlehemcolonial.org](http://bethlehemcolonial.org)

## SNAP Outreach Lunch & Learn



**Tuesday May 21 @12pm - Zoom**

We've partnered with UNH and the North Country Food & Ag Council to bring this free online info session to people in the community who work with SNAP participants. Learn more about the program and gain confidence in your food access outreach projects! To register, email Becky Colpitts: [bcolpitts@littletoncoop.org](mailto:bcolpitts@littletoncoop.org)

**Co-op Board Meeting: Monday May 20 @5pm on Zoom.** Members are always welcome to attend and observe - just rsvp to [board@littletoncoop.org](mailto:board@littletoncoop.org)

## Soon: Summer Hours



Now there will be more hours in the day to go to the Co-op!

Starting May 24th, the Co-op will be open daily from 7am - 9pm. We love when it stays lighter later.

The Deli Department and the Meat Department will both close at 7 pm daily. Happy shopping!



We are so excited to announce the results of our 2024 Board Election! Please join us in giving a warm welcome to new directors Robert (Bob) Goss and Molly O'Brien, and a welcome back to returning director Deb Rossetti-Sullivan. Thank you to all the candidates, members, and supporters that made this a great election with our highest voter turnout yet!

Now: come see our directors in action! The next Board of Directors meeting will be Monday, May 20th at 5pm. Co-op members are always welcome to attend! Just send us an email at [board@littletoncoop.org](mailto:board@littletoncoop.org) so we can send you more information. See ya there!



**Not a Member Yet? Join Today! Learn more, buy shares, or start a new Membership:**  
[www.littletoncoop.com/membership](http://www.littletoncoop.com/membership)

## The 2023 Annual Report is Online



**Read it Online: [www.LittletonCoop.com](http://www.LittletonCoop.com)**

Get the latest stats on how your favorite food co-op is doing! Our 2023 Annual Report gives the rundown on our finances, community outreach, local impact, and more. Check it out on our website at [littletoncoop.com/documents](http://littletoncoop.com/documents), or scan the code to the right with your phone.





# FRESH, NEW & FUN

## Attention Puzzle Fans!



To celebrate our 15th Anniversary, we put together a fun puzzle featuring some iconic moments from the past 15 years. This limited-run, 345-piece puzzle is locally made in Vermont and is a great price at \$11.99! Find the puzzles on our seasonal display or at the Service Desk by the books, calendars, and magnets.

## Limited Time: Soft Shell Crabs



Maryland Soft Shell Crabs are a delicacy we wait for all year, and they're finally here! These crabs are known for their intense flavor and short season of availability. In fact, this is likely the only week we'll be able to get them at the Co-op. So come grab some at the Seafood counter while supplies last! PS: Don't forget to pick up the Old Bay seasoning!

## Pavilion In Bloom



The pavilion is full of locally grown hanging baskets, herb starts, and Vermont Compost. A fresh shipment of blooming baskets came in this week from 4 Corners Farm, and we love the vibrant colors on them! Plus we have herbs like basil, chives, cilantro, and more just waiting to go on your windowsill or in your garden. And don't forget the Vermont Compost!

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The Deli Department and the Meat Department will both close at 7 pm daily. Happy shopping!

# MORE FROM YOUR STORE

## Paintings by Mollie Wilkie



Now in the Cafe: original paintings by one of our most creative employees, Mollie Wilkie! We are thrilled to bring her art to the entire Co-op community for May and June. All of her paintings are for sale, and are perfect if you'd like to add a pop of color to your space. Plus 95% of the proceeds go to the artist herself, so you can feel great about supporting local art.

## It's a Pierogi Podcast 🥟🥟🥟



On this episode of "That's Rad," host Anastasia sat down with Vanessa White, co-founder of Jaju Pierogi. In this in-depth conversation, Anastasia and Vanessa go through the story of Jaju (what does that mean anyways?), mixing family and business, and the truth behind internet fame.

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



**IS YOUR INFO UP TO DATE?** Make sure your name and address are correct in our records, so you don't miss out on important member mailings!

# YOUR CO-OP COMMUNITY

## Round Up for Community Health!



## Round Up this May to support Ammonoosuc Community Health Services!

ACHS is a non-profit Federally Qualified Community Health Center that operates five clinics in Northern New Hampshire. They provide affordable and high-quality healthcare to over 10,000 patients in more than 26 towns, offering integrated health services to families, including Medical and Behavioral health.

As part of their mission to provide a network of comprehensive Primary Health Care and Support Services to individuals and families throughout the communities they serve, ACHS welcomes everyone and does not deny services based on inability to pay.

**Learn More: [ammonoosuc.org](http://ammonoosuc.org)**