



**Red or Green  
Seedless  
Grapes**  
**\$1.99**  
**Lb**



**32 oz**  
**Gifford's  
Ice Cream**  
**2/\$7**



**8 oz  
Select Varieties**  
**Cabot Cheese  
Bars, Cuts, or  
Shreds**  
**2/\$5**

## PRODUCE

Red or Green Seedless Grapes	\$1.99/lb
Mangoes	99¢
Cantaloupe	\$3.99
Lemons	3/\$1
White Mushrooms, 8 oz	2/\$4
Russet Potatoes, 5lb Bag	2/\$5
Raspberries or Blackberries, 6 oz	2/\$5
Avocados	2/\$3
Mini Watermelon	\$4.99

## BAKERY

Jessica's Tuscan Pane Bread, 20 oz, Select Varieties	\$2.59
CO-OP BAKED Blueberry Loaf Cake, 18 oz	\$4.59
LOCAL OWL Gluten Free Energy Bars, 2.6 oz, Select Varieties	2/\$6

## BULK FOODS

Roasted Salted Cashews	\$6.99/lb
LOCAL Cranberries, Sugar Sweetened	\$5.99/lb
LOCAL Ginger Chunks	\$8.99/lb
LOCAL Garbanzo Beans	\$2.29/lb
LOCAL Grandy Organics Everything Bagel Cashews	\$14.99/lb
Dark Chocolate Sea Salt Caramels	\$9.99/lb

## SPECIALTY CHEESE

LOCAL Maplebrook Farm Feta, 8 oz	\$4.99
BelGioioso Italian-Style Grated Cheese, 5 oz	2/\$7
Eiffel Tower Brie, 7 oz	\$3.99

**Weekly Specials: Fri Jul 5- Thu Jul 11, 2024**

**Hooray! July 5 is Senior Member Discount Day!**

## MEAT

Boneless Southern Style Ribs	\$2.99/lb
LOCAL Boneless New York Sirloin Steak	\$6.99/lb
LOCAL Robie Farm Burger, 1 lb	\$8.99
Boneless Pork Butts	\$2.99/lb
Premium Baby Back Ribs	\$2.99/lb
Chicken Thighs	\$1.59/lb
Niman Ranch Uncured Beef Franks, 10 oz	\$5.99
LOCAL VT Smoke & Cure Meat Sticks, 1 oz, Select Varieties	4/\$5

## SEAFOOD

Wild Alaskan Cod Fillets, previously frozen	\$9.99/lb
SeaBest 26-30 Raw EZ-Peel Shrimp, 1 lb	\$5.98
Henry & Lisa's Wild Alaskan Salmon Burgers, 12.8 oz	\$10.99
Orca Bay Ocean Perch Fillets, 10 oz	\$6.99

## DELI

LOCAL North Country Black Forest Ham	\$8.99/lb
Baked Potato Salad	\$3.99/lb
LOCAL Cabot Pepper Jack Cheese	\$5.99/lb
Boar's Head Roast Beef	\$10.99/lb
Boar's Head White or Yellow American Cheeses	\$5.99/lb

## BEER & WINE

LOCAL Von Trapp Brewery, 12 pk	\$15.99
FAIR TRADE LOCAL La Rioja Wines, 750 ml	\$7.99
LOCAL Kettlehead Brewing Company, 4 pk	<b>\$2 OFF</b>
Cupcake Wines, 750 ml	\$9.99

**What's up with the BOLD items? These are our special features for the week, offered at an exclusive price!**






## GROCERY

Waterloo Sparkling Water, 12 pk	2/\$7
Kashi Cereal, 9.5-16.3 oz, Select Varieties	\$3.99
Woodstock Charcoal, 8.8 Lbs	\$7.99
Kettle Potato Chips, 11.25-13 oz	2/\$7
Poland Spring Water, 33.8 oz	\$1.19
Dole Pineapple Juice, 6 pk	\$3.49
Quaker Life Cereal, 13 oz	\$2.99
Barilla Pasta Plus Multigrain, 12-14.5 oz, Select Varieties	\$2.79
Near East Rice & Couscous, 5-7 oz, Select Varieties	2/\$3
Old El Paso Taco Kits, 8.8-12.5 oz	\$2.99
Pomi Tomatoes, 26.46 oz	\$3.89
California Olive Ranch Olive Oil, 16.9 oz	\$9.99
Jello Instant Pudding, .3-3.9 oz	4/\$5
Tostitos Tortilla Chips, 10-13 oz	2/\$7
Tostitos Salsa, 15.5 oz	2/\$7
Garden of Eatin' Tortilla Chips, 16 oz	\$4.49
C2O Coconut Water, 33.8 oz	2/\$7
The Good Crisp Company Potato Crisps, 5.6 oz	2/\$6
Buddy Fruits Pouches, 3.2 oz	\$0.89
Newman's Own Dressing, 16 oz Select Varieties	2/\$8
Poppi Prebiotic Soda, 12 oz	\$1.79
Terra Chips, 5 oz, Select Varieties	2/\$7
Simply Done Towels, 6 ct	\$5.99





## FROZEN

Gifford's Ice Cream, 32 oz	2/\$7
Dr. Praeger's Veggie Burgers, 10 oz	2/\$7
Hood Hoodsie Cups & Ice Cream Sandwiches, 8-12 ct	\$3.99
Goodpop Frozen Novelties, 9-14 oz, Select Varieties	\$3.99
Udi's Gluten Free Hamburger & Hot Dog Buns, 10.4-14.4 oz	2/\$7
Talenti Gelato or Sorbetto, 16 oz, Select Varieties	\$4.49

## WELLNESS

 WS Badger Anti-Bug Spray, 4 oz	\$6.99
Giovanni Smooth Castor Oil Shampoo/Conditioner, 13.5 oz	\$6.99
Orgain Protein Drink, 11 oz, Select Varieties	2/\$6

## REFRIGERATED

 Cabot Cheese Bars, Cuts, & Shreds, 8 oz, Select Varieties	2/\$5
 Ithaca Hummus, 10 oz	2/\$6
 Cabot Cheese Slices, 8 oz, Select Varieties	\$2.99
Siggi's Yogurt, 4.4-5.3 oz	2/\$3
Califia Almond & Coconut Milks, 48 oz, Select Varieties	\$3.79
Hood Cottage Cheese, 16 oz	\$2.99
Daisy Sour Cream, 8 oz	\$1.49
Bitchin' Sauce Dip, 7-8 oz	\$5.49
 GT's Kombucha, 16 oz	2/\$6



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

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



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



### This Week's Flyer:

12 Local Items  
8 Organic Items  
4 Cooperatively-Made Items  
0 Fair Trade 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 9 PM

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



# THE WEEKLY RADISH

Friday July 5 - Thursday July 11, 2024

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

Thu Jul 4: Independence Day - Open 7am-9pm  
Fri Jul 5: Senior Member Discount Day  
Sat Jul 6: International Day of Cooperatives  
Sat Jul 6: Meet and Greet Caledonia Food Co-op and Androscoggin Food Co-op @11am-1pm  
Sat Jul 6: Artist Reception - Patricia Case @1-3pm  
Thu Jul 11: BeerTasting! Notch Brewing @3-6pm (21+)  
Wed Jul 17: Member Appreciation Day  
Jul 17-27: 2nd Annual Member Choice Awards 🏆  
Thu Jul 18: North Country Chamber Players Concert @5-6pm (RSVP)  
Mon Jul 22: Co-op Board Meeting (RSVP)  
Tue Jul 23: Veterans Cookout @11am

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

## Summertime Sip & Listen



**Thursday July 18 @5-6PM - Free.**  
Join us for an evening concert in our Cafe with the North Country Chamber Players, featuring the music of Mozart and Mendelssohn. Along with the performance, we'll be serving free wine samples (21+) and fine cheese pairings. This event is free, but seating is limited, so please RSVP in advance.

## Paintings by Patricia Case



**Saturday July 6 @ 1-3p**  
Join us for a reception to welcome the newest Co-op Cafe Gallery Artist, Patricia Case. Tricia is a self-taught painter, printmaker, and comics artist in the White Mountains. She uses her beautiful natural surroundings as inspiration, as well as turning every day moments into beauty. Light refreshments will be served.

## Save the Date: Summer Brewfest



**Saturday July 27 @ 11:30am-4pm**  
Our third annual Summer Brewfest is back, and this year it's going to be bigger and better than ever! Come by and enjoy tastings from some of our favorite breweries from near and far, along with snacks and good vibes. We'll also have a one-day deal on beer so you can stock up on your newfound faves - details to be announced!

## FRESH, NEW & FUN

### Gettin' Fancy With It



Now in the Meat and Seafood Departments: domestic Wagyu Beef, fresh King Salmon, and Wild Sockeye Salmon. Guaranteed to delight your taste buds while supplies last!

King Salmon has a rich, full fresh flavor and a density that is perfect for grilling and using stronger sauces. Wild Sockeye is also more flavorful than farmed salmon, and is rich in omega-3 fatty acids, which can support heart health. Wagyu beef is known throughout the world as a gastronomic delight, featuring a unique marbling pattern that gives it tenderness and a naturally rich buttery flavor. Delicious!

## New Lunchtime Menu



A new month means a new lunch menu in the Deli Department! Our chefs have put together an assortment of sandwiches sure to satisfy your lunchtime cravings. Special shoutout to everyone's favorite Cuban sandwich! What was once an occasion special offering will now be here for the whole month. Check out our menu online: [littletoncoop.com/deli-menu](http://littletoncoop.com/deli-menu)

## Lost in Cloudland



Iron Furnace Brewing's newest release, Cloudland Double NE IPA is here! This 8.0% ABV brew has strong notes of orange, but don't forget the Citra and Galaxy hops for the slight bitterness at the end. Stop by and pick up a 4-pack today, or come on in and have a chat with our beer buyer Kevin for expert advice on your next dream beer.



# MORE FROM YOUR STORE

## Free Space for Local Artisans



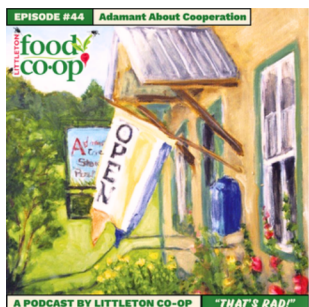
Attention local artists: Are you looking for a completely FREE place to sell your work? Look no further than the Co-op! For the second summer in a row we are offering a free pavilion artisan program. Local artisans can book a full day in our sheltered pavilion at no cost. See our website for more info: [littletoncoop.com/pavilion](http://littletoncoop.com/pavilion) or email [info@littletoncoop.org](mailto:info@littletoncoop.org)

## Where's Waldo? At the Co-op!



Where IS Waldo? Well, for the month of July he's at the Co-op! As part of Little Village Toy & Bookshop's annual scavenger hunt, Waldo is hanging out at with us! Pick up a passport from Little Village so your youngsters can find Waldo all around town and be eligible for prizes! If you need a hint, just as our friends at the Service Desk ;)

## Adamant About Cooperation



On this episode of our podcast, host Anastasia takes a trip to the Adamant Co-op in VT, which has been around for 89 years. They're still in the space they purchased in 1940, they have nine employees, and they didn't get indoor plumbing until 2009. But what Adamant lacks in size it certainly makes up for in community. Listen online: [www.littletoncoop.com/podcast](http://www.littletoncoop.com/podcast)

## Brand New Bike Repair Station



We have a brand new bike repair station at the Co-op, under our pavilion! You may have seen these around the North Country, and we are so honored to have one at the Co-op thanks to Bike the North Country, a local non-profit focused on making cycling in this area safer and more accessible. Stay tuned for more bike friendly projects.

# YOUR CO-OP COMMUNITY

## Round Up for Local Heroes!



Round Up this July to support the Pemigewasset Valley Search & Rescue Team!

The Pemigewasset Valley Search and Rescue Team assists NH Fish & Game by providing well-trained and physically fit volunteers to assist with wilderness rescues and searches. The majority of the rescues occur in the area of Franconia Notch, but the team covers a range from north of Plymouth all the way to the slopes of Mount Washington. A typical rescue requires 20 people to carry out an injured individual, and they average 25-30 missions per year.

Be sure to Round Up at the register every time you shop - your small change donations add up to make a huge difference in our community. And remember to hike safe, everyone!

## Fun & Community at First Friday

