



Weekly Specials: Fri Jul 19- Thu Jul 25, 2024

Pennsylvania
Peaches

\$1⁹⁹
Lb



Mi Nina
Tortilla
Chips

2/\$6



Hit the Trail
Trail Mix

\$5⁹⁹
Lb

PRODUCE

Pennsylvania Peaches	\$1.99/lb
California Red or Black Plums	\$1.49/lb
Washington Cherries	\$2.99/lb
English Cucumbers	79¢
Large Navel Oranges	79¢
Red or Green Seedless Grapes	\$2.99/lb
Raspberries, 6 oz	2/\$6
Sungold Kiwi 16oz	\$3.99

BAKERY

Nashoba Brook Rosemary Garlic Bread, 20 oz	\$3.99
Gourmet Chocolate Chip Cookies, 6 pk	\$4.59
French Dinner Rolls, 6 pk	\$2.99

BULK FOODS

"Hit the Trail" Trail Mix	\$5.99/lb
Backroads Original Granola	\$9.99/lb
Grandy Organics Curry Cashews	\$16.99/lb
Aurora Cranberries, No Sugar Added, 9 oz	\$9.99
Pearled Couscous	\$2.49/lb
Lemon Pomegranate Energy Chunks	\$8.99/lb

SPECIALTY CHEESE

VT Creamery Chevre Logs, 4 oz	\$3.99
BelGioioso Parmesan, Fontina or American Grans, 8 oz	\$4.99
Boursin, 5.2 oz	\$5.99

BEER & WINE

Founders Brewing Company, 15 pk	\$15.99
Z Alexander Brown Wines, 750ml	\$12.99
Stoneface Brewing Company, IPA and Full Clip, 4 pk	\$10.99
Salty Blonde Light Sauvignon Blanc, 750 ml	\$16.99
Whitehaven Sauvignon Blanc, 750 ml	\$19.99

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

MEAT

Porterhouse Steak	\$14.99/lb
Whole Pork Loins	\$2.29/lb
T-Bone Steak	\$14.49/lb
Top Round Steak	\$4.99/lb
Boneless Pork Chops	\$2.59/lb
Misty Knoll Boneless Chicken Breast	\$10.59/lb
Nathan's Skinless Beef Franks, 12 oz	\$6.59
Thousand Hill Grass-Fed Pork & Beef Kielbasa, 12 oz	\$5.99

SEAFOOD

Fresh Wild Swordfish	\$14.99/lb
Orca Bay Yellowfin Tuna Steaks, 10 oz	\$6.99
DuckTrap Cold Smoked Wild Sockeye Salmon, 4 oz	\$8.49

DELI

Farmers & Cooks Uncured Ham	\$8.99/lb
Potato Salad	\$6.99/lb
Land O'Lakes Italian Blend American Cheese	\$4.99/lb
Boar's Head Sweet B's Honey Barbeque Chicken	\$7.99/lb
Boar's Head Mozzarella Cheese	\$4.99/lb
Four Bean Salad	\$3.99/lb



THE WEEKLY


RADISH




GROCERY

Mi Nina Tortilla Chips, 12 oz	2/\$6
Brianna's Dressing, 12 oz Select Varieties	2/\$5
 Annie's Mac & Cheese, 5.5-6 oz Select Varieties	2/\$5
Larabar Fruit & Nut Bars, 1.6-1.7 oz	4/\$5
Wide Awake K-Cups, 10 Ct	\$4.99
Post Shred Cereal, 15-18 oz	\$4.49
Progresso Bread Crumbs, 15 oz	2/\$5
Wishbone Dressings, 15 oz	2/\$5
McCormick Montreal Steak & Chicken Seasoning, 2.75-3.40 oz	\$2.79
Food Should Taste Good Tortilla Chips, 5.5 oz	\$2.99
 Blue Diamond Nut Thins, 4.25 oz	2/\$6
 Blue Diamond Almonds, 6 oz	\$2.99
Popcorners Corn Snacks, 7 oz	2/\$7
Boulder Canyon Potato Chips, 5-6.5 oz	\$2.79
Dr. Bronner's Chocolate Bars, 2.93-3 oz	\$3.79
Nixie Sparkling Water, 8 pk	2/\$9
Nature's Path Cereal, 9.5-14 oz	\$4.29
CharKing Charcoal, 15.4 Lb	\$7.99
Cottonelle Mega Roll Bath Tissue, 6 Ct	\$8.99

FROZEN

 Woodstock Frozen Vegetables, 10 oz, Select Varieties	2/\$4
Haagen Dazs Ice Cream, 14 oz	2/\$6
Hood Ice Cream, 48 oz, Select Varieties	\$3.29
Talenti Gelato & Sorbet, 16 oz Select Varieties	\$3.99
Red's Burritos, 4.5-5 oz, Select Varieties	\$2.29

WELLNESS



Sappo Hill Bar Soap, 3.5 oz, Select Varieties	2/\$3
Desert Essence Mouthwash, 16 oz, Select Varieties	\$5.99
 Aura Cacia Mineral Bath Packet, 2.5 oz, Select Varieties	2/\$5



Local as Heck!



REFRIGERATED

Silk Plant Based Milk, 64 oz, Select Varieties	2/\$7
Olipop Prebiotic Soda, 12 oz, Select Varieties	2/\$3
Sargento Cheese Shreds, 8 oz	\$2.99
Newman's Own Lemonades, 59 oz	2/\$5
Fage Greek Yogurt, 16 oz	\$3.29
 Green Mountain Yogurt, 5.3 oz	5/\$5
 Brown Cow Yogurt, 32 oz	\$3.79
Vital Farms Eggs, Dozen	\$5.99

Subscribe to the Radish!

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

www.LittletonCoop.com



Brian is VERY excited for Brewfest on Saturday July 27!

Hot summer savings!

save over \$99



July / August Coupons Are Here :)

We put them right on the shelf so it's super easy to grab, go, and save when you shop at the Co-op!



This Week's Flyer:

- 6 Local Items
- 7 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

THE WEEKLY RADISH

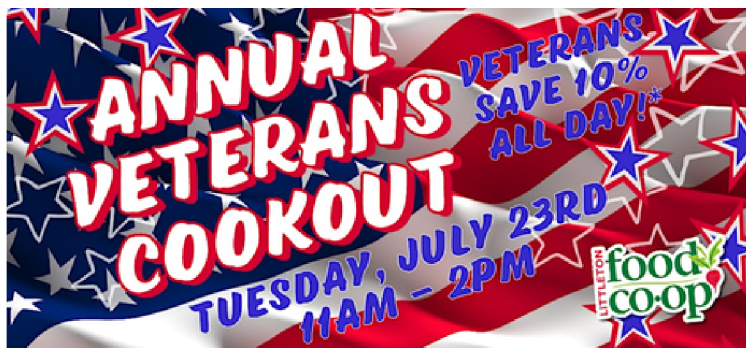
Friday, July 19 - Thursday July 25, 2024

Event Calendar LittletonCoop.com/Events

Jul 17-27: 2nd Annual Member Choice Awards
Jul 20: In the Pavilion - NEK Woodturnings
Mon Jul 22: Co-op Board Meeting (RSVP)
Tue Jul 23: Veterans Cookout @11am-1pm
Sat Jul 27: Summer Brewfest @11:30-4pm
Tue Jul 30: Free Solar Workshop w/ Clean Energy NH @5:30-6:30pm (RSVP)

To RSVP for an event, visit our website: littletoncoop.com/events, or email info@littletoncoop.org

Free Cookout for Veterans



Tuesday July 23 - All DAY: Veterans Save 10%*
11 AM - 2 PM: Meet & Greet Veterans Organizations
12-2 PM: Free Cookout for Veterans

Thank you for your service! Vets and their families are welcome to join us for a FREE cookout, along with a 10% discount* on purchases that day. Local support orgs will be here to share helpful area resources, too. No membership is required to attend - all veterans are welcome!

Summer Brewfest



Saturday July 27 @ 11:30 AM - 4PM (See Full Schedule Below)

Our Summer Brewfest is back, and this year it's going to be bigger and better than ever! Come by the Cafe 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! (21+ with ID required)

11:30 am - 1:30 pm: Woodstock Inn Brewery, Athletic Brewing Co, Moat Mountain Brewing, & Tuckerman Brewing

2 pm - 4 pm: Notch Brewing, Wildbloom Beer, Stoneface Brewing, Iron Furnace Brewing, & Rhythm Cider

FRESH, NEW & FUN

Member Choice Awards 2024



We're combining our love of democracy and local food into a joyous celebration! Now through July 27, Co-op Members may vote online for their favorite local products in a number of categories spanning across the Co-op. We're asking you for answers to the toughest questions, including "Best Local Cheese," "Best Savory Snack," and "Best Local Granola."

Nominees were chosen in collaboration by Littleton Co-op staff and management. If your favorite item is not nominated, this is a chance to try something new! Or, use that handy "Other" box. But remember: we're looking for LOCAL products. That means things grown or produced in New Hampshire, Vermont, or within 100 miles of the Co-op.

Vote Online: littletoncoop.com/memberchoiceawards

Pennsylvania Peaches Are Here



Summer just got a bit sweeter: PA Peaches are now at the Co-op! For those not subscribed to their cult-like following, these Peaches are renowned for being nutritious, delicious, and oh so juicy. It's a big deal when they get here and we look forward to it every year! Grab yours today for a great cobbler, snack, or to preserve.

Produce Gone Wild



In the words of mushroom enthusiast Kevin: "You can't miss the solid gold in the Produce Department!" In case you did miss it, the Co-op now has wild foraged Chanterelle mushrooms in the produce coolers. These wild mushrooms are brought to us by White Mountain Forager, sustainably harvested from the forest, to your plate.

MORE FROM YOUR STORE

The Latest “Moos” from Strafford



On this episode of That's Rad, host Anastasia sits down with Amy Huyffer, who runs Strafford Organic Creamery at Rockbottom Farm with her husband Earl Ransom and family.

In the current landscape of Vermont's dairy industry, it's rare to find an operation like Strafford Organic Creamery still standing: they're independently-owned, certified organic, and packaging exclusively in glass bottles. As Amy puts it: "I've thought about quitting every day, but I've never thought about compromising our values."

Hear more about Amy and the rest of her family's commitment to bringing nutritious dairy to consumers, the life of a cow named Naan, and more on this episode of That's Rad.

Listen Online: littletoncoop.com/podcast

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 or email info@littletoncoop.org



Not a Member Yet? Join Today!

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

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 ;)

YOUR CO-OP COMMUNITY

A Fund For Flooded Farms



Wondering how to support the local farms that have been flooded by recent storms? We are proud to introduce the Littleton Co-op Farm Flood Relief Campaign.

Pick up a coupon at the register for a \$1, \$5, or \$10 donation, which we'll add to your grocery bill. Those donations will go directly to aid local farms impacted by the devastation of Hurricane Beryl.

The Co-op has also pledged to match all donations up to \$5,000. Help us reach our goal!

Local farmers enrich our meals, our communities, and our local economy; donate in-store today and help us show them the same love!

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!