



Weekly Specials: Fri Aug 2 - Thu Aug 8, 2024

August is Eat Local Month! We ♥ Local Food

**4 Corners Farm
Beefsteak
Tomatoes**

\$3.99



**12 oz
Black
River
Bacon**

\$5.99



**6 Pk
Woodstock
K&M
Root Beer**

\$3.99

PRODUCE

Four Corners Farm Beefsteak Tomatoes	\$3.99/lb
Four Corners Farm Green Peppers	\$3.99/lb
Four Corners Farm Potatoes, Red or White, 3- 4 lb	\$5.99
Four Corners Farm Cherry Tomatoes	\$4.99
Green or Black Seedless Grapes	\$1.99/lb
Broccoli Crowns Maine	\$1.49/lb
Mini Watermelon	\$4.99
Limes	3/\$1
Cantaloupe	\$3.99

BAKERY

Peace of Mind GF Whoopie Pies, 5 oz, Select Varieties	\$3.99
French Parisian Baguette, 18 oz	\$2.99
Buttermilk Biscuits, 6 pk	\$3.49

BULK FOODS

Grandy Organics Keto Power Trail Mix	\$9.99/lb
Vermont Coffee Company French Roast	\$8.99/lb
Crystallized Ginger Medallions	\$9.99/lb
Zen Party Mix	\$6.99/lb
Dried Apricots	\$6.99/lb
Roasted & Salted In-Shell Pistachios	\$8.99/lb

BEER & WINE

Zero Gravity Brewery, 12 pk	\$14.99
Rhythm Cider, 500 ml	\$5.99
Kettlehead Brewing Company, 4 pk	\$2 OFF
Cupcake Wines, 750 ml	\$9.99
Mondavi Pinot Noir, 750 ml	\$8.99

WELLNESS

Harvesting Vitality Herbal-Infused Honey, 6 oz, Select Varieties	\$19.99
Maple Medicine Tonics, 8.5 oz, Select Varieties	\$17.49
Elmore Mtn Lotion, 8oz, Lavender or Unscented	\$8.99

MEAT

Black River Bacon, 12 oz	\$5.99
Vermont Smoke & Cure Meat Sticks, 1 oz	10/\$10
Chuck Roast	\$5.59/lb
New York Sirloin Steak	\$7.99/lb
Pork Sirloin Steak	\$1.99/lb
Boneless & Skinless Chicken Thighs	\$2.59/lb
North Country Sausage 12-16 oz	\$6.59

SEAFOOD

Fresh Wild Market Cod Fillets	\$14.99/lb
Luke's Lobster Mac & Cheese or Ravioli, 8 oz	10% OFF
Calamari Salad	\$10.99/lb

DELI

Meatloaf	\$6.99/lb
North Country Smoked Turkey Breast	\$12.99/lb
Boar's Head Honey Maple Ham	\$5.99/lb
Boar's Head Mild Provolone Cheese	\$4.99/lb
Land O'Lakes Swiss Cheese	\$4.99/lb
Redskin Potato Salad	\$3.99/lb

SPECIALTY FOODS & CHEESES

VT Farmstead Fat Tire, Voodoo Ranger or Cheddy Topper, 7 oz	\$2 OFF
Maplebrook Farm Burrata, 8 oz	\$10.99
Natural Valley Goat Cheese, 7 oz	\$7.99
Blake Hill Preserves, 10 oz	\$1 OFF
Maine Crisp Buckwheat Crackers	\$5.99

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





AUGUST IS EAT LOCAL MONTH! THIS WEEK WE HAVE 30 LOCAL ITEMS ON SALE - WE LOVE LOCAL FOOD!






GROCERY

 Woodstock K&M Root Beer, 6 pk	\$3.99
 Wozz Kitchen Creations, Sauces and Marinades	25% OFF
 Wrap City Potato Chips, 12 oz	\$4.99
 White Mountain Apiary Raw Honey, 16oz	\$9.99
Arizona Iced Tea, 128 oz	2/\$6
Post Honey Bunches of Oats, 11-12 oz	\$3.99
Salada Green Tea, 40 ct	\$3.49
Minute Rice, 14 oz	\$2.79
Chicken of the Sea Tuna Solid White, 5 oz	4/\$5
Wasa Crispbread, 9.5-9.7 oz	\$2.99
Bear Naked Granola, 12 oz	\$3.99
Tostitos Tortilla Chips, 10-13 oz	2/\$7
Near East Couscous Mix or Rice Pilaf, 5.4-10 oz	\$2.39
 Gomacro Macrobar, 2-2.4 oz	3/\$7
 Annie's Cheddar Cheesy Puffs, 4 oz	2/\$7
Kind Bars, 1.4 oz	3/\$5
 Cascadian Farm Cereal, Granola, & Granola Bars, 6.2-16 oz	2/\$8
Scott Bath Tissue, 12 Ct	\$12.29
Seventh Generation Dish Liquid, 19 oz	\$3.49
Seventh Generation Auto Dish Powder, Free & Clear, 45 oz	\$4.99

FROZEN

 Gifford's Ice Cream, 32 oz	\$3.99
 Crumb Bum Cookies, 12 oz	\$6.99
Rao's Pizza, 18-21 oz	\$9.99
Amy's Burritos, 5-5.6 oz	2/\$6
Talenti Gelato & Sorbetto, 16 oz Select Varieties	\$4.99

REFRIGERATED

 Barn First Creamery Goat Milk, 64 oz	\$6.99
 Meadowstone Eggs, 1 dozen	\$4.99
Rana Stuffed Tortellini, Family Size, 20 oz	\$6.99
Rana Meat & 5 Cheese Lasagna, 40 oz	\$12.99
Chobani Greek Yogurt, 5.3 oz	\$1.29
Siggi's Skyr Yogurt, 24 oz	\$4.99
 Goodbelly Probiotic Drinks, 32 oz, Select Varieties	\$3.29
 Organic Valley Stringles Cheese Sticks, 8 oz	\$5.79
 Barn First Creamery Goat Milk, 32 oz	\$3.99

LOCAL FOOD CELEBRATION

(And Member Appreciation Day!)

Local as Heck!

SATURDAY AUGUST 10 12-3 PM



FREE Samples, Tastings, Giveaways & Raffle!

43 Bethlehem Rd.
Littleton, N.H.

Open Daily
7 AM to 8 PM

(603) 444-2800
LittletonCoop.com

Live Free. Eat Local. Win Prizes!

Enter the Challenge

STEP 1: EAT LOCAL

Eat food grown, caught, or produced in New Hampshire from a local business during August!

STEP 2: SUBMIT AN ENTRY

Scan the QR code (or visit nheatslocal.com) and submit an entry to the Live Free & Eat Local Challenge.



NH FOOD
ALLIANCE

The Live Free + Eat Local Challenge is part of 2024 NH Eats Local Month. NH Eats Local Month is an initiative of the NH Food Alliance.
nhfoodalliance.org | nheatslocal.com



This Week's Flyer:


30 Local Items
11 Organic Items
2 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.

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Littleton, N.H.

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7 AM to 9 PM

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 LittletonCoop.com

THE WEEKLY RADISH

Friday August 2 - Thursday August 8, 2024

Photo: 4 Corners Farm in Newbury VT

Event Calendar LittletonCoop.com/Events

Fri Aug 2: Free Tasting- Rossi Wines @2:30-4pm (21+)
Fri Aug 2: Pavilion Artist - Rabbit Run Photography
Sat Aug 3: Pavilion Artist - NEK Woodturnings
Mon Aug 5: Senior Member Discount Day
Wed Aug 7: Pavilion Artist - Mojo Design
Tue Aug 6: Seed Saving Seminar w/ Will Bonsall
@5-7pm (RSVP Required)
Sat Aug 10: Eat Local Celebration @12-3pm
Sat Aug 10: Member Appreciation Day
Wed Aug 14: Death Cafe w/ Hospice @5:30-6:30pm
Sat Aug 17: Pavilion Artist - R3volvingOc
Mon Aug 19: Co-op Board Meeting @5-6:30pm (RSVP)

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

Senior Member Discount Day



Monday, August 5

Members 65 and over save 10% on eligible items on the 5th of the month, every month. It's a great time to stock up on pantry essentials, or treat yourself to something nice! Just make sure you tell your cashier you're eligible at checkout - we don't like to make assumptions!

Seed Saving with Will Bonsall



Tuesday August 6 @5-7pm

Gardeners and plant enthusiasts of all levels are invited to join us for a presentation and workshop with Will Bonsall of the Scatterseed Project. Attendees will learn how to preserve seeds to use from year to year. This event is FREE, but your RSVP is kindly requested so we can plan ahead for class.

What's a "Death Cafe"?



Wed August 14 @5:30-6:30pm

Simply put, a Death Cafe is gently facilitated gathering that provides a safe space for open, constructive conversations about death and dying. A representative from North Country Home, Health, and Hospice Agency will facilitate the conversation. Light refreshments will be provided. This event is FREE and open to the public.

Learn More & RSVP: littletoncoop.com/events

AUGUST IS EAT LOCAL MONTH!



Six Reasons We Love Local Food:

Locally grown food is full of flavor.

When grown locally, the crops are picked at their peak of ripeness. Many times the local produce here at the Co-op has been picked within 24 hours of your purchase.

Local food has more nutrients.

Food imported from far-away states and countries is often older or has been processed, or it sits in distribution centers before it gets to the store. Local food has a shorter time between harvest and your table, so there are more nutrients. That's a great value!

Local food supports the local economy.

Here at the Co-op, it's part of our mission to support the local economy. The money that is spent with local farmers and producers all stays close to home and is reinvested with businesses and services in our community.

Local food benefits the environment.

By purchasing locally grown foods, you help maintain farmland and green and/or open space in your community. Local food also doesn't need to be trucked as far, which reduces the amount of fuel used in transportation.

Local foods promote a safer food supply.

The more steps there are between you and your food's source the more chances there are for contamination. Food grown in distant locations has the potential for food safety issues at harvesting, washing, shipping and distribution.

Local growers can tell you how the food was grown.

You can ask what practices they use to raise and harvest the crops. When you know where your food comes from and who grew it, you know a lot more about that food. So get to know your farmer!

Excerpt from Michigan State University:
www.canr.msu.edu/news/7_benefits_of_eating_local_food



YOUR Community-Owned Market!
Love local food? Become a Member today!
www.littletoncoop.com/membership

HERE ARE THE 2024 MEMBER CHOICE AWARD WINNERS!

- Best Local Produce: Four Corners Farm Strawberries
- Best Local Bakery Item: Bonilla Bread Dutch-Oven Kalamata Olive Bread
- Best Local Deli Prepared Food: Co-op Made Potato Salad
- Best Local Pantry Staple Award: White Mountain Apiary Organic Raw Honey
- Best Local Meat and Seafood Award: North Country Smokehouse Uncured Applewood Smoked Bacon
- Best Local Specialty Cheese Award: Crooked Mile Honey Lavender Spread
- Best Local Granola Award: Small Batch Organics Cran Maple Crunch
- Best Local Dairy Item Award: Sweet Cow Maple Yogurt
- Best Local Frozen Item Award: Crum Bum Bakery Chocolate Chip Cookie Dough
- Best Local Beverage Award: Champlain Orchards Apple Cider
- Best Local Savory Snack Award: Port City Tasty Ranch Dill Pretzels
- Best Local Sweet Treat Award: Fuller's Sugarhouse Maple Candies
- Best Local Alcoholic Beverage Award: Schilling Beer Co Alexandr Czech-Style Pilsner
- Best Local Wellness Product: Elmore Mountain Lavender Goat's Milk Soap

littletoncoop.com/memberchoiceawards2024

MORE FROM YOUR STORE

Sweet Corn Has Entered the Chat



It's that time of year: sweet summer corn from Gingue Farm has arrived in the Produce Department! From just across the river in Lower Waterford, VT, it's just about as local as you can get, and its arrival is one of the best parts of the year. Sweet corn is a great addition to summer salads or pasta dishes, but it is perfectly delicious on its own, too.

No Stains, No Plastic



Not only is new DanSoap Laundry Detergent hypo-allergenic, it's completely zero waste! The packaging on this tub of laundry detergent is plastic free and can be composted at home. Plus, this stuff is highly concentrated, so you only need a little to go a long way. Find three varieties (including unscented for sensitive skin) in Aisle 5 with other laundry products.

YEAH, WE HAVE A PODCAST.

"That's Rad!" is a podcast featuring topics about local food, farms, cooperatives, and more!

Listen online:

littletoncoop.com/podcast



YOUR CO-OP COMMUNITY

The Farm to School Bill PASSED!



HB 1678, the Local Food for Local Schools Reimbursement Program bill, was recently signed into law by Governor Sununu. The Co-op is a big supporter of this bill, since it's a win-win-win for kids, local farmers, and the economy. Thank you to everyone who showed their support for the bill, and helped make this a reality for early 2025.

Scan the QR Code to learn more about this important program!

Or type this url: bit.ly/HB1678



A Fund For Flooded Farms



Want to help local farms impacted by the recent flooding? 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. Even better: we will match all donations up to \$5,000. Help us reach our goal!

Round Up for Local Hospice Care!



Round Up this August to support North Country Home Health & Hospice Agency!

NCHHA is dedicated to improving lives by caring for patients and families as they navigate their healthcare journey at home. Since 1970, they have provided the highest quality nursing, physical therapy, occupational therapy, speech therapy, social work, home health aide, and homemaking services. They are also honored to assist those who choose to be at home for their end of life, with friends and family by their side.

This month we'll be partnering with NCHHA for a couple of educational events, so keep an eye on the calendar. To learn more, visit northcountryhomehealth-hospice.org