

MEAT & SEAFOOD

MISTY KNOLL FARMS
New Haven, VT

**Whole
Chickens**

Per lb, Reg. \$3.59

\$2.59 lb

**SAVE
\$1.00**

VT SMOKE & CURE
Barre, VT

*Uncured Sliced
Bacon*

10 oz pkg., Reg. \$5.99

\$4.99 pkg

**SAVE
\$1.00**

NORTHEAST
FAMILY FARMS

*Boneless Sirloin
Tip Steak*

per lb, Reg. \$5.99

\$3.99 lb

**SAVE
\$2.00**

CHEESE

PLYMOUTH ARTISAN CHEESES
Plymouth Notch, VT



**East Meadow
Cheese**

8 oz waxed block., Reg. \$7.70

\$4.99

**SAVE
\$2.71**



CACIO DE ROMA
**Sheep's
Milk Cheese**

Imported from Italy

Per pound, Reg. \$9.85

\$7.85 lb.

**SAVE
\$2.00**

BEER & WINE



VINA BORGIA
Garnacha

*The best Spanish
Garnacha deal going!*

Reg. \$9.99

**SAVE
\$4.00**

\$5.99



GATO NEGRO

Sauvignon Blanc

The Black Cat is back!

Reg. \$8.99

**SAVE
\$4.00**

\$4.99



Vermont's Premier 12 pack is back on sale!

ROCK ART

Twelve Packs

Our lowest price, ever!

**SAVE
\$3.87**

\$13.89 + tax & dep

Sorry, no member discount.

Brattleboro Food Co-op

July 2010

CO-OP SPECIALS

*Check out our products
on sale this month!*



GROCERY

NATIVE FOREST



*Marinated Quartered
Artichoke
Hearts*

6.5 oz., Reg. \$2.99

**SAVE
\$1.20**

\$1.79

ANNIES



**Organic
BBQ Sauces**

10 - 12 oz., Reg. \$4.19

**SAVE
\$1.20**

\$2.99

LA TOURANGELLE



**100% Organic
Coconut Oil**

14 oz., Reg. \$8.79

*time-honored traditional methods are used
to produce this delicious, healthful oil.*

**SAVE
\$2.80**

\$5.99

PRODUCE

HARLOW FARM Westminister, VT

Local, organic

Bunched Carrots

Per bunch, Reg. \$2.99

\$1.99

Bunched Beets

Per bunch, Reg. \$2.99

\$1.99



Paul Harlow, Harlow Farm

**SAVE
\$1.00**
each item

DAIRY

CABOT OF VERMONT
Sour Cream



Regular and nonfat

16 oz., Reg. \$1.99

SAVE
40¢

\$1.59



STONYFIELD
Organic Super
Smoothie

10 oz., Reg. \$2.09

SAVE
50¢

\$1.59

FLORAL



DEER RIDGE FARM
Guilford, VT

Local
Bouquets

Lisa Holderness and
Jerry Smith, Deer Ridge Farm

SAVE
\$3.00

\$6.99



COUCH BROOK
FARM
Bernardston, MA

All 6
Packs

Elaine Morley,
Couch Brook Farm

SAVE
\$1.00

\$2.99

WELLNESS



AUBREY ORGANICS
Swimmer's
Normalizing Shampoo

11 fl oz., Reg. \$9.99

20%
OFF

\$7.99



HEEL'S
Traumeel
Anti-inflammatory
Homeopathic Ointment

1.76 oz., Reg. \$16.89

SAVE
\$3.00

\$13.89



BRATTLEBORO FOOD CO-OP
Milk Thistle

60 vegetarian capsules
350 mg., Reg. \$23.55

SAVE
\$4.56

\$18.99



PLANETARY HERBALS
Triphala

90 tabs, Reg. \$12.49

SAVE
\$3.50

\$8.99

BULK



LOTUS FOODS
Bhutanese
Red Rice

Reg. \$5.39 lb.

SAVE
\$1.40

\$3.99 lb



Original, Chili Picante,
& Salt & Vinegar
Inka Corn

Reg. \$3.99 lb

SAVE
70¢

\$3.29 lb

FROZEN



CASCADIAN FARM
Organic Frozen
Lemonade
Concentrate

12 oz., Reg. \$4.29

SAVE
\$1.30

\$2.99

STRAFFORD ORGANIC CREAMERY

Organic Ice Cream

Vanilla, Chocolate, Coffee, Maple Walnut,
Smooth Maple, Coconut Almond,
Sweet Cream, & Fresh Mint.

Pints, Reg. \$5.49 - \$5.99

SAVE
\$1.00

\$4.49-4.99

DELI

BUTTERBALL
Just Perfect, All Natural
Turkey Breast

SAVE
\$2.00

\$5.99 lb



Picnic Potato Salad

SAVE
\$1.00

\$4.99 lb

Baked Beans

SAVE
\$1.00

\$2.99 lb

Coleslaw

SAVE
\$1.00

\$3.99 lb