



# Plainfield Co-op Specials & News

February, 2017

## February Specials\*

<b>Bulk Herb &amp; Tea</b>		
<p><b>Sale!</b> In February, herbs &amp; spices is spreading the love with all things red and pink:          All chilies &amp; cayenne          Berries: Elder, Hawthorn, Schisandra          Paprikas          Hibiscus, Red Clover, Rose Buds &amp; Hips          Himalayan Pink Salt          Rooibus bulk tea</p>		10% off (while supplies last)
<b>Cheese</b>		
<p><b>Sale!</b> Cave to Coop cheese of the month is Ascutney Mountain from Cobb Hill, Hartland, VT. It is an alpine-style natural rind cheese. It was developed from a Swiss Appenzeller recipe. Ascutney Mountain has a sweet nutty flavor and is aged 8 to 9 months.</p>		Sale \$14.99 lb.
<p><b>Sale!</b> Farm Focus cheese of the month is <b>Lazy Lady's Oh My Heart</b>, Westfield, VT, a bloomy rind cheese made with organic jersey milk and ripened 2-3 weeks.</p>		Priced as marked
<b>Deli</b>		
<p><b>Back!</b> New York Knish are back! Find them next to Rhapsody eggrolls.</p>		\$2.59 ea.
<b>Bakery</b>		
<p>Red Door bread available</p>		\$3.49 ea.
<b>Coffee</b>		
<p><b>New!</b> Brave Coffee Co. Mahogany Espresso - Rich, dark chocolate, nutty. Delicious as drip coffee too!</p>		Priced as marked
<p><b>Sale!</b> All decaf all month!</p>		Sale 10% off
<p><b>Sale!</b> Valentine's Day only - Equal Exchange Love Buzz</p>		Sale 14% off
<b>Meat</b>		
<p><b>New!</b> Ducktrap smoked whitefish</p>		Priced as marked
<b>Beer/Wine</b>		
<p><b>New!</b>          Zero Gravity Kellerbier dry-hopped lager in 6 pack cans -- this is a short production run, get it before it's gone!</p>		Priced as marked

<b>New!</b> Southern Tier 2XIPA - 4 pack cans		\$9.99 ea.
<b>Grocery</b>		
<b>Sale!</b> Epic maple Bacon Pork Cracklings	Reg. \$4.59	Sale \$3.99
<b>New!</b> Pamela's gluten free chocolate cake mix		\$6.99
<b>Sale!</b> Fever Tree tonic water	Reg. \$6.99	Sale \$5.99
<b>Sale!</b> Amy's Soups - select varieties	Reg. \$3.99	Sale \$3.59
<b>Body Care - Big Badger Sale!</b>		
<b>Sale!</b> Vanilla Orchid Body Oil Damascus Rose Body Oil Lavender Massage Oil Sweet Orange Massage Oil		Sale \$1.00 off
<b>Sale!</b> Badger Aromatherapy Sticks: Cheerful Mind Balm Headache Soother Stress Soother		Sale \$.50 off
<b>Sale!</b> Any essential oil diffuser with purchase any bottle of essential oil.		Sale \$1.00 off
<b>Frozen</b>		
<b>New!</b> Henry & Lisa wild Alaskan salmon burgers		Priced as marked
<b>New!</b> Little Northern Bakehouse seeds & grains delicious gluten free bread		Priced as marked
<b>New!</b> Silver Hills Squirrely sprouted whole grain bread on sale!		Sale \$3.89
<b>New!</b> PJ's Organics organic turkey & egg breakfast burrito on sale!		Sale \$3.39
<b>New lower prices</b> on all Vermont Fresh pasta! Tricolor tortellini 4 cheese ravioli New flavor - spinach & roasted garlic ravioli	Reg. \$4.75 Reg. \$7.89	Sale \$4.50 Sale \$7.50 \$7.95
<b>Supplements</b>		
<b>Sale!</b> Emergen-C is back! 30ct box	Reg. \$16.15	Sale \$13.15
<b>New!</b> Urban Moonshine Cider Vinegar Bitters made without alcohol		15% off
<b>Household</b>		
<b>Sale!</b> Biokleen Laundry Liquid 64 loads HE	Reg. \$8.59	Sale \$6.59

\*Sale prices valid throughout February

## News

### Members Only - Special Order Deals

Our members can order case lots of our products at substantial savings. It is easy to become a member and it only costs \$20 per year. Ask at the register.

## February at the Co-op Community Center

Sat. 10:30-11:30 am	Women's Boot Camp w/ Amy Leventhal. Call Amy (802) 598-5876 for details and class fees.
Mon. 9-9:30 am	Co-Motion - ages 1-5 and caregiver
Mon. 9:45-10:15 am	Pre-School Dance - ages 3-5
Mon. 4:00-5:00 pm	Creative Movement w/Jonna Wissert
Mon. 5:00-6:00 pm	Junior Hip-Hop Dance - ages 9-15
Tues. 5:30-6:30 am	Zumba w/Alison
Tues. 3:45-4:35 pm	Creative Movement w/Mary Chris Debelina Doyle
Tues. 2/21 from 6:00-8:00 pm	Plainfield Co-op Board Meeting. Open to Co-op members. Agenda posted at the Co-op one week prior to meeting.
Thurs. 5:30-6:30 pm	Yoga

[View the complete Community Center Calendar](#)

## Co-op Announcements

SAVE THE DATE - The Co-op Annual Meeting will be Sunday, April 2.

### Edamame

Contributed by Gail Falk

Have you noticed that we have Northeast Grown edamame in the freezer, grown by New England farmers?

Edamame makes a great snack food - as easy as chips or peanuts and healthier. They are filled with nutrients, and are an especially great source of protein, Vitamin B9 and other B vitamins, and manganese.

Just boil the pods in salted water, until bright green, and then drain them and put them in a big bowl in the middle of the table, with an empty bowl for the shells. Your friends and family can squirt the peas out of the pods as you chat, and the leftover shells go into the compost.

## We Need Your Feedback!

We are really interested in your comments and suggestions about the Co-op, the products we sell or about this email. Let us know what you think. Send an email to [info@PlainfieldCoop.com](mailto:info@PlainfieldCoop.com)

[plainfieldcoop.com](http://plainfieldcoop.com)

802.454.8579

153 Main Street (P.O. Box 266)

Plainfield, VT 05667

© 2015 Plainfield Co-op