

# bfc deals

BRATTLEBORO  
FOOD CO-OP  
**50**  
YEARS  
OF  
COOPERATION

Fresh



**2.99 ea**  
Reg. 3.99 ea

Bunched Radishes

PLU#94092

PICADILLY FARM  
Winchester, NH / USA



Fresh



Serving suggestion.



**Fresh 10.99 lb**  
Reg. 13.99 lb

Creamy Goat Cheese

Pre-Packed/Random Weights

VERMONT CREAMERY  
Webster, VT

Fresh



**2.99 lb**  
Reg. 3.99 lb

Bok Choy

PLU#94520

OLD ATHENS FARM  
Putney, VT / USA

## HAPPY PRIDE MONTH!

In June, we're sending donations to two organizations that support the LGBTQ+ community in Vermont.



### Out in the Open

One third of our Round Up donations in June are going to Out in the Open, "a multiracial, majority working class, grassroots, movement and capacity building organization based in Wabanaki territory throughout the states of Vermont and Maine."



### Outright Vermont

All proceeds from the products on the Pride Month endcap display in Wellness will be donated to Outright VT in June. Their mission is "to build a Vermont where all LGBTQ+ youth have hope, equity, and power!"

Our cooperative proudly supports the beautifully diverse community in which we live and recognizes how much the LGBTQIA2S+ community has informed, expanded, influenced, and improved our world, our town, and our store. May we continue to thrive together for decades to come.

**Thank you for 50 years of cooperation.** Look for special sales, events, and promotions throughout 2025!

bfc deals June 4 - 17

**BRATTLEBORO FOOD CO-OP**

2 Main Street • Brattleboro, VT  
Monday-Saturday 8-8; Sunday 9-8

**BFC.coop 802-257-0236**





**Misty Knoll Farms**  
Serving suggestion.



**Fresh**

**3<sup>49</sup> lb**  
Reg. 4.49 lb

**Fresh Chicken Drumsticks**  
Pre-Packed/Random Weights

**MISTY KNOLL**  
New Haven, VT



**Fresh**

**5<sup>99</sup> lb**  
Reg. 6.99 lb

**Fresh Boneless Pork Chops**  
Pre-Packed/Random Weights

**DUBRETON**  
Canada



**Fresh**

**9<sup>99</sup> lb**  
Reg. 11.99 lb

**Fresh Beef Top Round Steak**  
Pre-Packed/Random Weights

**NORTH EAST FAMILY FARMS**  
New England/USA



**Fresh**

**16<sup>99</sup> lb**  
Reg. 18.99 lb

**10/15 Wild U.S.A Shrimp**

**WOODS**  
USA Wild Caught



**Fresh**

**17<sup>99</sup> lb**  
Reg. 19.99 lb

**Fresh Swordfish Steak**

**USA**  
Wild Caught

Weight by request at the  
Fresh Case. Prepacked  
are Random Weights



**LOCAL VERMONT**

**USDA ORGANIC**

**9<sup>99</sup> ea**  
Reg. 11.99 ea

**Black Bean and Falafels Burgers**

**VT BEAN CRAFTERS**  
Warren, VT

**VEGAN**

**NON GMO PROJECT VERIFIED**  
**CERTIFIED GLUTEN FREE**

**bfc deals**

June 4<sup>th</sup> - 17<sup>th</sup>

While supplies last. Prices subject to





**9<sup>99</sup> lb**  
Reg. 12.99 lb

### 3-Year Cheddar Trim

Pre-Packed/Random Weights

SHELburne FARMS  
Shelburne, VT



**18<sup>99</sup> lb**  
Reg. 24.99 lb

### Cowles Ash Ripened Goat Cheese

Pre-Packed/Random Weights

BARN FIRST CREAMERY  
Westfield, VT

June Cave to Coop



**25<sup>49</sup> lb**  
Reg. 27.49 lb

### Bayley Hazen Blue

Pre-Packed/Random Weights

JASPER HILL FARM  
Greensboro, VT

Coop  
Champions  
for June

# Commitment to COMMUNITY FAIR



**Saturday, June 14, 1-4 pm**  
*in the BFC Café*

The Co-op is celebrating 50 Years in 2025, and in June, we are celebrating Community and Volunteers, with a Commitment to Community Fair on June 14th, in the Co-op Café.

Come and meet some of our Community Partners! Get a Passport (we supply this) stamped by all them and you could win a prize!

- Brattleboro Time Trade, Inc.
- Groundworks Collaborative and Foodworks
- Center for Solace (*Brattleboro Area Hospice*)
- Kiwanis Club of Brattleboro
- Interaction VT (*Youth Services/Brattleboro Community Justice Center*)
- Edible Brattleboro
- The Vermont Village School



## Have a Proud and Happy Juneteenth

Juneteenth, observed annually on June 19, marks the historic moment in 1865 when Union troops arrived in Galveston, Texas to announce the freedom of enslaved

individuals—more than two years after President Abraham Lincoln issued the Emancipation Proclamation. Also known as Emancipation Day, Freedom Day or Jubilee Day, Juneteenth is a holiday that celebrates the emancipation of enslaved people in the US.

For many Americans, the summer of 2020, in the reckoning and dialogue about race and racism that followed the killing of George Floyd, was the first time that many Americans first learned about this unique holiday, and it became a federal holiday in 2021.

We want to honor Juneteenth by spreading awareness about this holiday, and we encourage you to learn more and support the BIPOC community in Southern VT. Learn more about this holiday at Juneteenth.com, and search the BIPOC Business Directory at [vtpoc.com](https://www.vtpoc.net/bipoc-business-directory/). <https://www.vtpoc.net/bipoc-business-directory/>.

change. Prices valid during dates of sale only. No rain checks.

**bfc deals**



# REAL PICKLES

FERMENTED & RAW



**8<sup>99</sup> ea**  
Reg. 10.99 ea

**Dilly Beans and Red Napa Cabbage**  
Small Batch 15 oz

REAL PICKLES  
Greenfield, MA



**7<sup>99</sup> ea**  
Reg. 9.99 ea

Red Pepper Hot Sauce

5 fl oz

REAL PICKLES  
Greenfield, MA



**3<sup>99</sup> ea**  
Reg. 5.49 ea

Beet Kvass 10 fl oz

REAL PICKLES  
Greenfield, MA

Come try some  
**AMAZING APPETIZERS**



featuring REAL PICKLES and  
Vermont Creamery Goat Cheese

**Friday • June 6**

11:30 am - 1:30 pm

in the Cheese Department



**11<sup>99</sup> ea**  
Reg. 13.99 ea

Garlic Dill Pickles 26 oz

REAL PICKLES  
Greenfield, MA



**6<sup>99</sup> ea**  
Reg. 8.59 ea

Raw, Fermented, Probiotic  
Vegetables & Krauts 12 oz

SMALL TOWN CULTURES  
Plattsburgh, NY

**bfc deals**

June 4<sup>th</sup> - 17<sup>th</sup>

While supplies last. Prices subject to





**749 lb**  
Reg. 8.99 lb

Celestial Universe Sours

PLU# 1262  
ARCADE SNACKS  
Albany, NY

# Dairy Month Celebration!

## Saturday June 21

### 11:30 am-2:30 pm



## REAL PICKLES

FERMENTED & RAW



REAL PICKLES  
Greenfield, MA

Sauerkraut 15 oz

Red Cabbage 15 oz

Beets 15 oz

**799 ea**  
Reg. 9.99 ea



REAL PICKLES  
Greenfield, MA

Ginger Carrots 15 oz

Kimchi 15 oz

Chile Kraut 15 oz

Garlic Kraut 15 oz

Turmeric Kraut 15 oz

**899 ea**  
Reg. 10.99 ea

change. Prices valid during dates of sale only. No rain checks.

**bfc deals**



# HERB PHARM®



**Stinging Nettle Blend**  
Respiratory Support

HERB PHARM

**11.99 ea**  
Reg. 15.99 ea

/ oz



# HERB PHARM®



1 fl oz

**12.99 ea**  
Reg. 17.99 ea



2 fl oz

**21.99 ea**  
Reg. 30.99 ea



4 fl oz

**39.99 ea**  
Reg. 57.99 ea



Kava (Nervous System Support)  
HERB PHARM



**12.99 ea**  
Reg. 15.99 ea

Baby's Super Daily D3 0.86 fl oz

CARLSON

This product is  
PLASTIC NEUTRAL



**11.99 ea**  
Reg. 15.99 ea

Super Omega-3 Gems  
Wild Caught 50 Soft Gels

CARLSON



Poppy, Plum, Fig.

**15.99 ea**  
Reg. 19.99 ea

Hydrating Cheek & Lip Tint  
w/antioxidants  
MAD HIPPIE .24 oz



**bfc deals**

June 4<sup>th</sup> - 17<sup>th</sup>

While supplies last. Prices subject to





**22<sup>99</sup> ea**  
Reg. 29.99 ea

## Active Creatine Powder

10.58 oz

SUNWARRIOR



We partner with a company called TerraCycle that specializes in recycling certain product packaging that would otherwise end up in the landfill.

Terracycle provides us with free shipping labels to send them certain packaging from products we carry.

Currently we accept packaging from GOMACRO, Shikai, Tom's of Maine, Weleda, Lundberg Family Farms, and all baby food squeeze pouches from Peter Rabbit, Happy Baby, Serenity, Cerebelly, Happy Tot, and GoGoSqueez.

Sunny  
Disposition  
Included.



**13<sup>99</sup> ea**  
Reg. 15.99 ea

Ultra Sheer Body Lotion SPF 40+  
Zinc Oxide Sunscreen  
MAD HIPPIE



Sunny  
Disposition  
Included.



**18<sup>99</sup> ea**  
Reg. 22.99 ea

Luminizing Facial Lotion SPF 29+  
Zinc Oxide Sunscreen  
MAD HIPPIE



**14<sup>99</sup> ea**  
Reg. 16.99 ea

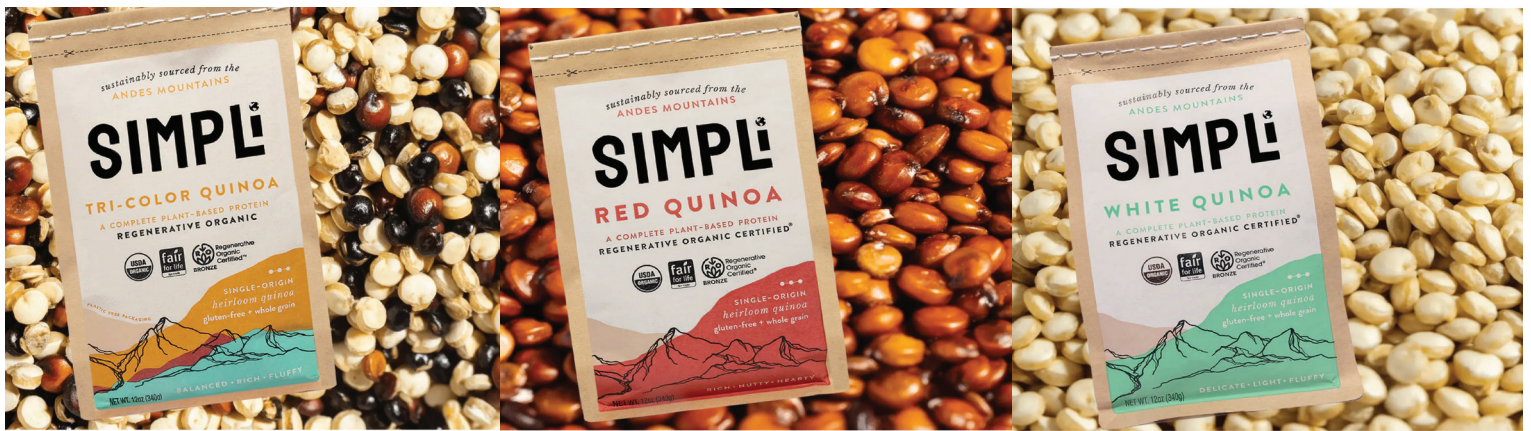
Magnesium Liquid 4 fl oz  
SUNWARRIOR



change. Prices valid during dates of sale only. No rain checks.

**bfc deals**





Tri-Color, Red, and White.

**5<sup>99</sup> ea**  
Reg. 6.99 ea

Regenerative Organic Quinoa 12 oz

SIMPLi



**11<sup>99</sup> lb**  
Reg. 13.99 lb

Chocolate Pecan Granola

PLU# 1225

BACK ROADS GRANOLA  
Brattleboro, VT



**4<sup>49</sup> ea**  
Reg. 5.99 ea

Solid White Albacore Wild Tuna  
(In Water - No Salt Added) 5 oz

SEA TALES



**5<sup>99</sup> ea**  
Reg. 6.99 ea

Solid Light Skip Jack Wild Tuna  
(In Olive Oil) 5 oz

SEA TALES



**11<sup>99</sup> lb**  
Reg. 12.49 lb

Coconut Granola  
with Dark Chocolate & Almonds

PLU# 1222

TRUE NORTH GRANOLA  
Brattleboro, VT



**12<sup>99</sup> ea**  
Reg. 13.99 ea

Extra Virgin Olive Oil  
& Sunflower Oil Blend

16.9 fl oz

SIMPLi



**14<sup>99</sup> ea**  
Reg. 16.99 ea

Extra Virgin Olive Oil

16.9 fl oz

SIMPLi

**bfc deals**

June 4<sup>th</sup> - 17<sup>th</sup>

While supplies last. Prices subject to





**6<sup>99</sup> ea**  
Reg. 8.49 ea

**Ezekiel 4:9 Original or Golden Flax**  
Sprouted Whole Grain Cereal  
**FOOD FOR LIFE**



16 oz



Udon, Fine Udon, Round Udon, Wide Udon, and Soba.



**2 for \$5**

Reg. 2.99 ea

Udon & Soba Noodles 8 oz

KOYO



**7<sup>99</sup> ea**  
Reg. 10.99 ea

**Ezekiel 4:9 Cinnamon Raisin**  
Whole Grain Cereal 16 oz  
**FOOD FOR LIFE**



Organic or Gluten Free



**3<sup>99</sup> ea**  
Reg. 4.99 ea

**Ice Cream Cones 12-Pk 4.6 oz**  
Rolled Style  
LET'S DO GLUTEN FREE  
LET'S DO ORGANIC



Organic or Gluten Free



**2<sup>99</sup> ea**  
Reg. 3.99 ea

**Ice Cream Cones 12-Pk 1.2oz**  
Cake Style  
LET'S DO GLUTEN FREE  
LET'S DO ORGANIC

change. Prices valid during dates of sale only. No rain checks.

**bfc deals**





**14<sup>99</sup> lb**  
Reg. 16.29 lb

**Hometown Blend Coffee**

PLU#1802

**MOCHA JOE'S**  
Brattleboro, VT



Pomegranate  
+ Aronia Berry

Lemon + Ginger  
+ Aronia Berry



**2<sup>29</sup> ea**  
Reg. 3.29 ea

**Sparkling Water Bubbly** 11.5 fl oz  
Superdrink with Apple Cider Vinegar  
**SHRUBBLY**  
Hinesburg, VT



**16<sup>99</sup> lb**  
Reg. 17.99 lb

**Ethiopia Coffee**

PLU#1849

**ESSELON ROASTERS**  
Hadley, Ma

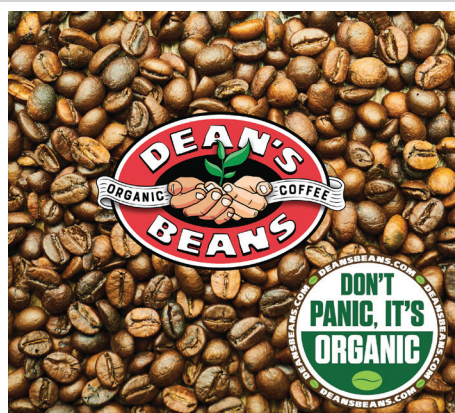


**18<sup>99</sup> lb**  
Reg. 19.99 lb

**Lighthouse Coffee**

PLU#1901

**FOGBUSTER COFFEE**  
Greenfield, MA



**19<sup>99</sup> lb**  
Reg. 20.99 lb

**Uprising! Breakfast Blend Coffee**

PLU#1801

**DEAN'S BEANS**  
Orange, MA



**20<sup>99</sup> lb**  
Reg. 22.99 lb

Elena Vasquez La Cienega Colombia Antioquia

**Coffee Beans**  
**DUCHESS COFFEE CO.**  
Brattleboro, VT

PLU#1999

**bfc deals**

June 4<sup>th</sup> - 17<sup>th</sup>

While supplies last. Prices subject to





**3<sup>39</sup> ea**  
Reg. 4.39 ea

Nice Nitro Cold Brew Coffee



DEAN'S BEANS  
Orange, MA



**Whole Wheat Pizza Crusts**

Whole Wheat and Neapolitan Style. 2 Pk / 28 oz

**BREAD SHED**  
Keene, NH

**9<sup>99</sup> ea**  
Reg. 11.99 ea



**11<sup>99</sup> ea**  
Reg. 12.99 ea



**11<sup>99</sup> ea**  
Reg. 12.99 ea

Black Cherry Vodka Seltzer 4-Pk  
12 fl oz/48 fl oz

HIGH NOON



**11<sup>99</sup> ea**  
Reg. 12.49 ea

Narragansett Lager 12-Pk

12 fl oz/144 fl oz

NARRAGANSETT BREWING CO



**17<sup>99</sup> ea**  
Reg. 19.99 ea

Summerfest Lager 12-Pk

12 fl oz/144 fl oz

SIERRA NEVADA BREWING

change. Prices valid during dates of sale only. No rain checks.

**bfc deals**



# Free Classes and Events

You don't need to be a shareholder to enjoy our classes and events. They are **FREE** to everyone in the community!

## Free Yoga Classes

Join a virtual yoga class  
with various teachers

*Every Wednesday → Noon - 1:00 pm*

## Amazing Appetizers

Special Tasting of crackers  
with Vermont Creamery  
Goat Cheese.

*June 6 → 11:30 am - 1:30 pm*

## Kids Cooking Class: Gazpacho and Baked Spanish Tortilla

Learn to make this baked  
omelet and chilled soup for  
your summer party!

*June 14 → 10:30 - 11:45 am*

## Commitment to Community Fair

We are celebrating 50  
years of community and  
volunteers in the Café.  
Come meet some of our  
Community Partners!  
Play our passport game  
and you could win a prize!

*June 14 → 1:00 - 4:00 pm*

## Dairy Month Celebration

**June 21 → 11:30 am - 2:30 pm**

June is Dairy Month, and  
we will celebrate with  
milk and cheese tastings,  
a kids' activity, and a free  
giveaway!

- **Milk 'n' Cookies  
Taste & Vote!**

Try four local milks  
(with cookies!). Vote for  
which you think is best!

- **Cheese Tasting**  
with von Trapp Farmstead  
and Champlain Valley  
Creamery

- **Kids' Activity Station**  
Coloring Station in the  
Café! Art supplies are  
provided, and pieces will  
be displayed in the BFC  
Café.

*Young artists must be  
accompanied by a caregiver.*

- **FREE GIVEAWAY!**  
Enter to win a Cabot  
Cheese Gift Basket!

**coop basics**

field  
DAY



**EVERY DAY  
LOW PRICE**

**1.99**

Yellow Mustard 8 oz

FIELD DAY



field  
DAY



**EVERY DAY  
LOW PRICE**

**1.99**

Dijon Mustard 8 oz

FIELD DAY



field  
DAY



**EVERY DAY  
LOW PRICE**

**3.99**

Classic Ketchup 20 oz

FIELD DAY



**WE ARE  
HIRING!**

**BFC.coop/Jobs**

**EVERYONE  
WELCOME**  
@ the Co-op!

**bfc deals**



Scan code for more info and  
**REGISTER** for classes!

*Even though there is no charge to take a class,  
you **MUST** register for them.*

*Scan the QR code with your smart phone or  
visit **BFC.coop/Events**.*

June 4<sup>th</sup> - 17<sup>th</sup>