

# bfc deals



For 50 years,  
we've proudly  
shared the best  
of LOCAL.

This August,  
we celebrate  
that legacy with  
amazing deals  
from the LOCAL  
producers who've  
made BFC a  
cornerstone of  
community and  
quality.

Their stories fill  
our shelves—  
and these pages—  
with the finest  
from Vermont  
and beyond  
(within 60 miles  
of the Co-op).



Photo credit: Old Friends Farm



# bfc deals

July 30 -  
August 19

**BRATTLEBORO FOOD CO-OP**  
2 Main Street • Brattleboro, VT  
Monday-Saturday 8-8; Sunday 9-8  
**BFC.coop 802-257-0236**





### Holyoke Hummus (Producer of the Month!)

Holyoke Hummus Company began as a weekend experiment inspired by New York City's falafel truck culture. Founder John, moved by the ubiquity of street falafel in NYC, launched The Great Garbanzo food truck with his wife Dawn in Holyoke, MA, where Middle Eastern food was scarce. What started as a tent-and-table setup quickly grew into a beloved local fixture, cultivating a loyal following and strong sense of community.

A decade later, Holyoke Hummus has expanded into a successful wholesale business, with the Brattleboro Food Co-op proudly having served as its first wholesale account. Despite growth, John and Dawn remain committed to local delivery and face-to-face tastings.

Their tagline, "hummus flavored hummus," reflects a commitment to simplicity and quality. Ingredients are imported, but all processing happens in South Deerfield, MA, where the chickpeas are soaked, boiled, and cooled with strict temperature protocols. Ice replaces water in mixing, and chilled tahini ensures a smooth, safe product. These careful steps are overseen by a small, dedicated team.

Holyoke Hummus is expanding, but its heart remains local, personal, and deeply connected to the people it serves.



**4<sup>99</sup> ea**  
Reg. 5.99 ea

**Hummus Flavored Hummus 8 oz**

**HOLYOKE HUMMUS**

Holyoke, MA



### Tavernier Chocolates

Beloved Brattleboro community members Dar and John started Tavernier Chocolates in 2014, and our Co-op is so proud to offer these now-renowned local delicacies! Handcrafted just down the road at the Cotton Mill, their chocolates are inspired by the bounty of our local farms, orchards, forests, and meadows. Vermont's artisanal cheeses, breads, beers, wines, and maple products all influence their approach as chocolatiers.

Dar's experience in restaurants and cafés across Europe and the U.S. shaped her recipe development and storytelling through food. Her childhood memories of wild mint, berries, and spruce tips in the Northern Adirondacks and St. Lawrence Valley echo in her creations today. John's background as a craft coffee roaster—tasting and sourcing beans with pioneers like George Howell—gave him a deep understanding of origin and flavor, which he now applies to chocolate.

Last year they opened a storefront to the historic Brooks House on Main Street in downtown Brattleboro.

With a small team of farmers, herbalists, artists, and chefs, Tavernier Chocolates continues to craft confections rooted in Vermont's seasonal abundance and their shared passion for flavor and place.



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

**All Chocolate Bars / oz**

**TAVERNIER CHOCOLATES**

Brattleboro, VT

3 oz bars  
also on sale!

**bfc deals**

July 30 - August 19 • While supplies last. Prices subject to



## Mocha Joe's Coffee

In downtown Brattleboro, Mocha Joe's has been roasting coffee with heart and purpose for over 30 years. What began as a small café has grown into a global mission, connecting local flavor with international impact. Powered entirely by solar energy from the Capy family farm, their roasting operation is as sustainable as it is flavorful.

Mocha Joe's specializes in small-batch, single-origin coffees, roasted fresh on a vintage 1950s Probat. Each bean is carefully selected for quality, taste, and seasonal character. But what truly sets them apart is their commitment to ethical sourcing. Their flagship Direct Trade partnership with farmers in Northwest Cameroon has transformed the region's coffee industry. Through zero-interest microloans, organic certification support, and a nursery of disease-resistant coffee trees, Mocha Joe's has helped farmers produce some of the first specialty-grade coffees from the area.

Every cup tells a story. From the hills of Vermont to the mountains of Cameroon, it's coffee with a conscience, brewed to uplift communities and delight palates.

Socially responsible and locally loved, Mocha Joe's remains committed to regenerative agriculture, and transparency from bean to brew.



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

**Cameroon Dark Roast**  
**MOCHA JOE'S COFFEE**  
Brattleboro, VT



## Sidehill Farm

Sidehill Farm has roots dating back to the 1970s. It began when Dot and Ben Naylor revived old family jam recipes and started making small batches for friends and neighbors.

Their children spent summer afternoons picking berries, and the jams—made without pectin or artificial ingredients—quickly gained a following for their rich, fruit-forward flavor. By boiling down fruit and sugar by hand, the Naylor family created a product that stood out in a market dominated by shortcuts and additives.

As demand grew, their hobby turned into a full-time business, selling to specialty shops across Vermont. In 2000, they passed the business to their son Kelt and his wife Kristina, and now their children have come on board!

With the next generation actively involved, Sidehill Farm continues to balance tradition with innovation. They've expanded the farm's lineup with new jams and a Vermont Maple topping collection, including their signature trademarked Maple Apple Drizzle.

Sidehill now offers 18 jam and fruit butter varieties from classics like blueberry and raspberry to bold flavors like Mango Habanero and Cinnamon Pear—each handmade with the same fruit-rich integrity that launched the business decades ago.



Jams.  
Preserves.  
Butters.  
Marmelades.

**2 for \$10**  
Reg. 6.99 ea

**All Products 8.5-9 oz**  
**SIDEHILL FARM**  
Brattleboro, VT

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





### Duchess Coffee Co.

Ruth Antoinette Rodriguez and Jeremy Sowell moved to Southern Vermont from Houston, Texas over a dozen years ago and created the beautiful Duchess Coffee Co around 2020.

Their impeccable sensitivity informs all they do, which, happily for our community, includes absolutely delicious coffee. Their beans, which are all from woman-owned farms in Central and South America, are roasted with great care in small batches on-site at their cafe/bookstore up the street.

Duchess Coffee beans are a divine little luxury from a small local business with a big, huge heart. Find them in our co-op's Bulk and Grocery aisles.



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

### Bruja Blend Beans

DUCHESS COFFEE CO.  
Brattleboro, VT



Virginia, Founder and Matriarch, and Peter, Founder and Top Granola Guru

### Back Roads Granola

Back Roads Granola was founded in 2011 by Peter and Virginia Vogel in Halifax, Vermont with a simple mission: to create the best granola you've ever tasted. Now in demand across the East Coast, our Brattleboro Food Co-op was the first retailer to carry their Granola in our bulk bins!

After the Vogels got rave reviews of the homemade granola they served at their bed and breakfast, and being entrepreneurs by nature, they transformed their home into a commercial kitchen capable of producing 1,000 pounds of granola per week. By 2013, they moved production to the Cotton Mill, and in 2017, daughters Coral and Liv joined the growing business, and now boast nine granola varieties. They removed cane sugar from their original recipes, using only maple syrup, honey, and coconut sugar.

Back Roads sources ingredients locally and globally, purchasing directly from producers when possible and follow sustainable practices.



**7<sup>99</sup> ea**  
Reg. 9.49 ea

### 10 oz Granola All Varieties



**12<sup>49</sup> lb**  
Reg. 13.99 lb

### Ancient Grains Bulk Granola

BACK ROADS GRANOLA  
Brattleboro, VT



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## O.W.L. Energy Bar

O.W.L. Energy Bar began when Allison Wright, a Brattleboro skier and hiker, got tired of choking down chalky trail snacks. She remembered her mother's homemade granola bars, which were simple, sustaining, and yummy, and started baking her own in her kitchen, tweaking the recipe until it felt right.

Allison and her husband named the bars O.W.L. to reflect their favorite animal and works as an acronym for "Original, Wholesome, Local." That philosophy guides every bar they make.

They have built the business by hand, one batch at a time. No co-packers, no shortcuts. Just real food: oats, nuts, dried fruit, local honey or maple syrup. The bars are dense and chewy, not sticky; they don't freeze solid on winter rides or leave that lab-made aftertaste. They still make every bar themselves, wrapping each one in their small Vermont kitchen!

O.W.L. Bars are crafted from non-GMO, gluten-free, soy-free, and dairy-free ingredients rich in nutrients and protein. Sweetened only with raw local honey and Vermont maple syrup. Flavors include Original, Cherry Almond, Maple Pecan, and a rotating "SeasonOWL." Each bar blends fruits, nuts, and "fuel foods" that nourish without compromise.



**2 for \$6**

Reg. 3.69 ea

**Energy Bars All Varieties 2.7 oz**

**OWL ENERGY BAR**  
Brattleboro, VT



## Sweet on Vermont

Erika Henik, chocolatier and owner of Sweet on Vermont, first discovered chocolate-making as a student at Columbia College in the '80s, when she began working part-time with a local New York confectioner, whom she would come to describe as her mentor. Between then and now, her career path has taken her far and wide: first to Wall Street, then to earn a Ph.D. at UC Berkeley. But through it all, she never lost touch with her mentor, who, in 1996, founded Sweet on Vermont. Many years later, Henik bought the company, reigniting her passion as a chocolatier.

Today, Sweet on Vermont honors its roots by producing small-batch artisan chocolates which are distributed to gourmet shops and co-ops across New England. Barks, bars, brittles, Vermont maple caramels, and more are all made by hand in Burlington.

Henik's approach blends tradition with thoughtful growth. She's expanded the product line, refined operations, and embraced fair trade and gluten-free ingredients. Sweet on Vermont remains deeply local, with a loyal customer base and a reputation for quality.

The company reflects Henik's journey, and her commitment to creating confections that delight, surprise, and connect.



Spicy.  
Everything.  
Chocolate.  
VT Maple.

**2 for \$9**

Reg. 5.69 ea

**Maple Brittles 2 oz**

**SWEET ON VERMONT**  
Burlington, VT



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

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## Holy Halvah

Holy Halvah was created by Rebecca Freedner. She actually didn't set out to start a business...she just wanted to recreate a childhood favorite! Growing up near Poughkeepsie, she'd sneak bites of crumbly halvah from the bulk bins of her local health food store. Decades later, living in Lincoln, Vermont, she still craved that rich, nutty treat, but not the palm oil and glucose syrup found in most brands.

So, she got to work. In her home kitchen, Rebecca began experimenting with tahini and honey, then pivoted to her go-to sweetener: Vermont maple syrup. What followed was a years-long journey of trial and error, chasing the perfect texture: dense, yet delicate; crumbly, yet creamy. One summer afternoon, she handed a fresh batch to her neighbor Shaun. Moments later, her phone buzzed with a text: "HOLY HALVAH! This is amazing—and so are you!" That message became their name and their mission!

Rebecca and Shaun now hand-make every bar in small batches using just four ingredients: organic sesame tahini, certified organic maple syrup, vanilla, and sea salt. Holy Halvah is vegan, gluten-free, and free of additives, emulsifiers, and refined sugar. It's a wholesome indulgence with a melt-in-your-mouth texture and a perfectly balanced sweet-salty-nutty flavor.



**2 for \$12**

Reg. 9.99 ea

**Halvah Bars 3 oz**

Sesame. Black Sesame.

**HOLY HALVAH**

Lincoln, VT



## Back Home Bakery

Back Home Bakery is a woman-owned, family-run business that focuses on gluten-free granola. Wendi Shangraw's love of baking began in her childhood kitchen, always at her mother's side as something delicious came out of the oven.

That early joy never faded. Years later, after discovering a gluten intolerance, Wendi had to rethink everything she ate—and especially how she baked. It was a challenge, but one she embraced with determination and heart.

Her first flavor, Vermont Maple Almond, was an instant hit. Sweetened with local maple syrup and baked in small batches with simple, non-GMO ingredients, it captured the warmth and nostalgia of her childhood, and set the tone for what was to come.

The granola line has expanded to include Blueberry Coconut, Dark Chocolate Coconut, and the newest flavor, Chai Pistachio.

They distribute across Vermont and New York, and every batch is made with care, reflecting Wendi's commitment to quality, simplicity, and the comforting joy of homemade food.



Dark Chocolate.  
Maple Almond.  
Chai Pistachio.

**9.99 ea**  
Reg. 12.99 ea

**Granolas 12 oz**

**BACK HOME BAKERY**

South Burlington, VT



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### Little Lad's

Little Lad's popcorn began in Maine over 25 years ago, in Corinth, ME, when Maria Fleming, a young mother and café owner, created a savory, herb-seasoned popcorn to replace chips at her tables. Her "Herbal Corn" quickly became a local favorite, launching a business built on vegan, affordable, and wholesome snacks. Maria never advertised; word of mouth and funky hand-labeled bags did the work.

Maria's son Orion and longtime friends Arthur and Ted expanded the mission to Brattleboro, VT. Their facility on Old Ferry Road is bright, modern, and equipped with a massive stainless steel machine that pops, seasons, and bags the popcorn with precision. Though the scale is larger, the values remain: plant-based, minimally processed, and uncompromising in quality, determined to honor Maria's legacy.

The Brattleboro team has updated the recipe slightly, switching from soybean to sunflower and coconut oils, and earned certifications like Non-GMO, Vegan, Gluten-Free, and OU Kosher. The popcorn still passes the test of longtime fans.

Maria still produces small batches in Maine, while the Brattleboro crew handles growing demand and a thoughtful expansion which has included hiring locally, keeping a commitment to the community.



Buttah. Herbal.  
Garlic Buttah.  
Olive Oil.  
Spicy Dill.

**2 for \$6**

Reg. 3.99 ea

**Popcorn All Varieties 4.8 - 6 oz**

**LITTLE LAD'S**  
Brattleboro, VT



### Jouvay Chocolate

Chocolatier Lawrence Burdick's Jouvay Chocolate confronts industry inequities while protecting Grenada's ecosystem. Each bar

supports ethical sourcing and uplifts the farmers who cultivate the land. The company is a partnership between the farmer-owned Grenada Cocoa Association—which holds 70% ownership—and the Burdick family of Walpole, NH, who bring generations of artisanal chocolate-making expertise.

Named after the French "jour ouvert" or "dawn of a new day," Jouvay embodies a shared commitment to quality, sustainability, and equity.



80%. 72% w/Nibs.  
Ginger & Rose.  
Pistachio Cherry.  
Almond & Sea Salt.

**2 for \$10**

Reg. 6.99 ea

**Chocolate Bars All Varieties 2 oz**

**JOUVAY**  
Walpole, NH



### South River Miso

Christian and Gaella Elwell founded South River Miso Company in 1981, inspired by their studies in macrobiotic living and a belief in food as medicine.

After apprenticing with fermented foods expert Naboru Muramoto, they settled in Conway, Massachusetts, and began crafting organic, wood-fired, unpasteurized miso using centuries-old Japanese farmhouse traditions.

Their small family business continues to honor miso's healing qualities, producing each batch with care, conviction, and a deep reverence for the sacredness of food.



**12<sup>49</sup> to 15<sup>49</sup> ea**

Reg. 13.99 - 18.99 ea

**All Miso Products 16 oz**

**SOUTH RIVER MISO COMPANY**  
Conway, MA

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

**bfc deals**





## Vermont Cheeseless

Vermont Cheeseless is a small-batch, dairy- and gluten-free dessert company based in Hardwick, Vermont, known for its rich, indulgent “cheese-less cheesecakes.”

Owned by Erin Shae and supported by her daughters Maya and Isabella, the business has grown steadily over the past few years. Handmade at the Vermont Food Venture Center, each cheesecake features a creamy filling of cashews, tofu, agave, coconut oil, and Vermont apple cider vinegar, on a crust of rice flour, maple syrup, and maple sugar.

Sweetened naturally and made with mostly local, organic ingredients, flavors include Raspberry Chocolate and Maple Walnut, with seasonal options rotating in.

Sold at co-ops and farmers’ markets statewide, Vermont Cheeseless satisfies the sweet tooth with a dessert that’s plant-based, allergen-friendly, and every bit as satisfying as the classic.



**11.99 ea**  
Reg. 12.99 ea

**Cheeseless Cheescake 7.5 oz**

VERMONT CHEESELESS  
New Haven, VT



## Dosa Kitchen

Nash Patel was raised on dosas in Hyderabad. met cookbook author Leda Scheintaub while waiting tables at a South Indian restaurant in New York City. He offered tips on what to order and how to eat it. Something clicked between them and their first date was Nash teaching Leda how to make chai with tea leaves, ginger, and cardamom.

They moved to Vermont and launched the Dosa Kitchen food truck and quickly drew fans from New York to Boston, proving that dosas—crispy, tangy, and naturally gluten-free—had serious appeal.

In 2018, they published *Dosa Kitchen: Recipes for India’s Favorite Street Food*, the first US cookbook dedicated to dosas.

Encouraged by customers who raved about their batter, they began packaging it for sale. At its heart, Dosa Kitchen is about connection between cultures, communities, and kitchens.



**5.99 ea**  
Reg. 6.99 ea

**Mysore Chutney 8.5 oz**



**6.99 ea**  
Reg. 7.99 ea

**Dosa Batter 32 oz**

DOSA KITCHEN  
Brattleboro, VT



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## Upstate Elevator Company

Meet a company on a mission to elevate everyday wellness through clean, thoughtfully crafted CBD and THC products. Rooted in a legacy of agricultural stewardship dating back to 1800s Costa Rica, the company blends tradition with innovation to reconnect people with the healing power of cannabis.

Their product line includes vibrant beverages; Black Cherry Lemon, Strawberry Tangerine, and Raspberry Hibiscus Lime seltzers, and African Ginger and Mexican Lime sodas, each infused with hemp-derived cannabinoids and natural flavors so fresh they taste like they came straight from the tree. Every item is made with clean ingredients, minimal sugar, and zero artificial additives.

Upstate believes cannabis is more than a product. It's a partner in health, inspiration, and daily joy. Their commitment to quality means every capsule, salve, and sip is carefully formulated, rigorously labeled, and constantly refined based on customer feedback.

Their motto? Let's not just celebrate the revolution, let's elevate it. Whether it's your morning yoga, evening walk, or favorite fizzy drink, Upstate is there to help you feel alive, one cannabinoid at a time.



**3<sup>69</sup> ea**  
Reg. 4.69 ea

**CBD Seltzer & Soda 12 fl oz**

UPSTATE ELEVATOR CO.

Burlington, VT



## Shrubbly

Shrubbly is the brainchild of Vermont farmer and entrepreneur Matt Sayre, who set out to revive the centuries-old tradition of shrub drinks: fruit and vinegar infusions once used to preserve harvests. After planting 325 Aronia berry shrubs near Burlington, Sayre began crafting sparkling beverages that blend organic apple cider vinegar, herbs, spices, and antioxidant-rich fruits with clean bubbles and clean ingredients.

Launched just before the pandemic, Shrubbly quickly won fans across New England with flavors like Black Cherry Lemon, Raspberry Hibiscus Lime, and African Ginger Mexican Lime. Each can is a "bubbly superdrink" designed to boost wellness and celebrate Vermont-grown ingredients.

Sayre's mission is simple: to make healthy, delicious drinks rooted in land, tradition, and sustainability. Shrubbly is more than a beverage, it's a reflection of regenerative agriculture, joyful living, and the power of small farms to spark big change.

Shrubbly's commitment to transparency means every can is clearly labeled, low in sugar, and made only with ingredients you'd want in your body.

*Fine Print: Portions of this story were informed by reporting by Nina Roberts in Times of Entrepreneurship on Matt Sayre and Shrubbly's founding.*



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

**Superdrinks 11.5 fl oz**

SHRUBBLY

Hinesburg, VT

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

**bfc deals**



### Urban Moonshine

Founded in Jovial King's kitchen in 2008, Urban Moonshine began as a farmers' market booth in Burlington, Vermont. Today, it's a nationally recognized brand rooted in herbal medicine and the transformative power of plants.

What sets Urban Moonshine apart is its commitment to "business as unusual." As an independently owned company, its priorities extend beyond profit to the well-being of employees, partners, and customers.

Sustainability, social responsibility, and community engagement are woven into every decision, proving that herbal wellness can grow with purpose and integrity.



**19<sup>99</sup> ea**

Reg. 24.99 ea

Original Digestive Bitters 2 fl oz



**24<sup>99</sup> ea**

Reg. 31.99 ea

Mothership Mushrooms Capsules 60 ct



**27<sup>99</sup> ea**

Reg. 34.99 ea

Wonder Human Capsules 60 ct

URBAN MOONSHINE

Burlington, VT



### Ahlbin's Tried & True

Ahlbin's Fire Cider began in Kara Ahlbin's Vermont kitchen, crafted for her family with herbs from her garden and inspired by Swedish folk recipes

passed through generations. Now shared with the wider community, her small-batch blend offers bold flavor and deep wellness. Made with raw apple cider vinegar, honey, and organic ingredients like garlic, turmeric, ginger, and peppers, each jar steeps for over a month, becoming a balanced "oxymel" (a vinegar and honey tonic) that supports immunity and digestion. Kara says, "We're tapping into our roots." Every batch carries the name and the spirit of our family and tradition.



Fire Cider 8 oz

AHLBIN'S TRIED & TRUE

Newfane, VT

**12<sup>99</sup> ea**

Reg. 15.99 ea

Fire Cider 16 oz  
on sale, too!  
**19.99 ea**  
Reg. 25.99 ea

**Q What does this mean?**  
I see it on signs all over the Co-op.



This is BFC's own "local" designation icon identifying our local non-Vermont neighbors who provide the Co-op with local products.

Products, made, grown, or raised within 60 miles of the Co-op in New Hampshire, New York, and Massachusetts fall into this category.

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### True North Granola

True North Granola began in 2007 when educators Ingrid and Franklin Chrisco brought their homemade granola to the Brattleboro Area Farmers' Market. After decades in the classroom, they saw a gap in the grocery aisle: granola that was healthy, low in sugar, and made with clean ingredients. Inspired by a family recipe perfected over 30 years, they launched a business with purpose.

Starting with "Go Nuts Granola," their small batch creation quickly won over locals. What began as a humble home hobby became a full-fledged granola company, shaped by community praise and fueled by dedication.

Their facility now accommodates a range of diets, from nut-free to gluten-free, without compromising flavor. Rooted in organic and all-natural ingredients, True North's granolas are crafted to be low in carbs, sodium, and sugar, and rich in healthy fats.

From a small home kitchen to a dedicated facility, the company now ships nationwide—but Brattleboro remains its heart.

The Chrisco's commitment to integrity, taste, and wellness shines through every batch, honoring their roots in education and their passion for nourishing the community.



**10<sup>49</sup> lb**  
Reg. 12.99 lb

**Maple Vanilla Bulk Granola**

TRUE NORTH GRANOLA

Brattleboro, VT



### Allen Brothers

Photo Credit: Food Connects

Over 50 years after the four Allen brothers followed their dream of purchasing an orchard in the beautiful Connecticut River Valley, their tradition is still standing strong at Allen Brothers Farm Stand.

Allen Brothers Farm has grown from a modest orchard in 1956 to a bustling destination featuring a farm stand, deli, bakery, and gas station. Tim Allen, who took over the farm in 1986, pioneered a greenhouse model that now spans 26 structures, enabling year-round production of vegetables, flowers, and even day-neutral strawberries, which are available from July to November despite climate challenges.

Focused on collaboration, Allen Brothers partners with nearby farms and the Food Connects Food Hub to distribute surplus produce to local schools, hospitals, and institutions. The farm's team of nearly 85 seasonal workers includes dedicated H-2A visa holders whose consistency ensures top-quality crops.

Sustainability remains central: while not certified organic, Allen Brothers practices integrated pest management and emphasizes biological controls. The result? Delicious tomatoes, cucumbers, greens, and flowers grown with care.

Source credit for content and photo: Food Connects



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

**Red Cherry Tomatoes Pint**

ALLEN BROTHERS

Westminster, VT



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

**bfc deals**



# FOOD CONNECTS

Members of the Brattleboro Food Co-op staff recently took an enlightening field trip to Food Connects, a local, nonprofit distributor of local and regional products and produce. The food system can be a complicated thing, which is why there are entire career paths focused on supply chain logistics. Getting food from here to there involves much, much more than just getting

food from here to there. Local and regional food systems are no exception!

Food Connects was founded in the hope of filling the gaps in the local food distribution system. AND they are committed to doing it on a non-profit basis, which is INCREDIBLY rare (they might even be the only nonprofit local/regional food producer!). This mission began with their Farm to School program, which was born out of a recognition of the absurdity of schools that were so near to local farms shipping in food for lunches from so far away. Within the Farm to School program, Food Connects offers logistical support to schools looking to participate in local food systems, provide nourishing lunches for students, and use the Farm to School system as a form of food education. Schools that want to create a food education program can receive coaching from the Food Connects team to prepare them for implementing these programs. The Farm to School program has grown immensely through these efforts and so have all aspects of Food Connects' operations.

The scope of their deliveries rapidly began expanding to include retail

stores and other businesses, such as our Brattleboro Food Co-op. To illustrate the growth Food Connects has seen, one of their six coolers is about half the size of the entirety of their original storage space. Overall, the facility has grown from about 1,500 square feet to about 10,000. The team has grown to 33 employees across four departments. It is clear that each person who works at Food Connects is there for more than just a paycheck – they all have the mission of the organization top of mind each day and many have backgrounds in other aspects of community wellness and support. Some of them are even former Co-op employees! They are also a fun bunch, making the warehouse setting as pleasant a place to be as any!

The Food Connects team—a dedicated, passionate, and brilliant group of people committed to their mission—addresses a wide variety of factors that can limit local products from being distributed effectively. Some business owners need exposure and leverage in order to be picked up by retailers, some need business and food safety advice, some simply need logistical help physically transporting



*Bren, Brattleboro Food Co-op Perishables Buyer, and David, Food Hub Business Development Manager, discuss the growth of Food Connects.*





*David shows the Brattleboro Food Co-op team one of the Food Connects storage coolers.*

the product, and some need storage because their facilities are too small. Food Connects assists small, local businesses with all of these things and more, so that Co-op shoppers, local school kids, and countless others can benefit from the amazing abundance of food that is grown and produced in our backyard.

Food Connects, often in collaboration with the Brattleboro Food Co-op, acts as a catalyst for the success of many small

businesses. Without all of the resources mentioned above, many of the products in this flyer would not be available to us! Imagine starting a small business, spending every waking moment creating your product and then, with moments you don't even have, learning the entirety of business, and personally making deliveries to all of your accounts. The costs and time to start a business can often be prohibitive, but Food Connects eases these burdens, helping producers grow their businesses more than they might be able to on their own.



*A special member of the warehouse team.*

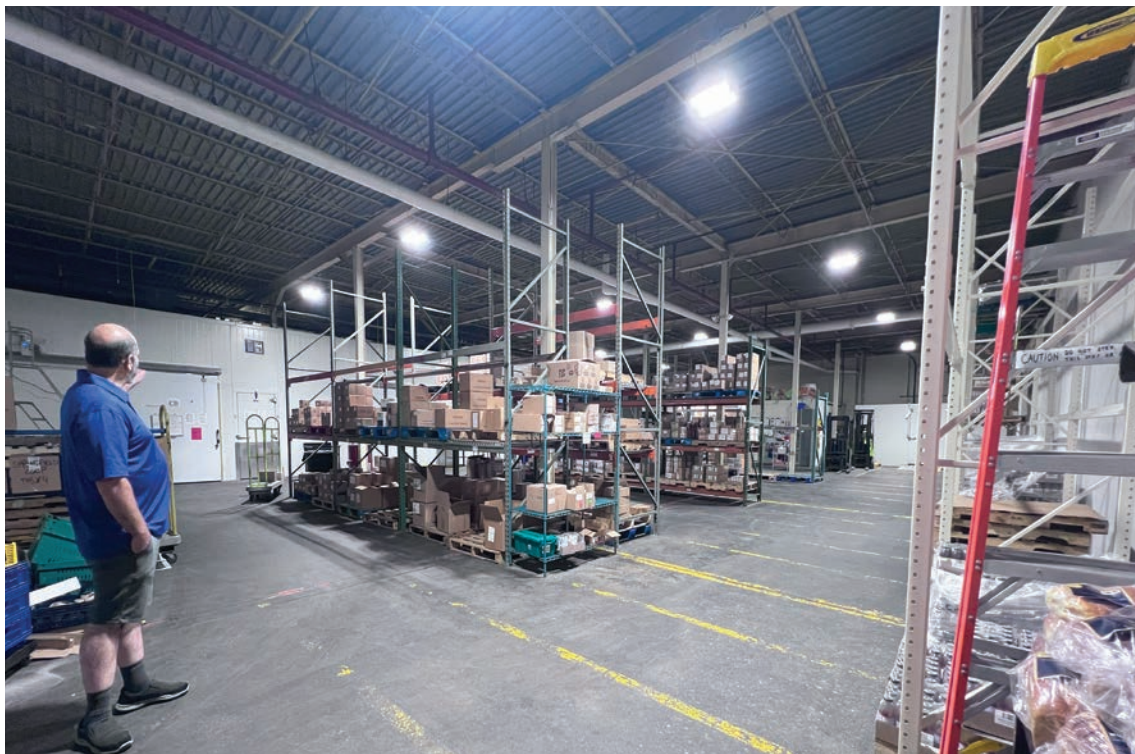
Food Connects is also happy to offer logistical support to community food organizations when possible. They often grab Vermont Foodbank deliveries that are on the way to their regular deliveries because why not? If they are able to do something like this, it contributes to the health of the community, and cuts some costs for an organization like the Foodbank, they will do it.

In addition to benefiting small producers and organizations, Food Connects offers some protection to all of us against wide-spread supply chain disruptions. We recently faced a disruption from one of our larger distributors and I'm

sure we all remember the disruptions that occurred in 2020. Food Connects was going strong distributing local products, keeping the shelves stocked at places like the Co-op. It's a bright spot on some otherwise unusual times. Here's to another decade of community strength!

Learn more about Food Connects at their website: [FoodConnects.org](https://FoodConnects.org).

*David shows the Brattleboro Food Co-op team Food Connects' 10,000 square foot warehouse facility.*





Ben James, Owner

### Bravo Botanicals

Bravo Botanicals began with a vision: to grow high-CBD hemp that honors both the plant and the planet. Since the 2014 Farm Bill, Bravo has cultivated USDA-certified organic hemp using holistic practices like no-till farming, cover crops, and composting with “Guilford Gold.” Their pure CBD products are minimally processed, transparent, and accessible.

Bravo offers a full-spectrum oil that stays remarkably close to nature. Whether you’re exploring CBD for sleep, anxiety, or pain, Bravo’s commitment to simplicity and integrity makes them a trusted local source for mindful relief of CBD products from drops to topicals.



**21<sup>99</sup> ea**

Reg. 27.99 ea

CBD Drops 500 mg 42 fl oz



**36<sup>99</sup> ea**

Reg. 49.99 ea

CBD Shea Cream 2 oz  
Eucalyptus



**47<sup>99</sup> ea**

Reg. 64.99 ea

CBD Drops 1,200 mg 1 fl oz



**Q What does this mean?**  
I see it on signs all over the Co-op.



BFC’s **Local Vermont** icon identifies anything that is ***made, grown*** or ***raised*** in Vermont, such as eggs, meat, fruits, and veggies.

It also includes products that are made, processed, or “transformed” in Vermont.

*Even though some of the latter products use ingredients that are sourced outside of Vermont, they are identified as being a Vermont product. These include products such as hummus, salsa, and even our own house-made deli foods.*

Our Local Vermont icon has been designed in keeping with the Vermont origin labeling law.

**bfc deals**

July 30 - August 19 • While supplies last. Prices subject to





### Slipstream Farm

At Slipstream Farm in Vermont, Jon Gillen and Lizzie Horan work together to cultivate gourmet organic mushrooms and handcraft double-extracted medicinal tinctures, all from whole fruiting bodies, never mycelium.

Their tinctures support mental clarity and holistic wellness, made in small batches with care.

Slipstream's practices go beyond organic: they use sustainable packaging, convert spent mushroom blocks into fungal-dominant compost, and rely on techniques that nurture biodiversity and soil health.

Their passion for mushrooms stems from a deep respect for ecological interconnection and mycelial networks beneath our feet.

Jon and Lizzie's dedication is felt in every drop. They invite feedback from their customers who value simplicity, integrity, and the healing power of fungi.



**11.99 ea**  
Reg. 14.99 ea

Lion's Mane Ticture 1 fl oz



**21.99 ea**  
Reg. 28.99 ea

Lion's Mane Ticture 2 fl oz

SLIPSTREAM FARM  
Newfane, VT



### Orchard Hill Breadworks

Bread was first baked for sale at Orchard Hill in 1997, but the story of this place begins long before that. In 1972 Noah's

grandparents purchased the land and buildings that are now Orchard Hill Farm and Breadworks, and it has been a part of his family ever since. In the early years, it was merely late 1700s farm house and a dusty barn which sat at the center of thirty some acres of fields and forest.

Since that time, three generations have planted orchards, tended gardens, built homes and helped a bakery grow and flourish.



Sunflower Flax.  
Seeded  
Whole Wheat.

**4.99 ea**  
Reg. 6.29 ea

Select Breads 19 - 27 oz

ORCHARD HILL BREADWORKS  
Alstead, NH



### Picadilly Farm

Run by Jenny and Bruce Wooster since 2006, Picadilly Farm is a certified organic operation in Winchester, NH, serving local co-ops

in New Hampshire, Vermont, and Massachusetts. Jenny discovered farming in community gardens, Bruce through seed saving and field work—together they've built the farm alongside their young children, managing 15 acres of vegetables and hiring a seasonal crew paid living wages. Their caring leadership means community, land stewardship, and fair employment are as central as the produce they grow.



**1.49 lb**  
Reg. 1.99 lb

Red Cabbage

PICADILLY FARM  
Winchester, NH

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

**bfc deals**



## Harlow Farm

Harlow Farm's story begins in 1917, when Paul G. Harlow returned to Westminster, Vermont (where he'd spent childhood summers) to start a farm with his wife, Sarah.

Fresh from the Stockbridge School of Agriculture, Paul brought knowledge and heart to the land. Together, they raised vegetables, milked cows, and sold their goods at the Log Cabin Market, the first version of today's Harlow Farmstand.

After Sarah's early passing, Paul remained rooted in farming and public service, serving in the Vermont Legislature and on the UVM Board of Trustees.

His dedication passed down through sons Roger and Hollis ("Hocker"), and to grandson Paul, who transformed Harlow Farm into one of New England's largest certified organic vegetable farms.

Today, the farm spans conserved land and over 150 acres of organic crops. But its strength lies in its story—of family, resilience, and a deep connection to place.

Every beet bunch and backyard volleyball game still carries the spirit of the Harlow founders.



**1 49 lb**  
Reg. 1.99 lb

## Red & Gold Cut Beets

HARLOW FARM  
Westminster, VT



BFC's own Michelle M. totes the joy of Gluten Free Pie Crusts

## Hillside Lane Farm

Nestled in Randolph, Vermont, Hillside Lane Farm proudly crafts their products using only natural ingredients with no additives or preservatives.

Their commitment to environmental stewardship is reflected in sustainable practices and partnerships with local farmers. The farm extends its impact by supporting artisan food businesses nationwide with certified organic, kosher, and gluten free co-packing services, including baking, filling, and dehydration through Freedom Foods, LLC, created by founder Cathy Bacon.

Hillside Lane Farm's standout product, kosher and gluten free pie crusts, are handmade in small batches with real Vermont butter. Designed for allergen-conscious baking, these flaky crusts are free from nuts, gluten, soy, and preservatives, and are tested by family and friends to ensure wide appeal. Simply roll, place, and bake for sweet or savory perfection. Ingredients include unsalted butter, rice flour, egg, tapioca and potato starch, water, xanthan gum, and salt.

Hillside Lane Farm's mission blends flavor, sustainability, and community one wholesome bite at a time. Their dedication to quality and care turns everyday meals into memorable moments, connecting people through the joy of authentic Vermont-made foods.



**1 1 99 ea**  
Reg. 14.99 ea

## Roll-Out Pie Shells 2-Pk/22 oz

HILLSIDE LANE FARM  
Randolph, VT



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## High Meadows Farm

High Meadows Farm, Vermont's oldest certified organic vegetable and flower farm, is the enduring legacy of Howard and Lisa Prussack. What began as a modest farmstead has blossomed into a vibrant, innovative operation spanning 65 acres of rolling hills, rich soils, and forested land.

Producing well over 100,000 pounds of vegetables annually, the farm is known for its abundant tomatoes and raspberries, which flourish among rows of bedding plants. High Meadows ships organic products wholesale throughout New England, supplying natural food stores, garden centers, including the Brattleboro Food Co-op. They also sell directly to the public at farmers' markets across the region.

The farm has hosted events in collaboration with NOFA Vermont and is recognized for its open-door policy, welcoming visitors and generously sharing agricultural knowledge.

More than growers, the Prussacks are champions of agricultural justice, advocating for fair wages and local employment. Rooted in soil and purpose, High Meadows Farm is a shining example of what farming can be when sustainability, equity, and heart lead the way!

*Information updated from 2015 BFC/POM, from NOFAVT, Commons News, and Local Harvest. Photo from Facebook.*



**49 lb**  
Reg. 1.99 lb

## Green Cabbage

HIGH MEADOWS FARM  
Putney, VT



## Maplebrook Farm

In 2003, while strolling through Manchester, Vermont, Johann Englert spotted a cluster of fresh mozzarella balls in an Italian specialty shop. Instantly, she was transported back to a tiny groceria she and her mother had visited years earlier while traveling through the Napali countryside. To her surprise, the mozzarella tasted just like the Old World version she'd remembered.

Unable to find such quality in Boston, Johann bought 20 balls on the spot and asked the owner's son, Mike Scheps—a third-generation cheesemaker—if he'd supply her with more. Neither of them realized they'd just launched a business.

Soon, gourmet shops across Boston clamored for the cheese, prompting the duo to expand from a humble kitchen to a 50,000-square-foot facility. Today,

Maplebrook Farm employs 65 locals, making 40,000 pounds of handmade cheese weekly. From a nostalgic bite to a booming business, Johann and Mike turned a simple encounter into a Vermont cheese empire.

Every batch of cheese has been made with old-world techniques—carefully kneaded, stretched, and salted by hand. Though their facilities have grown, their commitment to small-batch production has never wavered.



Cave to Coop  
for August

**749 ea**  
Reg. 12.50 ea

## Burrata 8 oz

MAPLEBROOK FARM  
Bennington, VT

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

**bfc deals**



### Old Athens Farm

Tucked in Westminster, Vermont, Old Athens Farm has been growing organic vegetables with care and conviction since 1989.

Founder Michael Collins started in a salvaged greenhouse on his uncle's land, launching what would become one of the state's most trusted sources for early-season tomatoes. These were renowned for tasting like "real tomatoes," thanks to rich soil, organic methods, and hands-on attention. Another crop hailed was cucumbers.

Over time, the farm moved to a five-acre field on Daigel Road and steadily evolved, adding solar-powered heating, coolers, and sustainable infrastructure.

Today, Old Athens Farm continues to supply local stores, co-ops, and markets statewide.

Michael, a founding member of multiple Vermont farmers' markets, remains a strong advocate for soil-based organic farming and strict certification standards.

Beyond the produce, the farm is a hub for education and community support, hosting students, donating surplus food, and partnering with organizations like the Vermont Food Bank.



**6<sup>99</sup> lb**  
Reg. 7.99 lb

## Heirloom Tomatoes

OLD ATHENS FARM  
Westminster, VT



### Norwich Farm Creamery

The Norwich Farm Creamery is a small-scale Grade A creamery producing bottled creamline milk, chocolate milk, ricotta cheese, and basket ricotta. They are pasteurized, non-homogenized, supplemental grain fed, with no additives and no added hormones.

Creamline milk is non-homogenized milk, meaning the cream naturally rises to the top instead of being blended evenly throughout. This gives it a rich, old-fashioned texture and flavor that many people find more satisfying than standard homogenized milk. It is still Pasteurized, but minimal processing preserves natural enzymes and flavor.

All of their products are made with full fat milk from Billings Farm's award-winning herd of grass fed Jersey cows.



64 oz **4<sup>99</sup> ea**  
Reg. 5.99 ea

## Grass-Fed Creamline Milk



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

## Grass-Fed Chocolate Milk



**6<sup>49</sup> ea**  
Reg. 7.49 ea

## Grass-Fed Plain Yogurt 32 oz

NORWICH FARM CREAMERY  
Norwich, VT



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Photo Credit: TheFarmersShare.com

## Deep Meadow Farm

Nestled in Ascutney, Vermont, Deep Meadow Farm spans 70 fertile acres along the Connecticut River, led by longtime organic farmer John Cohen. John, along with his son Kyle, has cultivated the land with a deep respect for sustainability and community, growing a diverse array of vegetables like kale, squash, tomatoes, and potatoes, alongside poultry including laying hens and turkeys.

The farm also offers internship opportunities for those seeking hands-on experience in organic agriculture. With a commitment to innovation, the farm integrates modern tools and planning software, while maintaining rigorous organic standards.

What drives it all is a passion for feeding people good food and growing a model farm business rooted in ecological balance, local employment, and gratitude for the labor behind every crop.



**1.99 lb**

Reg. 2.99 lb

## Summer Squash



**1.99 ea**

Reg. 2.99 ea

## Bunched Collard Greens

DEEP MEADOW FARM

Ascutney, VT



## Misty Knoll Farms

Misty Knoll Farms in New Haven, VT began in the 1980s when John Palmer helped his daughter raise turkeys for a 4-H project. The positive response from friends and family inspired him to start a small turkey farm. In 1986, he purchased a historic 17-acre property and left his job at IBM to farm full-time. His nephew Rob joined early on, helping with chores and later promoting the farm through a concession stand and outreach to co-ops and restaurants.

Today, Misty Knoll spans over 400 acres and produces high-quality humanely raised chickens and turkeys. Their birds are fed a consistent vegetarian diet and raised in clean, spacious barns with plenty of fresh air.

This approach results in robust, flavorful poultry and supports flock health. John still walks the barns daily, keeping a close eye on the flock's well-being.

All processing happens on-site in their USDA-inspected facility, allowing full control over quality and safety. Misty Knoll distributes only to co-ops, independent stores, and restaurants—including the Brattleboro Food Co-op. They also invest in renewable energy, including a growing solar array that powers their operations.

They remain committed to Vermont agriculture, community values, and responsible farming.



**8.99 lb**

Reg. 9.99 lb

## Ground Turkey

Prepacked/Random Weights

MISTY KNOLL FARM

New Haven, VT

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

**bfc deals**



### Shelburne Farms

Nestled on 1,400 acres of farmland in Vermont, Shelburne Farms is more than a dairy, it's an education nonprofit rooted in sustainability and community, and home to the Institute for Sustainable Schools.

Since 1980, Shelburne Farms has been crafting artisanal Vermont cheddar, a true expression of the land and the animals that nourish it, using just four ingredients: milk from their pasture-raised Brown Swiss cows, starter culture, rennet, and salt. Their cheesemakers produce 170,000 pounds of raw milk cheddar each year. The process is deeply hands-on, shaped daily by seasonal shifts in the cows' diet and the milk's subtle changes. Every batch reflects careful measurement and craftsmanship, resulting in consistently delicious cheese that speaks of its origin.

The aging process spans from six months to four years. After ripening, 40 lb blocks are cut using a pneumatic tool affectionately nicknamed "Slice," with many pieces finished by hand. Each block is weighed, sealed in bags with "Grandpa" the vacuum sealer, or dipped in wax four times to ensure preservation.

When you enjoy these cheeses, you're tasting the result of sustainable farming, thoughtful education, and the work of a place that thrives on purpose. You're not just buying food, you're investing in the future.



**9.99 lb**  
Reg. 12.99 lb

## 3-Year Cheddar Trim

SHELBURNE FARMS  
Shelburne, VT



### Dean's Beans

Dean's Beans Organic Coffee was founded in 1993 by Dean Cycon, a former indigenous rights and environmental lawyer. After co-founding Coffee Kids,

the coffee industry's first development nonprofit, he realized charity alone wasn't enough. Businesses needed to change their core values to truly support farming communities. Dean's Beans was born from that belief—committed to using specialty coffee as a catalyst for meaningful social, economic, and ecological impact. Rooted in respect for farmers, the earth, and consumers, the company proves that a for-profit business can champion sustainability, justice, and ethical sourcing with every roast.



**17.99 lb**  
Reg. 19.99 lb

## Uprising Breakfast Blend

DEAN'S BEANS  
Orange, MA



### Tierra Farm

Tierra Farm began as an organic vegetable farm and expanded in 1999 by adding dried fruits and nuts to support winter income.

Today, the company still

operates its original farm while sourcing directly from trusted organic growers, some partnerships spanning over a decade. Committed to sustainability, they offer over 100 products in plastic-free, compostable packaging.

They manufacture everything in a peanut-free facility without refined sugars or oils. Every batch is small, fresh, and certified gluten-free, kosher, and fair trade—delivering quality and integrity from farm to shelf.



**16.49 lb**  
Reg. 17.99 lb

## Curry Flavored Bulk Cashews

TIERRA FARM  
Valatie, NY



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# Round Up for these local non-profits in **AUGUST**



**GERDA'S EQUINE RESCUE**

## GERDA'S EQUINE RESCUE

is a Vermont-based 501(c)(3) nonprofit committed to rescuing horses from the unthinkable fate of being slaughtered by purchasing them from auction. These horses' lives are in imminent danger and Gerda's gives them a chance to live out their lives, happy and loved.

[GerdasEquineRescue.org](http://GerdasEquineRescue.org)



**FOODWORKS** is a local food shelf program operated by Groundworks Collaborative that works with people and systems creating solutions to end hunger and homelessness for all people in our region and envision a community in which all people have their basic needs met.

[GroundworksVT.org/Programs/Foodworks/](http://GroundworksVT.org/Programs/Foodworks/)

**&**



**BFC CARES** is a staff-led initiative that directly supports our community in need. They passionately support local initiatives that ensure everyone has access to nourishing food. This program embodies the Co-op's dedication to fostering a more equitable and sustainable food system.

[BFC.coop/news/BFC-Cares/](http://BFC.coop/news/BFC-Cares/)

## Learn more about **Round Up for Change** at [BFC.coop/RoundUp/](http://BFC.coop/RoundUp/) or scan QR code below.

Round Up is a giving program made available through the Brattleboro Food Co-op which allows customers to 'round up' their 'change' when they are at the check-out to support three local non profit initiatives.

The community contributions collected are split equally between them.



## Old Friends Farm

Located just beyond downtown Amherst, MA, Old Friends Farm is proud to grow vibrant, certified organic food and flowers while cultivating

connection between agriculture and community. Guided by core values—Integrity, Balance, Harmony, and Fun—they are committed to sustainability, fair compensation, and transparency in all they do.

Their farmstand and certified kitchen reflect their dedication to quality, while our holistic approach fosters a creative workplace where everyone is valued.



**6<sup>99</sup> ea**  
Reg. 7.99 ea

## Mixed Salad Greens (1 lb)

**OLD FRIENDS FARM**  
Amhurst, MA



## Esselon Coffee

Roasting coffee is a meticulous craft. It begins with weighing raw green beans and dropping them into Esselon's Gothot roaster. Temperature,

moisture, and bean weight guide tweaks throughout the roast. As beans heat, they pass through the Maillard Reaction, transforming from green to rich brown and developing sugars and aromatic complexity.

Once roasted, beans are cooled rapidly, then weighed and cupped within 24 hours. Through precision and passion, Esselon's coffee roasters bring out each bean's character in aroma, acidity, sweetness, and mouthfeel.



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

## Ethiopia Coffee Beans

**ESSELON COFFEE**  
Hadley, MA



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

**bfc deals**



## Local by the Numbers

- Our Brattleboro Food Co-op carried food and products from 350 local producers in FY25\*
- Local purchases represented 26% of all our sales in FY25 at \$6.65 million.
- The BFC returns about 50% of its sales to the community in the form of wages, taxes, and local purchases.

### These statistics say it all.

Our store has been a powerful supporter of all the things that make this area great for fifty years. The time and effort it takes to support hundreds of local growers, producers, and vendors is more than worth it: it's why we are here.

And we are so happy that so many of you, our local growers, producers, and vendors, also shop here at the Co-op.

The BFC is one-of-a-kind here in Brattleboro, and we have been since 1975.

Thank you to everyone who makes this place special (and that includes YOU!).



*\*defined as based in Vermont or within 60 miles of our store*







### Jasper Hill Cellars

Once upon a time in Vermont's rugged Northeast Kingdom, brothers Andy and Mateo and their wives, Victoria and Angie, found promise in a rocky hillside and a long-abandoned dairy barn. Rooted in the quiet village of Greensboro, near the pristine shores of Caspian Lake, they dared to dream differently.

With no cows in sight for nearly 40 years and dairy farms shuttering, the Kehlers embraced value-added agriculture. They rebuilt the barn, seeded pastures, and carved out a creamery. Beneath it, caves emerged to craft cheeses with old world finesse and Vermont soul.

By 2003, their first cheeses reached market. They juggled milking, ripening, packing—and bills. Just as exhaustion loomed, a call came from Cabot Creamery. Cabot had the milk. The Kehlers had the caves.

Together, they aged something extraordinary: Cabot Clothbound Cheddar. That cheese earned national acclaim and sparked a new chapter. Beneath the pastures, a seven-vaulted cellar facility was born. It's now a hub for six creameries, where affineurs tend wheels with reverence and visionaries explore terroir and sustainability.

They are more than a creamery. They are proof that resilience and ingenuity can revitalize Vermont's dairy landscape. Through soil, science, and rind, it tells a Green Mountain story rich with grit, grace, and cheese.



Farm Focus  
for August

**15<sup>49</sup> ea**  
Reg. 17.49 ea

**Harbison Cheese 9 fl oz**

**JASPER HILL CELLARS**  
Greensboro, VT



### Long Trail Brewing

Founded in 1989 by Andy Pherson in the basement of the Bridgewater Woolen Mill, Long Trail Brewing Company helped pioneer Vermont's craft beer movement. Originally named Mountain Brewers, the company rebranded after relocating to Bridgewater Corners, inspired by the nearby 273-mile Long Trail hiking path.

Their flagship Long Trail Ale, a German-style altbier, quickly became Vermont's best-selling craft brew. Over the years, Long Trail expanded its lineup with inventive styles like Double Bag, a strong altbier, and Limbo IPA, a bold, hop-forward favorite born from their Farmhouse Pilot Brewery.

Sustainability is central to their ethos. The brewery recycles spent grain and hops as cattle feed and repurposes steam to save propane. In 2022, Long Trail joined forces with Harpoon Brewery, maintaining its Vermont roots while embracing employee ownership and broader distribution.

Today, Long Trail's riverside pub offers locally sourced food and fresh beer on tap, continuing its legacy as a cornerstone of Vermont's brewing culture. From humble beginnings to national recognition, Long Trail Brewing remains a trailblazer in craft beer and environmental stewardship.



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

**IPA Mixed 12-Pk 12 fl oz/144 fl oz**

**LONG TRAIL BREWING**  
Bridgewater Corners, VT

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

**bfc deals**





**50 YEARS** August  
**CELEBRATING LOCAL!**

## Classes & Events

You don't need to be a shareholder  
to enjoy our classes and events.



**FREE**

### Virtual Yoga

Join a virtual yoga class  
with various teachers  
every **Wednesday**  
from **NOON - 1 pm**.

A link & passcode is  
posted on event page  
each week.

*Interested in teaching?*  
*Email us for more info at*  
*Shareholders@BFC.coop*

You must **REGISTER**  
for all of our classes!



Scan the QR code or visit  
**BFC.coop/Events**

## Pie & Tart FESTIVAL



**Saturday • August 23<sup>rd</sup>**  
**2-4 pm in the BFC Café**

Do you love making pie, eating pie, or both?

Let's celebrate all things pie and tart together.

Like 'em sweet? Like 'em savory (we're looking at you, tomato tart!)?



**We adore them all, as long as they  
feature at least one local ingredient.**

Get all the info about this event  
by scanning the code a left, or visit  
**BFC.coop/event/pie-and-tart-festival/**.

July 30 - August 19

**bfc deals**