



bfc deals



Whole Milk Ricotta 16 oz
MAPLEBROOK FARM | Bennington, VT

4⁹⁹ ea
Reg. 6.99 ea



Assorted Puddings 4 oz
ECHO FARM | Hinsdale, NH

Rice. Tapioca.
Maple. Chocolate.
Vanilla. Butterscotch.

5 for \$5

Reg. 1.69 ea



Eco-Certified Apple Totes
CHAMPLAIN ORCHARDS | Shoreham, VT

7⁹⁹ ea
Reg. 9.99 ea

TRUCKLOAD SALE & Harvest Street Fair on Flat Street (drive over or take the Whetstone Foot Bridge)

Friday, September 18th
2 pm - 7 pm

Saturday, September 19th
9 am - 4 pm

The truckload sale kicks off Friday at 2:00 pm
with a special Harvest Street Fair featuring
food, tunes, and activities!

The Truckload Sale will
then continue on
Saturday 9 am - 4 pm.



bfc deals

Discover great savings, seasonal finds,
classes, events, and more at the Co-op.

Sale prices valid
Sept. 2 - 15
while supplies last.

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



Serving Suggestion.



Serving Suggestion.



Serving Suggestion.



Prepacked
Random Weights

9⁹⁹ lb
Reg. 10.99 lb

Ground Turkey

MISTY KNOLL FARM | New Haven, VT

Prepacked/Random Weights

9⁹⁹ lb
Reg. 11.99 lb

Chuck Pot Roast

PINELAND FARMS | USA

Fresh &
Prepacked (Random Weights)

14⁹⁹ lb
Reg. 16.99 lb

Haddock Fillets

SEAFOOD | North Atlantic Ocean

duBreton



7⁹⁹ lb
Reg. 9.99 lb

Truffle Cheddar Trim

GRAFTON VILLAGE CHEESE | Grafton, VT

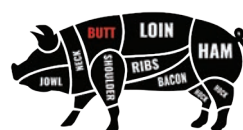
Serving Suggestion.

Prepacked/Random Weights

3⁴⁹ lb
Reg. 4.49 lb

Pork Shoulder Butt

DUBRETON | Canada



19⁹⁹ lb
Reg. 31.49 lb

Vermont Herdsman Cheese

PARISH HILL CREAMERY | Westminster West, VT

bfc deals

Discover great savings, seasonal finds, classes, events, and more at the Co-op.



The Co-op has your



Oktoberfest Brews



14⁹⁹ ea

Festbier Lager 4-Pk 16 oz/64 oz
LAWSON'S FINEST LIQUIDS
Waitsfield, VT



17⁹⁹ ea
Reg. 19.99 ea

Oktoberfest Lager 12-Pk
12 oz/144 oz
SIERRA NEVADA BREWING | USA



13⁹⁹ ea

Oktoberfest Lager 4-Pk 16 oz/64 oz
ZERO GRAVITY
Burlington, VT



21⁴⁹ ea

Oktoberfest Lager 12-Pk
12 oz/144 oz
VON TRAPP BREWING | Stowe, VT



13⁹⁹ ea

Good Company Festbier 4-Pk
16 oz/64 oz
BURLINGTON BEER CO. | Burlington, VT



17⁹⁹ ea

Oktoberfest 12-Pk 12 oz/144 oz
ZERO GRAVITY
Burlington, VT



20⁹⁹ ea

Good Company Festbier 12-Pk
12 oz/144 oz
BURLINGTON BEER CO | Burlington, VT

Sale prices valid **September 2 - 15**, while supplies last. No Rain Checks.

bfc deals

★ EAT BECAUSE ★
WOODSTOCK®
★ IT'S GOOD! ★



2 for \$4

Reg. 2.99 ea

Banana Water 16.9 oz
WOODSTOCK | Thailand

HALFDAY®
PREBIOTIC ICED TEA



Peach.
Lemon.
Honey & Ginseng.

Iced Tea 12 oz
HALFDAY | USA

2.19 ea

Reg. 2.49 ea



Raspberry Passion.
Blackberry Hibiscus.

2.99 ea

Reg. 3.69 ea

Chia Beverage 10 oz
MAMMA CHIA | USA



3.99 ea

Reg. 4.99 ea

Apple Cider 64 oz

CHAMPLAIN ORCHARDS | Shoreham, VT



Original.
Lemon Lime.

2 for \$8

Reg. 5.99 ea

Seltzer 8-Pk 12 oz/ 96 oz
RAMBLER | USA



All Flavors.

2 for \$5

Reg. 3.49 ea

Kombucha 12 oz
PIGEON COVE | Gloucester, MA



bfc deals

Discover great savings, seasonal finds, classes, events, and more at the Co-op.



Berry.
Peach.
Coconut.
Strawberry.

1.59 ea
Reg. 2.19 ea

Plant-Based Yogurt 5.3 oz

SIGGI'S | USA/Canada



Plain.
Vanilla.

6.49 ea
Reg. 8.99 ea

Plant-Based Yogurt 24 oz

SIGGI'S | USA/Canada



Ginger Chicken.
Pork Lemongrass.

13.99 ea
Reg. 15.99 ea

Frozen Dumplings 14 oz

MEI MEI | USA



5.99 ea
Reg. 7.99 ea

Diced Pancetta 4 oz

COLAMECO'S PRIMO NATURALE | USA



LOCAL 60 MILES
Tapioca.
Chocolate.
Butterscotch..
Coffee Caramel.

3.99 ea
Reg. 4.99 ea

Assorted Puddings 16 oz

ECHO FARM | Hinsdale, NH



LOCAL VERMONT all flavors! **5.79 ea**
Reg. 6.79 ea

All Flavors: Ice Cream Pints 16 oz

BART'S | Sunderland, VT



USDA ORGANIC
Original.
Curry.

5.99 ea
Reg. 7.49 ea

Tempeh 8 oz

TOOTIE'S TEMPEH | USA



LOCAL 60 MILES

4.99 ea
Reg. 5.99 ea

Original Hummus 8 oz

HOLYOKE HUMMUS | Holyoke, MA



LOCAL 60 MILES
Almond.
Chocolate

19.99 ea
Reg. 24.99 ea

GF Frozen Almond Cake 21 oz

MAYFAIR | Harrisville, NH

Sale prices valid September 2 - 15, while supplies last. No Rain Checks.

bfc deals



9⁹⁹ ea
Reg. 13.99 ea

Alo Vert Imperial Picpoul 750 ml

JAIS NOIR | France



9⁹⁹ ea
Reg. 13.99 ea

Carignan Languedoc 750 ml

JAIS NOIR | France



Original.
Berry.

28⁹⁹ ea
Reg. 37.99 ea

Non-Alcoholic Aperitifs 16.9 oz

GHIA | USA

Non-Alcoholic



Ghia



Original Soda. Ginger.
Blood Orange. Lime & Salt.
Sumac & Chili.

Non-Alcoholic

15⁹⁹ ea
Reg. 19.99 ea

Ghia Le Spritz 4-Pk 8 oz/32 oz

GHIA | USA

bfc deals

Discover great savings, seasonal finds, classes, events, and more at the Co-op.

TRUCKLOAD SALE & Harvest Street Fair

on Flat Street (drive over or take the Whetstone Foot Bridge)

**Score deals on cases of pantry staples,
household essentials, and more!**

OPEN TO ALL • SAVE UP TO 55%
with exclusive prices for shareholders.

No pre-orders — Just show up and save.

For more information about our
TRUCKLOAD SALE,
how to become a shareholder,
and a list of case items being offered,
visit **BFC.coop/truckload-sale/**
or scan the QR Code with your smartphone.



Friday
September 18th
2 pm - 7 pm

Saturday
September 19th
9 am - 4 pm

The truckload sale kicks off Friday at 2:00 pm
with a special Harvest Street Fair featuring
food, tunes, and activities!

The Truckload Sale will
then continue on
Saturday 9 am - 4 pm.



bfc deals

Discover great savings, seasonal finds, classes, events, and more at the Co-op.



Producer OF THE Month

Hundreds of years ago a fiddler and apple lover scattered some apple seeds on his property in Shaftsbury, VT, and now, as a result of that, here we are ripping around an orchard of baby trees at top speed on a farm cart, blasting hard rock from a bluetooth speaker. More on this in a bit, but ah, the unintended and unforeseeable blossoming of positive consequence from something as small as an apple seed – a great reminder to follow your joys as far as you can, as often as you can.

Cein Watson and Bleeker Wheeler travel to the ends of the earth – or at least the ends of Vermont and surrounding states – to source wild apples for their cider, in addition to using those from their own orchards.

Read the entire story at
BFC.coop/News
or scan the QR Code!



HAPPY LABOR DAY

 from the 
Brattleboro Food Co-op, Union Shop since 2012!

Sale prices valid **September 2 - 15**, while supplies last. No Rain Checks.

bfc deals



madhava
clean & simple

USDA ORGANIC Red Wine. White Wine.

3⁹⁹ ea
Reg. 4.29 ea

Wine Vinegars 16.9 oz
MADHAVA | Italy

NON GMO Project VERIFIED
nongmoproject.org



DE NIGRIS
Glazé
WITH BALSAMIC VINEGAR OF MODENA

USDA ORGANIC

7⁹⁹ ea
Reg. 9.69 ea

Balsamic Glazé 8.5 oz
DE NIGRIS | Italy

NON GMO Project VERIFIED
nongmoproject.org



Cheddar. Pizza. Sour Cream & Onion

3⁹⁹ ea
Reg. 5.49 ea

GF Baked Crackers 4 oz
SIMPLE MILLS | USA

NON GMO Project VERIFIED
nongmoproject.org



American Shrimp 12 oz **11⁹⁹ ea** Reg. 13.99 ea

Sockeye Alaskan Salmon 12 oz **18⁹⁹ ea** Reg. 22.99 ea

American Scallops 12 oz **24⁹⁹ ea** Reg. 29.99 ea

WIXTER SEAFOOD | Global



Cold Smoked Arctic Salmon 4 oz **5⁴⁹ ea** Reg. 6.99 ea

Smoked Salmon Pepper 4 oz **5⁹⁹ ea** Reg. 7.49 ea

Norwegian Atlantic Roasted Salmon 4 oz **5⁹⁹ ea** Reg. 7.49 ea

Original Atlantic Salmon Burgers 14 oz **7⁴⁹ ea** Reg. 9.99 ea

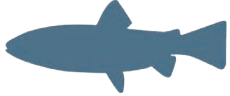
BLUE CIRCLE FOODS | USA



Black Truffle. Iberian Ham Flavor. EVOO. Caviar Flavored.

5⁴⁹ ea
Reg. 7.49 ea

Gourmet Potato Chips 4.41 oz
TORRES | Spain

cole's 
Anytime, Anywhere



6²⁹ ea
Reg. 7.29 ea

Smoked Trout In Olive Oil 3.2 oz
COLE'S | Chile

Sale prices valid **September 2 - 15**, while supplies last. No Rain Checks.

bfc deals



LOCAL VERMONT 60 MILES USDA ORGANIC **12⁹⁹ lb** Reg. 17.59 lb
Cameroon Espresso PLU#1844
MOCHA JOE'S | Brattleboro, VT



LOCAL VERMONT 60 MILES USDA ORGANIC **14⁹⁹ lb** Reg. 18.99 lb
Sumatra PLU#1853
ESSELON | Hadley, MA



LOCAL VERMONT 60 MILES USDA ORGANIC **15⁹⁹ lb** Reg. 19.99 lb
Amor Prohibido PLU#1991
DUCHESS | Brattleboro, VT



LOCAL VERMONT 60 MILES USDA ORGANIC **15⁹⁹ lb** Reg. 19.99 lb
Ring of Fire PLU#1812
DEAN'S BEANS | Orange, MA



LOCAL VERMONT 60 MILES USDA ORGANIC **19⁹⁹ lb** Reg. 26.99 lb
Defogger Decaf PLU#1859
FOGBUSTER | Greenfield, MA



10⁹⁹ ea Reg. 14.99 ea
Stevia Sweetener Drops 4 oz
SWEET LEAF | USA



LOCAL VERMONT 60 MILES USDA ORGANIC **11⁹⁹ lb** Reg. 14.99 lb
Maple Cranberry Granola PLU#1317
BACK ROADS GRANOLA | Brattleboro, VT



LOCAL VERMONT 60 MILES USDA ORGANIC **11⁹⁹ lb** Reg. 14.99 lb
Maple Vanilla Granola PLU#1237
TRUE NORTH | Brattleboro, VT



USDA ORGANIC NON GMO Project VERIFIED **3⁹⁹ ea** Reg. 5.49 ea
Monkfruit Sweetener 1.7 oz Unflavored
SWEET LEAF | USA



USDA ORGANIC
Echinacea, Herbal Hug, Black Elderberry, Lemon Balm Calm.
10⁹⁹ ea
Reg. 14.99 ea
Kids Remedies 1 oz
HERB PHARM | USA
NON GMO Project VERIFIED



5⁹⁹ ea
Reg. 7.99 ea
Arnica Cream 1.33 oz
BOIRON | France



5⁹⁹ ea
Reg. 7.99 ea
Arnica Gel 1.5 oz
BOIRON | France



8⁹⁹ ea
Reg. 10.99 ea
All 200ck
Homeopathic Remedies
BOIRON | France
aprox. 80 pellets



Kids Immune Avenger, Kids Mullein Garlic Ear Oil.
10⁹⁹ ea
Reg. 14.99 ea
Kids Remedies 1 oz
HERB PHARM | USA



BOIRON®
World Leader in Homeopathic Medicines

A Single Active Ingredient for Targeted Relief



Coconut Melon, Lavender, Cedar Eucalyptus, Vanilla Mint, Sandalwood Vanilla, Siberian Fur, Fig & Green Tea, Hibiscus Mint, Amber Sage Charcoal.
4⁹⁹ ea
Reg. 7.99 ea
Deodorants 2.1 oz
STINKBUG | USA

Remember your reusable containers, jars, and bags.

5⁹⁹ ea
Reg. 7.99 ea
All 30c Homeopathic Remedies
BOIRON | France
aprox. 80 pellets

Sale prices valid **September 2 - 15**, while supplies last. No Rain Checks.

bfc deals



34⁹⁹ ea
Reg. 44.99 ea

Deep Immune Health
Mushroom Caps 60 ct

WHOLESUN WELLNESS | USA



WHOLESUN
WELLNESS



29⁹⁹ ea
Reg. 39.99 ea

Deep Immune Health
Mushroom Powder 1.06 oz



29⁹⁹ ea
Reg. 39.99 ea

Lions Mane
Mushroom Caps 60 ct



34⁹⁹ ea
Reg. 44.99 ea

Deep Brain Health
Mushroom Caps 60 ct



29⁹⁹ ea
Reg. 39.99 ea

Cordyceps Mushroom Caps 60 ct



34⁹⁹ ea
Reg. 44.99 ea

Lions Mane Mushroom Powder
2.12 oz



29⁹⁹ ea
Reg. 39.99 ea

Deep Brain Health
Mushroom Powder 1.06 oz



36⁹⁹ ea
Reg. 47.99 ea

Cordyceps Mushroom Powder
2.12 oz

bfc deals

Discover great savings, seasonal finds, classes, events, and more at the Co-op.



34⁹⁹ ea

Reg. 44.99 ea

Deep Sleep Health
Mushroom Caps 60 ct



34⁹⁹ ea

Reg. 44.99 ea

Real Energy Mushroom Caps
60 ct



29⁹⁹ ea

Reg. 39.99 ea

Ultra D Mycofusion Caps 60 ct



**Dissolvable
Tablets**



18⁹⁹ ea

Reg. 23.99 ea

Mycolytes Electrolyte Tabs 30 ct



29⁹⁹ ea

Reg. 39.99 ea

Turkey Tail Mushroom Caps 60 ct



34⁹⁹ ea

Reg. 44.99 ea

Turkey Tail
Mushroom Powder 2.12 oz

Sale prices valid **September 2 - 15**, while supplies last. No Rain Checks.

bfc deals

Classes & Events

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

Daft & Disorderly Pairings

Thursday/September 17

5:30 - 6:45 pm • \$15 per person

Unusual Cheese Pairings to Thrill and Delight

We're bringing heat (Literally. We will be blowtorching cheese to create crème brûlée.), sweet, sour, and more to this organized, but disorderly cheese pairing class. Have you ever had sour candy and cheese? Chili crisp and cheese? Chocolate and cheese?

Beth, our Cheese Department Manager, and in this case Flavor Lab Technician, will kick the class off with a demonstration of the five major

flavor profiles: sweet, salty, sour, bitter, and umami. Beth will guide you through opening up your palate and deepening your awareness of taste and sensation before diving into the electrifying pairings we've created for you.



We'll be using local cheeses from Jasper Hill Farm, Von Trapp Farmstead, Parish Hill Creamery, Green Mountain Blue Cheese, and Blue Ledge Farm and there will be plenty of time for personal exploration, discovery, and discussion.

Take some time to wake up your senses with us in September!

Stink, stank, stunk! Layer that funk!



Free Class

Satiating Snacking Strategies

Friday/September 18

10:30 am - 12:30 pm

We are body positive here at the store. We love every shape, every size, and the big heart inside. In this class we will explore many strategies, and eat plenty of delicious foods, that can help with the fasting side of the equation. Our focus will be on nourishment and healthy, flexible approaches that promote satisfaction, feelings of food security, and gut health. The class will be co-taught by BFC employees Jeremiah (Wellness Manager) and Lisa (Educator).

Free Cooking Class

Chocolate Babka

Saturday/September 26

10:30 - 11:45 am

Let's make this fall a festive one with fuss-free recipes that will add sparkle to your table without stressing you out. In addition to the make-ahead babka recipe, we will enjoy cucumber pomegranate salad and smoked salmon mousse.



You must **REGISTER** for all of our classes!
Scan the QR code or visit **BFC.coop/Events**

Sale prices valid **September 2 - 15**
While supplies last. No Rain Checks. Prices subject to change.

bfc deals