



# shop \$mart



November 1, 2017 - November 14, 2017



local

No-Spray Sweet Potatoes  
Local  
Season's Bounty, Harrisonburg

**\$1.99/lb**



Packaged Mushrooms  
Organic  
USA

**\$1.00 Off**



Tasteful Selections Potatoes  
Organic- all varieties  
USA

**\$3.99/ea**



Friendly City Deli Special  
Roasted Butternut & Beet Medley

**\$4.99/lb**



Garrett Valley Sausage  
All Natural Smoked Andouille  
USA

**\$4.99/ea**



Cheese of the Month  
Raclette Livradoux

**\$1 off/lb**



Fiorucci Pepperoni  
Local - 100% Natural, Uncured  
Virginia

**\$4.49/ea**



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**Nasoya Organic Tofu**  
All Varieties  
14 oz

**\$1.99**



**Stonyfield Yogurt**  
Organic - Grassfed  
24 oz

**\$3.99**



**Alden's Ice Cream Bars**  
Organic  
12 oz

**2/\$7.00**



**\$5 OFF**  
Any Turkey

Valid 11/1-11/28 for co-op Owners.  
One redemption per equity share.



**Tandoor Chef**  
Naan Bread  
9 oz

**\$2.99**



**King Arthur Flour**  
Unbleached, All-Purpose  
5 lb

**\$4.69**



**Navitas Goji Berries**  
Organic  
8 oz

**\$9.99**



**Gaia Elderberry Syrup**  
Organic

**30% Off**



**HV Strawberry Syrup**  
Homegrown Virginia  
12 oz

**\$1 Off**



**Cocoa Manna Cocoa**  
Fine Brewing Cocoa  
12 oz

**\$1 Off**



**Whitley's VA Peanuts**  
All Varieties  
Various sizes

**\$1 Off**



**Organic Badger Balms**  
All Varieties  
2 oz

**Save \$2**

## CUTTING UP WITH SVO!



CO-OP LEARNING



Wednesday Nov 1, 6-7:30pm

Learn to break down a chicken into 8 pieces and create a marinade in this hands-on workshop. All ingredients, including the chicken, are provided.

By Jefferson Heatwole of Shenandoah Valley Organic | \$20/\$15 | Register online or in-store

Join us in a fun, hands-on workshop where you'll learn to cut up a chicken. Jefferson Heatwole from Shenandoah Valley Organic will guide us through the process and all ingredients, including the SVO chicken, are provided. You'll take your cut-up chicken home with you ready to go into the oven or crockpot.

\$20 or \$15 for owners. Register online or in-store.

*\*Warning: Terrible dad jokes and chicken puns likely\**

150 East Wolfe Street | Open Daily 8am-9pm | 540.801.8882 | friendlycity.coop

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