

MEMBER *Deals!*

Exclusive member-only offers

**OCT
2025**

Not a member? Join this
month and get a FREE
co-op tote or hat!



Order Your **FRESH**
THANKSGIVING
TURKEY!



**Quantities limited.
Order early.**



Concord Food Co-op

Deals valid October 1- 31st, 2025



Celebrate National Co-op Month and tell your friends what you love about the co-op!

NEW MEMBERS GET THEIR CHOICE OF A CO-OP HAT* OR TOTE BAG

**while supplies last*



Sourced from organic farms in Maine!



6.99

Maine Family Farm
Breakfast Sausage
Original & Blueberry Varieties
16 oz.



5.99

Maine Family Farm
Cage Free Eggs
1 dozen

Healthy Halloween snacks!



Woodstock Farms
CUSTOM SNACKS

8.99/lb

Woodstock Farms
Dark Chocolate
Covered Raisins



EST. 1983
MARICH
PAN-CRAFTED CHOCOLATES

9.99/lb

Marich Confectionery Company
Milk Chocolate
Covered Raisins



**Gluten-free, dairy-free,
& plant based baked goods!**

6.49/ea

Mom's Munchies
Chocolate Truffle Cakes,
Lemon Truffle Cakes, & Coconut
Truffle Cakes
Available in our Bakery Department!



9.99/ea

Cameron's Cupboard
Granola

Apple Cider Donut, Cherry Vanilla, & Blueberry Lemon

Made in Vermont!

**Add to yogurt & fruit bowls
or bring on your next hike!**

On-the-go meals!



7.99

cafe spice

Select Varieties
1 lb meals





1.49/lb

Pie Pumpkins

*Try this
festive treat!*



Apple-Stuffed Pumpkins

Recipe from grocery.coop

4 mini-pumpkins
4 large apples, peeled and chopped
1/4 cup maple syrup
1 teaspoon ground cinnamon
1 teaspoon vanilla
1 pinch salt
1/2 cup granola
Ice cream or whipped cream

1. Preheat the oven to 400 F. Lightly oil a pan large enough to hold the pumpkins upright.
2. Slice the off tops of the pumpkins, creating little caps to put on top of the pumpkins once they're filled. Scoop out the seeds and pulp and discard. Place the pumpkins in the prepared pan.
3. In a medium bowl, mix the apples, maple syrup, cinnamon, vanilla, salt and granola. Stuff the apple filing into the hollowed-out pumpkins. If they are not completely full, top off with a bit of extra granola.
4. Bake for 35 to 40 minutes, until the pumpkins are tender when pierced with a knife.
5. Cool slightly on a rack before serving with ice cream or whipped cream. Top with reserved pumpkin caps.

Upcoming Wellness Event:

Tuesday
OCTOBER

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ACORN PROCESSING



Concord Co-op parking lot | 4- 6 pm

Join us for a guided foraging workshop held in our parking lot with instructor Julieann Hartley. Learn how to process acorns to make them suitable for eating.

