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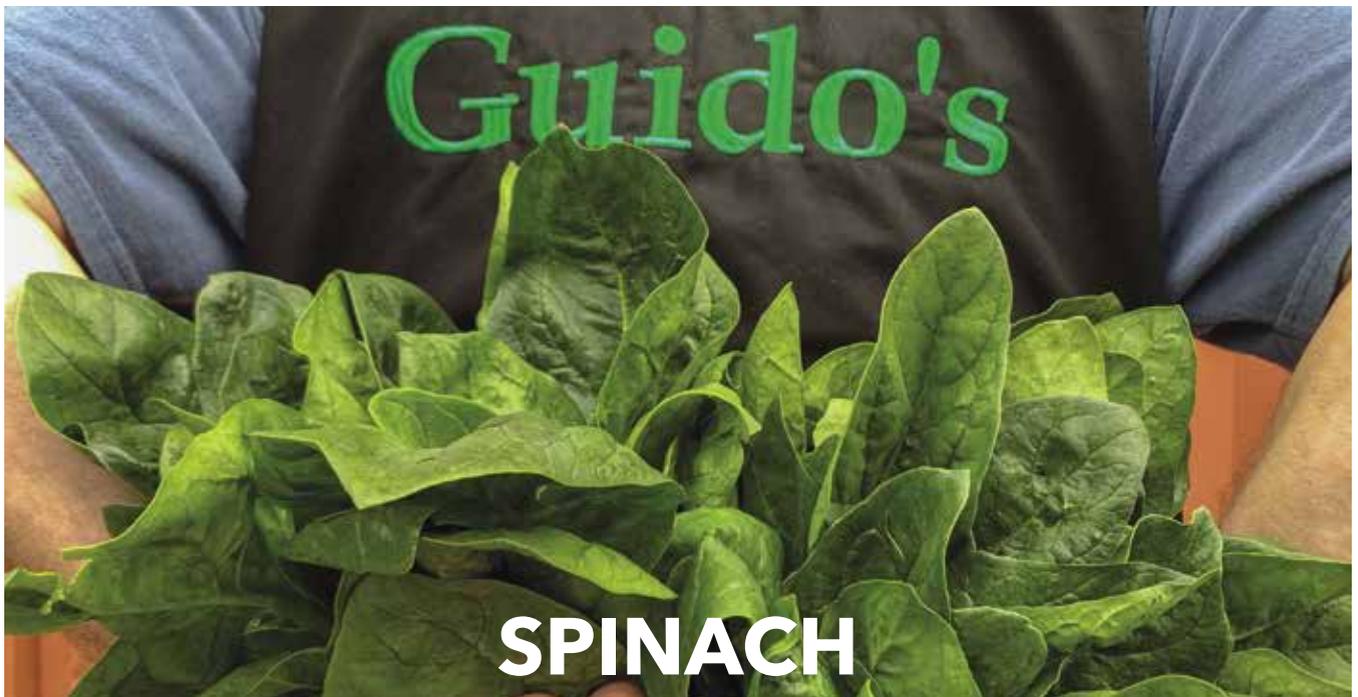
DO'S
FRESH
1979
MARKETPLACE
VOLUME 2 / ISSUE 5
OCT 1 - OCT 31, 2019

The best way to experience October might just be through the nose.

From the spicy sweetness of hot mulled cider to the earthiness of fallen leaves, from the fragrant smoke of the woodstove to the smell of pie almost ready to pull from the oven, the season's scents are always recognizable and deliciously evocative. Our stores are packed with the best of October, from frost sweetened local greens to caramel apples. And of course this month brings our Fall Truckload Sale, too, so you can stock up on all your favorites for the winter.

Read on for the best of October in our stores.

MATT'S OCTOBER PRODUCE PICK



“Spinach gets so sweet in the fall, and it’s the best time to throw it into every recipe, raw or cooked. And of course Popeye was right—spinach will make you strong!”

-MATT MASIERO

OUR OCTOBER RECIPE:

Creamy Spinach with Dill

Classic creamed spinach is good in a mashed potatoes or mac and cheese kind of way. It's usually all cream and flour, with the spinach only adding color. This is a different dish, and that's why I call it creamy spinach. The cream's function here is to infuse with the garlic and nutmeg, and it adds just enough richness to elevate this above straight-up sautéed spinach. And the dill stands here as a green too, combining with the spinach in something like spanakopita in a bowl.

From *Eating From The Ground Up* by Guido's Marketing Manager Alana Chernila.



Serves 4

INGREDIENTS

1 tablespoon unsalted butter
1/4 cup finely chopped onion
1 pound spinach, large stems removed, roughly chopped
1/3 cup heavy cream

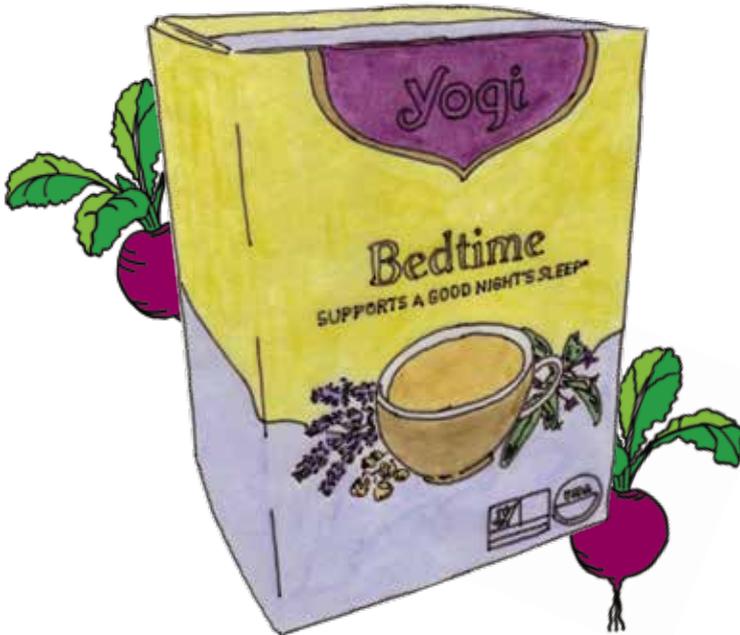
DIRECTIONS

1. Melt the butter in a large pot set over medium heat. Add the onion and cook, stirring often, until soft and translucent, 3 to 5 minutes. Load the spinach into the pan, cover, and cook, stirring once or twice, until wilted, 2 to 3 minutes. Spoon the spinach and onions into a bowl and drain any liquid left in the pot. Return the pot to medium heat.
2. Pour the cream into the empty pot. Add the garlic and nutmeg. Let the cream come to a low simmer and cook, stirring often, until it thickens and reduces slightly, 2 to 3 minutes. Add the salt and several grinds of pepper.
3. Give the spinach a squeeze to remove excess liquid and add it back to the pot, tossing to coat it in the reduced cream. Remove the pot from the heat and stir in the dill. Taste, and add more salt or pepper if necessary.

1 garlic clove, pressed with a garlic press or crushed into a paste with the side of the knife
1/4 fresh nutmeg, grated (or 1/4 teaspoon grated nutmeg)
1/4 teaspoon salt
Freshly ground black pepper
1/3 cup roughly chopped dill

Natural Foods Great **8** for October

There are over **800 products** on sale in our stores in October, and each month we choose our favorites. Don't forget to look for the **BEET** all month long!



Yogi
TEA

16 count boxes all varieties

\$2.99



The Sweetish Baker
GRANOLA

all 16 oz varieties

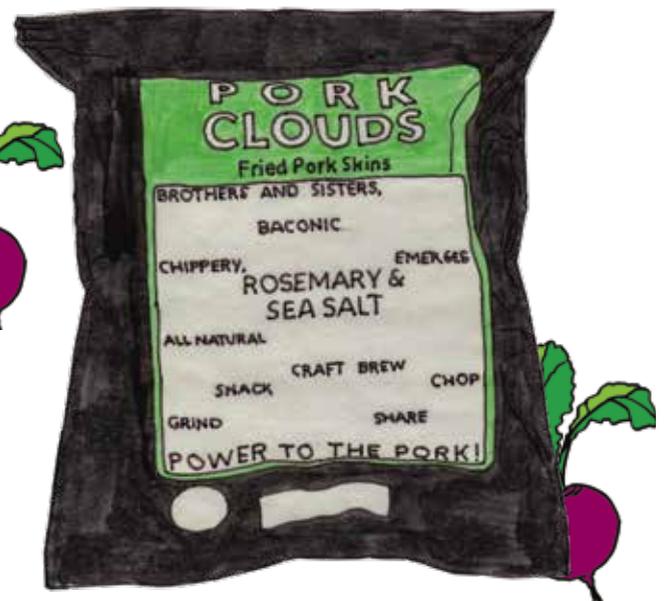
\$6.99



Kettle & Fire
BONE BROTH

all 16.9 oz varieties

\$4.99



Pork Clouds
PORK RINDS

all 2 oz varieties

\$1.99



Elmhurst
PLANT BASED MILKS
all 32 oz varieties
\$3.99



Compagnia San Remo
ORGANIC OLIVE OIL
750 ml
\$12.99



Brown Cow
YOGURT
all 5.3 oz varieties
5/\$4



Amy's
FROZEN BURRITOS
all 6 oz varieties
3/\$7



M E A T

Oktoberfest Schaller & Weber Sausages:

Weisswurst, Bratwurst or Knackwurst **\$5.99/10-12 oz pkg**

Wieners **\$4.99/9 oz pkg**

Kurobuta Natural Pork Boneless Pork Chop or Roast **\$8.99/lb**

Asian Black Pepper Beef Stir-fry **\$11.99/lb**

S E A F O O D

Wild Fresh Haddock Fillet **\$10.99/lb**

Faroe Island Lemon & Basil Salmon Burgers **\$15.99/lb**

(store-made, gluten-free)

Spence Scottish Traditional Smoked Salmon **\$7.99/4 oz pkg**

PITTSFIELD: 413-442-2222 GREAT BARRINGTON 413-528-4488
OCTOBER 1 - OCTOBER 31, 2019



BELLA FLORA

Save the date for our annual **Early Bird**
HOLIDAY PREVIEW!

SIP, SHOP, SAMPLE and enjoy **15% OFF*** all
Bella Flora holiday inventory.

November 7, 5-7 pm
in the Pittsfield Store

***Some restrictions apply.**

FALL Truckload SALE



PURCHASE CASES OF YOUR FAVORITE PRODUCTS ALL AT

40% OFF* or more!

LOOK FOR THE TRUCK IN GREAT BARRINGTON
Shop Truckload Deals in both stores!

OCT 18 & 19

*While supplies last. Some restrictions apply. See in store for details.

What's on Sale?

The TRUCKLOAD SALE rolls into Great Barrington on October 18 & 19.

This is the perfect time to stock up on your favorite cool weather pantry staples at 40% OFF when you buy by the case.

Our Natural Foods team has been negotiating the best possible deals, and now they get to pass on the huge savings to YOU!

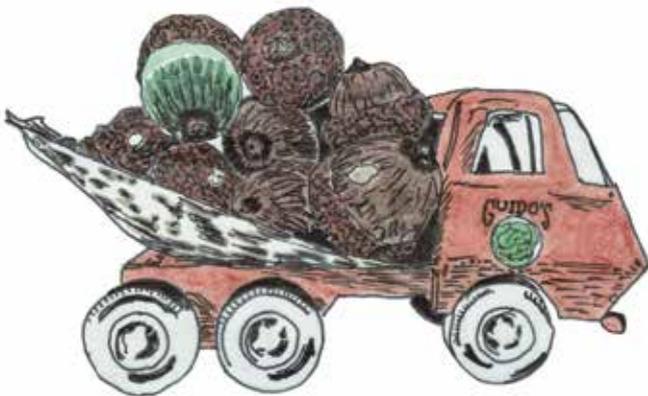
For Great Barrington shoppers:

Come on in and talk to our Truckload Ambassadors right inside the entrance of the store! They'll get you started, and you can pick up your cases on the way to your car.

For Pittsfield shoppers:

Come say Hi to our Truckload Ambassador in the foyer just inside the entryway! Make your choices, prepay for your cases, and then you can come pick up your purchases the following week, October 24 & 25.

BEEP! BEEP! See you in the stores...



SNACKS

Green Mountain Gringo Salsa: Mild, Medium

Green Mountain Gringo Tortilla Strips

Sea Snax Classic Olive Oil Seaweed Snacks

Kind Bars: Dark Chocolate Sea Salt, Dark Chocolate Peanut Butter, Caramel Almond

Barbara's Cheese Puffs: Natural, Jalapeño

Chocolove Chocolate: Mini Toffee, Mini Dark Almond Sea Salt

Justin's Peanut Butter Cups: Dark Chocolate, Milk Chocolate

Mary's Gone Crackers Classic Crackers

DRINKS

San Pellegrino Soda: Aranciata Rossa, Limonata, Aranciata

San Pellegrino Sparkling Mineral Water

PANTRY

California Olive Ranch International Blend EVOO

Native Forest Classic Coconut Milk

Bonne Maman Preserves: Strawberry, Raspberry

Wild Planet Canned Fish: Sardines in EVOO, Salmon, No salt Tuna

Eden Canned Beans: Black, Garbanzo

Muir Glen Canned Tomatoes: Diced, Crushed with Basil

Pacific Broth: Chicken, Low Salt Chicken

Scarpetta Pasta Sauce: Marinara, Tuscan, Vodka

GRAINS & PASTA

Bionaturae Pasta: Penne, Spaghetti

Explore Cuisine Plant-based Pasta: Red Lentil Penne, Chickpea Fusilli

Annie's Mac & Cheese: Shells and Cheddar, Classic

Lundberg Organic Short Grain Brown Rice

Bob's Red Mill Rolled Oats

HOUSEHOLD

Ecos Dishmate Liquid Soap: Lavender, Free & Clear

7th Generation Laundry Detergent: Free & Clear, Eucalyptus Lavender

EO Hand Soap: Meyer Lemon & Mandarin, Lavender & Coconut



Herbs for your vitality!

**20%
OFF**



**All Guido's Labeled Herbal Extracts are 20% off
for the month of October!**

All About Guido's Own Liquid Herbal Extracts

Guido's Labeled Herbal Extracts are created in partnership with Vitality Works in Albuquerque, NM. The company was founded as a holistic health care center in 1982, and all formulas are based on 17 years of actual clinical practice.

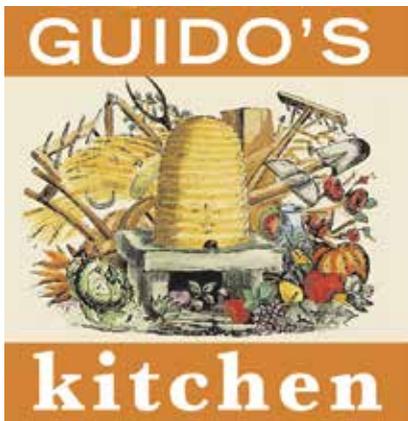
Vitality Works extracts are made from whole fresh herbs that are certified organic, harvested through renewable and ethical practices, and formulated by clinical herbalists with no fillers. All products are non-GMO,

Kosher certified, and produced in a gluten-free facility.

Vitality Works supports local growers and is entirely committed to its "farm to bottle" philosophy.

Are you looking to incorporate herbal extracts into your wellness routine? As one of our wellness specialists about Guido's Labeled Herbs next time you're in the store!

GUIDO'S KITCHEN OCTOBER PICKS



BOAR'S HEAD PEPPERMILL TURKEY

\$8.99/lb You save \$2/lb

BOAR'S HEAD SWISS CHEESE

\$8.99/lb You save \$2/lb

ONLY IN PITTSFIELD

LA GROTTA OCTOBER JUICY DEALS



GUIDO'S FAVORITE
CHEESES &
PROVISIONS
from near and far

la grotta

Italian Primo Sale

\$9.99/lb You save \$2/lb

Italian Bra Duro DOP

\$15.99/lb You save \$3/lb

**DR 13 Pecorino from
Jumi in Switzerland**

\$21.99/lb You save \$3/lb

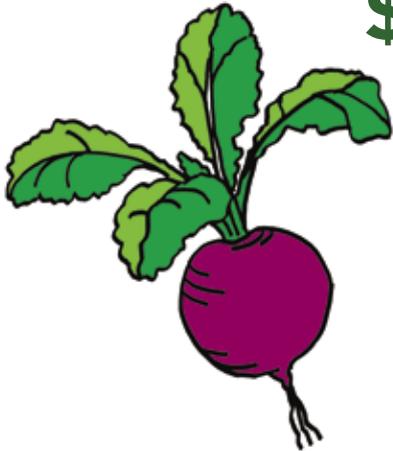
A Pecorino with a dense creamy flavor that becomes sharper with age.

ONLY IN PITTSFIELD

PITTSFIELD CAFÉ OCTOBER PICK OF THE MONTH

With ginger, pear, chai spice, strawberries, banana, cranberry juice, and apple juice, our new **HARVEST MOON** smoothie is a true sip of the season.

\$5.95/ 16 oz
you save \$1



**ONLY
IN
PITTSFIELD**



GUIDO'S OWN PIZZA OCTOBER DEAL



ONLY IN PITTSFIELD

Buy any
house-made
FROZEN PIZZA
get the second at
HALF PRICE

Pesto & Goat (pesto, goat cheese, mozzarella)

BBQ (bbq sauce, caramelized onions, smoked gouda, mozzarella)

Mushroom & Bleu (mushrooms, Gorgonzola, olive oil, mozzarella)

3 Cheese & Garlic (roasted garlic, Asiago, Parmigiano-Reggiano, mozzarella)



**OUR
OCTOBER
PICK**

**JOSEPH JOSEPH NEST LOCK
STORAGE SET**

Turn your fridge into a rainbow
of delicious leftovers!

THE MARKETPLACE SPECIALTY FOODS OCTOBER DEAL



the
Marketplace

**Barrington Coffee
Roasting Company**

20% off
all 12 oz packages





WINE DEPARTMENT

OCTOBER VINE & DINE SELECTION:

Castelo do Sulco Reserva Red 2015 2 for \$16

This wine is rich, dense, and packed with both fruit and tannins. It comes from the heart of the Lisbon region, giving plenty of structure from the cool-climate vineyards. There are fine red-fruit flavors shot through by juicy acidity, with a drier, still developing tannic aftertaste.

**JOIN US IN THE STORES
FOR WINE & CHEESE
TASTINGS
EVERY WEEKEND**

**ONE
MORE
MOVE
TOWARDS**

**LESS
PLASTIC**

An illustration of a green high-top sneaker with white laces and a white sole. Next to it is a clear plastic water bottle with a white cap and a label that says "GUIDO'S". The words "LESS" and "PLASTIC" are written in large, bold, black letters, with "LESS" above the sneaker and "PLASTIC" below it, following the curve of the sneaker's sole.

Have you noticed new bags popping up in our packaged bulk section? **We're looking for ways to use less plastic in the stores**, and these bags are a big part of the effort! Let us know what you think—we'd love to hear from you.

HAPPY 40th BIRTHDAY TO US!

As you can see in these photos, everyone had a blast at the recent Guido's Staff Party!
Thanks Berkshire Photo Booth for capturing the fun! #berkshirephotobooth



ABOUT GUIDO'S FRESH MARKETPLACE YOUR LOCAL, FAMILY-OWNED GROCERY STORE

Guido's Fresh Marketplace has been feeding an enthusiastic, smart, food-loving crowd for 40 years. What a delicious experience it has been! When we started in 1979, our motivation was simple: We loved good food, and we were hungry for fresh and beautiful ingredients. This is still true today, and we remain steadfast in our collective dedication to bringing Guido's customers the very freshest, highest quality foods we can find.

We'll see you in the stores!

**TWO CONVENIENT
ROUTE 7 LOCATIONS**

IN PITTSFIELD: 1020 South St. 413-442-9912

IN GB: 760 S. Main St. 413-528-9255

guidosfreshmarketplace.com

[@guidosfreshmarketplace](https://www.instagram.com/guidosfreshmarketplace) [#guidosfresh](https://www.instagram.com/guidosfresh)

