

NOVEMBER



**GUIDO'S**  
FRESH

EST. 1979

**MARKETPLACE**

**VOLUME 2 / ISSUE 6**

**NOV 1 – DEC 2, 2019**

# November might just be the coziest month in the Berkshire calendar.

The quality of the sun is so uniquely November, slanting sideways with the last bits of autumn warmth that keep us in sweater-only weather before the winter comes in earnest. There are still daily walks to be had through the crunch of the leaves, a garden that asks to be “put to bed” for the winter, wood to chop and stack. These late fall activities keep us outside until the dark comes (always earlier than we thought), and we give in to the pull of the light that shines out of the kitchen windows. Maybe someone we love is working on supper, or perhaps, as a gift to ourselves, we’ve started a stew in the slow cooker or something delicious and warm in the oven. It’s a great month to cook and to enjoy the bounty and slowness of the season. And of course, November brings us one of the very best meals of the year, and one of our favorite times at Guido’s.

**Read on for the best of November in our stores.**



# MATT'S NOVEMBER PRODUCE PICK



**“Frozen cranberries are great, but the arrival of fresh cranberries is always exciting. When these red gems show up in the produce department, it’s a sure sign of late fall.”**

**-MATT MASIERO**

Look for cranberries to arrive this month. You don’t have to wait until Thanksgiving to use them! Cranberry season is the perfect moment to incorporate these tart berries into cakes, cocktails, and meat dishes. And cranberries are just the beginning when it comes to great produce in the late fall. Fill your holiday table with local squash, greens, apples, and more.

Look for produce in our stores this month from farms including:

**Abode Farm, New Lebanon, NY  
Denison Farm, Schaghticoke, NY  
Five College Farm, Amherst, MA  
Hilltop Orchards, Richmond, MA  
Honeydog Farm, Hillsdale, NY  
Indian Line Farm, Egremont, MA  
Kitchen Garden Farm, Sunderland, MA  
Klein’s Kill Fruit Farms, Germantown, NY  
Left Field Farm, Middlefield, MA  
Little Leaf Farms, Devens, MA  
Markristo Farm, Hillsdale, NY  
McEnroe Organic Farm, Millerton, NY  
MX Morningstar Farm, Copake, NY  
Queen’s Greens, Amherst, MA  
Rock City Mushrooms, Old Chatham, NY  
Woven Roots Farm, Tyringham, MA**





## OUR **NOVEMBER** RECIPES

We've gathered a few amazing recipes for the Thanksgiving holiday. From a simple cranberry relish with a secret ingredient, to tangy, spicy pumpkin pie, these variations on traditional favorites will shine on your holiday table.

### Easy Cranberry Relish

This oldie but goodie is a favorite from our recipe library. It's simple, delicious, and features a secret but powerful ingredient: peach preserves.

Makes about 3 cups

- 1 pound fresh or frozen cranberries, rinsed if fresh
- Zest of 1 large organic navel orange
- ½ cup fresh-squeezed orange juice
- 1 13-ounce jar Bonne Maman peach preserves

Combine the cranberries, orange zest, juice, and peach preserves in a medium pot over medium heat. Cook, stirring often, until the cranberries pop and the mixture comes together in a sauce, 15 to 20 minutes.





# Pumpkin Cheesecake Pie

Pumpkin pie and cheesecake come together in this creamy, tangy take on the classic.

Thanks to our friends from the **Independent Natural Foods Retailers Association** for this recipe!



Makes two 9-inch pies

- 2 9-inch pie shells
- 8 ounces cream cheese, softened
- 14 ounces sweetened condensed milk
- 2 cups pumpkin puree
- 3 eggs
- 1 teaspoon pumpkin pie spice (or a mixture of cinnamon, ginger, and nutmeg)

1. Preheat the oven to 350°F.
2. Mix the cream cheese and condensed milk together until smooth. Stir in the pumpkin puree, eggs, and spices.
3. Pour the batter into the pie shells, and bake until a knife inserted 1 inch from the crust comes out clean, about 45 minutes. Serve warm or at room temperature.

# Brussels Sprouts and Shiitake Mushroom Hash

Guido's is thrilled to be a sponsor of **Anna Gershenson's** local show, *The Natural Cook*, because we love her veggie-centric focus on how delicious healthy eating can be.

Check out her show on PCTV or youtube and be sure to sign up for her upcoming Thanksgiving sides class at the Berkshire Botanical Garden!

**Recipe by Anna Gershenson**

Serves 4 to 6 as a side dish

1 pound Brussels sprouts, washed  
2 tablespoons extra-virgin olive oil  
2 medium onions, peeled, thinly sliced into half moons  
4-5 large garlic cloves, peeled and thinly sliced  
½ pound shiitake mushrooms, stems removed, sliced thicker than 1/8 inch (you can save the stems for vegetable broth)  
1 teaspoon caraway seeds  
Kosher salt as needed, to taste  
Freshly ground black pepper  
1 tablespoon apple cider vinegar, or more to taste  
1 tablespoon tamari or coconut aminos

**1.** Trim the Brussels sprouts, cut in half through the stem end, and slice 1/8 inch thick. You can do this by hand or use a food processor with a thin slicing disc. (If this step is done 1-2 days ahead, place them in a covered container and refrigerate.)

**2.** In a large skillet, heat olive oil over medium heat. Add sliced onions and a pinch of salt, and cook, stirring occasionally, until onions collapse and get translucent, about 5-7 minutes. Add garlic and cook a few minutes longer, until softened. Do not brown.

**3.** Increase the heat to medium-high and add sliced shiitake mushrooms. Continue cooking, stirring and tossing the mixture intermittently until the mushrooms get soft, 5-6 minutes. (At this point you can cool this mixture, cover, and refrigerate for a day, until ready to serve.)

**4.** Add sliced Brussels sprouts and caraway seeds, season with ¾ teaspoon salt and a generous grinding of black pepper. Continue cooking over fairly high heat, stirring often, until the Brussels sprouts have softened, but still retain a slight bite, 4-5 minutes. If the mixture gets dry and sticks to the bottom of the pan, add 1-2 tablespoons water to moisten it.

**5.** Drizzle apple cider vinegar and tamari or coconut aminos over the top and give it a final toss. Taste to adjust seasonings and serve.





**NOVEMBER**

**Mazzeo's**

**SPECIALS**

**MEAT**

Stonewood Farm Natural Free Range  
Whole Fresh Vermont Turkey:

Whole Turkeys **\$3.99/lb**

Breasts **\$5.99/lb**

Drum Sticks or Wings **\$1.99/lb**

Thighs **\$3.99/lb**

Turkey Stock **\$3.99/qt**

House-made Stuffing **\$6.99/lb**

(Italian Sausage, Apple Honey Almond, or  
Cornbread Andouille Cherry)

Mazzeo's Own Sausage **\$4.99/lb**

(Italian Pork or Pork Breakfast)

**Mazzeo's Sausage of the Month:**

Cranberry Apple Sage Turkey Sausage  
**\$6.99/lb**

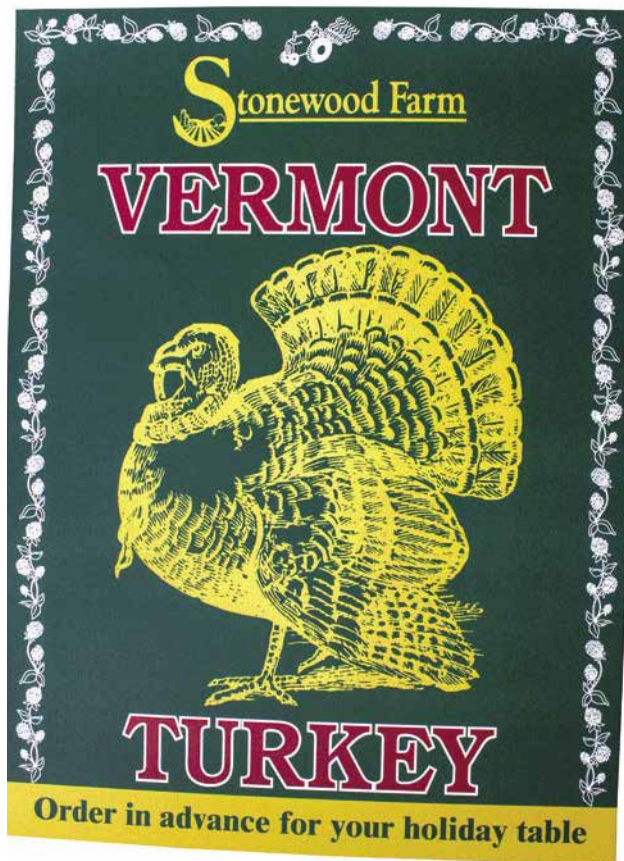
Niman Ranch All Natural Applewood  
Smoked Spiral Ham **\$6.99/lb** (9lb avg)

**SEAFOOD**

**Available for the holidays:**

Shucked Oysters, Caviar, Live Oysters,  
Live Lobsters, Colossal Shrimp,  
Lobster Tails

NOVEMBER 1 through DECEMBER 2, 2019



**NOW TAKING YOUR  
HOLIDAY ORDERS!**

**IN PITTSFIELD:  
413-442-2222**

**IN GREAT BARRINGTON:  
413-528-4488**



# Natural Foods Great **8** for November

There are over **700 products** on sale in our stores in November, and each month we choose our favorites. Don't forget to look for the **BEET** all month long!



Woodstock  
**CRANBERRY SAUCE**  
whole or jellied 14 oz  
**\$2.99**



Morton & Bassett  
**SPICES**  
in glass jars all varieties  
**\$1 off**



Farmer's Market  
**CANNED PUMPKIN**  
15 oz  
**2 for \$4**

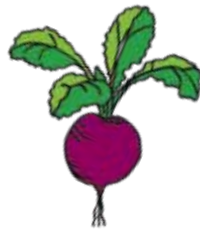


Woodstock  
**ORGANIC CANE SUGAR**  
24 oz  
**\$3.99**

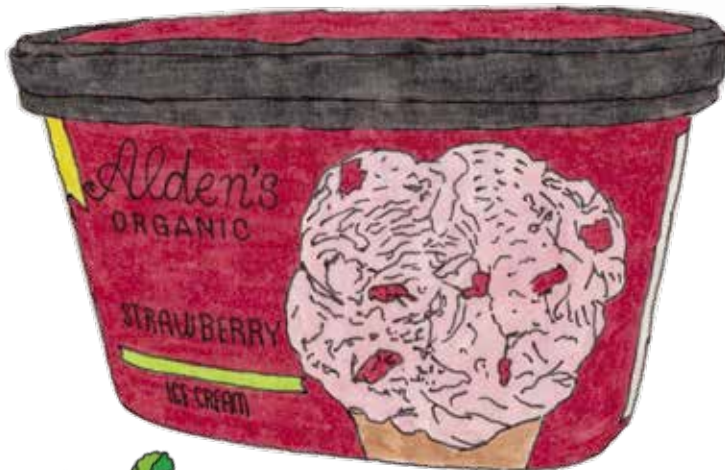




Töst  
**SPARKLING BEVERAGE**  
750 ml  
**\$4.99**



Kitchen Basics  
**COOKING STOCK**  
all 32 oz varieties  
**2 for \$5**



Alden's  
**ICE CREAM**  
all 48 oz varieties  
**\$6.49**



Woodstock  
**ORGANIC FROZEN VEGGIES**  
select varieties  
**2/\$5**



BELLA FLORA

Oh, the joy of a  
**WELL-SET TABLE!**

From cloth napkins to runners, from pottery to fresh floral centerpieces, **Bella Flora** is the best at bringing beauty to your holiday table.

**IN GUIDO'S PITTSFIELD:**

1020 South St. 413-496-8242

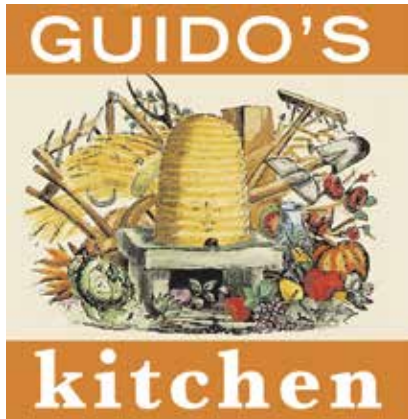
**IN GUIDO'S GB:**

760 S. Main St. 413-528-1581

[bellafloraberkshires.com](http://bellafloraberkshires.com)



# GUIDO'S KITCHEN NOVEMBER PICKS



**BAYONNE HAM**

**\$24.99/lb You save \$5/lb**

**BUTTERNUT SQUASH W/APPLE SOUP**

**\$7.95/qt You save \$2/qt**

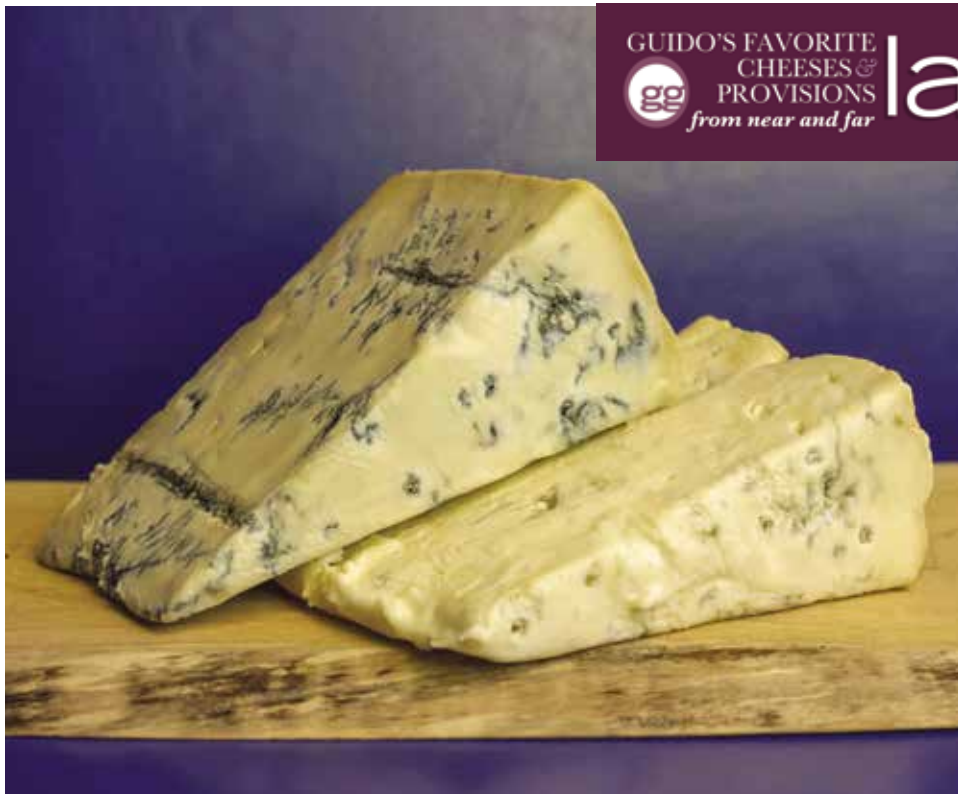
**TURKEY CHILI**

**\$7.95/qt You save \$2/qt**



**ONLY IN PITTSFIELD**

# LA GROTTA NOVEMBER JUICY DEALS



GUIDO'S FAVORITE  
CHEESES &  
PROVISIONS  
*from near and far*

la grotta

**Gorgonzola Picante**

**\$12.99/lb**

You save \$2/lb

**Gorgonzola Dolce**

**\$11.99/lb**

You save \$2/lb

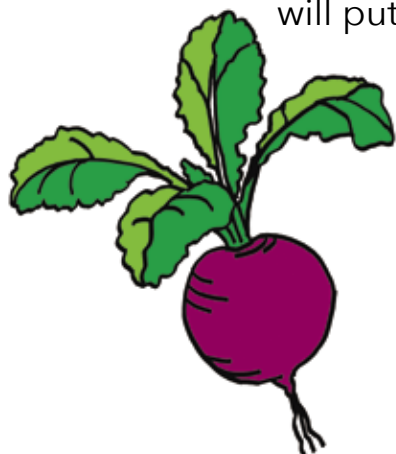
**ONLY  
IN  
PITTSFIELD**



# PITTSFIELD CAFÉ NOVEMBER PICK OF THE MONTH

Warm up with our spicy and sweet November juice special. With beets, orange, apple, ginger, cranberries, cinnamon, and cardamom, the

**SWEET NOVEMBER** will put a zing in your day!



12 or 20 oz  
**Save \$1**

**ONLY  
IN  
PITTSFIELD**



## WE LOVE: STOKES FIRE STARTERS



Cozy fire season has arrived, and that means it's time to restock your supply of **Stokes Fire Starters**. Did you know that the head of the Stokes company invented these great fire starters when he was eleven years old? Adam Liszewski noticed that it took at least 30 minutes to get a fire started in his family's fireplace. He created a fire starter with recycled materials like egg crates, wax, and sawdust, and gave them out to friends and family as gifts. That version was a prototype for the current version we sell in our stores, and our customers can't get enough of them! No kindling or newspaper is required with Stokes—just one fire starter and a match.

# OUR NOVEMBER CHEF'S SHOP PICK



## THANKSGIVING SUPPLIES

Need a thermometer or roasting pan for that turkey? A braising bag or special cheese cloth for that new recipe? We've got everything you need for the **BIG ONE!**

## THE MARKETPLACE SPECIALTY FOODS NOVEMBER DEAL



the Marketplace

Harney and Sons  
Loose Teas

**20% off**  
all 4 oz tins

**ONLY IN GREAT BARRINGTON**







**Gut health for the holiday!**



**All Enzymedica products are 25% off for the month of November!**

Of course we love the richness and abundance of holiday eating, but it doesn't always feel good after the fact! That's why it's a great time to give a little love and care to your gut. We're partnering with Enzymedica to bring you 25% off all their digestive supplements in the month of November.

## **WHY DO WE LOVE ENZYMEDICA?**

Enzymedica is a natural digestive health and wellness company, and they believe the gut is the central hub to all functions of the human body. Their products aim to relieve digestive discomforts and support total body wellness for all. If you suffer from constipation, gas, bloating, or heartburn or have food intolerances, immune system challenges, nutrient deficiencies or a lack of energy, enzyme supplements might be the answer.

**Ask our Wellness Specialists about Enzymedica next time you're in the store!**





# WINE DEPARTMENT

## NOVEMBER

### VINE & DINE SELECTION:

## Les Darons Languedoc Rouge Languedoc, France

**\$10.99** you save \$4

Grenache and Carignan have long been cultivated in Southern France and represent the forefathers of the Languedoc Appellation's red wines. An homage showcasing these varietals, this sustainably grown wine was subsequently labeled "Les Darons," the affectionate expression for "The Parents" harking back to the Parisian suburbs where winemaker Jeff Carrel was born.

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

# HAPPY THANKSGIVING FROM OUR FAMILY TO YOURS



## 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](http://guidosfreshmarketplace.com)

@guidosfreshmarketplace #guidosfresh

