

# YOUR MONTHLY GUIDE TO DELICIOUS DEALS AND HAPPENINGS IN OUR STORES



We love to start every year with a full-on celebration of citrus, and so we always call our January newsletter our annual citrus issue. Isn't it the best that these sunshine-packed fruits hit their peak right when the days are at their darkest? This month, the citrus flows from week to week—tiny jeweled satsumas, zingy Meyer lemons, juicy red grapefruits, tart honeybells, crowd-pleasing Cara Caras, and the mighty queens: Sumo Citrus!

Of course, no January is complete without a some goals for the new year. We're focusing on a few key one in this month's newsletter: get more sleep, embrace the winter (we recommend checking out Round Up recipient BNRC's trails before coming in for melty cheese parties), and eat a very minimum of one citrus fruit a day. We're reaching towards the light, eating our sunshine, and celebrating new beginnings all month long. Here's to a year ahead filled with delicious days.

Read on for the best of January in our stores!

## Round Up for BNRC!



Established in 1967, the **Berkshire Natural Resources Council** protects and preserves the natural beauty and ecological integrity of the Berkshires for public benefit and enjoyment. There are over 50 BNRC conservation reserves spread across Berkshire County, free to the public, and open to everyone for non-motorized recreation. BNRC conserves land, protects wildlife and habitat, supports local farmers, expands climate resilience, cares for over 25,000 acres, and provides free access to the Berkshire outdoors for everybody—thanks to the help and generosity of donors and volunteers.

More about BNRC properties and trails, and BNRC's free Berkshire Trails app, can be found online at [bnrc.org](http://bnrc.org).



Photo by Gabrielle K. Murphy



**Berkshire Natural Resources Council**

## GET TO KNOW THE NEW OWNERS!

On January 1, Matt and Chris retired from the stores, making way for three of their children to take over. This month, we're excited to officially introduce your new owners of Guido's!



**Anna Masiero** is currently managing the Great Barrington Café Rena, a space she designed with her mother, Dawn. What lights her up most? All the babies and kids in her life; heart-centered leadership with a focus on empathy, compassion, and emotional intelligence; daily yoga; her amazing café staff; her morning tea; and her favorite winter fruit, Sumo mandarins!

**Nick Masiero** has been busy planning his wedding with his fiancé, Cassandra. When he's not in the stores supporting the departments, making pizzas, or stacking produce, you can find him golfing in the summer and snowboarding in the winter. He loves to spend time with family and friends, experiment with new recipes at home, and play with his cats, Shadow and Peach.



**Luke Masiero** and his wife, Sami, just welcomed their new baby boy in October. When he's not hanging out with baby Massimo, you can usually find Luke in the produce section of the Great Barrington store, helping to lead the team as he loads the radishes and trims the celery. Luke is a big soccer player, loves to get out with his dog Obi-Wan Kenobi, and will be making lots of his Secret Ingredient Beef Stew this winter (the secret is anchovies!).



## GROCERY GREAT 8 for January

There are over **300 products** on sale in our stores in January, and each month we choose our favorites.



Native Forest  
**ORGANIC COCONUT MILK**  
Select Varieties  
**2 for \$5**



Mezcla  
**PROTEIN BARS**  
**2 for \$4**



Michael's of Brooklyn  
**PASTA SAUCE**  
**\$7.99**



Bragg  
**32 OZ ORGANIC APPLE CIDER VINEGAR**  
**\$5.99**



Zoup!  
**BONE BROTH**  
**\$6.49**



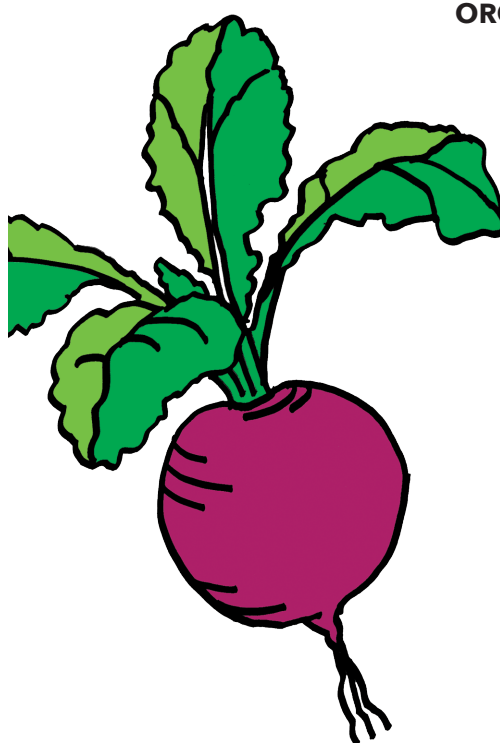
Coaqua  
**COCONUT WATER**  
**2 for \$5**



Cabot  
**POPCORN**  
**\$4.49**



Esselon  
**ORGANIC 12 OZ BAGGED COFFEE**  
**\$10.49**



# SUNSHINE IN

Citrus season is in full swing, and we are loving every juicy moment of it! Want to make the most of your fruit? Here are some of our favorite ways to use everything from the juice to the zest.

**Zest it:** Wash your fruit, then use a microplane or fine grater to zest the pigmented skin of the fruit. Try to avoid the white pith, as it adds bitterness. Use the zest in sauces, salad dressings, desserts, or over pasta. You can freeze it for later, too.

**Roast it:** Preheat the oven to 425°F. Slice your citrus into thin slices (leave the peel on), then lay on a parchment-lined tray and roast until the sugars start to caramelize and seep liquid, 10 to 15 minutes. Use in salads or desserts.



**Scent your space with a simmer pot:**

Combine citrus slices with sweet smelling herbs and spices like rosemary, nutmeg, and cinnamon sticks in a pot. Cover with water, and bring to a low simmer. Keep it over low heat as it steams and infuses your space with delicious scents. You can also do this with discarded peels!

**Supreme it:** Want fancy membrane-free slices for your salad or dessert? Use a sharp knife to remove the peel and white pith from the fruit. Then, working on a cutting board with a trough or over a bowl to catch the juice, cut each slice from the crown to the bottom of the fruit, tracing your knife along the line of the membrane, separating the flesh in long slices.

**Juice it:** Roll the fruit against the counter to loosen the skin from the flesh. Then cut it along its vertical access, and either squeeze by hand or use a juicer.

# EVERY SLICE

**Candy the peels:** Remove the peels from the flesh with a sharp knife or vegetable peeler. Slice into thin slices, then blanch three times (draining the water each time) to remove the bitterness. Empty the blanched peels into a bowl and add equal parts water and sugar to the saucepan. Stir over medium heat until the sugar dissolves, then add the peels and bring to a boil. Reduce the heat and cook until the peels are translucent around the edges and soft, 45 to 60 minutes. Dry on a rack set over parchment paper.



**Dehydrate it:** Wash and dry your citrus, then slice into thin slices. Dehydrate in a dehydrator until fully dry, 8 to 10 hours. Let cool, then store in an airtight container for up to 12 months. Add to water or cocktails.

**Make citrus salt:** Zest your citrus and massage into salt. Spread on a parchment-lined baking sheet and bake in a 225°F oven until the citrus dries out, 60 to 70 minutes.

**Make a body scrub:** Combine equal parts sugar, agave or honey, body wash (we love Weleda, The Seaweed Bath Co. or Jāson—just choose a scent that compliments citrus), coconut oil, and the juice from the citrus of your choice. Combine well.

**SAVE!**  
**Mazzeo's**  
**monthly specials**

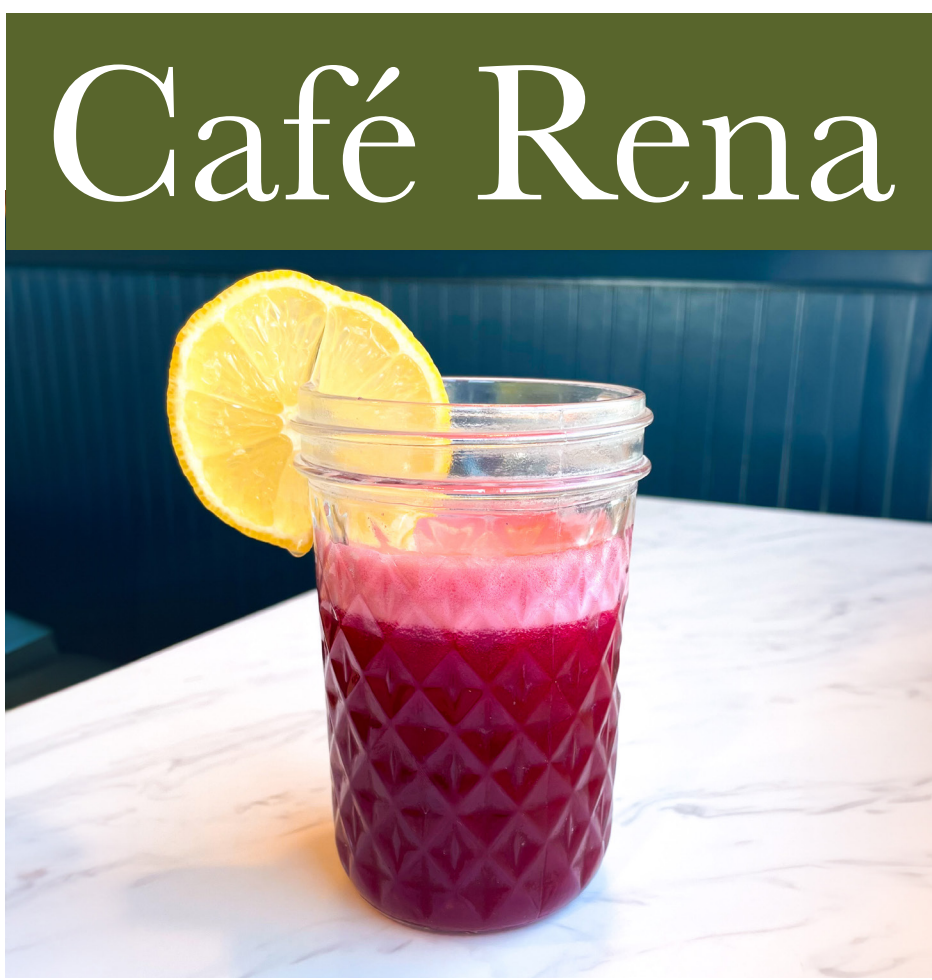
**85% LEAN GROUND BEEF**  
**\$4.49/lb**  
 when you buy 5 lbs or more

**LEAN FREE-RANGE**  
**GROUND CHICKEN THIGHS**  
**\$4.99/lb**

**NATURAL CHICKEN WINGS**  
**\$3.99/lb**

**DALEY'S THICK-CUT**  
**APPLEWOOD BACON**  
**\$10.99/24 oz**

January 1-31



# Café Rena

Nurture yourself with our new winter juice-

## THE ZINGER!

This warm juice is a magical concoction of local honey, beets, orange, ginger, and lemon.

**Save 50¢**



## IT'S SOUP SEASON!

Stock up on our hearty soups and you'll have dinner ready to go any night of the week.

**\$1 OFF ALL 32 OZ SOUPS**



## RESET YOUR SLEEP SCHEDULE FOR THE NEW YEAR

One of the best ways to support your own vitality is to work on your sleep habits, especially after the routine change that can often happen over the holidays. Did you know that supplements have been known to aid in the creation of good sleep habits? Here are a few supplements to consider as you reset your sleep in 2024:

- Probiotics:** Creating a healthy gut can help to synthesize our hormones and neurotransmitters, which are key for the sleep and wake cycle. We're especially loving the **Vital Planet** line right now.
- Adaptogens:** Adaptogenic herbs like ashwagandha and skullcap, plus other herbs like lavender and hops can be really soothing for the nervous system. **Host Defense Stress Decompress** and **Gaia Herbs' Adaptogen Formula** are two great options for adaptogenic blends.
- Mushrooms:** Most mushrooms can be helpful here, but **reishi** in particular is a good element to incorporate into your sleep-supporting supplements.

# Join us for The Guido's Cookbook Club!

## Here's how it works:

We pick a cookbook each month. You pick up that book from our stores at 20% off, find it at your favorite bookstore, or grab it from your local library.

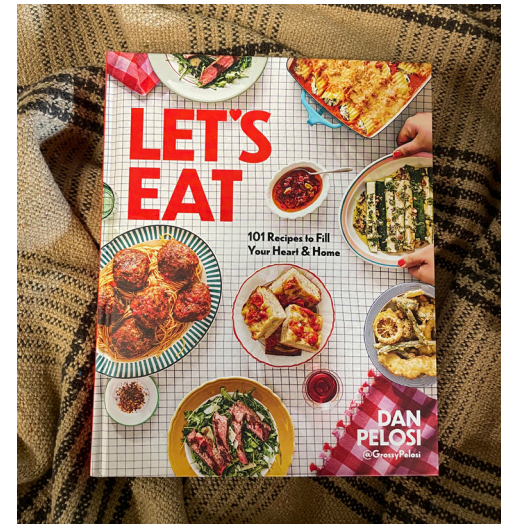
Email Alana at [achernila@guidosfreshmarketplace.com](mailto:achernila@guidosfreshmarketplace.com) to RSVP and tell us which dish you'll bring.

**Come to the Great Barrington store at 7pm on Thursday, January 25.** Bring your dish and an ingredients listing. Then we'll gather together in Café Rena for an after-hours store potluck complete with lively conversation, great company, and wine picks from Enoteca.

## This month's book is:

*Let's Eat: 101 Recipes to Fill Your Heart & Home* By Dan Pelosi

*We hope you'll join us!*



Looking for ways to embrace the winter? Come in from the snow for a raclette or fondue party! The Chef's Shop has everything you need for the perfect melty cheese feast.

## A CLASSIC SWISS FONDUE RECIPE FROM GUIDO'S CHEESEMONGER AUSTIN BANACH

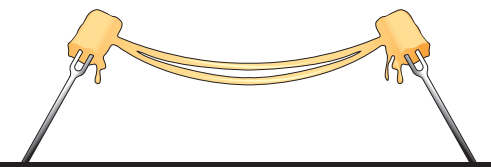
Serves 6

- 1 small garlic clove, halved
- 1 cup dry white wine
- ¾ lb Gruyère cheese, grated
- ¾ lb Emmentaler or Appenzeller cheese, grated
- 1 ½ tablespoons cornstarch
- 1-2 tablespoons Kirsch (optional)
- Salt, to taste
- Freshly grated nutmeg, to taste (optional)

2. Meanwhile, in a large bowl, toss the cheeses together with the cornstarch. Stir in a handful of cheese at a time to the simmering wine, waiting to add more until the previously added cheese has melted. Reduce heat to medium and stir constantly until all cheese is completely melted and the fondue is smooth. Add Kirsch, if using, and heat for 1-2 minutes. Season as desired.

1. Rub the inside of the fondue cooking vessel with the cut side of the garlic clove. Add wine to the vessel and bring to a simmer over medium-high heat.

3. Serve alongside cubes of crusty bread, steamed vegetables, cubed apple, cubed ham or salamis, or roasted mushrooms.



# WINE DEPARTMENT VINE & DINE SELECTION



**VITE COLTE LANGHE NEBBIOLO**  
 Piedmont, Italy  
**\$14.99, save \$5**

This wine has a deep, ruby-red color with a graceful balance of ripe fruit, spices, and vanilla. Full-bodied, with scents of black fruit flavors, cedar, and wild berries. Soft, supple texture finishes with finely-grained tannins. Serve with mushroom risotto, tomato-based sauces, pork, turkey, or roasted lamb with herbs. It is also delicious with cow & sheep's milk cheese from the Piedmont region.

