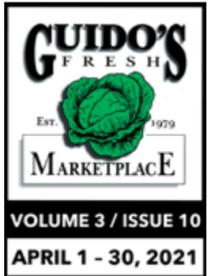


YOUR MONTHLY GUIDE TO DELICIOUS DEALS AND HAPPENINGS IN OUR STORES



We're dreaming of green this month, and slowly, day by day, our dreams are becoming reality. What is it about the color that can inspire such hope? There are so many hues, each with their own life. There is the pale incandescent shade of tiny shoots emerging right now, the first life sprouting from the cold ground. The dazzling emerald of new ferns, newly unfurled. The softness of deep forest carpets of moss, and the shocking chartreuse of leaves just arrived. And then there are the greens we crave, filling our plates with

every shade. The bright vivid glow of a head of crisp Boston lettuce. The velvety saturation of fresh spinach. The deep almost purple undertone of kale, and the pastel light tint of endive.

Green season is on its way, both in the world and on the plate. We're celebrating green in all ways this month, whether it's the green we have (crocuses!) or the green that's coming (local spinach!). There's a lot to look forward to, and we're here for all of it.

Read on for the best of April in our stores.

It is with deep sadness

that we pass on the news that our mother Renie ended her journey on this earth Friday, March 26, 2021. Fortunately, all her seven children were there with her: Gayle, Susan, Chris, Matt, Elizabeth, Annie, and Paul.

We feel blessed that we had her in our lives for so long, filled with her extraordinary vitality, right until the end.

As most of you know, her presence loomed large. She was loved and admired by so many in our stores, and those feelings were mutual. Her friends were countless. Her positive energy will continue to drive all of us at Guido's forward.

Her life on this earth could have been much different, but we bet if you asked her, she would reply it couldn't have been better.

With gratitude and love,
Chris and Matt



COMING SOON!

We're hard at work on a brand new shopping site. Get ready for more convenience, accessibility, and all you love about Guido's...To Go!



STAY TUNED!

OUR APRIL RECIPE: Chris's Green Celebration Salad

A favorite in the Masiero household!

Serves 6

For the Champagne Dijon Dressing:

- 1 cup extra-virgin olive oil
- ¼ cup of freshly squeezed lemon juice
- ¼ cup of champagne vinegar
- 1 small shallot, minced
- 2 teaspoons kosher salt
- 1½ teaspoons Dijon mustard
- 1½ teaspoon maple syrup

For the salad:

- 1 large head radicchio or 4 small treviso radicchio heads, cored and leaves carefully separated
- 2 heads endive, cored and leaves carefully separated
- 2 bunches of watercress, largest stems removed
- 1 teaspoon coarse salt (Chris loves Maldon sea salt)
- 2 avocados, halved, peeled, and thinly sliced
- 12 slices of your favorite firm blue cheese
- ⅓ cup pomegranate arils
- ⅓ cup toasted, chopped pecans (For a special treat, use The Marketplace Specialty Foods' Spicy Pecans)
- Freshly ground pepper



1. First, make the dressing. Combine all ingredients in a 2-cup Mason jar. Cover tightly and shake well.
2. Assemble the salad. Place all of the greens in a large bowl and sprinkle with ½ teaspoon of the coarse salt. Drizzle a few tablespoons of the dressing over the greens and toss with your hands. Add a bit more dressing, a spoonful at a time, until all the greens are lightly coated.
3. Artfully arrange the avocado, blue cheese, pomegranate arils, and nuts over the greens. Drizzle with a bit of the salad dressing, and finish with a sprinkle of coarse salt and several grinds of pepper. Serve immediately. Leftover dressing can be stored in the refrigerator for up to 2 weeks.

Natural Foods Great 8 for April

There are over 300 products on sale in our stores in April, and each month we choose our favorites. Don't forget to look for the **BEET** all month long!

 LOCAL Berkshire Dog DOG TREATS all 8 oz varieties \$5.99	 Shikai SHOWER GEL all 12 oz varieties \$6.99	 WHEAT FREE Bob's Red Mill ROLLED OATS all 32 oz varieties 20% off	 Nature's Path ORGANIC BOXED CEREAL all 10-14 oz varieties 2 for \$7
 LOCAL The Sweetish Baker GRANOLA all 16 oz varieties \$6.99	 LOCAL Hidden Camp ORGANIC EGGS 1 dozen large brown only \$4.99	 Felicetti ORGANIC PASTA all 16 oz varieties 2 for \$5	 LOCAL Ooma Tesoro's MARINARA SAUCE 26 oz \$7.99

GUIDE TO GREENS

What's the best way to cook kale? How do you really make escarole sing? And what's that strange green you always see but are afraid to try? Check out our handy guide to all things leafy green.



Dandelion Greens

These bright and bitter greens are especially good in late winter and spring salads (See Chris's salad this month). Combine with chicories like endive and radicchio, and toss with a hearty mustard-y vinaigrette. Dandelion greens can also be lightly sautéed with olive oil, garlic, and red pepper flakes. Top with a fried egg, or toss with chickpeas and fresh herbs.

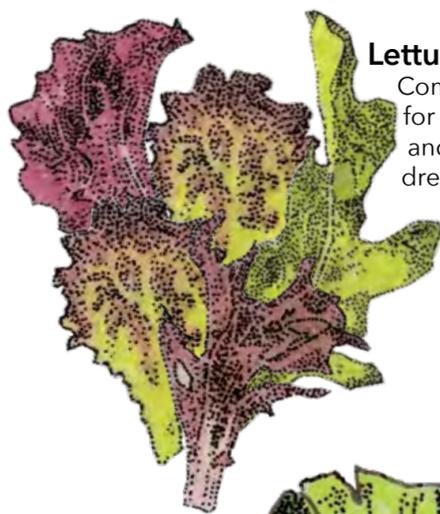
Kale
Slice thin and massage with dressing for a salad, steam as a side with olive oil and tamari, or toss in oil and salt and roast in the oven for crunchy chips. Look for the thin and textured Dinosaur or Tuscan variety, Russian (flatter and more variegated leaves), or the well known curly, or Winterbor kale.



Watercress

A mineral-rich, grassy, aquatic green that can be eaten raw or cooked. Chop crunchy leaves and stems into salads, steam on its own, or use as a last minute, quick-cooking addition to soups and noodle dishes.

Radicchio
Break up the bright purple heads for a pop of color and flavor in salads. Or brush halved heads with olive oil and grill or roast until golden and caramelized. Cooked or raw, radicchio is especially delicious with fresh mozzarella and balsamic, and a perfect pizza topping.



Lettuce

Combine multiple varieties for a salad packed with flavor and texture. For the simplest dressing, sprinkle leaves lightly with wine vinegar, then add crunchy sea salt and toss with olive oil.



Endive

A small chicory that is both floral and bitter. Cut up crisp leaves in salads, braise halved heads in cream, or use individual leaves as dippers or ready made edible containers for hors d'oeuvres.



Broccoli Rabe

Chop an entire bunch (stems, flowers, and all) and add to a wide saucepan with an inch of water and a large knob of butter. Bring to a boil, reduce the heat, and cook, covered, until the stems are soft and the greens are tender, about 5 minutes. Remove the lid and continue to cook for a few more minutes so the water can evaporate, adding salt and pepper to taste.



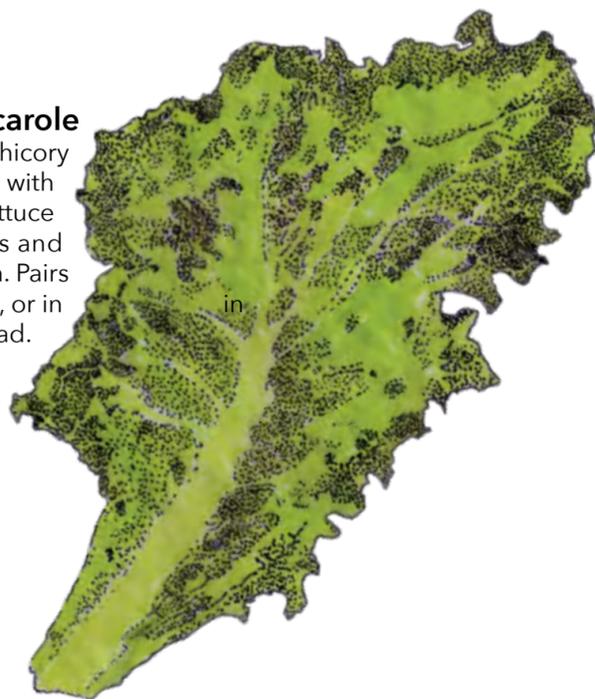
Bok Choy

Look for large heads or smaller single serve baby bok choy, which can be cooked whole or halved through the core. Steam or stir fry and toss with sesame oil, tamari, or a combination of the two.



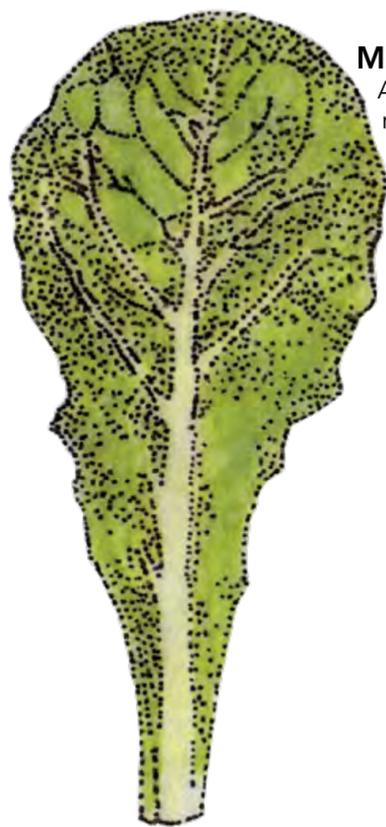
Arugula

This bitter, tender green adds peppery heat to everything from salads to sandwiches. Full grown arugula is bunched, and while delicious raw, hearty enough to stand up to a wilt under heat. Baby arugula is best raw. For a perfect peppery salad, pile the leaves high on a plate, and top with a hearty squeeze of fresh lemon juice, good olive oil, and shaved Parmigiano-Reggiano.



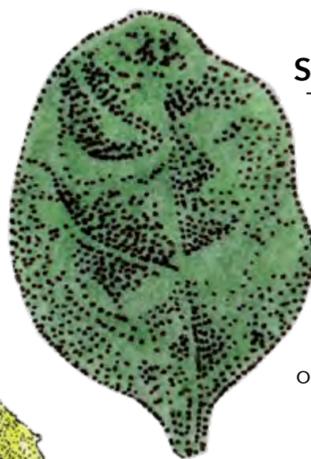
Escarole

A flavorful leafy green in the chicory family that often gets confused with lettuce on the shelf. Add to lettuce in a salad, or stir into soups and stews as a hearty cooking green. Pairs especially well with white beans, or in place of romaine in a Caesar salad.



Mustard Greens

A peppery green that comes in many shapes and colors, but you'll likely find it in a bunch of bright green, frilly leaves. Sauté with lots of garlic and red pepper flakes, or eat raw for a major dose of heat.



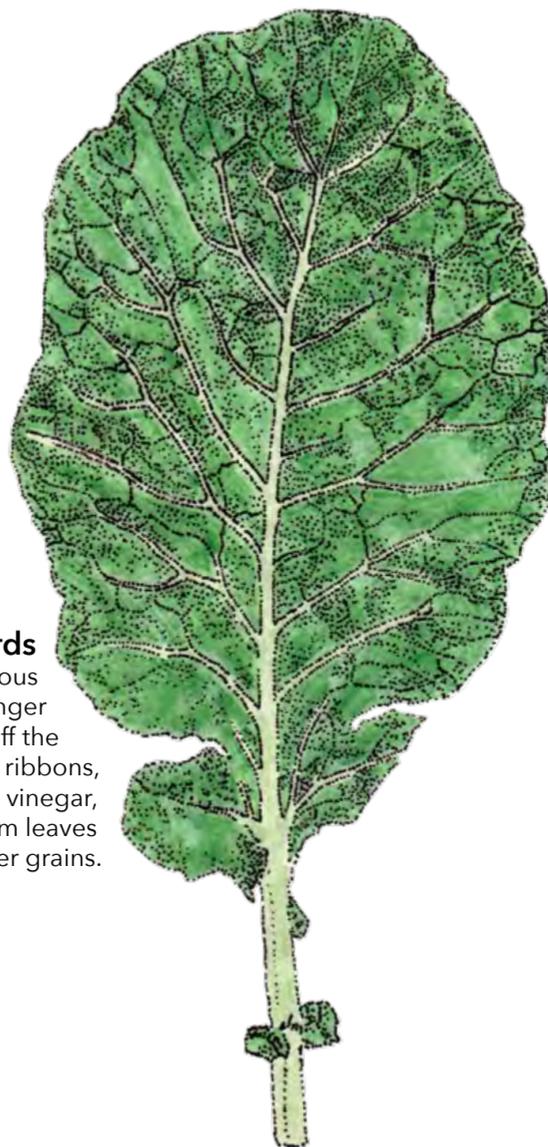
Spinach

This sweet and tender green is equally delicious raw or cooked. Blanch and cook quickly with cream and chopped dill, or stir into pasta or beans in the last moment of cooking. Reach for bunches of full grown spinach for cooking, and use baby spinach for salads, smoothies, or quick finishing of a dish.



Napa Cabbage

Also known as Chinese cabbage, this sweet and ripple-leaved cabbage is ideal for stir fries and steaming. For a summer treat, steam or blanch alongside chopped kale and watercress, then chill in ice water, drain, and top with your favorite punchy dressing. Also delicious raw, sliced thin for a cold slaw.



Collards

These deep green fibrous leaves can stand up to longer cooking times. Slice off the stem and cut leaves into ribbons, then saute or braise with vinegar, bacon, and garlic. Or steam leaves and stuff with rice or other grains.

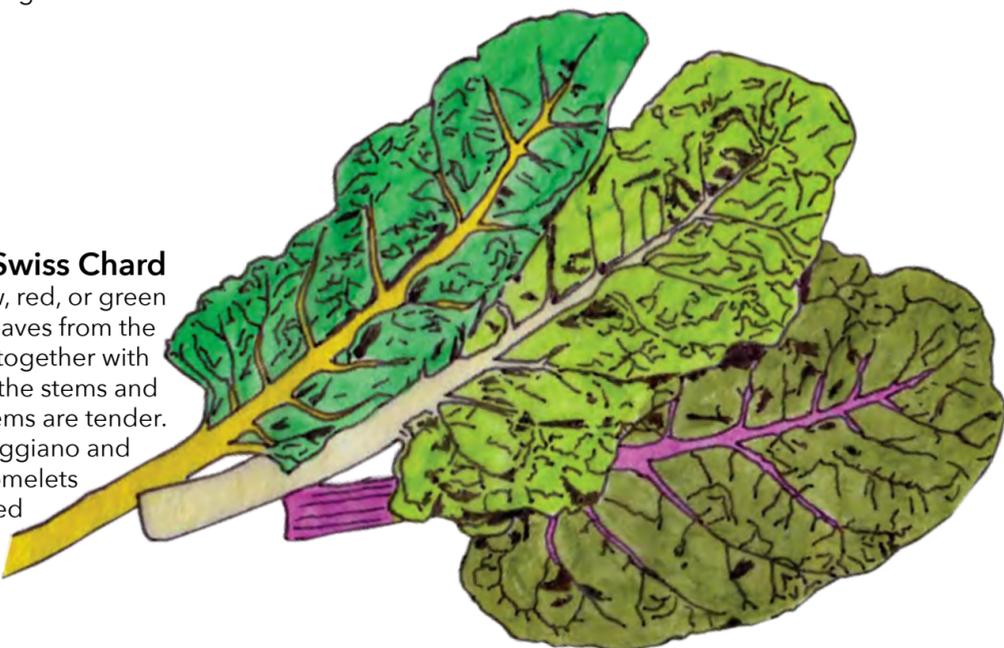


Beet Greens

Cut the greens from the beets and store separately. Beet greens are quick cooking, so treat them like chard or spinach. Root greens, whether beet, turnip, kohlrabi, or any other, taste particularly good with the roots they came from, so look for opportunities to eat them together.

Swiss Chard

Look for this mild green in rainbow, red, or green varieties. Separate the tender leaves from the bright, celery-like stems and sauté together with garlic and olive oil, starting with the stems and adding the leaves to the pan when the stems are tender. Finish with Parmigiano-Reggiano and lots of black pepper. Also delicious in omelets and quiches, especially when combined with lots of fresh herbs to boost the flavor.





Introducing
Töst Rosé!

\$6.99

The elevated herbal bubbly we all love has a new hue. Töst Rosé is an all-natural, delicious, dry, sparkling non-alcoholic beverage with white tea, ginger and elderberry.

SENIOR HOUR UPDATE

As of March 1, 2021, the state of MA no longer requires Guido's to offer a special shopping hour for seniors and immunocompromised people. At this point, although we will continue to offer our first hour of business for those populations, please note that we will not turn away other customers during that hour. We recommend that customers who are not seniors or immunocompromised do their best to shop outside of the first hour of the day whenever possible. But as of March 29, 2021, all customers will be permitted to shop during that time.

Thank you for your cooperation.

BE KIND. BE PATIENT. BE SAFE.

GUIDO'S kitchen



OUR APRIL JUICY DEALS

Thai Peanut Noodles
\$7.99/lb, you save \$2/lb

ONLY IN PITTSFIELD

BELLA FLORA



CELEBRATE GREEN

with Bella Flora! We have a new shipment of gorgeous houseplants, so come on in to bring more green into your life.



Put a **SPRING** in your step with our

SPRING ZING

a refreshing iced concoction of honey, apple cider vinegar, pineapple juice, orange juice, filtered water, and lemon

JUICY DEAL: \$2.49

ONLY IN PITTSFIELD



**D'ARTAGNAN APPLEWOOD
SMOKED KUROBUTA HAM**
Available as bone-in (8 lb avg.)
and boneless (3 lb avg.)
\$9.99/lb

Berkshire pork, also known as Kurobuta pork, makes the best ham. Uncured, fully cooked, and ready to eat, Kurobuta ham is naturally smoked over applewood without nitrates, nitrites, phosphates, or artificial fillers, and is seasoned with sea salt and raw cane sugar. The Berkshire hogs are raised on pasture, with no antibiotics or hormones, by a cooperative of small farms dedicated to humane and sustainable methods.

**NIMAN RANCH
SPIRAL HAM (8lb avg.)**
\$6.99/lb

A mixture of maple and cane sugars and salt are used to season meat, which is then smoked over applewood for up to 12 hours to seal in the succulent flavors. Each ham comes with a packet of brown sugar and brown mustard-based glaze that creates a sweet and crispy crust.

**WHOLE NIMAN RANCH
SEMI-BONELESS LEG OF LAMB**
American lamb raised without
antibiotics or hormones (6lb avg.)
\$10.99/lb

**Sausage of the month:
MAZZEO'S OWN CHICKEN AND
BROCCOLI RABE SAUSAGE**
\$6.99/lb

**DUCKTRAP PASTRAMI
SMOKED SALMON**
\$9.99/8 oz

Smoking salmon is an art that Ducktrap has mastered over the years. The majority of their salmon is sourced through their own farms in Scotland, Norway, and Chile. This pastrami style salmon is rubbed with a blend of herbs and spices. It is a blend that is known to be a Ducktrap favorite.

BAY SHORE FROZEN SOUPS
Choose from New England Clam Chowder, Lobster Bisque, or Shrimp and Roasted Corn Chowder
\$6.99/20 oz

Bay Shore™ is a family-owned business located in the heart of New England. Generations of New Englanders have enjoyed our chowders & bisques in New England's finest restaurants.

April 1 – 30, 2021

IT'S COFFEE TIME AT THE CHEF'S SHOP!



This month, we're pairing up some of our favorite coffee makers with locally roasted coffees from No. Six Depot in West Stockbridge. Try the pairings and let us know what you think!

Chemex + Ethiopian Yirgacheffe
(bright floral, wine, and citrus notes)

Bialetti Stovetop Espresso Maker + Notes from the Underground Espresso
(strong, deep, and pungent)

Bodum French Press + Heart of Darkness
(rich, dark, nutty and thick)

Aeropress + Infinite Jest
(light and bursting with berry and chocolate flavors)

Bonavita Pourover Coffee machines + Kenyan AA
(citrus, black tea, and chocolate notes)
or Costa Rican (balanced, clean, and bright)

RSVP Cold Brew Maker + No Ordinary Cold Brew
(chocolate and cocoa notes, smooth and drinkable)



LYMPH LOVE

This month, Wellness Associate Bonnie Bell is sharing her love for the lymphatic system. As warmer weather arrives, it's a perfect time to work on our lymph to help our bodies shed the doldrums of winter.

What is the lymphatic system?

It's the essential waste removal system, our internal waterways to good health. Lymph moves slowly like a meandering stream through the countryside. The lymphatic system does not have a specific organ to help it move; rather it relies on muscle contraction to move through our bodies as it delivers nutrients and removes waste. When we don't move enough, drink enough water, or eat supportive foods, our lymph can become sluggish and does not readily remove the waste from our bodies it has accumulated.

Here are a few ideas to help support the lymphatic system:

Light exercise like walking or bouncing on a rebounder helps the flow of lymph through the body.

Start each day right with hot water and lemon followed by some stretching or gentle yoga. Stay hydrated, as lymph fluid can become sluggish from dehydration.

Eat seaweed to help release the excess fluid in tissues that slows down lymph.

Eat your leafy greens! Incorporate new varieties like dandelion leaves, mustard greens, and wheatgrass for spring.

Eat red foods like beets, cranberries, cherries, raspberries, and apples.

Consume lymph-loving herbs. Both the Guido's label and Avena Botanicals have excellent lymph blends. Clover, calendula, and violet leaf tea or tincture is also a great addition.

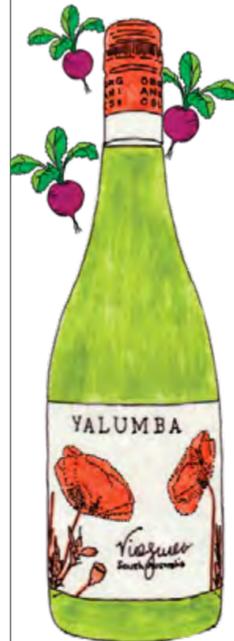
Essential oils can support circulation and our bodies' natural abilities for detoxification. Look for rosemary, lemon, ginger, juniper berry, and geranium.

Dry brushing gets the heart pumping, increasing circulation to help lymph fluid to flow more readily. Use a body brush (We love the **Yerba Prima Tampico** skin brush) with somewhat firm natural bristles, and be sure the skin is completely dry before starting. Dry brushing before a warm shower is best to rinse away dead skin cells after your session. Start at the ankles using circular motions, then move on to legs, belly, arms, and back. Apply somewhat firm pressure, making sure to use long strokes, always moving towards the heart. For ankles, knees and elbows make circular motions with your brush. For the stomach, brush in a clockwise motion. Avoid the face and chest area.

Deep breathing helps the diaphragm to expand and contract, assisting the movement of the lymph fluid through the thoracic duct into the bloodstream, where the process of waste removal continues.

WINE DEPARTMENT VINE & DINE SELECTION:

Yalumba Organic Viognier South Australia
\$10.99 or 2/\$20



Located on the Murray River at Loxton, the Barich family property features a beautiful organic vineyard that produces wonderful Viognier. The wine is pale lemon with green hues. The aroma is a funky mix of pretty white flowers, ginger and jasmine with hints of apricot. Creamy, rich and long with flavors of fresh apricot nectar and almond meal, leading into a succulent mid palate with bright stone fruit flavors and Asian five spice on the finish. Pair with red duck curry, pad Thai, or red lentil dal with spinach.

