

SEPTEMBER

YOUR MONTHLY GUIDE TO DELICIOUS DEALS AND HAPPENINGS IN OUR STORES

GUIDO'S
FRESH

EST. 1979

MARKETPLACÉ

VOLUME 1 / ISSUE 4

SEPTEMBER 1 - 30, 2018

Oh summer, thank you for lasting just a bit little longer!

The September sun is just a bit more precious when we can feel the air cooling around us. It's time to start trading tomatoes for apples, packing them into school lunches, getting back into the routine. But the summer remains, just for us, and with it some of the best harvests of the season. Luckily it's the best time to cook, and as the nights come sooner, it's more tempting to fill our homes with warmth, to get back into soups and stews that alternate with our last summer dinners on the grill. We hope September is golden for you, and we're here for you for everything from delicious lunchbox fillers to dinner inspiration.

Read on for the best of September in both our stores!

SAVE BIG*REDUCE WASTE*BUY IN BULK!

15% OFF ALL BULK BIN PRODUCTS IN SEPTEMBER
(excludes herbs, spices, liquids, and packaged bulk)



LOOK for
the **BEET**
on products
throughout
our stores!

It tells you that the item is a great **VALUE**, helping you make the most of your **BUDGET**. We work hard to deliver real **QUALITY**, **FLAVOR** and **FRESHNESS** at the **RIGHT PRICE!** **While supplies last.**

MATT'S SEPTEMBER PRODUCE PICK



“September is my favorite month. There’s so much great produce coming into the stores—the greens, the winter squash, and of course the apples! There are new varieties coming in every week, so the best way to get the most out of apple season is try a new apple every time you shop.”

- MATT MASIERO

OUR SEPTEMBER RECIPE: Roasted Applesauce

Makes about 3 cups

- 4 pounds crisp apples, such as Galas or Pink Ladies, cut into large chunks
- 2 tablespoons fresh lemon juice (1 lemon)
- 3 tablespoons maple syrup
- 2 tablespoons unsalted butter, cut into small pieces

1. Pile the apples into a large baking dish. Drizzle with the lemon juice and maple syrup, and sprinkle the bits of butter over the apples. Roast until the apples are soft, 30 to 40 minutes. Remove the pan from the oven, and let the apples cool for a few minutes.
2. Pass the roasted apples and any liquid in the pan through a food mill, catching the sauce in a bowl below. Alternatively you can puree the apples in a blender or food processor—just peel and core them before you roast them.





September

SPECIALS

PRIME BEEF SALE

Boneless Prime

NY STRIP STEAK \$19.99 lb.

Prime Natural Beef

CHUCK POT ROAST \$5.99 lb.

CHUCK STEW CUBES \$5.99 lb.

GROUND CHUCK \$5.99 lb.

PORK

Prime Boneless

PORK CHOPS \$6.99 lb.

New! Mazzeo's House-made

PORK CHORIZO \$5.99 lb.

SEAFOOD

Organic Farm Fresh New Zealand

ORA KING SALMON FILLET \$22.99 lb.

SAVE \$2 lb.

PITTSFIELD: 413-442-2222 GREAT BARRINGTON 413-528-4488

SEPTEMBER 1 to 30, 2018



BELLA FLORA

Have you been giving your houseplants a little summer vacation on the porch this season? As the temperatures dip, it's time to bring those plants back inside. Here are a few **SEPTEMBER TIPS AND TRICKS to keep your plants happy through the transition:**

1. Bring your plants inside before the nighttime temperature goes below 45°F.
2. Inspect plants for insects and diseases, and treat them accordingly. Soaking the pot in lukewarm water for 15 minutes will force insects out of the soil.
3. This is a great time to repot plants that need a larger pot. Use new potting soil, and scrub the new pot before using.
4. Expose plants gradually to reduced indoor lighting. Give them a transition time where they're outside for part of the day. You will definitely lose some leaves, but new leaves will grow back as the plant adjusts.
5. Don't overwater. Let the plant's soil be dry for several days (even more for succulents).
6. Give your plants a boost of fertilizer during the transition indoors.

BELLAFLOLABERKSHIRES.COM

Natural Foods Great **8** for September

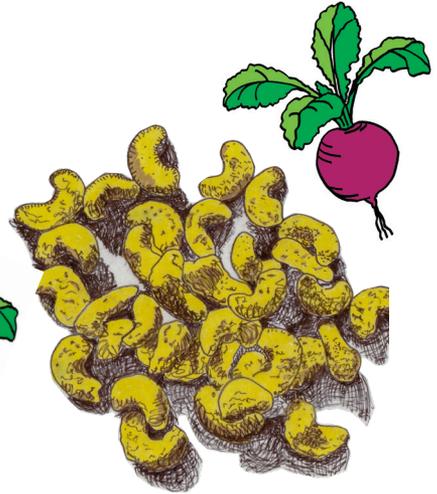
There are over **700 products** on sale in our stores in September, and we've picked our very favorites. Don't forget to look for the **BEET** all month long!



Our Own **HONEY**

wildflower and clover 2lbs

\$9.99



Bulk Bin Products

NUTS, GRAINS & MORE

excludes Herbs, Spices & Liquids

15% off



Love Corn

ROASTED CORN SNACK

all varieties

2/\$3



Taza

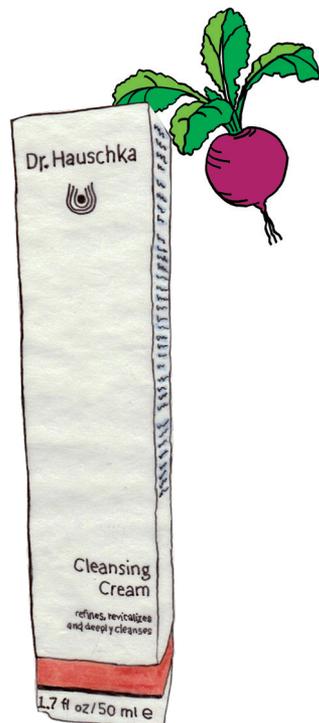
MEXICAN CHOCOLATE

all varieties

\$2.99



Califia Farms
ALMOND MILK
all varieties
\$3.99



Dr. Hauschka
SKIN CARE PRODUCTS
all varieties
20% off



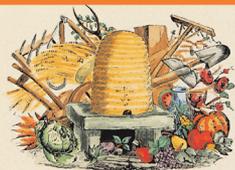
Maple Hill
YOGURT
all varieties 6 oz
\$0.99



Coconut Bliss
COCONUT ICE CREAM
all varieties
\$4.99

GUIDO'S KITCHEN SEPTEMBER PICKS

GUIDO'S



kitchen

IMPORTED Terri Ducali ITALIAN MEATS

Porchetta

\$12.99/lb - \$15.99/lb

Herbed Ham

\$8.99/lb - \$11.99/lb

\$3 Off per pound

ONLY IN PITTSFIELD



LA GROTTA SEPTEMBER JUICY DEAL

This aromatic sheep's milk pecorino from Sicily is speckled with spicy black peppercorns. Try it on a cheese plate, or use it to finish risotto, pasta, or beans.

Canastrato Pepato

\$12.99/lb

YOU SAVE

\$3/lb

ONLY IN PITTSFIELD



GUIDO'S FAVORITE
CHEESES &
PROVISIONS
from near and far

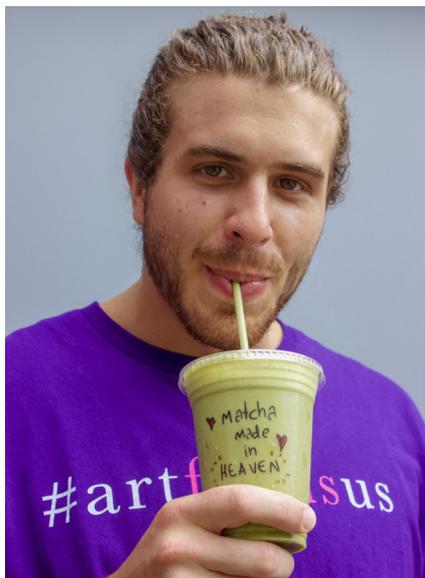


la grotta

PITTSFIELD CAFÉ SEPTEMBER SMOOTHIE OF THE MONTH

Our September smoothie is such a beauty—all spice and cream with a gorgeous green matcha hue. With house-made cashew-chia milk and coconut milk, honey, matcha, ginger, pitted dates, and banana, it's a **MATCHA MADE IN HEAVEN.**

\$1.00 off
ONLY IN
PITTSFIELD



OUR SEPTEMBER PICK

We're all about this reusable food wrap. Invest in a few sheets, and you'll never have to buy plastic wrap again!



Z WRAPS REUSABLE BEESWAX FOOD WRAP

\$7.49-\$15.99

THE MARKETPLACE SPECIALTY FOODS SEPTEMBER FAVORITES



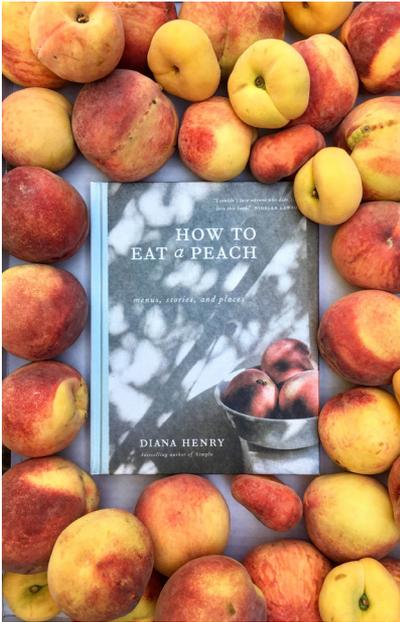
the Marketplace

20% off
HARNEY & SONS
Ice Tea
Sachets



ONLY IN GREAT BARRINGTON

FEATURED ITEM: House-made Rugelach two ways:
Raspberry White Chocolate and Classic Apricot Raisin Walnut
\$6.95



THE GUIDO'S COOKBOOK CLUB RETURNS!

Join us in September as we cook through Diana Henry's **HOW TO EAT A PEACH**. Pick up a copy in either store at 10% off, and contact Alana at achernila@guidosfreshmarketplace.com to RSVP for our in-store potluck on **September 27 at 7pm** in our Pittsfield store.

WINE DEPARTMENT
SEPTEMBER
VINE & DINE SELECTION

Domaine Lafage
Cote' Est Blanc

Roussillon, France

\$10.99

SAVE \$3

per bottle
(750ml)



Cote' Est comes from vineyards planted on the gentle slopes facing the Mediterranean just a few kilometers inland from the sea. It's a lively blend of mostly Grenache Blanc with smaller amounts of Chardonnay and Roussanne, benefitting from thermal breezes that refresh the vineyards every afternoon in the summer that preserve a high level of natural acidity in the grapes. Floral and aromatic, it is an excellent example of the open and friendly whites you can find all along the Catalan coast.

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

IN GB: Friday & Saturday, 1 - 6 pm
IN PITTSFIELD: Saturday 1 - 4 pm

FIELD TRIP: **Tierra Farm, Valatie, NY**



We pulled up to Tierra Farm on a gorgeous midsummer day and were met by happy staff members, blooming gardens, and one of the greatest smells we'd ever experienced. Roasting nuts, coconut, coffee, and chocolate all came together in an aroma beyond belief that surrounded this business built on sustainability and quality. The farm's solar panels create 70% of the electricity it needs, and all 60 employees gather together every day to eat a lunch prepared from the farm gardens. Ingredients for their products are ethically sourced from all over the world, and each Tierra product—from the coffee to the nut butter to the curry

cashews our customers devour—is created in small batches by hand. 7,000 pounds of nuts are roasted at Tierra Farm each day, and their commitment to quality means that no nut stays in the warehouse for more than 13 days from arrival to departure. You can find Tierra products throughout our stores, both under their own label and the Guido's private label. Thank you Tierra Farm for hosting us! We recommend you take a field trip, too. It's just over the New York border, and the farm store, grounds, and smells are worth the trip.

WE'LL SEE YOU IN THE STORES!

IN PITTSFIELD 1020 South St. 413-442-9912 **IN GB** 760 S. Main St. 413-528-9255

guidosfreshmarketplace.com

@guidosfreshmarketplace #guidosfresh

