

# FEBRUARY

Deep into last month,

amidst the ice, cold, and general January doldrums, we celebrated Sumo Day in our stores. It started, like it always does, with a whisper-*I think this will be the week*-and then the characteristic blue boxes arrived, packed with what might just be one of the best fruits of the year. Anna Masiero, a 2nd generation leadership team member, donned a bright orange coat to match her favorite fruit, and announced over the stores' loudspeakers: "Friends, the Sumos are here. Go grab the greatest orange you will ever eat."

It's true love between Anna and this odd looking citrus, and she is not alone there. And with Valentine's Day coming up, this got us thinking about our love affairs with certain foods. For Anna it's the sumo, for her dad (and Guido's co-owner) Chris, it's the deep green pole bean that arrives in the summer from Woven Roots Farm in Tyringham. Rumor has it that each crop is the descendent of a handful of beans brought from Italy by Pete Salinetti's ancestor, and as the precious beans come and go quickly, Chris eats as many as he can while they're available. For others, it may be a local oyster mushroom cooked in butter, and a large portion of the staff will beeline to the chocolate wall if you ask them to show off their most loved food in the store. We are so lucky to get to eat the foods we love the most, and we're especially excited to make sure your most beloved foods are on our shelves. Whatever you love, we hope you get lots of it all month long.

Read on for the best of February in our stores!



## THIS CITRUS HAS OUR



### Sumos have arrived!

Why do we love this funny looking citrus so much? They're super sweet, easy to peel, mostly seedless, and remarkably consistent in their deliciousness. (We rarely find one that's less than fantastic.) They get their name from the recognizable sumo wrestler top-not shape at their northern pole. The season is short and precious, so make sure you get at least one sumo per day!

## KALE SALAD FOR THE ONE YOU LOVE

Fresh greens, bright citrus, and a sweet vinaigrette make this salad a perfect dish for cold February nights. Serves 4.

### FOR THE SALAD

- 1 Cara Cara orange
- 1 blood orange
- 1 head curly kale, stems removed, leaves sliced very thin
- 1 head Belgian endive, leaves sliced thin
- Kosher salt
- 1 cup pitted Kalamata olives, roughly chopped
- 1/3 cup crumbled feta
- 1/4 cup roasted and salted pepitas
- Freshly ground pepper

### FOR THE DRESSING:

- 3 tablespoons pomegranate molasses
- 1 tablespoon seasoned rice vinegar
- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard
- Kosher salt
- Freshly ground pepper
- 2/3 cup extra-virgin olive oil

1. Slice the skin off of the oranges. Taking care to catch any errant juice as you go (a rimmed cutting board is helpful here), cut each orange in half (along its longitude), then cut each half into thin slices. Set the fruit aside, and pour any juice that has gathered into a 2-cup jar with a lid.
2. Add the pomegranate molasses, rice vinegar, cider vinegar, mustard, a pinch of salt, several grinds of pepper, and olive oil to the jar. Top it with the lid and shake vigorously to combine.
3. Combine the kale and endive in a large bowl and add a light drizzle of dressing and a sprinkle of salt. Use your hands to massage the dressing into the greens, using a firm touch until they soften and break down, about one minute. Add the oranges, olives, feta, and pepitas, lightly tossing with your hands or tongs so as not to lose all the good stuff at the bottom of the bowl. Taste, and add more dressing if you like. Leftover dressing can be stored in the refrigerator for up to two weeks.

## CELEBRATING BLACK-OWNED BUSINESSES



Look for the BLACK-OWNED BUSINESS tag on the shelf

## GROCERY GREAT 8 for February

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



Our Own  
**ORGANIC BULK MIXED NUTS**  
salted or unsalted  
**\$9.99/lb**



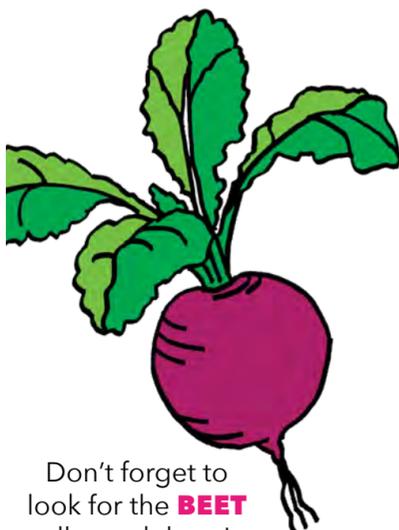
Gammalgården  
**MAPLE SKYR YOGURT**  
16 oz  
**\$5.99**



Winter Mead's  
**MAPLE SYRUP QUARTS**  
all varieties  
**\$19.99**



Sidehill Farm  
**JAMS**  
all 8.5-9oz varieties  
**2 for \$9**



Don't forget to look for the **BEET** all month long!



Love Corn  
**PREMIUM CRUNCHY CORN**  
all 1.6 oz varieties  
**2 for \$3**



Mi Niña  
**TORTILLA CHIPS**  
all 12 oz varieties  
**\$3.99**



Native Forest  
**ORGANIC UNSWEETENED COCONUT MILK**  
13.5 oz  
**\$2.79**



SMT San Marzano Style  
**CANNED TOMATOES**  
all 28 oz varieties  
**2 for \$5**

# MADE TO SURPRISE

"There is simply the rose; it is perfect  
in every moment of its existence."

- Ralph Waldo Emerson



# AND DELIGHT

## BELLA FLORA

GUIDO'S RESIDENT FULL-SERVICE FLORIST

To view our full floral gallery or to order online,  
visit [bellafloraberks.com](http://bellafloraberks.com).

Surprise your loved ones with flowers delivered to  
their door! Please order by 7pm on Saturday, 2/12  
to secure a local delivery slot on 2/12, 2/13, or 2/14.

All custom arrangement orders must be placed  
by noon on Sunday, 2/13 for in-store pickup on  
Valentine's Day.

PF: 413-496-8242  
GB: 413-528-1581



SAVE! **FEBRUARY**  
**Mazzeo's**  
**SPECIALS**

**MEAT**

FREE RANGE BONELESS CHICKEN BREASTS  
 \$5.99/lb when you buy 5+ pounds

MAZZEO'S OWN TURKEY ITALIAN SAUSAGE (HOT OR MILD)  
 \$5.99/lb

MAZZEO'S OWN ALL NATURAL CHICKEN STOCK  
 \$3.99/qt

**SEAFOOD**

MAZZEO'S OWN SEAFOOD SALAD  
 \$7.99/lb

DUCKTRAP MAINE SMOKED MUSSELS  
 \$5.99/6 oz

FEBRUARY 1-28, 2022



**SHOW YOURSELF SOME LOVE THE SWEET TALKER SMOOTHIE**

hits all the right notes! With banana, dates, Guido's own almond butter, soy milk, and house-made coconut milk, this sweet treat will start your day off right.

**\$6.45 - YOU SAVE \$.50**

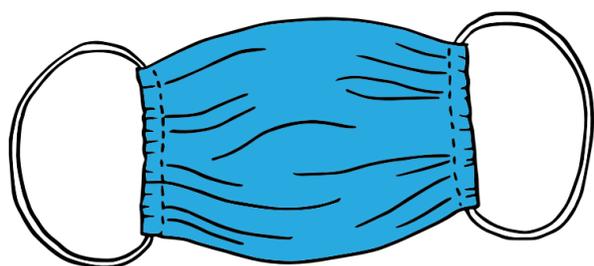
ONLY IN PITTSFIELD



This family-owned company has been making cookware since 1830 in the French Alps. Mineral B, their flagship line, is made of pure carbon steel, which heats like cast iron at a fraction of the weight. The pans are seasoned with natural beeswax, which protects the steel from rust and corrosion. Season the pans once, and then let your natural cooking oils continue to build a natural nonstick surface that will darken to a rich patina over a lifetime.

Check out our lines of DeBuyer Mineral B carbon steel and PFOA-free Nonstick cookware, as well as our all-natural B Bois beechwood utensils, Vintage Collection utensils with wood handles and galvanized steel finishes, baking tools, pepper mills, and more!

**MASK UPDATE**



Please note that in accordance with our local health departments, we ask that **ALL CUSTOMERS WEAR A MASK IN THE STORES**, regardless of vaccine status. If you're unable to wear a mask for any reason, please make use of our online shopping site at [guidostogo.com](http://guidostogo.com).



**SELF CARE = COMMUNITY CARE**

How do we take care of the world, our community, and the ones we love? Bonnie Bell, our Great Barrington wellness specialist, reminds us that we need to take care of ourselves so we can be strong and charged up to help others.

Here are some of Bonnie's suggestions for little acts of self care:

- Eat fresh produce
- Anoint yourself with your favorite essential oils
- Find a new recipe
- Brew a lovely cup of tea with local honey
- Keep a journal
- Give yourself a little massage (check out our massage oil collection in the Wellness department)
- Take a walk in nature
- Drink plenty of water
- Breathe Deeply
- Buy yourself some flowers



**WINE DEPARTMENT VINE & DINE SELECTION**

**CHATEAU HAUT PEYRUGUET**

Soussac, France

**\$12.99**

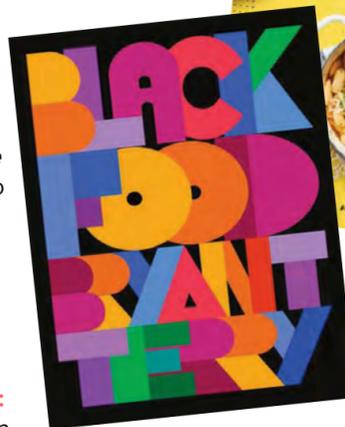
A great Bordeaux with a beautiful ruby purple color and hints of raspberry. The nose reveals a powerful and flattering aroma of red fruits, pretty floral notes, and spicy sweet mint. On the palate, it is fleshy, round, supple, and fruity with ripe tannins and a long, fresh finish.

**FAVORITES FROM THE COOKBOOK TABLE**

Have you stopped by our Pittsfield cookbook table lately? Here are some of our new favorites:

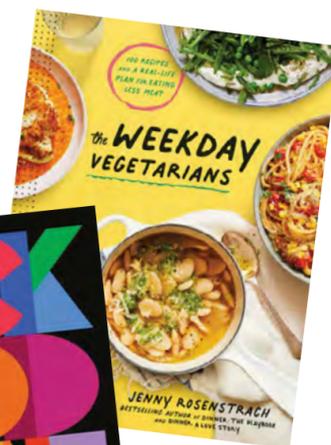
**BLACK FOOD:**

*Stories, Art, and Recipes from Around the Across the African Diaspora* by **Bryant Terry**—We love Bryant Terry (his *Vegetable Kingdom* was a Cookbook Club pick), and this gorgeous book is both a joyous celebration of Black culture and a stellar cookbook filled with delicious recipes.



**THE WEEKDAY VEGETARIANS:**

*100 Recipes and a Real Life Plan for Eating Less Meat* by **Jenny Rosenstrach**—Looking to eat less meat, but don't want to go fully vegetarian? Cook your way through this book. Every recipe is great, and it's tailored to busy families looking for new plant-based ideas for the table.



The Big Game is Sunday, February 13!

**GUIDO'S kitchen**

We have everything you need for a winning spread. Place your order today at 413-442-9912 x1131

Be sure to check out or pizza and platter menus!

**DIPS**

- Our Own Guacamole \$7.99
- Our Own Salsa - \$2.99 / \$6.99
- 5 Layer Dip - \$9.99

Cold Dips - \$3.99  
 Blue Cheese, French Onion, or Southwestern

Hot Dips - \$5.99 / \$9.99  
 Buffalo Chicken or Spinach and Artichoke

**CHILIES**

- Beef Chili - \$13.95/qt
- Turkey Chili - \$13.95/qt
- Vegetarian Chili - \$11.95/qt

**AND MORE!!**

Wings - \$8.99/lb  
 Hot Wings, Teriyaki, Barbecue, or Garlic Parmesan

Meatballs - \$8.99/lb  
 Sweet and Sour or Marinara

The Guido - \$15.95  
 (we dare you to eat this all yourself!) Sopressata, Pepperoni, Genoa Salami, Mortadella, Asiago Cheese, Roasted Peppers, Oil, and Italian Seasoning on a Berkshire Mountain Bakery Ciabatta loaf.

ONLY IN PITTSFIELD



LOCATED ALONG ROUTE 7 - PITTSFIELD AND GREAT BARRINGTON MASSACHUSETTS