



NEW PRODUCT SPOTLIGHT

Pole & Line Tuna



This new tuna line provides customers with unparalleled quality, nutrition, and traceability of the fish to its source, all by way of fisheries in the north Pacific and the Maldives where fishermen catch tuna using low impact one-by-one fishing methods, utilizing barbless hooks and poles to catch younger albacore tuna one at a time near the sea's surface.

Check out the bottom of each can for all the info you need to trace the fish in your can back to the boat where it was caught.

AID FOR UKRAINE

Please join us in supporting the essential work of **World Central Kitchen**, an organization feeding Ukrainians both on the Polish/ Ukrainian border and in cities currently under active attack.

From José Andres, the founder of World Central Kitchen: "Food relief is not just a meal that keeps hunger away. It's a plate of hope. It tells you in your darkest hour that someone, somewhere, cares about you. This is the real meaning of comfort food. It's why we make the effort to cook in a crisis."

We invite you to learn more and donate today at wck.org



GROCERY GREAT 8 for April

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

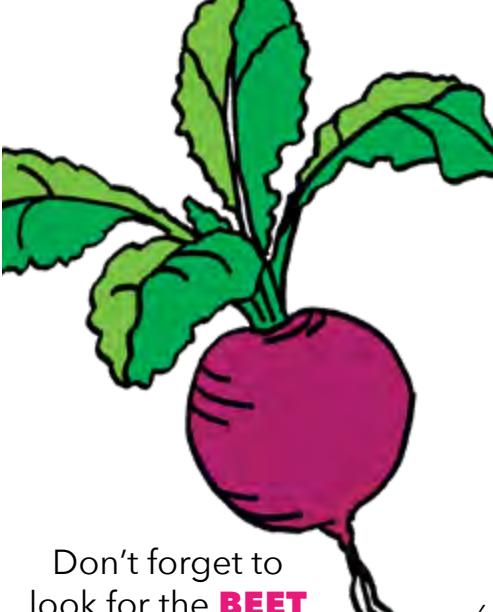
CLEANING PRODUCTS
select varieties
35-40% off

Annie's MAC AND CHEESE
6 oz non-organic varieties
3 for \$4

Riad's HUMMUS AND DIPS
all 12-16 oz varieties
\$5.99

Endangered Species CHOCOLATE BARS
all 3 oz varieties
2 for \$4

Carr's CRACKERS
select varieties
2 for \$7



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



Here we are, once again, in the holiday season we like to call "The Rites of Spring". Easter and Passover align this year, and we are eager and ready for these lovely rituals that bring us all around the table to celebrate the rebirth, renewal, and hopes of freedom that are so often the subject of seder and church conversations alike. Of course, the food is the part we do best, and we're stocked with everything from matzoh to bright green asparagus to succulent hams to gorgeous spring blooms. The time and space around the holiday and the gentle shift from ice to mud to green all make this a month to look forward to. Here's to warmer temperatures, blooming trees, and the coming of a new season. Whatever shape your rites of spring take, we hope the month is a great one for you.

Read on for the best of April in our stores!

HERB SALAD, LIME, ALMONDS, AND CURRANTS

This month, we're sharing a sneak preview from a new book, *The Modern Table: Kosher Recipes for Everyday Gatherings* by Kim Kushner. The book won't be on our shelves until May, but we wanted to share this perfect-for-spring-celebrations recipe now. It's fresh, quick, and gorgeous on the table. From the author:

"When it comes to Passover cooking, I stick to bright and seasonal ingredients and keep it simple and modern. Fresh, colorful salads, simply grilled fish and slow cooked meats using garlic, lemons and fresh herbs can take you a long way!"

(If serving as part of a strictly kosher meat meal, omit the dairy.)

Serves 8

1 bunch flat-leaf parsley, leaves and stems finely chopped
1 bunch curly parsley or cilantro, leaves and stems finely chopped
1 bunch dill, leaves and stems finely chopped
1 bunch scallions, finely chopped
1/4 cup mint leaves, finely chopped
1/4 cup sliced almonds
1/4 cup dried currants
1/4 cup extra-virgin olive oil (divided)
Juice of 2 limes (about 1/4 cup)
1 tsp kosher salt
1/4 tsp freshly ground black pepper
3/4 cup plain full-fat Greek yogurt - optional (makes it a dairy meal)
2 Tbsp za'atar



1. Combine herbs and scallions in a medium mixing bowl.
2. Heat a small nonstick skillet over medium heat. Add almonds and toast for 3 minutes on each side, until golden. Cool slightly.
3. Add almonds and currants to the bowl. Add 3 tablespoons of olive oil, lime juice, salt, and pepper. Using your hands, toss everything together.
4. Transfer the salad to a serving platter and make a well in the center. Dollop yogurt into the well, sprinkle with za'atar, and drizzle the remaining 1 tablespoon of oil on top. Serve immediately.

Excerpted from *The Modern Table: Kosher Recipes for Everyday Gatherings* by Kim Kushner. Photography by Kate Sears. Copyright © 2022 by Kim Kushner. Excerpted with permission from Figure 1 Publishing. All rights reserved. No part of this excerpt may be reproduced or reprinted without permission in writing from the publisher.

THE RITES

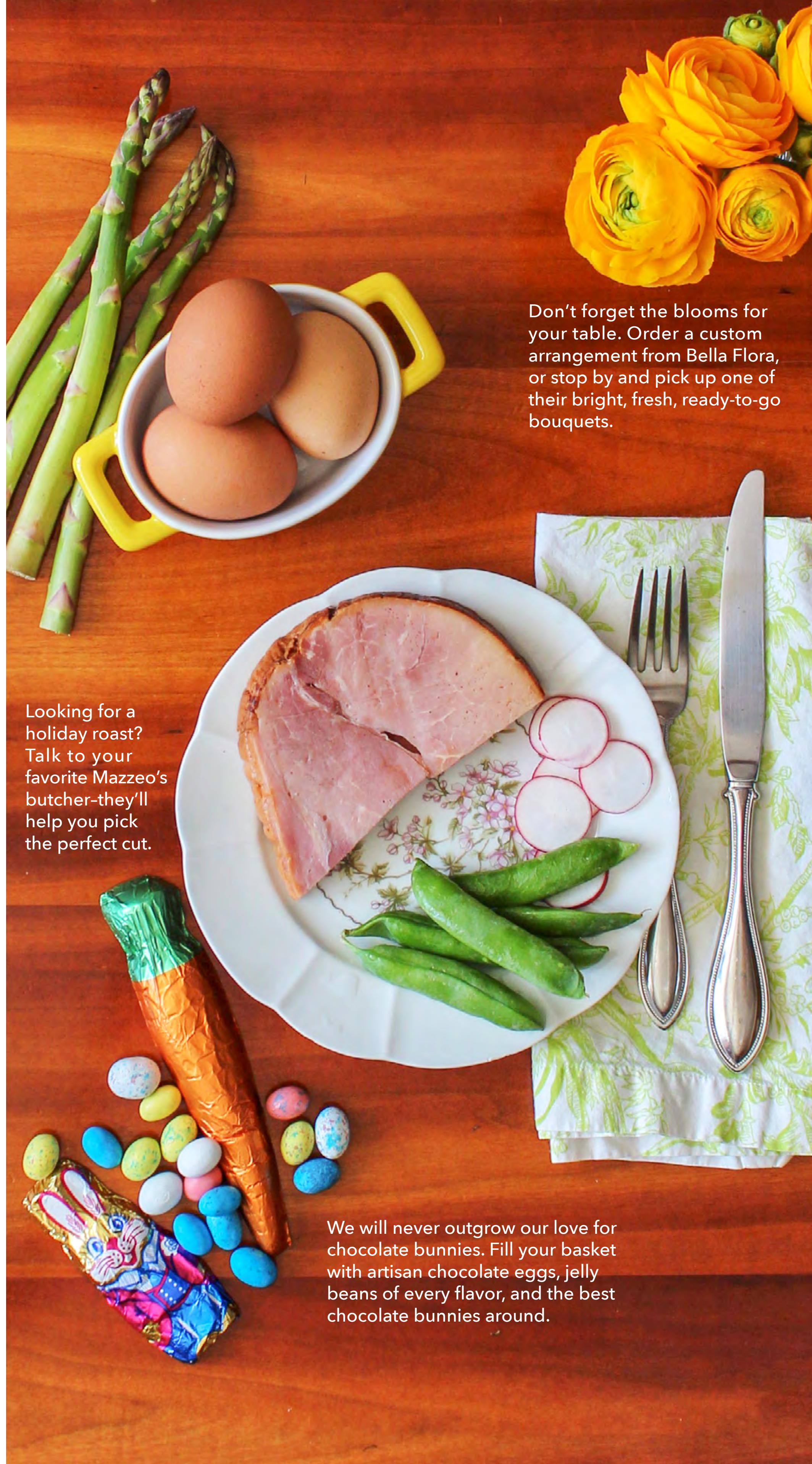
The holidays of this month bring some of our favorite foods: bright vegetables, succulent roasts, sweet treats, and so much more.



Curly or Flat?
Both parsley varieties are perfect for the seder plate, and oddly delicious when dipped in salt water.

Get your orders into Guido's Kitchen for Cathie's famous Matzo Ball Soup! She makes a whole lot, but it always runs out.

OF SPRING



Don't forget the blooms for your table. Order a custom arrangement from Bella Flora, or stop by and pick up one of their bright, fresh, ready-to-go bouquets.

Looking for a holiday roast? Talk to your favorite Mazzeo's butcher—they'll help you pick the perfect cut.

We will never outgrow our love for chocolate bunnies. Fill your basket with artisan chocolate eggs, jelly beans of every flavor, and the best chocolate bunnies around.



APRIL

SPECIALS

Roasts and Great Cuts for Your Holiday Table

BISTRO FILET
\$12.99/lb

Similar to Filet Mignon in texture and taste, but looks more like a pork tenderloin. Bistro Filet is super tender, easy to cook, and much more affordable than Filet Mignon.

PRIME PORK BABY BACK RIBS
\$5.99/lb

D'Artagnan Bone-In Hams:

Berkshire pork, also known as Kurobuta pork, makes the best ham. Uncured, fully-cooked, and ready-to-eat, D'Artagnan 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 Hams:

Niman Ranch prepares gourmet hams with a delicate blend of maple, sugar, and salt, then slowly smokes them over applewood for up to 12 hours, sealing in the succulent flavor.

April 1–30, 2022



WINE DEPARTMENT VINE & DINE SELECTION

CAVE SAINT DÉSIRAT SYRAH

\$9.99

Pure Syrah is usually the domain of pricey northern Rhône reds, but this red comes from just beyond the St. Joseph limit, so it combines silky fruit flavor with a much more wallet friendly price tag. Hints of oak and leather, with a sweet raspberry finish.



Refresh yourself with **DA BOMBSHELL**, 16 ounces of zing—with fresh ginger, lemon juice, cayenne and turmeric powder, and the Catalyst Kombucha flavor of your choice, served over ice.

\$3.50 - YOU SAVE \$.45

ONLY IN PITTSFIELD

BELLA FLORA



SPRING COMES EARLY FOR BELLA FLORA!

Fill your home with gorgeous spring blooms. Bella Flora has tulips, ranunculus, potted spring plants, and so much more.

bellafloraberkshires.com

GUIDO'S
FRESH
MARKETPLACE

BELLA FLORA

Support for Allergy Season



April showers bring May flowers and green grasses. Unfortunately, they also bring on allergy season! Here are a few simple ways to combat seasonal allergies.

Vitamins C and E might help with histamine levels in the blood, as well as supporting our immunity which can take a real beating during allergy season.

Staying hydrated is a must. Start the day with hot water and lemon or a shot of fire cider.

Nettle tea or tincture has great powerful antihistamine qualities.

Reishi Mushroom can quell an inflammatory response. With its anti-inflammatory properties, reishi can help quell the runny nose and watery eyes that can come with seasonal allergies.

Curcumin, found in turmeric root, can act as a decongestant.

A Neti Pot can help flush out nasal passages.

Similasan Allergy Eye Formula or Dry Eye can help with itchy or dry eyes.

Raw, local honey and bee pollen can bring relief to many who suffer with seasonal allergies.

Quercetin is an antioxidant that can help reduce the allergy response.

B. Immune Throat Spray from Beekeeper's Naturals works wonders on an itchy throat.

Looking for more seasonal allergy support? Stop into the wellness aisle and talk to one of our associates!

GUIDO'S FAVORITE
CHEESES &
PROVISIONS
from near and far

la grotta

APRIL JUICY DEALS

Hennings 4-year White Cheddar

\$17.99/lb, save \$2/lb

Pair this flavorful Wisconsin cheddar with nuts, apples, dried cherries, and hearty crackers.

Cabot Clothbound Cheddar

\$25.99/lb, save \$3/lb

A collaboration between Cabot Creamery and Jasper Hill, this delicious cheddar is especially good with a sparkling cider, a hoppy ale, or an oaked Cabernet Sauvignon.



Jasper Hill Harbison

\$8.99/ea, save \$9/ea

A soft-ripened cheese with a rustic, bloomy rind. Serve at room temperature for a decadent treat.

Cambazola Black Label

\$17.99/lb, save \$2/lb

Brie-style pasteurized cow's milk cheese with just a bit of blue veining. A perfect introduction to blue cheese.

Order today for your holiday celebrations!

FOR PASSOVER

Cathie's famous matzo ball soup, potato kugel, tender brisket, sweet macaroons, and more.

FOR EASTER

Deviled eggs! Succulent baked ham! Creamy potato gratin! Grab an easy meal for two, or pick and choose dishes to fill out your menu.



Check out the full menu and download the order form at guidosfreshmarketplace.com.

Order for Passover by Tuesday, April 12.
Pickups beginning Friday, April 15.

Order for Easter by Wednesday, April 13.
Pickup on Saturday, April 16.

For questions, or to order by phone please call 413-442-9912 x1172.

ONLY IN PITTSFIELD

Mazzeo's
meat & seafood

at Guido's in Pittsfield & Great Barrington, MA

THE CHEF'S SHOP
in the Berkshires since 1921

LOCATED ALONG ROUTE 7 – PITTSFIELD AND GREAT BARRINGTON MASSACHUSETTS