

YOUR MONTHLY GUIDE TO DELICIOUS DEALS AND HAPPENINGS IN OUR STORES

MARCH

What's in your pantry?

March is serious business in the Berkshires. It feels like the rest of the northern hemisphere celebrates spring while we're stuck in frozen mud season. How long will it last? It's impossible to guess. Our best strategy is to revel in good old Berkshire resiliency and keep a stocked pantry, both figuratively and literally. Figuratively, in that this is the moment to take extra pleasure in the moments of sun and crocuses when they come, to find the bright spots (Champagne mangoes! Artichokes!), and to remember that spring really will come, even if it takes until May. And literally, in that a fully stocked pantry will prepare you for those inevitable March storms, and help you hunker down for this last bit of cozy winter. We're loving Rancho Gordo beans for rich soups that bubble on the stove, Guido's pastas for quick and delicious dinners, and most of all tinned fish, which is having a much deserved moment in the spotlight right now.

Read on for the best of March in our stores!

MATT'S PRODUCE PICK:
CHAMPAGNE MANGOES

Early March carries with it a bright spot in the yearly calendar of produce we wait for all year long. Champagne mangoes have yellow skin and an oval, crook-necked shape. Inside, their flesh is custardy, bright yellow, and packed with amazing sweetness.

To choose your perfect mango, look for very bright yellow/ orange skin. The mango should be soft, and the skin can even be a bit wrinkled. If you're buying your mangoes a few days ahead of when you'd like to eat them, they can be greener or dull yellow and firmer to the touch.

To eat your mango, hold the mango stem side down and cut on either side of the pit, separating the "cheeks". Cut the flesh in a criss-cross pattern and use your hands to gently press on the skin to push the mango cubes out. Remove the cubes with a knife or eat them directly from the skin.

Please Round Up at
Checkout this month to
support NAMI Berkshires!



NAMI (The National Alliance on Mental Illness) is dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy.

They advocate at the county, state, and national levels for non-discriminatory access to quality healthcare, housing, education, and employment for people with mental illness. They work to educate the public, eliminate the stigma, and advocate for increased funding for research into the causes and treatment of mental illness.

To learn more about NAMI's services, visit namibc.org



MASS MoCA Loves Their
Members and So Do We!

That's why all March long is MASS MoCA's Member Appreciation Month (March 1-31) when members get:

- 10% off purchases at Guido's*
- 20% off at the MASS MoCA Store (3/1-3/15)
- Special member events and more!

Not a MASS MoCA member yet? Or have you been meaning to renew? Join in March and get 2 extra months for free using promo code **TYMM23!** Plus a few tasty Guido's coupons in your fulfillment package. Head to massmoca.org/event/member-month/ for more details.

*You must present your membership card at checkout. Cannot be combined with senior discount or any other offer. Certain restrictions apply. See instore for details.

CELEBRATE WORLD DOWN SYNDROME DAY
WITH JOHNATHAN!

We're celebrating 13 years with Johnathan Jenkins this year! Johnathan loves his job at Guido's. His current favorite things are Lalli (his BFF at the registers) and spicy foods. Johnathan was hired on Halloween, and continues to rock every Halloween with the best costumes. Thank you, Johnathan, for all your hard work, and for all the joy you spread throughout the store!

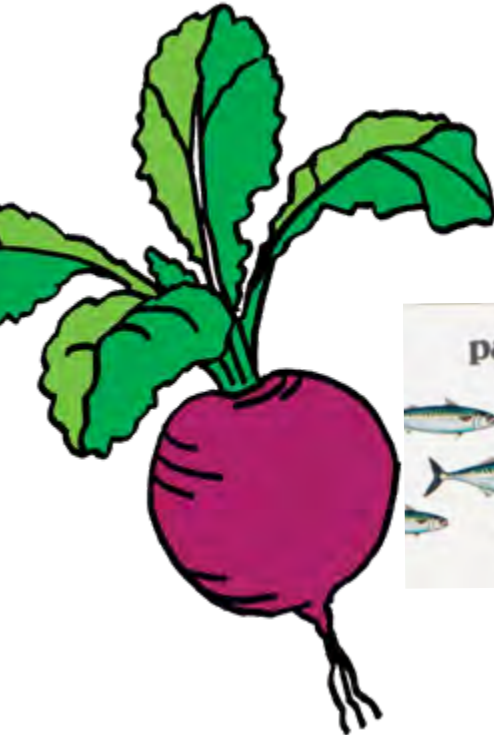
How to celebrate World Down Syndrome Day? On March 21, please join us to help create a single, global voice advocating for the rights, inclusion, and well being of people with Down Syndrome.

Rock your socks! Socks are shaped a bit like chromosomes, and that's how the "Rock your Socks" initiative was born. Wear mismatched socks, wear your craziest socks, or pin extra socks to your clothes! Use them as a conversation starter to tell people about WSD.



GROCERY
GREAT 8
for March

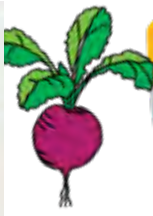
There are over **300 products** on sale in our stores in March, and each month we choose our favorites.



Carbone
PASTA SAUCE
all varieties
\$5.99



Rustic Bakery
FLATBREAD
all varieties
\$5.99



Bola
GRANOLA
all 12-16 oz varieties
\$6.99



Fillo's
SEASONED BEANS
all 10 oz bags
2/\$5



Patagonia
MACKEREL
all 4.2 oz varieties
\$5.49



Ortiz
WHITE TUNA IN OLIVE OIL
this variety only
\$12.99



Top Seedz
ORGANIC CRACKERS
all varieties
\$5.99



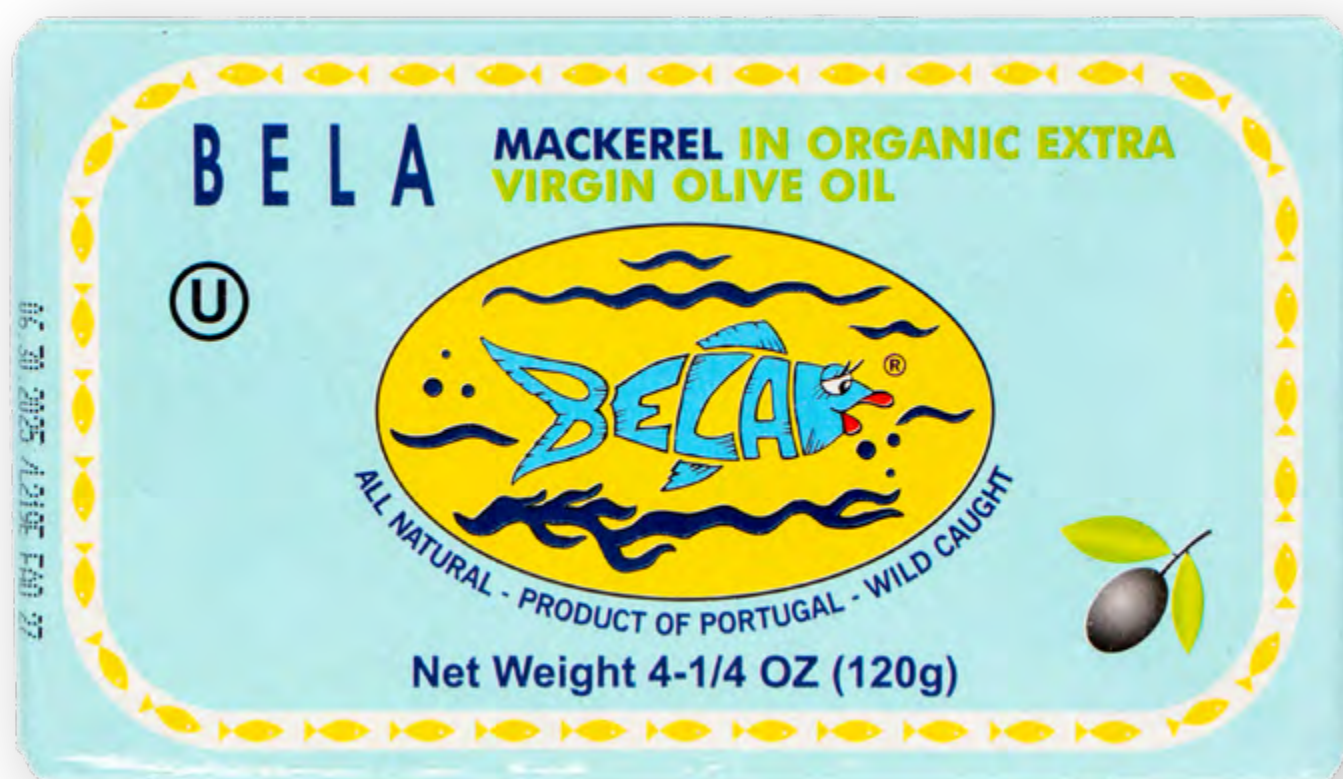
Vista Hermosa
FROZEN BURRITOS
all varieties
\$3.99



HOLY MACKEREL! IT'S TINNED FISH!

Go beyond the tuna melt! Tinned fish is tasty, elevated, packed with health benefits, affordable, and a great way to integrate more fish into your diet. Need a little inspiration? From sardines to octopus, here are a few of our favorite tinned fish go-tos:

Bela Mackerel: Combine the contents of the can with parsley, lemon juice, lemon zest, salt, **Laurel Hill capers**, and a bit of extra olive oil. Stir into spaghetti, adding a bit of warm pasta water to loosen the sauce. Top with lots of fresh pepper and Parmigiano Reggiano. Mackerel also makes a great sandwich- just replace it for tuna in your favorite tuna salad recipe. Mackerel is one of the most nutritious fish you can find- rich in protein and B and D vitamins.



Roland Anchovies with Capers:

These heart-healthy fish are a great flavor booster for sauces! Chop the anchovies and capers and heat gently with the oil from the can, a hunk of butter, and a pinch of red chile flakes. Remove from heat and add a finely chopped or pressed garlic clove. This makes a lovely sauce for pasta, broccoli raab, or roasted vegetables.



Freshé Gourmet Fish Meals:

These ready-to-go tinned meals are a perfect lunch with **Top Seedz** or **Mary's Gone Crackers**. We especially love the Aztec Ensalada, with wild tuna, red beans, corn, red peppers, and onions. Dump the full contents of the can on fresh greens for a gorgeous instant salad.



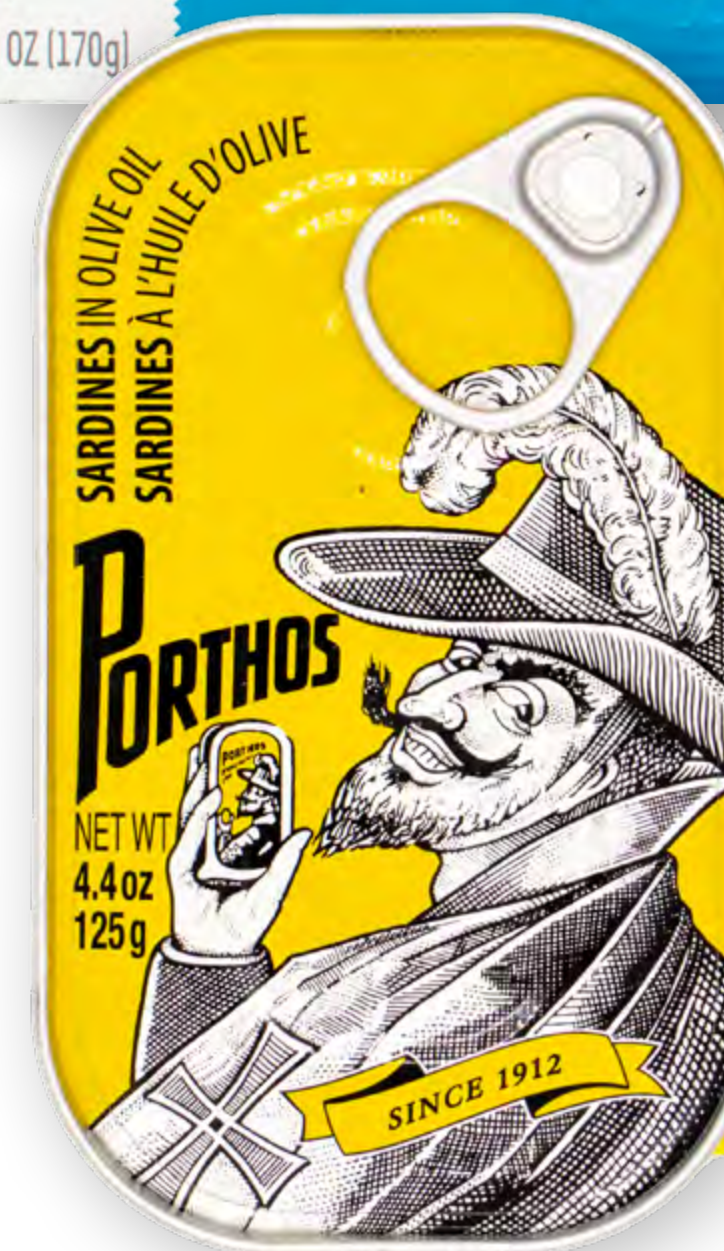
Patagonia Lightly Smoked Wild Sockeye Salmon:

Arrange with steamed potatoes, green beans, radishes, and a jammy egg for a quick Niçoise. Or flake and cook into scrambled eggs with chives and fresh cheese.

Matiz Octopus: Don't be intimidated if you've never tried octopus- Matiz tinned octopus is tender and SO good. It's also a great lean protein, packed with vitamins and minerals. Try Creamy Feta with Octopus for an easy and elevated appetizer: blend feta in a food processor with olive oil. Spread on a plate and top with roasted red peppers, parsley, octopus, and a drizzle of olive oil.



Safe Catch Tuna: There are so many great tunas on the shelf to choose from. We especially love **Ortiz** (in the tin or the jar- in the Great 8 this month!), **Tonnino**, **Wild Planet**, and **Safe Catch**. We choose tunas that are sustainably caught and full of flavor. Looking for a new tuna recipe? Combine canned tuna, olive oil, chickpeas, cucumbers, and kalamata olives. This makes a great quick lunch with crackers or on its own. Or try **Truff Mayonnaise** in your tuna salad.



Porthos Sardines in Olive Oil:

Make our favorite quick hors d'oeuvres! Combine one tin of sardines in their oil, 2 ½ tablespoons coarsely chopped parsley, the zest of ½ lemon, a hefty squeeze of lemon juice, and ¼ teaspoon crunchy **Maldon salt** or other salt. Separate out the leaves from one or two endives, and fill each leaf with the sardine mixture. Top with more parsley and lemon zest.

Bar Harbor Wild Herring Fillets:

Spread on toast with cream cheese, horseradish, and red onion. Or combine with leftover mashed potatoes for a delicious fish cake. We also love herring (or any tinned fish) on a board with pickles, crackers, and spreads.



SAVE!

Mazzeo's

monthly specials

**BOSTON'S OWN PEARL
CORNEBEEF FLAT BRISKET**
We'll have limited supply - be sure to order ahead of time!

**PORK TENDERLOIN CUTLETS
(SCHNITZEL)**
\$7.99/lb

BISTRO FILET STEAK
Teres Major is a cut of beef cut from the chuck, right below the front leg. It's about the size of a pork tenderloin and happens to be the second most tender cut of the cow after the tenderloin!
\$12.99/lb

100% Grass-fed Natural Beef
BONELESS SIRLOIN SPOON ROAST
\$11.99/lb

Chemical-Free USA Gulf Extra-Large
16/20CT RAW SHRIMP
\$14.99/lb

NEW ITEM:
**MUSTARD TARRAGON
BREADED SALMON FILET**
Bake 15 minutes at 350°F for a quick and delicious dinner
\$19.99/lb

MARCH 1-31, 2023



MARCH JUICY DEALS

Etivaz AOP
\$27.99/lb, save \$2/lb
An alpine cheese made from unpasteurized milk produced in the summer months over an open fire.

Fontina Val d'Aosta
\$17.99/lb, save \$4/lb
A real fontina, rich and nutty, with a flavor reminiscent of truffles and a subtle texture.

6 Month Manchego
\$21.99/lb, save \$3/lb
Sweet, buttery, and nutty, with a grassy flavor and a bit of tang.

Midnight Moon
\$24.99/lb, save \$5/lb
An aged goat gouda with a brown butter flavor and a long caramel finish.



Treat yourself to the March drink of the month!
**OUR CARAMEL
LATTE**
has house-made caramel sauce, rich espresso, and the milk of your choice. Delicious hot or iced!
Save 50¢
ONLY IN PITTSFIELD



LOCAL LOVE: Lamson Cutlery

Lamson Cutlery is the oldest knife manufacturer in the United States. For over 175 years Lamson Cutlery has produced quality premium blades and assorted kitchen tools in Shelburne Falls, and now in West Springfield MA. The Chef's Shop is pleased to showcase this local historical company and their beloved lines of kitchen knives. Their forged knives with the "Fire" handle are genuine showstoppers, and the warmth and balance of their "Vintage" series with classic walnut handle and brass rivets evoke classic New England styling. Stop by, view our selection, and pick out a new blade that will last a lifetime.

5 REASONS TO BUY YOURSELF FLOWERS

1. You're living through March in the Berkshires. Fresh flowers are a major mood-booster, and you might just need that this month. Take care of yourself!
2. Look in the mirror. Look at that face- it's gorgeous! You'd better get that beautiful person some flowers.
3. Bella Flora's Vanco tulips come from Prince Edward Island. Thinking about that might make you think about Anne of Green Gables, which will likely bring about that nice cozy feeling that comes when you think about a book you loved when you were a kid.
4. Buying yourself flowers is an act of self care. Show yourself some big love!
5. Brighten up your space. A bouquet does wonders for any room in the house. It's like a mini instant renovation.



BELLA FLORA



Are you into the health benefits of fish, but not a fish lover?

Pick up a bottle of **Guido's Omega-3 Once Daily!** Findings show Omega-3 fatty acids may support heart health, treat certain mental health conditions, support eye and skin health, improve symptoms of depression, aid in asthma symptoms, and improve bone health.

GUIDO'S kitchen

Does the upcoming St. Patty's Day holiday have you craving corned beef? Stop by Guido's Kitchen this month for **THE GENERAL**, Guido's special take on the reuben. We start with fresh rye bread and layer it with corned beef or pastrami, Swiss cheese, local Hosta Hill sauerkraut, and Thousand Island dressing, all served piping hot.

\$9.95, SAVE \$1



WINE DEPARTMENT VINE & DINE SELECTION



DONNAFUGATA ANTHILIA BIANCO

Sicily, Italy

\$16.99, save \$3

A delicious white wine made mostly from the Catarratto grape, an indigenous varietal of Sicily. Anthilia has a straw yellow color, with a fresh and fragrant bouquet of white peach combined with hints of wildflowers. The finish is long and lingering.

Perfect when paired with lightly smoked fish, crustaceans, and anchovies. Ideal with vegetarian courses. Excellent with tuna, Caesar salad, and spring rolls!

