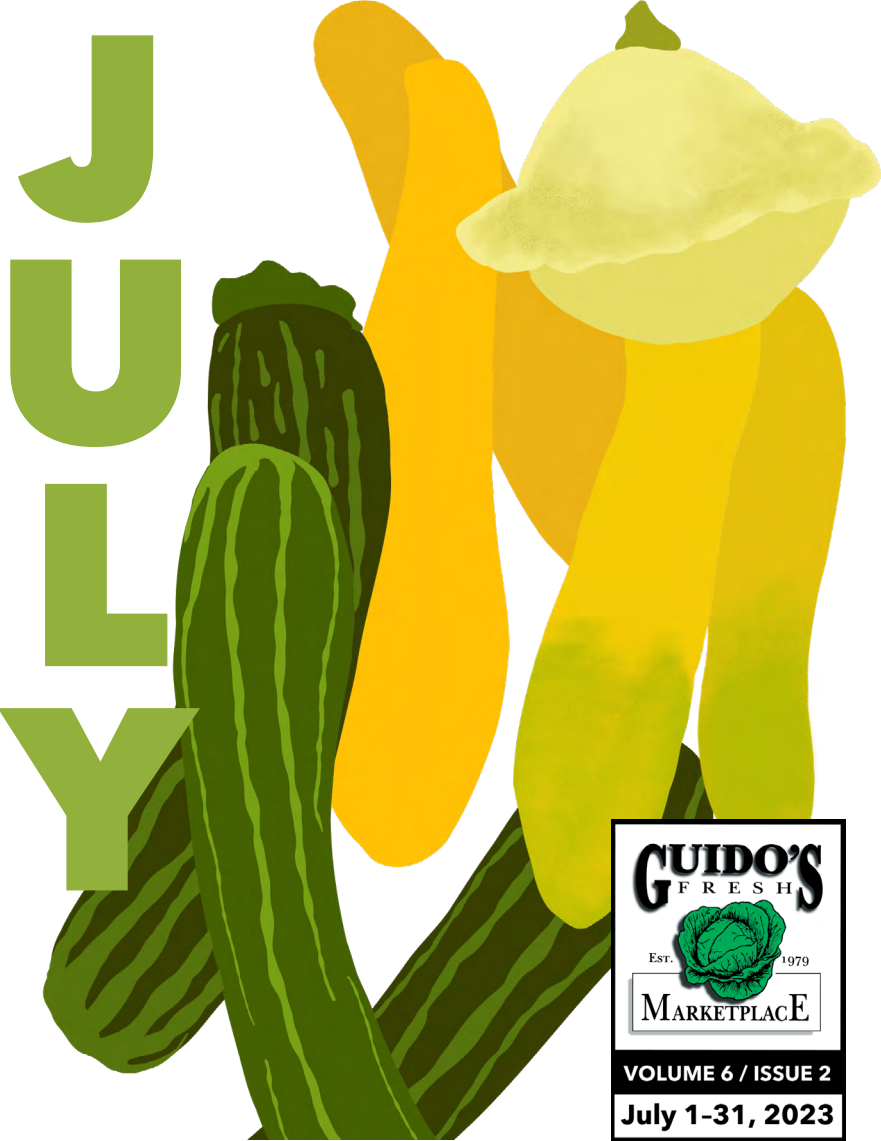


YOUR MONTHLY GUIDE TO DELICIOUS DEALS AND HAPPENINGS IN OUR STORES



Welcome to the season of magical produce. It can be easy to forget how flavors come through in the summer, but all it takes is that first bite of tender, local zucchini sautéed in butter and rosemary to remember that YES, this is the time when everything tastes better. Ripe and juicy tomatoes layered with basil. Cucumbers with refreshing undertones of herbiness and lemon. The deep sweetness of watermelon, begging for feta and mint. The delights come in waves so there is always something new to find, to bring home and share and savor.

Of course, we have access to such stunning fruits and vegetables because of the talented and dedicated local farmers who work through the often difficult weather conditions, long hours, and challenging physical labor to bring us the sweetest corn and the juiciest melons, day after day. We're so grateful for the opportunity to support that vital work, and for the chance to bring the delicious fruits of their labor to you all summer long.

Read on for the best of July in our stores!

MATT'S PRODUCE PICK: SUMMER SQUASH

Summer Squash are harvested when they're immature, so the skin is soft and edible. We see so many great local varieties come through, including the Pattypan (looks like a UFO), the Zephyr (long and yellow with a green tip), and delicious and sweet Striped Zucchini.

Please join us in July & August to support Greenagers!



GREENAGERS, through its paid employment programs, internships and apprenticeships, engages teens and young adults in meaningful work in environmental conservation, sustainable farming, natural resource management, and vocational skills building. In the Berkshires, Northwest Connecticut, and nearby New York State, their trail crews maintain existing trails and build new trails for local, regional, and national conservation organizations. Their Farm and Food Justice Team stewards April Hill Farm and works with local farmers, learning animal husbandry and organic agriculture. They also install front-yard gardens for area families, glean produce for local food service agencies, and promote food justice through community work and advocacy.

Featuring an historic house dating to 1744 and barns dating to the mid-19th century, April Hill Education and Conservation Center serves as the headquarters for Greenagers as well as a resource for community gatherings and education. April Hill Farm is the primary stewardship enterprise on the nearly 100 acres comprising the property. Conserved in perpetuity, April Hill has nature trails, vegetable gardens, orchards, pastures and hayfields, and abuts the Appalachian Trail-linking it to the Berkshire-Taconic range and beyond.

Greenagers participants learn the value of teamwork, collaboration, initiative and solid work ethics. They learn about community partnerships through collaborations with area nonprofits, businesses and organizations that both hire Greenagers and partner with Greenagers' broader mission of youth and community engagement. They embrace the values of service and stewardship, and they support social and environmental progress in all of their work.

To get involved or learn more, please visit greenagers.org

Guido's will be open on Tuesday, July 4th from 9 am to 6 pm

The Senior Discount WILL NOT BE AVAILABLE on Monday, July 3rd or Tuesday, July 4th

GROCERY GREAT 8 for July

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



Rustic Bakery CRACKERS \$5.99



Tonnino SELECT TUNA IN GLASS JARS \$5.99



Bulk Liquids OILS, BALSAMIC, HONEY, & MAPLE SYRUP 15% off



Primal Kitchen CONDIMENTS 25% off



Gus 4-PACK SODAS \$5.99



Spudsy SWEET POTATO FRIES 2 for \$6



SoCo ICE CREAM \$4.99



Kettle Brand SELECT CHIP VARIETIES 2 for \$6

SAVOR THE

Make the most of the season’s best produce with these four simple recipes perfect for picnics and quick dinners. Recipes from Guido’s Marketing and Communications Director **Alana Chernila**.



PICNIC LENTILS serves 4 to 6

Need a crowd-pleaser to bring to a picnic? This dish is hearty, and packed with flavor.

- 1 cup French green or brown lentils, rinsed and picked over for stones
 - 1 bay leaf
 - 1½ tablespoons finely chopped shallot
 - 3 tablespoons red wine or champagne vinegar
 - Salt
 - Freshly ground pepper
 - ¼ cup extra-virgin olive oil
 - 1 tablespoons whole-grain mustard
 - 3 cups loosely packed baby arugula
 - 1 cup cherry tomatoes, halved or quartered
 - ½ cup finely chopped fresh flat-leaf parsley
 - 4 slices cooked, crispy bacon (about 4 ounces)
 - ½ lemon
1. Combine the lentils and bay leaf in a medium pot and cover with water by at least 2 inches. Bring to a boil, lower the heat to a simmer, and cover. Cook until the lentils are tender, about 20 minutes. Remove from heat and drain. Discard the bay leaf.

2. While the lentils cook, make the dressing. Combine the shallot and vinegar in a medium serving bowl. Add a hefty pinch of salt and several grinds of pepper, and let it sit for a few minutes. Then whisk in the olive oil and mustard, just a bit at a time, until the dressing emulsifies. Add the warm lentils, arugula, cherry tomatoes, and parsley, and gently turn the whole mixture over in the dressing. Crumble the bacon over the bowl, give the mixture one more gentle stir, and squeeze the lemon over the top. Add salt and pepper to taste.

ZUCCHINI RICOTTA PASTA

serves 4

Zucchini, ricotta, and pasta are a perfect trio. Don’t forget to save the pasta water-it really pulls the sauce together.

- 12 ounces dried linguine, spaghetti, or fettuccine
- 2 tablespoons olive oil
- 1½-2 pounds zucchini, quartered and cut into ¾-inch slices
- 2 tablespoons chopped fresh rosemary
- 2 garlic cloves, chopped or pressed
- ½ cup grated Parmigiano Reggiano
- ¼ cup whole-milk ricotta
- ¼ cup thinly sliced fresh basil
- Freshly ground black pepper
- Zest of ½ lemon
- Salt

1. Bring a large pot of salted water to a boil over medium-high heat. Add the pasta and cook until tender, 7 to 10 minutes. Reserve ½ cup of the pasta cooking water, and drain the pasta in a colander.
2. Meanwhile, heat the olive oil in a wide sauté pan or skillet set over medium-high heat. Add the zucchini, ¼ teaspoon salt, and the rosemary and cook, stirring often, until the zucchini is soft and golden, 4 to 5 minutes. Add ¼ cup of the reserved pasta cooking water. Let the water boil around the zucchini, loosening any brown bits of the bottom of the pan. Add the garlic and continue to cook until the water thickens and gathers around the zucchini in a light sauce, 2 to 3 minutes. Remove the pan from the heat.
3. Transfer the pasta to a wide serving bowl. Sprinkle the cheese over the pasta, then add the zucchini mixture and any sauce in the pan. Add the ricotta and a few more spoonfuls of cooking water. Gently toss to thin out the ricotta and coat the pasta. Top with the basil, lots of black pepper, and the lemon zest.



SUMMER

CAPRESE serves 4

A summer classic! This is one of our very favorite ways to use Guido’s house-made mozzarella and the best in-season tomatoes.

- 2 pounds ripe tomatoes (any size or variety)
- ½ teaspoon salt
- 8 fresh mozzarella
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- Freshly ground black pepper
- 20 fresh basil leaves
- For serving; torn Italian bread or baguette

1. Core the tomatoes and slice them into manageable pieces that can easily be transported with a serving spoon. Small tomatoes can be halved lengthwise and cut into ½-inch slices, but larger tomatoes should be quartered before slicing. Lay the tomatoes out on a large platter, and sprinkle them with ½ teaspoon of the salt.
2. Tear the mozzarella into bite sized pieces, and tuck them in and around the tomatoes. Drizzle with the olive oil, taking care to get a bit directly on each tomato. Drizzle with the vinegar, and sprinkle with the remaining salt and lots of pepper. Top the whole platter with the basil leaves, tearing each leaf into three or four pieces as you go. Let the salad sit for 30 minutes before serving if you can. Allow people to serve themselves from the tray, but keep the serving tray within reach so everyone can sop up the dressing with the bread.



COLD CUCUMBER SEAWEED SOBA serves 4 to 6

This is the perfect dinner for the hottest of days. It can also be made ahead of time- just add the avocado right before serving.

- 1½ pounds cucumbers (5 to 6 small or 1½ large)
- ½ teaspoon salt, plus more for the pot
- 3 tablespoons seasoned rice vinegar
- ½ teaspoon crushed red pepper flakes
- 2 tablespoons Asian sesame oil or toasted sesame oil
- 1 tablespoon olive oil
- 1¾ tablespoons tamari or soy sauce
- ¼ cup dried wakame seaweed
- 12 ounces soba (Japanese buckwheat noodles)
- 2 cups frozen shelled edamame (1 12-ounce bag), thawed under cold running water
- ½ cup finely chopped fresh basil or shiso leaves
- 2 scallions (white and light green parts), thinly sliced
- ¼ cup toasted sesame seeds
- 1 avocado, pitted, peeled, and cubed



1. Quarter the cucumbers lengthwise and cut into ½-inch pieces. Transfer the cucumbers to a large wide serving bowl along with the salt, rice vinegar, red pepper flakes, sesame oil, olive oil, and tamari. Toss to combine and set aside to marinate.
2. Combine the wakame with 2 cups of water. Set aside.
3. Meanwhile, bring a large pot of salted water to a boil over medium-high heat. Add the soba and cook, stirring occasionally, until tender, 4 to 5 minutes. Drain the soba and rinse repeatedly to cool the soba down completely. Add the soba to the cucumbers
4. Drain the hydrated wakame in a mesh strainer, Rinse with cold water and add the wakame to the soba. Add the edamame, basil, and scallions, gently tossing to combine and coat everything in the dressing. Garnish with chopped avocado and sesame seeds.



Guido's Kitchen in Great Barrington has exciting news!

Look for the launch of the new hot bar on July 10th. We'll have simple favorites for a perfect lunch, great comfort food, and specials from our smoker. Build a plate and grab a table in Café Rena to experience the best new lunch spot around!



artfeedsus

What's the perfect pairing for a Guido's picnic? Great art, right outside our doors! Here are some of the events hosted by our Art Feeds Us partners we're particularly excited about this month:

Off Peak opening at Great Barrington Public Theater is a sparkling comedy that premiered last year at the Hudson Stage Company, before a brief run Off Broadway where it picked up positive notice. The playwright Brenda Withers says it's about forgiving, forgetting, and the healing power of a good delay. The *New Yorker* called it "sly, smart, often very funny....providing an abundance of emotional and intellectual twists and turns", and *The New York Times* said it is "so close to life that you expect a conductor to come in at any second."

Thursday nights at MASSMoCA for The Chalet. Their new summer fun spot promises frothy beverages, riverside regulars, and friendly new faces when they fire up *The Chalet, Oh, Canada* artist Dean Baldwin's-sculpture-turned-river-side-beer-garden for just one night each week. Summer's most precious memories happen here – in the midst of the museum, to the hum of local music, under the Berkshire stars.

The return of Wharton on Wednesdays at The Mount – the first Wednesday of the month, when local actors read Wharton's short fiction at the Terrace Café. In July, Elric Walker will read "The Muse's Tragedy".

SAVE!
Mazzeo's
monthly specials

**NIMAN RANCH
GRASS-FED SIRLOIN TIPS**
\$14.99/lb

SABRETT SKINLESS BEEF FRANKS
two 14 oz packages for \$9

**PEARL NATURAL
CASING BEEF FRANKS**
\$4.99/12 oz package

**FRESH GROUND
85% LEAN SIRLOIN**
\$3.99/lb when you buy 5 lbs or more

FRESH CUT CHICKEN WINGS
\$2.99/lb

July 1–31, 2023

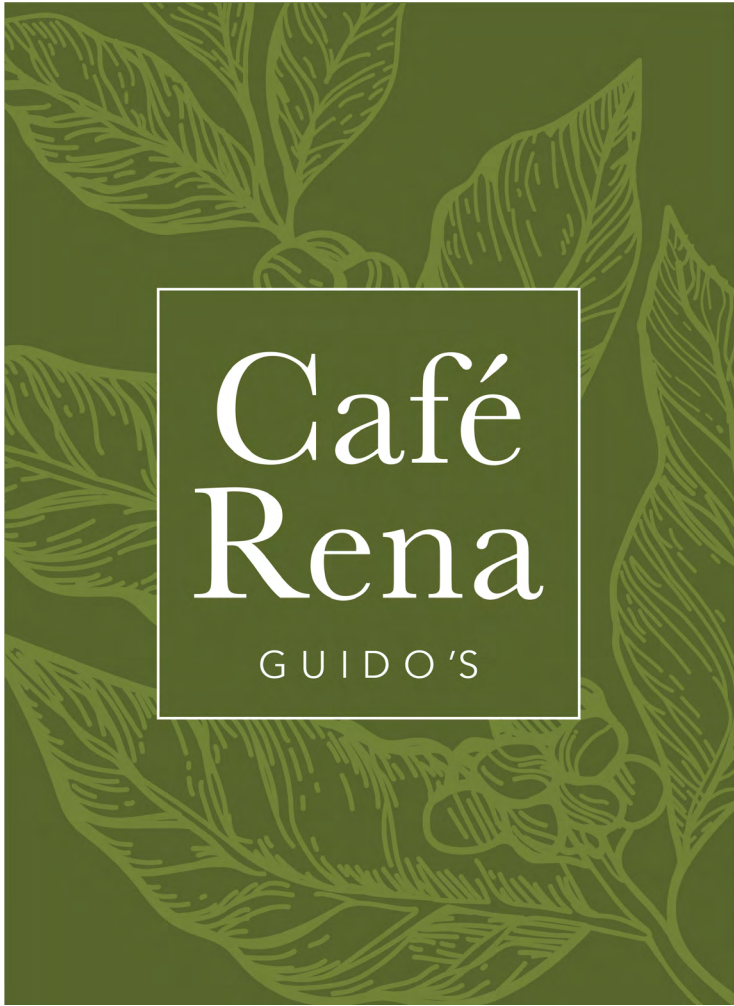
**WINE DEPARTMENT
VINE & DINE SELECTION**



**FERRARI CARANO
FUMÉ BLANC**
North Coast,
California

\$12.99, save \$4

This ideal summer white boasts enticing aromas of lychee, pineapple, mango and peach. The palate offers ripe fruit and crisp citrus flavors of apricot, pear and lemon cream. Look for bright acidity and freshness from the cool stainless steel tank fermentation. The subtle oak character from neutral French barrels adds body, complexity and depth. Pairs well with simple seafood, poultry dishes and pork. The lively flavors match well with spicy cuisines such as Korean, Vietnamese & Thai, as well as Mexican and Southwestern dishes.



**THIS MONTH, YOU CAN FIND OUR
JULY SMOOTHIE IN BOTH STORES!**



The Summer Fling is a major customer favorite. We blend fresh mango, raspberries, strawberries, and mint, with apple, orange, and lime juice. The result is perfectly refreshing, tangy, and sweet. We think you'll love it.

Save 50¢

