

OCTOBER

How does October taste to you? Every season has its treats, but autumn might just be the most flavorful. There are so many foods that only appear as the leaves change. Cider donuts, hot mulled cider, pumpkin spice everything! And then of course there are the sweet frost-kissed local greens, the deep earthy roots and brassicas ready for roasting, and, maybe our favorite, the legendary Guido's caramel apples. Close your eyes, breathe in the scent of October, and think about what foods you crave. We've got them stocked and ready for you.

Read on for the best of October in our stores!

MATT'S PRODUCE PICK: CAULIFLOWER

Although you can find cauliflower in the stores all year long, fall is the season when it really shines. It's especially delicious roasted, and so good alongside all the comforting foods of fall.

Join us for The Guido's Cookbook Club!

Here's how it works:

We pick a cookbook each month. You pick up that book from our stores at 20% off, find it at your favorite bookstore, or grab it from your local library.

Email Alana at achernila@guidosfreshmarketplace.com to RSVP and tell us which dish you'll bring.

Come to the Great Barrington store at 7pm on Thursday, October 26. Bring your dish and an ingredients listing. Then we'll gather together in Café Rena for an after-hours store potluck complete with great conversation, great company, and wine picks from Enoteca.

This month we are exploring:



Love Japan: Recipes from our Japanese American Kitchen
By Sawako Okochi and Aaron Israel with Gabriella Gershonson

We hope you'll join us!

STAFF PROFILE

Alexis Padilla Uribe
Deli Supervisor in Guido's Kitchen, Pittsfield

How does our Pittsfield deli pump out so many delicious sandwiches every day? It all happens under the watchful eye (and hands) of Alexis, who came to Guido's almost three years ago.

In 2019, Alexis was a recent industrial engineering graduate living in Ecuador. His mother was here in the US living with his uncle when she suddenly fell ill and Alexis was called to come be with her. His mother fully recovered, and Alexis decided to come to the Berkshires to be near her and start a new chapter of his life, even though the language and culture were entirely unfamiliar to him. He applied for a job at Guido's, knowing that full days in the store would immerse him in English. We're so grateful that he decided to stay! Not only did he become an essential part of the Guido's family, he met the love of his life, and they're expecting a baby.

Alexis's favorite part about working at Guido's is the people. "I feel like I am working with friends, not just coworkers." When he's not working he loves to travel to new places with his girlfriend, cook and work out, and play basketball (Go Lakers!). **Thanks so much for all you do at Guido's, Alexis. We're so grateful to have you here!**



Celebrate the Season with Great Barrington's Own Dorinda Medley!

Come meet television personality and founder of Bluestone Manor Bourbon.

Dorinda will be in our Great Barrington store signing bottles of Bluestone Manor Bourbon, an artisanal small-batch bourbon inspired by her iconic Berkshires home.

Saturday, October 7th from 2-4pm at Guido's Café Rena in Great Barrington



GROCERY GREAT 8 for October

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



Guido's
MAPLE SYRUP
\$24.99



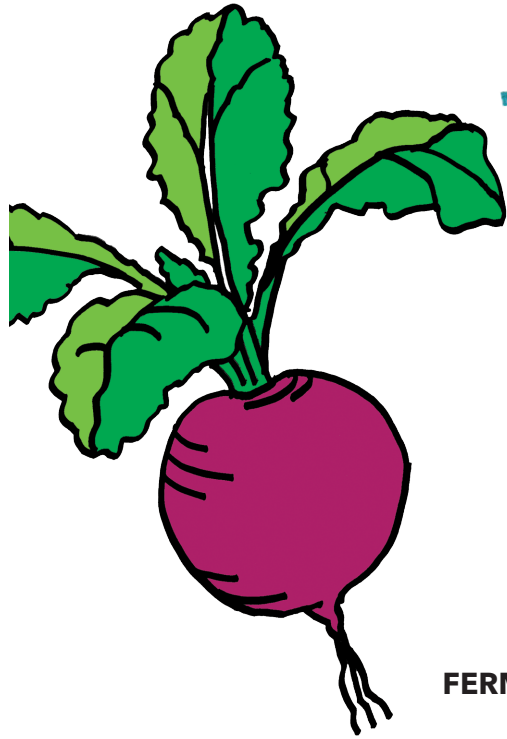
SMT
TOMATOES
select 28 oz varieties
2 for \$7



Host Defense
MUSHROOM-BASED SUPPLEMENTS
25% off



Lake Champlain
FIVE STAR BARS
\$2.99



Small Town Cultures
FERMENTED VEGETABLES
\$4.99



Xochitl
TORTILLA CHIPS
2 for \$9



Tierra Farms
ORGANIC COFFEE 16oz.
\$2 off



Savori
MARINARA
\$5.99

WHAT GUIDO'S FALL

Fall at Guido's is all about sweet treats. All year long we look forward to the smell of freshly made apple cider donuts filling the store, the delicious pumpkin spice lattes, and apples in every form. Everyone has their favorite fall treat- but which one describes you? Take our quiz to find out!



1. My favorite fall activity is...



- a. Making meals with fall veggies for my loved ones
- b. Reading in a comfy chair by the fireplace
- c. Haunted hayrides
- d. Going pumpkin and apple picking



2. My halloween costume this year is...

- a. I love putting on my dracula teeth when I give out candy
- b. Ted Lasso
- c. An Adams Family character
- d. Barbie

3. My fall wardrobe includes...

- a. Long dresses and boots
- b. Tons of cozy & oversized sweaters
- c. Black
- d. All flannel everything!



4. My fall home decor is...

- a. An inflatable *Charlie Brown & The Great Pumpkin* display
- b. A handmade wreath made from foraged flowers & leaves
- c. One of those 12-foot skeletons and tons of gravestones
- d. Stacks of pumpkins and a welcome mat that says HEY BOO!



5. What is your favorite fall movie?

- a. Little Women
- b. Harry Potter
- c. Scream
- d. Hocus Pocus



TREAT ARE YOU?

Mostly A's: Cider Donut

Our house-made cider donuts are sweet, soft, and everyone's favorite- just like you! You care a lot for your friends and family, so making others happy is totally effortless for you. You're the first one to make a pitcher of hot cider to bring to the tailgate and make sure everyone has tons to snack on. Your sweetness is so appreciated!



Mostly B's: Brown Bear Latte

This new drink is the definition of cozy, with chai, mocha sauce, and spices. Taking the first sip feels like settling in on the couch on a cool day to watch the leaves fall. You make a lot of scented simmer pots, so your home always smells warm & delicious. You're sweet, comforting, and energy boosting, just like the brown bear latte.



Mostly C's: Caramel Apple

A Guido's caramel apple is iconic, and people look forward to them every year. They are totally sticky, gooey, and sometimes covered in candy pieces- making them, like you, the ultimate sweet delight. Sure, they might be hard to eat, but you love a challenge and are always up for a little adventure, especially when it includes spook!



Mostly D's: Pumpkin Spice Latte

Our pumpkin spice latte is special because we make our own vegan pumpkin syrup. Everybody loves you- whether they admit it or not! People know they can rely on you and often turn to you for fall fun or decor advice. You know exactly how to start a party and keep things exciting.



A Mix of Letters: The Autumn Equinox Smoothie

This smoothie is a blend of pineapple, banana, apple, cinnamon, mulled apple cider, almond butter, and our house-made almond milk. It is not too sweet, not too spicy, and definitely not too spooky. You love everything about fall and the perfect season to you means a perfect blend, just like the Autumn Equinox smoothie!



SAVE!

Mazzeo's

monthly specials

PORK TENDERLOIN
\$6.99/lb

PLAINVILLE FARMS ALL-NATURAL TURKEY BREAST
Humanely raised on family farms on a vegetarian diet, with no antibiotics or added growth hormones or steroids.

BONELESS
\$5.99/lb

BONE-IN WITH RIBS
\$4.99/lb

NEW ENGLAND COD CAKES
Made with wild-caught cod
\$3.99/3 oz

October 1–31, 2023

Café Rena



We've got the drink for all you pumpkin spice lovers out there!

OUR PUMPKIN SPICE LATTE

is made with house-made pumpkin sauce made with real pumpkin, blended with espresso and local High Lawn Farm milk or the non-dairy milk of your choice. It's sweet and spicy, and the best way to warm up during a brisk fall day. Or if a heat wave hits, try it iced!

Save 50¢

WINE DEPARTMENT
VINE & DINE SELECTION



CASTELLO
D'ALBA 2019
RESERVA RED
Portugal

\$14.99,
save \$2

This rich red has complex, intense aromas of wild berries and rock rose. Twelve months aging in American and French barrels give the wine the mature touches of a great Douro wine with a modern and international profile. Sweet and full on the palate, with very soft, polished tannins and a long, warm finish. Serve with game, cod, and Mediterranean cuisine.

Roasted Cauliflower with Miso and Panko Butter

This month, we're sharing a recipe from our Cookbook Club pick, *Love Japan*. We hope you'll join us for a cookbook club potluck on October 26!

From the authors: Cauliflower is a perfect canvas for our miso and panko butter. The aged flavor of the miso combined with butter creates a flavor that reminds us of complex cheddar or parmesan cheese, and the panko binds it all together into a delicious topping. As good as it is on the cauliflower, it's just as tasty on a variety of things, be it other vegetables, roasted fish, scallops, or chicken breasts. You can make the butter in larger batches and store it in the freezer, where it will keep for months.

Serves 4

Ingredients

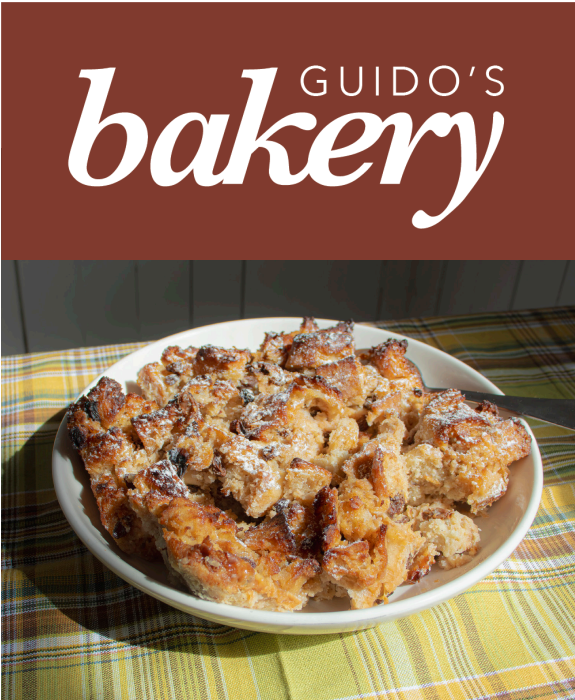
- 4 tablespoons unsalted butter, at room temperature
- 2 tablespoons awase (blended) miso or aka (red) miso
- 3 tablespoons panko bread crumbs
- 1 head cauliflower (about 1¼ pounds), leaves trimmed, cut into 8 wedges
- 2 tablespoons olive oil
- ½ teaspoon kosher salt
- Freshly ground black pepper
- 4 lemon wedges

Instructions

- Preheat the oven to 400°F. Line a baking sheet with parchment paper or foil.
- In a small bowl, mix together the butter, miso, and panko until the ingredients form a paste. Set aside.
- Brush the cauliflower wedges with olive oil and season all over with the salt and a few cracks of black pepper. Lay, flat-side down, on the prepared baking sheet, leaving a little space between the pieces. Slide into the oven and roast until the bottom side is nicely caramelized, about 20 minutes.
- Using a spoon or spatula, flip the wedges and press on the butter in a thin layer, covering as much of the surface as you can. Roast until the miso-panko butter has turned a deep golden brown and the cauliflower is cooked through, 10 to 15 minutes.
- Remove from the oven and transfer to a serving platter. Serve immediately, with lemon wedges on the side for squeezing.



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GOT A HANKERING FOR A COZY FALL DESSERT?

Our house-made **Cinnamon Raisin Bread Pudding** will satisfy your sweet tooth AND your comfort food cravings.

\$9.99, SAVE \$3

ONLY IN GREAT BARRINGTON



Boost your immunity with Host Defense MyCommunity!

Are you looking for more immune support as we head into cold and flu season? There are so many great supplements on our shelves to help keep your immune system strong. We all know about elderberry, echinacea, and Vitamin C, but have you tried mushrooms?

This month, we're sharing one of our favorite immune blends from Host Defense mushroom supplements. Host Defense MyCommunity is a blend of 17 mushroom species that can be taken daily or just when you think you might be getting sick.

MyCommunity & the whole Host Defense line is 25% off all month long!