

YOUR MONTHLY GUIDE TO DELICIOUS DEALS AND HAPPENINGS IN OUR STORES



September might just be the best month for eating. The local produce comes out in full force, with the last of the summer tomatoes crossing over with sweet fall greens. Not only are ingredients at their peak, but temperatures fall just enough to drive us towards the stove, to break out the big soup pot and start chopping onions. There are so many reasons to love September at Guido's: caramel apples, cider donuts, and local produce-just to name a few.

There's also something so comforting about the fall return to routine and ritual, whether you're going back to school or not. One of our favorite rituals? Friday night pizza night, which always seems to make the end of the week feel like a party. We're giving some of our best pies the spotlight this month, and we hope it makes you as excited for pizza night as we are.

Read on for the best of September in our stores!

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, September 28. 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:



Veg Forward: Super-Delicious Recipes that Put Produce at the Center of your Plate
By Susan Spungen

We hope you'll join us!

Triple-Sesame String Beans

This month, we have a recipe from our Cookbook Club September selection: *Veg Forward: Super-Delicious Recipes that Put Produce at the Center of Your Plate*. Thank you to author Susan Spungen for sharing the recipe!

From the author: This recipe was inspired by the delicious sesame sauce for goma-ae, the simple Japanese side of cold spinach (or another vegetable). I've added multiple ingredients to make it saucier and sesame-er. Though tahini is not generally used in Japanese cooking, it's right at home here, reinforcing the other sesame notes in the sauce, and adding creaminess. Slicing green beans lengthwise (Frenching them) makes them supple like noodles, and exposes more surface area so they readily absorb the flavors of the sauce.

Serves 4

Ingredients

- 2 teaspoons kosher salt
- 12 ounces green beans, trimmed
- 2 tablespoons sesame seeds, preferably unhulled, plus 2 teaspoons more for garnish
- 1½ teaspoons sugar, preferably superfine
- 2 tablespoons low-sodium soy sauce or more to taste
- 1 tablespoon unseasoned rice wine vinegar
- 2 tablespoons tahini
- 1 tablespoon white miso
- 1 tablespoon dark sesame oil
- 1 tablespoon water
- Big handful fresh shiso, basil, or mint, shredded (about ½ cup)
- Flaky salt

Instructions

1. Bring a large saucepan of water to a boil and add the salt. Drop the green beans into the pot, return to a boil, and cook for 1 to 2 minutes until bright green. Drain and refresh in a bowl of ice

water. When cool, drain again and pat dry on a double thickness of paper towels. Cut each bean in half lengthwise. They don't have to be perfect, and don't bother slicing any tiny ones. Set aside.

2. Heat a small skillet over medium heat. Add the sesame seeds and toast, tossing frequently until a shade darker and smelling toasty, 2 to 3 minutes. Set aside 2 teaspoons for the garnish.
3. Transfer to a bowl to cool slightly, then use a food processor (preferably a mini one) or a mortar and pestle to grind the seeds to a coarse powder (it should retain some texture). Return the seeds to the bowl and mix in the sugar, soy sauce, vinegar, tahini, miso, sesame oil, and water.
4. Pour the dressing over the green beans just before serving. Toss in the herbs and sprinkle flaky salt and the reserved sesame seeds over top.

Notes: You can use sugar snap peas, either in combination with string beans or on their own. Sliver them lengthwise before cooking until they turn bright green, which will take only about 10 seconds.

If you want to prep this salad ahead of time, cook the beans as directed and refrigerate, wrapped in paper towels, until ready to serve, and make the sauce too. Combine the beans, sauce, and herbs just before serving.

Taken from *Veg Forward: Super-Delicious Recipes that Put Produce at the Center of Your Plate* by Susan Spungen. Copyright © 2023 by Susan Spungen. Used by permission of Harper Celebrate. harpercollinsfocus.com.

GROCERY GREAT 8 for September

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



Pricklee CACTUS WATER
2 for \$5



Zack's Mighty TORTILLA CHIPS
\$2.99



Savor by Susie GRAIN-FREE PRETZELS
\$3.99



Graza "DRIZZLE" EVOO
\$17.99



San Remo EGG PASTA
2 for \$9

LOCAL



Hudson Valley VINEGAR
10% OFF



Desert Pepper SALSA
\$3.99

LOCAL



LifeBooch KOMBUCHA
\$4.99

PIZZA NIGHT,

What's your ideal pizza? Packed with toppings or pared down to let the house-made sauce shine? Veggies or meat? Sourdough or traditional? Vegan? Gluten-free? However you like it, we've got the pies to make everyone cheer for pizza night.

La Leone

sharp provolone, imported salami, hot coppa, prosciutto, roasted red peppers, fresh basil, & mozzarella

Margherita

fresh tomatoes, fresh mozzarella, fresh basil

Build Your Own

The sky is the limit! Pictured here is a staff fave creation: pesto-based pizza with bacon, fresh figs, & mozzarella.

GUIDO'S STYLE

Call to place your order

In Pittsfield 413-442-1854

In Great Barrington

413-645-3061

L'Orto

broccoli, kalamata olives, roasted garlic, baby spinach, mushrooms, red onion, & grated mozzarella

Fungo Roma

mushrooms, sun-dried tomatoes, fresh rosemary, taleggio, & asiago

SAVE!
Mazzeo's
monthly specials

PORK TENDERLOIN
\$6.99/lb

PORK SCHNITZEL
thin medallions of pork tenderloin
ready for your favorite coating

\$6.99/lb

**MAZZEO'S HOUSE-MADE
MEATBALLS IN SAUCE**
\$8.99/lb

**MAZZEO'S HOUSE-MADE
PORK & CHICKEN RUB**
a great compliment to grilled pork chops,
roasts, or poultry – Save \$2
\$3.99

FROZEN COCKTAIL SHRIMP
Six Mates 16/20ct – Save \$10/bag
\$24.99/2 lb bag

September 1–30, 2023

please join us for
SMOOTHIE
SEPTEMBER
*a benefit for the Food Bank
of Western Massachusetts*

Come on in to Café Rena at Guido's
Great Barrington or Guido's Pittsfield
and pick up your favorite smoothie
for a great cause!

Guido's is donating 10%* of all
September 2023 smoothie sales to
support the vital work of the Food Bank.

*or until we raise \$2,000



WINE DEPARTMENT
VINE & DINE SELECTION
**CHATEAU HAUT
PEYRUGUET ROUGE**
Bordeaux, France
\$11.99, save \$1

A classic Bordeaux blend of two noble grapes.
Merlot brings color, roundness and soft texture and
Cabernet Sauvignon offers finesse and richness in
elegant tannins. The wine shows ripe, red berry and
plum aromas followed by flavors of black currants
and vanilla on the mid-palate. Food pairings include
mushroom risotto, pizza or pasta. Ideal with steak
or other red-meat dishes with herbal sauces like
chimichurri or salsa verde.

**Round Up for the
Literacy Network
of South Berkshire!**



LITNET provides free, individualized, one-to-one
tutoring for adults in Berkshire County: immigrants
learning English or looking to become U.S. citizens as well as any adult
working on basic education. The Literacy network has been offering free
tutoring sessions for adults since 1991. LitNet's flexible, personalized
approach to tutoring enables adult learners to succeed in their jobs,
support their families, and engage with their local communities.

To learn more, please visit litnetsb.org

Want to apply for next year's Round Up at Checkout lineup?
The deadline for all 2024 applications is September 30, 2023.
Apply at guidosfreshmarketplace.com/round-up-at-checkout/

GUIDO'S kitchen

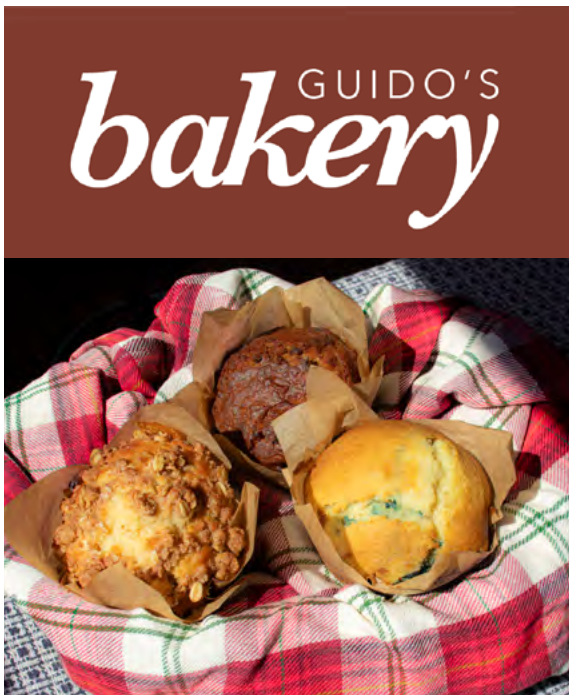
**Order ahead for your
Rosh Hashanah Feast**

Orders will be available for pick
up 9/14, 9/15, 9/16. Please order
at least 48 hours in advance.

In Great Barrington:
413-528-9255 x3360

In Pittsfield:
413-442-9912 x1131

Chicken Soup with Matzo Balls
Old Country Chopped Liver
Gefilte Fish Balls
Honey-glazed Pepper Chicken
Chraime (Moroccan Fish in
Spicy Tomato Sauce)
Glazed Carrots with Gremolata
Roasted Brussels Sprouts with Dates
Roasted Potatoes with Chili Lime Butter



NEW!

Looking for a quick breakfast
or sweet treat? Pick up one of
our new house-made muffins,
now available individually
from our self-serve case.

Choose from blueberry,
morning glory, or coffee cake.

\$3.49, save 50¢

ONLY IN GREAT BARRINGTON

**Preserve the
harvest with
LeParfait
canning jars!**

**Mix and match
any six jars and
get 10% off.**



**ACURE IS ON SALE
ALL MONTH LONG!**



Why do we love ACURE?

- The entire ACURE hair and skincare line is 100% vegan, paraben free, sulfate free, mineral oil free, petrolatum free, formaldehyde free, and cruelty free.
- They work with charitable partners that means that every purchase has an impact.
- All Acure products support US manufacturing facilities audited by SMETA (Sedex Members Ethical Trade Audit) for social responsibility. The four pillars of a SMETA audit are labor standards, health and safety, business ethics, and the environment. Each of their suppliers must meet their rigorous code of conduct, and be open to year round audits.
- Most of all, the Acure products are affordable, high quality, and work great. Some of our favorites are the **Brightening Day Cream**, **Welcome to Skin Wellness Lotion**, and the **Rosemary and Peppermint Dry Shampoo**.

