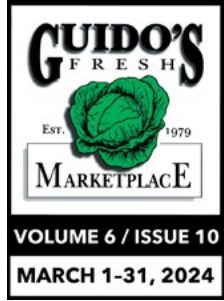


**YOUR MONTHLY GUIDE TO DELICIOUS DEALS AND HAPPENINGS IN OUR STORES**



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Let's be honest-

March can be TOUGH. The Northern hemisphere cries "Spring!" and we imagine we'll throw off our coats and winter boots and dance from tree to blooming tree. Instead, this month tends to hold its own roller coaster of weather, including such Berkshire phenomena as frozen mud, ice, rain, and the inevitable March blizzard. We like to call it Wing (winter + spring) around here. But in between those frozen moments, spring does find a way. Crocuses bravely poke their colored heads above the cold soil, reaching for the sun they know will meet them. The smell of the world changes as it begins to thaw, and we get to gulp as much of that beautiful green and mud-scented air as we want. And if we're lucky, there are those days, here and there, when we can turn our faces to the light and remember the feeling of sun on skin before the chill comes again. Part of the joy of this place is the contrast, right? We proudly suffer through March because it's the price of admission. But this month, we're talking about ways to trudge through that frozen mud with joy, and to embrace this month and all it holds. Spring will come, eventually. Until then, hello March! We're ready for you.

Read on for the best of March in our stores!

MARK YOUR CALENDARS FOR OUR GREAT BARRINGTON

**RENOVATION  
CELEBRATION**



**SATURDAY  
APRIL 20<sup>TH</sup>  
FROM 10 TO 6  
IN GREAT BARRINGTON**

WITH 10% OFF\* AND A COME AGAIN COUPON, LOTS OF GOODIES, CHANCES TO WIN, AND MORE!

\*RESTRICTIONS APPLY, SEE IN STORE FOR DETAILS

WE MADE IT! THANK YOU FOR YOUR PATIENCE AND SUPPORT- WE COULDN'T HAVE DONE IT WITHOUT YOU!



**Please join us in supporting the Berkshire Community College Adult ESOL Program!**

BCC ESOL strives to educate and empower a diverse community of adult English Language Learners in Southern Berkshire County and beyond through free sequential English language classes to local adult immigrants. They provide quality English language instruction, create a community of support, direct students to and teach them how to access resources, and work with students to identify career and education goals. By improving students' academic, language, and technology skills, BCC ESOL increases students' opportunities to expand their career choices and engage meaningfully with the community.

For more information, head to [berkshirecc.edu/academics/adult-esol-program/](http://berkshirecc.edu/academics/adult-esol-program/)

**ROCK YOUR SOCKS ON WORLD DOWN SYNDROME DAY WITH JOHNATHAN!**

We're celebrating 14 years with Johnathan Jenkins this year! Johnathan loves working for Guido's and we love having him on the team. Here are a few things you might not know about Johnathan:

He loves blue Power Rangers the most, and his current BFF is his coworker Allyson. Johnathan worked at Sears and Price Chopper before coming to work at the Pittsfield Guido's. 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.

**Why 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.



Guittard **CHOCOLATE CHIPS** select varieties **\$6.49**



Bonne Maman **TARTLETS** **\$4.99**



Baldwin's **2 OZ EXTRACTS** **15% OFF**



Cheddies **CHEESE CRACKERS** **2/\$9**



Tonnino **TUNA** select varieties **\$7.49**



Guido's **IMPORTED PASTA** **\$5.49**



Barrington Coffee Roasters **BAGGED COFFEE** **\$2 OFF**



Farmer Ground **ORGANIC FLOUR** select varieties **\$3.99**

# MARCH INTO

It's no secret-March is a tough month to love in the Berkshires. But we can do it! Here are some of our favorite ways to make it through March. What's in your March survival guide?



## CHOCOLATE

Did you know that research has shown chocolate to be a mood enhancer? Stock up on bars for a daily dose.



## COMFORT

Guido's Kitchen has mastered the comfort food game! Pick up something cozy and delicious for dinner to help you feel truly cared for.



## GUT LOVE

Bring on the kraut! Fermented foods are packed with probiotics, which can help boost serotonin levels.



## CHOOSE BEAUTY

Bella Flora's Vanco Farms tulips are one of our favorite ways to bring beauty into your space. Grab a bouquet for every room in your house.



## LOVE FOR LOCAL

Local produce isn't quite flowing in yet, but there are plenty of cheeses at La Grotta to get you into the local spirit. Try one of our new favorites, McGrath Cheese Company's "Hootenanny".



## A BANANA A DAY

Bananas contain the amino acid tryptophan, which helps your body produce serotonin and melatonin. They're also packed with magnesium, which makes them a good late-night snack!



## TREAT YOURSELF

Grab a cupcake from the bakery and an ordinary afternoon turns into a party for one! We're especially partial to the new chocolate peanut butter variety.

# SPRINGTIME



## RETAIL THERAPY

How about something new and shiny for your kitchen? We're particular fans of investing in a new Le Creuset dutch oven. It will make you happy every time you use it.



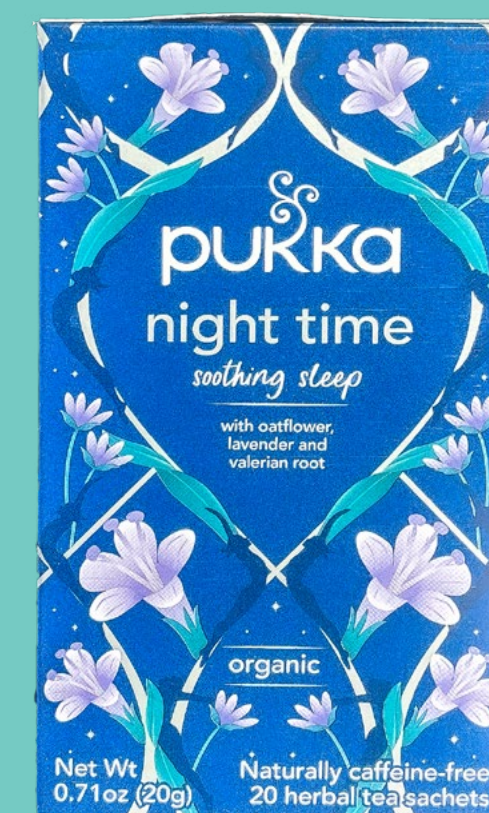
## PLANT POWER

Harness the mood-boosting power of plants with Urban Moonshine's Joy Tonic, an aromatic blend of herbs traditionally used to support the nervous system and promote a joyful spirit & positive mental attitude.



## SALMON FOR DINNER

Fatty fish like salmon are packed with Omega-3 fatty acids which have been found to fight depression.



## POWER DOWN WITH A CUPPA

Rituals are so helpful in the support of mental health, and tea is a great place to start. We love Pukka's Night Time blend (on Juicy Deal) to soothe the nervous system after a big day.



## TAKE YOUR SHOT

Café Rena's Lemon Ginger shot (on Juicy Deal this month!) will warm you all the way to your toes! We recommend a daily shot until the winter chill goes for good.



## HAPPY BREW

It's true- coffee can really make you happier! Even decaf has shown to boost mood, so there's some real magic in those beans. (Especially when they're local - Barrington Coffee Roasters bags are on Juicy Deal this month!)

**SAVE!**  
**Mazzeo's**  
**monthly specials**

**FROZEN SOCKEYE  
 WILD SALMON FILET**  
 \$14.99/lb

**HOUSE-MADE STOCKS  
 (BEEF, CHICKEN, OR TURKEY)**  
 \$4.99/qt

**HOUSE-MADE ROSEMARY  
 MINT LAMB BURGERS**  
 \$9.99/lb

**LEAN FRESH GROUND LAMB**  
 \$7.99/lb

**AUSTRALIAN LARGE  
 FRENCHED LAMB RACKS**  
 \$19.99/lb

**PRIME NY STRIP ROAST**  
 \$19.99/lb

**HOLIDAY SPECIALS:**

Corned Beef for **St. Patrick's Day** Featuring  
 Massachusetts-made Pearl's Corned Beef Brisket

**Now taking orders for your Easter table!**  
 Natural Kurobuta Pork and Smoked Hams, Grass-fed Semi-  
 boneless Lamb Legs, and Black Angus Beef Tenderloin

**STAFF  
 PROFILE**

**Jason Kruczowski**  
 IT Team Member

Jay (a.k.a Jason and Lil' Jay) has been with Guido's for a whopping 15 years. He started with the produce department thinking it would be a good summer job, and before he knew it he was slinging sandwiches for the deli full time. When a job opened in our IT department, Jay jumped at the opportunity to merge his two professional loves, Guido's and computers.

Jay's favorite part of working at Guido's is the people- so many of which he now considers life-long friends. He especially loves the benefit of so much time spent in the community. He's seen coworkers fall in love and start families to raise the next generation of Guido's staff members. "It's not just my job. It's a big part of my life that I get to watch grow bigger and better. It's amazing!"

When Jay's not at work, you'll usually find him singing karaoke, watching football (go Bills!), and hanging out with his sweet dog.



**Join us for The Guido's  
 Cookbook Club!**

**Here's how it works:**

We pick a cookbook each month. You can pick up a copy of the book in our store for 20% off, pick it up from your local library, or your favorite bookstore.

Email Alana at [achernila@guidosfreshmarketplace.com](mailto:achernila@guidosfreshmarketplace.com) to RSVP and tell us which dish you'll bring.

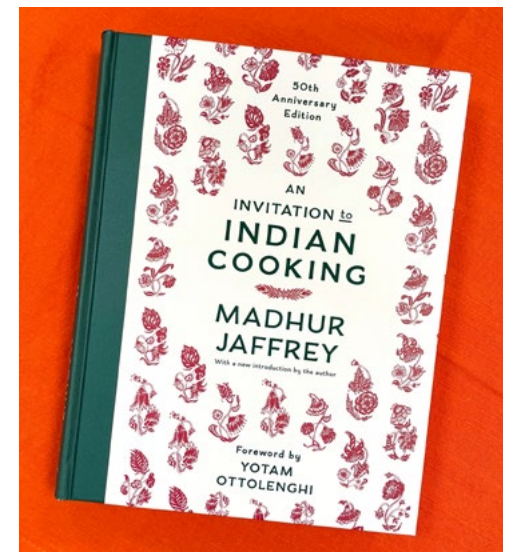
**Come to the Great Barrington store at 7pm on Thursday, March 28.** Bring your dish and an ingredients listing. Then we'll gather together in Café Rena for an after-hours store potluck complete with lively conversation, great company, and wine picks from Enoteca.

Space is limited, so register early.

**This month's book is:**

*An Invitation to Indian Cooking*  
 By Madhur Jaffrey

*We hope you'll  
 join us!*



**Café Rena**

Give your body a boost with a



**LEMON  
 GINGER SHOT!**

This 1-ounce shot is pure power- we juice fresh lemon and ginger, then sprinkle with warming cayenne and turmeric. Cheers!

**Save 50¢**



**A love letter to one of our  
 favorite herbs: NETTLE**

Oh, nettle, where do we even start? Your beautiful and delicious greenness is chock-full of vitamins and minerals, great for hair and nails, and packed with iron. You are so supportive of our hardworking adrenal glands! And when allergy season is right around the corner, you swoop right in to help get our bodies ready for it.

Thank you, nettle! We ❤️ you!

Pick up nettle in capsules, tea, or (if you're lucky) fresh in your own backyard.

**MASS MoCA #artfeedsus**

**We're excited about MASSMoCA's  
 Member Appreciation Month!**

**This month MASS MoCA Members get:**

**10% off your purchases at Guido's\* 3/1-3/31**

**20% off at The MASS MoCA Store from 3/1-3/15**

Not a MASS MoCA member yet? Or have you been meaning to renew? Join in March and get 14 months for the price of 12! All promotions are applicable upon purchase and can neither be combined with any additional discounts, nor applied retroactively. Contact [members@massmoca.org](mailto:members@massmoca.org) if you have any questions about Membership or Member Appreciation Month.

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

**GUIDO'S kitchen**

**Feeding a crowd for Easter?  
 Let us do the cooking!**

Head to our website to check out the full menu.

Place your order in the store or call:

In Pittsfield: 413-442-9912 x1172

In Great Barrington: 413-528-9255 x3390



**WINE DEPARTMENT  
 VINE & DINE SELECTIONS**

**FERRARI CARANO**  
**\$13.99 per bottle, save \$3  
 from Healdsburg, California**

**FUMÉ BLANC**

This dry, light to medium-bodied wine has enticing aromas of mango, peach, and lychee with a palate offering ripe fruit flavors of apricot, pear, and lemon cream. The subtle oak character from neutral French barrels adds body, complexity, and depth. Pairs well with simple seafood and poultry dishes, especially Thai, Korean, & Vietnamese cuisine.

**SANGIOVESE ROSÉ**

A refreshing rosé with an initial bouquet of watermelon and strawberry cream and a palate of cranberry and blood orange flavors. Ideal with fresh seafood like crab or shrimp and also pairs well with duck, lamb, or turkey. Try it with cheeses such as fresh chèvre, Brie, or Roquefort.

