

# SEPTEMBER



## The unofficial

end of Berkshire summer comes on Labor Day.

The streets clear out to make way for the school buses, and the cold morning mists inspire us to pull out rubber boots and sweaters where once T-shirt and flip flops would suffice. Fall is a feeling, and it doesn't wait for the calendar to hit. But in truth we have three weeks of September summer, and what if we really embraced it? It may be quieter, cooler, and slower, but it's all ours to enjoy.

This month at Guido's we have a full calendar of events in our Great Barrington Café Rena. Both Wine and Cheese and Cookbook Clubs return after their summer hiatus, and we're also hosting our first "pop-up" with the new local business, After Hours. In between, we'll have tastings of fall favorites as they come in—cider donuts, caramel apples, and pumpkin spice everything made with real pumpkin. And of course with September comes the return to school (and work!) lunches, and we've got that covered, too. Together we can soak up the last drops of summer, welcome the first days of fall, and eat well all month long.

**Read on for the best of September in our stores!**



## STAFF PROFILE

### Please join us this month in supporting The Berkshire Community Action Council



The Berkshire Community Action Council (BCAC) is a non-profit human service organization designated as the anti-poverty Community Action Agency for Berkshire County. The role of BCAC is to assist limited-income residents of Berkshire County towards achieving sustainability and self-sufficiency. BCAC offers several programs throughout Berkshire County, including The Elf Warm Clothing Program, Fuel Assistance (HEAP), and many more.

Fuel Assistance, commonly known as Low Income Home Energy Assistance Program (HEAP), is a federal program offered by Berkshire Community Action Council in partnership with the Department of Housing and Community Development that helps qualified households with home heating bills. The goal of this program is to keep limited-income families safe and warm throughout the harsh Berkshire winters. However, for many families these funds aren't enough. The money raised at the Guido's registers will be used to assist in emergency cases to ensure these families can stay warm in their homes.

**All Round Up contributions will go directly to the Fuel Assistance program. In 2023, BCAC assisted 9,107 families throughout Berkshire County. To learn more about BCAC's services, visit [bcacinc.org](http://bcacinc.org).**



### Meet Magus, Great Barrington Deli Supervisor

In the nearly two years since Maria Pastrano (known to all as Magus) joined the Great Barrington team, she's worked in Café Rena, at the burrito bar, the pizza station, deli, and every work station in between. She loves Guido's because it makes her feel like family. "I have a safe place filled with kind people I trust. I'm part of the team, and part of the family."

When Magus isn't at work, you can find her making the most of all the Berkshires has to offer. Originally from Ecuador, she came to the area by way of New York City, and loves living in a small town. "I love to swim, and to go to the gym with my friends. I love to go to Main Street (in Great Barrington) to see bands, and I love to dance! In my culture, we learn to dance when we learn to walk."

Thank you, Magus! We're so lucky to have you in the Guido's family.

## Introducing SUNDAY SUPPERS

Grab your tickets for our new dinner series: Sunday Suppers! Once a month, we'll host an Italian-inspired feast created by the team at After Hours, served family-style in the Great Barrington Café Rena.

**First event Sunday, September 22 from 6 to 8 pm**

**Seating is limited! Head to [afterhoursgb.com](http://afterhoursgb.com) to get your tickets. \$50 per person**



## GROCERY GREAT 8 for September

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



La Narval  
**MUSSELS IN SAUCE \$5.99**



Culture Pop  
**PROBIOTIC SODA 4-PACKS \$5.99**



The Humble Seed  
**CRACKERS \$4.99**



Klara's  
**COOKIES 2 for \$9**



New City Microcreamery  
**ICE CREAM \$7.69**



Dumpling Daughter  
**FROZEN DUMPLINGS \$4.99**



Recess  
**ADAPTOGEN SPARKLING WATER \$2.99**



Truff  
**HOT SAUCE \$9.99**

# LUNCHBOX LOVE, GUIDO'S STYLE

Start the year off right with some midday meal inspiration. We compiled four perfect combinations starring this month's Juicy Deals to please lunch packers of all ages. *\*On Juicy Deal*



- Wrap with Tonnino Tuna\*, Truff Mayo\*, Laurel Hill Roasted Red Peppers\*, Jenny's Microgreens, Maria's and Ricardo's flour tortilla
- Local Apple
- Community Snacks Maui Onion Chips
- Once Again Sunflower Seed Butter
- Island Bakery Orange Melts\*
- Just Tea Hibiscus tea



- Sliced Veggies with Livewell Green Goddess Pesto Sauce\*
- Madegood Snack Bar\*
- Klean Kanteen Reusable Bottle
- Madegood Star Crackers\*
- Backyard Food Applesauce\*



- Dumpling Daughter Dumplings\* with Sweet and Spicy Soy Sauce
- Cucumbers with Eden Shake
- Mezcla Mexican Hot Chocolate Bar\*
- Culture Pop Wild Berries with Lime Soda\*
- Seasnax Wasabi Seaweed



- Orange Flesh Melon wrapped with Prosciutto
- Humbleseed Crackers\* with Guido's Pesto Stracciatella
- Guido's Kitchen Kale Salad
- Klara's Cookies Chocolate Chip Sea Salt Shortbread\*
- Recess Raspberry Lemon Seltzer\*

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

**WHOLE CUT-TO-ORDER  
 BLACK ANGUS BEEF TENDERLOIN**  
 roasts average 6 pounds, feeds 8 to 10 people  
**\$17.99/lb**

**WHOLE CUT-TO-ORDER PRIME  
 BEEF NEW YORK STRIP STEAKS**  
 roasts average 11 pounds, feeds 10 to 12 people  
**\$14.99/lb**

**MAZZEO'S OWN  
 PECAN-CRUSTED TILAPIA**  
 Made with pecans, mustard, butter, tarragon,  
 and garlic. Bake for 20 minutes at 350°F-  
 comes out perfect every time!  
**\$8.99/lb**

September 1-30

# Café Rena

**OUR PUMPKIN SPICE LATTE  
 features house-made pumpkin  
 sauce made with REAL pumpkin,**



mixed 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. It's also great  
 iced if a heat wave hits!

**SAVE 50¢ ALL  
 MONTH LONG!**

The Guido's Wine & Cheese  
 Club is BACK!

Wednesday, September 11  
 at 7pm in our Great Barrington Store

This month, we'll be featuring wines of  
**Oregon from Horizon Beverage and French  
 cheeses from Hervé Mons.** Together we'll sample  
 five perfect pairings led by Rebecca Salvatore of  
 Horizon Beverage and Lucas Kerautret of Hervé Mons.

Visit [events.humanitix.com/guidos-wine](https://events.humanitix.com/guidos-wine)  
 or scan the QR code to grab your ticket.  
 Space is limited! \$25 per seat.



**WE WANT TO RAISE  
 MONEY FOR YOU!!**



Would you like your organization to be  
 considered for next year's Round Up schedule?  
 Applications for 2025 close on September 30!  
 Get yours in at [guidosfreshmarketplace.com/  
 round-up-at-checkout/](https://guidosfreshmarketplace.com/round-up-at-checkout/).



Ready for a kitchen refresh?  
 The Chef's Shop has two new  
 lines of cookware.

**Cuisinart Chef's Classic Stainless**  
 An amazing value! Durable stainless steel,  
 induction ready and perfect for any cooking  
 surface.

**Greenpan Ceramic Nonstick**  
 Ditch the teflon and meet the future of  
 nonstick. Greenpan's diamond-infused  
 ceramic coating is dishwasher safe, oven  
 safe up to 600°F, and good on all stovetops  
 except induction.

## You're invited to The Guido's Cookbook Club!

Here's how it works:

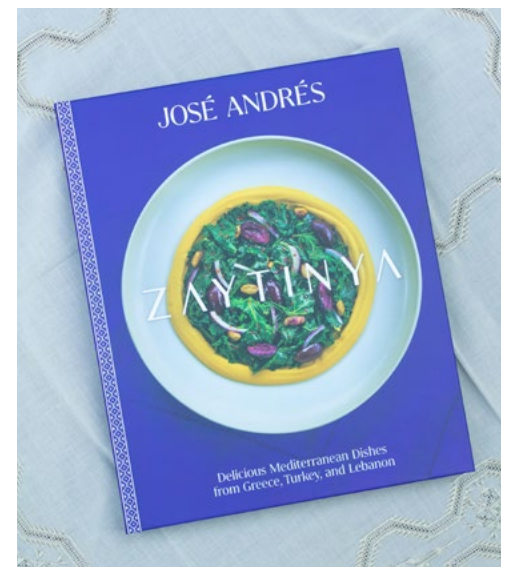
We pick a cookbook each month. You can pick up a copy of the book in our  
 store for 20% off, pick it up from your local library, or your favorite bookstore.

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 7 pm on Thursday, September 26th.**  
 Bring your dish and an ingredients listing. Then we'll gather together for an  
 after-hours store potluck complete with great conversation, great company,  
 and wine picks from Enoteca.

This month's book is:

*Zaytinya: Delicious Mediterranean  
 Dishes from Greece, Turkey, and  
 Lebanon* by José Andrés



*We hope you'll  
 join us!*

## WINE DEPARTMENT VINE & DINE SELECTION



**Paul Jaboulet Aîné  
 PARALLÈLE 45  
 CÔTES-DU-RHÔNE  
 ROUGE**  
 from Rhone Valley, France  
**\$12.99, save \$4**

A classic Cotes du Rhone, Parallèle 45 is named after  
 the 45th parallel, a famous circle of latitude that marks  
 the midpoint between the equator and the North  
 Pole. It also passes over the cellars of Paul Jaboulet  
 Aîné. The Grenache, Syrah, Carignan, and Mourvèdre  
 grapes for Parallèle 45 are farmed organically. Garnet  
 red with purple hues, this fruit-forward wine has notes  
 of strawberry, red currant, peony and dried roses  
 with an elegant finish. Pairs nicely with pizza,  
 casseroles, stews and mild creamy cheeses.

## BEAT FALL COLDS BEFORE THEY ARRIVE

Don't forget to stop by our wellness  
 department for these fall immunity essentials.



- **Ahlbin's Fire Cider:** We love this local company's take on the sweet and spicy home remedy. Try a shot a day to keep sickness away. Best of all Ahlbin's is on Juicy Deal all month long.
- **Urban Moonshine Immune Zoom:** A powerhouse formula from one of our favorite herbal companies. Keep this one on hand for the moment the sniffles or sore throat show up.
- **Bach Flower Essences Rescue Remedy:** Think of this as an all-purpose anxiety and stress reducer for whatever ails you. Feeling nervous about getting on the bus in a new school year? Do transitional times rock you? Or do you just want to be ready for tough moments that might pop up in the day? Rescue Remedy's got your back!
- **Hand Sanitizer (various companies):** Make sure little hands are clean and grab a bottle of natural hand sanitizer for every backpack. We have sweet smelling varieties from Dr. Bronner's, EO, and Everyone.

