

OCTOBER



What's the best part about fall hikes in the Berkshires? How do we even choose? The amazing colors, the smell of leaves on the forest floor, the feeling of cool air in our lungs! And then of course, there are the snacks. We always say that food really does taste better outside, and that just amps up as we head into the fall. Somehow a fall hike brings out the creaminess in the cheese, the salt in the chips, the sweetness in the apple. There's some sort of magical alchemy there, and we are so here for it.

The 926 square miles that make up Berkshire County include so many hikes that it's nearly impossible to catalog them all. We have steep climbs with stunning vistas, lake loops, gentle woods trails, and everything in between. This month we're highlighting some of our favorite hikes and some great snacks to go with them. We hope it will inspire some new adventures (and treats!) for you this fall.

Read on for the best of October in our stores!

SAVE THE DATE



November 7, 9 am-7 pm
Pittsfield and Great Barrington
10% off* the whole store, prizes, and treats!
*Some restrictions apply. See in store for details.

OCTOBER EVENTS

in the Great Barrington Café Rena

Wine and Cheese Club
 Wednesday, October 9, 7-9pm
 With pairings from Terroir Wines and Maker to Monger Cheeses
 \$25 per person, get your tickets at events.humanitix.com/october-guido-s-wine-and-cheese-club

After Hours Pop-up Dinner
 Sunday, October 20, 6-8pm
 An Italian-inspired dinner served family style by the After Hours crew
 \$50 per person, get your tickets at afterhoursgb.com

Cookbook Club
 Thursday, October 24, 7-9pm
 Join us as we cook through Jenny Rosenstrach's *The Weekday Vegetarians Get Simple*
 Free! RSVP to achernila@guidosfreshmarketplace.com

Roasted Pears with Lemon and Ginger

The simple act of roasting a pear with a little sugar and lemon transforms it into something fancy. Roasted pears have a deep sweetness and a silky texture. The author Sally Schneider first published this method in *The Atlantic* with vanilla bean, but we've swapped it out for fresh ginger to create a gently scented ginger caramel. Roast up any type of pear, as all varieties will work for this recipe. Recipe from Guido's Marketing & Communications Director Alana Chernila.

Serves 4

Ingredients

- The zest of 1 lemon
- 3 tablespoons sugar
- 1½ pounds (3 to 4), firm pears, halved through the stem and cored
- 2 tablespoons fresh lemon juice
- 2 inches fresh ginger, cut into ½-inch thick coins
- ¼ cup water
- 2 tablespoons unsalted butter

Instructions

1. Preheat the oven to 375°F. Combine the lemon zest and sugar in a small bowl, rubbing with your fingers to release the oils of the lemon into the sugar.
2. Arrange the pears, cut side up, in a baking dish. Drizzle the lemon juice over the pears and sprinkle with the lemon sugar. Pour the water around the pears. Smash the ginger coins with a knife to help release the flavor, and nestle them among the pears in the water. Dab a small bit of butter into the center of each pear.
3. Roast the pears until very tender, about 45 minutes, turning them over midway through cooking and basting with the juices every so often. Remove the ginger coins, and discard or chop up and add to the pears if you like. Serve the pears with their caramel-ly sauce with everything from oatmeal to ice cream.



GROCERY GREAT 8 for October

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



Small Town Cultures
FERMENTED VEGETABLES
 \$4.99



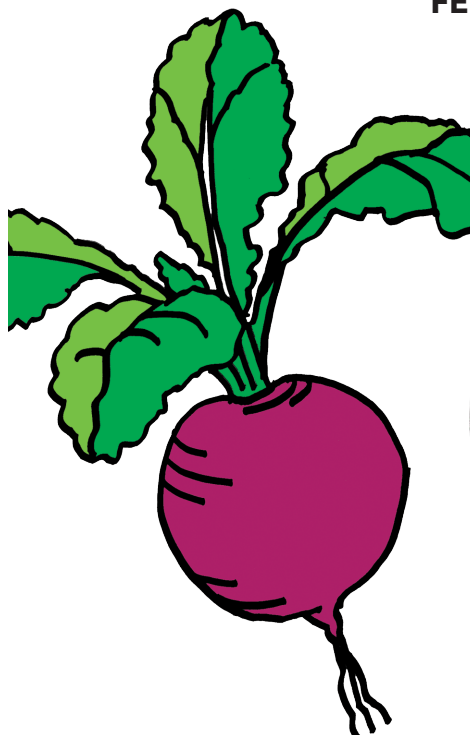
SMT
28OZ CANNED TOMATOES
 2 for \$7



Farmer Foodie
CASHEW PARM
 \$9.99



Top Seedz
CRACKERS
 \$6.99



El Nacho
TORTILLA CHIPS
 2 for \$7



My Bacon
PLANT-BASED BACON
 \$6.99



Field Day
PRETZELS
 2 for \$5



Larry's Naturals
SALSA
 \$5.99

"I'M SO GLAD I LIVE IN A WORLD

The Berkshires really shine in October, and we're heading outside to soak in every bit of it. Here are some of the hikes you'll see us exploring on our days off and some favorite snacks to eat along the way.



BARTHOLOMEW'S COBBLE, SHEFFIELD, MA

This Trustees of Reservations property is named for its two rocky knolls—or "cobbles". Don't miss Hurlburt's Hill, the property's highest point, which rises 1,000 feet to a 20-acre upland field on the Massachusetts-Connecticut border that offers panoramic views northward up the Housatonic River Valley. It's a perfect spot for a fall picnic! Boasting an enormous variety of woodland flowers and fern species, the Cobble's amazingly diverse flora earned it a National Natural Landmark designation in 1971. This is a gentle hike, excellent for all ages and abilities. (Dogs not permitted)

MATCHING SNACKS → HOT MULLED CIDER IN A THERMOS, GUIDO'S APPLE CIDER DONUTS, SLICED EMMENTALER CHEESE, LOCAL CARROTS



RACE BROOK FALLS, SHEFFIELD, MA

Not for the faint of heart, this 3.6 mile hike has a big payoff with a stunning three-tiered waterfall. Race Brook Falls is a moderate hike, but has some more challenging sections that can also be slippery. Expect several stream crossings, majestic moss, and the waterfall mists of your dreams. For a more strenuous full day hike, this trail can also be combined with Mt. Everett. (Dogs permitted on leash)

MATCHING SNACKS → CULATTA EMILIA WITH KERRYGOLD BUTTER ON A BAGUETTE, ENJOY LIFE LENTIL CHIPS, GUIDO'S BAKERY TRIPLE THREAT COOKIES



ICE GLEN, STOCKBRIDGE, MA

A magical gem right in the heart of Stockbridge. Although it's a short and easy hike, Ice Glen will transport you to another world. You'll begin on a beautiful bridge that will take you into the woods that lead to the glen itself, an arrangement of moss-covered boulders perfect for exploration and rock scrambling. Especially on warmer days, expect a refreshing drop in temperature within the glen. Wonderful for kids, but make sure to wear sturdy shoes. (Dogs permitted on leash)

MATCHING SNACKS → GUIDO'S MAGICAL MYSTERY TRAIL MIX, QUINN'S MAPLE ALMOND PRETZEL NUGGETS, AURA BORA SELTZERS

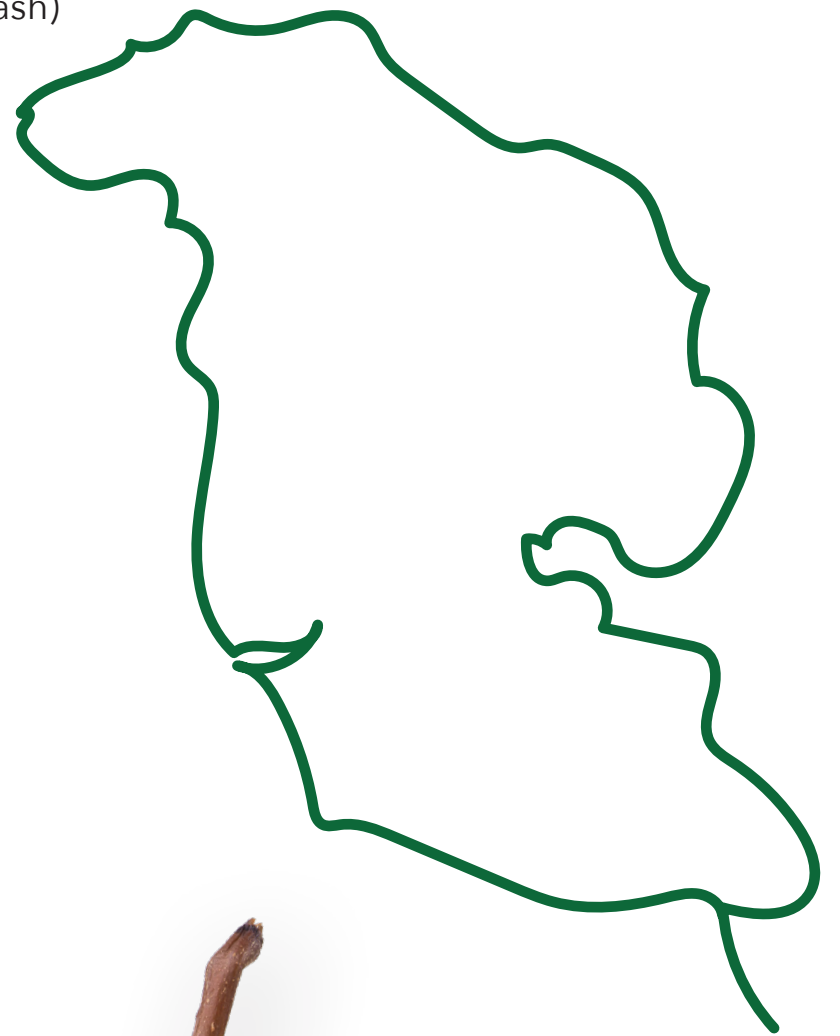
WHERE THERE ARE OCTOBERERS."

- L.M. MONTGOMERY

WASHINGTON MOUNTAIN MARSH INTERPRETIVE TRAIL, LEE, MA

Choose any of the 19 trails that weave over the 16,500 acres of October Mountain State Forest—it's hard to go wrong! But we love Washington Mountain Marsh Interpretive Trail. Depending on the path you choose, it's between 1.9 and 3 miles, fairly level and family friendly, and packed with amazing features like old home ruins, an ancient cemetery, and a beaver habitat. (Dogs permitted on leash)

MATCHING SNACKS → TOP SEEDZ CRACKERS, FOUR FAT FOWL ST. STEPHEN CHEESE, HU CHOCOLATE BARS



PINE COBBLE TRAIL, WILLIAMSTOWN, MA

Although a 4-mile up-and-back hike, this moderately challenging woods hike is family friendly for happy hikers of all ages. Expect switchbacks through the woods, a well-maintained trail, and a picnic-perfect collection of boulders at the summit that offer views for days. (Dogs permitted on leash)

MATCHING SNACKS → EL NACHO TORTILLA CHIPS WITH LARRY'S NATURALS SALSA, PERFECT BARS, LOCAL PEARS, SUPERIEUR ELECTROLYTES



MOUNT GREYLOCK VIA THE BELLOWS PIPE TRAIL, ADAMS, MA

Probably the most challenging hike on this list, the Bellows Pipe Trail is a steep climb all the way up to the highest point in Massachusetts. It's worth the burn! You'll be rewarded with vistas as far as 90 miles and a cozy lodge at the top complete with food and real bathrooms. (Dogs permitted on leash)

MATCHING SNACKS → PACKAGED BULK COCONUT FIG ENERGY CHUNKS, COAQUA COCONUT WATER, LOCAL APPLES, HARVEST SNAPS GREEN PEA SNACKS



SAVE!
Mazzeo's
monthly specials

MAZZEO'S OWN FAROE ISLAND SALMON BURGERS
 with lemon, basil, and black pepper
\$16.99/lb

OKTOBERFEST!

PORK TENDERLOIN SCHNITZEL
 thinly pounded tender pork cutlets
\$7.99/lb

SCHALLER & WEBER AUTHENTIC GERMAN SAUSAGES
 weisswurst, knackwurst, or bratwurst
\$6.99/12 oz

100% GRASS-FED, ALL-NATURAL BEEF CHUCK CUBES
 perfect for tender beef stew
\$9.99/lb

October 1-31

Café Rena



Put on your coziest sweater and head out for a walk in the leaves with a

HARVEST MOON SMOOTHIE

in hand. This sweet and spicy fall drink is a blend of strawberries, ginger, cranberries, pear, banana, cinnamon, and apple juice.

Save 50¢

la grotta

OCTOBER JUICY DEAL

Swiss Emmentaler: \$16.99/lb, save \$3/lb
 The original mild and nutty Swiss cheese, ideal for grilled cheese, sandwiches, and cheese boards

REVAMP YOUR PANTRY WITH LE PARFAIT CANNING JARS

We love these gorgeous jars for preserving and pickling. They're also the best receptacle for all your favorite bulk ingredients!

MIX & MATCH SIX JARS OF ANY SIZE & GET 10% OFF!



DELI JUICY DEAL

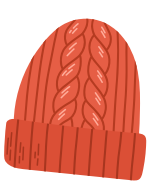
Culatta Emilia \$22.99/lb, save \$2/lb
 A sweet and tender cured Italian ham from the provinces of Parma, Piacenza, and Reggio Emilia.



WINE DEPARTMENT VINE & DINE SELECTION BOUSQUET ORGANIC VIRGEN MALBEC

Mendoza, Argentina
\$10.99, save \$2

While the Malbec grape originated in Bordeaux, France, the variety has enjoyed runaway success in Argentina since the late 20th century, and Mendoza's Uco Valley is one of the most exciting up-and-coming wine regions in the country. Healthy, easy-to-manage vines produce low yields of high-quality fruit, which in turn create flavorful, full-bodied wines with generous acidity. If you're trying to please a crowd, Malbec's combination of dense fruit and soft tannins makes it a winner. Pair with red meat, roasted lamb, slow cooked stews, and spicy chorizo.



BELLA FLORA



WARM HEADS FOR ALL!

Buy a winter hat from Bella Flora's Pittsfield location in October and they will donate a winter hat for every winter hat sold.* All donations will go directly to BCAC's Elf Warm Clothing Program.



To learn more about BCAC and the Elf Warm Clothing Program, head to bcacinc.org

IN PITTSFIELD ONLY *while supplies last



Shop fall hike essentials in our wellness department!

Arnica Montana: A homeopathic powerhouse for all your aches and pains. Available in oil, cream, bath soak, and gel for external use as well as pellets for internal use.

Superieur Electrolytes: We love this electrolyte formula for its great taste and clean ingredients. Throw a few packets in your bag to add to water when you need it most.

Nantucket Spider Extra Strength Tick Repellent: Don't go into the woods without it! The blend of clove, geranium, peppermint, cedarwood, spearmint, rosemary and cinnamon smells amazing and really keeps the ticks at bay.

