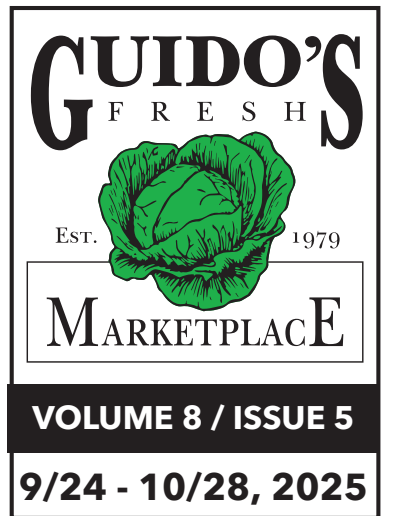


OCTOBER



The dark nights of October always seem to come as a surprise.

There's that first evening when you come out of work late or walk the dog after dinner and the night is black around you, a tunnel of darkness to shuttle you to the next moment of light. Whereas just a few weeks ago the outside beckoned us, it's now the inside that calls, the light in the windows drawing us in, the smell of a soup bubbling away on the stove. After the heat and bustle of the summer, fall food can be so exciting. It's like your favorite sweater that you happily stored away in June, knowing you'd be thrilled to see it when the time came. We're ready for baked apples and roasted squash, for the cozy foods of fall, and for the warmth and comfort that comes as the nights grow darker and we move towards the light.

Read on for the best of October in our stores.

JUICIER DEALS 9/24-10/14

Nora
**SEAWEED
SNACKS**
all varieties
2 for \$5



Café Grumpy
**BAGGED
COFFEE**
all 12-oz bags
\$12.99

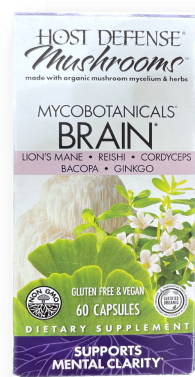


Bjorn Qorn
POPCORN
select 3-oz
varieties
2 for \$7

SMT
**CANNED
TOMATOES**
select 28-oz cans
\$3.49



Host Defense
**MUSHROOM
SUPPLEMENTS**
all varieties
25% off



Guido's
MAPLE SYRUP
all 32-oz bottles
\$24.99



Sidehill Farm
FRUIT JAM
all 9-oz jars
\$5.99

Stonewall
Kitchen
PANCAKE MIX
16-oz package
\$5.99



SAVE THE DATE

THANK YOU THURSDAY RETURNS!



10% OFF*

tastings, prizes, and more

THURSDAY, NOVEMBER 6

In Pittsfield & Great Barrington

*Restrictions apply, see in-store for details.

STAFF PROFILE

Meet Wan, Pittsfield Café team member! Wan started at Guido's in February of 2025, and we feel so lucky to have him. His favorite thing about working at Guido's is the happiness it brings him. "I know that I will have fun during my shift, and I will have a new experience each day." He loves that he can always rely on his co-workers and manager to support him. When he's not at Guido's, Wan can be found in nature - sitting next to a lake with a book, listening to music, or hiking.



Thank you, Wan! We're so glad to have you on the team!

SPOTLIGHT ON HOST DEFENSE STAMETS 7



Stamets 7 was specially formulated by Paul Stamets for daily immune support. Many use Stamets 7 as a functional food formula to support an engaged and balanced immune response.* This blend of 7 mushroom species:

- Supports an engaged and balanced immune response.*
- Supports the body in adapting to physical, mental, and environmental stress factors.*
- Promotes respiratory, digestive, circulatory, cellular, lymphatic, and systemic functions for foundational immunity.*

Host Defense products are 25% off all month long!



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

JUICIER DEALS 10/15-10/28

Justin's
**PEANUT
BUTTER CUPS**
all 2-packs
2 for \$4



Carbone
PASTA SAUCE
all 24-oz jars
\$6.99



Community
SNACKS
all 5-oz bags
2 for \$5

Burlap & Barrel
SPICES
all varieties
20% off



Equal
Exchange
**BAGGED
COFFEE**
all 12-oz bags
excluding decaf
\$12.49

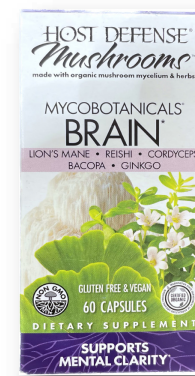


Field Day
**ORGANIC
OLIVE OIL**
1-Liter bottles
\$17.99



Olipop
**PROBIOTIC
SODA**
all 4-packs
\$7.49

Host Defense
**MUSHROOM
SUPPLEMENTS**
all varieties
25% off



Café Rena



SAVE
50¢

Fuel up for your leaf-crunching autumn hikes with our **Harvest Moon Smoothie**, a sweet and spicy combination of cranberries, strawberries, pear, ginger, banana, apple juice, and a magical blend of spices.

GUIDO'S kitchen

Our salad lineup is getting a fall refresh.

Come in for our **Butternut Quinoa Salad**. Our new lunchtime favorite!



SAVE
\$1

You're invited to our Cookbook Club Potluck! Here's how it works:

Pick up a copy of the book (it's 20% off at Guido's all month!). Choose a dish, and RSVP to Alana at achernila@guidosfreshmarketplace.com and let us know what you'd like to make.

Then join the party at the Great Barrington Café Rena with your dish and an ingredients listing at **7 pm on Thursday, October 30**.

This month, we'll be feasting our way through our friend Dan Pelosi's new book,

Let's Party:

Recipes and Menus for Celebrating Every Day



We hope you will join us!

OCTOBER RECIPE

Delicata Squash and Spinach Salad

A beautiful, flavor-packed fall salad you'll want to make again and again.

Serves 4 to 6



INGREDIENTS

2 medium delicata squash	1 pound baby spinach
7 tablespoons olive oil	2 tablespoons lemon juice
1 ½ teaspoons salt	1 teaspoon dijon mustard
1 teaspoon ground pepper	1 teaspoon white wine vinegar
2 tablespoons butter	1 cup dried tart cherries
2 tablespoons maple syrup	8 ounces halloumi cheese, patted dry & cut into ½-inch cubes
½ cup raw pumpkin seeds	

INSTRUCTIONS

Preheat the oven to 400°F. Halve the squash lengthwise, remove the seeds, and cut into ¼-inch half moons. Toss the cut squash in a bowl with 3 tablespoons of the olive oil along with the salt and pepper. Line a baking sheet with parchment paper and spread the squash out evenly with one side facing down. Roast until one side is caramelized, about thirty minutes.

Meanwhile, melt the butter in a small saucepan, then stir in the maple syrup. Add the raw pumpkin seeds and stir to coat. Spread the seeds out on a parchment lined baking sheet and roast until golden, about 20 minutes.

While the squash and seeds roast, put the spinach into a large bowl.

Combine 3 tablespoons of the remaining olive oil with the lemon juice, dijon, and vinegar in a small jar. Top with a lid and shake to combine. Pour the dressing over the spinach, tossing to coat the leaves. When the squash is done, remove the pan from the oven and add the squash to the spinach immediately to wilt it. Remove the pumpkin seeds from the oven and let cool for a few minutes. Add the seeds and tart cherries to the bowl with the spinach.

Heat the last tablespoon of olive oil in a skillet over medium heat. Add the halloumi cubes and fry until the cheese is golden, 3 to 4 minutes. Add the halloumi to the salad and serve.

WINE DEPARTMENT VINE & DINE SELECTION



FERRARI CARANO FUMÉ BLANC

Sonoma County,
California

\$14.99
(save \$2)

A crisp white, full of bright fruit character. Aromas of guava, apricot, and lychee lead to fresh pineapple, mango, peach and lemon cream on the palate. Ideal with simple seafood and poultry dishes, and also holds up nicely with veal and pork. This wine has lively flavors that go well with spicy Asian cuisines; also try pairing with Mexican and Southwestern dishes.

Make great smash
burgers at home!

We're featuring
our favorite smash
burger tools:

Made In Griddle
and the
Lodge Cast Iron
Grill Press



SAVE! Mazzeo's monthly specials

SCHALLER & WEBER
weißwurst, bratwurst, or knackwurst
\$7.99/10-oz

FREE RANGE
BONELESS SKINLESS
CHICKEN BREAST
OR THIN CUTLETS
when you buy 5 pounds or more
\$6.99/lb

WILD CAUGHT
USA GULF SHRIMP
16/20ct (shell on)
\$16.99/lb

TRUE STORY PORK
Sourced from Kurobuta hogs, known for their exceptional flavor and humane farming practices, ensuring high-quality, delicious meat.

BONELESS
CENTER CUT
PORK LOIN ROAST
OR CHOPS
\$10.99/lb

BREADED
KUROBUTA
PORK CUTLETS
(SCHNITZEL)
\$11.99/lb

September 24 – October 28