

↓ Scroll for this week's highlights

🍲 New Soup Menu • 👨‍🍳 Cooking Class • 📅 Events • 📁 Jobs • 🥕 Fresh Deals



FRESH DEALS

MAR 11 - 17 | OPEN TO EVERYONE

<p>FOOD SHED PREPARED</p> <p>Fresh Baked Cookies Walnut Chocolate Chip Oat</p> <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>\$8.99 6 pack</p> <p>SAVE \$1.00</p> </div> <div style="flex: 0.5; text-align: center;">  <p style="background-color: #800040; color: white; border-radius: 50%; padding: 5px; display: inline-block;">House Made</p> </div> </div>	<p>PINELAND FARMS</p> <p>Corn Beef Brisket</p> <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>\$17.99 / lb.</p> <p>SAVE \$2.00</p> </div> <div style="flex: 0.5; text-align: center;">  <p style="background-color: #FFC300; color: white; border-radius: 50%; padding: 5px; display: inline-block;">Staff Pick</p> </div> </div>
<p>TRULY GRASS FED</p> <p>Butter (Salted & Unsalted) Imported from Ireland</p> <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>\$5.49 8 oz.</p> <p>SAVE \$1.00</p> </div> <div style="flex: 0.5; text-align: center;">  <p style="background-color: #FF8C00; color: white; border-radius: 50%; padding: 5px; display: inline-block;">Grass Fed</p> </div> </div>	<p>ORGANIC</p> <p>Green Cabbage</p> <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>\$0.89 / lb.</p> <p>SAVE \$1.10</p> </div> <div style="flex: 0.5; text-align: center;">  <p style="background-color: #4CAF50; color: white; border-radius: 50%; padding: 5px; display: inline-block;">Organic</p> </div> </div>
<p>ORGANIC</p> <p>Red Potato</p> <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>2/\$5 3 lbs.</p> <p>SAVE \$1.49</p> </div> <div style="flex: 0.5; text-align: center;">  <p style="background-color: #4CAF50; color: white; border-radius: 50%; padding: 5px; display: inline-block;">Organic</p> </div> </div>	<p>ORGANIC</p> <p>Baby Peeled Carrots</p> <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>2/\$3 1 lb.</p> <p>SAVE \$1.19</p> </div> <div style="flex: 0.5; text-align: center;">  <p style="background-color: #4CAF50; color: white; border-radius: 50%; padding: 5px; display: inline-block;">Organic</p> </div> </div>

🍀 **Fresh Deals | Mar 11–17** A little luck of the Irish has landed in our aisles! From organic cabbage and carrots to grass-fed Irish butter and house-made cookies, this week's Fresh Deals are full of St. Patrick's Day inspiration. Perfect for corned beef dinners, cozy baking, and hearty meals at home. Stop in, stock up, and celebrate the flavors of the season with your community grocery. 🍀 🥕 🥬



FOODshed CO-OP

Owners Basket

MAR 11 - 17 | OWNERS ONLY SPECIALS

<p>CRAVE BROTHERS Marscapone \$4.29 <small>8 oz.</small> SAVE \$0.50</p> <p>local</p>	<p>ORGANIC VALLEY Heavy Whipping Cream \$5.49 <small>16 oz.</small> SAVE \$1.50</p> <p>NON GMO</p>
<p>LACLARE Goat Cheese <small>Blueberry Vanilla. Creamy, Sweet, Mild</small> \$4.29 <small>4 oz.</small> SAVE \$0.50</p> <p>local</p>	<p>GOOD BELLY Probiotic Juices \$3.99 <small>32 oz.</small> SAVE \$1.50</p> <p>Organic</p>
<p>ORGANIC Broccoli Crowns \$2.99 <small>/ lb.</small> SAVE \$2.00</p> <p>Organic</p>	<p>ORGANIC Brussel Sprouts \$3.99 <small>/ lb.</small> SAVE \$2.00</p> <p>Organic</p>

🍀 **Owners Basket | Mar 11–17.** Owners get the extra pot of gold this week! From local cheeses to organic broccoli, Brussels sprouts, and probiotic juices, these Owners Basket specials are packed with flavor and savings.

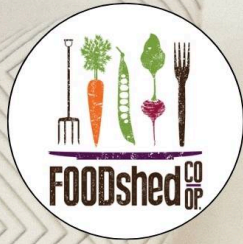
Not an owner yet? Join your neighbors and unlock weekly deals like these while supporting your community-owned grocery. Click [HERE](#) to join! 🌈🛒



Holy Mole (Mo-Leh)

Travel to Mexico through flavor 🌶️ Join Chef Ernesto for a hands-on culinary class celebrating culture and tradition. **\$5 holds your seat— and you'll receive \$10 off your next \$50 purchase at the co-op. Seats are limited!**

[Get Info & Tickets](#)



DAILY SOUP MENU

Week of March 11 - March 17

Available 11 AM - 8 PM

WED	Smoky Vegan Beef & Vegetable Minestrone	VG V DF GF H VG V DF
THU	Smoky Vegan Beef & Vegetable Minestrone	VG V DF GF H VG V DF
FRI	Smoky Vegan Chicken & Vegetable Corn Chowder	VG V DF GF H
SAT	Smoky Vegan Chicken & Vegetable Corn Chowder	VG V DF GF H GF
SUN	Corn Chowder Smoky Vegan	GF VG V DF GF
MON	Chicken and Wild Rice Smoky Vegan Italian Wedding	H VG V DF GF
TUE	Chicken and Wild Rice Smoky Vegan Italian Wedding	H VG V DF GF

12 oz \$5.49 16 oz \$6.99



Something New is Simmering! Our kitchen team has launched a new **Daily Soup Menu**—freshly made and available every day from **11 AM to 8 PM**. Enjoy rotating favorites like Smoky Vegan, Minestrone, Corn Chowder, Chicken & Wild Rice, and Italian Wedding Soup, with plenty of vegan, vegetarian, dairy-free, and gluten-free options. Stop in, warm up, and discover what’s simmering this week in every bowl!

LOTS OF EVENTS COMING!



Mark your calendar for these upcoming events at the Co-op!

- March 12 – El Molcajete Cooking Demo
- March 14 – Shelves to Shamrocks Sampling
- March 21 - Savor & Sip Saturday
- April 25 - Seed School at the Co-op
- May 2 - Kid Fest at the Barrington park district
- May 16 - Annual Plant Sale

There's something for everyone this spring—great food, family fun, and community connection at the co-op. More details on our website <https://foodshed.coop/events/>

We're Hiring!

We're looking for a **Store Clerk** to support customers and keep our front end running smoothly, and a **Cook (Prepared Foods)** to help prep and create fresh offerings in our kitchen.

If you value teamwork, service, and local food, we'd love to hear from you. Click [APPLY](#) for full details.



Join our Team!

[APPLY](#)



Save Big Money, Become an Owner

Owners get more at the Co-op

For a one-time \$200 household investment, you become an owner—joining 2,704 local neighbors who believe in community ownership.

Owners enjoy Owners Basket deals every week, 10% off one full grocery trip each month, an owners-only newsletter, early access to select events, and a voice and vote at the Annual Meeting. You can run for the Board, volunteer, receive patronage dividends when profitable, and participate in Owner Loan opportunities. The perks alone can cover your investment—while helping build a grocery store that truly belongs to our community.

[Click to Become an Owner](#)



[Investment Options](#)

Support Your Local Food Co-op

As sales continue to trend upward, we are seeking additional capital to stabilize operations and strengthen our financial foundation.

If you value having a locally owned grocery in our community, this is a meaningful time to participate — through increased shopping or financial support.

Learn more about investing here: [investment options](#)

[Click to visit our website](#)



Food Shed Co-op

2390 Lake Shore Drive, Woodstock, IL 60098

(815) 687-8480

You've received this because you've subscribed to our newsletter.

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