

↓ Scroll down for our Amish-raised, roasted chicken—plus events, 🍲 soups, Owner Deals & more!

FOODshed

FRESH DEALS

April 1 - 7 | OPEN TO EVERYONE

<p>Truly Grass Fed Natural Creamy Butter Unsalted and salted \$5.49 8 oz. Save \$1.00</p> <p>15% OFF</p> <p>NON GMO Grass Fed</p> <p>TRULY GRASS-FED NATURAL CREAMY BUTTER</p>	<p>Brown Cow Cream Top Yogurt \$0.99 5.3 oz. Save \$0.20</p> <p>NON GMO</p> <p>BROWN COW CREAM TOP STRAWBERRY YOGURT</p>
<p>Food Shed Fresh Baked Cookies Soft-baked daily - in a variety of flavors \$8.99 6 pack Save \$1.00</p> <p>HOUSE MADE</p> <p>TRIBE COUNTRY FARMS LOCAL, FARMER-OWNED, FRESH</p>	<p>Tribe Country Farms Summer Crisp Lettuce \$3.49 each Save \$1.00</p> <p>local</p> <p>TRIBE COUNTRY FARMS FRESHLY GROWN, FAMILY OWNED LOCAL, FARMER-OWNED, FRESH</p>
<p>Russet Potatoes 2/\$5 3 lbs Save \$1.49</p> <p>Organic</p>	<p>Organic Green Grapes \$2.99 / lb. Save \$3.00</p> <p>Organic</p> <p>50% OFF</p>

Fresh picks for the week are here 🌿 From creamy grass-fed butter to local lettuce and organic fair trade grapes at 50% off—there’s something for every basket. Don’t miss house-made cookies and everyday staples at great prices. Stop in and stock up April 1–7!

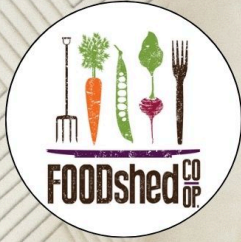


Owners Basket

April 1 - 7 | OWNERS ONLY SPECIALS

<p>Maine Root Root Beer Organic</p>  <p>\$8.49 4 pack Save \$1.00</p>	<p>LaClare Blueberry Vanilla local</p> <p>Goat Cheese</p>  <p>\$4.29 4 oz. Save \$0.50</p>
<p>Ellsworth Cheese Curds Staff Pick</p> <p>all varieties</p> <p>\$2.99 5 oz. Gluten Free</p> <p>Save \$0.30</p>	<p>Celery Organic</p>  <p>\$1.99 each Save \$1.00</p>
<p>Cauliflower Organic</p>  <p>\$3.99 each 20% OFF</p> <p>Save \$1.00</p>	<p>Waterloo Sparkling Water Natural Flavor</p> <p>Black Cherry</p>  <p>\$7.49 12 pack Save \$1.00</p>

Owners, this one's for you ❤️ Exclusive savings on favorites like goat cheese, organic cauliflower, and sparkling water—plus a few fun treats like root beer and cheese curds. Shop your Owner perks April 1–7 and fill your basket with extra savings!



DAILY SOUP MENU

Week of April, 1 - 7
Available 11 AM - 8 PM

WED	Minestrone Chicken & Dumpling Smoky Vegan	V DF V VG DF GF HOUSE MADE
THU	Minestrone Chicken & Dumpling Smoky Vegan	V DF V VG DF GF HOUSE MADE
FRI	Corn Chowder Mexican Meatball Smoky Vegan	V GF V VG DF GF HOUSE MADE
SAT	Corn Chowder Mexican Meatball Smoky Vegan	V GF V VG DF GF HOUSE MADE
SUN	Italian Wedding Quinoa & Sweet Potato Chili Smoky Vegan	V VG DF GF V VG DF GF HOUSE MADE
MON	Italian Wedding Quinoa & Sweet Potato Chili Smoky Vegan	V VG DF GF V VG DF GF HOUSE MADE
TUE	Lentil Soup New England Clam Chowder Smoky Vegan	V VG DF V VG DF GF HOUSE MADE

12 oz \$5.49 16 oz \$6.99



Clean. Flavorful. Chicken



YOU LOVE IT.

WE MAKE IT.



\$14.99 EACH

**Amish Raised.
Citrus-Herb Brined.
Roasted Right.**



**AMISH COUNTRY
POULTRY**

From Miller's Amish Farm in Indiana → to your kitchen → to you.

Clean. Flavorful. Ready by 2 PM daily.

Limited batches - grab yours

Juicy, tender, and full of flavor—our roasted chickens start with air-chilled birds from **Miller's Amish Farm in Indiana**, where animal welfare isn't a claim, it's a way of life. No added water. No shortcuts. Just clean, well-raised chicken, citrus-herb brined and roasted to perfection in-house.

Check out the latest! 
coop deals®

[HERE](#)

Calling All Kids! Saturday, April 18



**Trash to Treasure
Kids Invent-A-Con**

Join Professor Henry for
Inventors Workshop

and see what amazing
creations kids can make
using reusable material!

Date: Saturday, April 18, 2026
Time: 11 AM - 2 PM
Where: Food Shed Co-opd Shed Co-op



[Learn More](#)

Champion environmentally responsible practices



Learn—hands-on skills for **Earth Month** at the Co-op.

Date: Earth Day, April 22nd

Time: 5 - 7 PM

Place: Food Shed Co-op

Co-sponsored with the **Environmental Defenders of McHenry County**

[Learn More](#)

MORE EVENTS!



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

- April 18 - Kids Invent-A-Con
- April 22 - Clothing Repair / Mending Class
- April 25 - Seed School at the Co-op
- May 2 - Kid Fest at the Barrington park district
- May 16 - Sixth Annual Plant Sale

There's something for everyone this spring—great food, kid and family fun, and community connection at the co-op. Click to get the details on our website.

[Event Details](#)

Enjoy the Benefits of Ownership

Owners get more at the Co-op

For a one-time \$200 household investment, you become an owner—joining 2,700+ neighbors working to build a more resilient local food system in a world where food supply chains are increasingly centralized and complex.

Ownership isn't just about perks (though you'll enjoy weekly Owner's Basket deals, 10% off one full shop each month, and exclusive updates). It's about strengthening local farms, shortening supply chains, and keeping food dollars circulating right here in our community.

As an owner, you have a voice, a vote, and the opportunity to help shape a grocery store that reflects your values. Together, we're not just buying food—we're helping rebalance the food system toward something more resilient, sustainable, and rooted in community.

[Click to Become an Owner](#)





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](#)

[Investment Options](#)

[Click to visit our website](#)



Food Shed Co-op

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