

☀️ Summer's back on the menu! Scroll down for fresh deals, owner savings, grilling favorites, a local pasta maker's story, homemade soups, and ways to connect with your community this week. ↓

**FOODshed CO-OP**

# FRESH DEALS

July 8 - July 14 | OPEN TO EVERYONE

<p><b>Bulk Organic Steel Cut Oats</b>          Organic  <b>55% OFF</b>  <b>0.99</b> per lb.  <b>Save \$1.30</b></p>	<p><b>Driscoll Organic Strawberries</b>  <b>30% OFF</b>  <b>3.99</b> 1 lb.  <b>Save \$2.00</b></p>
<p><b>Organic Blueberries</b>  <b>40% OFF</b>  <b>4.99</b> pint  <b>Save \$3.00</b></p>	<p><b>Jumbo Premium Cherries</b>  <b>40% OFF</b>  <b>4.99</b> lbs.  <b>Save \$3.00</b></p>
<p><b>Kauma Amish Eggs</b>          All Natural, Cage Free Eggs  <b>20% OFF</b> Staff Pick  <b>2 for \$8</b>  <b>Save \$0.99</b> per dz.</p>	<p><b>By The Dozen Bakery Hot Dog Buns</b>          Hyper Local          Customer Favorite During The Grill And Chill Event  <b>4.99</b> 6 ct.  <b>Save \$1.00</b></p>

🍓 Fresh summer flavors are here! Stock up on organic strawberries, blueberries, and steel-cut oats, plus sweet jumbo cherries, local Amish eggs, and hyperlocal hot dog buns—perfect for grilling season. These savings are open to everyone, so stop by and fill your basket with fresh, delicious finds while they last. ☀️ 🍒 🍳



# Owners Basket

June 8 - June 14 | OWNERS ONLY SPECIALS

**Organic Celery** 30% OFF

**1.99** each  
Save \$1.00




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Duck A Diet Hyper Local

**Southwest, Waldorf & Chicken Salad Wraps**

Clean Ingredients Made Fresh

**12.99** each  
Save \$1.00




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Swiss Mountain Coffee Roasters

**Rose's Ballerina Blend Bulk Coffee** Hyper Local

A Custom Blend Of Indonesian & South American Coffee

**14.99** per lb.  
Save \$2.00



**Bobo PB&J's (3 Flavors)** 25% OFF

Soft Baked PB Oat Crust With Fruit Filling

**5.99** 5 ct.  
Save \$2.00



Gluten Free  
NON GMO

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Food Shed HOUSE MADE

**Chickpea Pinwheels** Vegan

Chickpea "Curry Chicken Salad" In Spinach Wraps.

**6.99** each  
Save \$1.00





Owners save even more this week! Enjoy discounts on crisp organic celery, **Duck A Diet's** fresh chicken salad wraps, Swiss Mountain Coffee's Rose's Ballerina Blend, vegan chickpea pinwheels made in our kitchen, and Bobo's PB&J oat snacks. Thank you for supporting your community-owned grocery store—and if you're not an owner yet, there's never been a better time to join!

Become an Owner Here

*Vendor Spotlight—by Christine Stebbins*

## Woodstock Culinary Duo Bring Decades of Food Expertise to PastaBar

What makes one pasta different from another? Sometimes it's not just the recipe—it's the ingredients, the craftsmanship, and the values behind the people who make it. Meet the Woodstock couple bringing authentic, handcrafted pasta to our store and a passion for better food for our community.



[Read More](#)

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## Upcoming Summer Events!



2 tickets remaining



Green Drinks at Duke's



Poetry, Popcorn,  
Community

[Click for Event Details](#)



# DAILY SOUP MENU

Week of July 8<sup>th</sup> - 14<sup>th</sup>  
Available 11 AM - 8 PM

<b>WED</b>	<b>Albondigas (Mexican Meatball) Broccoli Cheddar</b>	<b>V</b> <b>GF</b>
<b>THU</b>	<b>Albondigas (Mexican Meatball) Broccoli Cheddar</b>	<b>V</b> <b>GF</b>
<b>FRI</b>	<b>Caribbean Jerk Chicken Moroccan Inspired Lentil Soup</b>	<b>DF</b> <b>GF</b> <b>V</b> <b>VG</b> <b>DF</b>
<b>SAT</b>	<b>Caribbean Jerk Chicken Moroccan Inspired Lentil Soup</b>	<b>DF</b> <b>GF</b> <b>V</b> <b>VG</b> <b>DF</b>
<b>SUN</b>	<b>Chicken &amp; Dumpling Roasted Vegetable</b>	<b>DF</b> <b>V</b> <b>VG</b> <b>DF</b> <b>GF</b>
<b>MON</b>	<b>Chicken &amp; Dumpling Roasted Vegetable</b>	<b>DF</b> <b>V</b> <b>VG</b> <b>DF</b> <b>GF</b>
<b>TUE</b>	<b>Chicken Vegetable with Rice Butternut Squash &amp; Apple</b>	<b>DF</b> <b>GF</b> <b>V</b> <b>GF</b>

**12 oz \$5.49 16 oz \$6.99**



Who says soup is just for winter? Around the world, hot soup is enjoyed year-round—even on the hottest days. Stop in for a homemade bowl made with fresh ingredients and discover your new favorite summer lunch.

**FOODshed** CO-OP  
100% community-owned GROCERY STORE

become an owner!

**OWNERSHIP IS A VOTE FOR A BETTER FOOD SYSTEM.**

\$200 ONE-TIME

JOIN 2,700+ OWNERS

EVERYONE CAN SHOP - OWNERSHIP BUILDS SOMETHING BIGGER

The graphic features the Foodshed Co-op logo at the top left, which includes icons of a carrot, a leafy vegetable, and a fork. To the right is a purple circle with the text 'become an owner!'. The main headline is in large, bold, green and purple letters. Below it are two icons: a green leaf in a circle and a purple circle with three people icons. The bottom of the graphic has a green wavy border and a tagline in a grey rounded rectangle.



## Become an Owner & help us reach financial stability

For a one-time \$200 household investment, you join 2,700+ neighbors strengthening a more local, transparent, and resilient food network.

Every owner helps shift dollars toward nearby farms, local producers, cleaner ingredients, and shorter supply chains—good for our community and the planet.

You don't have to be an owner to shop. But when you are, you're helping build the kind of food system we all want to see.



Food Shed Co-op

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