



a local co-op



Orange Pumpkins full and round..
Cornstalks gathered on the ground..
Blue skies clear and Autumn-bright..
Harvest moons and frost at night..
Leaves raked high in great big piles..
November sights bring thankful smiles.
--Author unknown

November certainly made it clear she had arrived!
Many of us in the area experienced our first snow fall of the year on the first day on the month.
Winter is swiftly approaching, and the season for coziness, teas, fires, blankets, soups and all the bounty of the previous season has arrived.

Such a time to show thankfulness for all we have and the community that we live in and the beautiful land we are blessed to live upon.

Here at the Co-op we are thankful for all of our members and customers who faithfully shop here regularly.

The Co-op is thriving and bustling and it is heartening to know that we continue to meet the needs of our community.

Thank you.

Read on for more about our new monthly sales, ordering turkeys & upcoming events.

Order Your Thanksgiving Turkey

Pasture Raised in Old Chatham, NY

Columbia County Organic Feed

Sign up in the store or call us to reserve yours!

(518) 392-3353

Local - Pasture Raised - Organic

It's Turkey time!
We are happy to once again offer local, organic & pasture raised Turkeys from Dog Wood Farm in Old Chatham, NY.
You can order in store or call ahead (518 392 3353) to reserve yours.
A \$50.00 deposit required at the time of ordering and the balance is due on pick-up day.
Here's the scoop-
- \$7.25/lb
- Pasture raised in Old Chatham NY, and fed on Organic Feed grown in Columbia County, the Turkeys from Dog Wood farm are of the highest quality, and it shows in their taste!
- Sizes available; 12-14lbs, 14-16lbs, 16-18lbs, 18-20lbs, 20-22lbs, 22+lbs
- Order deadline November 13th
- Pick Up Tuesday or Wednesday 21st or 22nd November



Our talented chef is at it again, and we are happy to announce that we will be offering delicious Gluten Free & Vegan Pies for your Holiday celebrations this year. We will have Apple & Pumpkin Pies available, baked in house with Local Squash and Apples.
These will be available on Monday November 20th, on a first come first served basis. We are sorry but we are not able to reserve in advance.
These pies flew out of here last year so be sure not to miss this great opportunity. Truly the best.


We will also be offering Apple, Pumpkin, Blueberry, Cherry & Peach Pies from Love Apple Farm in Ghent NY, a local favorite! They will be available on a first come, first served basis on Friday the 17th and Monday the 20th November.

Smaller pies from Formisano Bakery in Saugerties NY will be available in different varieties on Thursday 16th and Tuesday 21st November.
We've got all your pie needs covered!

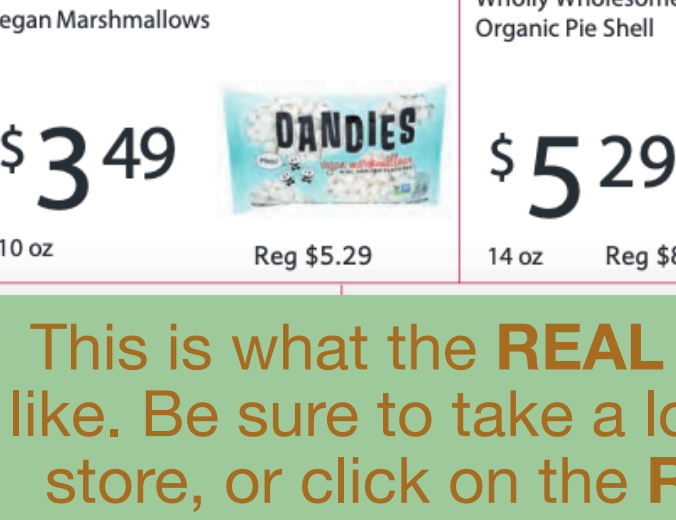
REAL DEALS

We are excited to introduce **REAL DEALS** to our Co-op customers and members.
REAL DEALS are deeply discounted products that come out in our monthly sales flyer, which you can find on our website, at the register, or by clicking the **REAL DEALS** logo in our newsletter.
REAL DEALS are made possible thanks to our new membership in the Independent Natural Food Retailer's Association (INFRA). INFRA is a cooperative of over 300 small natural food stores which negotiates on our behalf with our distributors and product brands to offer incredible short-term discounts which we are able to pass onto our members and customers.
As members of INFRA, the Co-op now has increased purchasing power and can access better service and pricing from our distributors while maintaining our autonomy. This allows us to keep our main focus on carrying local products while still being able to carry other natural food brands that our customers know so well.
To find **REAL DEALS** while you're shopping, look for the bright green shelf tags.
A new sales flyer comes out at the beginning of every month, so be sure to stock up on your favorites while you can!


November Sales!




Wholesome Organic Brown Sugar
4 oz
Reg \$7.29




Dandies Vegan Marshmallows
10 oz
Reg \$5.29



Wholly Wholesome Organic Pie Shell
14 oz
Reg \$8.69



Kerrygold Butter
8 oz
Reg \$6.69



Pacific Foods Organic Broth (selectal varieties)
32 oz
Reg \$6.19

This is what the **REAL DEALS** Sales Flyer looks like. Be sure to take a look next time you're in the store, or click on the **REAL DEALS** logo above to be redirected to our website.

MARK YOUR CALENDAR

UPCOMING EVENTS IN THE STORE-




Saturday November 18th
11:30am - 3:30pm
KNIFE SHARPENING with Spijk from
ROCKY HILL FORGE

Get your knives sharpened by a master blacksmith.
Using the traditional Whetstone method, Spijk sharpens knives while you wait.
No appointment necessary.
Come by, say hello, check out some wonderful local produce and more, and leave with freshly sharpened knives!
The prices are:
\$2.00 per blade inch
\$3.00 for minor blade repair (chips etc.)
\$8.00 for major blade repair (Large chips etc.)
\$12.00 for tip repair/edge restoration
\$3 per serrated blade inch

Friday December 1st
12:30pm - 2:30pm
IN-STORE TASTING with Bonnie from
BAKER ADDICTION Ghent, NY
Come and join Bonnie from Baker Addiction and sample some of her delicious baked goods- Gluten Free, Vegan & Sugar free offerings too!
Yum.

To view our online calendar, click on the image below.
To reserve our Community Room for an upcoming event, please email us [HERE](#).
To find out more about our Community Room, click [HERE](#).

SEE YOU AT THE CO-OP!



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Our mailing address is:
15 CHURCH STREET
CHATHAM
NY 12037

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Chatham Real Food Market Co-op 15 Church St. Route 203 Chatham, NY 12037 USA

