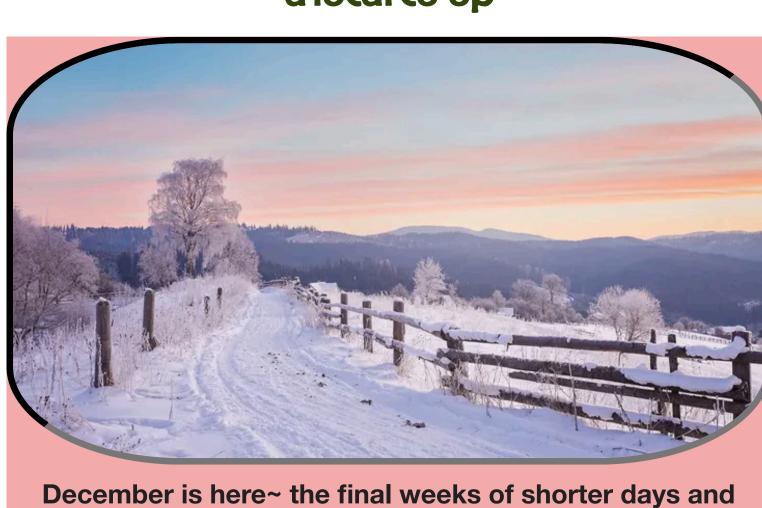


a local co-op



longer nights. For as we approach the Solstice on the 21st, we can know that soon the change towards longer days and shorter nights is upon us. This, in and of itself, is something to celebrate!

During the darkest time of the year, we can struggle to find the light, but this is what this season asks of us; to kindle our inner light through quietness, connection, warmth and love. To spread that light out into the world, to help overcome the darkness.

Sharing tea around a cozy fire with friends, reading stories by candlelight, preparing a meal together and sharing good food and conversation are such seemingly simple activities, and yet, they kindle a warmth and light that is timeless and true, and so needed. May you find the time to kindle warmth and light, and to

share it with your loved ones. And may you find the time to receive it too. There is no better time than now.





delivered by Denise of Damsel Garden, Stuyvesant NY, this Thursday. Perfect decoration to compliment the Holiday cheer. Bringing the beauty of the outside season into your home.

Well- don't forget to take a look at our REAL! DEALS flyer for the month of December. Click on the REAL! DEALS

What's new in the store for December?

image below to be redirected to our website to view all the great offers for this month. Worthy of a mention-

Dr. Bronner's Organic Castile Bar Soap- 2 for \$8.00 (reg \$5.39 each) Aura Cacia Skin Care & Essential Oils- 20% off (great gifts!) **Traditional Medicinal Organic Teas-** \$3.99 (reg \$6.69) Bionaturae Organic Pasta~ 20% regular price

Just a sneak preview- there are many great offers this month, we hope you will take full advantage of them and stock up on your favorite items. Click below to see all the deals!





Thoughtfully chosen for all budgets, here's what you can expect to find on our shelves~

We have a nice selection of gift options this year.

Holiday shopping...

~ Local (Spencertown NY, Amsterdam NY) hand dipped Beeswax Candles (many different designs). ~ Beautiful & unique Earrings & Necklaces made right here

in Chatham by Svenia (one of our staff) of Skull and Moons. ~ Andes Gifts ~ winter woolies- Hats, Scarves & Gloves hand crafted by Ayamra & Quechua artisans from a Knitting Cooperative in the Andes. Find out more **HERE** (we are also carrying their very fun & unique finger puppets as well as some beautiful Seasonal decorations). ~ Maggies Socks- 100% Cotton or Merino Wool (machine washable).

~ Bath Salts from Soothing Touch or Aura Cacia. ~ Asia Luna (Philmont NY) Bar Soaps, Liquid Soaps & Scented Candles. ~ Essential Oils & Incense. ~ Earth, Sky & Water Folding Guides (GREAT stocking stuffers).

~ Local Raw Honey from Rulison, Bee Hollow, Martin Sylvan

~ Excellent Beer & Cider selection (Holiday varieties too). ~ And the Seasonal Boxed Card sets are out (Also from Earth, Sky & Water).

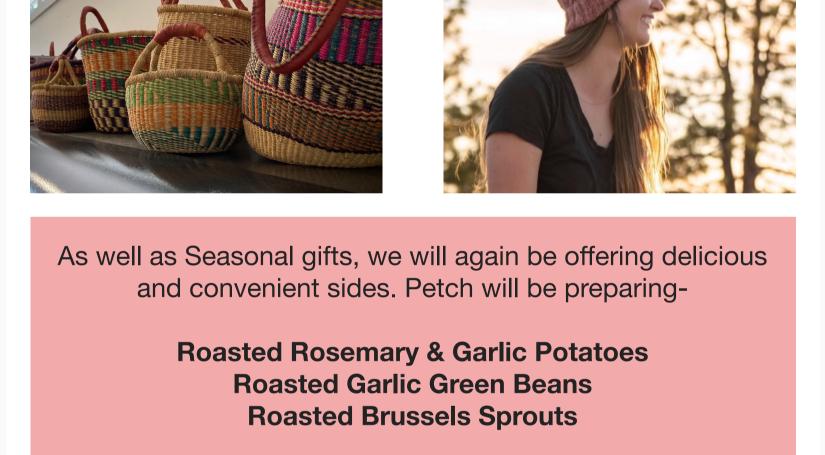
~ African Baskets- all shapes, sizes, colors & designs.



& Twin Willows.



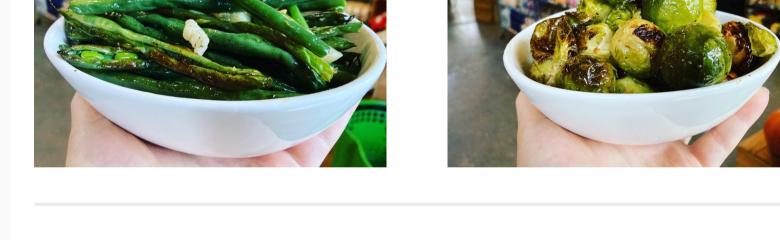




Petch also has some plans for Vegan & Gluten Free

Desserts. Keep your eyes on our Social Media for more

information about this!





\$2.00 per blade inch

\$3.00 for minor blade repair (chips etc.)

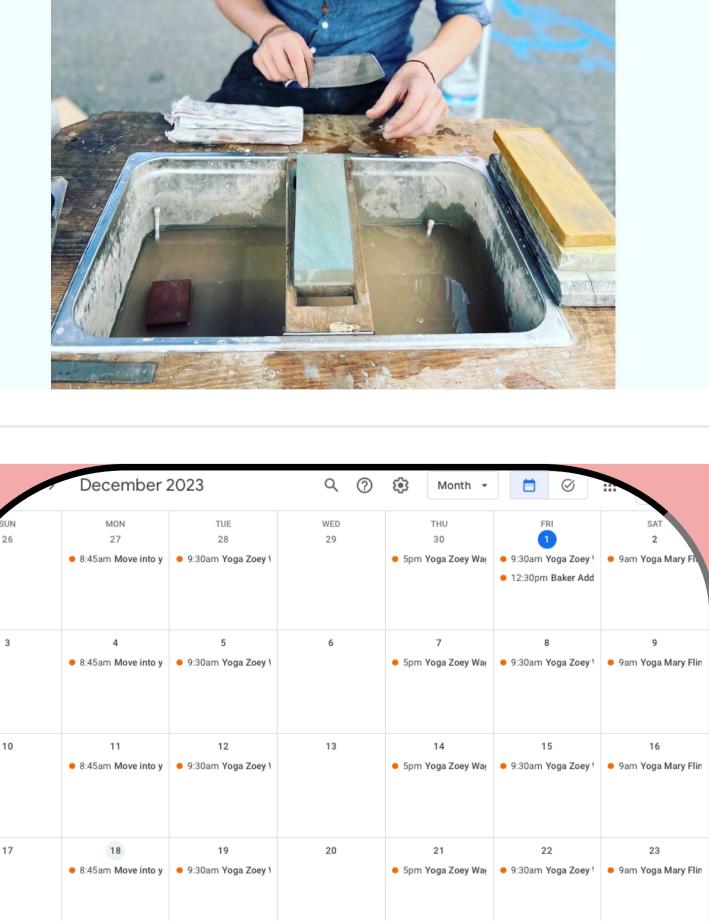
\$8.00 for major blade repair (Large chips etc.)

\$12.00 for tip repair/edge restoration

\$3 per serrated blade inch

No appointment necessary.

Find out more about Rocky Hill Forge here



17 24 29 30 9:30am Yoga Zoey \ • 5pm Yoga Zoey Wa: • 9:30am Yoga Zoey! • 9am Yoga Mary Flin

to know more about renting our upstairs Community Room space, please email Lucy HERE. As always, thank you for choosing to shop at your Local Co-op. We value and appreciate your support. Warmest greetings to you and yours this Holiday

Season.

Click on the image above to view our online calendar.

If you have any questions about the classes, or would like

• 5pm Yoga Zoey Wai • 9:30am Yoga Zoey 1 • 9am Yo

Jan 1

9:30am Yoga Zoey \

Stopping by Woods on a Snowy Evening Robert Frost

Whose woods these are I think I know. His house is in the village though; He will not see me stopping here To watch his woods fill up with snow. My little horse must think it queer

To stop without a farmhouse near

Between the woods and frozen lake

The darkest evening of the year. He gives his harness bells a shake To ask if there is some mistake. The only other sound's the sweep Of easy wind and downy flake. The woods are lovely, dark and deep, But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep.

