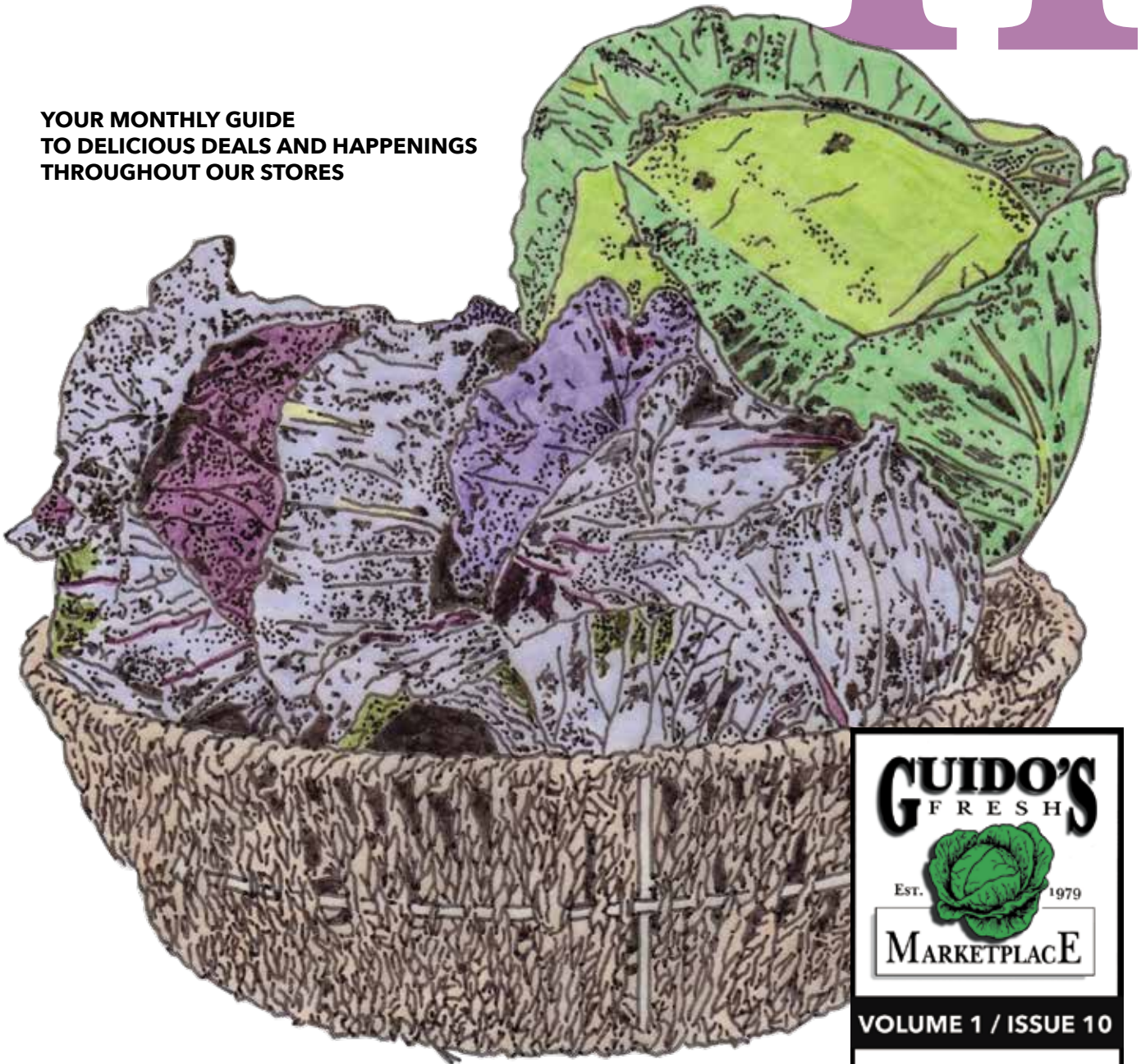


MARCH

**YOUR MONTHLY GUIDE
TO DELICIOUS DEALS AND HAPPENINGS
THROUGHOUT OUR STORES**



GUIDO'S
FRESH



MARKETPLACE

VOLUME 1 / ISSUE 10

MAR 1 - MAR 31, 2019

There's so much to love about March.

March is such a quiet hero in the calendar. Boot-sucking mud and surprise snowstorms give it a bad name, but this month holds the possibility of so many small pleasures. There are the random warm days (we hope!) when the smell of new greenery sneaks into open windows. There is the quiet of the Berkshires during the time so many people are away. Don't forget St. Paddy's day and the corned beef and cabbage feast that comes with it. And then of course there is spring, which, even if it comes in name only, at least helps us see that winter really will end someday. But until it does, we'll celebrate March and all its treasures, however they arrive.

Read on for the best of March in our stores!



LOOK for
the **BEET**
on products
throughout
our stores!

It tells you that the item is a great **VALUE**, helping you make the most of your **BUDGET**. We work hard to deliver real **QUALITY, FLAVOR** and **FRESHNESS** at the **RIGHT PRICE! While supplies last.**

MATT'S MARCH PRODUCE PICK



CABBAGE

“Cabbage is often underappreciated, but it’s so sweet and delicious when cooked right. It’s available all year round, inexpensive, and easy to cook. Look for cabbages with a smooth and unblemished outer leaf.”

-MATT MASIERO

ABOUT GUIDO'S FRESH MARKETPLACE

Guido's Fresh Marketplace has been feeding an enthusiastic, smart, food-loving crowd for 40 years. What a delicious experience it has been!

When we started in 1979, our motivation was simple: We loved good food, and we were hungry for fresh and beautiful ingredients. This is still true today, and we remain steadfast in our collective dedication to bringing Guido's customers the very freshest, highest quality foods that we can find.



OUR MARCH RECIPE:

Roasted Cabbage Wedges

Roasting brings the sugars out in the cabbage, and the caramelized edges are the best part. This works well with any red or green firm cabbage.



Serves 4

INGREDIENTS

1 medium red or green cabbage, cut into 8 wedges through the core
2 tablespoons olive oil

¼ teaspoon salt, plus more, to taste
¾ teaspoon apple cider vinegar
Freshly ground pepper

DIRECTIONS

1. Preheat the oven to 475°F. Line a large rimmed baking sheet with parchment paper.
2. Lay the cabbage wedges on the baking sheet in a single layer. Drizzle with half of the oil and sprinkle with half the salt. Flip the wedges, drizzle with the remaining olive oil and another sprinkle of salt. Roast until dark and caramelized around the edges, about 30 minutes.
3. Sprinkle the cabbage with vinegar, several grinds of pepper, and more salt if needed.



A LETTER TO OUR CUSTOMERS

Dear friends,

It has been an action-packed few years for us at Bella Flora. Our expanded retail space in the Pittsfield store has brought new opportunities - allowing us to bring you so much more in fresh flowers, plants, gifts, and seasonal home goods. Thanks to a tireless creative staff and an amazing group of customers, we have seen our family business truly flourish.

Planning is now underway for the Great Barrington Guido's renovation and expansion, and Bella Flora is delighted to be a part of that project. We put our hearts into everything we do at Bella Flora, and this Guido's GB project will be no exception. We are committed to creating a fresh new space for our customers that will bring beauty and inspiration to everyone who passes through it. Oh the possibilities! The time is now for us to begin the work of planning the best digs possible for Bella Flora in advance of groundbreaking in early 2020.

This project is now a priority for our team, and we've had to make a difficult decision. **This year, Bella Flora will not open our seasonal Garden Shop at 55 Pittsfield Rd.** We will still offer organic veggie starts and herbs for sale at the front of both Guido's stores as we do each spring.

We want to say a big thank you to all the customers and staff who have made our Garden Shop such a joyous enterprise over the past four summers. Thank you for your support and enthusiasm. The Garden Shop has been a true labor of love for our family, and it's with heavy hearts that we let it go. In the end, this decision will help us put much-needed energy towards the future as Bella Flora grows.

With gratitude and love,
Annie, Chris, and the Bella Flora team



IN GUIDO'S PITTSFIELD: 1020 South St. 413-496-8242

IN GUIDO'S GB: 760 S. Main St. 413-528-1581

bellafloraberkschires.com



TURKEY

Plainville Farms (New York) Natural, Free-range Ground Turkey
(thigh meat) **\$2.99 lb for 5 lbs or more**

PORK

Pork Tenderloin **\$5.99 lb**
North Country (New Hampshire) Cobb Smoked Bacon **\$5.99/16 oz**

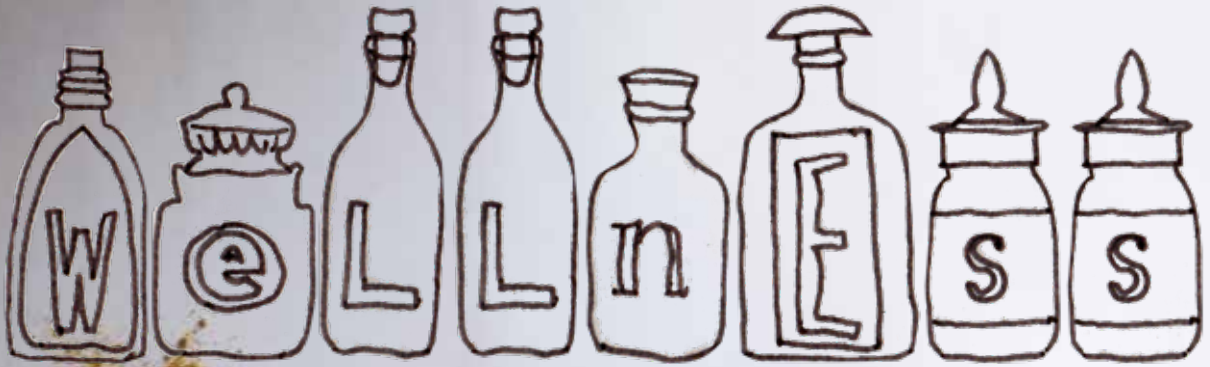
CHICKEN

Chicken Stir-Fry (marinated boneless breast, onion, peppers,
snow peas, ginger) **\$6.99 lb**
Fully cooked Chicken and Apple Sausage **\$4.99 lb**

SEAFOOD

Chorizo and Asiago Stuffed Clams **2/\$5**
Fresh Live PEI Mussels **\$2.99 lb**
Whitefish Salad (kosher) **\$12.99 lb**

PITTSFIELD: 413-442-2222 GREAT BARRINGTON 413-528-4488
MARCH 1-31, 2019



Why incorporate more **turmeric** into your daily routine?

The main active ingredient in turmeric is curcumin, a strong antioxidant that supports a healthy inflammatory response. Although there is a low level of curcumin in turmeric when used as a spice, a good turmeric supplement contains a high level of curcumin as well as added ingredients to aid in curcumin absorption.

Gaia Herbs' Turmeric Supreme Extra Strength is one of our favorite turmeric supplements. It blends the highest quality turmeric root with black pepper for absorption.

And best of all, ALL GAIA HERBS PRODUCTS ARE **20% OFF** FOR THE MONTH OF MARCH.



Natural Foods Great **8** for March

There are over **800 products** on sale in our stores in March, and we've picked our very favorites. Don't forget to look for the **BEET** all month long!



Mrs. Meyer's Clean Day
MULTI SURFACE SPRAY
all varieties
\$2.99



Sunshine Frozen
ORGANIC VEGGIE BURGERS
all 3-count varieties
2/\$7



Bola
GRANOLA
16 oz original variety only
\$5.99



Bonne Maman
PRESERVES
all 13 oz varieties
2/\$7



Zoe
OLIVE OIL

1 Liter non-organic only

\$12.99



Annie's Naturals
SALAD DRESSING

all 8 oz organic varieties

\$2.79



Hail Merry
TARTS

all 3 oz varieties

2/\$7

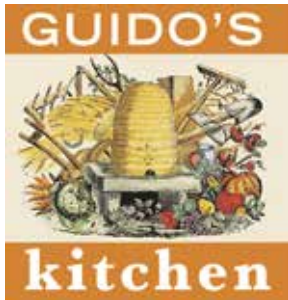


Alden's
ORGANIC ICE CREAM

1.5 quarts

\$6.49

GUIDO'S KITCHEN MARCH PICKS



Macaroons

\$2.99 You save \$2

Chocolate Macaroons

\$2.99 You save \$3

Turkey Meatloaf

\$5.99 lb You save \$2/lb

Three Cheese Semolina Bread

\$4.99 You save \$2

Our Own Marinara

\$2.99 You save \$1

ONLY IN PITTSFIELD



LA GROTTA MARCH JUICY DEALS



GUIDO'S FAVORITE
CHEESES &
PROVISIONS
from near and far

la grotta

Raclette

Melt this creamy cheese with potatoes, charcuterie, or pickled vegetables for a true Swiss alpine feast!

\$12.99/lb

You save \$2/lb

follow us on instagram

@guidoslagrotta

ONLY IN PITTSFIELD

PITTSFIELD CAFÉ MARCH DRINK OF THE MONTH

Coffee plus chocolate is ALWAYS a good idea. Sip on a **Café Mocha Latte** in our Pittsfield Café. With espresso, steamed milk of your choice, and rich Ghiradelli chocolate, this month's #juicydeal is the perfect pick-me-up.



\$3.75/ 12oz

\$4.25/ 16oz

you save \$.50



ONLY IN PITTSFIELD



**ARE YOU
FOLLOWING
@GUIDOSFRESHPIZZA
ON
INSTAGRAM
?**

Stay connected for daily specials, new pizzas, and more!

**ONLY IN
PITTSFIELD**

THE MARKETPLACE SPECIALTY FOODS MARCH DEAL



the
Marketplace

20% off

**Ghiddo's Lavash and
Olde Cape Cod
Oyster Crackers**

**ONLY IN
GREAT BARRINGTON**



OUR MARCH PICK

This heavy-duty workhorse of a pot is perfect for chili, stews, braises, or roast chicken.

**LODGE COOKWARE
DUTCH OVEN**

\$64.99-\$101.99



WINE
DEPARTMENT
MARCH
VINE & DINE
SELECTION:

DOMAINE
LAFAGE BASTIDE
MIRAFLORES
SYRAH/GRENACHE
Cotes du Roussillon, France

\$13.99
SAVE \$2



This custom organic cuvée comes from Grenache grown on rocky, alluvial clay soils combined with Syrah grown on schist. It's ripe and heady, deep purple, with notes of smoked meat, chocolate, and blackberry. A fantastic value, ideal with lamb, pork, beef dishes with black pepper sauces, roasted vegetables, and sheep's milk cheeses.

JOIN US IN THE STORES FOR WINE & CHEESE TASTINGS EVERY WEEKEND



WHAT'S FOR Dinner

Visit Rachel O in our stores for dinner inspiration every weekend:

In Pittsfield, Fridays 1-5
In Great Barrington, Saturdays 1-5

CAULIFLOWER TIKKA MASALA

from Rachel Oberg
GB Guido's Produce Team Member & Dinner Specialist

Maya Kaimal's simmer sauces work serious weeknight dinner magic!

Serves 4

INGREDIENTS:

2 tablespoons safflower oil
2 cups chopped cauliflower
1½ cups chopped carrot
½ cup chopped onion
½ teaspoon salt
1-11.5 ounce container Maya Kaimal Tikka Masala
1-15 ounce can chickpeas
2 cups fresh spinach
For topping: Greek yogurt, ¼ cup chopped scallions,
½ cup chopped roasted and salted cashews or almonds

DIRECTIONS:

1. Heat a large skillet over medium-low. Add the oil. Once the oil is hot, add the cauliflower, onion, carrots, and salt. Cook, covered, until veggies are almost tender, 5-8 minutes.
2. Add the Tikka Masala sauce and the chickpeas. Simmer for about 10 minutes. Stir in spinach and cook for 1 minute more. Taste for seasoning and add more salt if needed.
3. Serve topped with a dollop of yogurt, chopped scallions and chopped nuts.

You'll find this and many other recipes from our friends and family on the Guido's website:
<https://guidosfreshmarketplace.com/blog/recipeibrary/>

#guidosmakesdinner #guidosfresh @guidosfreshmarketplace

GUIDOSTAFF SHOW II



Lin Bredenfoerder
Aryona Buffoni
Brian Coughlin
Stefanie D'Angelo
Nancy Jaramillo
Raphaela Kramer
Margherita Lamanno
Micayla Levesque
Dane Luhmann
Anna Masiero
Jessie McAvoy
Bob E. Palmer
Marcela Pareja
Jeremiah Roy
Marco Zambrano

ART + MUSIC + VIDEO

March 15 - May 31, 2019

Live Performances, Video Screening
& Opening Reception

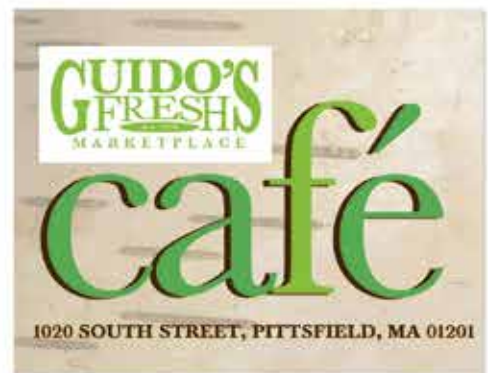
Friday, March 15, 7-9pm

guidosfreshmarketplace.com

@guidosfreshmarketplace



#guidosfamily



BIG PARTY



Co-owner Matt Masiero stacks melons, 1988

SAVE the DATE

Mark your calendars for big doings in

SEPTEMBER 2019

when we'll be holding one heck of a
Customer Appreciation Month

to say a big thank you for 40 delicious years.
Enjoy discounts, deals, prizes, lots of cake
and ice cream, and extra special surprises.

We'll see you in the stores!

IN PITTSFIELD: 1020 South St. 413-442-9912

IN GB: 760 S. Main St. 413-528-9255

guidosfreshmarketplace.com

@guidosfreshmarketplace #guidosfresh

