



BUFFALO MOUNTAIN MARKET

COOPERATIVELY OWNED

Ph: 802-472-6677

75 Mill Street
Hardwick, VT 05843

Open 7 Days a Week!

www.bmfc.coop



Prices Valid: Friday, October 3 - Thursday, October 9, 2025

October is Breast Cancer Awareness Month



Certified Angus Beef®, Boneless
Shoulder Pot Roast **\$5.49** lb



Fresh
Pork Tenderloin **\$2.99** lb



2 lb. Pkg.
Holten's Chop House Smashed Burgers **\$9.99**



Deli Sliced, Oven Roasted
New England Traditions Turkey Breast **\$6.99** lb



Deli Sliced
New England Traditions Provolone Cheese **\$4.99** lb



Deli Sliced, White or Yellow
Land O Lakes American Cheese **\$4.99** lb



15-24 oz. Selected Variety
Classico Pasta Sauce **2/\$5**



12-16 oz. Selected Variety
Barilla Pasta **3/\$4**



11-16 oz. Selected Variety
Del Monte Canned Vegetables **3/\$5**



Seedless
Samsons Red Grapes **\$1.79** lb



32 oz. Selected Variety
College Inn Broth **2/\$4**



15-30 oz. Selected Variety
Hellmann's Mayonnaise **\$5.49**



12.5 - 20.5 oz. Selected Variety
Nabisco Crackers **\$3.99**



Start your meal with a healthy salad!



5-8 oz. Selected Variety
Sargento Shredded Cheese **\$2.99**



14-32 oz. Selected Variety
McCain Side Dishes **\$2.99**



10.6-14 oz. Selected Variety
Yasso Greek Yogurt Bars **\$5.49**



1.5 qt. Selected Variety
Tillamook Ice Cream **\$5.49**



4.75-8 oz. Selected Variety
Lay's Potato Chips **2/\$7**

Grocery, Snacks, & Beverages

12-14 oz. Selected Variety
General Mills
Chex Cereal **2/\$6**



6 oz. Selected Variety
Stove Top
Stuffing Mix **2/\$5**



16 oz. Selected Variety
Newman's Own
Salsa **\$2.99**

8-8.25 oz. Selected Variety
Dole
Canned Pineapple **4/\$5**

12 oz. Selected Variety
Heinz
Home Style Gravy **2/\$5**

64 oz. Selected Variety
Mott's
100% Apple Juice **2/\$6**
+Dep. where app.

Gallon, Selected Variety
AriZona
Drinks **3/\$10**
+Dep. where app.

16 oz. Selected Variety
Kraft
Dressing **\$2.99**

12 oz. Cans 8 Pack, Selected Variety
LaCroix
Sparkling Water **\$3.79**
+Dep. where app.

18-18.8 oz. Selected Variety
General Mills
Family Size Cereal **\$4.99**

5 oz. Selected Variety
Mrs. Cubbison's
Croutons **\$1.79**

22.6-25.9 oz. Selected Variety
Folgers
Ground Coffee **\$11.99**

4 oz. Selected Variety
Betty Crocker
Potatoes **2/\$4**

12-13 oz. Selected Variety
Frank's RedHot
Sauce **\$3.59**

16 ct. Selected Variety
Yogi
Tea Bags **\$4.49**

11.9-14 oz. Selected Variety
Velveeta
or Kraft Deluxe Dinners **2/\$6**

18-20 oz. Selected Variety
French's
Mustard **\$2.79**

32 oz. Selected Variety
Yogi
Organic Chai Latte **\$5.99**

14.1-14.5 oz. Selected Variety
Amy's
Soups **\$3.29**

12 oz.
Heinz
Chili or Cocktail Sauce **2/\$5**

16-32 oz. Selected Variety
Vlasic
Pickles **2/\$5**



8-12 oz. Selected Variety
Hershey's
Baking Chips **\$2.99**



2.75-7.2 oz. Selected Variety
Skittles, Starburst or
Life Savers
Candy **\$1.99**

8 oz. Selected Variety
General Mills
Chex Mix **\$2.99**

16 oz. Selected Variety
Planters
Peanuts **2/\$5**

1 oz.
McCormick
Pure Vanilla Extract **\$4.79**

.3-3.9 oz. Selected Variety
Jell-O
Pudding or Gelatin Mix **4/\$5**

8-10.3 oz. Selected Variety
Planters
Mixed Nuts or Cashew
Halves & Pieces **\$5.79**

2.37 oz.
McCormick
Ground Cinnamon **\$2.79**

12 oz.
Carnation
Evaporated Milk **\$1.89**

9.6 oz. Selected Variety
Newman's Own
Microwave Popcorn **2/\$5**

1.5 oz.
McCormick
Food Colors & Egg Dye **\$3.89**

10 oz.
Jet-Puffed
Mini Marshmallows **2/\$3**

7 oz. Selected Variety
PopCorners
Popped-Corn Snacks **2/\$7**

5-6 oz. Selected Variety
PAM
Cooking Spray **\$3.49**

14.5-16 oz. Selected Variety
Stauffer's
Animal Crackers **2/\$5**

5 lb. Selected Variety
Gold Medal
All Purpose Flour **\$4.99**

14.3-15.35 oz. Selected Variety
Crav'n Flavor
Sandwich Cookies **\$3.29**

9.375-18.13 oz. 15-30 ct.
Selected Variety
Frito Lay
Variety Pack Snacks **\$10.99**

Pet & Household



26 oz. Selected Variety
Seventh Generation
Multi-Surface
Cleaner **\$4.99**



Single Roll, Selected Variety
Seventh Generation
Paper Towels **\$2.99**



4 Rolls
Seventh Generation
Bath Tissue **\$3.99**

14 lb. Beefy Classic
Gravy Train
Dry Dog Food **\$13.99**

13.2 oz. Selected Variety
Gravy Train
Wet Dog Food **4/\$5**

7.5 oz. 2 Pack, Selected Variety
Dove
Beauty Bars **\$5.99**

Frozen & Dairy



3.5-10 oz. Selected Variety
Stonyfield Organic
Smoothies or
Yogurt Pouches **3/\$5**



24 oz. Selected Variety
Chobani
Coffee Creamer **\$3.99**



64 oz. Selected Variety
Almond Breeze
Almondmilk **\$2.99**



8 oz. Selected Variety
Daisy
Sour Cream **2/\$3**



7-10 oz. Selected Variety
Stuffed Pasta or
Buitoni
Pesto Sauce **\$3.99**



9-14 oz. Selected Variety
PictSweet Farms
Vegetables **2/\$5**



15.1-17 oz. Selected Variety
Newman's Own
Pizza **\$6.99**



25-28 oz. Selected Variety
On-Cor
Entrees **\$4.49**



14.7-18 oz. Selected Variety
Outshine
Frozen
Fruit Bars **\$4.49**

16 oz. Selected Variety
Frigo
Mozzarella Cheese **\$4.99**

52 oz. Selected Variety
Chobani
Oatmilk **\$3.99**

18.3-18.9 oz. Selected Variety
Ellio's
Pizza **\$3.99**

64 oz. Selected Variety
Sunny D
Citrus Drinks **\$2.49**
+Dep. where app.

16 oz. Selected Variety
Daisy
Sour Cream Dip **2/\$5**

19-25 oz. Selected Variety
Mama Rosie's
Stuffed Pasta **\$4.99**

30-32 oz. Selected Variety
Stonyfield Organic
Greek Yogurt **\$7.49**

10 oz.
PictSweet Farms
Chopped Spinach **2/\$3**

12.84-16 oz. Selected Variety
Mrs. T's
Pierogies **\$2.99**

8 oz. Selected Variety
Noosa
Yoghurt **2/\$4**

8 oz.
PictSweet Farms
Asparagus Spears **\$3.49**

26 oz.
Celentano
Italian-Style Meatballs **\$6.99**

9.2 oz. Selected Variety
Wyman's
Just Fruit Yogurt Bites **\$4.49**

Meat, Deli & Seafood

Certified Angus Beef®, Boneless
Shoulder Steak for London Broil **\$5.99**
lb

Deli Fresh
Häns Kissle
Asian Sesame Noodle Salad **\$4.99**
lb

Certified Angus Beef®, Family Pack,
Boneless
Cube Steak **\$6.49**
lb

Deli Fresh
Häns Kissle
Cheese Tortellini Salad **\$6.99**
lb

2.52 oz. Pkg. Fully Cooked, Uncured
Applegate Naturals
Sunday Bacon **\$5.99**

Deli Fresh
Häns Kissle
Cranberry Walnut Chicken Salad **\$12.99**
lb

12 oz. Pkg. Chicken & Pork
Sugardale
Hot Dogs **\$1.49**

1 lb. Pkg. 40-50 ct. Easy Peel
Sea Best
Raw Shrimp **\$4.99**



**Treat yourself to juicy
steak for dinner!**



Certified Angus Beef®,
Bone-In
T-Bone
Steak **\$14.49**
lb



Fresh, Family Pack
Chicken
Leg Quarters **\$1.09**
lb



1 lb. Pkg. 26-30 ct. Frozen
Peeled & Deveined, Tail On
Sea Best
Cooked Shrimp **\$7.99**



10 oz. Pkg. Selected Variety
Ithaca
Hummus **\$4.99**



Fresh, Boneless
Skinless
Chicken Thighs **\$2.69**
lb

Produce



**Crisp juicy apples
for the fall season!**



**Bring home butternut
squash for hearty soups!**

6.45-7.5 oz. Pkg. Selected Variety
Little Leaf Farms
Salad Kits **\$3.99**

5 lb. Pkg.
Russet Potatoes **\$2.99**

6 oz. Pkg. Fresh
Blackberries **2/\$5**

2 lb. Pkg. Fresh
Carrots **\$1.29**

3 lb. Pkg.
Sweet Onions **\$3.99**

Delicious
Cluster Tomatoes **\$1.79**
lb

Fresh
Green Bell Peppers **\$1.99**
lb

1 lb. Pkg.
Pure Flavor
Luna Sweet Cocktail Tomatoes **\$2.99**

Fresh
Broccoli Crowns **\$1.99**
lb

Fresh
Sweet Potatoes **\$1.29**
lb

Easy Baked Apples

- Ingredients:**
- 3 medium firm, sweet apples, like Honeycrisp or Fuji
 - 1/2 teaspoon ground cinnamon, divided
 - 1/2 cup (100g) brown sugar, plus 1 tablespoon for apples
 - 8 tablespoons (113g) unsalted butter
 - 3/4 cup (98g) all-purpose flour
 - 3/4 cup (84g) old-fashioned rolled oats
 - 1/8 teaspoon fine sea salt
 - Vanilla ice cream & homemade caramel sauce, optional for serving

- Directions:**
- Preheat oven to 375°F (190°C). Butter or non-stick spray a baking dish large enough to fit 6 apple halves.
 - Cut each apple in half from stem to end. Use a spoon to scoop out the core, seeds, & stem.
 - Arrange apple halves in the baking dish with the flesh facing up.
 - Scatter 1 tbsp of brown sugar & 1/4 tsp of cinnamon over apples.
 - Make the topping. Melt the butter in a pan over medium heat, then remove from heat & stir the flour, oats, brown sugar, remaining 1/4 tsp of cinnamon, & salt into the melted butter.
 - Divide topping between the apples, lightly press down onto them.
 - Cover with aluminum foil & bake for 25 minutes. Uncover the apples & bake for 20 to 30 minutes until the apples are soft & the topping has browned.
 - Serve with a scoop of ice cream, a drizzle of caramel sauce, or leave them plain.

• Total Time: 1 hr 5 min
• Makes 6 servings

