



The Monadnock

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The Original Keene Shopper – “The Weekly with a Heart” – 68th Year of Community Service / April 29-May 5, 2026

Consignment Cabin Celebrates First Anniversary



Jen Shay and Bette Korpi showing one of the nooks with crafting items and other goods for sale at Consignment Cabin.

Early in May last year, Consignment Cabin opened their doors to the public. Having purchased the property on the Keene/Marlborough town line on Route 101 that was originally a log home sales office and model home, Jen Shay with her mother, Bette Korpi, went to work filling cozy spaces with items

they had collected and renting space to vendors to sell their wares.

On the threshold of their first anniversary, Shay and Korpi are quite pleased with how successful the business has become. “This first year has been a whirlwind with an overwhelmingly positive and welcoming response from our customers, vendors and the surrounding communities,” said Shay. The variety of items is eclectic, covering everything from housewares to jewelry, lamps, rugs, clothing, and ephemera. There is a craft corner and fresh floral arrangements in the flower cooler. Plans are to expand the outdoor and garden offerings including Mexican pottery and metal sculptures, plus a guys’ corner with golf-related items and tools.

To celebrate this first anniversary, there will be a storewide customer appreciation sale and a “guess how many buttons” contest with a gift card prize throughout the weekend of Friday, May 1st, through Sunday, May 3rd.

Consignment Cabin is located at 1 Main Street in Marlborough. Hours are Sundays, Mondays, and Thursdays from 10 a.m. to 4 p.m., and Wednesdays, Fridays, and Saturdays from 10 a.m. to 6 p.m., and closed on Tuesday. For more details, call 603-876-3352 or follow them on Facebook.

Allen Brothers Farms And Monadnock Food Co-op Partner For Growing Season Spring Truckload Sale May 15th And 16th



The partnership between Allen Brothers Farms and Monadnock Food Co-op is in full swing! Pictured are (L to R) Farm Manager and Grower Moe Poitras with the Assistant Produce Manager at the Co-op, Kayli Lord.

By Lori Catozzi Cook

This past winter, Monadnock Food Co-op in Keene reached out to Allen Brothers Farms in Westminster, VT to see if they were interested in providing seedling flats for the 2026 growing season.

“We knew they would provide a high-quality, local product that our customers would love,” says Kayli

Lord, assistant produce manager at Monadnock Food Co-op. “Thanks to our pre-existing relationship with Allen Brothers, we knew this was a fantastic opportunity to grow our partnership with them.”

She continues: “I was so happy to meet Moe (Allen Brothers farm manager) and Tim (Allen Brothers owner) at the farm.”

PARTNERSHIP, page 14

Butterfly Release To Support Home Healthcare Hospice And Community Services

The 15th Annual Butterfly Release to support Home Healthcare, Hospice, and Community Services (HCS) will be held this June. This is an opportunity to release a butterfly in honor or memory of loved ones. This event will be held on three dates and is open to the public. All are welcome.

HCS is collaborating with Cathedral of The Pines at 10 Hale Hill Road in Rindge to hold a Butterfly

Release event on Thursday, June 18th, from 3 to 6 p.m. HCS will host two additional Butterfly Releases at Butterfly Park at 320 Marlboro Street in Keene on Friday, June 19th, and Saturday, June 20th, from 10 a.m. to 1 p.m.

BUTTERFLY, page 9

Bicycling Means Business, Community, And So Much More

When I shared this year’s call for Bicycle Month and Bicycle Means Business updates (happening in May), one local business owner enthusiastically raised his hand to share how he celebrates bicycling and makes bicycling mean business (and so much more) to him.

Bicycling Means Business

Noah Elbers, owner of Orchard Hill Breadworks in Alstead, hosts an annual gravel cycling ride called “Dirty Pizza” during Labor Day weekend. Gravel cycling, or bicycling on unpaved roads, has gained momentum over the past decade, and Dirty Pizza has contributed to its rise in popularity. The ride, started by Noah and his friend Chris Northcott, is now in its eleventh year, attracts about 300 people from throughout the Northeast each year, and transforms 70 miles of “breathtaking scenery, babbling brooks, epic climbs, technical terrain and smooth packed dirt, along with a few sections of pavement” into a mecca for New England gravel bike enthusiasts: bikereg.com/the-dirty-pizza.

LOCAL, page 13



Katy Haas crosses the finish line during Dirty Pizza gravel cycling ride at Orchard Hill Breadworks in Alstead.

“Sing-Go D-May-O!” Open House Night May 5th In Keene

The Keene Cheshiremen Chorus is celebrating Cinco de Mayo with a musical twist, inviting men to an open-house guest night: “Sing-Go D-May-O!” This one-night event will be held Tuesday, May 5th at 6:30 p.m. at the United Church of Christ in Keene.

A playful spin on the holiday, Sing-Go D-May-O will be evening filled with singing and lighthearted celebration. The chorus welcomes all men – any age, any background, any level of experience – to come try singing in the uniquely American barbershop harmony style. No prior training is required.

Guests will have the chance to explore the four classic barbershop voice parts – tenor, lead, baritone, and

bass – with guidance from experienced singers and the chorus music team. All learning materials, including sheet music and learning tracks, will be provided. Coaching and encouragement are built into the experience.

The evening will also include Mexican-style holiday fare. While the food may be Mexican, barbershop harmony is purely American, so no Spanish songs will be on the menu.

The Keene Cheshiremen Chorus meets weekly and is always looking for new voices.

There is no obligation for attendees, just an open invitation to experience the joy, health benefits, and community connection that singing provides.

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See ad on page 2

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40,287
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Mailed Into Every Home In
Keene and 36 Area Towns
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Host Families Needed For SwampBats Players



Pictured is a host family – Tammy, Logan, and Nore Veilleux – with their players Andrew Bell #31 and Ripken Reese #33.

The Keene SwampBats are in need of host families for players. Each player needs a bedroom from May 31st to August 10th. Host families are not responsible for transportation but do need to live within 20 minutes of Alumni Field in Keene.

The host family will receive lifetime admission to all NECBL games, a free week of SwampBats youth baseball camp for their children and the ability to be a Bat Kid, and a meaningful connection with a potential Major Leaguer. For more details, visit www.swampbats.com/become_a_host_family.

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National Day of Prayer

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**Thursday May 7th
6:30-8:30pm**

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AN AFTERNOON OF PAINTING & PASTRIES

**SATURDAY, MAY 9TH
2:00 TO 4:00 PM**

The First Baptist Church
105 Maple Avenue
Keene, NH

The Keene Pops Choir is hosting a painting event where participants will be guided through creating a painting of spring flowers on canvas. Artistic Leader, Wendy Pelletier will be leading us through the process. To assist in keeping the creative energy flowing there will be an assortment of delicious locally made pastries, including some gluten free options. Beverages will also be provided.

REGISTRATION FEE: \$30

Includes all materials, refreshments and a chance to win a beautiful American Flag painting donated by Wendy Pelletier.

**Registration Required and Space is Limited
Please Register soon by emailing:
Keenepops@gmail.com.**

THIRD ANNUAL Keene Airport 5k

Walk or Run

Benefits The Keene Senior Center serving the Monadnock Region in Keene, NH

MAY 17, 2026 9:00 AM

At Keene Dillant-Hopkins Airport (EEN) on the Airport Rd

We're also bringing plenty of excitement with great prizes, including a special drawing for a helicopter ride, free flying lessons, and more...

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Runners/walkers register online at Runsignup.com
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MARCO POLO GARDEN
MYSTERY PHOTO

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a \$25 gift certificate to Marco Polo Garden on Main Street in Keene. Call The Monadnock Shopper News, West Street in Keene, at 603-352-5296. You may win only one contest every three months. Only one call per person per week. No walk-ins, please.

(Prepared by the Historical Society of Cheshire County)



The winner of last week's Mystery Photo was Bernie Cooper of Keene. The bridge, constructed in 1889, connected Chesterfield, NH and Brattleboro, VT.

This photo of sled drawn by both horses and an ox was taken in what Cheshire County village?

"God-given Freedom That Everyone Can Find And Live" Talk

Nicole Virgil, practitioner of Christian Science healing and public speaker, will present her talk, "Be set free," on May 9th at 10 a.m. at the Historical Society of Cheshire County, at 246 Main Street in Keene. The talk will focus on universal healing precepts found in the Bible, especially in Christ Jesus' life and teachings, showing how they are available for anyone to understand and experience through the lens of Christian Science.

sored by Christian Science Society of Keene. Virgil has been a Christian Science practitioner for many years, helping people on a daily basis through this scientific approach to prayer. She travels from her home base near Chicago to speak to audiences as a member of the Christian Science Board of Lectureship.



Nicole Virgil, practitioner of Christian Science healing and public speaker

The talk is free, open to the community, and sponsored by Christian Science Society of Keene.

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New Hampshire Care Collaborative Hosts Free New To Medicare Workshop

Thursday, May 7th At 1 p.m.

The Aging and Disability Resources Center (formerly ServiceLink) is offering a free New to Medicare Workshop on Thursday, May 7th from 1 to 3 p.m. at 105 Castle Street in Keene and virtually via Microsoft Teams.

This workshop is specifically designed for individuals approaching Medicare eligibility or those recently enrolled and is purely educational, with no sales or pressure to enroll in any insurance products. The goal is to provide a welcoming and supportive environment where attendees can get accurate information and ask questions freely.

This workshop is ideal for: individuals turning 65 within the next six to 12 months, people already 65 but still working and evaluating their Medicare options, those newly eligible for Medicare due to disability after receiving Social Security Disability benefits for 24 months, and caregivers assisting a loved one with Medicare enrollment.

Registration is required. For more details or to reserve a spot, call 603-357-1922 or 1-866-634-9412.

PET OF THE WEEK

from Monadnock Kitty Rescue and Adoption

Ozzie And Oakley



Ozzie and Oakley are 10-month-old bonded brother and sister. They arrived at Monadnock Kitty Rescue and Adoption a few months ago. Their two brothers were adopted within a month, but these two were a bit shier. They have done very well with the volunteers and love to play and have treats. When they stand right next to each other they like to intertwine their tails – so cute! They still can be a little shy meeting new people, but with a little bit of patience they would make an adorable addition to most families. Smaller children may not be a good fit. The rescue is open on Tuesdays and Thursdays from 6 to 9 p.m. and Saturdays from 9 a.m. to 1 p.m. It is located at 11 Plantation Drive in Jaffrey. For more details, call 603-532-9444.

Monadnock Kitty Rescue's biggest fundraiser is the Golf Classic which is happening on Friday, May 15th at Crotched Mountain Golf Club in Franconstown. There are a few spaces available for teams. To sign up for the tournament, visit www.kuttyrescueNh.org. Registration deadline is May 2nd. Proceeds will go to outfitting a new Surgical Unit. They hope to provide low cost spays and neuters in the very near future.

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9AM – 1PM
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IT'S EASY!

- Fill out this form indicating the number of cases you wish to buy in the gray boxes for same day orders. or pre-order online by May 9th
- Submit your order form to a staff member at the tent in front of our FACILITY (across the parking lot), on the day of the sale. Follow the signs!
- Pay inside the store while we assemble your order at our facility.
- Confirmation We will check your order to the receipt to insure nothing is forgotten and we can help you to your car.



PRE-ORDERS MUST BE PICKED UP ON THURSDAY, MAY 14TH


PLEASE NOTE:
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• All items available by designated quantity only.
• While supplies last.
• Pre-orders are not guaranteed.
• No additional discounts.
• No refunds or returns.
• All sales are final.
• No substitutions.
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	PLU	CASE QTY	CASE DESCRIPTION	% SAVG!	RETAIL UNIT	SALE UNIT	SALE CASE
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	001121		HERB SEEDLING FLAT, Allen Brothers Farm 1-tray (8x4 inch) Local!	29%	\$39.92	\$27.99	\$27.99
	001123		GREENS/LETTUCE SEEDLING FLAT, Allen Brothers Farm 1-tray (8x4 inch) Local!	29%	\$39.92	\$27.99	\$27.99
	001125		VEGETABLE SEEDLING FLAT, Allen Brothers Farm 1-tray (8x4 inch) Local!	29%	\$39.92	\$27.99	\$27.99
			4-PACK: Zucchini(1), Yellow Squash(1), Cucumber(2), Bell Pepper(2), Broccoli(1), Cauliflower(1)				
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	009709		CHICKEN BREAST, Fresh, Boneless, Skinless, Smart Chicken 5 lb bag	31%	\$6.99	\$4.79	\$23.95
	009702		CHICKEN THIGHS, Fresh, Boneless, Skinless, Smart Chicken 5 lb bag	20%	\$5.99	\$4.79	\$23.95
	009704		GROUND BEEF, Frozen, Grassfed, 80/20, Manning Hill Farm 5 x 16 oz. Local!	27%	\$10.99	\$7.99	\$39.95
	009701		BOYST PORK SAUSAGE, Humanely Raised, Fresh, All Natural, Niman Ranch 6 x 8 oz	41%	\$5.99	\$3.49	\$20.94
009700		PORK SAUSAGE, VT MAPLE, Humanely Raised, Fresh, All Natural, Niman Ranch 6 x 8 oz	41%	\$5.99	\$3.49	\$20.94	
001197		ORGANIC BEEF HOT DOG, Fresh, All Natural, Applegate Farms 6 x 10 oz	25%	\$7.99	\$5.99	\$35.94	
009703		ORGANIC GROUND BEEF, Fresh, Grassfed, 80/20, Thousand Hills 6 x 16 oz	25%	\$9.99	\$7.49	\$44.94	
PERISHABLES	001107		SYNERGY KOMBUCHA, Trilogy, GT's Living Food 12 x 16 fl. oz.	45%	\$3.99	\$2.19	\$26.28
	001108		SYNERGY KOMBUCHA, Gingerade, GT's Living Food 12 x 16 fl. oz.	45%	\$3.99	\$2.19	\$26.28
	001143		YOGURT, VT MAPLE, Whole Milk Cream on Top, Brown Cow 12 x 5.3 oz	33%	\$1.19	\$0.79	\$9.48
	001145		YOGURT, CHERRY VANILLA, Whole Milk Cream on Top, Brown Cow 12 x 5.3oz	33%	\$1.19	\$0.79	\$9.48
	001173		SALIKRAUT, Bubbly 6 x 25 fl. oz.	33%	\$8.49	\$5.29	\$37.74
FREEZER	001181		CHEDDAR CHEESE, SERIOUSLY SHARP BLOCKS, Cabot 12 x 8 oz	25%	\$3.99	\$2.99	\$35.88
	001182		4 CHEESE (gub, Cheddar, Asiago, Queso) MEXICAN SHREDS, Cabot 12 x 8 oz	25%	\$3.99	\$2.99	\$35.88
	001142		ORGANIC TOFU, EXTRA FIRM, Nasoya Foods 6 x 14 oz	26%	\$2.99	\$2.19	\$33.14
	001170		ORGANIC ICE CREAM, VANILLA BEAN, Aiden's Organics 3 x 1.5 qt	24%	\$10.99	\$8.29	\$24.87
BULK	001185		BEANS & RICE BURRITO, Gluten Free, Amy's 12 x 5.5 oz	21%	\$3.79	\$2.99	\$35.88
	001188		ORGANIC RASPBERRIES, Cascadian Farm 12 x 8 oz	44%	\$6.49	\$3.69	\$44.28
	001187		ORGANIC BLUEBERRIES, Cascadian Farm 12 x 8 oz	41%	\$6.29	\$3.69	\$44.28
	001189		ORGANIC STRAWBERRIES, Cascadian Farm 12 x 10 oz	41%	\$6.29	\$3.69	\$44.28
	001136		VEGGIE BURGERS, BLACK BEAN QUINOA, Dr. Praeger's 6 x 10 oz	36%	\$5.99	\$3.79	\$22.74
	001130		WHITE FLOUR TORTILLAS 8", Maria & Ricardo's 6 x 8 oz. Local!	34%	\$4.29	\$2.79	\$16.74
	001117		ORGANIC BROCCOLI FLORETS, Woodstock 12 x 10 oz	32%	\$3.69	\$2.49	\$29.88
WELLNESS	001115		ORGANIC CORN, SUPER SWEET, Woodstock 12 x 10 oz	32%	\$3.69	\$2.49	\$29.88
	001114		ORGANIC PEAS, PETITE GREEN, Woodstock 12 x 10 oz	32%	\$3.69	\$2.49	\$29.88
	001153		ORGANIC FRENCH ROAST COFFEE, Whole Bean, Equal Exchange 5 LB BAG	24%	\$69.99	\$52.99	\$52.99
001152		ORGANIC LOVE BUZZ COFFEE, Whole Bean, Equal Exchange 5 LB BAG	24%	\$69.99	\$52.99	\$52.99	
001112		ORGANIC THOMPSON SEEDLESS RAISINS 5 LB BAG	37%	\$4.49/lb	\$2.79/lb	\$13.95	
001159		ORGANIC ROLLED OATS 25 LB BAG	34%	\$2.29/lb	\$1.49/lb	\$37.25	
001113		MINERAL SUNSCREEN, SPORT SPF 40, Bodger 2 x 2.9 fl. oz. Local!	40%	\$15.79	\$9.49	\$18.98	
001106		ANTI-BUG SPRAY, Bodger 2 x 4 fl. oz. Local!	41%	\$11.99	\$6.99	\$13.98	
001105		DENTAL FLOSS, Natural Cardamom Flavor, Dr. Tang's 6 x 30 yd	39%	\$5.29	\$3.19	\$19.14	
001116		ELECTROLYTE POWDER MIX, RASPBERRY, Ultimate Replenisher 20 x 11 oz	54%	\$1.29	\$0.59	\$11.80	
001119		ELECTROLYTE POWDER MIX, LEMONADE, Ultimate Replenisher 20 x 13 oz	54%	\$1.29	\$0.59	\$11.80	

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Lasting Beauty Exhibit Features 33 Local Artists, 120 Artworks



Pastel by Maryann Mullett

Maryann Mullett's award-winning "Foxgloves" pastel is the signature piece in the new "Lasting Beauty" exhibit coming to the Gallery @ Syd's. An Opening Reception is scheduled for May 2nd from 3 to 4:30 p.m. and offers the opportunity to meet several of the 33 exhibiting artists and vote for Best in Show as well as enjoy refreshments and free gifts (for the first 60 visitors).

More than 120 original artworks are in the show, created by members of Monadnock Area Artists Association, the volunteer organization that presents Art in the Park each Saturday and Sunday of Labor Day Weekend.

Many of the same artists have tents at Art in the Park and exhibit their art at the Art Gallery @ Syd's, including Mary Iselin, Jeanne Maguire Thiene, John Paul Marmonti, Wendi Hulslander, and Sue and Kate Beetle. Art in the Park 2026's first place oil painter Sterling Vanderhoof will be part of the "Lasting Beauty" show as well. Works in oil, water media, pastel, colored pencil, woodcut, photography, digital and mixed media will be on display. The variety of art makes it an ideal place to explore art subjects and techniques. It is a great chance for chaperoned children to learn about art and enjoy an art gallery experience close to home.

Maryann Mullett is new to the Gallery @ Syd's but no stranger to the Monadnock Region. She is a signature member of the NH Pastel Society and many others, as well as the Society of Animal Artists. Her works are featured in exhibits at the Jaffrey Civic Center and the Sunapee Craft Fair; and, she teaches throughout the region and online.

The Gallery @ Syd's is hosted by Syd's Carpet & Snooze Room. Artists receive 95 percent of the sale price of their art. The setting is welcoming, comfortable, accessible, and open daily.

More details about the "Lasting Beauty" exhibit and the Gallery @ Syd's can be found at monadnock-areaartists.org. This show runs through October, followed by an all-new member exhibit.

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BEVERAGES	001147		SODA, Wild Berries & Lime Probiotic, Culture Pop, 12 x 12 fl. oz.	41%	\$2.19	\$1.29	\$15.48
	001146		SODA, Strawberry Rhubarb Probiotic, Culture Pop, 12 x 12 fl. oz.	41%	\$2.19	\$1.29	\$15.48
	001170		ORGANIC COCONUT WATER, Coco Goods, 12 x 16.9 fl. oz.	37%	\$3.69	\$2.29	\$27.48
	001164		ORGANIC PEACH OOLONG TEA, Just for Tea, 12 x 16 fl. oz.	43%	\$2.99	\$1.69	\$20.28
	001160		ORGANIC HALF TEA + HALF LEMONADE, Just for Tea, 12 x 16 fl. oz.	43%	\$2.99	\$1.69	\$20.28
	001120		SPARKLING WATER, Natural Mineral, San Pellegrino, 12 x 750ml Glass Bottles	33%	\$2.29	\$1.19	\$26.28
	001160		ORGANIC OAT MILK, Barista Quality (half stable), Minor Figures, 6 x 32 fl. oz.	39%	\$5.29	\$3.19	\$19.14
	001174		ORGANIC LEMONADE, Santa Cruz, 12 x 32 fl. oz.	50%	\$3.99	\$1.99	\$23.88
	001124		SPARKLING WATER, Blood Orange Tangerine, Spindrift (3) 8 x 12 fl. oz. Local!	29%	\$7.49	\$5.29	\$15.87
	001124		SPARKLING WATER, Lemon Squashee, Spindrift (3) 8 x 12 fl. oz. Local!	29%	\$7.49	\$5.29	\$15.87
PANTRY STAPLES	001128		ORGANIC FUSILLI PASTA, 100% Durum Semolina, Bonataro, 12 x 16 oz.	37%	\$3.99	\$2.49	\$29.88
	001129		ORGANIC FUSILLI PASTA, Gluten Free Rice & Lentil, Bonataro, 12 x 12 oz.	36%	\$5.49	\$3.49	\$41.88
	001109		ORGANIC SPAGHETTI PASTA, 100% Durum Semolina, Bonataro, 12 x 16 oz.	37%	\$3.99	\$2.49	\$29.88
	001131		ORGANIC TOMATO PASTE, No Salt Added, Bonataro, 12 x 7 oz.	50%	\$3.79	\$1.89	\$22.68
	001110		CAT FOOD, Tuna Tasty, Canned W/ct, Birds & Louis, 12 x 3 oz.	33%	\$1.49	\$0.99	\$11.88
	001134		DOG FOOD, Chicken & Brown Rice, Premium Dry, Birds & Louis, 4 x 3.5 lb.	40%	\$12.99	\$7.79	\$31.14
	001169		ORGANIC STRAWBERRY SPREAD, Crofter's, 6 x 16.5 oz.	31%	\$6.99	\$4.79	\$28.74
	001165		ORGANIC RASPBERRY SPREAD, Crofter's, 6 x 16.5 oz.	31%	\$6.99	\$4.79	\$28.74
	001122		ORGANIC COCONUT MILK, Coco Goods, 12 x 13.5 fl. oz.	43%	\$3.99	\$1.69	\$20.28
	001199		ORGANIC BLACK BEANS, Field Day, 12 x 15 oz.	14%	\$1.39	\$1.19	\$14.28
	001151		ORGANIC GARBANZO BEANS, Field Day, 12 x 15 oz.	14%	\$1.39	\$1.19	\$14.28
	001171		ORGANIC CANNELLINI BEANS, Field Day, 12 x 15 oz.	14%	\$1.39	\$1.19	\$14.28
	001166		WILD CAUGHT SKIPJACK TUNA, Salted, Field Day, 12 x 5 oz.	20%	\$2.49	\$1.99	\$23.88
	001167		WILD CAUGHT SKIPJACK TUNA, No Salt, Field Day, 12 x 5 oz.	20%	\$2.49	\$1.99	\$23.88
	001140		BANANA PEPPERS, Mild & Sweet, Jeff's Garden, 6 x 12 oz.	37%	\$3.49	\$2.19	\$13.14
	001118		CHICKEN BONE BROTH, Classic, Kettle & Fire, 6 x 16.9 fl. oz.	46%	\$7.99	\$4.29	\$25.74
	001157		ASIAN VEGETABLE RAMEN, Koya, 12 x 2.1 oz.	41%	\$1.69	\$0.99	\$11.88
	001162		LEMONGRASS GINGER RAMEN, Koya, 12 x 2.1 oz.	41%	\$1.69	\$0.99	\$11.88
	001137		ORGANIC MARINARA PASTA SAUCE, Mair Gies, 12 x 23.5 oz.	43%	\$5.79	\$3.29	\$39.48
	001133		ORGANIC HERITAGE FLAKES CEREAL, Nature's Path, 6 x 32 oz.	38%	\$10.49	\$6.49	\$38.94
001172		RICE PILAF, Original Mix, Near East, 12 x 6.09 oz.	31%	\$2.99	\$1.99	\$23.88	
001156		ORGANIC EXTRA VIRGIN OLIVE OIL, Primal Kitchen, 6 x 16.9 fl. oz.	34%	\$12.99	\$8.49	\$50.94	
001196		TAMARI SOY SAUCE, Gluten-Free, Reduced Sodium, Sonj, 6 x 10 fl. oz.	36%	\$5.49	\$3.49	\$20.94	
001135		BATH TISSUE, 2-PLY 100% RECYCLED, Seventh Generation, 4 x 12 ct.	39%	\$13.99	\$8.49	\$33.96	
001176		LIQUID LAUNDRY DETERGENT, Free & Clear, Seventh Generation, 4 x 90 fl. oz.	25%	\$15.99	\$11.99	\$47.94	
001132		LIQUID DISH DETERGENT, Free & Clear, Seventh Generation, 6 x 19 fl. oz.	36%	\$4.99	\$3.19	\$19.14	
001175		TACO SEASONING, M&M, Siete, 12 x 1.31 oz.	46%	\$2.99	\$1.59	\$19.08	
001161		SALSA ROJA, Casera M&M, Siete, 6 x 10.5 oz.	45%	\$5.99	\$3.29	\$19.74	
001177		ORGANIC DILL PICKLES, Sliced Kosher, Woodstock, 6 x 24 fl. oz.	42%	\$6.99	\$3.99	\$23.94	
001179		ORGANIC SWEET PICKLES, Slow Bread & Butter, Woodstock, 6 x 24 fl. oz.	42%	\$6.99	\$3.99	\$23.94	
SNACKS	001149		POTATO CHIPS, Thin & Crisp, Classic Sea Salt, Boulder Canyon, 12 x 5 oz.	44%	\$4.49	\$2.49	\$29.88
	001158		DARK CHOCOLATE BAR, Almonds & Sea Salt, Chocolove, 13 x 3.3 oz.	37%	\$4.79	\$2.99	\$35.88
	001148		DARK CHOCOLATE BAR, Salted Caramel, Chocolove, 10 x 3.2 oz.	37%	\$4.79	\$2.99	\$29.90
	001150		WAGYU BEEF STEAK STRIPS, Epic, 20 x 8 oz.	39%	\$2.29	\$1.39	\$27.80
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	001163		ORGANIC SEAWEEED SNACKS, Sea Salt, Gimme, 12 x 35 oz.	40%	\$3.69	\$1.99	\$19.08
	001183		ORGANIC PEANUT BUTTER CUPS, MILK CHOCOLATE, Justin's, 12 x 1.4 oz.	46%	\$2.79	\$1.49	\$17.88
	001184		ORGANIC PEANUT BUTTER CUPS, DARK CHOCOLATE, Justin's, 12 x 1.4 oz.	46%	\$2.79	\$1.49	\$17.88
	001127		DARK CHOCOLATE BAR, Nuts & Sea Salt, Kind, 12 x 1.4 oz.	40%	\$1.99	\$1.19	\$14.28
	001111		DARK CHOCOLATE BAR, Cherry Cashew, Kind, 12 x 1.4 oz.	40%	\$1.99	\$1.19	\$14.28
001180		ORGANIC WHITE CORN TORTILLA CHIPS, Mi Nina, 9 x 12 oz.	38%	\$5.99	\$3.69	\$33.21	
001130		CRACKERS w/ SEA SALT, Gluten Free, Almond Flour, Simple Mills, 6 x 4.25 oz.	45%	\$5.49	\$2.99	\$17.94	
001139		ORGANIC FRUIT JERKY, Mango Blueberry, Soley, 12 x 8 oz.	49%	\$1.99	\$1.19	\$14.28	
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A Gardener And A Writer

An hour and a half south of here lies a 150-year-old garden cultivated by one of America's most distinguished poets, Emily Dickinson. It's said that many writers are also gardeners, for the activities complement one another (I quite like that notion) and Ms. Dickinson was certainly both. Her family home sits upon a little knoll on Main Street in Amherst, MA. Just to walk down Main Street on a beautiful day is worth the visit alone; but then, go onto the grounds, sit under an apple tree that Emily Dickinson once sat under, and then the visit borders on magical.

roses. Nearby lies an area of grapes, lilacs, and figs – the latter Emily Dickinson once described as having flesh like bonbons and hips like hams. Just around the corner from these, there's a lovely flower garden that boasts a summer house surrounded by roses as a focal point. After tarrying a while there, just walk a little farther down the field to visit the large vegetable garden that contains a nice patch of asparagus. In the 1850s, Amherst was a farmer's town primarily, and even the wealthiest of folks knew how to keep a vegetable patch to augment their larder.

Emily Dickinson worked primarily in the family conservatory, where she could observe a wide variety of plants at close range. Throughout her life, she gardened at home; when she was away, she worried about her gardens, writing home to Lavinia to ask if all was well. Over the years, Emily Dickinson became more and more private, but her writing continued to reflect the joy and beauty of the natural world where she lived and, eventually, died. We most likely wouldn't even know of her writing if it wasn't for her sister, Lavinia, who later found her work and insisted on its publication. (Here's to kind and supportive siblings!) Emily and Lavinia Dickinson's graves, as well as those of their parents, are all right nearby at West Cemetery.

The Emily Dickinson Museum, as it is officially called, recently opened for the season and the whole trip makes for a lovely weekend outing, especially if you have a picnic lunch and a thermos of hot tea... and maybe a sketch book and pencils.

Yedida Landis has been teaching organic gardening to children for over 20 years and is Lead Gardener at MacDowell.



But we can't give Emily Dickinson all the credit for the beautiful grounds. Her father, Edward Dickinson, was a great lover of plants and trees, including reports of ripening cherries and currants in letters to his future wife, Emily Norcross. He is the one who built a conservatory alongside the brick home. Emily Norcross was also an avid gardener and, once married, filled their home with bouquets from the garden. Once Emily was of age to care for the lands, she did so alongside her siblings. Her brother, Austin, loved trees and planted a multitude on the two and a half acres; her sister, Lavinia, often cared for the gardens, not afraid to get her hands dirty. In addition to the orchard filled with pears, apples, and cherries, there is a beautiful pathway composed of peonies and

Monadnock Art Presents Spring Members' Exhibition



By Chris Reid

Monadnock Art/Friends of the Dublin Art Colony will present its Annual Spring Members' Exhibition, Spring Into Art at the Monadnock Center for History and Culture, at 19 Grove Street in Peterborough. Folks can meet and chat with the artists in person at the Opening Reception on Saturday, May 2nd from 4 to 6 p.m.

The exhibition will continue Wednesdays through Saturdays from 10 a.m. to 4 p.m. through June 5th.

This year's exhibition features the works of 42 local artists offering visitors an opportunity to view and purchase original art. Admission is free, family-friendly, and open to all.

Monadnock Art/Friends of the Dublin Art Colony is a nonprofit that celebrates and amplifies the artistic talent and creative diversity of the Monadnock region.

"On" Running – The Logo Says It All

The On Running brand of sneakers was created back in 2010, in Zurich, Switzerland, with the mission to "change the world of running and walking."

Using high-quality fabrics and "heavily researched technical detailing," the On brand creates a cushioned landing and firm take-off that has been worn by more than seven million runners throughout 50 countries. And while the brand has achieved worldwide popularity, their logo, for some, remains an enigma.

"The design is simply the letter 'O' stacked atop the letter 'N,'" says Ted McGreer, owner of Ted's Shoe & Sport. "However, the 'O' has a slight uptick on the top, which, at first glance, makes it look like the letter 'Q'. In fact, the logo designer wanted the 'O' to look like an old-style light switch, symbolizing being 'switched on' for a run."

On Saturday, May 2nd, Ted's Shoe & Sport will hold its annual "On Day," where customers can experience, first-hand, the feeling of "running on clouds," take advantage of the best prices of the year, and speak with an On Representative.

Ted's Shoe & Sport is located at 115 Main Street in Keene. For more details about On sneakers, the store can be reached at 603-357-8337. Visit Ted's online at tedsports.com.

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Loop Hike May 1st

On Friday, May 1st, Jack Kondos and Peter Wotowiec will lead a three to four-hour hike on the Town Forest, Pisgah Ridge, and trails. Meet at the Kilburn Road trailhead woff Route 63, at 12:30 p.m. Bring water, snack, insect repellent, and be prepared for some roots and rocks.

Three Chances For My Furry Friend

Every year in March or April, my farmer fellow frost-seeds our pastures and hayfields. He uses a hand-held broadcast seeder, spreading red and white clover over the seven- and five-and three-acre sections.

Last year, after a long campaign with the budget committee, my fellow bought a chain harrow to use in the fields. He was eager to see if it would break up the thatch and spread the piles of horse manure, which would help the clover germinate. This meant harnessing the horses and harrowing the fields, which is a good way to get the horses muscled up for heavier garden work.

having fun with me and with the horses.

It may have been the most boring walk the dog has ever had. There was no barking at horses, no stopping for interesting smells, no side jaunts to explore the woods. It was just me and him around and around and around. After two hours, we were both panting.

But we had half the field seeded and harrowed, and my fellow was jubilant about how well the harrow worked, especially after he tied two old tires on to add weight.

Back at the barn, I released the pooch to help unharness the horses. "Did you see the dog?" I asked my fellow.

"Yes, why?" he answered.

"Did you really look at him? We're going to have to shake him down!"

My fellow called the pooch. "Wow!" he said. "Our black dog is turning white!"

"I've already rubbed him all over twice, if you can believe that," I said.

"You're going to grow a whole field of clover, pooch!" My fellow laughed and rubbed the dog some more. Tiny white seeds flew out of his thick curly coat.

The next morning we all started out again: my fellow, the horses, and the harrow; me, the seeder, and the pooch. "You've got three chances," I said to my furry friend.

He looked askance at me. I don't need three chances, he seemed to say. I'm not the least interested in those horses. I am a very mature dog.

The very mature dog spent the morning with us, sniffing interesting places, taking side jaunts to the woods, and lying down in the middle of the field to observe the action. Not once did he bark or run at the horses.

"My," I said in passing. "What a good dog! What a mature dog!"

He wagged his seed-free tail. He didn't even bother to get up, so mature was he.

Kim Peavey farms and writes from southwestern New Hampshire. She and her family, as well as two teams of draft horses, grow vegetables biodynamically for 100 local families through a CSA garden. See www.hillsidespringsfarm.com for more information on the horse- and hand-powered farm, CSA garden, or Kim's writing.

Green Monadnock
 with Kim Peavey



It also meant that I stepped up to the broadcast seeder, in the interest of having this early spring project actually be accomplished in the early spring.

How hard can it be to walk around circles in a field cranking the seeder? I thought. Well, it isn't that hard, but it sure takes a while. Plus it was somewhat complicated by our farm pooch.

We have seen some nice signs of maturing in our just-turned-two pooch, but he's not all the way there yet. On our first day of frost-seeding, the pooch was glad to join us in the field. He was even gladder to harass the horses by running in front of them and barking.

The horses do not like this; they buck and kick. Considering they were already feeling their oats from a winter's worth of leisure, I got worried.

Three times I called the pooch to me. He came, but he didn't stay. Those horses were just too much fun. The fourth time I attached the dog's mid-length leash – 12 feet of clothesline – to his harness on one end and to me on the other end.

First I tied the leash around my wrist, which interfered with my seeder. Then I tied the leash around my waist, where it kept loosening up. Finally I tied the leash to my belt loop, and that worked. By then the pooch had figured out he was spending the morning


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Chamber Singers Perform "From Age To Age"

The Chamber Singers of Keene will perform a concert, "From Age to Age," on Sunday, May 3rd at 7 p.m. at St. James Episcopal Church on West Street in Keene.

Under the direction of Morgan Bothwell and accompanied by Kirsten Davis, the musical selections range from the Renaissance period to contemporary works by local composer, Cheryl Sharrock.

Tickets are \$20 at the door or are available from members in advance.



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Annual Keene Mineral Club Auction Saturday, May 2nd

Keene Mineral Club member Dave Smith holds some of his minerals.



The Annual Keene Mineral Club Auction will be held on Saturday, May 2nd at 2 p.m. at MC2 Charter School at 310 Marlborough Street, Suite 115 in Keene.

This auction includes unusual minerals and gems from members' collections, tools, books, and more. Note: Park in the street or lot to the left side of the building as there is a risk of being towed otherwise.

Aloha Raises Money For Morning Sun Center

Recently, Aloha hosted members of the Morning Sun community to offer a meditative Tea Ceremony. \$600 was raised at the ceremony and through the month. Students at Aloha have a donation vessel where they are invited to add money whenever they have some spare cash on them and are moved to donate. Some students are in the habit of putting in a few dollars each time they come. Some students put in a \$20 bill monthly. There is no obligation attached.

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May 3, 2026

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Logan Tommila, Swanzey, 5
Talia Dionne, Hillsboro, 2

Submit your Birthday Kids' entry online at: www.ShopperNews.com/Community

Butterfly Release Planned

BUTTERFLY, Continued from page 1

The Butterfly Release is self-led, and guests are welcome to join in at any time during the event. The Butterfly Releases have lots of features – gorgeous gardens, hospice musicians, pop-up shops, quiet moments, connections with each other, and, of course, butterflies.

Thursday's Butterfly Release at the Cathedral of The Pines is an opportunity for a reflective and serene event.

Cathedral of The Pines has a rich history with honoring veterans and military service members.

Saturday, June 20th, is Family Day. In addition to the traditional Butterfly Release happenings, the day will feature activities for children and families, including coloring sheets, temporary tattoos, and more. This is a more celebratory atmosphere; bring the whole

family along.

The butterfly release happens rain or shine, though they are always hopeful to have a sunny and celebratory atmosphere. Butterflies must be ordered in advance by May 15th and can be ordered online at HCSservices.org/shop. For more details or with questions, contact Olivia Ploof, event coordinator, at events@hcsservices.org or by calling 603-352-2253.

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Ashuelot River Water Quality Monitoring Volunteer Training

The Ashuelot River Local Advisory Committee (ARLAC) is recruiting volunteers for their 26th season of water quality monitoring. Monthly, May through September, on Tuesday mornings, volunteers conduct physical and chemical water quality monitoring along the length of the Ashuelot River from Washington to Hindale; the data are then used by NHDES, the EPA, and local municipal committee and departments.

ARLAC chair Barbara Skuly will lead an in-person volunteer training Tuesday, May 5th, from 6:15 to 8 p.m., at Keene Recreation Center Room 14. Attendees will review sampling techniques and the use of the monitoring equipment and share the 2026 sampling schedule. For more details or to register, contact Barbara Skuly at 603-352-0987 or bskuly@ne.rr.com.

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Kool Wheels Family Fun And Safety Day

The Kiwanis Club of Keene will host its Kool Wheels Family Fun and Safety Day on Saturday, May 2nd from 10 a.m. to noon at the Keene Parks and Recreation Center at 312 Washington Street in Keene. There is no charge.

The Kiwanis Club hosts the Kool Wheels event as a proven way to teach safety skills to children in a fun setting. The event raises awareness of bicycle related injuries, provides an opportu-

nity for children to practice bike skills, and reinforces the use of helmets.

Children (infants, toddlers, and children of all ages) may select a new bicycle helmet. Trained helmet fitters will properly fit and adjust the helmet. Completer Child ID kits will be given to parents.

Children and adults will have a chance to speak to representatives from organizations offering resources

for children's health and safety. Children may bring their bikes for a safety inspection and tune-up. They can also learn while completing a bike safety course.

Local mascots will be there. Kids may bring a favorite teddy bear or doll for casting by Cheshire Medical Center to decrease future anxiety children might experience from injuries.

A police cruiser, fire engine, and

ambulance will be there, and the Cheshire County Sheriff's Department "copsickle" will offer an ice cream treat.

Every child will be entered into a drawing for a new bike. Additional prizes will be raffled. Children will receive a bag of healthy snacks.

Art Walker is shown fitting kids' helmets.



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Hitting Paths And Trails On Two Wheels

The Monadnock Region features a variety of multi-use rail (recreational) trails that provide flat scenic routes to enjoy biking through forests, wetlands, and historic town centers.

May is an opportune time to hit the trails to enjoy family time. Before heading out on your first bike ride of the season, make sure to do a spring prep and safety check on the bicycles, so nobody runs into any unnecessary challenges on your excursions.

An ABC (Air, Brakes, Chain) tune-up will have you check tire pressure and make sure that the brakes and chain all function properly. For do-it-yourselfers, there are many YouTube videos showing how to tune up your bike. For those who want their bikes to be checked professionally, there are bike outfitters in the area that service bikes.

A spring check also means a gear check, such as properly fitted helmets for everyone. Of course, before setting out, there

are other things to think of, like extra layers for the fluctuating temperatures of spring, a small first-aid kit, water, snacks, and a trail map or an app, like AllTrails (www.alltrails.com).

Another thing to think about beforehand is the abilities of everyone in the family. Can some only handle short and slow excursions? If you try to push them, they aren't going to like these family biking adventures anymore. Instead, take an easier route for the child (or adult) with the lowest stamina. Allow the youngest riders a bit of control by giving each a "pullover card" to use when they decide they need a break. If feeling as if you need to take some speedier and longer distance bike trips, plan to take the family members who have the ability to do that type of ride at another time.

There are many area rail trails for both biking and walking excursions in the area. Visit www.trailfinder.info, www.pathwaysforkeene.org/trails, or the AllTrails website above to see local trails along with their specifics – distance, terrain, reviews, and more. Many are lengthy, so plan when it comes

to your start and turnaround point, depending on the family's abilities. Note: There are areas of these trails that are more difficult and not passable by road bikes, but only by the use of mountain bikes.

Here are a few easy excursions for younger families: Sip Pond Peninsula Trail is part of the Cheshire Rail Trail in Fitzwilliam. It is only 1.6 miles round trip and rated as easy. Start at Chamberlain Conservation Area.

The Jonathan Daniels Trail is easy and follows the course of the Ashuelot River for just under one mile northwest of downtown Keene. The trail starts at the intersection of the Cheshire Rail Trail and Island Street in Keene.

The Common Pathway is a scenic route in Peterborough along the Contoocook River. Start at the Noone Falls area in south Peterborough and follow the Contoocook River north.

Appel Way Trail is a short (1.3 miles), easy, paved trail that connects Wheelock Park to Jonathan Daniels Trail and Court Street in Keene.

Also in Keene are the Ashuelot Park Trails on West Street that run alongside the Ashuelot River and are ideal for a simple ride in nature.



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Sunday, May 10th



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Last month's winner was Giovanna Blanchard, who chose a \$50 gift certificate to Monadnock Food Co-op.



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CELEBRATE LOCAL

Bicycling Means Business, Community, And So Much More

LOCAL, Continued from page 1

"Most of us know Orchard Hill Breadworks from the beautiful, fragrant, perfectly crusted loaves that appear in stores throughout town," shared Lara Mathias of Greenfield, a Dirty Pizza enthusiast. "That's how I first recognized the name, until several years ago when it suddenly became synonymous with riding bikes, dirt roads, and pizza."



That pizza is wood-fired by Noah at the Orchard Hill Pavilion; some riders boast the post-ride all-you-can-eat meal as the best part of the event. In addition to Orchard Hill Breadworks, Dirty Pizza also means business to event partners like West Hill Shop in Putney, VT, which hosts monthly group gravel rides for both new and experienced cyclists: westhillshop.com.

Studies show that the positive economic impacts of gravel cycling ripple through the broader community. In Emporia, KS, the Unbound Gravel event attracts over 25,000 visitors, generating over \$21.7 million for the rural economy in 2024. Unlike other major events, where locals flee, the community has embraced this event and the tourists the ride attracts.

"Every year, people view this as a go-to event," said Casey Woods, Emporia Main Street director. "Even if they're not cycling themselves, they are just seeing somebody from overseas that crossed the finish line or seeing one of their friends that crossed the finish line. We're hoping for another big crowd, and we're hoping for another instance where we put that crowd in front of local businesses."

Bicycling Means Camaraderie

Gravel rides tend to be more about camaraderie than competition, a refreshing alternative to road races. The rides are described as "cool, welcoming, and inclusive." Noah and Chris follow this mantra, planning each Dirty Pizza route to highlight the beautiful scenery and maximize camaraderie.

"We're social beings, and we love shared experiences," said Noah. "Our gravel ride provides just this – an adventure. Everyone starts together and follows the same route, no matter their age or skill."

Bicycling Means Community

"There is truly a sense of community present at the Dirty Pizza," Laura shared. "Friends show up and ride together, kids help with registration and pizza making, sometimes people show up just for the food after... I think I can speak for most of the riders when I say I appreciate the care that goes into this event. And I'd like to think there is a kind of reciprocity, as the organizers see the fun and camaraderie they have facilitated."

Those good vibes continue to ripple out beyond Orchard Hill as Dirty Pizza's proceeds benefit the Fall Mountain Nordic Ski Team in Langdon. "We raise a few thousand dollars for local youth sports programming (annually)," said Noah. "And a whole bunch of people, who'd otherwise not come to the area, make their way here and have a total blast exploring the most hidden nooks and crannies of the landscape."

Bicycling Means Adventure

I first learned about gravel cycling through the *Trinidad-Las Animas County Gravel Adventure Field Guide*, developed by the City of Trinidad, CO. It connects great gravel rides with local restaurants, shops,

and other notable sites, while amplifying the region's unique culture and history.

This effort is part of a series of *Gravel Adventure Field Guides*, which embraced the gravel cycling culture. Get inspired: graveladventurefieldguide.com.

Bicycling Means Culture

"Gravel isn't just an economic play – it's a cultural one," said bicycling advocate Sean Benesh. "... gravel events work best when they're rooted in local identity. Not every town has a ski resort, but every town has a story – and gravel racing invites the world to come hear it, one pedal stroke at a time."

Sign up for one (or more) of the region's gravel rides, including The Tour de Frankestown Gravel & Road Ride on June 6, Kearsarge Klassic in Warner on August 8, and Rose Mountain Rumble in Lyn-deborough on August 29. Discover more at bikereg.com/events.

"The Kearsarge Klassic is, indeed, a gravel riding classic," said ride organizer Arlon Chaffee. "Now based out of the quaint town of Warner, NH, the ride includes many of the same roads legacy riders have come to love. Our guarantee: you will finish tired but feeling accomplished. At the finish, riders will be treated to a delicious meal and craft beer."

Shifting the Culture

How do we bring more of that bicycling camaraderie, community, and adventure to the region? Share your thoughts; email jen@thelocalcrowd.com. Also, take Keene's community survey about updating the Bicycle and Pedestrian Master Plan: keeneh.gov/bicycle-pedestrian-path-advisory-committee/bike-ped-plan.

Celebrate National Bicycle Month this May. The Local Crowd Monadnock puts its own spin on this celebration by participating in the American Independent Business Alliance's Bicycling Means Business campaign. Stay tuned for local updates at tlmonadnock.com/bicycle, and let's get rolling!

Jen Risley loves cultivating our local economy through her work with the *The Local Crowd Monadnock* and *The Main Street Journal*.

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STOCK WATCH

Listings At Close of Market April 24, 2026 • Courtesy of RBC Wealth Management
Dow Jones Closed 49,230.71 (216.72) • Prime Rate 6.75% (0.00)

	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	213.17	(20.38)	Danaher Corp. (Kollmorgen)	177.25	(17.50)
Becton Dickinson (C.R. Bard)	152.14	(6.40)	Merck (Hubbard Farms)	111.90	(7.17)
Toronto Dominion Bank (TD Bank)	105.03	(0.32)	Deluxe (NEBS)	30.33	(0.29)
PC Connection	64.38	0.09	Teleflex (Jaffrey)	136.56	4.98
Bank Of America (Fleet)	52.05	(1.86)	Timken (MPB Corp.)	107.20	(0.46)
Corning Inc.	175.89	11.51	M&T Bank Corp. (People's United)	214.92	(3.87)
Ametek, Inc. (Precitech)	232.95	(3.31)	Dover Corp. (Markem)	224.78	5.71

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	76.41	(5.46)	Wheat (cents per bushel)	616.25	18.25
Gold (\$ per ounce)	4,707.30	(162.30)	Corn (cents per bushel)	463.50	6.50
Platinum (\$ per ounce)	2,014.24	(99.16)	Soybeans (cents per bushel)	1,176.75	(4.75)
			Cattle (cents per pound)	244.88	(2.27)
			Crude (\$ per barrel)	95.14	9.94

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Allen Brothers Farms And Monadnock Food Co-op Partner For Growing Season

PARTNERSHIP, Continued from page 1

"You can really tell the love and hard work they put into their operation; it's really amazing working with such hard-working people. We are so thankful for this partnership."

Moe Poitras and her Allen Brothers growing team dove right into this venture with the co-op by immediately starting seedlings to include versatile herbs, nutrient-dense leafy greens, and easy-to-grow vegetables in a greenhouse designated for this new program. All are grown using organic practices – natural processes and materials instead of synthetic chemicals.

Allen Brothers then delivers a constant rotation of seedling flats – cool season to warm season – to the co-op weekly. For the Monadnock Food Co-op customers, purchasing seed flats eliminates the complexities of germination, specialized equipment, and early-stage plant care.

Monadnock Food Co-op will host its Spring Truckload Sale on Friday, May 15th from 9 a.m. to 6 p.m. and Saturday, May 16th from 9 a.m. to 1 p.m. at 34 Cypress Street, off of Main Street via Eagle



Allen Brothers Farms Irrigation Specialist Osahane Butler (L) drops off flats of herbs, greens, and vegetables to Monadnock Food Co-op where the Co-op Produce Manager, Uly Robertson, receives them.

Court. The event will be located at the co-op's food production facility, located at the south end of the store's parking lot.

"We are always excited for our Spring Truckload sale," says Kenton Battey, Monadnock Food Co-op merchandising manager. "Our Truckload Sale offers cases of high-quality, organic, and natural foods at incredibly low prices, and features our customers' favorite products."

This bi-annual Truckload Sale offers case quantities of popular products at deep discounts off retail prices. Three different seedling flat options will be available during the truckload sale – herbs, greens, and vegetables. Bundles of herbs include basil, thyme, chives, cilantro, mint, and others; lettuce includes red leaf, green leaf, red Boston, green Boston, and Romaine; and vegetables include zucchini, yellow squash, cucumbers, bell peppers, and more.

Truckload Sale order forms are available online, at the co-op, and on pages 5 and 6 of this week's *Monadnock Shopper News*. Shoppers can place pre-orders until Saturday, May 9th. Pick-up for pre-orders will be on Thursday, May 14th.

To view the list of products available to order, visit www.monadnockfood.coop/sales/truckloadsale.

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Our Presence On Earth

It's Earth Day! What does our planet mean to us? What's it like to truly connect with earth?

Earth is big. We can spin a globe or look at photos of the whole planet taken from outer space. We can view a mountain, enjoy our backyard, repot a plant, but still, we can't really comprehend its enormity.

Healing Perspectives

with Eve Kodiak



How does our planet understand herself? How does she experience us? From our human point of view, these are impossible questions; we are dealing with such radical differences of scale! Perhaps earth experiences her human inhabitants the way we experience the billions of microbes that inhabit our bodies. We differently-scaled beings share biomes, mutually contributing to health, disease and general quality of life. But we can't know earth as the planet knows herself, any more than we can know a bacteria as that microbe knows itself. The differences in physicality, language, and self-understanding are just too radical.

What can we know? A teacher of mine once said, "All that earth can read is your frequency. So if you love recycling, recycle. The earth will experience your happiness. But if you hate recycling, all that earth will experience is the low frequency of your irritation."

This observation seems both obvious and counter-intuitive. Wouldn't recycling help the earth, regardless of your mood? But the emotional quality of our action propagates beyond any of the particular things we do. Maya Angelou sums it up: "People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

It would make sense that all beings, of whatever size, are wired in this way. Experiences that feel safe and comfortable are welcomed in. But negative experiences – even if they're ostensibly "good for us" – will never be wholly accepted.

This is an intense time to be alive on our planet. Fear surrounds us. Countries, corporations, and other groups are engaged in extreme acts of violence. Many people are protesting this violence. Some are anxious about whether, down the road, there will even be life on Earth. Whatever ideological side of the fence one is on, feelings of anxiety beckon.

Low emotions create low frequencies. No matter how hard we work for peace and justice and the environment, our anger, anxiety, and desperation cannot help the earth - or any other living thing.

Actions that flow from stress tend, at best, to have compromised results. Anxiety is always about fear of what might happen. The antidote? We can choose to exit from the future – which is in our heads – and enter into the present moment – which is in our bodies. There is no better support for our bodies than earth herself.

Perhaps the greatest gift we can give all beings is our simple presence. To take a walk and feel the ground beneath our feet. To look at the sky and experience the surrounding spaciousness. To hold anything in our hands with consciousness. To listen deeply to an invisible bird, a barking dog, a laughing child, a sad friend – to anything that is alive. Even the rocks are alive, growing and changing at a rate that is, to us, unimaginably slow.

When we do return to a sense of presence, we become more peaceful. Our thoughts and actions gain coherency. Wisdom grows within us, watering the soil of generosity, kindness, intelligent action. We're nicer to ourselves and to one another.

Perhaps cultivating our ability to be present is the most surefire way to help the earth and everything that is alive. Bobby McFerrin said it very simply: "Don't worry. Be happy."

Eve Kodiak is a Keene resident, musician, and meditator, who facilitates workshops at Aloha and the Monadnock Mindfulness Practice Center. MMPC holds weekly meditations with a variety of teachers, both in person and hybrid, and all are welcome; www.mindfulnesskeene.org.

Celebrate May Day At Aloha

May Day weekend will be buzzing at Aloha, with something for everyone.

Aloha will have a table out on May Day with free books, mostly yoga related. The table will stay out until they are gone.

On May 1st, Paige Johnson will do guide her monthly meditation from 5:30 to 7 p.m. for \$20. Then Debra LeClair will be guiding a Dance to celebrate Beltane, with a topic of "Nurturing Our Collective Abundance." This will take place from 7 to 8:15 p.m. for \$20.

The following morning, Saturday, she will guide a Drumming Journey from 10:30 a.m. to noon. This is a Shamanic Workshop for \$25.

Seeds of Peace will be held on Sunday, May 3rd from 3 to 5:30 p.m. This will include yoga, dance, journaling, nourishing snacks, seed planting, and connection. The cost is \$27 per person per \$40 for two.

Michelle Davis will host her monthly Restorative Yoga.

Aloha is located on Court Street in Keene.

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Butterfly Park, Keene
June 19 & 20 | 10 AM - 1 PM

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ENTERTAINMENT

and DINING

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Wednesday, Apr. 29

ARTS, MUSIC & THEATER
250th Anniversary of the Declaration of Independence: Film Screening, Discussion 7pm. Marlborough Community House, 160 Main St. Excerpt from The American Revolution, community discussion.

DINING PLEASURES
Adult Community Potluck Luncheon 11:45am-1:15pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy. Bring a dish to share, salad, main course, or dessert. **603-352-6689**. office@swanzeyucc.org.

FAMILY FUN
The Morphs & Milestones: Reptile Ambassador Peterborough Town Library, 2 Concord St. For two weeks starting April 29th. www.PeterboroughTownLibrary.org.
Baby Storytime 10:30am. Peterborough Town Library, 2 Concord St. www.PeterboroughTownLibrary.org.

MISCELLANEOUS
Home Healthcare Hospice & Community Services: Walk-in Wednesdays-By Appointment HCS Charlestown, 33 Arborway. Confidential, free discussion of services. **603-352-2253**. www.HCSservices.org.
Walk-in Wednesdays 1-3pm. Family Resource Center at HCS, 312 Marlboro Street, Keene. Confidential, free discussion of services that are available. From Healthy Starts to Hospice care. **603-352-2253**. www.HCSservices.org.
Home Healthcare Hospice & Community Services: Walk-in Wednesdays 1-3pm. HCS Peterborough, 454 Old Street Road Medical Arts Building. Confidential, free discussion of services. www.HCSservices.org.
Writers Group 6pm. Conant Public Library, 111 Main St., Winchester. Prompt-driven group. Bring pen, notebook, and imagination. **603-239-4331**. www.conantlibrary.org/
Redcoats & Rebels: NH and the American Revolution 7pm. Chesterfield Town Hall, 522 NH-63. www.chesterfieldhistoricalsociety-nh.org/page-1.

Peterborough Folk Music Society: Eileen Ivers 7pm. Park Theatre, 19 Main St., Jaffrey. Tickets at **603-318-9196**. www.pfmsconcerts.org.
Drinking Habits 2-Caught in the Act 7:30pm. Small Pond Productions at the Community House, 160 Main St., Marlborough. \$20, \$15 Seniors/Students. **603-242-2314**. www.smallpondpresents.org.

FAIRS & SALES
Indoor Yard Sale 8am-1pm. Charlestown Senior Center, 223 Old Springfield Rd. All items are by donation only.
Mother's Day Clearance Sale 9am-3pm. Marlborough Gardens, 160 Jaffrey Road, Marlborough. A huge selection of mixed potted bulb gardens. Daily through May 9th.

MISCELLANEOUS
Stories To Share: Joe Steinfield 5pm. Jaffrey Civic Center, 40 Main St. Trial lawyer. Register for in-person attendance at **603-532-6527**.
Full Moon Meditation, Paige Johnson 5:30-7pm. Aloha Keene Yoga Studio, 83 Court St. www.alohakeene.com.
Celebrating Beltane: Conscious Dance 7-8:15pm. Aloha Keene, 83 Court St. Free form dance. No experience needed. **603-762-3129**. www.alohakeene.com.
Grand Opening: Peachy Keene Yarn Shop 10am-6pm. Peachy Keene Yarn Shop, 82 Washington St., Keene. Yarn Cutting Ceremony, door prizes, and refreshments. **603-400-3430**. www.knitkeene.com/coming/.
CCCD BCS Training as Part of The Equipment Rental Program 12-6pm. Foggy Hill Farm, 331 Squantum Rd., Jaffrey. Attendance and completion of training is required to rent the tractor. info@cheshireconservation.org.
Hike: Town Forest, Pisgah Ridge & Connecting Trails 12:30pm. Kilburn Road trailhead, Pisgah State Park, off Route 63, Hinsdale. 3-4 hour hike. Bring water and a snack, insect repellent, come prepared for some roots & rocks and several steep sections. Weather permitting.

The Cheshiremen Chorus Presents

Sing-Go D-MAY-O!

Open Sing - Open House Event!
 Tuesday, May 5th, 2026 - 6:30 PM
 United Church of Christ in Keene
 23 Central Square, Keene, NH - Vernon St. Entrance

- An evening of song and celebration!
- Inviting all men, any age!
- Try your voice - find your best part!
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Mexican holiday fare provided! By... **Margaritas** MEXICAN RESTAURANT
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The Cheshiremen Chorus meets every Tuesday evening at the UCC Keene. See us online at **cheshiremen.org**

Thursday, Apr. 30

FAMILY FUN
Silent Book Club 4:30pm. Peterborough Town Library, 2 Concord St., Peterborough. For teens in 6th grade and up. **603-924-8040**. www.PeterboroughTownLibrary.org.

Friday, May 1

ARTS, MUSIC & THEATER
The Keene Chorale: Mozart Requiem 7pm. Keene High School, 43 Arch St. Chorale will be joined by a 21-piece orchestra and accomplished soloists. \$25 adults/\$22 seniors or veterans/\$10 students under 18 or child. Tickets at www.keenechorale.org.

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MAY 1, 2, 8 & 9, 2026 Show at 7:30PM
MAY 8 & 10, 2026 Matinee at 2:00PM **MAY 3RD MATINEE SOLD OUT**

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Saturday, May 2

ARTS, MUSIC & THEATER
Lasting Beauty Art Exhibit 3-4:30pm. Monadnock Area Artists Association Art Gallery, Syd's Carpet & Snooze Room, St. James St., Keene. More than 120 original artworks included, created by members of Monadnock Area Artists Association www.monadnockareaartists.org.

Monadnock Art Gallery Exhibit: Opening Reception 4-6pm. Monadnock Center for History & Culture, 19 Grove St., Peterborough. "Spring into Art". Exhibit available until June 5, Weds.-Sat. 10am-4pm. www.MonadnockArt.org.
Sharp Dance Company 7:30-9:30pm. The Colonial Theatre, 95 Main St., Keene. Modern dance. 40/\$35/\$30. **603-352-2033**. www.thecolonial.org.
Drinking Habits 2-Caught in the Act 7:30pm. Small Pond Productions at the Community House, 160 Main St., Marlborough. \$20, \$15 Seniors/Students. **603-242-2314**. www.smallpondpresents.org.

DINING
Community Breakfast 8-10am. Samuel E. Paul Community Center, 61 South St., Troy. **603-313-2243**.

FAIRS & SALES
Spring Rummage and Bake Sale 9am-1pm. Fitzwilliam Community Church, 85 NH-119, Fitzwilliam. At noon look for the popular fill a bag for a donation.
Spring Craft Fair 9am-3pm. Swanzey Community House, 18 Old Richmond Rd., East Swanzey. 34 crafters, vendors, raffle, and luncheon.
39th Anniversary Sale 9am-5pm. Clear Water Pool & Spa of Keene, Rt. 12 South, Swanzey. Huge savings on spa & pool needs. **603-357-5874**.

FAMILY FUN
Bulldog 4 Fun Run-Walk 9:30am. Westmoreland School, 40 Glebe Rd. All ages, 4 mile fun run and walk. Kids Sprint ages 10 and under, 9am. www.runsignup.com.
Kool Wheels: Family Fun & Safety Day 10am-12pm. Keene Parks & Recreation Center, 312 Washington St. Opportunity for children to learn and practice bike skills. Children will receive a bicycle helmet and more. Diana: **603-499-2802**.

LECTURES & WORKSHOPS
Drinking Liberally 1pm. Margarita's, Main Street, Keene. Meet-up for left of center political discussion and other current events. **603-352-1707**.

Beltane Shamanic Journeying Workshop 10:30am-12pm. Aloha Keene, 83 Court St., Keene. **603-762-3129**. josephine@alohakeene.com. www.alohakeene.com.

MISC.
Interdimensional: A Journey into the Hidden Realms of Reality 1-2:30pm. Keene Public Library, 60 Winter St. Join author and researcher Ronny LeBlanc, exploring the hidden connections between UFOs, Bigfoot, more. Registration appreciated. **603-352-0157**. akraemer@keenenh.gov. www.keene-publiclibrary.org/.

MISC.

Keene Mineral Club Auction 2pm. MC2 Charter School, 310 Marlboro St., Suite 115, Keene. Unusual minerals and gems from members' collections. Park in the street or lot to the left side of the building, risk of being towed otherwise.
MS Support Group 10am-12pm. Bond Wellness Center, Monadnock Community Hospital, 458 Old Street Rd., Peterborough. Free support group for people with Multiple Sclerosis, and family, friends, caregivers. Mon: 508-277-0745. monadnock.friends.with.ms@gmail.com.
Project Linus Make a Blanket Day 10am-2pm. First Congregational Church, 6 Payson Hill Rd. Bring fleece or purchase for a donation. Bring sharp scissors. Lunch will be provided. 603-588-2427. robynprojectlinus@gmail.com.
Opening Day 10am-5:30pm. Sarah's Windssock Garden, Off Rte. 32, Swanzey. Hanging plants, vegetable plants, and unusual annuals. Gift certificates. Season May - July. 603-358-6629.

Sunday, May 3

ARTS, MUSIC & THEATER

Food-Aid Concert 2 3pm. St. James Episcopal Church, 44 West St., Keene. Admission is a grocery bag of shelf stable food or a check made out directly to "The Community Kitchen." Walt Sayre: wcsayre3@gmail.com.
The Chamber Singers: From Age to Age 7pm. St. James Episcopal Church, 44 West St., Keene. Musical selections range from the Renaissance period to contemporary works by local composer, Cheryl Sharrock. \$20.

FAIRS & SALES

Newfane Flea & Farmer's Market 8am-2pm. 788 VT-RT 30, Newfane, VT. Running until July 1st. 802-365-4000.

MISCELLANEOUS

Seeds of Peace 3-5:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Yoga, dance, journaling, nourishing snacks, seed planting, and connection. \$27/1 \$40/2. 603-762-3129. www.alohakeene.com.

Monday, May 4

MISCELLANEOUS

100+Women Who Care Cheshire County 6-7pm. Monadnock Covenant Church, 90 Base Hill Rd., Keene. Refreshments & socializing 5:30-6. www.100pluswomencheshirecounty.com.
Project Home Presentation 7pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. Learn about helping immigrant neighbors. Handicap accessible.
Red Cross Blood Drive 10:30am-3:30pm. St. Bernard Church, 185 Main St., Keene. Schedule appointment at 800-733-2767, www.RedCrossBlood.org.

Tuesday, May 5

ARTS, MUSIC & THEATER

Sing-Go D-May-O: An Evening of Song & Celebration 6:30pm. United Church of Christ, 23 Central Square, Keene. Open sing. Open House Event. Inviting all men, any age. www.cheshiremen.org.

LECTURES & WORKSHOPS

Birding on the Farm Workshop Series 7-9am. Retreat Farm, Brattleboro, VT. Bring binoculars and weather appropriate dress & boots. Free, registration is required. 603-904-3011. info@cheshireconservation.org.

MISCELLANEOUS

Spring Tuber and Bulb Swap 6-7pm. Putney Public Library, 55 Main St., Putney, VT. Bring excess spring bulbs, corms, perennial starts, and tubers to swap. Brush off as much dirt as possible and label contributions as best you can. Free.
Ashuelot River Water Quality Monitoring Volunteer Training 6:15-8pm. Keene Rec. Center, Room 14. ARLAC chair Barbara Skuly will lead an in-person volunteer training. Attendees will review sampling techniques and the use of the monitoring equipment and share the 2026 sampling schedule. For details or to register contact Barbara Skuly: 603-352-0987. bskuly@ne.rr.com.
The Digital Reboot: Understanding Your Digital Footprint 11am-12pm. Miller-Vincent Room, Keene Public Library, 60 Winter St., Keene. Your digital footprint is bigger than you think, and companies profit from tracking your online behavior. In this session, explore how data is collected, why it matters, and the impact it has on privacy, security, and mental health. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

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 Louisa Stonehill (violin)
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 Nicholas Burns (piano)
Friday, May 8 7:30pm
Stonewall Farm, Keene
Sunday, May 10 3:00pm
Bellows Falls Opera House VT
Book Tickets online:
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THE COLONIAL
Upcoming Performances

THURSDAY 5/7	Railroad Earth 25th Anniversary Tour
SATURDAY 5/16	Ghostface Killah Hip-hop master storyteller
SATURDAY 6/7	Ben Folds Piano. Pop. Extraordinary.
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Saturday, May 2, 2026 • 10 am - Noon
 Keene Parks & Recreation Center, Washington St., Keene

Visits from **BOBBY** of the Keene Swamphats, **FERGUS** of the Cheshire Children's Museum and **DEPUTY DOG** of the Sheriff's Dept.

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Spring into Art
Monadnock Art Exhibit
May 2 – June 5 Weds.-Sat. 10am-4pm

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Opening Reception May 2, 4-6pm
Monadnock Center for History and Culture
 19 Grove Street, Peterborough NH
 Artist Profiles: www.MonadnockArt.org

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Cooking With The Trees

"I never saw a discontented tree. They grip the ground as though they liked it, and though fast rooted they travel about as far as we do. They go wandering forth in all directions with every wind, going and coming like ourselves,..." – John Muir

Officially, National Arbor Day is celebrated on the last Friday in April, which was April 24th this year. Yet while it's a national observance, many states observe Arbor Day on different dates that are best suited for local planting seasons. Here in New Hampshire, that is anytime in late April through May. Originally established in 1872 by Jules Sterling Morton in Nebraska, this holiday continues to promote sustainability and community beautification, with an emphasis on planting and caring for trees. I like to take this time to recognize the many fruits and nuts we pick and use as food from trees.

Arbor Day Fruit Salad

This salad is not only a tasty and healthy treat but also a wonderful way to celebrate the role of trees in our lives. Enjoy it as a refreshing snack or a light dessert!

- Ingredients:**
 1 apple, cored and chopped
 1 pear, cored and chopped
 1 cup of cherries, pitted and halved
 1 orange, peeled and sectioned
 1 banana, sliced
 1/2 cup of walnuts, roughly chopped
 Juice of 1 lemon
 Fresh mint leaves for garnish (optional)
 Honey or maple syrup (optional, for sweetness)

In a large bowl, combine the chopped apple, pear, cherries, orange sections, and sliced banana; toss gently to mix. Squeeze the juice of one lemon over the fruit. This not only adds a zesty flavor but also helps to keep the fruit from browning. Add the chopped walnuts to the bowl, giving everything a nice toss to ensure the nuts are evenly distributed. If you like your fruit salad a bit sweeter, drizzle a little honey or maple syrup over the top and toss again to coat evenly.

Refrigerate the salad for at least 30 minutes to allow the flavors to meld together nicely. Before serving, garnish with fresh mint leaves for an extra touch of freshness and a fresh look.

Composed Salad

This is a refreshing salad that is simple to put together and offers a nice contrast to a rich meal. It can be served as a first course, with the meal or following dinner.

For each serving: slice **one sweet or red onion** into rounds and place one large slice on a plate; on top of each onion round place a **slice of peeled, seedless orange**. On top of that scatter some **chopped green olives with pimento**, freshly ground **black pepper**, a dash of good **olive oil** and a drop or two of **lemon juice**.

Lemon Meat Loaf

We all have our favorite meat loaf recipes, but I'm forever trying new ones in hopes of finding that 'special' one. This one sparkles with fresh lemon juice and comes close.

- Ingredients:**
 1½ lbs. ground chuck or other ground beef
 4 slices day-old bread, diced
 1/4 cup fresh lemon juice
 1/4 cup minced onion
 salt and pepper to taste

- 1 large egg, beaten slightly
 1/3 cup catsup
 1/4 cup brown sugar
 1 teaspoon dry mustard
 1/4 teaspoon ground allspice and pinch of clove
 6 thin lemon slices, for topping

Combine ground beef, bread, lemon juice, onion, salt and pepper, and egg. Mix well, shape into six individual loaves and place in 13x9-inch baking pan. (Or make one large round loaf in a pie plate.) Bake at 350 degrees for 15 minutes. Meanwhile, in a small bowl, combine remaining ingredients except lemon slices. Pour over loaves and top each with a lemon slice. Bake 30 to 35 minutes longer, basting occasionally with sauce from pan. Serve sauce over loaves. Six servings.

Note: if making this as one large round loaf, cook longer, about 1 hour and 15 minutes.

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Cooking Corner
 with Nancy Adams



Orange Chicken

This is wonderful for a family dinner served with smashed potatoes and a green vegetable. This dish is certainly worthy of a "company's coming" meal as well. Serves four to six.

- Ingredients:**
Marinade:
 1/4 cup fresh orange juice and zest, cut into strips
 1 teaspoon Dijon mustard
 2 tablespoons balsamic vinegar
 1 tablespoon soy sauce
 1 teaspoon minced fresh ginger
 1 clove garlic, minced
 salt and freshly ground black pepper to taste

- 1 (3½ to 4½ lbs.) fryer chicken, patted dry
 1 orange, sliced
 1½ cups water

Combine marinade ingredients in a small bowl. Put the chicken in a large bowl (or Ziploc bag). Slip your hand under the skin on the breast and along the legs where possible, inserting and patting marinade under the skin and then all over the chicken on top of the skin. Cover and refrigerate for up to eight hours. Preheat oven to 425 degrees. Place the orange slices in the cavity of chicken and place it, breast-side up, in a roasting pan on a rack. Add the water to the pan. Roast chicken for one hour to one and a half hours, until juices run clear when thigh is pierced with a knife. (Halfway through cooking, add a little more water, if needed to keep juices from burning). Let chicken rest 10 minutes. Meanwhile, place the orange slices in the pan with the juices and cook over medium-high heat until slightly thickened, three to five minutes. Pour sauce over chicken and serve.

Gingered Pears

My mother enjoyed making this simple recipe for dessert when she had friends to lunch. You'll notice why if you make it – very simple and very tasty!

- Ingredients:**
 4 pears, peeled, halved, cored and poached until just tender (or 1 (18 oz.) can pear halves)
 6 gingersnaps, crushed
 2 tablespoons sugar
 2 tablespoons softened butter

Mix crushed gingersnaps, sugar, and butter together. Place pear halves in baking dish, fill with gingersnap mixture and bake at 300 degrees for 20 minutes. Serve warm with a favorite ice cream.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.

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