

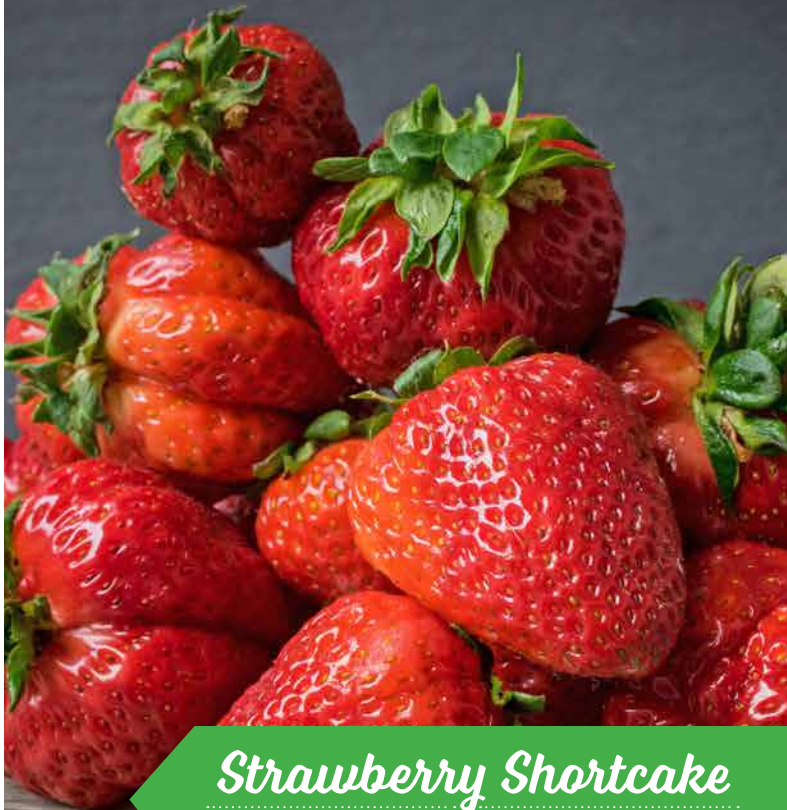


**EAT WELL  
BE HAPPY**

**ORGANIC  
STRAWBERRIES**

**\$3.49**

1 lb | Save \$2



*Strawberry Shortcake*  
**CLICK HERE FOR THE RECIPE!**

**ORGANIC SEEDLESS  
WATERMELON**

**59¢/lb**

Save 40¢/lb



**ORGANIC SWEET  
BI-COLOR CORN**

**\$1.69**

Save 30¢/ea



**ORGANIC KALE**

Purple · Green · Italian

**\$1.99**

Save \$1/ea

Close to Home!



**ORGANIC  
ROASTING  
POTATOES**

Red & Yukon Gold

**\$1.79/lb**

Save 70¢/lb



Organic Produce · On Sale 5/26 - 6/1



**ORGANIC SWEET  
YELLOW NECTARINES**

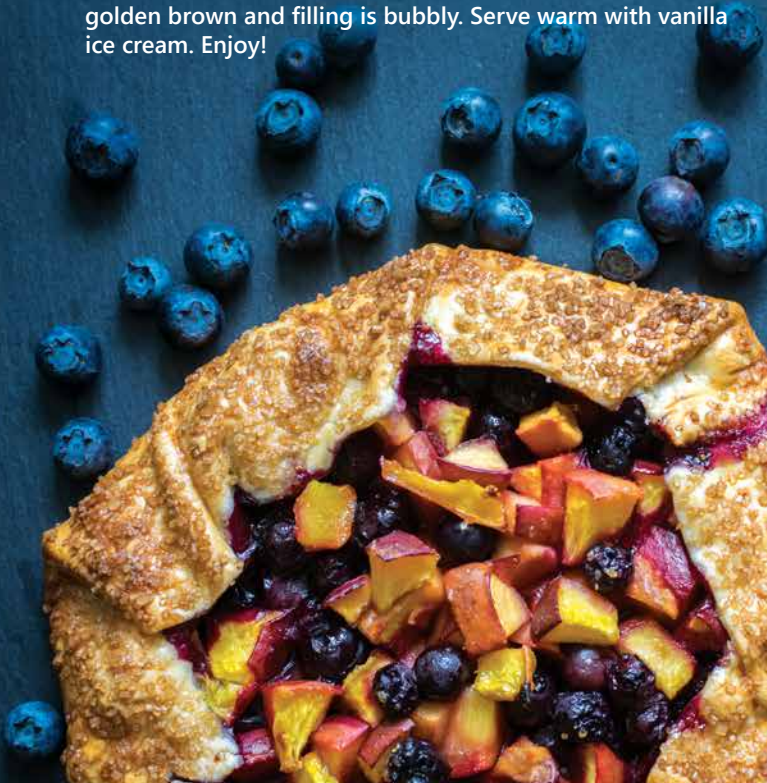
**\$2.99/lb**

Save \$1/lb



**Blueberry & Nectarine Galette**

- 2 nectarines, chopped
  - 1 1/2 cups fresh blueberries
  - 1/2 Tbsp lemon zest
  - 1 Tbsp fresh lemon juice
  - 1/4 cup organic cane sugar (or to taste, depending on sweetness of fruit)
  - 2 Tbsp cornstarch
  - 1 refrigerated pie crust
  - 1 egg plus 1 Tbsp water, beaten
  - Turbinado sugar, for garnish
1. Preheat oven to 400°F.
  2. In a bowl, mix together fruit, lemon juice, zest, sugar, and cornstarch.
  3. Unroll pie crust. Flatten with a rolling pin if necessary to remove any creases. Dough should be 1/8-inch thick, and 10-12 inches in diameter. Place crust on a piece of parchment paper on a large, rimmed baking sheet.
  4. Using a slotted spoon, pile fruit mixture onto the center of the pie crust, spreading out into an even layer, leaving a 2 or 3 inch border from the edge of the crust.
  5. Fold the edges of the dough over the fruit, pleating as you go, and pinching the folds gently to seal them. Place the galette on its baking sheet in the freezer for 15 minutes to chill.
  6. Remove from the freezer. Brush galette with egg wash, and sprinkle with turbinado sugar.
  7. Bake on the center rack in the oven for 35 minutes, or until golden brown and filling is bubbly. Serve warm with vanilla ice cream. Enjoy!



**ORGANIC KALEIDOS  
BABY TOMATOES**

**\$3.99**

12 oz | Save \$1.50



**ORGANIC  
PORTABELLA  
MUSHROOMS**

**\$6.99/lb**

Save \$1.50/lb



**ORGANIC  
GREEN ZUCCHINI**

**\$1.99/lb**

Save 50¢/lb



*Chocolate Chip Zucchini Bread*  
**CLICK HERE FOR THE RECIPE!**

**ORGANIC  
CANTALOUPE**

**79¢/lb**

Save 70¢/lb



**GREAT  
VALUE**





# Strawberry Shortcake with Black Pepper Whipped Cream

## Shortcake

- 2 cups unbleached white flour, plus more for kneading
- ¼ cup granulated cane sugar
- 1 Tbsp baking powder
- 1 tsp salt
- ¾ tsp cream of tartar
- ¾ cup cold butter, cut into cubes
- ¾ cup whole milk
- ¼ cup buttermilk

## Filling

- 1 lb fresh strawberries, sliced
  - 2 Tbsp sugar, or to taste
- ## Black Pepper Whipped Cream
- ½ cup granulated cane sugar
  - ½ cup water
  - 2 Tbsp black peppercorns, cracked
  - 1 cup whipping cream

## Shortcake

1. In a medium bowl, whisk together flour, sugar, baking powder, salt, and cream of tartar.
2. Cut in butter with a pastry cutter or fork until mixture forms coarse crumbs. It will look similar in texture to wet sand.
3. Make a small well in the center, and pour in milk and buttermilk. Toss with a fork until milk is incorporated and a shaggy dough forms.
4. Turn out dough onto a floured work surface. Sprinkle a little extra flour on top. Knead gently 5 or 6 times. Do not overwork the dough or your shortcakes will be tough.
5. Pat dough into a ½-inch thick rectangle. Cut with a 3-inch round biscuit or cookie cutter dipped in flour to prevent sticking. Gather scraps and pat out again if necessary.
6. Preheat the oven to 425°F. Line a baking sheet with a silicone mat or parchment paper.
7. Place shortcakes on the prepared baking sheet. Bake for 15-18 minutes, or until golden brown. Cool on a wire rack.

## Berries

8. In a medium bowl, gently toss berries with sugar. Allow to macerate about 30 minutes. Set aside.

## Black Pepper Whipped Cream

9. In a small saucepan whisk together sugar and water. Bring to a low boil.
10. Reduce heat to medium low, and simmer for 10-12 minutes, or until syrup becomes slightly thickened.
11. Stir in peppercorns, cover and steep 20 minutes. Drain through a fine mesh strainer or cheesecloth to remove pepper. Allow to cool, and chill in a covered container until ready to use.
12. Chill a metal bowl and beaters for the whipped cream.
13. Once the bowl is chilled, beat together whipping cream and 2 Tbsp black pepper simple syrup until peaks form, about 3 to 5 minutes. Chill until ready to serve.



*Get Started!*  
**PLANT STARTS**  
*Available Now*



*Get Ready for Local Produce!*  
**SALLY'S FAMOUS ASPARAGUS**  
**SALLY'S BASIL · CILANTRO**  
**RADISH BUNCHES**  
**SPINACH · KALE · CHARD**  
**GREEN ONIONS**  
**MOREL MUSHROOMS**  
*Coming Soon!*



Close to Home!



**SEEDS  
ARE  
BACK!**

*Organic Seeds*  
**COMING SOON**



# Rose Lemonade

## Simple Syrup

- 1 cup organic cane syrup
- 1 cup water
- ½ cup dried rose petals

## Lemonade

- ½ cup fresh squeezed lemon juice (2-4 lemons, depending on size) divided
  - 2 Tbsp simple syrup, or to taste
  - Water, Champagne, sparkling water, or club soda
1. Heat sugar and water in a small saucepan over medium high heat until it reaches a low boil. Reduce heat to medium low, and simmer for 10-12 minutes, or until syrup becomes slightly thickened. Stir in rose petals, cover and simmer for 10 minutes. Remove from heat and allow to steep an additional 30 minutes. Drain through a fine mesh strainer or cheesecloth to remove petals. Allow to cool, and chill in a covered container until ready to use.
  2. Pour ¼ cup fresh Meyer lemon juiced into each glass.
  3. Stir in rose simple syrup.
  4. Top with still water, champagne, sparkling water, or club soda. Enjoy!



## LUNA & LARRY'S COCONUT BLISS

**\$4.49**

16 oz | Save \$2



## HONEY MAMA CACAO BARS

In the Refrigerated Section

**\$3.79**

2.5-3 oz | Save \$2.20



## THEO ORGANIC & FAIR TRADE CHOCOLATE BARS

**2 for \$5**

3 oz | Save 99¢/ea



## EQUAL EXCHANGE ORGANIC FAIR TRADE TEA

**\$2.99**

20 tea bags | Save \$1.50



## LUNA & LARRY'S COCONUT BLISS BARS

Coconut Almond  
Salted Caramel

**\$4.49**

9 oz | Save \$2





New!

**ROASTED CHICKEN**  
WHOLE & PIECES  
**\$5.99/lb**

**New Deli Hours**  
EVERY DAY • 8AM-5PM  
*Serving* Made-to-Order Sandwiches  
Hot Pizza and Grab 'n' Go  
Roast Chickens and More!  
Cold Grab 'n' Go Food *Always Available*



**Deli Sandwich Special**  
**THE SMOKING PIG**

New!

**\$6.99**  
Save \$2

# Oregon Wine Month

**OREGON WINES 10% OFF ALL MONTH**

**LIBRA BALANCED WINES**  
Made in Carlton



Close to Home!

**PISCES PINOT NOIR**  
**\$10.99**  
750 ml | Save \$2.50

**ESTATE PINOT NOIR**  
**\$17.99**  
750 ml | Save \$4

**RIBBON RIDGE PINOT NOIR**  
**\$25.99**  
750 ml | Save \$6

**BRYN MAWR VINEYARDS**  
Made in Salem



Close to Home!

**ESTATE RIESLING**  
**\$22.99**  
750 ml | Save \$7

**ROSÉ OF PINOT NOIR**  
**\$14.99**  
750 ml | Save \$5

**WILLAMETTE VALLEY CHARDONNAY**  
**\$14.99**  
750 ml | Save \$5

Over 1000 items on Sale! • 5/12 - 6/1



HENNY FARMS  
**GROUND LAMB**  
Pasture Raised  
in Salem, OR

**\$8.99/lb**

Save \$1/lb

*Lamb Stuffed Bell Peppers*  
**CLICK HERE FOR THE RECIPE!**

Close to  
Home!



GEROLSTEINER  
**SPARKLING  
MINERAL  
WATER**

**\$1.49**

25.3 oz | Save 80¢



BELA OLHAO  
**SARDINES**

Water · Olive Oil  
Lemon Sauce

**\$1.99**

4.25 oz | Save \$1.50



ORGANIC VALLEY  
**CHEESE  
CRUMBLES**

Blue & Feta

**\$3.49**

4 oz | Save \$1.80



BEYOND MEAT  
**BEYOND BURGER  
PATTIES**

**\$4.49**

16 oz | Save \$2



Over 1000 items on Sale! · 5/12 - 6/1



# LONGDROP CIDER CO.

Made in Cashmere, WA



## VANILLA HONEY HARD CIDER

# \$9.99

6 pk | Save \$1.50



## HARD CIDER

Northwest Apple  
Sour Cherry

# \$13.99

3 liter | Save \$2

# XICHA BREWING CO.

Made in Salem



## CHELA MEXICAN STYLE LAGER

A light lager brewed  
with corn. Pairs well  
with everything!

# \$9.99

4 pk | Save \$2



## ALES & LAGERS

Mango Pale Especial  
Guava Golden Ale  
Clásica · Cerveza Negra

# \$4.89

16.9 oz | Save 60¢

# Lamb Burgers

Recipe by Lyric Johns

### Quick-Pickled Onions:

- 1 red onion (sliced thin)
- 1 tsp of sugar
- 1 tsp sea salt
- ½ cup hot water
- ½ cup white vinegar
- 2 tbsp beet juice
- ¼ tsp red pepper flakes

### Tzatziki Feta Sauce:

- 1 cup full fat plain Greek yogurt
- 1 ½ tbsp fresh dill, cupped
- 1 medium sized cucumber pitted and diced
- ¼ tsp black pepper
- ½ of a lemon
- ¾ tsp sea salt
- ½ cup feta crumbles

### Lamb Burger:

- 2 tbsp minced garlic
- ⅓ cup chopped onion
- 2 lbs ground lamb
- ½ tsp dried mint
- ½ tsp marjoram
- ½ tsp oregano
- ¾ cup paprika
- ¾ tsp cumin
- ¾ tsp black pepper
- 1 ½ tsp sea salt
- 4 tbsp panko bread crumbs
- 1 tbsp tomato paste
- 1 egg
- Also; arugula and sliced tomato for topping, and buns of your choice.

1. Starting with the pickled onions, combine your hot water, sugar, and sea salt. Stir thoroughly until the sugar and salt have dissolved, then add your white vinegar, beet juice, and red pepper flakes, stir to combine. Pack your sliced onions into a jar and then cover with your brine. Cover your jar and let set for about one hour, or until the onions are fully saturated with the color of the beet juice.
2. To make your tzatziki feta sauce, begin by removing the core from your cucumber and dicing. Place in a bowl and combine with your sea salt, set aside while you prep your other ingredients. In a separate bowl combine your Greek yogurt, lemon juice, dill, feta, and black pepper. Once you're done, pat down your cucumbers with a paper towel to remove excess moisture, this will help prevent your sauce from becoming too runny!
3. For the lamb burger itself, simply combine your ground lamb, minced garlic, diced onion, mint, marjoram, oregano, paprika, cumin, black pepper, sea salt, bread crumbs, tomato paste, and egg all together in a big bowl! Mix well and then form into patties of your desired size, cook in a pan on medium heat until they are cooked through.
4. Toast your buns, top your burger with all the yummy goodies, and you're ready to enjoy!





EQUAL EXCHANGE  
**FAIR TRADE COFFEE**

Light Speed

**\$7.99/lb**

Save \$2/lb

FAIRLY  
TRADED



*Bulk* **SPECIALS**

SIGGI'S  
**ICELANDIC  
SKYR YOGURT**

Mixed Berry  
Vanilla · Banana

**\$1.29**

4-4.4 oz | Save 50¢



### Chocolate Yogurt Fruit Dip

- 1 cup vanilla skyr or Greek yogurt
  - 1 Tbsp honey
  - 1 Tbsp cocoa powder
  - 1/2 tsp vanilla paste
  - 1/8 tsp cinnamon
  - Selection of washed and sliced fruit for dipping
1. Mix yogurt, honey, cocoa powder, vanilla, and cinnamon until smooth and blended.
  2. Serve with fruit and enjoy!



EQUAL EXCHANGE  
**GRIND YOUR OWN  
ALMOND BUTTER**

**\$12.99/lb**

Save \$4/lb



**ORGANIC  
DRIED MANGO**

**\$10.49/lb**

Save \$3.50/lb

FAIRLY  
TRADED



**RED LENTILS**  
**\$2.29/lb**

Save 70¢/lb



**LUNDBERG  
SHORT GRAIN  
BROWN RICE**

**\$1.99/lb**

Save 50¢/lb



CALIFIA  
**BETTER HALF  
DAIRY FREE  
CREAMER**

**\$2.29**

16.9 oz | Save \$1.50



PROBAR  
**BOLT ENERGY  
CHEWS**

**2 for \$3**

2.1 oz | Save \$1.29/ea



# Blackberry Cobbler

## Berry Filling

- 4 (6 oz) packages of blackberries, about 5-6 cups (defrost and drain if using frozen berries)
- ½ cup organic cane sugar
- 1 tsp lemon juice
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 4 Tbsp cornstarch
- 1 Tbsp unsalted butter cut into small pieces

## Cobbler Biscuit Topping

- 2 cups unbleached wheat flour
- ¼ cup organic cane sugar
- 1 Tbsp baking powder
- 1 tsp sea salt
- ¾ tsp cream of tartar
- ¾ cup unsalted butter, at room temperature
- ¾ cup whole milk
- ¼ cup buttermilk

1. Preheat the oven to 400°F. Grease a 9" pie dish and place on a baking sheet lined with a silicone mat or parchment paper.
2. In a medium bowl, gently mix together blackberries, ½ cup of cane sugar, lemon juice, vanilla extract, and cinnamon. Mix in cornstarch until all of the berries are well coated. Spoon into the prepared pie dish and dot with butter.
3. In another bowl, whisk together flour, baking powder, sugar, salt, and cream of tartar.
4. Cut in butter with a pastry cutter or fork until mixture resembles coarse crumbs.
5. Make a small well in the center of the mixture, and pour in milk and buttermilk. Toss with a fork until mixture is evenly moistened. Dough will be very sticky and shaggy.
6. Turn out dough onto a floured work surface. Sprinkle with more flour. Gently knead dough 5 or 6 times until it is workable. Dust with more flour if needed. Don't overwork your dough, or your biscuits will be tough.
7. Gently pat dough to a half inch thick. Cut out biscuits with a small 1 ½-inch biscuit cutter, dipping it in flour to prevent sticking. Re-roll dough if more biscuits are needed.
8. Place biscuits on top of berry mixture, nestling them close together, leaving only small gaps for steam to escape. Brush with a little milk.
9. Bake the cobbler for 10 minutes. Reduce heat to 350°F, bake an additional 55 minutes, until biscuits are golden brown and filling is bubbly.



## SANTA CRUZ ORGANIC LEMONADES

Classic · Limeade · Mango Raspberry · Blueberry

# \$1.99

32 oz | Save \$1.30



## SIMPLE MILLS GLUTEN FREE CRACKERS

Almond Flour & Sprouted

# \$3.49

4.25 oz | Save \$2



## CANYON BAKEHOUSE GLUTEN FREE BREAD

7 Grain · Mountain White Deli Rye · Cinnamon

# \$3.99

18 oz | Save \$2



GREAT VALUE

## TRES LATIN FOODS PUPUSAS

Bean & Cheese Chicken & Cheese

# \$3.99

10 oz | Save \$3



## SIETE GRAIN FREE TORTILLAS

# \$5.99

7 oz | Save \$3

Over 1000 items on Sale! · 5/12 - 6/1





## NOURISHING NERVINE HERBS FOR STRESS SUPPORT

There is no shortage of stressors in daily life. Whether it's an overwhelming job, running errands, or struggles at home, a relaxing day can be hard to come by. That's where Nervines come in. A Nervine is the descriptor for an herb believed to effect the nervous and limbic systems of the human body<sup>1</sup> by helping to support a healthy response to stress and relief from occasional anxiousness.

### Discover the Different Types of Nervine Herbs

Nervines are broken down into three different categories based on the reaction they are understood to produce in the nervous system. These categories include Nervine Tonics, Nervine Relaxants, and Nervine Stimulants.<sup>2</sup>

#### NERVINE TONICS

Also called Nervine Trophorestoratives, these herbs help to directly support the nervous system.\* In herbalism, the term tonify (i.e. tonic) refers to the process of an herb toning the body or a specific organ to strengthen it.\* Think of this process as similar to an avid gym-goer who lifts weights to tone their muscles. Nervine Tonics include several well-known herbs for managing stress including American Skullcap, Ashwagandha, Lavender, and Lemon Balm.\*<sup>3</sup>.

#### NERVINE STIMULANTS

These herbs directly stimulate the nervous system, which can help the body cope with stress and also support healthy stamina.\* Many of these herbs also contain stimulant alkaloids, a class of naturally occurring organic compounds, including caffeine. Nervine Stimulant herbs include Cola, Ginseng, Rhodiola, and Schisandra,<sup>3</sup> which are all optimal herbs for supporting healthy stamina and helping you maintain energy levels without the need to reach for a strong cup of coffee.

#### NERVINE RELAXANTS

As their name suggests, these herbs help to produce a relaxing effect on the body.\* They also help to calm an excited nervous system so they are a great choice if you experience occasional anxiousness.\* Taken toward the end of the day, Nervine Relaxants help to support a smooth transition to bedtime and prepare the body for a tranquil night of sleep.\* Popular Nervine Relaxant herbs include American Skullcap, Chamomile, Kava Kava, Passionflower, Lavender, and Vervain.

#### STAY NOURISHED WITH NERVINES

When life seems overwhelming and you need some extra support to help calm your mind, manage stress your stress levels, and support a sunnier outlook, turn to Nervine herbs to help find your healthy balance. Learn about more herbs to help provide a sense of calm and simple practices that you can do to enhance your self-care routine.

References:

1 *3 Nervines to Help Soothe Stress. The Herbal Academy.*

<https://theherbalacademy.com/nervine-herbs-help-soothe-stress/>

2 *What is a Nervine? The Naturopathic Herbalist.*

<https://thenaturopathicherbalist.com/herbal-actions/l-r/nervine/>

3 *Herbal Actions Profile: Nervines. School of Evolutionary Herbalism.*

<http://www.evolutionaryherbalism.com/wp-content/uploads/2016/11/Nervines.pdf>

# gaia<sup>®</sup> HERBS



### ADRENAL HEALTH DAILY SUPPORT

Stress Support

## \$19.99

60 cap | Save \$10



### CALM A.S.A.P.

With Passionflower

## \$12.99

30 cap | Save \$3



### SLEEPTHRU

For Occasional Sleeplessness

## \$13.99

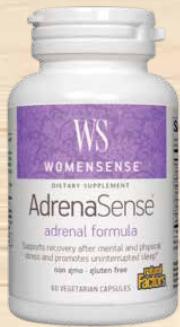
30 cap | Save \$5

## ALL GAIA HERBS ON SALE

Wellness · On Sale 5/12 - 6/1



**NATURAL FACTORS** • *Where Great Health Begins*



**ADRENASENSE**

Supports recovery from physical & mental stress

**\$13.99**

60 vcap | Save \$6



**THYROSENSE**

Supports healthy thyroid function

**\$10.99**

60 cap | Save \$4



**WHOLE EARTH AND SEA  
WOMEN'S MULTI**

**\$29.99**

60 tab | Save \$10



**BOIRON  
ARNICARE  
PAIN RELIEF**

**ARNICARE  
ARTHRITIS**

**\$9.99**

60 tab | Save \$3



**DR. MERCOLA  
FERMENTED BEET  
POWDER**

From Organic Dried Beet Roots

**\$19.99**

5.29 oz | Save \$5



**ALL DR. MERCOLA ON SALE!**

*Over 1000 items on Sale! • 5/12 - 6/1*



# CARLSON



**NORWEGIAN  
COD LIVER OIL**  
Lemon  
**\$24.99**

8.45 oz | Save \$8



**ELITE OMEGA-3  
GEMS**  
Healthy Heart  
Brain Function  
Vision Health

**\$26.99**

130 sg | Save \$8



**SUPER OMEGA-3  
GEMS**

1,200 mg Omega-3s

**\$18.99**

130 sg | Save \$6.50



## New Chapter



**MULTIHERBAL  
STRESS RELIEF**

Adrenal Balancing  
Adaptogenic Blend

**\$22.99**

30 sg | Save \$10



**MULTI HERBAL  
SLEEP WELL**

Soothing Adaptogenic  
Herbs

**\$22.99**

30 sg | Save \$10



**MULTIHERBAL  
ENERGY BOOST**

Fatigue Fighting  
Adaptogenic Blend

**\$22.99**

30 vcap | Save \$10







Portland Mt. Hood Sunrise

## Spotlight on Vitanica

Dr. Tori Hudson created Vitanica in 1994, to serve the intricate and unique needs of women, offering products with strict high-quality standards.

Dr. Hudson is a Naturopathic Physician at her Portland, OR based clinic where she specializes in women's health since 1984.

Vitanica is committed to maintaining the content and purity of our supplements. This is accomplished by focusing on the principles contributing to well-designed products, supporting health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involves policies to assure adequate and clean facilities, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

We also assure quality through third party certification and on-premise observation and analysis. At Vitanica, our dietary supplement manufacturing facilities are NSF/UL certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111.



Dr. Tori Hudson

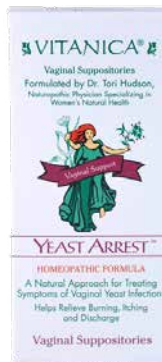
Vitanica began with the dream of helping women. Every day we want to impact health through education and healing. Quality assurance is an essential element of meeting our dream.



**WOMEN'S SYMMETRY MULTIVITAMIN**  
**\$19.99**  
 90 cap | Save \$5



**ADRENAL ASSIST**  
**\$23.99**  
 90 cap | Save \$6



**YEAST ARREST**  
**\$15.99**  
 14 pk | Save \$4

**ALL VITANICA ON SALE**

Wellness · On Sale 5/12 - 6/1



# RenewLife

New!



## Herholistic Probiotics MENOPAUSE PARTNER

New! Created for a  
Woman's Unique Needs

# \$33.99

30 vcap | Save \$11

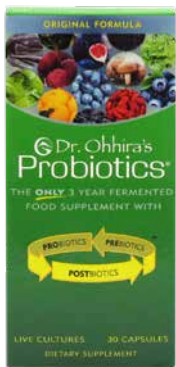


## ULTIMATE FLORA WOMEN'S COMPLETE

90 Billion Probiotic

# \$37.49

30 vcap | Save \$12.50



## ESSENTIAL FORMULAS

### DR. OHHIRA'S PROBIOTICS

# \$28.99

30 cap | Save \$8

All Dr. Ohhira's  
Probiotics on Sale



## AMERICAN HEALTH LIQUID ACIDOPHILUS

Plain or Strawberry

# \$11.99

16 oz | Save \$3



## SOURCE NATURALS HOT FLASH

Helps Reduce Hot Flash  
Frequency

# \$17.99

90 tab | Save \$7



## GARDEN OF LIFE DR. FORMULATED PROBIOTIC

Once Daily Women's

# \$32.99

30 cap | Save \$9



**ALL GARDEN OF LIFE ON SALE**

Wellness · On Sale 5/12 - 6/1





**Enzymedica**  
ALL ENZYMEDICA ON SALE!



**DIGEST GOLD**  
Optimized Digestive Support

**\$19.99**  
45 cap | Save \$10



**DIGEST SPECTRUM**  
Multiple Food Intolerance Formula

**\$11.99**  
30 cap | Save \$5



**MucoStop**  
Promotes easy breathing during seasonal or occasional congestion

**\$23.99**  
48 cap | Save \$10

**NUTRANEXT**



**NATURAL VITALITY CALM**

The Anti-Stress Drink Mix  
Raspberry Lemon  
Magnesium Supplement

**\$16.99**  
8 oz | Save \$7



**CALM**  
Magnesium Gummies

**\$19.99**  
120 ct | Save \$10



**NEOCELL SUPER COLLAGEN POWDER**  
Hair, Skin, Nails, Joints, & Bones

**\$12.99**  
7 oz | Save \$5



**NOW**



**MK-7  
VITAMIN K-2**  
Extra Strength 300 mcg

**\$24.99**

60 vegap | Save \$10



**NAC 600 MG**  
Maintain Cellular Health

**\$12.99**

100 vegap | Save \$7



**QUERCETIN  
& BROMELAIN**  
Supports Healthy  
Seasonal Immune System

**\$21.99**

120 vegap | Save \$10



**Jarrow**



**MACULA  
PROTECTIVE  
FACTORS**

Supports eyes strained by  
blue light.

**\$17.99**

30 sg | Save \$6



**SLEEP  
OPTIMIZER**

Promotes Relaxation  
& a Healthy Sleep Cycle

**\$16.49**

60 cap | Save \$5.50



**MK-7  
VITAMIN K-2**  
Promotes Bone Health

**\$17.99**

60 sg | Save \$6

Wellness · On Sale 5/12 - 6/1



# Solgar • The Gold Standard in Vitamins



**NAC 600 MG**  
Antioxidant Cell  
Protection

**\$16.99**

60 cap | Save \$6.10



**TRIPLE STRENGTH  
OMEGA-3**  
Heart Healthy

**\$26.99**

100 sg | Save \$12



**VITAMIN D3  
5000 IU**  
Maintains Healthy  
Bones and Teeth

**\$8.99**

60 vcap | Save \$3.60



**NULEAF  
NULEAF CBD  
240 MG**

Maximum Strength

**\$19.99**

.17 fl oz | Save \$10



**INESSCENTS  
CBD BATH SALTS**

Eucalyptus · Pure  
Lavender

**\$5.99**

4 oz | Save \$2



**HOME HEALTH  
CASTOR OIL**

Cold Pressed  
& Solvent Free

**\$13.99**

32 oz | Save \$3.50



**HEALTHFORCE  
CACAO ALCHEMY  
ADAPTOGEN  
TONIC POWDER**

**\$26.99**

5.29 oz | Save \$8



Over 1000 items on Sale! • 5/12 - 6/1



**WELEDA**

**SKINFOOD**  
Original Ultra-Rich  
Cream

**\$17.49**

2.5 oz | Save \$5

**STAFF  
FAVORITE**



**DEODORANT  
SPRAYS**

Sage · Citrus · Rose

**\$10.99**

3.4 oz | Save \$3



**BODY LOTIONS**

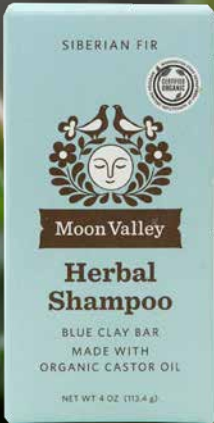
Sea Buckthorn  
Rose · Primrose

**\$13.49**

6.8 oz | Save \$3.50



*New!*



**MOON VALLEY  
SHAMPOO BAR**

Lemongrass  
Pink Geranium  
Siberian Fir

**\$5.49**

4 oz | Save \$1

**NO PLASTIC BOTTLE!**

Wellness · On Sale 5/12 - 6/1





## Spotlight on **ALAFFIA**

Alaffia is much more than just beauty and self-care products. The organization is defined as "a social enterprise on a mission to invest in a more equitable future." Together, we're cultivating beauty, equality, and empowerment in Togo, West Africa. Alaffia aims to alleviate poverty and advance gender equality through the Certified Fair Trade of indigenous resources and community empowerment initiatives. This means

providing healthy working conditions, being open to public accountability, and reducing the number of middlemen from supplier to consumer.

Our products are effective, safe, and natural for specific needs of hair, face, body and children's care. Our methods and ideals are rooted in ancient African tradition that we're proud to share with the global market. Our women's

cooperatives in West Africa handcraft indigenous ingredients, such as "raw" unrefined shea butter and African black soap. Those products are then handcrafted using traditional African recipes and methods at your U.S. headquarters in Olympia, WA. Proceeds from the sale of these products are returned to communities to fund community empowerment and gender equality projects.

## ALL ALAFFIA 20% OFF



**EVERYDAY SHEA & EVERYDAY COCONUT LOTIONS**

**\$11.99**

32 oz | Save \$3



**BLACK SOAP BARS**

**\$3.79**

5 oz | Save \$1



**BLACK SOAP**  
All 16 oz Varieties

**\$7.99**

16 oz | Save \$2

Over 1000 items on Sale! · 5/12 - 6/1



# Homemade Chicken Dog Treats

- 1 cup chicken, cooked (or your dog's preferred meat)
  - ½ cup rice, cooked
  - 3 Tbsp brown rice flour
  - 1 Tbsp parsley, minced
  - 1 egg
1. Preheat the oven to 350°F
  2. Finely mince cooked chicken. Mash rice. Mix together meat, rice, brown rice flour, parsley, and egg in a medium bowl until well blended.
  3. Spoon mixture into silicone molds. If you don't have molds, spoon them onto parchment and gently smooch them down so they are ½-inch thick disks.
  4. Bake for 20-30 minutes, or until tops are golden brown.
  5. Allow to cool before removing from molds. Store in the fridge in an airtight container up to 7-10 days.



**AUNT FANNIE'S  
PROBIOTIC POWER  
ALL PURPOSE  
CLEANER**

Lavender · Mandarin

**\$5.99**

16 oz | Save \$4



**STASHER  
SILICONE FOOD  
STORAGE BAGS**

**20% off**

Regular Prices

**BEGINNING MAY 31ST**  
*New Store Hours*  
**EVERY DAY · 8AM-8PM**

*Deli Hours* **EVERY DAY  
8AM-5PM**



2649 Commercial St SE · 503-361-7973 · Open 8am-7pm · Eat Well Be Happy!