



**EAT WELL  
BE HAPPY**

**ORGANIC  
GREEN CABBAGE**

**99¢/lb**



Recipe  
INSIDE



**ORGANIC  
ROMA TOMATOES**

**\$1.49/lb**



**LOCAL ORGANIC  
ORANGE CARROT  
BUNCHES**

**\$2.49**



**ORGANIC  
PURPLE POTATOES**

Northwest Grown

**\$1.29/lb**



SAVE THE DATE!  
**FERMENTATION  
CELEBRATION**

ALL THINGS FERMENTED

FREE TASTING EVENT  
**MARCH 23  
11AM-4PM**



**GIVEAWAYS! FLASH SALES!**

Special Deals Throughout the Store for ONE DAY ONLY!

**ORGANIC  
LOCAL LEEKS**

**\$2.49/lb**

Close to  
Home!



Recipe  
INSIDE

*Organic Produce · On Sale 3/14 - 3/20*





## STRAWBERRY LEMONADE BARS

Makes 12 Servings

### Crust

- $\frac{3}{4}$  cup all purpose flour (wheat or gluten free)
- $\frac{1}{4}$  cup almond flour
- $\frac{1}{2}$  cup powdered sugar
- $\frac{1}{2}$  tsp kosher salt
- $\frac{1}{2}$  cup unsalted butter, melted
- 1 tsp vanilla extract
- 1  $\frac{1}{2}$  cup unrefined cane sugar
- $\frac{1}{4}$  cup all purpose flour (wheat or gluten free)
- 4 eggs, beaten
- $\frac{1}{2}$  tsp vanilla extract

### Strawberry Topping

- 2 cups strawberries, diced
- 1 Tbsp lemon juice
- 1 Tbsp unrefined cane sugar
- 2 tsp cornstarch

### Lemon Filling

- 3 lemons, juiced
- Zest of 1 lemon

### Crust

1. Preheat the oven to 350°F. Grease an 8x8 inch baking dish with butter. Line with parchment paper.
2. Whisk together flour, almond flour, sugar, and salt. Stir in butter and vanilla. A soft dough will form.
3. Evenly press dough into the bottom of the baking dish. Bake in the preheated oven for 20 minutes.

### Filling

4. Whisk together lemon zest, sugar, and flour. Stir in lemon juice, eggs, and vanilla. Pour into the hot crust.
5. Toss together strawberries, 1 Tbsp lemon juice, cane sugar, and cornstarch. Spread in an even layer over lemon filling.
6. Bake for an additional 40 minutes, or until the center no longer jiggles. Allow to cool on a rack for 2 hours, then refrigerate 1-2 hours or overnight before removing from the dish and slicing.

## ORGANIC COSMIC CRISP APPLES

Northwest Grown

**\$1.49/lb**

MAKE APPLE CRISP TONIGHT!



## ORGANIC BRUSSELS SPROUTS

**\$2.99/lb**



## ORGANIC STRAWBERRIES

**\$4.99**

16 OZ  
PKG



Organic Produce · On Sale 3/14 - 3/20



MAKE EASY PUFF  
PASTRY TONIGHT!



## CHICKEN POT PIE

Makes 2 Servings

- 1 recipe puff pastry, or frozen puff pastry, thawed in the refrigerator
  - 2 Tbsp butter
  - 2 cups cooked leftover chicken
  - 1 large leek, tough greens removed, and thinly sliced
  - 2 carrots, peeled and chopped
  - 2 stalks celery, peeled and chopped
  - 1 cup frozen mixed vegetables
  - 4 cloves garlic, minced
  - ½ tsp poultry seasoning
  - ½ tsp dried thyme
  - ½ tsp onion powder
  - ½ tsp garlic powder
  - ¼ tsp black pepper
  - 3 Tbsp flour
  - ½ cup dry white wine (or broth)
  - 1 cup broth (mushroom, vegetable, or chicken broths all work well)
  - ¼ cup Parmesan cheese, grated
1. Preheat the oven to 375°F. Line a baking sheet with parchment paper or a silicone mat (optional).
  2. In a 10-12 inch cast iron skillet, melt 2 Tbsp butter over medium heat. Cook the leeks until beginning to soften, about 3 minutes. Add carrots and celery, cook for another 5 minutes. Add the garlic and cook until fragrant, 1 minute.
  3. Stir in fresh herbs, poultry seasoning, and flour. Cook and stir until flour is fully incorporated and has lost its raw smell, about 3 minutes. Deglaze the pan with the wine (or broth), scraping up any browned bits. Add 1 cup broth, Parmesan cheese, peas, and corn. Bring to a boil, reduce heat, and simmer until thickened, stirring occasionally. Remove from heat.
  4. Divide the filling into two 2 cup oven safe ramekins.
  5. Roll out the dough to ⅛-inch thick. Cut two circles approximately 1 inch wider than the ramekins, so the dough hangs over the side. You may also flute the edges if desired. Brush crust with egg wash.
  6. Place the ramekins on the prepared baking sheet, and bake in the preheated oven for 35-40 minutes, or until the crust is golden and the filling is bubbly.

# CABBAGE & KALE COLCANNON

Makes 4-6 Servings

- 1 ½ lbs starchy potatoes (such as Russet or Yukon Gold), peeled and cut into chunks
  - 4 cloves garlic, peeled and smashed
  - 1 leek, white and light green parts thinly sliced, rinsed, and patted dry
  - ¼ cup butter or vegan butter
  - ½ head green or savoy cabbage, thinly sliced
  - ½ bunch kale
  - ½ cup whole milk, half-and-half, or unsweetened non-dairy milk of choice
  - Salt and pepper to taste
1. Cover the potatoes and garlic in salted water and bring to a boil. Reduce heat to a simmer and cook until tender, about 20 minutes. Drain the potatoes.
  2. While potatoes are boiling, melt butter in a large skillet over medium heat. Add leeks and cook, stirring regularly, until they have softened and turned translucent.
  3. Add cabbage and kale to the skillet and sprinkle with salt and pepper. Continue to stir regularly, until the greens are tender. Add milk and cook until just warm. Remove from heat.
  4. Pour the milk-cabbage mixture over the potatoes and mash thoroughly. Salt to taste.





# CORNEB BEEF HASH

Makes 2 Servings

- 2 cups shredded frozen potatoes
- 1 cup leftover corned beef, ¼-inch dice
- ½ cup grated onion, water squeezed out
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp black pepper
- ¼ tsp smoked paprika
- ¼ tsp salt, or to taste
- 1 Tbsp olive oil
- 1 Tbsp butter
- 2 eggs, 1 tsp butter

1. In a large bowl, toss together frozen potatoes, corned beef, onion, and spices.
2. Heat olive oil and butter in a large skillet over medium high heat. Spread potato mixture into a ½-inch thick layer in the hot skillet. Press flat with the back of a spatula.
3. Fry potato mixture for 6 minutes without stirring. If the potatoes brown too quickly, reduce heat to medium. After 6 minutes, flip the potatoes, and cook for an additional 3 minutes. Continue flipping and cooking until golden brown and crisp.
4. In a separate skillet, heat 1 tsp butter over medium-low heat. Crack an egg into a ramekin or bowl, making sure not to break the yolk. Tilt the egg gently into the pan, sprinkle with salt and pepper to taste, cover the pan with a tight-fitting lid, and cook until the white is set but the yolk is still runny, about 2-2½ minutes.
5. Serve hash hot, with an egg on top.

*This tasty hash recipe works equally well with leftover ham or chicken.*

*If doubling the recipe or cooking for a crowd, use a skillet large enough to spread the potato mixture out to no more than 1-inch thick.*



## LONELY LANE FARMS UNCURED CORNEB BEEF BRISKET

Pasture Raised in Mt. Angel

**\$13.99/lb**

Save \$3.50/lb

Close to Home!



## IMAGINE FOODS CREAMY SOUPS

Mushroom · Butternut  
Tomato Basil · Broccoli

**\$3.99**

32 oz | Save \$2



SAN J

## ASIAN SAUCES

Orange · Thai Peanut  
Sweet & Tangy · Teriyaki  
Mongolian Beef

**\$3.49**

10 oz | Save \$2



## BONAFIDE PROVISIONS BONE BROTH

Chicken · Turkey  
Beef · Frontier Blend

**\$6.99**

24 oz | Save \$4.50





ORGANIC VALLEY  
CREAM CHEESE

**\$3.49**

8 oz | Save \$1.50



## BAKED ARTICHOKE DIP

- 1 (14.5 oz) can artichoke hearts, drained and chopped
  - 1 (8 oz) package cream cheese, softened
  - 6 oz cheese, shredded (We used mozzarella and pepper jack)
  - 1 (4oz) can green chilies, drained and chopped
  - ½ cup mayonnaise
  - ½ cup sour cream
  - ½ cup Parmesan cheese, shredded
  - 1 Tbsp lemon juice
  - 2 tsp garlic powder
  - 1 tsp black pepper
1. Preheat the oven to 350°F.
  2. Mix all ingredients together into a medium bowl. Taste and adjust seasonings if desired.
  3. Scrape into an 8x8-inch baking dish and smooth into an even layer. Bake 30-40 minutes or until warmed through. Serve warm with crusty bread, veggies, or potato chips.

# DELI HOURS

## 8 AM - 5 PM

BREAKFAST & LUNCH

# SERVED UP

# FRESH EVERY DAY!

Fresh  
FROM  
SCRATCH



Over 1000 items on Sale! · 3/14 - 3/27

# WELCOME SPRING

## CELEBRATE WITH FRESH FLAVORS



1

### **Comte de la Chevalière Sancerre Rosé**

*Fruity, lively, fresh and intense—fruit reminiscent of strawberries and apricots, with hints of citrus. Pair with a Tuna Niçoise salad or grilled chicken. **Sale \$12.99***



2

### **Ethic Drinks Tchir Sauvignon Blanc**

*Fresh and elegant, with a floral bouquet and lemony notes—perfect for pairing with fish tacos and a dollop of guac. **Sale \$7.99***



3

### **Ramirana Apalta Vineyard Red Blend**

*Berries, mint, and herbal flavors with a hint of citrus. Crisp finish. Pair with a grilled steak or beef stew. **Sale \$7.99***



4

### **Cala Civetta Ciliegiole Maremma Toscana**

*Ripe cherry, berries, and a touch of pepper. Bold, ripe tannins that are balanced by acidity. Serve with pizza, lasagna, or meatballs in ragu sauce. **Sale \$9.99***



5

### **Cala Civetta Trebbiano**

*Clean and lively aromas with fresh pear notes and a clean, bright finish. Enjoy with Pairs with fish, pasta with white sauce, and cured meats. **Sale \$9.99***



6

### **Vitae Springs Pinot Gris**

*Crisp flavors of apple flesh and peel. Focused and nicely balanced, with mineral highlights. Pair it with chicken piccata or a zippy lemon risotto. **Sale \$24.99***

*Over 1000 items on Sale! · 3/14 - 3/27*



**SMART CHICKEN**  
**ORGANIC BONE-IN**  
**CHICKEN THIGHS**

**\$4.49/lb**

Save \$1/lb



## ITALIAN CHICKEN & ORZO SKILLET

Makes 4 Servings

- 2 lb chicken legs or thighs
- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 1 medium zucchini, chopped
- 3 cloves garlic, minced
- 1 can diced tomatoes
- 1 Tbsp tomato paste
- 2 tsp Italian seasoning
- Salt and pepper, to taste
- ½ cup dry red wine
- 1 ½ cups chicken broth
- 1 cup uncooked orzo pasta
- 2 Tbsp fresh parsley, chopped
- ½ cup Parmesan cheese, shredded

1. Heat oil in a large cast iron skillet over medium high heat. Brown chicken for 3-5 minutes on each side. Remove chicken from the pan and set aside.
2. Reduce heat to medium. Cook onion until translucent, about 4 minutes. Add zucchini, garlic, seasoning, and salt and pepper to taste. Cook for about 4 minutes, or until zucchini is golden brown.
3. Deglaze the pan with red wine, cooking until reduced by half, about 3 minutes.
4. Stir in the tomatoes and their juices, tomato paste, orzo and chicken broth. Place the chicken on top. Increase heat to high and bring mixture to a boil. Cover and reduce heat to a simmer. Cook until liquid is absorbed and chicken is done, about 12 minutes.
5. Remove from heat, uncover, and allow to cool for 5-10 minutes. Any excess liquid will absorb into the pasta. Serve sprinkled with parsley and Parmesan cheese.



**SIETE**  
**GRAIN FREE**  
**TORTILLAS**

Chickpea · Almond  
Cassava

**\$6.49**

8 ct | Save \$3.50



**DE LA CALLE**  
**ORGANIC**  
**TEPACHE**

Ginger Manzana · Pineapple  
Tamarind Citrus · Mango Chili

**\$1.99**

12 oz | Save \$1.80



**CADIA**  
**ORGANIC SALSA**

Hot · Mild · Medium

**\$3.79**

16 oz | Save \$1.50



**ZEVIA**  
**ZERO SUGAR**  
**SODA**

Your Choice

**\$4.99**

6 pk | Save \$1.50



**IMMACULATE**  
**BISCUITS OR**  
**CRESCENT ROLLS**

**\$3.99**

8-16 oz | Save \$3.50



**VAN'S  
FROZEN WAFFLES**

Original · Blueberry  
Gluten Free

**\$2.99**

9 oz | Save \$2



**PURELY ELIZABETH  
GRANOLA**  
Your Choice

**\$4.99**

8-12 oz | Save \$3.50



**CANYON BAKEHOUSE**

**GLUTEN FREE  
BREAD & BAGELS**

Your Choice

**\$4.99**

14-18 oz  
Save \$2.30-3



**CANYON BAKEHOUSE**

**GLUTEN FREE  
HERITAGE BREAD**

Whole Grain  
Honey White

**\$5.99**

24 oz | Save \$3



**PERFECT BAR  
REFRIGERATED  
PROTEIN BAR**

Your Choice

**\$2.29**

1.94-2.3 oz  
Save \$1.50



**CABOO  
TREE FREE  
BATH TISSUE**

**\$7.99**

9 pk | Save \$4



**COOKIE PAL  
ORGANIC DOG  
BISCUITS**

**\$4.99**

10 oz | Save \$3.50



# BULK DEPARTMENT DEALS

BLUE HERON BAKERY  
**ORGANIC REBEL  
CRUNCH GRANOLA**

**\$7.49/lb**

Save \$1.50/lb



**ORGANIC  
CASSAVA FLOUR**

**\$2.79/lb**

Save 70¢/lb



**ORGANIC WHOLE  
OAT GROATS**

**\$1.99/lb**

Save 50¢/lb



**ORGANIC MULTI  
COLORED POPCORN**

**\$2.49/lb**

Save 50¢/lb



**CEYLON ORANGE  
PEKOE TEA**

**\$36.99/lb**

Save \$9/lb

**ONLY  
\$2.31/oz**



**ORGANIC  
DRIED APRICOTS**

**\$6.49/lb**

Save \$1.50/lb



**ORGANIC CRISPY  
BROWN RICE PUFFS**

**\$6.49/lb**

Save \$1.50/lb



**SEA SALT  
\$1.49/lb**

Save 30¢/lb



**ORIGINAL  
GINGER CHEWS**

**\$11.49/lb**

Save \$2.50/lb



**ORGANIC WHOLE  
BROWN MUSTARD SEEDS**

**\$13.99/lb**

Save \$3/lb



**MAKE YOUR  
OWN MUSTARD**



**PEANUT BUTTER  
MALT BALLS**

**\$12.99/lb**

Save \$3/lb



**BRING YOUR  
CONTAINER!**

Over 1000 items on Sale! · 3/14 - 3/27





ORGANIC INDIA was established as a holistic, sustainable business modality to inspire, promote, and support well-being and respect for all beings and Mother Nature. For over 20 years, those founding principles still stand as the company partners with thousands of family-owned farms to provide genuine, organic products for healthy, conscious living.

ORGANIC INDIA prides itself in supporting and honoring farmer partners by providing

- Farmer Well Being and a Life of Dignity
- Fair trade practices & Equitable wages

- Market premium paid for 100% of crop yield
- Farmers maintain ownership of their land and receive organic agricultural training
- Health care for farmers and families

At the foundation of ORGANIC INDIA's products, company, and sourcing is regenerative agriculture that not only sustains, but replenishes the earth. Every herb, plant, and fruit in ORGANIC INDIA products is grown or harvested using organic, bio-regenerative methods and sustainable wild-crafting practices.

- Zero Synthetic Inputs
- Rotational Grazing, Crop Rotation, Cover Crops & Carbon Sequestration
- Building soil's fertility, nutrients, and ability to retain water
- Operating as a self-sufficient ecosystem

This all culminates in the creation of Organic, Non-GMO herbal teas and supplements that support the health of the population, vibrancy of the planet, and livelihood of communities in India.



**ORGANIC INDIA**  
**MORINGA**  
Green Superfood

**\$14.99**  
90 vcap | Save \$5





**COUNTRY LIFE  
COENZYME  
B-COMPLEX**

Supports Energy  
& Cognitive Function

**\$13.99**

60 vcap | Save \$9



**CARLSON LABS  
SUPER OMEGA-3**

1,200 mg Omega-3s

**\$26.99**

130 ct | Save \$6



**LIFESOURCE  
IRON FREE  
BASIC MULTI**

**\$12.99**

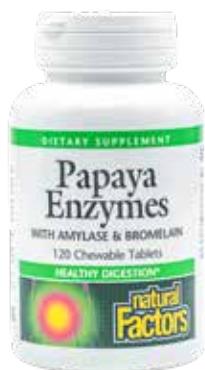
60 tab | Save \$2



**NATURE'S WAY  
DGL ULTRA  
CHOCOLATE**

**\$17.99**

90 tab | Save \$5



**NATURAL FACTORS  
PAPAYA ENZYMES**

Chewable

**\$6.99**

120 tab | Save \$3

# Life Extension



**BONE RESTORE  
with VITAMIN K2**  
Superior Calcium Formula

**\$16.49**

120 cap | Save \$3.50



**AMPK ACTIVATOR**  
Healthy cellular AMPK activity  
is an essential part of a weight  
management program\*

**\$24.99**

30 tab | Save \$5



**WOMEN'S  
BLADDER SUPPORT**

**\$28.99**

60 vcap | Save \$10



\*This statement has not been evaluated by the FDA.

Wellness · On Sale 3/14 - 3/27



# Natural Factors



## STRESS RELAX TRANQUIL SLEEP

Enteric Coated

**\$12.99**

45 sg | Save \$3



## THREE BRAINS THE BEST SLEEP

Relaxation and  
Sleep Support

**\$14.99**

90 vcap | Save \$5



## RegenerLife SLEEP BETTER

Triple Action Delayed Release

**\$19.99**

60 tab | Save \$10



## HYLAND'S NERVE TONIC

Stress Support

**\$7.49**

50 tab | Save \$3.50



## QUANTUM SUPER LYSINE+

Immune Support

**\$15.99**

180 tab | Save \$6



## RENEW LIFE EXTRA CARE PROBIOTICS

50 Billion

**\$30.99**

30 vcap | Save \$12



## TRACE MINERALS QUERCETIN GUMMIES

**\$17.99**

60 ct | Save \$12



## YERBA PRIMA PSYLLIUM HUSK

Gentle, Soothing Fiber

**\$11.99**

180 cap | Save \$5



# NORDIC NATURALS

Committed to Health!

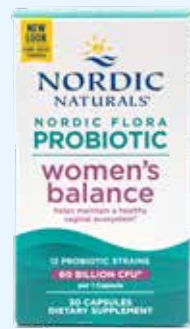


## MEMORY SUPPORT

Omega Blend

**\$42.99**

60 sg | Save \$9



## WOMEN'S BALANCE PROBIOTIC

12 Probiotic Strains

**\$37.99**

30 ct | Save \$12

## Ener-C

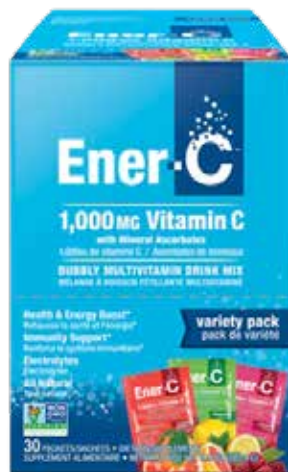
**ENER-C**

**VARIETY PACK**

1000mg Vitamin C

**\$12.99**

30 pkt | Save \$4



**STAFF  
FAVORITE**

## VIBRANT HEALTH GREEN VIBRANCE POWDER

30 Day Supply

**\$45.99**

11.92 oz | Save \$13

## CV Sciences + PlusCBD

Daily CBD helps maintain a healthy  
balance to improve your physical  
and mental wellbeing.



## RELIEF CBDA SOFT GELS

30 mg CBD & CBDA  
per Serving

**\$23.99**

30 sg | Save \$11



## CBD OIL EXTRA STRENGTH

750 mg  
Peppermint or Unflavored

**\$43.99**

1.86 oz | Save \$26

Wellness · On Sale 3/14 - 3/27





**NATURAL FACTORS  
TOTAL BODY  
COLLAGEN**

Orange · Unflavored  
Pomegranate

**\$36.99**

1.06 lb | Save \$6



**BIOSIL  
BIOSIL**

Hair, Skin, and Nail Support

**\$17.99**

30 vcap | Save \$7



**LILY OF THE  
DESERT  
WHOLE LEAF  
ALOE JUICE**

**\$19.99**

1 gal | Save \$7.50



**ANDALOU  
BEAUTY BALM**

Tan · Beige · Sheer

**\$13.99**

2 oz | Save \$4.50



**HUMBLE  
DEODORANT**

Plastic Free Packaging

**\$8.49**

2.65 oz | Save \$3.50

ALL  
HUMBLE  
ON SALE!



**DERMA · E  
DMAE  
ULTRA FIRING  
MOISTURIZER**

**\$16.99**

2 oz | Save \$6



ALL  
EVANHEALY  
ON SALE!

*evanhealy*  
**ROSE VETIVER DAY  
MOISTURIZER**

**\$41.99**

1.4 oz | Save \$10.50

Wellness · On Sale 3/14 - 3/27





**E.O.  
HAND SOAP**  
Lemon Eucalyptus  
French Lavender

**\$6.29**  
12 oz | Save \$3.20



**AVALON  
SHAMPOO OR  
CONDITIONER**  
Tea Tree · Lavender  
Rosemary · Lemon

**\$7.99**  
11 oz | Save \$4.50



**Tea Tree Therapy  
TEA TREE TOOTHPASTE**  
with Baking Soda

**TEA TREE THERAPY  
WHITENING  
TOOTHPASTE**

**\$3.99**  
3 oz | Save \$3



**SHIKAI  
SHOWER GEL**  
Cucumber  
Sandalwood

**\$5.99**  
12 oz | Save \$4



**GIOVANNI  
NATURAL MOUSSE  
HAIR STYLING FOAM**

**\$5.79**  
7 oz | Save \$4.20



**EVERYONE  
HAND & BODY  
LOTION**  
Unscented · Citrus Mint  
Coconut Lemon  
Lavender Aloe

**\$9.49**  
32 oz | Save \$4.50



**INESSCENTS  
ROLL-ON  
PERFUMES**

**\$15.99**  
.3 oz | Save \$4



**ALBA BOTANICA  
UNPETROLEUM  
JELLY**

**\$5.99**  
3.5 oz | Save \$3

Over 1000 items on Sale! · 3/14 - 3/27



# SUSTAINABLY GROWN HOUSEPLANTS NOW AVAILABLE!

Our houseplants are homegrown by nature nerds (as they call themselves) at their greenhouses in Central Florida. They make their own soil out of compost, fungi and natural bacteria. They only use OMRI-certified organic pesticides when growing and have introduced integrated pest management practices to bring you the highest quality plants out there.



**WHILE SUPPLIES LAST!**

## BAREBONES CLASSIC WORK GLOVES

3 Sizes XS - XL  
Cognac · Natural · Olive

# \$19.99

Save \$10

**WHILE SUPPLIES LAST!**

## BAREBONES EDISON PENDANT LIGHT

Water and rust-resistant and powered by USB portable charger, the LED Edison Pendant is designed to be at home among the trees or on the terrace. Use alone or string up to six pendants together.

*Lights must be powered by an external USB power source.*

# \$19.99

Save \$4

