

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC GREEN
BARTLETT PEARS**

\$1.69/lb



**ORGANIC
LOCAL LEEKS**

\$2.99/lb



**ORGANIC
COSMIC CRISP APPLES**

\$1.29/lb



**ORGANIC
GREEN ZUCCHINI**

\$1.29/lb



celebrating
**EARTH
DAY**

saturday, april 20

**Join Marion County Master
Gardeners from 11-4**

**5% of profits for
the day donated
to Marion County
Master Gardener
Association**



**LOCAL ORGANIC
PURPLE SPROUTING
BROCCOLI**

\$3.99/ea



Organic Produce · On Sale 4/11 - 4/17



MAKE EASY
PUFF PASTRY



MAPLE PEAR GALETTE

Makes 8 Servings

- 1 Recipe puff pastry
- 3 pears, peeled, cored, and sliced 1/8-inch thin
- 1/4 cup butter
- 3 Tbsp maple syrup
- 1 Tbsp cornstarch
- 1 tsp cinnamon
- 1 tsp vanilla paste or extract
- 1 egg white mixed with 2 Tbsp water

1. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicon baking mat.
2. In a 2 quart saucepan, heat butter over medium heat. Stir constantly, allowing butter to foam, then brown, about 5-8 minutes. Remove from heat when butter has a nutty, amazingly delicious scent, golden color and little brown bits. Allow to cool slightly.
3. In a bowl, toss together sliced pears, browned butter, maple syrup, cornstarch, cinnamon, and vanilla paste.
4. Roll out the puff pastry into a 12-inch diameter circle. Place it on the prepared baking sheet. Arrange pears in the center of the pastry in a mostly even layer, leaving a two inch border between the fruit and edge of the pastry.
5. Fold edges of the pastry over the fruit. There will be a large hole in the center for steam to escape. Freeze the galette for 15 minutes. Brush crust with egg wash. Bake in the preheated oven for 30-40 minutes, or until the crust is golden and puffed and filling is bubbly.

ORGANIC YELLOW
STRAIGHT NECK SQUASH

\$1.49/lb



ORGANIC
BELL PEPPERS

Red · Yellow · Orange

\$4.99/lb



MAKE TACO STUFFED
PEPPERS TONIGHT!

ORGANIC
ABATE FETEL PEARS

\$1.99/lb



Organic Produce · On Sale 4/11 - 4/17



RUSTIC RATATOUILLE

Makes 2-3 Servings

- 2 Tbsp olive oil
- 1 eggplant
- 2 small zucchini
- 1 red bell pepper
- 1 pint cherry tomatoes
- ½ tsp kosher salt
- ¼ tsp black pepper
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- Basil, ½ bunch, chopped
- Salt and pepper, to taste
- Hot cooked whole grain pasta

1. Preheat the oven to 425°F. Line a large rimmed baking sheet with foil or a silicone mat.
2. Cut eggplant, zucchini, and bell peppers into chunks. Place in a bowl with whole cherry tomatoes. Toss with 1 ½ Tbsp of the olive oil, kosher salt, and pepper. Spread out in a single layer on the prepared baking sheet. Roast for 20 minutes, or until veggies are tender.
3. Heat remaining ½ Tbsp olive oil in a heavy bottomed, oven going pot over medium heat. Cook onions until softened and translucent, about 5 minutes. Add the garlic, cook for an additional minute. Add roasted veggies to the pot and mix everything together. Gently smash the tomatoes with the back of a spoon to release juices.
4. Reduce the oven temperature to 375°F. Bake the ratatouille for 30 minutes. Stir in the chopped basil, and serve over hot cooked pasta.

DELI HOURS

8 AM - 5 PM

.....

BREAKFAST & LUNCH

SERVED UP

FRESH

EVERY DAY!





COBRAM ESTATE
EXTRA VIRGIN OLIVE OIL

California · Australia

\$8.99

375 ml | Save \$5



PRIMAL KITCHEN
PASTA SAUCES

Your Choice

\$5.99

15-24 oz | Save \$4



MONTEBELLO
ORGANIC PASTA

Many to Choose From!

\$3.49

16 oz | Save \$2.50



AGAINST THE GRAIN
GLUTEN FREE BAGUETTES

Original · Rosemary

\$5.49

15 oz | Save \$3.30

LONELY LANE FARMS
UNCURED SLICED DELI MEATS

Pastrami · Roast Beef

\$6.99

6 oz | Save \$2



LUNDBERG
ORGANIC RICE

Basmati · Jasmine · Sushi

\$6.49

32 oz | Save \$3.50



BITCHIN'
BITCHIN' SAUCE

Caramelized Onion
Pesto · Chipotle · Original
Bombay · Cilantro Chili

\$3.49

8 oz | Save \$4

LONELY LANE FARMS

TOP SIRLOIN STEAK

Pasture Raised in Mt. Angel

Close to Home!

\$19.99/lb

Save \$2/lb

STEAK WITH SMOKY BLUE ONION SAUCE

Makes 2 Servings

- 2 steaks, 6-8 oz
 - 2 tsp avocado oil
 - 1 tsp smoked sea salt
 - 1 tsp pepper
 - 4 Tbsp butter
 - 1 medium yellow onion, finely chopped
 - 4 cloves garlic, minced
 - 1 cup heavy cream
 - 1 (3.5 oz) pkg Rogue Creamery Smoky Blue Cheese, crumbled
 - Black pepper, to taste
 - Red pepper flakes, to taste
1. Remove steaks from the refrigerator about an hour before you are ready to cook. Rub each with avocado oil, salt, and pepper.
 2. Preheat a well seasoned cast iron skillet on high for about 4 minutes. When the skillet is hot, cook steaks for 4 minutes on the first side, until a deep golden brown crust forms. Flip with tongs or a spatula, and cook an additional 3 minutes on the second side, or until internal temperature reaches 130°F for medium rare. Remove from heat and allow to rest at least 10 minutes before serving.
 3. While the steak is resting, melt butter in a skillet over medium heat. Saute onion until golden brown and tender, about 7 minutes. Add garlic, cook until fragrant, about 2 additional minutes.
 4. Stir in heavy cream and blue cheese, cook and stir constantly until cheese is melted and mixture is thickened and bubbly, about 5-6 minutes. Serve over hot mashed potatoes and steak.



SPRING CLEANING

CASE

SALE

20% OFF YOUR PURCHASE OF 12 OR MORE BOTTLES OF WINE!

Mix & Match • All Regular Price Wines



Over 1000 items on Sale! • 4/11 - 4/24



PITAYA FOODS
**DRAGON FRUIT
SMOOTHIE PACKS**

\$4.79

14 oz | Save \$2.50

DRAGON FRUIT HIBISCUS LIMEADE

Makes 4 Servings

- 1/2 cup dried hibiscus petals (in the bulk department)
 - 1 cup organic granulated cane sugar
 - 1 cup filtered water
 - 2 Pitaya Foods Dragon Fruit Smoothie Packs (or 8 oz fresh dragon fruit)
 - 1 cup fresh lime juice (about 4-6 limes)
 - 2-3 cups filtered water
1. In a small saucepan, stir together hibiscus, sugar, and 1 cup water over medium high heat. Bring to a low boil, reduce heat to medium low. Simmer for 12 minutes, or until syrup is slightly thickened. Allow to cool covered for 30 minutes, then strain out the hibiscus flowers. Store the simple syrup in a sealed container in the fridge until ready to use.
 1. Place smoothie packs, lime juice, 1/2 cup hibiscus syrup, and filtered water in a blender. Blend until smooth. Taste and add more hibiscus syrup if desired. Serve over ice.



HAIL MERRY
MINI CUPS
Meyer Lemon
Chocolate Almond Butter

\$2.99

1.5 oz | Save \$1.30



CASCADIAN FARM
**ORGANIC
HASH BROWNS**

Original · Root Veggie
Spud Puppies

\$3.49

12-16 oz | Save \$2.50



CALIFIA
ALMOND MILK

Unsweetened · Vanilla
Coconut Almond

\$4.49

48 oz | Save \$1.50



COCOJUNE
**PLANT-BASED
YOGURT**

Your Choice

\$2.29

4 oz | Save \$1



MUSH
OVERNIGHT OATS

Strawberry · Blueberry
Coffee Coconut

\$1.79

5 oz | Save \$1



ROAR
**ELECTROLYTE
DRINKS**

Your Choice

\$1.79

18 oz | Save 70¢

Over 1000 items on Sale! · 4/11 - 4/24

**SMART CHICKEN
ORGANIC
WHOLE CHICKENS**

\$3.79/lb

Save \$1/lb



**ANNIE'S HOMEGROWN
SNACK CRACKERS**

White Cheddar Bunnies
Cheddar Squares

2 for \$6

7.5 oz | Save \$2.99/ea

CHICKEN CORN CHOWDER

Makes 4 Servings

- 1 Tbsp olive oil
- 1 yellow onion, chopped
- 1 leek, tough greens removed, thinly sliced
- 4 cloves garlic, minced
- 1 cup dry white wine
- 4 cups chicken broth
- 3-4 carrots, peeled and chopped
- 2 lbs yellow potatoes, chopped
- 1 tsp poultry seasoning
- ¼ tsp thyme
- ¼ tsp sage
- 2 tsp pepper
- Salt, to taste
- 2 cobs corn, scraped (or 2 cups frozen corn)
- 1 lb leftover chicken, shredded
- 1 cup sharp cheddar cheese, shredded
- 1 cup heavy cream
- 3 Tbsp cornstarch
- Handful parsley, chopped

1. Heat olive oil in a large Dutch oven over medium heat. Sauté onion until translucent and beginning to soften. Add leek and garlic, cook and stir until fragrant. Stir in wine, scraping up any browned bits. Bring to a boil.
2. Add chicken broth, carrots, potatoes, poultry seasoning, thyme, sage, pepper, and salt. Bring to a boil, reduce heat and simmer for about 20 minutes, or until potatoes are almost tender.
3. Stir corn, shredded chicken, cheese, and heavy cream into the soup. Whisk cornstarch into a couple of tablespoons of water and stir into soup. Simmer until thickened and bubbly, stirring constantly, about 10 more minutes. Enjoy with a green salad and crusty bread, or serve in a bread bowl.



**ANNIE'S HOMEGROWN
BUNNY GRAHAMS**

Original · Neapolitan
Birthday Cake

2 for \$6

7.5 oz | Save \$2.99/ea



**POPPI
PREBIOTIC
SODAS**

Your Choice!

\$1.79

12 oz | Save \$1.20



**SEVENTH
GENERATION
LAUNDRY
DETERGENT**

Citrus · Lavender · Free & Clear

\$10.99

90 oz | Save \$9



**ECOS
LAUNDRY
DETERGENT SHEETS**

\$10.99

50 ct | Save \$6

CAFÉ MAM
**ORGANIC FAIR TRADE
 BULK COFFEE**

\$10.39/lb

Save \$2.60/lb

DECAF BULK COFFEE

\$11.59/lb

Save \$2.90/lb



Café Mam funds shade and fruit tree program



Union Majomut composting facility

**THE CLIMATE CHANGE MITIGATION FUND:
 A RESOURCE FOR CAFÉ MAM FARMING PARTNERS**

Few people are more aware of the immediate impact of global climate change than those whose livelihoods depend on farming small parcels of land. On steep hillsides in the biodiverse forests of the Sierra Madres in Chiapas, Mexico, the farmers who grow green coffee beans for Café Mam face enormous challenges. Increasing temperatures and changing precipitation patterns affect yields and leave coffee plants vulnerable to pests and disease. Unpredictable rainfall brings longer dry seasons and stronger deluges that erode the fertile soil. Threats to the health of this unique forest climate equally threaten the security of the income for farmers. As an acknowledgment of this reality, for every pound of coffee we purchase, we contribute an additional 10¢ to be used for projects the farmers decide may help mitigate the effects of climate change. These are examples of how our farmer cooperative partners have utilized these funds:

- The planting of over 3000 trees: Large-scale shade and fruit tree planting efforts help maintain farming microclimates, prevent erosion, sequester carbon, and help diversify income for farmers.
- Composting facilities: The cooperatives are building composting facilities, *bio-fabricas*, to supply coop member farmers with rich vermiculture and compost tea utilizing the local microbiome.
- Solar power: Retrofitting cooperative processing and administration buildings to clean solar energy.
- Erosion control: Planting ground cover for improved soil health and erosion control.
- Education: Educational programs for rural farming communities focused on instilling a culture of protection and conservation of the incredibly biodiverse rainforest buffer zone they inhabit and in which the coffee is grown.

Since its inception in 2019, Café Mam's Climate Change Mitigation Fund has granted \$232,000 and counting, as we intend to continue the fund for all our coffee purchases going forward. Time and again our farmer partners have taught us that those with the closest relationship to the land have the most effective and remarkable solutions. We hope to continue to encourage the implementation of practical solutions for farming communities in Chiapas in a rapidly changing climate. None of these worthy projects would be funded without our customers. From the farmers and from us, thank you for making this possible!

To find out more about Café Mam's work with small producer organizations in Chiapas and Small Producer Certified (SPP) visit: <https://cafemam.com/pages/about-spp>

BULK DEPARTMENT DEALS

TIERRA FARMS
**ORGANIC BLUEBERRY
ALMOND GRANOLA**

\$8.49/lb

Save \$1.50/lb

BRING YOUR
CONTAINER!

**ORGANIC
CHIA SEEDS**

\$4.99/lb

Save \$1/lb



**ORGANIC
BUCKWHEAT
GROATS**

\$4.29/lb

Save 70¢/lb



**ORGANIC
CHICKPEAS**

\$3.49/lb

Save 50¢/lb



**ORGANIC FRENCH
GREEN LENTILS**

\$4.29/lb

Save 70¢/lb



BOB'S RED MILL
13 BEAN SOUP MIX

\$2.49/lb

Save 50¢/lb



**ORGANIC BROWN
RICE FLOUR**

\$2.49/lb

Save 50¢/lb



**ORGANIC WHITE
SPELT FLOUR**

\$4.29/lb

Save 70¢/lb



SUNRIDGE FARMS
**ROSA MARINA
ORZO PASTA**

\$4.99/lb

Save \$1/lb



**ORGANIC
CORN MEAL
POLENTA**

\$2.29/lb

Save 50¢/lb



HUMMINGBIRD
LOCAL RAW HONEY

Spring Nectar · Blackberry
Clover · Meadowfoam

\$9.49/lb

Save \$1.50/lb

Close to
Home!

**ORGANIC
YELLOW POPCORN**

\$1.99/lb

Save 50¢/lb



FRONTIER
**ORGANIC
CHAI TEA**

\$39.99/lb

Save \$10/lb



ONLY
\$2.49/oz

Over 1000 items on Sale! · 4/11 - 4/24



ALL SOURCE NATURALS ON SALE!



source
NATURALS®

Your well-being is our highest priority.

In everything we do, our guiding principle is to provide safe, superior quality products that enhance your health and well-being.

Nature and Science: Our Formulation Philosophy

We respect nature's intelligence. We study science. Our formulations are based on a deep understanding of the underlying mechanisms our bodies use to maintain balance. We choose scientifically optimal nutrient forms and potencies that work at the cellular level to bring the body's interdependent systems into balance. We call this unique formulation strategy Bio-Alignment™.

We honor the trust you place in us with an unwavering commitment to the highest standards of quality.

Our commitment to quality begins with sourcing botanical powders and extracts and

other raw materials, including organic and non-GMO verified ingredients when available. Unlike many other brands, we do our own manufacturing and have complete control over all aspects of raw material procurement, formulation, and quality testing. Multiple tests are performed on every ingredient to ensure identity, purity, and potency.

We are advocates for a wellness revolution.

We call for a radical change in the way our communities think and act about health. We stand for a new health care model focused less on disease care and more on early intervention to address metabolic structure and function imbalances that can impact wellness. This new model called SystemiCare® embraces the health enhancing value of nutritional compounds the body already recognizes. New scientific studies continue to validate the benefits of nutrition, a healthy lifestyle and diet.



**SOURCE
NATURALS
LIFEFORCE
MULTIPLE**

Original · No Iron

\$35.49

120 tabs | Save \$6.50



**LIQUID IV
HYDRATION
MULTIPLIER**

Açaí Berry · Tropical
Watermelon · Lemon Lime
Passion Fruit

\$15.99

10 ct | Save \$4



**LIFESOURCE
MILK THISTLE**

\$12.99

90 vcap | Save \$3

**N-ACETYL
CYSTEINE 600mg
\$12.49**

60 cap | Save \$3.50



**JARROW
BONE-UP**

Skeletal Support

\$22.99

240 cap | Save \$5



**BLUEBONNET
BCAA +
GLUTAMINE**

\$29.99

13.23 oz | Save \$8



**NATURAL VITALITY
NATURAL CALM**

Original · Raspberry Lemon
\$15.99

8 oz | Save \$4

MegaFood



**MAGNESIUM
SOFT CHEWS**

Grape Flavor

\$11.49

30 ct | Save \$7



**MULTIVITAMIN
GUMMIES**

Men's · Women's · Kid's

\$12.99

60 ct | Save \$7



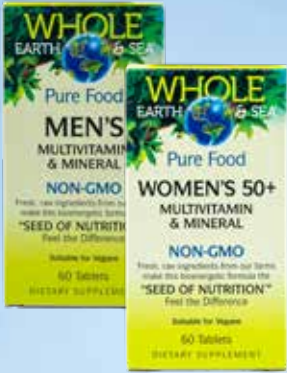
**MEGAFLORA
PROBIOTICS**

\$17.99

30 cap | Save \$12



Natural Factors



WHOLE EARTH & SEA MULTIVITAMINS

Men's & Women's
Men's 50+ & Women's 50+
Prenatal

\$29.99

60 tab | Save \$5



WHOLE EARTH & SEA MULTIVITAMINS

Men's & Women's
Men's 50+ & Women's 50+

\$52.99

120 tab | Save \$11



BEETS & BERRIES ANTIOXIDANT

\$22.49

6.6 oz | Save \$4.50



ORGANIC INDIA LIVER KIDNEY CARE

\$16.99

90 vcap | Save \$8



WISHGARDEN KICK-ASS ALLERGY PUMP TOP

\$19.99

2 oz | Save \$2.50



SMARTY PANTS ORGANIC KIDS MULTI GUMMIES

\$19.99

120 ct | Save \$10



SOLGAR GENTLE IRON

\$7.79

90 cap | Save \$3.20



SUNWARRIOR WARRIOR BLEND

Chocolate · Vanilla

\$19.99

13.2 oz | Save \$8



PRIMAL KITCHEN UNFLAVORED COLLAGEN PEPTIDES

\$25.99

19.2 oz | Save \$12

BOIRON



SINUSCALM
Meltaway Tablets

\$9.99

60 tab | Save \$3



ALLERGYCALM
Meltaway Tablets

\$9.99

60 tab | Save \$3



ALLERGYCALM
KIDS PELLETS

Meltaway Tablets

\$10.99

240 tab | Save \$4

Carlson Labs
VITAMIN D
2000 IU

\$9.99

120 sg | Save \$3



NORDIC
NATURALS

ULTIMATE OMEGA
Healthy Heart Support

\$39.99

120 sg | Save \$7



Host
Defense
LION'S MANE

Memory & Nerve Support

\$13.49

30 vcap | Save \$4.50



MYCOBOTANICALS
BRAIN

Supports Mental Clarity

\$20.99

60 vcap | Save \$7



STAMETS 7
POWDER

Daily Immune Support

\$21.99

3.5 oz | Save \$7

ALL HOST
DEFENSE
ON SALE!



**GAIA HERBS
TURMERIC
SUPREME**

Original · Pain · Joint

\$19.99

60 vcap | Save \$8



**DR. BRONNER'S
LIQUID
CASTILE SOAP**

\$14.99

32 oz | Save \$3.50



**BRAGG
TRUE ENERGY
APPLE CIDER VINEGAR**

+6 B Vitamins

\$16.99

90 cap | Save \$11



**BHI / HEEL INC.
T-RELIEF
TABLETS**

Plant-Based Relief

\$8.99

100 tab | Save \$9



**SOLARAY
MAGNESIUM
GLYCINATE 350mg**

\$13.99

120 vcap | Save \$5



**SOLARAY
D-MANNOSE
with CranActin**

\$19.99

60 vcap | Save \$5



**BADGER
SORE MUSCLE RUB**

\$7.29

2 oz | Save \$3.70



ACURE
SERIOUSLY SOOTHING DAY CREAM

\$12.49

1.75 oz | Save \$5.50



ACURE
SHAMPOO OR CONDITIONER

Balancing · Smoothing
Hydrating · Volume
Clarifying

\$6.99

8 oz | Save \$4



BODA ORGANICS
ECOBALM

Plastic Free Packaging
Mint · Cocoa · Naked

\$4.29

.3 oz | Save \$1.70

EARTH SCIENCE
NATURAL DEODORANT

Rosemary Mint
Tea Tree Lavender
Liken Unscented

\$6.29

2.45 oz | Save \$3.70



EVERYONE
HAND SOAP

Lemon Mandarin
Ruby Grapefruit · Lavender
Spearmint Lemongrass

\$3.79

12.75 oz | Save \$2.20



PRANAROM
CASTOR OIL

\$4.29

2 oz | Save \$2.20



NOW
BUG BAN

Essential Oil Blend

\$8.99

1 oz | Save \$4



FORCES OF NATURE
WART REMOVER ROLL-ON

\$10.99

.14 oz | Save \$4

Over 1000 items on Sale! · 4/11 - 4/24



ENZYMEDICA

Enzymedica is the top-selling enzyme brand in America

For over 24 years Enzymedica has been leading the way with effective, scientifically backed digestive enzymes and health supplements.

With a focus on purity and quality Enzymedica has won numerous awards and earned a reputation as leaders in digestive aid products by combining constantly evolving new research with cutting edge technology.

We scour the globe to source only the purest natural ingredients and keep all the artificial junk out. Every batch is carefully tested for purity, so you know that what's on the label is always what's in the bottle.

Enzymedica is dedicated to its People & Planet Crusade

Caring for people and planet is at the core of who we are at Enzymedica. We actively support initiatives surrounding these causes, including: Safe Place and Rape Crisis Center in our home county; The Beagle Freedom Project, working to end animal testing; Vitamin Angels and Bless the Children, both nourishing those in need; and by founding Autism Hope Alliance.

We are committed to helping the earth and reducing pollution every day. Enzymedica has been carbon neutral since 2009, offsetting 100% of our carbon emissions. Our headquarters are also LEED Gold Certified, as well as Green Seal Certified.



ENZYMEDICA
FASTING TODAY
 Intermittent Fasting
 Drink Mix

\$26.99
 9.31 oz | Save \$6