

**LifeSource**  
natural foods

**EAT WELL  
BE HAPPY**

**ORGANIC  
LEMONS  
79¢/ea**

Recipe  
INSIDE



**ORGANIC  
RUBY STAR  
GRAPEFRUIT**

**\$1.49/lb**



**ORGANIC  
CUCUMBERS**

**99¢/ea**



**ORGANIC  
RUSSET POTATOES**

**\$2.49/ea**

Recipe  
INSIDE



3 LB  
BAG

**LifeSource**  
natural foods

**FOOD  
FAIR**

**& PLANT SALE**

**SATURDAY MAY 4**

**FREE SAMPLES  
& LIVE MUSIC  
11AM-3PM**

**20% OFF  
REGULAR PRICED ITEMS  
ALL DAY!**

**ORGANIC TOMMY  
ATKINS MANGOES**

**\$2.99/ea**



Organic Produce · On Sale 4/18 - 4/24



# ROSE LEMONADE

Makes about 2 quarts

- 10-12 fresh lemons, juice and zest (about 2 cups juice)
  - 1 cup organic cane sugar
  - ½ cup dried rose petals (in the bulk department)
  - 2 quarts plus 1 cup water
1. Heat sugar, lemon zest, 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, 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. In a pitcher, stir together water, lemon juice, and rose syrup. Chill until ready to serve.



**ORGANIC  
PAZAZZ APPLES**  
**\$1.99/lb**



**ORGANIC  
TOMATOES  
ON THE VINE**  
**\$2.49/lb**



**MAKE ROASTED  
TOMATO SOUP  
TONIGHT!**

**ORGANIC SHIITAKE  
MUSHROOMS**  
**\$9.99/lb**



*Organic Produce* · On Sale 4/18 - 4/24





## VEGAN SHEPHERD'S PIE

Makes 4-6 Servings

- ½ cup dry green or brown lentils, rinsed
- 2 Tbsp vegan butter (we used Miyoko's)
- 1 yellow onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 3 cloves garlic, minced
- ¼ lb shiitake mushrooms, sliced
- 3 Tbsp all purpose flour
- ½ cup red wine
- 1 cup frozen green peas
- 1 cup homemade mushroom broth
- 1 Tbsp tomato paste
- 1 Tbsp Pickapeppa Sauce, or vegan Worcestershire
- ½ tsp dried thyme
- ¼ tsp black pepper
- Sea salt, to taste
- Mashed Potatoes
- 1 ½ lbs potatoes, peeled and chopped
- ¼ cup unsweetened cashew milk
- ¼ cup vegan butter
- 4 cloves garlic, peeled and smashed
- Sea salt, to taste

1. In a medium saucepan, bring lentils and 5 cups of water to a boil. Reduce heat to simmer. Cover and cook for about 15 minutes, or until almost tender. Drain and set aside.
2. Place potatoes and peeled garlic in a medium saucepan and cover with water. Bring to a boil, reduce heat, and simmer until tender, about 10-15 minutes. Drain. Mash potatoes with butter and milk, add salt to taste. Set aside.
3. Preheat the oven to 400°F.
4. In a 10-in cast iron skillet, melt butter over medium heat. Cook onions until translucent, about 5 minutes. Add carrot, celery, and garlic. Cook until fragrant, another 3 minutes. Stir in mushrooms, cook until softened, 5 minutes.
5. Mix in flour so everything is evenly coated. Cook until it loses its raw smell, about 5 minutes. Add red wine, cook until reduced by at least half, 5 minutes.
6. Stir in cooked lentils, peas, broth, tomato paste, Pickapeppa, thyme, salt, and pepper. Bring to a boil. Remove from heat.
7. Spread mashed potatoes evenly over the mixture. Bake in the preheated oven until heated through, about 30 minutes.







COBRAM ESTATE  
**EXTRA VIRGIN OLIVE OIL**

California · Australia

**\$8.99**

375 ml | Save \$5



LONELY LANE FARMS  
**UNCURED SLICED DELI MEATS**

Pastrami · Roast Beef

**\$6.99**

6 oz | Save \$2

Close to Home!



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



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¢

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**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  
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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**

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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

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**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

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Save \$1.50/lb

Close to  
Home!

**ORGANIC  
YELLOW POPCORN**

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Save 50¢/lb



FRONTIER  
**ORGANIC  
CHAI TEA**

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Save \$10/lb



ONLY  
**\$2.49/oz**

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**source**  
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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.



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Original · No Iron

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**LIQUID IV  
HYDRATION  
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Açaí Berry · Tropical  
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**LIFESOURCE  
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240 cap | Save \$5



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SOFT CHEWS**

Grape Flavor

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**MEGAFLORA  
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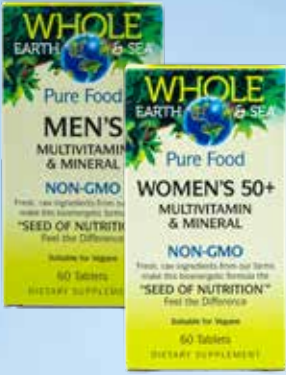
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30 cap | Save \$12





# Natural Factors



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Men's & Women's  
Men's 50+ & Women's 50+  
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**ALLERGYCALM**  
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Meltaway Tablets

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**VITAMIN D**  
**2000 IU**

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Healthy Heart Support

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TRUE ENERGY  
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+6 B Vitamins

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GLYCINATE 350mg**

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**NATURAL DEODORANT**

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

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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.



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 Intermittent Fasting  
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 9.31 oz | Save \$6