



EAT WELL BE HAPPY

OPEN THURSDAY, JULY 4 8AM-6PM

ORGANIC
GALIA MELONS
\$1.29/lb



ORGANIC PLUOTS
Dapple · Emerald
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ORGANIC
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ORGANIC
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ORGANIC
YELLOW PEACHES
\$3.99/lb



ORGANIC CHARD
Green · Red · Rainbow
\$1.99/ea



Organic Produce · On Sale 6/27 - 7/10



CORNMEAL SHORTCAKES WITH PEACHES

Makes 12 Shortcakes

Shortcakes

- | | |
|--|--|
| <ul style="list-style-type: none"> • 1 ½ cups unbleached white flour, plus more for kneading • ½ cup cornmeal • ¼ cup granulated cane sugar • 1 Tbsp baking powder • 1 tsp salt • ¾ cup cold butter, | <ul style="list-style-type: none"> • cut into cubes • 1 cup buttermilk • 1 lb fresh peaches, sliced • 2 Tbsp brown sugar • 1 Tbsp lemon juice • ½ tsp ground cardamom • Vanilla ice cream |
|--|--|
1. Preheat the oven to 425°F. Line a large baking sheet with parchment or a silicone mat.
 2. In a mixing bowl, whisk together flour, cornmeal, cane sugar, baking powder, and salt. Cut in the butter with a pastry cutter or fork until the mixture forms coarse crumbs. It will look similar in texture to wet sand.
 3. Make a small well in the center, and pour in buttermilk. Toss with a fork until milk is incorporated. Gently knead 5 or 6 times until a soft dough forms. Add a little more flour if it is too wet.
 4. Scoop out ½ cups of dough onto the prepared baking sheet. Gently pat them to ½-inch thick. Bake for 15-18 minutes, or until golden brown. Cool on a wire rack.
 5. Toss sliced peaches with brown sugar, lemon juice, and cardamom. Allow to macerate for about 30 minutes.
 6. Top shortcakes with peaches and ice cream. Enjoy!



**LOCAL ORGANIC
GREEN ZUCCHINI**
\$2.99/lb



**ORGANIC YELLOW
NECTARINES**
\$3.99/lb



**ORGANIC
HONEYDEW MELONS**
\$1.29/lb



**ORGANIC
RED CHERRIES**
\$5.99/lb



STUFFED ZUCCHINI WITH GREMOLATA

Makes 6 Servings

Zucchini

- 1 large zucchini (about 1 lb)
- ½ cup shredded Parmesan
- ½ cup panko breadcrumbs
- 1 egg, lightly beaten
- 2 large cloves garlic, minced
- 1 Tbsp olive oil
- 1 tsp Italian seasoning
- Salt and pepper, to taste

Gremolata

- ½ cup basil, finely chopped
- ½ cup Italian parsley, finely chopped
- 1 lemon, zested and cut into wedges
- 2 Tbsp toasted almonds, chopped
- 2 Tbsp oil
- 1 large clove garlic, minced
- Salt and pepper, to taste

1. Preheat the oven to 400°F. Oil a baking sheet or line with parchment paper.
2. Cut off the ends of zucchini, and slice in half lengthwise. Scrape out the insides into a medium bowl, creating a ¼-inch thick zucchini boat.
3. Squeeze the excess water out of the zucchini flesh with a square of cheesecloth. Mix together zucchini flesh, Parmesan, panko, egg, garlic, 1 Tbsp olive oil, Italian seasoning, salt, and pepper. Divide the filling into the zucchini boats.
4. Place stuffed zucchini onto the prepared baking sheet and bake for 30-35 minutes, or until the zucchini is tender and top is golden brown and crispy.
5. In a small bowl mix together basil, parsley, lemon zest, almonds, 2 Tbsp olive oil, and garlic. Squeeze in juice from 2 of the lemon wedges, and season with salt and pepper to taste. Pile gremolata on top of the stuffed zucchini and serve.

VEGAN ELOTES

Makes 4 Servings

Raw, Vegan Sour Cream

- 1 cup raw cashews (soaked 8 hours or overnight and drained)
- ¼-½ cup water
- ¼ tsp salt
- 1 tsp apple cider vinegar
- 1 tsp lemon juice
- 2 large cloves of garlic, minced
- 1 Tbsp cilantro, finely minced
- 1 Tbsp fresh squeezed lime juice (about half a lime)
- ¼ tsp salt

Corn

- 4 ears of corn, shucked
- ⅓ cup soy-free Vegenaïse
- ½ cup Violife feta, crumbled
- 1 lime, cut into wedges for serving.

1. Blend together ingredients for vegan sour cream. A blender works, but a food processor is better. Start with ¼ cup of water, adding more as needed to get a sour cream consistency.
2. Preheat the grill or broiler to about 400-450°F (medium high to high). Cook corn, turning often, until done, about 10 minutes.
3. In a medium bowl, mix together Vegenaïse, garlic, cilantro, lime juice, and salt, and ⅓ cup cashew sour cream.
4. Place corn in a bowl, spooning on the sour cream-Vegenaïse mixture to coat all sides. Move to a plate. Sprinkle with extra cheese and serve with lime wedges.





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Everyday Value

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Sriracha · Nacho
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10 oz | Save \$2



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3 oz | Save \$1.49/ea



MIX & MATCH

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our favorite combos

Milk Chocolate + Peanut Butter + Sliced Strawberries

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**SMART CHICKEN
ORGANIC CHICKEN
DRUMSTICKS**

\$3.99/lb

Save \$1/lb



OVEN BBQ CHICKEN

Makes 4-6 Servings

- 2 lbs bone-in skin on chicken thighs or drums
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp black pepper
- 1/4 tsp cumin
- 1/4 tsp mustard powder
- 1/4 tsp cayenne
- 1 cup BBQ sauce

1. Preheat the oven to 350°F. Line a rimmed baking sheet with foil, if desired.
2. In a small bowl, mix together paprika, garlic powder, onion powder, pepper, cumin, mustard powder, and cayenne. Pat chicken dry, and rub all over with spice blend. Place on the prepared baking sheet.
3. Bake on the center rack for 30 minutes. Reserve 1/4 cup of the BBQ sauce for serving. Brush with some of the remaining BBQ sauce. Return to the oven and bake for another 10 minutes. Brush with sauce again. Raise rack to the top position, just under the broiler. Broil on high for 3-5 minutes. Serve with the reserved BBQ sauce.



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Organic Original · Red Beet
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Watermelon Agave
Strawberry · Chocolate
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Cherry Lemonade

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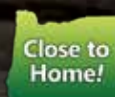
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Wellness · On Sale 6/27 - 7/17

Garden of Life



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Vanilla · Chocolate

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GREEN SMOOTHIE BOWL

Makes 1 Servings

- 1 cup frozen pineapple
- ½ cup frozen banana
- 1 cup baby spinach, lightly packed
- Squeeze of lime
- ½ cup coconut beverage,
- 1 scoop Protein & Greens
- Toppings: Hemp seeds, chia seeds, blueberries, kiwi, pomegranate arils

1. Place banana and pineapple in a blender. Pulse until fruit is broken up into pieces the size of rice grains.
2. Add spinach, lime juice, coconut beverage, and Protein & Greens. Blend until smooth, adding a little more coconut beverage if needed to get the blender going.
3. Serve immediately with your favorite toppings.



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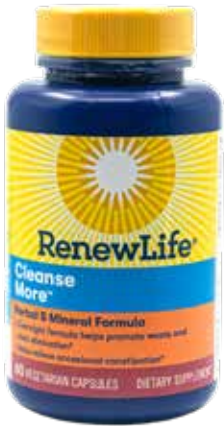
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Over 1000 items on Sale! · 6/27 - 7/17



VEGAN CHOCOLATE CREME PIE

Makes 8 Servings

PIE CRUST

- 1 ¼ cup unbleached wheat flour
 - 2 tsp organic evaporated cane sugar (optional)
 - ½ tsp kosher salt
 - ½ cup cold vegan butter (freeze 30 minutes before using), cut into ½-inch cubes
 - ½ cup ice water
 - 2 Tbsp apple cider vinegar
 - Plastic wrap
1. Whisk together flour, cane sugar, and salt in a medium bowl. With a pastry blender or fork, cut in vegan butter until the mixture resembles coarse meal, with some pea sized pieces.
 2. Mix vinegar into the ice water. Mix water mixture into the flour mixture 1 Tbsp at a time until dough gathers into a shaggy ball. We used about 6 Tbsp, but it will vary.
 3. Wrap dough in plastic wrap and form into a thick disk with smooth edges (this will make it easier to roll out). Refrigerate at least 1 hour, but dough will keep several days in the fridge.
 4. Roll out to a 12-inch circle and place in your pie plate so about an inch of dough hangs off the side. Trim to ½-inch with a sharp knife or scissors. Fold the excess dough under, and flute or crimp with a fork. Refrigerate for another 30 minutes if dough has become very soft.
 5. Preheat the oven to 375°F. Line your pie crust with parchment paper or foil, and fill with pie weights, beans, or sugar. Bake for 20 minutes. Remove the weights and parchment, and dock (prick) the bottom and sides of the crust with a fork. Return to the oven another 15-20 minutes, or until pie crust is golden brown.

FILLING

- ½ cup granulated cane sugar
 - ¼ cup cocoa powder
 - ¼ cup cornstarch
 - 1 tsp cinnamon
 - ¼ tsp kosher salt
 - 1 (13.5 oz) can full fat coconut milk
 - 1 cup non-dairy milk
 - 1 cup vegan chocolate chips
 - 1 tsp vanilla paste or extract
 - 1 pre-baked vegan pie crust
 - Dairy free whipped cream
1. Whisk together cane sugar, cocoa powder, cornstarch, cinnamon, and kosher salt in a medium saucepan. Stir in coconut milk and non-dairy milk. Turn up the heat to medium high.
 2. Whisking constantly, bring the mixture to a low boil. Turn down heat to medium, and continue cooking and stirring until very thick, about 2 to 3 minutes. Remove from heat. Stir in chocolate chips and vanilla, continue stirring until chocolate chips are completely melted.
 3. Scrape the pudding mixture into the pre-baked pie crust with a spatula. Cover and refrigerate until chilled, at least 3 hours.
 4. Slice and serve with dairy free whipped cream.