



**EAT WELL
BE HAPPY**

**ORGANIC
LADY ALICE APPLES**

\$1.99/lb



**ORGANIC GREEN
BARTLETT PEARS**

\$1.69/lb



Northwest
GROWN



**ORGANIC
SWEET ONIONS**

Northwest Grown

\$1.29/lb



Northwest
GROWN



ORGANIC CABBAGE

Red · Green

\$1.49/lb



**ORGANIC
SWEET POTATOES**

Garnet · Jewel

\$1.99/lb



Recipe
INSIDE



PAJAMA SALE

SATURDAY, NOVEMBER 23, 6-10 AM

15% OFF

REGULAR PRICED ITEMS

(EXCLUDES TURKEYS)



Organic Produce · On Sale 10/30 - 11/5

BAKED APPLE CHERRY OATMEAL

Makes 6 Servings

- 2 apples, peeled, cored, and ¼ inch slices
- 1 cup frozen cherries, halved
- ½ cup maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp cardamom
- ⅛ tsp ginger
- ⅛ tsp allspice
- 2 cups thick cut rolled oats
- 1 ½ cups milk, dairy or plant based
- 1 egg, beaten
- ¼ cup pecans, chopped
- Pinch salt
- Yogurt, for serving

1. Preheat the oven to 350°F.
2. Toss together apples, cherries, maple syrup, vanilla extract, cinnamon, nutmeg, cardamom, ginger, and allspice. Scrape into a 9x9-inch baking dish. Bake for 20 minutes.
3. Mix together oats, milk, egg, pecans, and salt. Mix with fruit in the baking dish. Bake for an additional 35 minutes, or until liquid is absorbed. Serve warm with a dollop of yogurt.



**ORGANIC RED
BARTLETT PEARS**

\$1.99/lb

Northwest
GROWN



**ORGANIC
OPAL APPLES**

Northwest Grown

\$1.99/lb



**ORGANIC BABY
BOK CHOY**

\$2.99/lb



ORGANIC SHALLOTS

\$3.99/lb



Organic Produce · On Sale 10/30 - 11/5



GARLICKY BRUSSELS SPROUTS

Makes x Servings

- 1 lb organic Brussels sprouts, washed and trimmed
 - 4 oz uncured bacon, chopped
 - 1 Tbsp unsalted butter
 - 1 Tbsp extra virgin olive oil
 - 5 cloves fresh garlic, minced
 - Salt and pepper, to taste
1. Heat oil in a large cast iron skillet over medium heat.
 2. Add bacon and cook, stirring often, until crispy. Remove bacon and set aside.
 3. Add butter and garlic to the skillet and sauté for about 2-3 minutes.
 4. Add Brussels sprouts and sauté until they soften and begin to brown, about 10-12 minutes.
 5. Season with salt and pepper to taste. Stir in bacon, serve immediately.

**ORGANIC
BRUSSELS SPROUTS**

\$4.99/lb



SWEET POTATO ROLLS

Makes 12 Rolls

- 1 cup whole milk or plant based milk
 - ¼ cup butter or vegan butter
 - 1 packet or 2 ¼ tsp active dry yeast
 - 1 tsp evaporated cane sugar
 - 1 cup leftover mashed sweet potatoes, loosely packed
 - 4 cups unbleached wheat flour, spooned and leveled, plus more for kneading
 - 1 tsp kosher salt
 - 2 tsp milk
 - 2 tsp maple syrup
1. In a small saucepan, heat milk and butter until butter is melted, and mixture is warm to the touch-- about 110°-114°F.
 2. Add yeast and sugar to the warm milk mixture and let sit for about 10 minutes, or until foamy. If your yeast doesn't foam up it is likely expired and you will need fresh yeast.
 3. Whisk together unbleached wheat flour, and salt.
 4. Stir milk and proofed yeast mixture and mashed potatoes into the flour mixture. A soft dough will form.
 5. Turn dough out onto a floured surface and knead for 8 minutes, adding a little more flour if dough is too sticky. You'll want it a little tacky, but not sticking to the surface or your hands. Return to the bowl and cover loosely. Allow to rest for 10 minutes.
 6. Generously grease a 7 x 11-in baking dish with butter or cooking spray..
 7. After the dough has rested, turn it out onto a lightly floured surface. Divide the dough into 12 even pieces, about 2 oz each. Roll each piece into a ball, and place in the prepared baking dish.
 8. Whisk together in a small bowl 2 tsp milk and maple syrup. Brush over rolls.
 9. Cover tightly with plastic wrap. Allow to rise in a warm, draft free place until doubled, about one hour to 90 minutes.
 10. Preheat the oven to 375°F. Remove plastic wrap and bake for 20-25 minutes, or until rolls are golden brown. Remove from the baking dish and allow to cool 20 minutes before serving.



RESERVE YOUR THANKSGIVING TURKEY

NOW TAKING RESERVATIONS
NO DEPOSIT REQUIRED
AVAILABLE FOR PICK UP STARTING NOV 23

ALSO AVAILABLE:

DIESTEL TURKEY ROASTS & BREASTS
BONELESS & BONE-IN



DIESTEL FRESH ORGANIC TURKEYS

Certified Organic
Non GMO Verified
No Antibiotics
Vegetarian Fed

\$5.99/lb

No Additional Discounts



DIESTEL FRESH NATURAL TURKEYS

Non GMO Verified
No Antibiotics

\$4.99/lb

No Additional Discounts

CALL OR
STOP BY!



FARMER'S MARKET ORGANIC PURÉES

Pumpkin · Sweet Potato
Pumpkin Pie Mix

2 for \$5

15 oz

Save \$1.79-1.99



BOB'S RED MILL ORGANIC WHEAT FLOUR

Unbleached White
Whole Wheat

\$5.49

5 lb | Save \$3.50



DANDIES VEGAN MARSHMALLOWS

Original · Minis

\$3.29

10 oz | Save \$1.70



KERRYGOLD PURE IRISH BUTTER

Salted · Unsalted

\$4.49

8 oz | Save \$1.50



WHOLLY WHOLESOME 9-IN PIE CRUSTS Traditional

\$5.49

Gluten Free

\$5.99

14 oz | Save \$2.50



LONELY LANE FARMS

**CRANBERRY SAGE
GROUND SAUSAGE**

Pasture Raised in Mt. Angel

\$8.49

16 oz | Save \$2



SAUSAGE STUFFING

Makes 6 Servings

- 8 cups bread, cut into 1-inch cubes (gluten free or wheat)
 - 1 lb ground sausage
 - ½ cup butter or vegan butter
 - 1 yellow onion, finely chopped
 - 3 stalks celery, finely chopped
 - 3 sprigs sage leaves, finely chopped
 - 2 sprigs thyme leaves, finely chopped
 - ½ sprig rosemary leaves, finely chopped
 - 1 tsp poultry seasoning
 - ½ tsp salt
 - 1 tsp pepper
 - ¾-1 cup chicken or veggie broth
 - 2 eggs, beaten
 - 1 cup dried cranberries
1. Preheat the oven to 225°F. Spread bread in a single layer on one or two rimmed baking sheets. Bake for about 1 hour - 90 minutes, stirring every 30 minutes until the bread is completely dried out. Transfer to a large bowl.
 2. Preheat the oven to 350°F. Butter a 13x9-inch baking dish, set aside.
 3. In a large skillet, brown sausage over medium heat, breaking up into small pieces. Drain fat and set aside.
 4. In the same skillet over medium heat, melt butter and cook the onions and celery until browned, about 10 minutes. Remove from heat. Stir in fresh herbs, poultry seasoning, salt, and pepper.
 5. Add broth and eggs to the bowl with the bread. Toss gently until coated. Bread should absorb liquid evenly, without leaving a puddle in the bowl. Add more broth for wetter stuffing, less broth for drier stuffing.
 6. Fold in veggie herb mixture, cooked sausage, and cranberries.
 7. Transfer stuffing to the prepared baking dish. Spread into an even layer. Bake for 30 minutes, covered. Uncover, and bake an additional 15-20 minutes, or until stuffing is golden and cooked through.

DELI HOURS

.....
EVERY DAY • 8 AM-7 PM

Serving Hot Pizza, Grab 'n' Go Sandwiches,
Salads, Soups, Entrées, Roasted Chickens, and more!

FRESH PIES

MADE FROM SCRATCH IN OUR KITCHEN



CLASSIC PUMPKIN

TRADITIONAL OR GLUTEN FREE

TRADITIONAL PECAN

 **VEGAN DUTCH APPLE** 

PRE ORDER TODAY

AT THE CUSTOMER SERVICE COUNTER
NO DEPOSIT REQUIRED

**CALL
TODAY!**



Over 1000 items on Sale! • 10/30 - 11/12

VEGAN CHOCOLATE CREME PIE

Makes 8 Servings

- 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 vegan pie crust (we used Wholly Wholesome)
- Dairy free whipped cream

1. Preheat the oven to 400 F. Remove the pie shell from the freezer, allow to thaw for 10-20 minutes. Dock all over with a fork. Bake for 10-20 minutes, or until the edges are golden brown.
2. 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.
3. 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.
4. Scrape the pudding mixture into the prepared pie crust with a spatula. Cover and refrigerate until chilled, at least 3 hours. Slice and serve with dairy free whipped cream.



STAHLBUSH FROZEN BERRIES

Cranberries · Blueberries
Marion Blackberries
Whole Strawberries

\$3.79

10 oz | Save \$2



ORGANIC VALLEY EGG WHITES

\$5.49

16 oz | Save \$2.50



MIYOKO'S PLAIN PLANT BASED CREAM CHEESE

\$3.99

8 oz | Save \$3



SO DELICIOUS COCOWHIP Whipped Coconut Cream

\$2.99

9 oz | Save \$2.50



NANCY'S ORGANIC COTTAGE CHEESE

Whole Milk · Low Fat

\$3.99

16 oz | Save \$2.50



ALTER ECO FAIR TRADE CHOCOLATE TRUFFLES

Mix and Match

3 for \$2

.42 oz | Save 33¢/ea

BULK DEPARTMENT DEALS

CAFÉ MAM
ORGANIC FAIR TRADE
TRINITY BLEND COFFEE

\$9.99/lb
Save \$2.50/lb



CAFÉ
Mam

ORGANIC THICK
ROLLED OATS

\$1.99/lb
Save 50¢/lb



ORGANIC UNREFINED
COCONUT OIL

\$5.49/lb
Save \$1/lb



ORGANIC
WILD RICE

\$11.99/lb
Save \$3/lb



ORGANIC
COUSCOUS

\$3.29/lb
Save 50¢/lb



BOB'S RED MILL
13 BEAN SOUP MIX

\$2.79/lb
Save 50¢/lb

BRING YOUR
CONTAINER!

Close to
Home!

ORGANIC
ROASTED CASHEWS

\$15.99/lb
Save \$4/lb



ORGANIC
LONG GRAIN
BROWN RICE

\$3.29/lb
Save 70¢/lb



ORGANIC
PINTO BEANS

\$1.99/lb
Save \$1/lb



ORGANIC
ADZUKI BEANS

\$3.29/lb
Save 70¢/lb



ORGANIC DRIED
MANGO CHEEKS

\$14.99/lb
Save \$3/lb



ORGANIC
MULTI COLOR
POPCORN

\$1.99/lb
Save 50¢/lb



CRYSTALIZED
GINGER CUBES

\$13.99/lb
Save \$2/lb



Over 1000 items on Sale! · 10/30 - 11/12

WINES FOR THE FEAST

Elevate your Thanksgiving feast with our exquisite selection of wines! From crisp whites that pair perfectly with turkey to bold reds that enhance savory sides, our curated collection has something for every palate. Celebrate the season with exceptional flavors and unforgettable moments. Cheers to a bountiful holiday with great wine!



1

MONIKER • Mendocino, California
2021 Chardonnay La Ribera Vineyard • \$14.99

Hailing from the foggy far North Coast of California, this chardonnay offers ripe peach, vanilla, and nectarine flavors. Pairs well with classic roasted turkey or an artisan cheese board.



2

DOMINIQUE ET JANINE CROCHET
Loire Valley, France • 2022 Sancerre • \$34.99

Rich, yet well-balanced, this 100% Sauvignon Blanc offers lime zest and melon flavors with hints of Anjou pear and green apple. Pairs perfectly with turkey and rich gravy, herbed stuffing, and even green bean casserole!



3

PINE RIDGE • California
Sparkling Chenin Blanc + Viognier • \$17.99

The old adage "Sparkling wine goes with everything" certainly holds true for this new arrival. Ham? Turkey? Tofurkey? Your aunt's scalloped potatoes? This beautiful bubbly stands up to all of it! Key lime and apricot flavors and a slightly creamy finish means this wine works with just about anything (even the apple pie for dessert).



4

FORIS VINEYARDS • Oregon
Six Stones Pinot Noir • \$14.99

Ham on your table? Then this bright, fruit-forward pinot noir from Southern Oregon should be on your table too. Dark plum and cherry flavors and plenty of acidity play well with sweet-and-savory glazed ham, while being light and pretty enough to play well with turkey or duck.



5

KRISTOF • Yamhill-Carlton AVA,
Willamette Valley, Oregon
Estate Rose of Pinot Noir 2023 • \$29.99

Can't decide on red or white with dinner? Here's a beautiful rose that should please everyone. There are elegant floral notes and acidity to balance turkey and gravy, and ripe raspberry and stone fruit flavors that work well with duck and ham.



**SMART CHICKEN
ORGANIC
WHOLE CHICKEN**

\$3.79/lb

Save \$1/lb



**ITHACA
HUMMUS**

Lemon Garlic
Lemon Dill

\$2.99

10 oz | Save \$3



**ORGANIC VALLEY
SHREDDED CHEESE**

Italian · Mexican
Cheddar · Mozzarella

\$3.99

6 oz | Save \$2.50



**COOKIE PAL
DOG BISCUITS**

Banana Coconut · Pumpkin
Sweet Potato Flax

\$4.99

10 oz | Save \$3.50



**BIOKLEEN
LAUNDRY LIQUID**

Sport · Citrus
Free & Clear

\$11.99

64 fl oz | Save \$5

Over 1000 items on Sale! · 10/30 - 11/12



GREAT DIGESTIVE HEALTH BEGINS WITH ENZYMEDICA.

At Enzymedica, we're on a mission to be the #1 natural digestive health and wellness company. Our products give people back their digestive happiness! We find the best ingredients on the planet, validate them with the latest science then formulate clean, effective products made without compromise. Along the way, we try to make a difference in the world by investing in people and planet initiatives that support our values and our legacy.



DIGEST BASIC

\$6.79

30 vcaps | Save \$2.20



**GLUTEN EASE
EXTRA STRENGTH**

\$16.49

30 vcaps | Save \$6.50

LifeSourceNaturalFoods.com

AMERICAN HEALTH

Strengthen Your Digestive Health



**ORIGINAL
PAPAYA ENZYMES**

\$6.79

250 tab | Save \$2.20



**SUPER
PAPAYA ENZYMES**

\$15.99

360 tab | Save \$3

GARDEN OF LIFE



ORGANIC DIGEST+
Chewable Enzymes

\$24.99

90 chews | Save \$9



**BRAGG
APPLE CIDER VINEGAR
TRUE ENERGY**

\$16.99

90 cap | Save \$8



**APPLE CIDER VINEGAR
CAPSULES**

\$16.99

90 cap | Save \$8



**GARDEN OF LIFE
RAW VITAMIN
D3**
5000 IU

\$14.99

60 cap | Save \$9.50



**YOUTHEORY
SHILAJIT**

\$17.99

60 vcap | Save \$11



**BLUEBONNET
SIMPLY CALM**
Raspberry Lemon

\$23.99

16 oz | Save \$9



Wellness · On Sale 10/30 - 11/12

HOST DEFENSE

Founded by renowned mycologist Paul Stamets, Host Defense® Mushrooms™ is a leader in formulating products that support brain health, the immune system, energy and stamina, and stress reduction. Host Defense is locally owned and located near Olympia, Washington.*

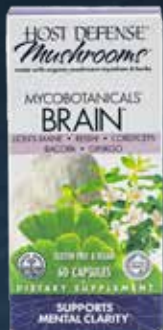


MUSHROOM MYCELIUM POWDERS

Cordyceps · Lion's Mane · Reishi · Turkey Tail
Stamets 7 · Brain & Body · Brain Energy
Chaga · Breathe · Cordychi

\$22.49

3.5 oz | Save \$7.50



MYCOBOTANICAL BRAIN

\$22.49

60 vcap | Save \$8



Kyolic AGED GARLIC EXTRACT

Cardiovascular Support

\$18.99

200 cap | Save \$10



SOLARAY MULLEIN LEAVES

\$7.99

100 cap | Save \$4



VITAMIN C 1000 with Rose Hips & Acerola

\$11.49

100 ct | Save \$3.50



HYLAND'S NERVE TONIC Stress Relief

\$6.99

50 tabs | Save \$4

CARLSON LABS



ELITE OMEGA-3 GEMS
Heart, Brain, Vision Support

\$39.99

30+90 sg | Save \$3



GAIA HERBS
BLACK ELDERBERRY
EXTRA STRENGTH
GUMMIES

\$12.99

40 ct | Save \$4.50



CHILD LIFE
ESSENTIALS
MULTIVITAMIN
& MINERALS

\$10.99

8 fl oz | Save \$9

NATURAL FACTORS



ULTIMATE WOMEN'S
PROBIOTIC

12 Billion
10 Strain Formula

\$19.99

60 vcap | Save \$4



ULTIMATE
PROBIOTIC 12/12

\$33.99

120 cap | Save \$5



LIPOMICEL
BERBERINE

\$34.99

60 sg | Save \$11



Wellness · On Sale 10/30 - 11/12

BOIRON



CHESTAL MULTI SYMPTOM

Original & Honey

\$9.79

6.7 oz | Save \$2.20



CHILDREN'S CHESTAL MULTI SYMPTOM

Original & Honey

\$9.79

6.7 oz | Save \$2.20



CHESTAL MELTAWAY PELLETS

Original & Children's

\$11.79

160 ct | Save \$3.20



Vibrant Health GREEN VIBRANCE POWDER

\$45.99

11.92 oz | Save \$13



PRIMAL KITCHEN

COLLAGEN FUEL

Vanilla · Chocolate

\$27.99

13.1-13.9 oz | Save \$10



BACH FLOWER
ESSENCES

RESCUE PASTILLES

Orange Elder
Black Current

\$8.99

35 ct | Save \$3



Wellness · On Sale 10/30 - 11/12



SUKIN ORGANICS SHAMPOO OR CONDITIONER

Hydrating · Volumising

\$6.49

16.9 fl oz | Save \$7.50



DR. BRONNER'S TOOTHPASTE

Spearmint · Peppermint
Cinnamon · Anise

\$5.79

5 oz | Save \$2



ACURE

BODY LOTION

Soothing · Brightening
Everyday Eczema

\$8.99

8 fl oz | Save \$6



ANDALOU SHOWER GEL

1000 Roses
Lavender

\$6.99

8.5-11 fl oz
Save \$4.50



BADGER AROMATIC CHEST RUB

\$4.79

.75 oz | Save \$2.20

TATTOO BALM

\$7.29

2 oz | Save \$3.70



SOVEREIGN SILVER FIRST AID GEL

\$12.99

1 oz | Save \$8

PRANARŌM



MYRRH CO2 ESSENTIAL OIL

\$17.99

.17 fl oz | Save \$7



FRANKINCENSE ESSENTIAL OIL

\$17.99

.17 fl oz | Save \$7

Over 1000 items on Sale! · 10/30 - 11/12

In Partnership with

ANCIENT NUTRITION

REGENERATIVE ORGANIC CERTIFIED

Shelf Stable Probiotics

Introducing Ancient Nutrition's first-ever line of shelf-stable Regenerative Organic Certified® (ROC™) probiotics. This exclusive formulation combines prebiotics, postbiotics, and 10 total strains of probiotics, including soil-based organism probiotics (SBOs) and lactic acid bacteria probiotics (LABs). Super-resilient SBOs help LABs survive all the way to the gut, ensuring as many organisms as possible survive and thrive (which means more benefits for you!). This is unparalleled digestive health support†, now available on the shelf as well as in the fridge.

Ancient Nutrition's Regenerative Organic Certified® probiotics are an incredibly powerful product line that encompasses the mission to transform the health of people and the planet. They have updated the type and number of probiotic strains in order to bring those products from the fridge onto the shelf.

These shelf-stable Regenerative Organic Certified® Probiotics are a triple certified line of products that are: Non-GMO, Certified Organic and Regenerative Organic Certified®. The ROC™ certification goes beyond organic status to demand the highest standards in history for soil, animals and people.

We're setting a new bar for probiotics. The Regenerative Organic Certified® Probiotics line is designed with targeted support in mind. It combines diverse probiotic strains with prebiotics, postbiotics and superfood ingredients. And each formula is held to the highest standards in history for soil health, animal welfare and farmer fairness. Give back to the planet while experiencing powerful digestive health support† with ROC™ Probiotics.

†These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.



ANCIENT NUTRITION
**REGENERATIVE ORGANIC
CERTIFIED PROBIOTICS**

Once Daily or Women's Once Daily

\$26.99

30 cap | Save \$11



Zero till farming

Minimizes soil disturbance to keep carbon in the soil and reduce greenhouse gas emissions.



No synthetic chemicals

Avoid synthetic inputs like herbicides, pesticides, and chemical fertilizers.



Build soil microbiome

Planting a diversity of crops, rotating those crops, and using no-till methods cultivate healthy soil microbiomes.



Natural grazing

Increases soil health, insect diversity and carbon sequestration - as well as promoting animal welfare.

Regenerative
Organic
Certified®

Held to the
**highest standards
in history**

soil
health

animal
welfare

farmer
fairness

2649 Commercial St SE · 503-361-7973 · Open 8am-9pm · Eat Well Be Happy!