

**LifeSource**  
natural foods

**EAT WELL  
BE HAPPY**

**ORGANIC  
HONEYDEW  
MELON**

**\$1.49/LB**



**ORGANIC  
CUCUMBERS**

**99¢/EA**



**ORGANIC  
SWEET ONIONS**

**\$1.19/LB**



**ORGANIC GREEN  
BARTLETT PEARS**

**\$1.49/LB**



**ORGANIC  
FUJI APPLES**

**\$1.19/LB**



**Organic Produce • On Sale 5/28 - 6/3**





## ASPARAGUS RISOTTO

Makes About 4 Servings

- 4 cups hot low sodium chicken or vegetable broth
- 2 Tbsp butter
- 1 leek, finely chopped, tough greens discarded
- 3 cloves garlic, grated
- 1 cup Arborio rice
- ½ cup dry white wine
- ½ lb fresh asparagus, sliced, tough ends discarded
- ½ cup parsley, finely chopped
- ½ cup parmesan, shredded
- 2 Tbsp lemon juice
- Zest of one lemon
- Salt and pepper, to taste

1. Heat broth in a medium pot to a low boil. Reduce heat to simmer.
2. Melt butter in a large heavy bottomed pot over medium heat. Add leeks to the butter with a pinch of salt. Cook, stirring frequently until golden, about 5 minutes. Turn down the heat if they begin to brown too quickly. Add garlic and rice, cook for an additional minute.
3. Add wine, cooking and stirring until absorbed, about 3 minutes.
4. Ladle in 1 cup of the hot broth, cooking and stirring constantly until the broth is absorbed, about 5 minutes. Continue stirring and adding broth ½ cup at a time, when the previous addition is absorbed. With the last addition of broth, add the sliced asparagus, continuing to cook and stir until broth is absorbed and the asparagus and rice are tender.
5. Remove the risotto from heat, and stir in parsley, cheese, lemon juice, zest, and salt and pepper to taste. Serve hot.



ORGANIC  
ASPARAGUS

**\$5.99/LB**



ORGANIC  
TOMATOES  
ON THE VINE

**\$3.69/LB**



ORGANIC  
GREEN & RED  
GRAPES

**\$4.99/LB**



**Organic Produce • On Sale 5/28 - 6/3**



**ORGANIC  
SWEET CORN**

**\$1.89/EA**



**ORGANIC  
BLUEBERRIES**

**\$5.99/EA**



**PINTS**

**ORGANIC  
GOLD KIWIS**

**\$4.99/LB**



# **LIFESOURCE KITCHEN HOURS**

**8 AM - 7 PM**

**GRAB AND GO ANYTIME**

**BREAKFAST • LUNCH**

# **SERVED UP FRESH EVERY DAY!**



**LifeSourceNaturalFoods.com**



# GERMAN POTATO SALAD

Serves 6

- 2 lbs fingerling or small red potatoes, chopped
  - 4 slices bacon, cut into 1 inch pieces
  - 1 cup red onion, chopped
  - 1 jalapeño, finely chopped
  - 1/3 cup white balsamic vinegar
  - 1 Tbsp apple cider vinegar
  - 1 Tbsp whole grain mustard
  - 1 tsp black pepper
  - 1/2 tsp salt, plus more for the potato water
  - 1/4 cup parsley, chopped
1. Place potatoes in a large pot, and cover with water. Over high heat, bring to a boil. Reduce heat to medium and simmer until potatoes are tender, about 8 minutes. Drain.
  2. In a skillet, cook bacon until crispy, remove from skillet. Drain all but 1 or 2 Tbsp of bacon grease, cook red onion until fragrant and translucent. Add jalapeño, cook and stir for about 1 minute. Remove from heat.
  3. Whisk together vinegar, mustard, pepper, and salt. Add to the skillet with cooked onion, stir until slightly thickened.
  4. In a bowl, gently toss together potatoes, dressing mixture, bacon, and fresh parsley. Serve warm or chilled.

## Applegate UNCURED BACON

No Sugar

**\$6.49**

8 oz | Save \$1.50



## Nancy's COTTAGE CHEESE

Whole Milk • Low Fat

**\$3.99**

16 oz | Save \$2.50



## Atoria's PITA & NAAN

**\$3.49**

11 oz | Save \$1.50



## Annie's ORGANIC KETCHUP

**\$3.49**

24 oz | Save \$2.50



## Madhava AVOCADO OIL

**\$9.99**

16.9 fl oz | Save \$7



## Smart Chicken ORGANIC WHOLE CHICKEN

**\$3.49/LB**

Save \$1.30/lb



Nuts for Cheese  
**ORGANIC  
CASHEW CHEESE**

Your Choice

**\$5.49**

4.2 oz | **Save \$4.50**

Cascadian Farm  
**ORGANIC FROZEN  
VEGETABLES**

Sweet Corn • Broccoli  
Green Beans

**\$2.99**

16 oz | **Save \$2.50**

Tofurkey  
**PLANT-BASED  
SAUSAGE**

Chorizo • Kielbasa  
Mango Chipotle

**\$4.99**

13-14 oz | **Save up to \$2**

**LUNDBERG**

**90-SECOND RICE**

White Jasmine • Coconut  
Brown Jasmine

**\$2.49**

8 oz | **Save \$2**

**RISOTTO**

Alfredo • Parmesan  
Mushroom

**\$2.99**

5.5 oz | **Save \$2**

**BEER & WINE DEALS**

House Wine  
**WINE CANS**

Red Blend • Rosé Bubbles  
Rosé • Chardonnay  
Brut Bubbles  
Sauvignon Blanc

**\$4.49**

12 fl oz | **Save \$1**

A to Z  
**OREGON ROSÉ**

**\$12.99**

750 ml | **Save \$3**

Van Henion Brewing  
**BEER 6-PACKS**

IPA • EZ IPA  
Kölsch • Helles Lager

**\$12.99**

6/12 fl oz | **Save \$2**

Deschutes Brewing  
**NON ALCOHOLIC  
FRESH SQUEEZED  
IPA**

**\$10.99**

6/12 fl oz | **Save \$2**

**Over 1000 items on SALE! • 5/28 - 6/10**



# COOKIE PAL



## ORGANIC DOG BISCUITS

Your Choice

**\$4.99**

10 oz | Save \$3.50



## Tejava UNSWEETENED TEA

Original Black  
Peach Black  
Organic Hojicha

**\$2.49**

1 L | Save \$1.50



## Oatly FROZEN DESSERT

Your Choice!

**\$3.99**

16 fl oz | Save \$2



## Alter Eco CHOCOLATE BARS

Organic & Fair Trade

**\$3.29**

2.65-2.96 oz | Save \$1.70



## Annie's MAC & CHEESE

Made with Organic Pasta  
Your Choice

**4 FOR \$5**

5.25-6 oz | Save \$2.24/ea



## Late July TORTILLA CHIPS

Your Choice

**2 FOR \$7**

7.8 oz | Save \$1.99/ea



## JUST ICE TEA

Your Choice

**2 FOR \$4**

16 fl oz | Save 99¢/ea



## Santa Cruz ORGANIC LEMONADE

Your Choice

**\$2.49**

32 fl oz | Save \$1.50





## Simple Mills ALMOND FLOUR & SEED FLOUR CRACKERS

Your Choice

**\$3.49**

4.25 oz | **Save \$2.50**



## Koia PROTEIN DRINK

Cacao • Vanilla  
Chocolate Banana  
Coconut Almond

**2 FOR \$7**

12 fl oz | **Save 79¢/ea**



Epic

## MEAT BARS

Chicken • Beef • Bison  
Venison • Bacon

**2 FOR \$4**

1.33 oz | **Save \$1.99/ea**



PROBAR

## MEAL BARS

Your Choice

**\$2.29**

3 oz | **Save \$1.50**



GoMacro

## ORGANIC PROTEIN BARS

Your Choice

**2 FOR \$5**

2-2.3 oz | **Save 99¢/ea**



**SIETE**

## GRAIN FREE COOKIES

Chocolate Chip  
Shortbread  
Fresas con Crema  
Mexican Wedding

**\$2.99**

4.5 oz | **Save \$2**



**MAVUNO HARVEST**

## ORGANIC DRIED FRUIT

Mango • Jackfruit  
Papaya • Dates  
Pineapple • Banana

**2 FOR \$5**

2-4 oz | **Save \$1.99/ea**

**Over 1000 items on SALE! • 5/28 - 6/10**



# BULK DEPARTMENT DEALS

**ORGANIC  
WHOLE OAT  
GROATS**

**\$1.99/LB**  
Save 50¢/lb



Azure  
**ORGANIC  
ORZO**

**\$3.99/LB**  
Save 50¢/lb



Café Mam  
**ORGANIC FAIR TRADE  
TANGO BLEND COFFEE**

**\$11.99/LB**  
Save \$2/lb

**ORGANIC FAIR TRADE  
TANGO BLEND DECAF**

**\$12.99/LB**  
Save \$2/lb



CAFÉ  
**Mam**

Azure  
**ORGANIC  
WHITE JASMINE  
RICE**

**\$3.29/LB**  
Save 50¢/lb



Hummingbird  
**ORGANIC  
KIDNEY BEANS**

**\$3.79/LB**  
Save 50¢/lb



Hummingbird  
**ORGANIC  
POWDERED SUGAR**

**\$3.49/LB**  
Save 50¢/lb



**ORGANIC  
GRIND YOUR OWN  
PEANUT BUTTER**

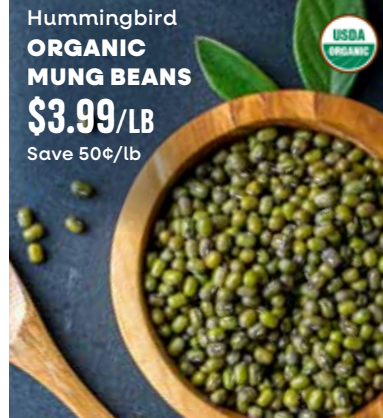
Unsalted,  
Dry Roasted Peanuts

**\$4.99/LB**  
Save \$1/lb



Hummingbird  
**ORGANIC  
MUNG BEANS**

**\$3.99/LB**  
Save 50¢/lb



Blue Heron Bakery  
**ORGANIC  
REBEL CRUNCH  
GRANOLA**

**\$7.49/LB**  
Save \$1.50/lb



Frontier  
**DILL WEED**

**\$34.99/LB**  
Save \$10/lb



ONLY \$2.19/oz

**ORGANIC  
GOJI BERRIES**

**\$9.99/LB**  
Save \$3/lb



Tierra Farm  
**ORGANIC WHITE  
TURKISH FIGS**

**\$9.99/LB**  
Save \$3/lb





Meyenberg  
**GOAT MILK**

**\$5.49**

32 fl oz | Save \$2.50



Coombs  
**MAPLE SYRUP**

Grade A Dark

**\$11.99**

12 fl oz | Save \$4



Mush  
**OVERNIGHT OATS**

Strawberry • Blueberry  
Cinnamon Apple

**2 FOR \$3**

5 oz | Save \$1.29/ea

## MINOR FIGURES

**BARISTA OAT MILK**

Original • Lite

**\$3.29**

32 fl oz | Save \$1.70



Cascadian Farm  
**HASH BROWNS  
& SPUD PUPPIES**

Your Choice

**2 FOR \$7**

12-16 oz | Save \$2.49/ea



Cascadian Farm  
**ORGANIC CEREAL**

O's • Cinnamon Crunch  
Raisin Bran & more!

**2 FOR \$6**

8.6-14.6 oz | Save \$4.49/ea

**ORGANIC  
BARISTA OAT MILK**

**\$3.49**

32 fl oz | Save \$2



Organic Valley  
**GRASSMILK**

2% • Whole

**\$5.99**

64 fl oz | Save \$1.50

Over 1000 items on SALE! • 5/28 - 6/10



# Vendor Spotlight: Terry Naturally®



## The Brand You Can Trust!

The Terry Naturally brand of products combines the best of science and nature to deliver high-quality, proven nutritional supplements. Our company was founded in Green Bay, Wisconsin, by Terry Lemerond. We are proud to be a local, employee-owned business with a mission that reaches far and wide to improve the health of people everywhere.

We believe in formulating health products with a science-forward, research-driven approach. With our commitment to delivering supplements that are safe, powerful, and effective, Terry Naturally continues to be a trusted name for anyone seeking better health through botanicals.\*

We continue to innovate with a wide range of supplements designed to support everything from immune health and digestion to emotional well-being and energy. No matter who you are, our premium products can help you live your healthiest life possible.\*



Our products sell, because they work!



**CURAMED**

750 mg Curcumin Complex

**\$31.99**

30 softgels | **Save \$8**

**ALL CURAMED & CURAMIN  
ON SALE**

**Over 1000 items on SALE! • 5/28 - 6/10**

†Occasional muscle pain or inflammation due to exercise or overuse

^SPINSScan Condition Specific Supplements Other (Brand Rank), 52-week data, based on Total Aggregate Unit Sales for Terry Naturally brand products.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



# NORDIC NATURALS



**ALGAE OMEGA**  
**\$22.99**  
 60 softgels | Save \$6



**OMEGA-3 FISH OIL**  
**\$22.99**  
 120 softgels | Save \$7



**MULTIVITAMIN GUMMIES**  
 Men's • Women's  
**\$16.99**  
 60 chews | Save \$6



Biochem  
**WHEY ISOLATE PROTEIN**  
 Natural • Chocolate  
 Vanilla  
**\$24.99**  
 12.3-15.4 oz | Save \$7.50



Garden of Life  
**RAW MEAL**  
 Chocolate • Vanilla  
**\$23.99**  
 17.1-17.4 oz | Save \$6



Garden of Life  
**COLLAGEN PEPTIDES**  
 Unflavored  
**\$29.99**  
 19.75 oz | Save \$17

## BACH



**KIDS RESCUE REMEDY**  
 Original  
 & New Strawberry  
 Flavor!  
**\$12.99**  
 10 ml | Save \$5

New!



# BOIRON



## ARNICARE GEL

**\$6.99**

1.5 oz | Save \$1.50



## ARNICARE CREAM

**\$6.99**

1.33 oz | Save \$1.50



## ARNICARE COOLING ROLLER

**\$7.99**

1.5 oz | Save \$3



## Natural Vitality NATURAL CALM

Original  
Raspberry Lemon

**\$14.99**

8 oz | Save \$7



## KAL MAGNESIUM GLYCINATE 350

**\$18.99**

160 vcap | Save \$4



## CV Sciences CBD GUMMIES

Sleep • Calm

**\$24.99**

30 chews | Save \$11



# HERB PHARM



## MILK THISTLE EXTRACT

**\$11.99**

1 fl oz | Save \$4

**ALL  
HERB PHARM  
ON SALE**



# NATURAL FACTORS



## PROSTATE HEALTH FORMULA

60 softgels | Save \$5

## WHOLE EARTH & SEA MEN'S MULTIVITAMINS

Men's • Men's 50+

### \$27.99

60 tabs | Save \$7

## WHOLE EARTH & SEA MEN'S ONE DAILY

Men's • Men's 50+

### \$34.99

60 vcap | Save \$10



## Flora SUPER 8 PROBIOTIC

30 cap | Save \$5.50



## Four Sigmatic GROUND COFFEE

Balance • Focus

### \$12.99

12 oz | Save \$12

HALF  
OFF!



## Natural Factors REGENERLIFE SLEEP BETTER

### \$22.99

60 tab | Save \$6



## Zhou HAIRFLUENCE

60 vcap | Save \$5

## CREATINE CHEWS

Pink Lemonade

### \$29.99

60 chews | Save \$4



## Onnit ALPHA BRAIN

### \$29.99

30 cap | Save \$14

Wellness • On Sale 5/28 - 6/24



# HOUSEHOLD SAVINGS



Repurpose  
**COMPOSTABLE  
BOWLS &  
9-INCH PLATES**  
**\$3.79**

20 pk | **Save \$2**



ECOS  
**LAUNDRY LIQUID**

Lavender • Lemongrass  
Magnolia & Lily  
Free & Clear

**\$10.99**

100 fl oz | **Save \$6**



Humble  
**DEODORANT**  
Unscented  
Lemongrass & Sage

**\$6.99**

2.5 oz | **Save \$4**

**ALL HUMBLE  
DEODORANTS  
ON SALE**

## DR. BRONNER'S



**SHAVING  
SOAP**

Mint • Lavender

**\$8.49**

7 oz | **Save \$3**



**PURE-CASTILE  
BAR SOAP**

Your Choice

**\$3.99**

5 oz | **Save \$1**

**Wellness • On Sale 5/28 - 6/24**



# MAD HIPPIE



## JELLY CLEANSER

4 fl oz | **Save \$4**

**ALL  
MAD HIPPIE  
ON SALE**



## Andalou SHAMPOO & CONDITIONER

Color Care  
Moisture Rich  
Age Defying

**\$6.29**

11.5 fl oz | **Save \$3.70**



## Shikai CBD CREAM WITH MENTHOL

**\$15.99**

3 oz | **Save \$9**



## Shikai HAND CREAM

Fragrance-Free

**\$6.49**

2.5 fl oz | **Save \$4**

# BADGER



## MINERAL SUNSCREEN

Baby • Kids  
Active • Sport

**\$11.99**

2.9 oz | **Save \$5**



## ANTI-BUG SPRAY

**\$8.99**

4 fl oz | **Save \$3**

**ALL  
BADGER  
ON SALE**

# PRANAROM

## VIRGIN PLANT OILS

Borage • Arnica  
Carrot • St. John's Wort

**\$12.99**

2 fl oz  
**Save up to \$7**



Over 1000 items on SALE! • 5/28 - 6/24



# HOST DEFENSE

## THE HOST DEFENSE® DIFFERENCE

**Industry Leader** Founded by renowned mycologist Paul Stamets with the goal of building a bridge between people and fungi, Host Defense® is one of longest-standing and most-trusted mushroom supplement companies in the USA.

**Grown in the USA** Our mushroom mycelium and fruiting bodies are certified organic and are sustainably grown on our farm in Washington State. Our sustainable cultivation methods leave native ecosystems undisturbed, and our advanced culturing techniques allow for the preservation of important at-risk species that would quickly be depleted if harvested in the wild.

**Third-Party Verified** Our products are non-GMO, vegan, and gluten-free, and are third-party tested and verified for identity, safety, and composition by independent labs.

**Climate Positive Commitment** We offset 110% of our combined scopes 1, 2 & 3 emissions— making us climate positive! As part of our commitment, we use ecologically responsible packaging materials that align with our sustainability goals and minimize our overall footprint.

**Our Mission** We are committed to ongoing research efforts to find new and innovative mycological solutions. Our continued mission is to explore, study, preserve, and spread knowledge about the use of fungi for helping bees, trees, people, and planet.†

## ORGANIC MUSHROOM MYCELIUM CAPSULES

Turkey Tail  
Lion's Mane

# \$25.99

60 vcap | Save \$7

ALL  
HOST DEFENSE  
ON SALE



† 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.

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