

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC
ATAULFO
MANGOS**

\$1.29/EA



**ORGANIC
KANZI APPLES**

\$1.79/LB



**ORGANIC
CUCUMBERS**

89¢/EA



PICNICPALOOZA

SATURDAY, JUNE 28, 11-3

Free Picnic Food Samples • Flash Sales!



**ORGANIC
ZUCCHINI**

\$1.69/LB



**ORGANIC
ROMA TOMATOES**

\$1.49/LB



Organic Produce • On Sale 6/11 - 6/17



CREAMY AVOCADO PASTA SALAD

- 16 oz whole wheat short pasta
- 1 red onion
- 2 Tbsp balsamic vinegar
- 1 pint cherry tomatoes
- 1 Tbsp olive oil
- Salt and pepper, to taste
- 4 oz feta cheese
- 1 cup fresh basil
- ½ cup walnuts
- ¼ cup nutritional yeast
- 2 Tbsp fresh cilantro
- 1 Tbsp fresh parsley
- 1 lime, juiced
- 3 cloves garlic, peeled and smashed
- Salt, to taste
- 1 (12 oz) can full fat coconut milk

Dressing

- 1 large avocado, peeled and pitted
- 1 cup fresh spinach

1. Put a pot of salted water on to boil. Cook pasta to al dente, according to package directions, then drain, rinse, and set aside.
2. Preheat the oven to 350°F. Line a baking sheet with a silicone mat or parchment paper to ease cleanup. Slice cherry tomatoes in half. Toss with olive oil and a sprinkle of salt. Bake for 20-25 minutes in the pre-heated oven.
3. Slice red onions thin and marinate in balsamic vinegar and a pinch or two of black pepper.
4. To make the dressing, combine avocados, nutritional yeast, spinach, walnuts, basil, parsley, cilantro, lime juice, garlic, black pepper, and salt to taste in a blender. Add coconut milk, starting by pouring only the cream off the top and adding the liquid slowly as necessary to get a smooth dressing. Taste and adjust seasonings if desired.
5. Pour dressing over the pasta, topping with the tomatoes, marinated onions, and feta. Serve warm or chilled.



ORGANIC
SEEDLESS GRAPES
\$3.99/LB



ORGANIC
GOLD KIWIS
\$5.49/LB



ORGANIC
LARGE AVOCADOS
\$3.99/EA

Organic Produce • On Sale 6/11 - 6/17

**ORGANIC GREEN
D'ANJOU PEARS**

\$1.29/LB



**ORGANIC LOCAL
RED RADISH BUNCHES**

\$1.99/EA



**Close to
Home!**



Siri & Sons Farms,
St. Paul, OR (24 mi)

LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

GRAB AND GO ANYTIME

BREAKFAST • LUNCH

**SERVED UP
FRESH
EVERY DAY!**



LifeSourceNaturalFoods.com

TAMARIND BBQ PORK RIBS

Serves 4-5

- 2 lbs Lonely Lane Farms pasture raised pork ribs
- 1 tsp black pepper
- 1 tsp sea salt
- 1 tsp red pepper flakes
- ½ tsp garlic granules
- ½ tsp onion powder
- ½ tsp cayenne
- ½ cup tamarind paste
- ½ cup honey
- ¼ cup hot sauce (we used Secret Aardvark)

1. Preheat the oven to 300°F. Line a large baking sheet with aluminum foil.
2. In a small bowl, mix pepper, sea salt, red pepper flakes, garlic granules, onion powder, and cayenne. Set aside.
3. Peel the silver skin--or thin membrane--off the bony side of the ribs. Pat dry, and rub with spice mixture.
4. Place the ribs meaty side up on the prepared baking sheet. Cover with more foil (or use a large roasting pan with a cover.) Bake for 1 hour and 30 minutes.
5. Heat tamarind, honey, and hot sauce in a small pan over medium heat until bubbly, stirring occasionally.
6. Heat grill to medium low. Finish ribs on the grill, brushing with tamarind sauce every 5 minutes or so, for about 20-30 minutes.
7. Remove from heat and allow to rest 10 minutes before slicing and serving.

Lonely Lane Farms
PORK SPARE RIBS

\$8.49/LB

Save \$1.80/lb

Close to
Home!



Green Valley
**LACTOSE FREE
SHREDDED
CHEESE**

Cheddar • Mozzarella
Mexican Blend

\$3.49

6 oz | Save \$2.50-\$3



Lundberg
**JASMINE
& BASMATI RICE**

\$6.49

32 oz | Save \$3.50



Michael's of Brooklyn
PASTA SAUCES

Your Choice

\$7.99

32 oz | Save \$3-\$4



Niman Ranch
SAUSAGES

\$7.99

12 oz | Save \$1.50



Smart Chicken
**ORGANIC
WHOLE CHICKEN**

\$3.49/LB

Save \$1.30/lb



Treeline CASHEW CHEESE

Scallion • Herb Garlic
Pimento

\$5.49

6 oz | **Save \$5**



Back to Nature CRACKERS & FLATBREAD

Your Choice

2 FOR \$6

5-7 oz | **Save \$1.79/ea**



Kettle Foods CLASSIC KETTLE CHIPS

Your Choice

2 FOR \$6

5 oz | **Save \$1.49/ea**



Terra VEGETABLE CHIPS

Exotic Potato
Sweet Potato
Sweets & Beets

\$3.29

5-6 oz | **Save \$1.70**



Eternal Water SPRING WATER

\$1.49

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

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! • 6/11 - 6/24

COOKIE PAL



ORGANIC DOG BISCUITS

Your Choice

\$4.99

10 oz | Save \$3.50



C2O COCONUT WATER

Original • With Pulp
Pineapple • Mango
Ginger Lime Turmeric

2 FOR \$4

17.5 fl oz | Save 99¢/ea



Rishi

TEA SACHETS

Your Choice

\$6.49

15 ct | Save \$3.50



Izze

SPARKLING JUICE

Mango • Grapefruit
Strawberry • Apple
Blackberry

\$4.99

6/8 fl oz | Save \$4.80



Jolly Llama

FROZEN TREATS

Cones & Sorbet Pops

\$3.99

12-14.25 oz | Save \$2.50



Odyssey SPARKLING DRINKS

Energy • Mood
Cognition

2 FOR \$5

12 fl oz | Save \$1.49/ea



Ruby Jewel

ICE CREAM SANDWICHES

Your Choice

\$3.29

5.1-5.25 oz | Save \$1.50



Mela PINEAPPLE WATERMELON WATER

\$2.49

16.9 fl oz | Save \$1.50



Bon D'Évil
GANACHE
Chocolate
Salted Caramel

\$3.49

4/2.7 oz | **Save \$3.50**



Back to Nature
**CHOCOLATE
CHUNK
& SANDWICH
COOKIES**

\$3.79

7.5-9 oz | **Save \$2.70**



Bear
FRUIT ROLLS
Mango • Raspberry
Strawberry

\$3.49

3.5 oz | **Save \$2.50**



HU
CHOCOLATE BARS
Your Choice

\$3.49

2.1 oz | **Save \$2.50**



Perfect Bar
**REFRIGERATED
PROTEIN BARS**
Your Choice

\$2.29

1.94-2.5 oz | **Save \$1.50**



MAVUNO HARVEST

**ORGANIC
CHOCOLATE-
DIPPED FRUIT**
Mango • Pineapple
Coconut

2 FOR \$6

3 oz
Save up to \$2.49/ea



Once Again
GRAHAM CRACKERS
Honey • Cinnamon
Dark Chocolate

\$3.49

7.93 oz | **Save \$4.50**



Lily's
**PEANUT BUTTER
CUPS**

Milk or Dark Chocolate

\$4.49

3.2 oz | **Save \$3.50**



ProBar
20g PROTEIN BARS
Your Choice

2 FOR \$4

2.46 oz | **Save 99¢**

Over 1000 items on SALE! • 6/11 - 6/24

BULK DEPARTMENT DEALS

Azure
**ORGANIC
BROWN RICE
FLOUR**

\$2.49/LB

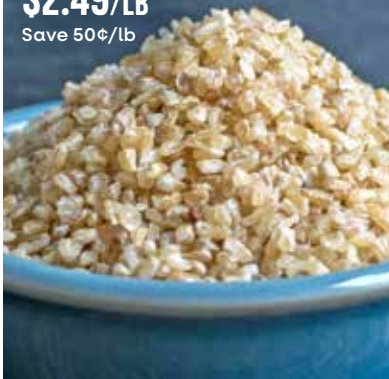
Save 50¢/lb



Sunnyland Mills
**ORGANIC
COARSE BULGUR
WHEAT**

\$2.49/LB

Save 50¢/lb



Equal Exchange
**ORGANIC FAIR TRADE
ESPRESSO & BREAKFAST
BLEND COFFEE**

\$11.99/LB

Save \$2/lb



Benzler Farm
**ORGANIC
FLAME RAISINS**

\$3.99/LB

Save 50¢/lb



**ROASTED SALTED
SUNFLOWER SEEDS**

\$3.49/LB

Save \$1.50/lb



Hummingbird
**ORGANIC
FLAGEOLET BEANS**

\$3.99/LB

Save 50¢/lb



Redmond
REAL SALT

\$3.99/LB

Save \$1/lb



Hummingbird
**ORGANIC
BLACKSTRAP
MOLASSES**

\$3.99/LB

Save 50¢/lb



SunRidge Farms
**TOASTED PEARL
COUSCOUS**

\$3.99/LB

Save 50¢/lb



Earthly Gourmet
**ORGANIC
COCONUT FLOUR**

\$3.99/LB

Save 50¢/lb



Stahlbush

FROZEN BERRIES

Strawberries • Blueberries
Cranberries • Marionberries

\$3.49

10 oz | Save \$2.30



Lifeway
**PLAIN LOW FAT
KEFIR**

\$4.49

32 oz | Save \$2.50



Siggi's
**ICELANDIC SKYR
YOGURT**

Your Choice

\$1.29

4.4-5.3 oz | Save \$1



Lovebird
**ORGANIC
GRAIN-FREE
CEREAL**

Your Choice

\$5.99

7 oz | Save \$3.50



Cocojune
COCONUT YOGURT

Your Choice

\$2.29

4 oz | Save \$1.20/ea



Rishi
TEA CONCENTRATE
London Fog • Masala Chai

\$5.99

32 fl oz | Save \$3

BOB'S RED MILL

PANCAKE & WAFFLE MIXES

Buttermilk • 7 Grain
Buckwheat

\$3.49

24 oz | Save \$2



HOMESTYLE GRANOLA

Your Choice

\$3.99

11 oz | Save \$3



Over 1000 items on SALE! • 6/11 - 6/24

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! • 6/11 - 6/24

†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 6/11 - 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 6/11 - 6/24

MAD HIPPIE



**JELLY
CLEANSER**
\$13.99
4 fl oz | **Save \$4**



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! • 6/11 - 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!