

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC
BLACK SEEDLESS
WATERMELONS**

99¢/LB



**ORGANIC MINI
PERSIAN CUCUMBERS**

\$1.69/LB



**ORGANIC
COKE FARM
STRAWBERRIES**

\$3.99



**16 OZ
PKG**



PICNICPALOOZA

SATURDAY, JUNE 28, 11-3

Free Picnic Food Samples • Flash Sales!



**ORGANIC
LOOSE CARROTS**

\$1.19/LB



**ORGANIC
FAVA BEANS**

\$1.99/LB



Organic Produce • On Sale 6/4 - 6/10



GRILLED ARTICHOKEs

- 2 large artichokes
- 1 Tbsp olive oil
- 2 Tbsp mayonnaise
- 2 Tbsp plain Greek yogurt
- 1 clove garlic, grated
- 2 tsp fresh mint, miced
- 1 tsp dried dill
- Wedge lemon
- Salt and pepper, to taste

1. With a sharp knife, trim top $\frac{1}{3}$ off of the artichokes. Trim stem to 1-inch. Using a vegetable peeler, peel the outer layer of the stem. Using scissors, trim the thorns from the leaves. Slice artichoke in half lengthwise.
2. Steam artichoke halves cut side down for 30 minutes, or until tender but not falling apart. Scoop out the choke with a spoon and discard.
3. Brush cut side with olive oil, and place cut side down on a grill preheated to medium high. Grill 3-4 minutes.
4. To make the dip, whisk together in a small bowl mayonnaise, greek yogurt, garlic, mint, dill, a squeeze of lemon, and salt and pepper to taste.
5. Serve artichokes with dip and a wedge of lemon.



Organic Produce • On Sale 6/4 - 6/10

**ORGANIC
YELLOW PEACHES**

\$4.49/LB



**ORGANIC
YELLOW NECTARINES**

\$5.99/LB



**ORGANIC
CANTALOUPE**

\$1.29/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



Annie's MAC & CHEESE

Made with Organic Pasta
Your Choice

4 FOR \$5

5.25-6 oz | Save \$2.24/ea



JUST ICE TEA

Your Choice

2 FOR \$4

16 fl oz | Save 99¢/ea



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



Late July TORTILLA CHIPS

Your Choice

2 FOR \$7

7.8 oz | Save \$1.99/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



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

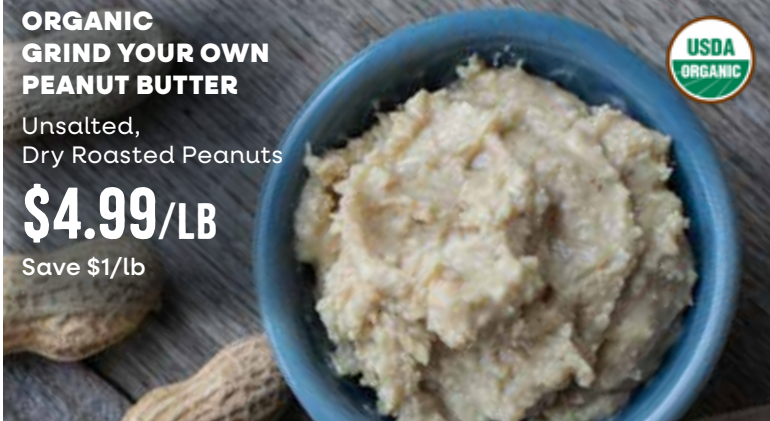


**ORGANIC
GRIND YOUR OWN
PEANUT BUTTER**

Unsalted,
Dry Roasted Peanuts

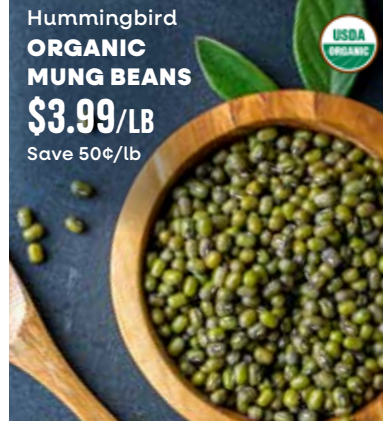
\$4.99/LB

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**
\$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! • 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!