

**LifeSource**  
natural foods

**EAT WELL  
BE HAPPY**

**LOCAL ORGANIC  
RED & GREEN  
LEAF LETTUCE**

**2 FOR \$4**



Close to Home!



**LOCAL ORGANIC  
RED & GREEN CABBAGE**

**\$1.29/LB**



Close to Home!



**LOCAL ORGANIC CILANTRO**

**\$1.29/EA**



Close to Home!



**LOCAL ORGANIC  
GREEN BELL PEPPERS**

**\$2.49/LB**



Close to Home!



**FOOD FAIR**

**OCT 4**

20% off all day\*  
\*regular-price items

live music • free samples  
11 am - 3 pm

**Organic Produce • On Sale 9/10 - 9/16**

# LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

.....

SCRATCH MADE AND  
SERVED UP  
FRESH  
EVERY DAY!



LOCAL ORGANIC  
BLUEBERRIES

**\$6.99/EA**



**PINTS**

LOCAL ORGANIC  
RADISH BUNCHES

**\$1.89/EA**



Organic Produce • On Sale 9/10 - 9/16

LOCAL ORGANIC  
GREEN, RED & LACINATO KALE  
2 FOR \$4



Close to Home!

# Organically GROWN IN OREGON WEEK

SEPTEMBER 8<sup>TH</sup> - 14<sup>TH</sup>, 2025



Pepper plants at Siri & Son Farms

LOCAL ORGANIC  
MINI SWEET PEPPERS  
\$4.99/EA



Close to Home!

1 LB  
PKG

**Organic food** is grown without synthetic pesticides, which reduces both consumers' and workers' exposure to toxic chemicals. At LifeSource, all of our produce is organic every day of the year, but this week is extra special: we're taking time to celebrate Oregon's organic farms and farm-workers with Organically Grown in Oregon Week.

In 1972, Oregon became the first state to pass legislation defining and regulating organic farming, setting a precedent for other states and eventually influencing national standards. And organic farming is big here: Oregon has more than 500 certified organic farms on over 228,000 acres of certified organic cropland.

Those organic farms are overwhelmingly family farms, too, like **Siri & Son Farms**, a fourth-generation family operation located just north of us in St. Paul and Clackamas County. Siri & Son has been fully organic since 2005, and chances are that you'll find vegetables from their farms almost year-round at LifeSource.

You can savor the abundance of Oregon organic produce this week with special deals throughout our produce department! Plus, visit the Oregon Organic Coalition website for more information about organics in Oregon.

LOCAL ORGANIC  
STARKRIMSON PEARS  
\$2.29/LB



Close to Home!



A Siri & Son Farms green bell pepper



Find out more at  
the Oregon Organic  
Coalition website.



Bragg  
**ORGANIC APPLE  
CIDER VINEGAR**

**\$4.99**

32 fl oz | Save \$3



Lucini Italia  
**EXTRA VIRGIN  
OLIVE OIL**

**\$14.49**

16.9 fl oz | Save \$8.50

# CHARCUTNUVO

**REGENERATIVE  
ORGANIC  
SMOKED  
SAUSAGES**

Andouille • Bratwurst  
Polish

**\$6.99**

10 oz | Save \$3



Smart Chicken  
**ORGANIC CHICKEN  
TENDERLOINS**

**\$9.99/LB**

Save \$2/lb



Vita Coco  
**ORGANIC  
COCONUT OIL**

**\$7.49**

14 fl oz | Save \$3.50



Native Forest  
**ORGANIC  
COCONUT MILK**

Simple • Classic

**\$2.49**

13.5 fl oz | Save \$1.50



Bonafide Provisions  
**BONE BROTH**

Chicken • Beef • Turkey

**\$6.99**

24 fl oz | Save \$4.50



Bonafide Provisions  
**ORGANIC BROTH**

Chicken • Vegetable  
Salted • No Salt Added

**\$3.29**

32 fl oz | Save \$2.20





**Nuts for Cheese**  
**DAIRY-FREE**  
**CHEESE**

Your Choice

**\$5.49**

4.2 oz | **Save \$4.50**



**Native Forest**  
**ORGANIC YOUNG**  
**JACKFRUIT**

**\$2.99**

14 oz | **Save \$2**



**Mori Nu**  
**SILKEN TOFU**  
Soft • Firm • Extra Firm

**\$1.99**

10.8-10.9 oz | **Save \$1**



**Makes 2 servings**

- ¼ cup organic peanut butter
- 2 Tbsp coconut aminos
- 1 tsp fish sauce (optional)
- 1 tsp rice vinegar
- 1 tsp finely grated ginger (about ½ inch)
- ¼ tsp red pepper flakes
- 1 (14 oz) block extra firm tofu, pressed and drained
- 2 Tbsp olive oil
- 1 Tbsp cornstarch
- 12 mini sweet peppers, halved and seeded
- ½ red onion, sliced
- Salt and pepper, to taste
- 1 organic lime, quartered
- Small handful cilantro, chopped (optional)

1. Preheat the oven to 425°F. Line a rimmed sheet pan with parchment paper or a silicone mat.
2. In a small saucepan over medium heat, whisk together peanut butter, aminos, fish sauce, rice vinegar, ginger, and red pepper flakes until smooth. Splash in a little water 1 Tbsp at a time until desired consistency is reached. Remove from heat and set aside.
3. Slice tofu into ¾ inch cubes. Toss in 1 Tbsp of the olive oil. Toss again in cornstarch. Place in a single layer on the prepared baking sheet, and bake for 15 minutes.
4. Once tofu has baked for 15 minutes, toss sweet peppers and onion in remaining olive oil, and salt and pepper to taste. Flip tofu and move to one side of the baking sheet. Spread out peppers and onions in a single layer. Return everything to the oven and bake for another 10 minutes.
5. Toss tofu in warm peanut sauce. Serve tofu and veggies immediately with a wedge of lime. Garnish with cilantro, if desired.



**WILDWOOD**  
**SPROUTED**  
**TOFU**

Firm • Extra Firm

**\$2.79**

14 oz | **Save \$1.20**



**Over 1000 items on SALE! • 9/10 - 9/23**

# BEER & WINE DEALS



## Ghostfish Brewing GLUTEN-FREE BEER

Kick Step IPA • Grapefruit IPA  
Shrouded Summit Belgian White  
Meteor Shower Pale Ale  
Vanishing Point Pale Ale

### \$11.99

4/12 fl oz | **Save \$2**



## Peak Buster Double IPA

### \$17.99

4/16 fl oz | **Save \$2**



## Untitled Art FLORIDA SELTZER

Blood Orange Pomegranate  
Prickly Pear Guava  
Pineapple Mango  
Electric Lemonade

### \$15.99

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



## Variety Packs

### \$31.99

12/12 fl oz | **Save \$4**



## Cantina Zaccagnini NON-ALCOHOLIC ITALIAN WINES

Red Blend  
White Blend

### \$14.99

750 ml | **Save \$3**



## La Bella PROSECCO

### \$11.99

750 ml | **Save \$3**



## Wolffer Estate Vineyard SPRING IN A BOTTLE ROSÉ

### \$19.99

750 ml | **Save \$3**

## SEPTEMBER SAKE SALE

**15% OFF ALL SAKE, SOJU & PLUM WINE**  
**AUGUST 27 - SEPTEMBER 23**





GF

Capello's  
**GRAIN-FREE  
RAVIOLI**

5 Cheese • Spinach  
Butternut Squash

**\$6.49**

9.9 oz | **Save \$5.50**



Bionaturae  
**ORGANIC DURUM  
SEMOLINA PASTA**

Penne • Fusilli • Chioccioline  
Linguine • Spaghetti

**\$2.79**

16 oz | **Save \$1.70**



Lucini Italia  
**PASTA SAUCE**

Marinara • Roasted Garlic  
Spicy • Tomato Basil

**\$6.99**

24 oz | **Save \$4**



Seeds of Change  
**ORGANIC RICE  
& QUINOA**

Your Choice

**2 FOR \$5**

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



Kerrygold  
**GRASS FED  
IRISH CHEESES**

Dubliner • Aged Cheddar  
Aged Reserve Cheddar

**\$4.99**

7 oz | **Save \$3**

# WAYLAN'S BAKED MACARONI & CHEESE



**Serves 4-6**

- ½ lb macaroni or penne pasta
- 1 small yellow onion (or ½ large), diced
- 4 Tbsp butter, divided
- 3 Tbsp all-purpose flour
- 3 cups whole milk
- 12-16 oz sharp cheddar cheese, shredded
- 1 tsp salt (to taste)
- ½ tsp ground pepper (to taste)
- 1 Tbsp yellow mustard
- 2 Tbsp panko bread crumbs (optional)

1. Preheat the oven to 350°F.
2. Cook the pasta about one minute less than the instructions on the package, to al dente. Drain and set aside.
3. Take half the butter and melt it in a thick bottomed two-quart pot. When the butter is melted, add the diced onion. Stir frequently over medium heat until the onion starts to caramelize, about 20 minutes. Don't rush it.
4. Once the onion is caramelized, add the rest of the butter. Once melted, add the flour, stirring constantly, until the mixture is the consistency of cake batter.
5. Slowly add about a cup of milk, salt, pepper, and the mustard, stirring slowly. Add another ½ cup of the milk and two generous handfuls of cheese. Keep stirring.
6. Once the cheese is melted into the milk, add the remaining milk and all but 3-4 oz of the cheese. Stir until just starting to bubble.
7. Taste and adjust salt and pepper.
8. Remove from heat and stir in pasta.
9. Place mixture in a 7 x 11-inch casserole dish (9 x 9-inch also works) and sprinkle remaining cheese and bread-crumbs over the top.
10. Bake for 20-30 minutes, until the top is evenly browned. Let rest for 5 minutes before enjoying.

**Over 1000 items on SALE! • 9/10 - 9/23**

# COOKIE PAL

## ORGANIC DOG TREATS

Pumpkin Chia  
Sweet Potato Flax  
Peanut Butter Apple

# \$5.49

8.8-10 oz | **Save \$3**



## C2O COCONUT WATER

8-Pack

# \$7.49

84 fl oz | **Save \$5**



## Essentia IONIZED ALKALINE WATER

# \$2.99

50.7 fl oz | **Save \$1.50**



## Vita Coco FARMERS ORGANIC COCONUT WATER

# \$4.49

33.8 fl oz | **Save \$3.50**



## Artisan Tropic PLANTAIN & CASSAVA STRIPS

Your Choice

# \$3.99

4.5 oz | **Save \$2**



## Zevia ZERO SUGAR SODA

6-Packs

# \$5.49

72 fl oz | **Save \$3.50**



## Buddha Teas SELECT TEAS

Calm • Sleepy Temple  
Elderberry

# \$3.99

18 bag | **Save \$4.50**



## Rishi SPARKLING BOTANICAL TEAS

Grapefruit Quince  
Schisandra • Jasmine  
Elderberry Maqui  
Dandelion Ginger

# \$2.49

12 fl oz | **Save \$1.50**



Cosmic Bliss  
**PLANT-BASED  
FROZEN DESSERT**

Your Choice

**\$4.99**

14 fl oz | Save \$2.50



Cosmic Bliss  
**GRASS-FED DAIRY  
ICE CREAM**

Chocolate • Vanilla  
Cookie Dough

**\$4.99**

14 fl oz | Save \$4



Chocolove  
**CHOCOLATE BARS**

Your Choice

**2 FOR \$6**

2.9-3.2 oz | Save \$1.99



Mamma Chia  
**CHIA SQUEEZE  
POUCHES**

Your Choice

**\$1.49**

3.5 oz | Save \$1.30



Pamela's  
**FIGGIES & JAMMIES**

Mission Fig  
Raspberry • Blueberry

**\$4.49**

9 oz | Save \$2.50



Native Forest  
**ORGANIC  
CANNED FRUIT**

Pineapple • Peaches  
Mango

**\$3.49**

14-15 oz | Save \$2.50



Pamela's  
**GLUTEN FREE  
CAKE MIXES**

Vanilla • Chocolate  
Brownies

**\$4.99**

16-21 oz | Save \$3



Siete  
**GRAIN FREE  
TORTILLA CHIPS**

Lime • Nacho • Sea Salt  
Dip Chips • Churro Strips

**\$3.99**

5 oz | Save \$2.50



Siete  
**GRAIN FREE  
COOKIES**

Vanilla • Shortbread  
Fresas con Crema  
Mexican Wedding

**\$2.99**

4.5 oz | Save \$2



Kettle Foods  
**KETTLE CHIPS  
& KRINKLE CHIPS**

Your Choice

**2 FOR \$6**

5 oz | Save \$1.49/ea

Over 1000 items on SALE! • 9/10- 9/23



Icelandic Provisions

## SKYR YOGURT

Your Choice

**3 FOR \$5**

5.3 oz | Save \$1.33/ea



Green Valley Creamery

## ORGANIC CREAM CHEESE

Lactose Free

**\$3.49**

8 oz | Save \$2



Oatly

## OAT MILK

Full Fat • Original  
Chocolate

**\$3.99**

64 fl oz | Save \$2



Coombs

## ORGANIC MAPLE SYRUP

Grade A Amber

**\$10.99**

12 fl oz | Save \$6



Pop & Bottle

## OAT MILK LATTE

Vanilla • Mocha

**\$2.49**

8 fl oz | Save \$1.50



Mount Hagen

## ORGANIC INSTANT COFFEE

Regular • Decaf

**\$8.99**

3.53 oz | Save \$5



Grandy Organics

## GRAIN FREE COCONOLA

Original • Chocolate

**\$6.99**

9 oz | Save \$3.50



## PAMELA'S

## GLUTEN FREE PANCAKE & BAKING MIX

**\$6.49**

24 oz | Save \$4

**\$15.49**

64 oz | Save \$8.50

Over 1000 items on SALE! • 9/10 - 9/23

# BULK DEPARTMENT DEALS

Hummingbird  
**ORGANIC  
RAW HULLED  
SUNFLOWER SEEDS**

**\$3.99/LB**

Save \$1/lb



**ORGANIC DRIED  
BLACK MISSION FIGS**

**\$10.99/LB**

Save \$3/lb



Hummingbird  
**ORGANIC CALIFORNIA  
UNROASTED ALMONDS**

**\$10.49/LB**

Save \$2.50/lb



Hummingbird  
**ORGANIC GREAT  
NORTHERN BEANS**

**\$2.99/LB**

Save 50¢/lb



**ORGANIC BROWN  
SESAME SEEDS**

**\$4.99/LB**

Save \$1/lb



Earthly Gourmet  
**ORGANIC  
COCONUT FLOUR**

**\$3.29/LB**

Save 70¢/lb



**ORGANIC SWEETENED  
BANANA CHIPS**

**\$3.99/LB**

Save \$1/lb



Hummingbird  
**ORGANIC WHOLE  
SPELT FLOUR**

**\$2.79/LB**

Save 50¢/lb



Hummingbird  
**ORGANIC  
RAW OREGON  
HAZELNUTS**

**\$15.99/LB**

Save \$4/lb



SunRidge Farms  
**ORGANIC  
CHOCOLATE-COVERED  
CACAO NIBS**

**\$34.99/LB**

Save \$7/lb



Equal Exchange  
**ORGANIC FAIR TRADE  
GUATEMALAN COFFEE  
& SEASONAL WOMEN IN COFFEE  
BLEND**

**\$12.99/LB**

Save \$2/lb



Frontier Co-op  
**ORGANIC  
SE CHUNG SPECIAL  
OOLONG TEA**

**\$44.99/LB**

Save \$15/lb



ONLY \$2.81/oz

# LifeSource natural foods BRAND SUPPLEMENTS

We look closely at every product we carry, and especially at the companies we choose to partner with for our "house brand." After extensive vetting, we are proud to feature our own name on the labels. They are superior in quality, tested for purity and potency, and most come in sustainable and fully recyclable glass bottles.



**VITAMIN D3**  
2000 IU  
**\$9.49**  
120 softgels | Save \$2.50



**VITAMIN C  
PLUS ROSE HIPS**  
1000 mg  
**\$13.99**  
100 tab | Save \$4



**MUSHROOM  
IMMUNE**  
**\$22.99**  
90 vcap | Save \$5



Himalaya  
**ORGANIC  
CINNAMON**  
**\$12.99**  
60 tab | Save \$7



Natural Vitality  
**CALM**  
Raspberry-Lemon  
Original  
**\$25.99**  
16 oz | Save \$8



Solgar  
**GENTLE IRON**  
**\$8.49**  
90 caps | Save \$2.50



Jarrow Formulas  
**MACULA PF**  
**\$17.99**  
30 softgel | Save \$6.50



Peepers  
**READERS  
& SUNGLASSES**  
**\$19.99**  
1 ea | Save \$4-\$5

# NATURAL FACTORS



## COENZYME Q10

50 mg

**\$9.99**

60 softgels | **Save \$3**



## COENZYME Q10

100 mg

**\$13.99**

60 softgels | **Save \$4**



## COENZYME Q10

200 mg

**\$20.99**

60 softgels | **Save \$6**



## COENZYME Q10

400 mg

**\$40.99**

60 softgels | **Save \$9**



## UBIQUINOL

100 mg

**\$29.99**

60 softgels | **Save \$8**



## PHOSPHATIDYL-SERINE

**\$23.49**

60 softgels | **Save \$5.50**



**ALL HERB PHARM  
25% OFF**

Close to  
Home!

Wellness • On Sale 9/10 - 9/23

# ANCIENT NUTRITION



## COLOSTRUM POWDER

Lemon Bar  
Unflavored

# \$40.99

2.8-4.02 oz | Save \$14



## COLOSTRUM + COLLAGEN

# \$25.99

75 cap | Save \$9



## Solaray AKKERMANSIA POSTBIOTIC

# \$27.99

30 vcap | Save \$6



## Biosil ADVANCED COLLAGEN GENERATOR

# \$16.99

30 vcaps | Save \$8

# GARDEN OF LIFE



## CREATINE MONOHYDRATE

# \$27.99

12.27 oz | Save \$12



## RAW ORGANIC PROTEIN

Vanilla • Chocolate  
Unflavored

# \$34.99

19.75-24.69 oz | Save \$16

Wellness • On Sale 9/10 - 9/23

# TERRY NATURALLY



## EXTRA STRENGTH CURAMIN

**\$21.99**

30 tab | Save \$6



## CURAMED

750 mg

**\$31.99**

30 softgels | Save \$8



## CURAMED ACUTE PAIN RELIEF

**\$44.49**

60 softgels | Save \$11.50



## Weleda SKINFOOD

Original Ultra-Rich Cream

**\$13.99**

2.5 fl oz | Save \$8



ALL  
EVAN HEALY  
ON SALE

## Evan Healy BODY OIL

Vetiver Hinoki  
Sweet Blossom  
Patchouli Vanilla  
Neroli Frankincense

**\$22.99**

3.3 fl oz | Save \$7



ALL  
MAD HIPPIE  
ON SALE

## Mad Hippie CREAM CLEANSER

**\$13.99**

4 fl oz | Save \$3

# CV SCIENCES



## CBD GUMMIES

Sleep • Calm

**\$24.99**

30 chews | Save \$11

Over 1000 items on SALE! • 9/10 - 9/23

# HUMBLE



**DEODORANT**

Plastic Free

**\$8.99**

2.65 oz | Save \$4

**ALL  
HUMBLE  
ON SALE**



Avalon  
**SHAMPOO  
& CONDITIONER**

Lavender • Rosemary  
Tea Tree • Lemon

**\$7.99**

11 fl oz | Save \$4.50



Giovanni  
**2CHIC ULTRA-SLEEK  
LEAVE-IN CONDITIONER**

**\$6.79**

4 fl oz | Save \$4.20



Tom's of Maine  
**TOOTHPASTE**

Sensitive • Peppermint  
Cinnamon Clove

**\$6.29**

4 oz | Save \$3.70

# ACURE



**BRIGHTENING  
& SOOTHING  
DAY CREAM**

**\$12.99**

1-1.75 fl oz | Save \$7

**NEW LOOK  
COMING SOON**

# PRANARŌM



**ORGANIC  
CASTOR OIL**

**\$4.29**

2 fl oz | Save \$2.70

**ALL  
PRANARŌM  
ON SALE**

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