

LifeSource
natural foods

**EAT WELL
BE HAPPY**

ORGANIC
BARTLETT PEARS

\$1.29/LB



ORGANIC
POMEGRANATES

2 FOR \$5



ORGANIC
SWEET POTATOES

Garnet • Jewel

\$1.99/LB



ORGANIC
GREEN BEANS

\$3.99/LB



ORGANIC
FUJI APPLES

\$1.49/LB



Organic Produce • On Sale 10/15 - 10/21

SWEET POTATO SALAD



- 2 1/2 lbs organic sweet potatoes, peeled and cut into 1-inch cubes
 - 3/4 cup organic red onion, diced
 - 1/2 bunch organic green onions, sliced
 - 1/4 cup red wine vinegar
 - 1/4 cup organic sunflower oil
 - 2 rounded tsp Dijon mustard
 - 1/8 tsp sea salt
 - 1/2 tsp black pepper
 - 3 tsp dried marjoram
1. Boil sweet potatoes until just soft, cool.
 2. Place red and green onion into a large bowl.
 3. Whisk together oil, mustard, vinegar, salt and pepper. Add to chopped onions.
 4. Add cooled sweet potatoes and mix gently so they don't break up.
 5. Chill before serving.

**ORGANIC
GREEN & RED GRAPES**

\$5.99



**2 LB
TOTES**



**ORGANIC
MEYER LEMONS**

\$6.49/LB



**ORGANIC
RASPBERRIES**

\$4.49



**6 OZ
PKG**



**ORGANIC
ORANGE & YELLOW
BELL PEPPERS**

\$3.99/LB



**SAVE
\$4/LB!**



**ORGANIC
ASPARAGUS**

\$7.99/LB



Organic Produce • On Sale 10/15 - 10/21

FRENCH APPLE TART



Makes about 8 servings

Crust

- 1 1/2 cups all purpose flour
- 1/2 tsp kosher salt
- 1/2 cup unsalted butter, room temperature
- 1 tsp cane sugar
- 1 whole egg, beaten
- 1 1/2 Tbsp milk or heavy cream

Filling

- 4 apples (about 1 1/2 lbs)
- 1 cup creme fraiche
- 2 eggs
- 1/2 cups cane sugar
- 3 Tbsp apple butter (or calvados)
- 1 tsp vanilla paste (or extract)
- Pinch salt
- 2 Tbsp demerara sugar

1. Beat butter and sugar together until combined on medium speed, about 1 minute. Add egg and heavy cream, and beat another minute. Stir in flour and salt, mixing until a dough forms. Press evenly into a buttered 9-inch tart pan. Cover and refrigerate until ready to use.
2. Preheat the oven to 350 F.
3. Core apples (you may leave the peels on or not, your choice!) and slice into eighths. Place in concentric circles overlapping slightly in the unbaked tart shell.
4. Whisk together creme fraiche, eggs, 1/2 cup cane sugar, apple butter, vanilla, and pinch salt. Pour over the apples and sprinkle with demerara sugar.
5. Place on a parchment lined baking sheet and bake until golden, about 45-50 minutes. Cool on a rack to room temperature before slicing and serving.

LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

.....

SCRATCH MADE AND
SERVED UP
FRESH
EVERY DAY!



AMY'S

ORGANIC CHILI

Your Choice

\$3.99

14.7 oz | Save \$2



**Back to Nature
CRACKERS
& FLATBREADS**

Your Choice

2 FOR \$6

5-7 oz | Save \$1.79



**Milton's
CRACKERS**

Your Choice

\$2.99

6-8.4 oz | Save \$2



**Amy's
ORGANIC SOUPS**

Your Choice

\$3.49

14-14.7 oz | Save \$1.50

HOUSEHOLD SAVINGS



**ECOS
LAUNDRY
DETERGENT**

Free & Clear • Lemongrass
Magnolia Lily • Lavender

\$11.99

100 fl oz | Save \$6



**Tasty Bite
INDIAN ENTRÉES**

Your Choice

\$2.99

10 oz | Save \$1.50



**Birdie & Louie
DOG FOOD
ENTRÉES**

Chicken & Rice
Chicken & Veggies

\$2.49

13 oz | Save \$2.50



**Tasty Bite
ORGANIC RICE**

Brown • Jasmine
Coconut • Basmati
Sticky • Turmeric

\$2.29

8.8 oz | Save \$1.70



Red's

BURRITOS

Bean • Bacon & Egg
Chicken • Steak

\$1.99

4.5-5 oz | **Save \$1.30**



Sierra Nevada SMOKED GOAT CHEESE

\$4.99

6 oz | **Save \$5**



Niman Ranch SAUSAGES

Bratwurst • Andouille
Italian • Apple Gouda

\$7.99

12 oz | **Save \$1.50**

LONELY LANE FARMS

Mt. Angel, Oregon

DELI SLICED ROAST BEEF

Grass Fed & Finished

\$7.99

6 oz | **Save \$2**



Close to
Home!

Introducing MARY'S CHICKEN

**NEW TO
LIFESOURCE!**

LifeSource is pleased to begin offering Mary's Chicken in our meat case! These premium birds are delicious and humanely raised on an independent family farm. Our organic Mary's Chicken is:

- Free range and Certified Humane
- Air chilled
- Certified Organic and Non-GMO Verified
- Fed a vegetarian diet free of antibiotics and added hormones or steroids
- Family owned and operated

ORGANIC WHOLE CHICKENS

\$4.49/LB

Save 50¢/lb

ORGANIC CHICKEN BREASTS

\$9.49/LB

Save 50¢/lb



Over 1000 items on SALE! • 10/15 - 10/28

WINE & CIDER DEALS



Skyfall
CHARDONNAY

\$8.99

750 ml | **Save \$4**



Pizza & Pasta
ITALIAN WINES

Montepulciano • Primitivo
Pinot Grigio

\$10.99

750 ml | **Save \$3**



Close to Home!

Double Mountain
PERRY

Pear Cider

\$5.99

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



Finnriver
NORTHWEST CIDER

Tideline • Pear
Lavender Blackcurrant

\$9.99

16.9 fl oz | **Save \$2**



Close to Home!

Bauman's Cider Co.
**OREGON
HOMESTEAD CIDER**

Loganberry • Clyde's Dry
All the Berries

\$7.99

500 ml | **Save \$1**



GF

Against the Grain

PIZZA BITES

Cheese • Pepperoni
Sausage

\$3.99

6 oz | **Save \$2.50**



NON GMO Project
VERIFIED
nongmoproject.org

Late July

TORTILLA CHIPS

Ranch • Street Corn • Nacho
Jalapeño Lime • Sea Salt
Lime • Sweet Potato

\$3.49

7.5-7.8 oz | **Save \$2**



USDA
ORGANIC

Lesser Evil
POPCORN

Your Choice

2 FOR \$6

4.6-6.4 oz | **Save \$1.49/ea**



NON GMO Project
VERIFIED
nongmoproject.org

Terra
VEGETABLE CHIPS

Sweet Potato
Exotic Potato
Mediterranean
Sweets & Beets

2 FOR \$6

5-6 oz | **Save \$1.99/ea**



USDA
ORGANIC

Nixie
**ORGANIC
SPARKLING WATER**

Your Choice

\$4.49

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



Back to Nature
COOKIES
Chocolate Chunk
Peanut Butter Creme
Classic Creme

\$3.79

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



Simple Mills
SWEET THINS
Brownie • Chocolate Mint
Honey Cinnamon • Lemon

\$3.49

4.25 oz | **Save \$2.50**



Magic
**REGENERATIVE
ORGANIC
CHOCOLATE BARS**

Your Choice

2 FOR \$5

2.93-3 oz | **Save \$3.29**



Honey Mama's
**CHOCOLATE
TRUFFLE BARS**

Your Choice

\$3.49

2.5 oz | **Save \$3.50**



Ginger People
**GIN-GINS
GINGER CHEWS**
Original • Double Strength

\$2.29

3 oz | **Save \$1.70**



EARL GREY SHORTBREAD COOKIES

- 1 cup butter or vegan butter, room temperature
- 1 cup powdered cane sugar
- 2 Tbsp orange juice, fresh squeezed
- 2 tsp orange zest
- 1 tsp vanilla extract
- 1 ¾ cups unbleached wheat flour, or a 1 to 1 gluten free flour
- 1 or 2 Earl Grey tea bags (We used Equal Exchange Earl Grey Tea)
- ½ tsp kosher salt

1. Preheat the oven to 325°F. Line a rimmed baking sheet with parchment paper or a silicone mat.
2. In a large bowl, cream together butter and sugar until pale and fluffy.
3. Mix in orange juice, zest, and vanilla extract.
4. Using a mortar and pestle, grind tea to powder. (You can also use a spice grinder or high powered blender.)
5. In a medium bowl, whisk together flour, tea powder, and salt.
6. Stir flour mixture into butter mixture with a wooden spoon until blended.
7. Roll dough into 1-inch balls. Place on the prepared baking sheet. Gently flatten with a fork dipped in powdered sugar to prevent sticking.
8. Bake cookies for 15-18 minutes, or until set and slightly golden around the edges. Allow to cool for 5 minutes on the sheet before transferring to a rack.

Over 1000 items on SALE! • 10/15 - 10/28

CLASSIC SCONES



- 2 cups bread flour
- 1 tsp baking soda
- ½ tsp sea salt
- ¼ cup unrefined cane sugar
- 6 tbsp butter, softened to room temperature
- ⅔ cup heavy cream
- 1 large egg, lightly beaten
- 1 large egg, lightly beaten with 2 Tbsp water for egg wash

1. Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone mat.
2. In a mixing bowl, whisk together bread flour, baking soda, sea salt, and cane sugar until combined.
3. Beat butter into flour mixture until fully mixed, there should be no chunks.
4. Stir in egg and cream until a shaggy, sticky dough forms.
5. Turn out onto a lightly floured surface. Knead about 10 times, until the dough becomes reasonably smooth. Do not over-knead or your scones will be tough.
6. Roll dough out about an inch thick. Using a floured 2-inch biscuit cutter, cut out scones. Be careful not to twist the cutter, or you will pinch the edges of your circles and the scones won't rise properly. Re-roll the scraps once or twice and cut out the remaining scones.
7. Place scones on the prepared baking sheet and brush with egg wash. Bake for 12-15 minutes, or until golden brown. Serve warm with Lemon Curd.



Scan here for our Lemon Curd recipe, and find all of our original, kitchen-tested recipes online at lifesourcenaturalfoods.com/recipes



Maple Hill Creamery ORGANIC KEFIR

Plain • Vanilla

\$4.99

32 oz | Save \$2.50



Noosa YOGHURT

Lemon • Raspberry
Strawberry Rhubarb
Blueberry

2 FOR \$4

8 fl oz | Save 99¢/ea



Siggi's NONDAIRY YOGURT

Vanilla • Raspberry
Mixed Berry

3 FOR \$5

5.3 oz | Save \$1.33/ea



Food for Life ENGLISH MUFFINS

Sprouted • 7 Grain

\$4.49

16 oz | Save \$2



MYBACON

Animal Free Meatless
Mycelium

\$6.49

6 oz | Save \$3



Happy Egg HERITAGE BREED EGGS

\$6.99

1 dozen | Save \$3



**Bob's Red Mill
HOMESTYLE
GRANOLA**

Your Choice

\$3.99

11 oz | **Save \$3**



**Nature's Bakery
FIG BARS**

Strawberry • Apple
Blueberry • Raspberry
Peach Apricot

\$4.49

12 oz | **Save \$2.50**



**Bob's Red Mill
ORGANIC OATS**

Quick • Extra Thick
Old Fashioned

\$4.49

32 oz | **Save \$2.50**



**Made in Nature
DRIED FRUIT**

Cranberries • Figs
Plums • Apricots

\$3.99

5-7 oz | **Save \$2.50**



**Remedy Organics
WELLNESS
SHAKES**

Matcha • Vanilla
Chai • Berry

\$2.99

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



**Silver Hills
ORGANIC BAGELS**

Everything • Plain
Cinnamon Raisin
Sesame Sunflower

\$3.99

14 oz | **Save \$3**



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BULK DEPARTMENT DEALS

Azure
**ORGANIC
ROLLED BARLEY FLAKES**

\$1.99/LB

Save 50¢/lb



Café Mam
**ORGANIC FAIR TRADE
REGULAR COFFEE**

\$10.99/LB

Save \$5/lb

**ORGANIC FAIR TRADE
DECAF COFFEE**

\$11.99/LB

Save \$5/lb



Hummingbird
SPELT BERRIES

\$2.49/LB

Save 80¢/lb



Azure
**ORGANIC MEDIUM
SHELL PASTA**

\$3.49/LB

Save \$1/lb



Camas Country Mill
**LOCALLY MILLED
TEFF FLOUR**

\$2.99/LB

Save \$1/lb



**ORGANIC
CANNELLINI BEANS**

\$4.49/LB

Save \$1/lb



Yum Earth
**ORGANIC
FRUIT DROPS CANDY**

\$15.99/LB

Save \$4/lb



Yum Earth
**ORGANIC
LOLLIPOPS**

\$19.99/LB

Save \$4/lb



Queen Bee Gardens
HONEY CARAMELS

\$31.99/LB

Save \$8/lb



Frontier
**CIDER MULLING
SPICES**

\$19.99/LB

Save \$10/lb



Redmond
REAL SALT

\$4.49/LB

Save 50¢/lb



Selina Naturally
CELTIC SEA SALT

Light Gray Crystals

\$8.49/LB

Save \$1.50/lb



Hawaii Kai
**HAWAIIAN
SEA SALT**

Red Gold - Black Lava

\$11.49/LB

Save \$2.50/lb



Hawaii Kai
SMOKED SEA SALT

\$14.99/LB

Save \$4/lb



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ORGANIC INDIA was established as a holistic, sustainable business modality to inspire, promote, and support well-being and respect for all beings and Mother Nature. For over 20 years, those founding principles still stand as the company partners with thousands of family-owned farms to provide genuine, organic products for healthy, conscious living.

Organic India prides itself in supporting and honoring farmer partners by providing

- Farmer Well Being and a Life of Dignity
- Fair trade practices & Equitable wages
- Market premium paid for 100% of crop yield
- Farmers maintain ownership of their land and receive organic agricultural training
- Health care for farmers and families

At the foundation of Organic India's products, company, and sourcing is regenerative agriculture that not only sustains, but replenishes the earth. Organic India has been a supporter of the Regenerative Organic Alliance (ROA) as a corporate ally since 2021. With numerous products fully certified, along with ALL of the Tulsi Holy Basil that their teas are formulated with, they are committed to scaling their Regenerative herb supply, growing with the ROC movement.

Every herb, plant, and fruit in Organic India products is grown or harvested using organic, bio-regenerative methods and sustainable wild crafting practices.

- Zero Synthetic Inputs
- Rotational Grazing, Crop Rotation, Cover Crops & Carbon Sequestration
- Building soil's fertility, nutrients, and ability to retain water
- Operating as a self-sufficient ecosystem

This all culminates in the creation of Organic, Non-GMO herbal teas and supplements that support the health of the population, vibrancy of the planet, and livelihood of communities in India.



Organic India **ORGANIC PSYLLIUM**

Whole Husk Fiber

\$11.99

12 oz | **Save \$7**



Organic India **TULSI TEAS**

Your Choice

\$3.49

18 pk | **Save \$2.50**

HOST DEFENSE

MYCOBENEFITS

Sleep • Beauty
Mood • Focus

\$20.99

60 vcap | **Save \$8**

MUSHROOM MYCELIUM CAPSULES

All Varieties

\$14.99

30 vcap | **Save \$5**

MUSHROOM MYCELIUM POWDER

All Varieties

\$21.99

3.5 oz | **Save \$8**

NEW!

**ALL
HOST DEFENSE
ON SALE**

Garden of Life RAW PROBIOTICS

Men's • Women's
Men's 50+ • Women's 50+

\$37.99

90 vcap | **Save \$17**



VITANICA

CRANSTAT EXTRA

\$15.99

60 vcap | **Save \$6**

GABA EASE

\$15.99

60 vcap | **Save \$6**



NORDIC NATURALS

OMEGA-3 FISH OIL

690 mg Omega-3s

\$22.99

120 softgels | **Save \$7**



FLORA



SUPER 8 PROBIOTIC

\$19.99

30 cap | **Save \$5.50**



FLORA IRON with B-Vitamin Complex

\$16.99

7.7 fl oz | **Save \$7**



ORGANIC FLAX OIL

\$21.99

17 fl oz | **Save \$8**



**ALL FLORA
ON SALE**

CARLSON LABS



ELITE OMEGA-3 GEMS

1600 mg Omega-3s

\$35.99

120 softgels | **Save \$9**

MEGAFOOD

MAGNESIUM CHEWS

Grape • Strawberry

\$10.99

30 chews | **Save \$7.50**



**ALL
MEGAFOOD ON
SALE**

Wellness • On Sale 10/15 - 10/28

LIFE EXTENSION



MEGA BENFOTIAMINE

\$19.99

120 vcap | Save \$5



CREATINE

\$11.99

120 cap | Save \$3



TMG

500 mg

\$9.99

60 vcap | Save \$3

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.



VITAMINS D3 & K2

\$10.99

60 tab | Save \$3.50



MAGNESIUM GLYCINATE

\$14.99

90 vcap | Save \$5



CBD SLEEP

\$27.99

30 vcap | Save \$7

Wellness • On Sale 10/15 - 10/28

NATURAL FACTORS



THERACURMIN

\$16.99

60 vcap | Save \$7



MAGNESIUM POWDER

Pure Bisglycinate

\$10.99

4.2 oz | Save \$4.50



MSM JOINT FORMULA

\$22.49

180 cap | Save \$6



Alaffia

BODY WASH

Coconut • Lavender
Unscented • Vanilla Mint

\$10.99

32 fl oz | Save \$6



Crystal

DEODORANT ROLL-ON

Lavender • Unscented
Vanilla Jasmine

\$3.49

2.25 oz | Save \$3



Giovanni

SHAMPOO & CONDITIONER

Select Formulas

\$6.49

8.5 fl oz | Save \$4.50

**ALL GIOVANNI
HAIR CARE
ON SALE**

BOIRON



OSCILLOCOCCINUM

\$11.99

6 doses | Save \$4

Over 1000 items on SALE! • 10/15 - 10/28

Davids natural toothpaste

DAVIDS NATURAL TOOTHPASTE was founded ten years ago with one goal: to create oral care products that are safe, effective, and built on real science. From the beginning, we have focused on performance and quality, crafting each tube in the USA with naturally derived ingredients that are fluoride free, food grade, vegan, and EWG VERIFIED®.

Our proprietary Hydroxi™ formula uses nano hydroxyapatite to strengthen enamel, help smooth and repair surface imperfections, and naturally whiten teeth without harsh chemicals. Independent testing shows our formula outperforms the competition, delivering results consumers can see and feel.

QUALITY AND SUSTAINABILITY

- Carefully sourced, plant- and earth-based ingredients
- Recyclable metal tubes and FSC certified packaging
- Family-owned, USA-made production with strict quality oversight
- High performance formulas backed by real science

For over a decade, we have combined science, sustainability, and premium design to create products that deliver real results while reflecting our values. Davids is oral care you can trust, made to protect teeth and support a healthier lifestyle.



Davids HYDROXI TOOTHPASTE

Peppermint
Orange Vanilla

\$6.29

4 oz | Save \$3.70

**ALL DAVIDS
ON SALE**

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