

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC
JONAGOLD APPLES**

\$1.99/LB



**ORGANIC
CELERY**

\$1.29/LB



**ORGANIC
YELLOW ONIONS**

\$1.19/LB



**LOCAL ORGANIC
SWEET CORN**

\$1.29/EA



**ORGANIC
BLACK FRIAR PLUMS**

\$2.49/LB



Organic Produce • On Sale 10/8 - 10/14



VEGAN MUSHROOM BLT

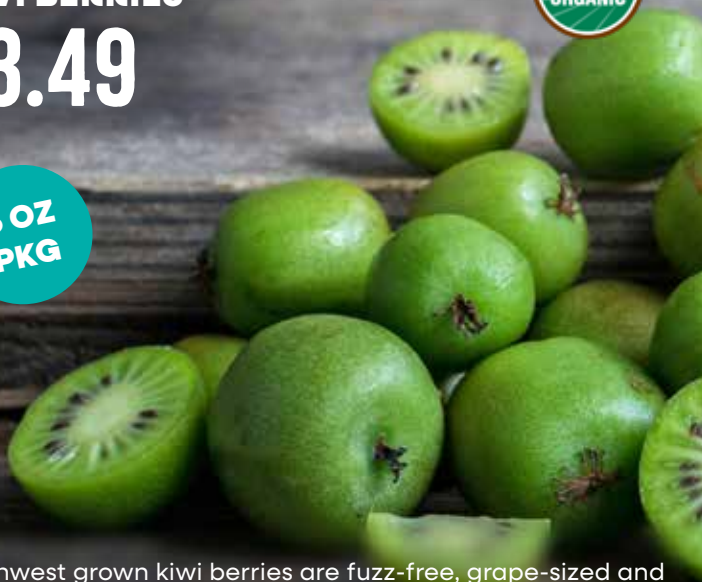
Makes 2 sandwiches

- 1 lb portabella mushrooms
 - 2 tsp hot sauce, or to taste (we used Secret Aardvark)
 - ¼ cup olive oil
 - 2 tsp smoked paprika
 - 1 avocado, peeled, seeded, and sliced thin
 - Salt and pepper, to taste
 - 1 ripe tomato, slices
 - 4 slices bread (we used a baguette)
 - 2 leaves lettuce
 - Vegan butter
1. Preheat the oven to 375°F. Grease a sheet pan with olive oil or cooking spray.
 2. Remove mushroom stems and slice the caps to ¼-inch thick. Toss with olive oil, paprika, and a big pinch of salt and pepper. Use your hands if necessary to make sure caps are evenly coated.
 3. Place mushroom slices in a single layer on the prepared baking sheet. Bake on the center rack for 20 minutes, flip, and continue to bake another 10 minutes. Remove from the oven and allow mushroom bacon to cool on the pan.
 4. Preheat the broiler to high heat. Butter bread and broil 6-inches under the heat source until toasted, about 4-5 minutes.
 5. Whisk together Veganaise and hot sauce in a small bowl. Assemble the sandwich with Veganaise sauce, mushroom bacon, tomato, and lettuce.

**ORGANIC
KIWI BERRIES**

\$3.49

**6 OZ
PKG**



Northwest grown kiwi berries are fuzz-free, grape-sized and bursting with the same bright, fruity flavor as a classic kiwi fruit. Pop them in lunch boxes, fruit salads, smoothies, or just snack on them by the handful.

To keep them fresh longer, keep them in the fridge. Best enjoyed slightly soft; for faster ripening, store them in a paper bag with a banana or apple.

You can eat the whole berry, nutrient-packed skin. Kiwi berries are antioxidant rich, and a great source of vitamins C, E, and potassium.

**ORGANIC
HEIRLOOM TOMATOES**

\$4.49/LB



Organic Produce • On Sale 10/8 - 10/14

**ORGANIC
ASIAN PEARS**

\$2.49/LB



**ORGANIC
LARGE AVOCADOS**

2 FOR \$4



**LOCAL ORGANIC
BABY BROCCOLI**

\$2.49/EA



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

LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

**SCRATCH MADE AND
SERVED UP
FRESH
EVERY DAY!**



LifeSourceNaturalFoods.com



Siete
**GRAIN FREE
 TACO SHELLS**
\$3.99
 5.5 oz | Save \$3



Ocean's Halo
ORGANIC NOODLES
 Rice • Ramen
\$3.49
 6.3-8.4 oz | Save \$2.50



Organic Valley
**ORGANIC
 SHREDDED CHEESE**
 Italian • Mexican
 Mozzarella
\$3.79
 6 oz | Save \$2.70



Gardein
MEATLESS MEATS
 Turk'y Cutlet • Fishless Filet
 Meatless Meatballs
\$3.49
 10.1-12.7 oz | Save \$4.50



Maya Kaimal
SIMMER SAUCES
 Your Choice
\$4.29
 12.5 oz | Save \$2.70

HOUSEHOLD SAVINGS



Caboo
**BAMBOO
 BATH TISSUE**
\$7.99
 9 rolls | Save \$4.50



Deep Indian Kitchen
**INDIAN ENTREES
 WITH RICE**
 Butter Chicken • Curry
 Chicken Tikka Masala
\$4.99
 9 oz | Save \$2.50



Birdie & Louie
WET CAT FOOD
 Your Choice
\$1.09
 3 oz | Save 90¢



Carbonaut
LOW CARB BREAD
 White • Seeded
\$5.49
 19 oz | Save \$3



Kettle & Fire BONE BROTH

Your Choice

\$4.99

16.2-16.9 fl oz | **Save \$3**



Niman Ranch SAUSAGES

Bratwurst • Andouille
Italian • Apple Gouda

\$7.99

12 oz | **Save \$1.50**

Bob's Red Mill BULK 13 BEAN SOUP MIX

\$2.99/LB

Save 50¢/lb



LONELY LANE FARMS

Mt. Angel, Oregon

DELI SLICED ROAST BEEF

Grass Fed & Finished

\$7.99

6 oz | **Save \$2**



THIRTEEN BEAN VEGETABLE SOUP



- 2 Tbsp olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 carrots, peeled and chopped
- 4 cloves garlic, minced
- ½ cup dry white wine
- 4 cups vegetable broth
- 2 cups cooked 13 bean soup mix
- 1 (14.5 oz) can diced tomatoes, with juice
- 1 (4 oz) can green chiles, with juice
- 1 tsp Italian seasoning
- ½ tsp dried rosemary
- ½ tsp smoked paprika
- ½ tsp chili flakes (optional)
- Salt and pepper, to taste
- 1 cup green beans, chopped
- 1 cup cauliflower florets
- ½ cup frozen peas
- ½ cup frozen corn
- 1 Tbsp golden balsamic vinegar, or to taste

1. In a large, heavy bottomed pot, heat olive oil over medium heat. Saute onion until it starts to soften and become translucent. Add garlic. Cook and stir for an additional minute. Stir in celery and carrot, cook for another 3 minutes.
2. Add wine to deglaze the pan, scraping up any browned bits. Cook until reduced by half, about 2 minutes.
3. Add vegetable broth, beans, tomatoes, chiles, Italian seasoning, rosemary, paprika, chili flakes, salt, and pepper. Bring to a boil, reduce heat, and simmer for 20 minutes.
4. Add green beans, cauliflower, peas, corn, and vinegar. Cook for another 10 minutes, or until the veggies are tender. Taste and adjust seasonings if desired.

Over 1000 items on SALE! • 10/8 - 10/14

BEER & WINE DEALS



Obvious Wines N°05 FRENCH & BUBBLY

Blanc de Blancs

\$16.99

750 ml | **Save \$2**



Six Stones PINOT NOIR

\$12.99

750 ml | **Save \$2**

Close to Home!



Lindeman's BELGIAN LAMBIC

Pêche • Framboise

\$11.49

750 ml | **Save \$2**



Archer GRASS-FED BEEF JERKY

Your Choice

\$4.79

2-2.5 oz | **Save \$3.20**



Siete MAÍZ TORTILLA CHIPS

Sea Salt • Lime • Blue Corn

\$3.99

7.5 oz | **Save \$3**



Uglies KETTLE POTATO CHIPS

Your Choice

2 FOR \$6

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



Liquid Death ICED TEA

Your Choice

3 FOR \$5

19.2 fl oz | **Save \$1.13/ea**



ROAR ORGANIC HYDRATION DRINKS

Your Choice

2 FOR \$3

18 fl oz | **Save 99¢**



Hierophant Meadery MEAD

Rose Cardamom
Matricaria Lemonbalm

\$24.99

750 ml | **Save \$3**

**ALL HIEROPHANT
ON SALE**



Dansk Mjød DANISH MEAD

Your Choice

\$26.99

750 ml | **Save \$3**



Vital Farms
**PASTURE RAISED
BUTTER**

Salted • Unsalted

\$3.49

8 oz | Save \$2



Equal Exchange
**ORGANIC
BAKING COCOA**

\$6.99

8 oz | Save \$3.50



Equal Exchange
**ORGANIC
CHOCOLATE CHIPS**

Semisweet • Bittersweet

\$6.49

10 oz | Save \$4



Farmer's Market
ORGANIC PUREES

Pumpkin • Butternut
Sweet Potato

\$2.49

15 oz | Save \$1.50



Miss Jones
BAKING MIXES
Vanilla Cake • Fudgy Brownie

\$5.99

14.67-15.87 oz | Save \$3.50



ROCKY ROAD BROWNIES

Makes up to 16 servings

- ½ cup coconut oil
 - ¼ cup (2 oz) unsweetened baking chocolate
 - ¾ cup almond milk
 - 1 Tbsp apple cider vinegar
 - ½ cup granulated cane sugar
 - ½ cup brown sugar
 - 1 tsp vanilla extract
 - 1 cup flour
 - ½ cup cocoa powder
 - ½ cup chocolate chips
 - ½ cup mini marshmallows
 - ½ cup toasted pecans or walnuts, coarsely chopped
1. Preheat the oven to 350°F. Grease an 8x8-inch baking pan with coconut oil.
 2. Melt coconut oil and baking chocolate over medium heat, stirring occasionally until smooth. Set aside.
 3. Make buttermilk by stirring almond milk and apple cider vinegar together. Let stand a few minutes until curdled.
 4. In a medium bowl, stir together chocolate mixture, almond buttermilk, sugars, and vanilla extract until blended. Stir in flour and cocoa powder until just mixed. Fold in chocolate chips, marshmallows, and nuts. Scrape into the prepared baking dish.
 5. Bake for 30-35 minutes, or until a tester comes out with a few crumbs. Allow to cool completely before serving.

Over 1000 items on SALE! • 10/8 - 10/14



EQUAL EXCHANGE

FAIRLY TRADED



ORGANIC FAIR TRADE COFFEE

\$9.99

10-12 oz | Save \$4.50



ORGANIC FAIR TRADE EVERYDAY COFFEE

\$5.99

8-9 oz | Save \$2



ORGANIC TEAS

Your Choice

\$3.99

20 bags | Save \$2

Equal Exchange works directly with over 40 small farmer cooperatives worldwide to offer you fairly traded coffee, tea, chocolate, and more. Equal Exchange's mission is to build partnerships that are economically just and environmentally sound, to foster mutually beneficial relations between farmers & consumers, and to demonstrate the viability of worker cooperatives & fair trade.



ORGANIC HOT COCOA

Original • Dark

\$6.99

12 oz | Save \$3.50



ORGANIC CHOCOLATE BARS

Your Choice

\$3.99

2.8 oz | Save \$2



Photos this page courtesy of Equal Exchange.

LifeSourceNaturalFoods.com

BULK DEPARTMENT DEALS

Hummingbird
**ORGANIC
HULLED MILLET**

\$1.79/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



Mam

Azure
LIMA BEANS

\$3.29/LB

Save 50¢/lb



Giusto's Vita-Grain
**FARINA
CREAMY WHEAT CEREAL**

\$3.99/LB

Save \$1/lb



Hummingbird
**ORGANIC TIBETAN
BLACK HULL-LESS
BARLEY**

\$2.99/LB

Save 50¢/lb



**ORGANIC
STEEL CUT OATS**

\$1.99/LB

Save 50¢/lb



Vincent Family
**DRIED OREGON
CRANBERRIES**

\$12.99/LB

Save \$2/lb

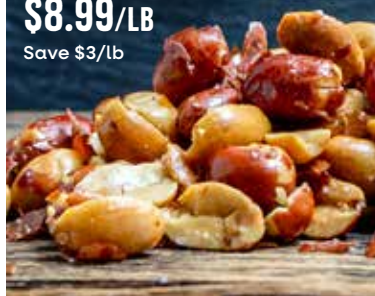


CB's Nuts
**KETTLE ROASTED
ORGANIC PEANUTS**

Salted • Jalapeño

\$8.99/LB

Save \$3/lb



**GRIND YOUR OWN
ORGANIC PEANUT BUTTER**

\$4.49/LB

Save \$1.50/lb



Frontier Co-op
**ORGANIC
PUMPKIN PIE
SPICE**

\$21.99/LB

Save \$8/lb



ONLY \$1.37/oz

Frontier Co-op
**ORGANIC
FAIR TRADE
CHAI TEA**

\$34.99/LB

Save \$17/lb



ONLY \$2.33/oz

Over 1000 items on SALE! • 10/8- 10/14



Bellwether Farms SHEEP MILK YOGURT

Vanilla • Strawberry
Blackberry • Plain

\$2.29

6 oz | Save \$1.20



Purely Elizabeth GRANOLA

Your Choice

\$5.99

8-12 oz | Save \$2.50



Noka SUPERFOOD SMOOTHIE POUCHES

Your Choice

\$1.79

4.22 oz | Save \$1.20



RXBAR PROTEIN BARS

Your Choice

\$1.99

1.83 oz | Save \$1



Milkadamia MACADAMIA MILK

Original • Unsweetened
Vanilla • Latte

\$4.79

32 fl oz | Save \$2.70



MALK

ORGANIC UNSWEETENED ALMOND MILK

28 fl oz | Save \$2



HAPPY EGG

FREE RANGE BROWN EGGS

\$5.99

1 doz | Save \$2.50



Over 1000 items on SALE! • 10/8 - 10/14



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 10/8 - 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 10/8 - 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! • 10/8 - 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!