



**EAT WELL
BE HAPPY**

HOLIDAY HOURS

Tuesday, Dec 9: 8 AM - 5 PM

Wednesday, Dec 24: 8 AM - 6 PM

Thursday, Dec 25: **CLOSED**

**ORGANIC
PINK LADY APPLES**

\$1.89/LB



**ORGANIC
ATAULFO MANGO**

2 FOR \$5



**ORGANIC
BARTLETT PEARS**

\$1.19/LB



**RECIPE
INSIDE**



**DECEMBER 13, 11-3
FREE TASTING**

WINE • CHEESE • CHARCUTERIE

FLASH SALES THROUGHOUT THE STORE

**SEASON'S
EATINGS!**

Organic Produce • On Sale 12/3 - 12/9

SHAKSHUKA FOR TWO



Serves 2

- 1 Tbsp olive oil
- ½ yellow onion, chopped
- 1 small bell pepper, seeded and chopped
- 2 cloves garlic, grated
- 2 cups fresh Roma tomatoes, chopped (or one 14.5 oz can diced tomatoes)
- ½ tsp smoked paprika
- ¼ tsp chili powder
- ¼ tsp cumin
- ⅛ tsp coriander
- Pinch chili flakes (optional)
- 2 large eggs
- ¼ cup Italian parsley, chopped
- ¼ cup cilantro, chopped
- Naan or pita bread for serving

1. Heat olive oil in a medium skillet over medium heat. Add the onions and cook for 5 minutes, or until beginning to turn translucent. Add bell pepper and garlic. Cook for 3 minutes, or until garlic is fragrant. Stir in paprika, chili powder, cumin, coriander, and chili flakes. Cover and cook for 10 minutes.
2. Make 2 divots in the tomato sauce and crack in the eggs. Cover the skillet and cook for 5 minutes. Uncover and continue to cook 5-7 minutes, or until the egg whites are set and yolks are at your desired consistency.
3. Split into 2 bowls and top with cilantro and parsley. Serve immediately with warm naan or pita bread.

Shakshuka, meaning "mixed up" or "mixture," is a North African dish made with spiced tomato sauce, sweet peppers, herbs, and poached eggs.

Mix up your own version with your favorite herbs and spices, ground lamb, chorizo, or merguez sausage. Or make it vegan with chickpeas, tofu, or eggplant. Scoop it up with flatbread, or serve over rice, the possibilities are endless!

ORGANIC GOLD KIWIS

\$5.99/LB



ORGANIC GALA APPLES

\$1.69/LB



ORGANIC ZUCCHINI

\$1.79/LB



Organic Produce • On Sale 12/3 - 12/9

**LARGE ORGANIC
AVOCADOS
2 FOR \$4**



**Cuties
ORGANIC
CLEMENTINES
\$5.99**



**ORGANIC
ROMA TOMATOES
\$2.29/LB**



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

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



Lonely Lane Farms
**CRANBERRY SAGE
 PORK LEG ROAST**

Close to
Home!

\$9.49/LB

Save \$2.50/lb



GF



Milton's
**CAULIFLOWER CRUST
 FROZEN PIZZAS**

Margherita • Pepperoni

\$7.99

10-11 oz | Save \$6



Amy's
**ORGANIC & MADE
 WITH ORGANIC
 SOUPS**

Your Choice

2 FOR \$7

13.65-14.7 oz | Save \$1.49/ea



Epic
COOKING FATS

Grass-Fed Beef
 Organic Pork
 Cage-Free Duck

\$7.99

11 oz | Save \$7



Imagine Foods
CREAMY SOUPS

Butternut • Mushroom
 Broccoli • Tomato Basil

\$3.99

32 oz | Save \$2



Against the Grain
**GLUTEN FREE
 PIZZA POPPERS**

Pepperoni • Cheese
 Sausage

\$3.99

6 oz | Save \$2.50



Annie's
MAC & CHEESE

Select Varieties

2 FOR \$5

6 oz | Save \$2.49/ea





Kettle Brand POTATO CHIPS

Your Choice

2 FOR \$6

5 oz | Save \$1.49/ea

Mary's Gone Crackers

SUPERSEED CRACKERS

Classic • Black Sesame
Everything • Basil Garlic

\$3.29

4 oz | Save \$2.20



Stacy's BAGEL & PITA CHIPS

2 FOR \$6

7-7.33 oz | Save \$1.79/ea

Wildbrine SAUERKRAUT

Green • Red Beet & Cabbage
Dill & Garlic

\$5.99

18 oz | Save \$3.50



Olli Salumeria SNACK PACKS

Your Choice

\$3.29

2 oz | Save \$2.20



Sartori AWARD-WINNING CHEDDAR CHEESE

MontAmoré • Old World

\$3.49

7 oz | Save \$2.50

POTATO KALE GRATIN

Makes 4-6 servings

- 1 bunch kale, stemmed and torn into bite sized pieces
- 1 ½ lbs yukon gold potatoes, slice ½-inch thick
- 1 yellow onion, finely chopped
- 4 cloves garlic, smashed and chopped
- 5 Tbsp butter
- 3 Tbsp all purpose flour
- 2 cups heavy cream
- 2 cups cheese, shredded
- Salt and pepper, to taste

1. Preheat the oven to 400°F
2. Wilt kale in a large skillet over medium heat with a little water and 1 Tbsp of the butter, cooking and stirring until bright green and just beginning to be tender. Remove from the skillet and set aside.
3. In a well seasoned 10-12-inch cast iron skillet, place potato slices in concentric circles, alternating with kale, (much like ratatouille). Set aside.
4. With the large skillet still over medium heat, melt 1 Tbsp of butter and saute the onion until soft and golden, about 10 minutes. Add garlic, cooking and stirring for another minute.
5. Add remaining butter and allow to melt. Whisk in flour, continuing to cook and stir for 1 or 2 minutes. Whisk in heavy cream, cooking and whisking until smooth and beginning to thicken. Stir in cheese until melted and smooth. Season to taste with salt and pepper. Pour over potato and kale.
6. Cover gratin skillet with foil or a tight fitting lid. Bake for 30 minutes. Remove foil, and bake an additional 30 minutes, or until well browned and bubbly. Enjoy!



Over 1000 items on SALE! • 12/3 - 12/16



Sweet Loren's
**GLUTEN FREE,
VEGAN COOKIE
DOUGH**

Chocolate Chunk • Sugar
Brownie • Cran Oatmeal

\$5.49

12 oz | **Save \$3.50**



Nancy's
**ORGANIC PLAIN
CREAM CHEESE**

\$3.49

8 oz | **Save \$2**



Flavorganics
**ORGANIC
EXTRACTS**

Peppermint • Almond
Hazelnut • Coconut

\$3.99

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



Simple Mills
**ALMOND FLOUR
BAKING MIXES**

Your Choice

\$4.99

9-12.9 oz | **Save \$5**



Happy Egg
**FREE RANGE
BROWN EGGS**

\$5.99

1 doz | **Save \$2.50**



Wholesome
**ORGANIC BROWN
SUGAR**

Light • Dark

\$4.49

24 oz | **Save \$3**



Earth Balance
**BUTTERY STICKS
& SPREADS**

Your Choice

\$3.99

15-16 oz | **Save \$4**



Lakewood
**SELECT ORGANIC
JUICES**

Carrot • Beet • Grapefruit
Beet Ginger Turmeric

\$5.49

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



Coombs
**ORGANIC
MAPLE SYRUP**

Grade A Amber

\$10.99

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



Bob's Red Mill
**MULTI-GRAIN
PANCAKE MIX**

\$3.29

24 oz | **Save \$2.20**



a2 Milk Company
A2 MILK

Whole • 2%

\$3.99

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



St. Dalfour
FRUIT SPREADS

12 Varieties to Choose From

\$3.49

10 oz | **Save \$2.50**



Minor Figures
BARISTA OAT MILK

\$3.49

32 fl oz | **Save \$2.50**



Cocojune
COCONUT YOGURT

Unsweetened Vanilla
Vanilla Chamomile
Pure Coconut

\$6.49

16 oz | **Save \$3.50**

Over 1000 items on SALE! • 12/3 - 12/16

MAPLE PEAR CRUMBLE



Filling

- 5 pears, cored and thinly sliced
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 2 Tbsp cornstarch
- 1 tsp cinnamon
- Pinch sea salt
- 1/4 cup turbinado sugar
- 1/2 cup all purpose flour
- 1/2 cup rolled oats
- 1/2 cup butter, melted
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/8 tsp ginger
- 1/8 tsp allspice
- 1/4 tsp salt

Crumble

- 1/4 cup brown sugar

1. Preheat the oven to 350°F. Grease a 9-inch baking dish with butter.
2. Mix together pears, maple syrup, vanilla, cornstarch, 1 tsp cinnamon, and sea salt. Layer in the prepared baking dish.
3. In another bowl, stir together sugar, flour, oats, melted butter, spices, and sea salt. Sprinkle over the pears.
4. Bake for 30 minutes, or until filling is tender and bubbly. Serve warm with vanilla ice cream.

CABOO



PAPER TOWELS

\$4.49

2 pack | Save \$2.50



BATH TISSUE

\$7.99

9 pack | Save \$4.50



PET WIPES

\$7.49

70 ct | Save \$5.50



**Cosmic Bliss
PLANT-BASED
FROZEN DESSERT**

Your Choice

\$4.49

14 fl oz | Save \$3



**Divine
FAIR TRADE
CHOCOLATE BARS**

Your Choice

\$3.99

3 oz | Save \$2.50

DEALS ON WINE, BEER & MORE



Boochcraft
**ORGANIC
HARD KOMBUCHA**

Grapefruit Hibiscus
Apple Jasmine

\$5.49

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



Sierra Nevada Brewing
**TRAIL PASS
NON-ALCOHOLIC
BEERS**

IPA • Golden

\$11.99

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



Cooper Mountain Aleworks
OREGON ALES

Kölsch • Helles • Red • IPA • Golden

\$3.39

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



Pinball Cider
CHERRY PLUNGE

\$4.99

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

Close to
Home!

Chehalem Winery
OREGON PINOT NOIR

\$15.99

750 ml | **Save \$2**



Reciprocity
**WINES FROM
ORGANIC GRAPES**

Cabernet Sauvignon
Chardonnay

\$11.99

750 ml | **Save \$2**



La Bella
PROSECCO

\$10.99

750 ml | **Save \$2**



Close to
Home!

Schloss Vollrads
**VOLLRATZ RHEINGAU
RIESLING**

\$19.99

750 ml | **Save \$5**



Sweet Cheeks Winery
OREGON RIESLING

\$17.99

750 ml | **Save \$2**



Close to
Home!

Willamette Valley
Vineyards
OREGON RIESLING

\$15.99

750 ml | **Save \$2**



Close to
Home!

Over 1000 items on SALE! • 12/3 - 12/16

BULK DEPARTMENT DEALS

Giusto's Vita-Grain
ORGANIC
**UNBLEACHED ALL-
PURPOSE FLOUR**

\$2.29/LB

Save 50¢/lb



Hummingbird
ORGANIC
MASA HARINA

\$2.29/LB

Save 50¢/lb



Café Mam
ORGANIC FAIR TRADE
FRENCH ROAST COFFEE

\$13.99/LB

ORGANIC FAIR TRADE
FRENCH ROAST DECAF

\$14.99/LB

Save \$2/lb



Close to Home!



Butternut Mountain
ORGANIC
MAPLE SYRUP

Grade A Dark

\$2.79/LB

Save 70¢/lb



NON-GLUTEN ORGANIC
ROLLED OATS

\$2.79/LB

Save 70¢/lb



Camas Country Mill
ORGANIC
BUCKWHEAT FLOUR

\$3.49/LB

Save 50¢/lb



Close to Home!



Benzler Farm
ORGANIC FLAME
RAISINS

\$3.99/LB

Save 50¢/lb



Enjoy Life
MINI CHOCOLATE
CHIPS

\$11.99/LB

Save \$4/lb



Almond Brothers
CINNAMON
ROASTED PECANS

\$13.99/LB

Save \$3/lb



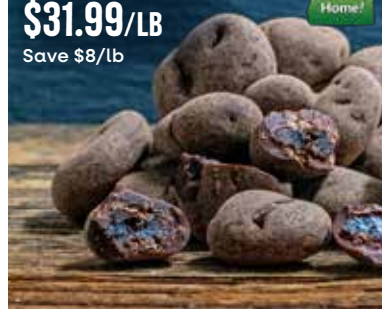
Hummingbird
**ORGANIC CHOCOLATE-
COVERED CHERRIES**

\$31.99/LB

Save \$8/lb



Close to Home!



Frontier
ORGANIC CEYLON
CINNAMON STICKS

\$47.99/LB

Save \$12/lb



ONLY \$3.99/oz

Frontier
ORGANIC
GROUND ALLSPICE

\$27.99/LB

Save \$8/lb



ONLY \$1.75/oz

Red Ape
ORGANIC
GINGER POWDER

\$27.99/LB

Save \$7/lb

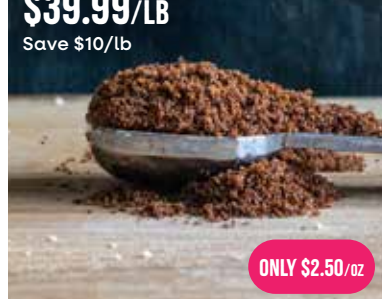


ONLY \$1.75/oz

Frontier
ORGANIC
GROUND CLOVES

\$39.99/LB

Save \$10/lb

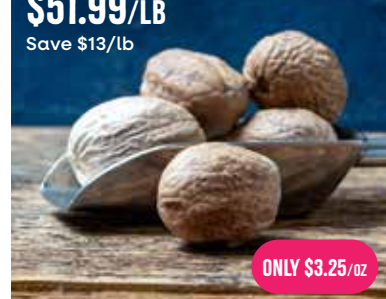


ONLY \$2.50/oz

Red Ape
ORGANIC
WHOLE NUTMEG

\$51.99/LB

Save \$13/lb



ONLY \$3.25/oz

Over 1000 items on SALE! • 12/3 - 12/16

STOCKING STUFFERS

FOR CHOCOLATE LOVERS

Organic and fair trade treats from **Nirvana**, **Maeve**, **Taza**, **Theo**, and many more, in both everyday flavors and special seasonal selections.

HYGGE HOLIDAYS

FOODS TO KEEP IT COZY

Award winning Oregon cheeses from **Rogue Creamery**, tea blends from **Mountain Rose Herbs**, and artisanal salami from **Coro**: All things you might expect to find at LifeSource. But there's so much more.

SWEET MAPLE FOR YOUR HOLIDAY TABLE

Fromage Frais from **Nettle & Meadow**, and Vermont syrup, maple bark, and maple sugar candies from **Mansfield Maple**.

GIVE A LITTLE COMFORT & JOY THIS HOLIDAY SEASON



LIFESOURCE HAS EVERYTHING YOU NEED TO CELEBRATE

Keep your loved ones warm with **Seattle Silver** and **Andes Gifts**:

- **Seattle Silver** 100% German cashmere scarves and shawls are incredibly warm, soft, and affordable, too!
- Hats, gloves, scarves, and more from **Andes Gifts** are hand knitted in Peru and Bolivia by Aymara and Quechua artisans using traditional techniques. Andes Gifts is a member of the Fair Trade Federation, so these are gifts you can feel great about!

Calendars both quirky and classy will get everyone ready for 2026.

Puzzles, stuffies, games, stickers, and **craft kits** will delight the littles in your life (and maybe some grownups!).

Find **cards** and all sorts of **stocking stuffers**, too!





WHICHEVER HOLIDAYS YOU HOLD DEAR, FIND YOUR SEASONAL STAPLES HERE

Grab Hanukkah essentials like candles, gelt, and gifts.

Trim your tree with our delightful selection of fair trade, handmade felt ornaments

Beeswax candles and tapers will cast their warm glow in your home as the nights grow dark and chill.



PICK PURR-FECT PRESENTS

for your furry friends and those who love them.





NERD OUT!

with unique stocking stuffers and gifts...



...and check out these

CUTE & CUDDLY CREATURES

Vendor Spotlight:



PROVEN IMMUNE DEFENSE*

Oyster mushrooms are celebrated for their ability to support immune health and overall wellness. Now, Terry Naturally® delivers the power of these mushrooms with PleuraMax™ Upper Respiratory Health formulas, featuring clinically studied Immunoglukan P4H® pleuran. This unique bioactive compound, found only in oyster mushrooms, has been shown to promote natural resistance and strengthen your body's defenses.*

Backed by over 25 years of research and 40 published studies, Immunoglukan P4H has helped millions worldwide support their immune health.* Available in two potent formulas, PleuraMax delivers real-world benefits you can feel.

PLEURAMAX

\$19.99

30 vcaps | **Save \$8**



BRONCHIAL



EAR



SINUS



THROAT



NEW!

Try **PleuraMax™** today to support healthy respiratory function, and help maintain bronchial, sinus, ear, and throat health year-round.*

MONEY-BACK GUARANTEE

Imunoglukan P4H® is a registered trademark of Pleuran, s.r.o. Bratislava, Slovakia.

*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.

**Terry
Naturally.**

EuroPharmaUSA.com

LifeSourceNaturalFoods.com

VITAL PLANET

ORGANIC FLORA PROBIOTICS

Gut Balance • Men's Daily
Women's Daily • Senior's Daily

\$23.99

30 caps | **Save \$9**



Vital Planet focuses on strain diversity for formulas that more closely mirror a healthy and highly diverse human gut.

**ORGANIC FLORA, THE HIGHLY DIVERSE
PROBIOTIC WITH 60 STRAINS**



NEW!



CV Sciences
CBD GUMMIES

Sleep • Calm

\$24.99

30 chews | **Save \$11**



Solaray
**MAGNESIUM
GLYCINATE**

350 mg per serving

\$15.99

120 vcaps | **Save \$4**



Zhou
HAIRFLUENCE

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60 ct | **Save \$10**

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**CREATINE
+ COLLAGEN**

with electrolytes

\$26.99

9.6 oz | **Save \$11**

LifeSource natural foods BRAND SUPPLEMENTS



MELATONIN

3 mg

\$5.99

60 tab | Save \$2



ULTIMATE SLEEP FORMULA

\$13.49

50 vcap | Save \$3.50



5-HTP

100 mg

\$19.99

60 cap | Save \$3.50



L-THEANINE

200 mg

\$22.99

60 cap | Save \$6

BOIRON



COLD CALM

\$9.99

60 ct | Save \$3



THROAT CALM

\$9.99

60 ct | Save \$3



SINUS CALM

\$9.99

60 ct | Save \$3



Olbas AROMATIC INHALER

\$4.29

ea | Save \$2.70



Olbas OLBAS OIL

\$6.79

0.32 fl oz | Save \$3.70

Wellness • On Sale 12/3 - 12/30

SOOTHING TOUCH



AYURVEDIC MASSAGE OIL

Calming
Lavender

\$7.99

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



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\$5.29

4-5.29 oz | **Save \$2.70**



Radius SOURCE TOOTHBRUSH

Soft

\$7.99

ea | **Save \$4**

Radius REPLACEMENT HEADS

Soft

\$5.49

2 pk | **Save \$2.50**



Inesscents

CBD BATH SALTS, SOAKS & FIZZ

Citrus • Mustard Detox
Lavender • Forest Bathing
Unscented

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3.5-4 oz | **Save \$2**



Booda Organics BOODA BUTTER

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2.3 oz | **Save \$3**

**STAFF
FAVORITE**



Inesscents

NATURAL PERFUME OIL

Your Choice of Roll-Ons

\$15.99

0.3 fl oz | **Save \$4**



Heritage ROSEWATER MIST

\$8.49

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



Heritage CASTOR OIL & ROSEMARY

Volumizing Hair Treatment

\$13.99

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

Wellness • On Sale 12/3 - 12/30



Badger
TATTOO BALM
\$7.99
2 oz | Save \$3



Badger
BEARD OIL
\$11.99
1 fl oz | Save \$3.50

FAT AND THE MOON



EYE COAL
Leaf • Earth
Lapis • Coal
\$12.99
0.15 oz | Save \$7



LIP PAINT
Your Choice
\$15.99
0.15 oz | Save \$10



HIGHLIGHTER
Glow • Lit • Beam
\$14.99
0.15 oz | Save \$7



TINTED LIP BALM
Ruby Red
\$12.99
0.5 oz | Save \$7

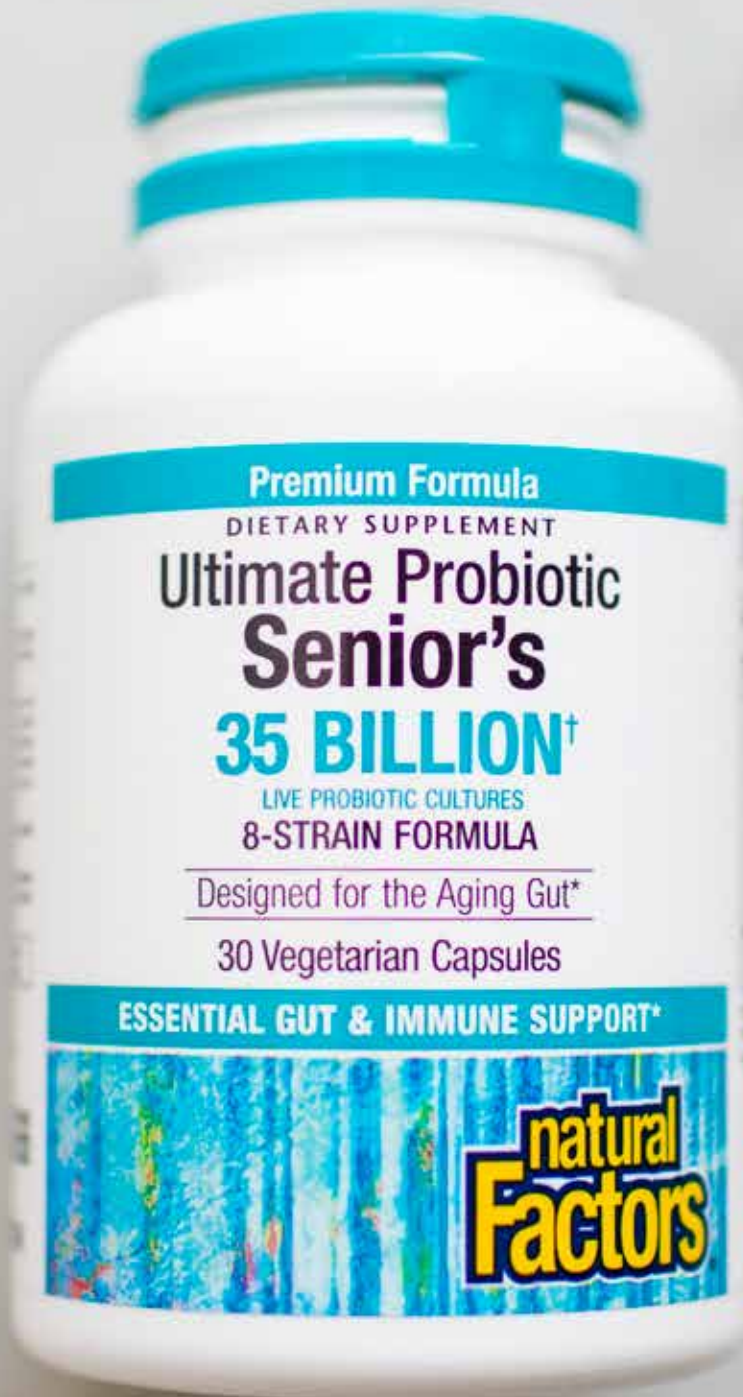


LIP & CHEEK STAIN
\$12.99
0.5 oz | Save \$11



Over 1000 items on SALE! • 12/3 - 12/30

NATURAL FACTORS



Natural Factors is a leader in probiotic science and innovation with over 40 years' experience. Natural Factors' advanced probiotic supplements are designed based on the latest science and make it easy to choose the right formula for you.

Why choose Natural Factors probiotics?

- Research-supported strains and strengths
- Potency guaranteed through expiration
- Strain compatibility ensuring viability
- DNA mapping of each strain for guaranteed identity
- Guaranteed acid resistance; no enteric coating needed!
- Non-GMO
- Third-party certified for purity and potency

ULTIMATE PROBIOTIC SENIOR'S

35 Billion Probiotic
Cultures

\$17.99

30 vcaps | **Save \$5**

