



**EAT WELL
BE HAPPY**

**ORGANIC
COSMIC CRISP APPLES**

\$1.99/LB



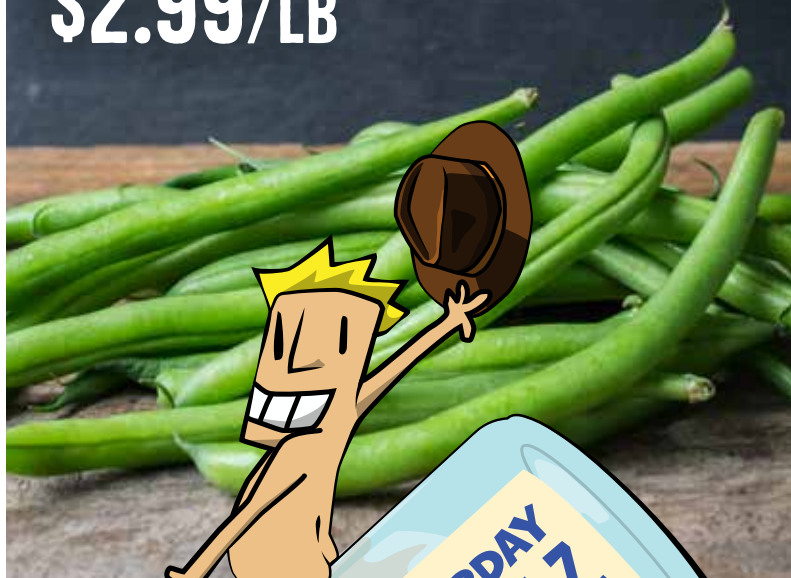
**ORGANIC
RED D'ANJOU PEARS**

\$1.49/LB



**ORGANIC
GREEN BEANS**

\$2.99/LB



**FERMENTATION
CELEBRATION**

FREE SAMPLES • FLASH SALES ALL DAY



Organic Produce • On Sale 2/25 - 3/3

COLCANNON

A traditional Irish dish of mashed potatoes and greens, commonly served on St. Brigid's Day (February 1) and St. Patrick's Day (March 17). Substitute collards or other greens—even nettles!—for the kale if you prefer.



Serves 4-6

- 1.5 lbs starchy potatoes (such as Russet or Yukon Gold), peeled and cut into chunks
 - 4 cloves garlic, peeled and smashed
 - 1 leek (.5 lb), white and light green parts thinly sliced, rinsed, and patted dry
 - ¼ cup butter or vegan butter
 - ½ head (.5 lb) green or savoy cabbage, thinly sliced
 - ½ bunch (.25 lb) kale
 - ½ cup whole milk, half-and-half, or unsweetened non-dairy milk of choice
 - Salt and pepper to taste dry
1. Cover the potatoes and garlic in salted water and bring to a boil. Reduce heat to a simmer and cook until tender, about 20 minutes. Drain the potatoes.
 2. While potatoes are boiling, melt butter in a large skillet over medium heat. Add leeks and cook, stirring regularly, until they have softened and turned translucent.
 3. Add cabbage and kale to the skillet and sprinkle with salt and pepper. Continue to stir regularly, until the greens are tender. Add milk and cook until just warm. Remove from heat.
 4. Pour the milk-cabbage mixture over the potatoes and mash thoroughly. Salt to taste.

ORGANIC BLACKBERRIES

\$3.49



6 OZ
PKG



ORGANIC KALE

Red • Green • Italian

2 FOR \$4



ORGANIC JALAPEÑO PEPPERS

\$3.99/LB



Organic Produce • On Sale 2/25 - 3/3

**ORGANIC
MURCOTT MANDARINS**

\$2.69/LB



**ORGANIC
MINI SWEET PEPPERS**

\$3.99



**1 LB
PKG**

**ORGANIC
ENGLISH CUCUMBERS**

\$2.49/EA



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

.....

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





Lonely Lane Farms
**LOCAL GRASS-FED
 ENGLISH-STYLE BANGERS**

\$10.99

12 oz | Save \$2



BANGERS AND MASH

Serves 4

- 2 lbs potatoes, peeled and cubed
- 2 cloves garlic, smashed and peeled
- 1/4 cup butter
- 1/4 cup cream cheese
- 1 tsp dried mustard
- 4 pork dinner sausages
- 1 Tbsp butter
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 2 cups beef broth
- 1/2 cup red wine
- Salt and pepper to taste
- 1 Tbsp cornstarch (optional)

1. Preheat the oven to 200°F.
2. Place potatoes and smashed garlic in a medium saucepan and cover with cold water. Add salt to taste. Simmer until potatoes are tender, about 15 minutes. Drain.
3. Add 1/4 cup butter, cream cheese, and dried mustard to hot potatoes. Mash until smooth.
4. Cook sausage in a skillet over medium heat until well browned and cooked through. Remove sausage from skillet and place in the oven to keep warm. Reserve 1 Tbsp drippings.
5. Melt 1 Tbsp butter in reserved sausage drippings. Add onion, sauté over medium heat until well browned and soft, about 20 minutes. Add chopped garlic, cook until fragrant.
6. Add beef broth and red wine to onions, simmer until liquid is reduced by half, about 30 minutes.
7. Season with salt and pepper to taste. If a thicker sauce is desired, mix cornstarch with 1/4 cup water, and add to gravy. Cook and stir until thickened and bubbly.
8. Serve sausage with mashed potatoes, gravy, and peas.



Kerrygold
**GRASS FED
 PURE IRISH BUTTER**

Salted • Unsalted

\$4.99

8 oz | Save \$2



California Olive Ranch
**EXTRA VIRGIN
 OLIVE OIL**

\$25.99

33.8 fl oz | Save \$14



Madhava
**ORGANIC WINE
 VINEGARS**

Red • White

\$2.99

16.9 fl oz | Save \$3



Beyond Meat
**PLANT-BASED
 SAUSAGE**

Hot Italian • Brats

\$6.49

14 oz | Save \$4.50



Smart Chicken
**ORGANIC WHOLE
 CHICKENS**

\$4.29/LB

Save \$1/lb



Lucini Italia
**EVERYDAY EXTRA
VIRGIN OLIVE OIL**

\$19.99

33.8 fl oz | Save \$10



Lucini Italia
**ORGANIC
PASTA SAUCES**

Your Choice

\$6.99

24 oz | Save \$4.50



Maya Kaimal
**ORGANIC
EVERYDAY CHANA
& EVERYDAY DAL**

Your Choice

\$2.99

10 oz | Save \$2.50



Maya Kaimal
**INDIAN
SIMMER SAUCES**

Your Choice

\$3.99

12.5 oz | Save \$3



Atoria's
PITA & NAAN

Your Choice

\$2.99

11 oz | Save \$2

CORNED BEEF BRISKET

Lonely Lane Farms

**LOCAL GRASS-FED UNCURED
CORNED BEEF BRISKET**

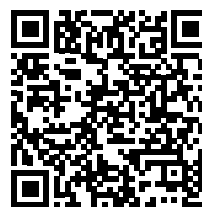
\$18.99/LB

Save \$1.80/lb

Close to Home!



- **Corned Beef Brisket (about 2 lbs)**
 - **2 Tbsp brown sugar**
 - **6 red potatoes, halved**
 - **4 carrots, peeled and quartered**
 - **1 small head cabbage, quartered**
 - **Low sodium beef broth, if desired**
- Spice Mix:**
 - **3 bay leaves**
 - **1 tsp peppercorns**
 - **1 tsp mustard seeds**
 - **1 tsp coriander seeds**
 - **4 allspice berries**
 - **4 cloves**
 - **1 tsp fennel**
 - **Red pepper flakes (to taste)**
1. Place brisket, spice mix, and brown sugar in a large Dutch oven or heavy bottomed pot. Cover with water, (or broth) and bring to a boil. Reduce heat to low and simmer for about 2 hours. Check occasionally and add more water or broth to keep meat covered.
 2. Add potatoes and carrots, return to boil, reduce heat to low and simmer for about 15 minutes, or until almost done. Add cabbage, cook for about 5 minutes, or to taste.
 3. Slice meat across the grain and serve with veggies, pan juices and horseradish.



Scan here for our simple Prepared Horseradish recipe, and find many more of our original recipes at LifeSourceNaturalFoods.com, including our fantastic recipe for Corned Beef Sandwiches.

Over 1000 items on SALE! • 2/25 - 3/10

HOMEMADE GINGER BEER



Ingredients:

- 1 fresh ginger root
- 2 cups raw cane sugar
- 3 limes
- Water

1. The starter culture, or "ginger bug," can take a couple of weeks to get going, depending on the ambient temperature. Grate 2 tsp (about 10g) ginger and 2 teaspoons of sugar into 1 cup of water. Stir well, cover with cheesecloth, and set in a warm spot. Every day or two, stir in the same amount of grated ginger and sugar. When this starter starts bubbling (depending on temperature, this can be as soon as a couple of days, or more than a week), it's ready to use. If you don't use it right away, keep it active by feeding it with additional sugar and grated ginger every couple of days.
2. Once the starter is active, bring ½ gallon of water to a boil. Add grated ginger—about ¼ cup (40g) for a mild brew, or up to ¾ cup (120g) for strong ginger flavor—and 1½ cups (270g) sugar, and boil for 15 minutes. Allow to cool to body temperature.
3. When cool, strain out and discard the ginger. To the liquid, add the juice of the limes and the strained starter culture. (Optionally, to keep the starter going for future batches, reserve a couple tablespoons of the starter culture, add more water, grated ginger, and sugar to it, continuing to feed as in Step 1.) Bottle the ginger beer in sealable bottles. Glass swing-top bottles work best, but glass or plastic screw-top bottles can also be used. Let the bottles ferment in a warm place for 10-14 days.
4. Chill the bottles before opening, and use caution as the contents will be under pressure. While the results of fermentation can vary slightly, ginger beer should contain no more than trace amounts of alcohol, and can be safely consumed by children.



Kettle Brand AVOCADO OIL POTATO CHIPS

Your Choice

2 FOR \$7

6 oz | Save \$2.49/ea



Lesser Evil ORGANIC POPCORN

Your Choice

2 FOR \$6

4.6-6.4 oz | Save \$1.79/ea



Epic PORK RINDS

Your Choice

2 FOR \$5

2.5 oz | Save \$2.49/ea



Epic MEAT BARS

Your Choice

3 FOR \$5

1.3 oz | Save \$2.33/ea



Epic MEAT STRIPS

Salmon • Venison
Wagyu Beef

4 FOR \$5

0.8 oz | Save \$1.54-\$1.74/ea



Culture Pop
PROBIOTIC SODA
 Your Choice of 4-packs
\$5.49
 4/12 fl oz | Save \$4.50



Lakewood
PURE CRANBERRY JUICE
\$6.99
 32 fl oz | Save \$5



Eternal Water
ALKALINE SPRING WATER
2 FOR \$3
 33.8 fl oz | Save 99¢/ea



Lakewood
PURE POMEGRANATE JUICE
\$7.99
 32 fl oz | Save \$5.50



Saint James
ORGANIC ICED TEA
2 FOR \$4
 16 fl oz | Save 99¢/ea



Forager
KEFIR-STYLE DRINK
 Strawberry · Unsweetened
\$4.49
 28 fl oz | Save \$2.50



GT's
SYNERGY RAW KOMBUCHA
 Guava · Gingerberry · Trilogy
\$6.99
 48 fl oz | Save \$3



Stash
TEAS
 Your Choice
\$2.49
 18-20 bag | Save \$2

Close to Home!

Over 1000 items on SALE! · 2/25 - 3/10

ROOT VEGGIE & LENTIL STEW



Serves 4-6

- 2-3 Tbsp olive oil
- 1 medium yellow onion, chopped
- 2 carrots, peeled and chopped
- 1 medium parsnip, chopped
- 1 medium Chioggia beet, peeled and chopped
- 1 medium garnet yam, peeled and chopped
- 5 cloves garlic, smashed
- and chopped
- 3 cups vegetable or mushroom broth
- 1 cup dry red wine, such as pinot noir
- 1 cup dry green or brown lentils
- 4 sprigs thyme leaves, minced
- 1 sprig rosemary leaves, minced

1. In a large dutch oven or other heavy bottomed pot, heat olive oil over medium heat. Saute onions with a pinch of salt until golden and translucent. Add carrots, beets, yams, parsnip, and garlic. Cook and stir for 7 minutes. Season with salt and pepper.
2. Stir in broth, red wine, and lentils. Bring to a boil, cover, and reduce heat to a simmer. Simmer on medium low for 35 minutes.
3. Uncover and stir in fresh herbs. Cook for an additional 10 minutes, or until lentils are tender. Taste and adjust seasonings if desired.



Red's
BURRITOS
Steak • Organic Chicken
Organic Beans

\$1.99

4.5-5 oz | Save \$1.30



Bubbies
**KOSHER
DILL PICKLES**

\$4.99

16 oz | Save \$3



Coconut Secret
**COCONUT
AMINOS**

\$7.49

16.9 fl oz | Save \$6.50



Epic
MEAT BITES

Your Choice

\$3.99

1.5-2.5 oz | Save \$4.50-\$5



O'Doughs
BAGEL THINS
Original • Flax • Everything

\$4.29

10.6 oz | Save \$2.20



BULK DEPARTMENT DEALS

ORGANIC STEEL CUT OATS

\$1.99/LB

Save 50¢/lb



Wandering Goat
LOCALLY ROASTED ORGANIC COFFEE

Guatemala Huehuetenango
Hair of the Goat Blend

\$13.99/LB

Save \$4/lb



Azure
ORGANIC SPANISH BROWN LENTILS

\$3.79/LB

Save \$1/lb



Azure
ORGANIC EINKORN WHEAT BERRIES

\$3.79/LB

Save 70¢/lb



Sun Valley
ORGANIC THOMPSON GREEN RAISINS

\$3.99/LB

Save 50¢/lb



RAW ORGANIC CASHEW BUTTER

Freshly Grind Your Own

\$8.49/LB

Save \$1.50/lb



Hummingbird
LOCAL HONEY

Clover · Blackberry
Spring Nectar

\$8.99/LB

Save \$2.50/lb



ORGANIC DRIED MANGO CHEEKS

\$14.99/LB

Save \$3/lb



Café Mam
LOCALLY ROASTED ORGANIC, FAIR TRADE MOCHÓ BLEND COFFEE

Regular

\$12.99/LB

Decaf

\$13.99/LB

Save \$3/lb



Singing Dog
ORGANIC VANILLA BEANS

Tahitian · Planifolia

\$2.49/EA

Save \$1/ea



Pure Bliss Organics
ÇAÍ COCONUT BITES

\$13.99/LB

Save \$3/lb



Over 1000 items on SALE! · 2/25 - 3/10



Biokleen
LAUNDRY LIQUID

Sport • Citrus
Free & Clear

\$11.99

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



Nancy's
ORGANIC YOGURT

Whole • Low Fat • Nonfat

\$4.49

32 oz | **Save \$2.50**



ECOS
DISH SOAP
Grapefruit • Free & Clear

\$3.49

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



Organic Valley
ORGANIC CHEDDAR

Sharp • Mild

\$4.49

8 oz | **Save \$3**



Cookie Pal
DOG TREATS

Pumpkin Chia
Peanut Butter Chia
Sweet Potato Flaxseed

\$4.49

8.8-10 oz | **Save \$4**



Alden's
ORGANIC ICE CREAM

Your Choice

\$8.49

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

WILCOX FAMILY FARMS

MOBILE PASTURE-RAISED EGGS

\$5.99

1 doz | **Save \$1.50**



Califia
ALMOND LATTE

Original • Mocha
Salted Caramel

\$2.79

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



Bobo's
OAT BARS

Your Choice

\$1.79

2.5-3 oz | **Save \$1.20**

Over 1000 items on SALE! • 2/25 - 3/10

MARCH MEAD-NESS

Honey, these sweet deals are the bee's knees! From melomels (mead made with fruit) to metheglin (spiced meads) to meads made with only honey, from sweet to dry, there's something for every palate. Which ones will you choose for your March Meadness Braggot... er, Bracket?



Dansk Mjød
VIKINGERNES MJØD

Lightly spiced and hopped, aromatic and sweet

\$29.99

750 ml | Save \$5



Hierophant Meadery
BUTTERBEE

Butterscotch metheglin

\$15.99

500 ml | Save \$3



Dansk Mjød
DANISH MEADS

Odin's Skull • Klapøsjter Mjød
Viking Blod • Ribe Mjød

\$24.99

750 ml | Save \$5



Hierophant
WASHINGTON MEADS

Lemonbalm • Chamomile
Chrysopoeia
Lavender Citrus

\$22.99

750 ml | Save \$4-\$6



Dansk Mjød
DANISH MEAD MINIS

Odin's Skull • Viking Blod

\$11.99

300 ml | Save \$2



Hidden Legend
PURE HONEY MEAD

\$18.99

750 ml | Save \$3



TERRY NATURALLY



CURAMED

750 mg

\$31.99

30 sg | **Save \$8**

Curcumin is the most powerful component of turmeric, a plant highly prized for centuries due to its amazing health benefits. CuraMed provides superior absorption, taking curcumin to the next level, with up to 500 times more curcumin delivered to the blood stream than turmeric.*†

* Based on enhanced absorption of CuraMed curcumin versus an equivalent weight of standard turmeric containing 2% curcuminoids.

† These statements have not been reviewed by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease



Yerba Prima DAILY FIBER CAPS

\$13.99

180 cap | **Save \$5**



Nordic Naturals OMEGA-3 FISH OIL

\$34.99

180 sg | **Save \$7.50**



Nature's Answer

SAMBUCUS

Black Elderberry

\$10.99

4 fl oz | **Save \$5.50**



Natural Vitality

CALM DRINK MIX

Original • Orange
Raspberry-Lemon

\$16.99

8 oz | **Save \$5**



Natural Vitality

CALM GUMMIES

Raspberry • Orange

\$20.99

120 ct | **Save \$5.50**



Natural Factors
QUERCETIN
 500 mg
\$16.99
 60 vcap | Save \$4



Natrol
5-HTP FAST DISSOLVE
 100 mg
\$10.99
 30 ct | Save \$7

**NEW
 LOOK!**



KAL
D-3 K-2 DROP-INS
\$11.99
 2 fl oz | Save \$6.50



Flora
ORGANIC FLAX OIL
\$22.99
 17 fl oz | Save \$8.50



CV Sciences
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 30 ct | Save \$11

SOLARAY



**MAGNESIUM
 GLYCINATE**
 350 mg
\$15.49
 120 vcap | Save \$4.50



**B-COMPLEX
 100**
\$17.99
 100 cap | Save \$6



**ONCE DAILY
 50+ ADULTS**
\$21.99
 60 vcap | Save \$6

ALL HERB PHARM 30% OFF



Giovanni
**SHAMPOO
& CONDITIONER**
Tea Tree • 50/50 • Root 66
Smooth as Silk • Weightless
\$7.49
8.5 fl oz | Save \$3.50



The Grandpa Soap Co.
PINE TAR BAR SOAP
\$3.29
3.25 oz | Save \$1.70



Derma-E
VITAMIN E SKIN OIL
14,000 IU
\$10.99
2 fl oz | Save \$4.50



Traditional Medicinals
**THROAT COAT
LOZENGES**
Orange Fennel • Lemon Ginger
Eucalyptus Mint

\$3.99
16 ct | Save \$3



Mad Hippie
**VITAMIN C SERUM
& SUPER A SERUM**
\$27.99
1 fl oz | Save \$5



Traditional Medicinals
SMOOTH MOVE
\$11.99
50 cap | Save \$7



Olbas
AROMATIC INHALER
\$4.29
ea | Save \$2.70

Brenda Watson's
VITAL PLANET™

For over a decade, Vital Planet has been at the forefront of natural digestive health, helping millions of people and their pets feel better from the inside out. Founded on the belief that true wellness begins with a balanced gut, the brand offers science-backed probiotics, fiber blends, digestive aids, omega-3s, cleanses and more — all formulated to support optimal digestion, immune health, and overall vitality.

What sets Vital Planet apart is their commitment to transparency, quality, and education. Every ingredient and probiotic strain is clearly listed on packaging, with no hidden additives or vague terms, so consumers know exactly what they're putting in their bodies. They also provide clear wellness education and expert support, empowering customers to make informed health choices.

Flagship products like the Vital Flora probiotic line feature high strain, high-potency formulas designed to support digestion and immune balance, while other offerings like Vital Fiber gently promote regularity with organic plant-based sources.

With thousands of glowing reviews praising effectiveness and customer care, Vital Planet continues to build trust among health-conscious consumers seeking natural, effective solutions for everyday wellness.



**INTENSE CARE
 PROBIOTICS**

Bowel • Colon • Brain & Mood
 Gas & Bloating • Vaginal

\$42.99

30 ct | Save \$12

Over 1000 items on SALE! • 2/25 - 3/24

ANCIENT NUTRITION



MULTI COLLAGEN PROTEIN

\$35.99

Chocolate • Vanilla
Unflavored

16-16.8 oz | Save \$14



PLANT-BASED MULTI PROTEIN

Chocolate • Vanilla
Berry

\$39.99

19-21 oz | Save \$19

NEW!



ANIMAL-BASED MULTI PROTEIN

Chocolate • Vanilla
Strawberry

\$43.99

18 oz | Save \$21

NEW!



Wild Carrot CARDAMOM FACIAL CLEANSER

\$12.99

3.4 oz | Save \$7



Wild Carrot BORAGE BUTTER FACE CREAM

\$16.99

2 oz | Save \$7



Schmidt's DEODORANT

Charcoal • Bergamot Lime
Rose Vanilla • Lavender

\$9.99

2.65 oz | Save \$4



NOW XYLI-WHITE TOOTHPASTE

Refreshmint • Platinum Mint
Cinnafresh • Coconut

\$4.99

6.4 oz | Save \$2



Radius DENTAL FLOSS

Clove Cardamom

\$3.29

55 yds | Save \$2.20