



**EAT WELL
BE HAPPY**

**ORGANIC
CARA CARA
ORANGES**

\$1.49/LB



**ORGANIC
ATAULFO MANGOS**

2 FOR \$3



**ORGANIC
YELLOW ONIONS**

\$1.19/LB



Organic Produce • On Sale 4/1 - 4/7

BABA GANOUSH



Makes 4 servings

- 1 eggplant (about 1 lb)
- 2 Tbsp lemon juice
- ¼ cup olive oil
- 1 Tbsp parsley, rough chopped
- 1 Tbsp tahini
- ½ tsp smoked paprika
- 3 cloves garlic, peeled and smashed
- Salt and pepper, to taste

1. Preheat the oven to 425°F. Line a baking sheet with parchment.
2. Slice the eggplant in half lengthwise and brush with some of the olive oil. Place the cut side down on the prepared baking sheet. Bake for 45 minutes, or until tender.
3. Scoop the flesh out of the skin of the eggplant into a mesh strainer. Allow to drain for 10 minutes.
4. While the eggplant is draining, place the remaining olive oil, tahini, garlic, lemon juice, parsley, and paprika into a blender. Pulse a few times, scraping down the sides.
5. Add the eggplant to the blender, and blend until the desired consistency is reached. Season with a pinch each of salt and pepper. Taste, and adjust seasonings if desired.

ORGANIC
COSMIC CRISP APPLES

\$2.49/LB



ORGANIC
ENGLISH CUCUMBERS

\$2.99/EA



Wholesum
ORGANIC
SNACKING TOMATOES

Kaleidos • Darlings
Poppies • Brites

\$5.99/EA



**12 OZ
PKG**

Organic Produce • On Sale 4/1 - 4/7

LARGE ORGANIC
AVOCADOS

\$1.79/EA



ORGANIC
OPAL APPLES

\$1.99/LB



ORGANIC
EGGPLANT

\$1.99/LB



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

do yourself a



SALAD

SCRATCH MADE AND
SERVED UP FRESH
EVERY DAY

SPRING VEGETABLE TART



- 1 ¼ cup organic unbleached wheat flour
- ½ tsp kosher salt
- 6 Tbsp cold butter, cut into ½-inch cubes
- 2-3 Tbsp ice water
- 2 Tbsp butter
- 1 yellow onion, chopped
- 1 large leek, thinly sliced, with tough leaves removed
- 2 cloves garlic, smashed and minced
- 1 pkg prosciutto
- ½ cup peas
- ½ cup parmesan, shredded
- ½ cup gruyere, shredded
- ¼ cup smoked gouda, shredded
- Salt and pepper, to taste
- 1 tsp poultry seasoning
- 2 eggs
- ½ cup whole milk
- 1 Tbsp dijon mustard
- ½ bunch asparagus, trimmed

1. Mix together flour, kosher salt. Using a pastry cutter, blend in cold butter until the dough gathers into small pea-sized clumps. Add the ice water 1 or 2 table-spoons at a time until dough forms a ball. Gently form dough into a thick, even disk. Wrap in plastic wrap and refrigerate at least one hour, or overnight.
2. Preheat the oven to 350°F. Roll out the crust and gently fit into the tart pan. Roll over with a rolling pin to trim the edges. Dock the crust all over with a fork. Bake the crust for 15-20 minutes, or until done.
3. In a large skillet, heat 2 Tbsp butter over medium heat. Fry onions until translucent and beginning to soften, about 5 minutes. Add leeks and garlic, continue to cook until leeks are tender, another 5-7 minutes. Remove to a medium bowl.
4. In the same skillet, fry prosciutto over medium heat until brown and crisp, about 2 minutes. Mix into the leek mixture.
5. Add peas, parmesan, gruyere, gouda, salt and pepper, and poultry seasoning to the veggies. Whisk together eggs and milk, and stir that in as well.
6. Brush the bottom and sides of the pre-baked crust with dijon mustard, add filling, and top with asparagus. Bake in a 350°F preheated oven for 30-35 minutes, or until the filling is set and the crust is golden. Serve warm.



Annie's MAC & CHEESE

Select Varieties

4 FOR \$5

5.25-6 oz | Save \$2.24/ea



Cascadian Farm ORGANIC FROZEN SWEET PEAS & PEAS & CARROTS

\$2.29

10 oz | Save \$2.70



Imagine Foods CREAMY SOUPS

Butternut • Broccoli
Tomato Basil

\$3.99

32 fl oz | Save \$2



Kevin's SIMMER SAUCES

Your Choice

\$2.79

7 oz | Save \$1.70



Seeds of Change ORGANIC RICE & GRAINS

Your Choice

\$2.49

8.5 oz | Save \$2



Muir Glen
ORGANIC TOMATOES

Whole • Crushed • Diced
Fire Roasted

2 FOR \$5

28 oz | Save \$3.99/ea

BIG DEAL!



Muir Glen
ORGANIC CHILI STARTER

Mild • Medium

2 FOR \$5

28 oz | Save \$4.99/ea

BIG DEAL!



BelGioioso
FRESH MOZZARELLA

\$2.79

8 oz | Save \$2.70



Abbot's
**GROUND "BEEF"
& CHOPPED CHIK'N**

Plant-based

\$5.49

10 oz | Save \$3.50



Niman Ranch
PORK SAUSAGES

Bratwurst • Andouille
Sweet or Spicy Italian
Apple Gouda

\$7.99

12 oz | Save \$1.50

Lonely Lane Farms
LOCAL GRASS-FED PORK CHOPS
Bone-In

\$11.99/LB

Save \$1.50/lb

Close to Home!



CIDER-BRINED PORK CHOPS

Serves 4

- 2 cups water
- 2 cups apple juice
- ¼ cup kosher salt
- 2 Tbsp brown sugar
- 2 tsp cider mulling spices
- 2 tsp dried orange peel
- 2 tsp powdered ginger
- 1 tsp black peppercorns
- 4 bone-in pork chops
- Ground black pepper, to taste
- 4 apples, peeled and chopped
- ½ cup water

1. In a small saucepan, whisk together 2 cups water, apple juice, salt, brown sugar, mulling spices, dried orange peel, ginger, and peppercorns. Bring to a boil over high heat, stirring occasionally until salt and sugar are dissolved. Allow to cool completely.
2. Pat pork chops dry with paper towels. Place in a bowl or zip top bag. Pour cooled brine over the chops, and refrigerate 2 hours.
3. Bring apples and water to a boil in a medium saucepan over high heat. Reduce heat to medium low and simmer for 20-25 minutes, stirring occasionally until the apples are tender. Mash into applesauce of whatever consistency you prefer..
4. Preheat the broiler on high for 5 minutes. Remove the pork chops from the brine and pat dry. Season all over with black pepper. Broil in a cast iron skillet or broiler pan for 4 minutes each side, or until the internal temperature reaches 145°F. Serve with applesauce.

Over 1000 items on SALE! • 3/25 - 4/14



**Birdie and Louie
DOG FOOD ENTRÉES**

Chicken & Turkey
Chicken & Salmon

\$3.29

13 oz | **Save \$1.70**



**ECOS
LAUNDRY
DETERGENT SHEETS**

Free & Clear • Lavender

\$11.99

50 ea | **Save \$5**



If You Care
**UNBLEACHED
COFFEE FILTERS**

no.2 • no.4

\$3.29

100 ct | **Save \$1.70**



Kettle Foods
KETTLE CHIPS

Your Choice

2 FOR \$6

5 oz | **Save \$1.49/ea**

Food Should Taste Good

TORTILLA CHIPS

Multigrain • Blue Corn
Sweet Potato

\$2.99

5.5 oz | **Save \$2.50**



Olli Salumeria
SNACK PACKS

Genoa • Calabrese
Sopressata

\$2.99

2 oz | **Save \$2.50**



Back to Nature
CRACKERS

Your Choice

\$2.79

5-7 oz | **Save \$2**



Annie's
**ORGANIC
CHEESE CRACKERS**

Your Choice

2 FOR \$6

7.5 oz | **Save \$2.99/ea**





Oatly
FROZEN DESSERT

Your Choice

\$3.99

1 pint | Save \$2



Minor Figures

**BARISTA
OAT MILK**

Your Choice

\$3.49

32 fl oz | Save \$2.50



Coombs
**ORGANIC DARK
MAPLE SYRUP**

\$10.99

12 fl oz | Save \$5



Malk
**UNSWEETENED
ALMOND MILK**

\$4.99

28 fl oz | Save \$2



Kerrygold
IRISH BUTTER

Salted · Unsalted

\$5.29

8 oz | Save \$1.70



Mi-Del
**GLUTEN FREE
GRAHAM-STYLE
PIE CRUST**

\$3.29

7.1 oz | Save \$2.20



Dandies
**MARSHMALLOW
CREAM**

\$4.49

6.3 oz | Save \$2.50



Annie's
**ORGANIC BUNNY
GRAHAMS**

Honey · Neapolitan
Birthday Cake
Chocolate

2 FOR \$6

7.5 oz | Save \$2.99/ea

Over 1000 items on SALE! · 3/25 - 4/14

NATURALLY DYED EASTER EGGS



Red: Beet



Orange: Beet then turmeric



Yellow: Turmeric



Green: Blue butterfly pea then turmeric



Blue: Blue butterfly pea

- 1 Tbsp blue butterfly pea flower powder or flowers
- 1 Tbsp beet powder
- 1 Tbsp turmeric powder
- ¾ cup distilled white vinegar
- 1 dozen white eggs (or brown for more muted colors)
- Ice
- Mugs to dye eggs in

1. Combine ¾ cup vinegar and 8 cups water in a large pot, bring to a boil. Gently add eggs to the boiling water, taking care not to crack them. (Allowing eggs to come to room temperature first may reduce cracking.) Boil gently for about 10-12 minutes, depending on how hard cooked you prefer your eggs. After cooking, place eggs in an ice bath or very cold water to cool, about 15 minutes. Refrigerate until ready to dye.
2. Add a single dye colorant to each mug.
3. Boil water in a kettle, and add about a cup to 1 1/2 cups boiling water to each mug with the dye powder. Stir well and add 1 Tbsp vinegar to each mug. Allow to cool to room temperature before dyeing eggs.
4. Place eggs in the dye and let sit for at least 1 hour. Refrigerate if soaking for long periods. Alternatively, you can dip the eggs, let them sit for 5 minutes, allow them to air dry on a rack, and then dip again.



Drumroll MINI GLAZED DONUTS

Vanilla • Strawberry
Double Chocolate

2 FOR \$5

2.6 oz | Save \$1.49/ea



Cascadian Farm ORGANIC BREAKFAST CEREAL

Your Choice

2 FOR \$6

8.6-14.6 oz | Save \$4.49/ea



Meyenberg GOAT MILK KEFIR

\$5.79

32 fl oz | Save \$3.70



Mount Hagen ORGANIC INSTANT COFFEE

Regular • Decaf

\$9.99

3.5 oz | Save \$4



Vital Farms LARGE ORGANIC PASTURE-RAISED EGGS

\$8.49

1 doz | Save \$3.50

BULK DEPARTMENT DEALS

ORGANIC WHOLE OAT GROATS

\$1.99/LB
Save 50¢/lb



Azure
ORGANIC LIMA BEANS

\$2.99/LB
Save 80¢/lb



Benzler Farm
ORGANIC FLAME RAISINS

\$3.99/LB
Save 50¢/lb



WHOLE RAW ORGANIC CASHEWS

\$13.99/LB
Save \$3/lb



Café Mam
ORGANIC FAIR TRADE FRENCH ROAST COFFEE

Regular
\$12.99/LB

Save \$3/lb

Decaf
\$13.99/LB

Save \$3/lb



Close to Home!



Red Ape
ORGANIC GROUND TURMERIC

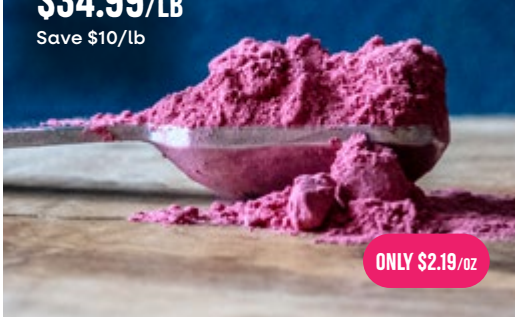
\$19.99/LB
Save \$5/lb



ONLY \$1.25/oz

Frontier
ORGANIC BEET POWDER

\$34.99/LB
Save \$10/lb



ONLY \$2.19/oz

Mountain Rose Herbs
ORGANIC BLUE BUTTERFLY PEA FLOWER POWDER

\$119.99/LB
Save \$30/lb



ONLY \$7.50/oz

YumEarth
ASSORTED FRUIT DROPS CANDY

\$15.99/LB
Save \$4/lb



SunRidge Farms
ORGANIC JOLLY BEANS

\$16.99/LB
Save \$5/lb



Over 1000 items on SALE! • 3/25 - 4/14

WINE & CIDER DEALS



Close to Home!

Christopher Michael

PINOT NOIR

Oregon

\$12.99

750 ml | Save \$2



USDA ORGANIC

Pacific Redwood

**ORGANIC
RED TABLE WINE**

Mendocino, California

\$9.99

750 ml | Save \$2



La Perlina

MOSCATO

Veneto, Italy

\$10.99

750 ml | Save \$3



Lovo

BLOSSOM ROSSO

Veneto, Italy

\$15.99

750 ml | Save \$3



Close to Home!

2 Towns Ciderhouse

BRIGHTCIDER

Made with Newtown Pippins

\$12.99

6/12 fl oz | Save \$2



NON GMO Project VERIFIED

C20
COCONUT WATER

Your Choice

2 FOR \$4

17.5 fl oz | Save \$1.29/ea



Rishi
**SPARKLING
BOTANICAL TEAS**

Your Choice

2 FOR \$5

12 fl oz | Save \$1.49/ea



USDA ORGANIC

NEW LOOK!

Steaz
**ORGANIC
GREEN TEA**

Your Choice

2 FOR \$3

16 fl oz | Save \$1.29/ea



Saratoga
SPRING WATER

Sparkling • Still

\$1.99

28 fl oz | Save \$1.50



Eternal
**ALKALINE
SPRING WATER**

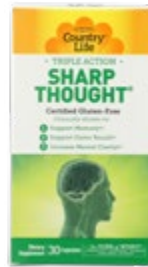
\$1.79

50.7 fl oz | Save \$1.20

Over 1000 items on SALE! • 3/25 - 4/14



Youtheory
SHILAJIT
\$19.99
60 vcap | **Save \$9**



Country Life
SHARP THOUGHT
\$25.99
30 vcap | **Save \$10**



Wishgarden
POCKET PUMPS
Kick-Ass Immune, Sinus & Allergy
Serious Cough · Deep Lung
Get Over It
\$6.99
0.66 fl oz | **Save \$3**



Sunwarrior
**ORGANIC
WARRIOR BLEND
PROTEIN**
Vanilla · Chocolate
\$39.99
1.65 lbs | **Save \$10**



Rainbow Light
VITAMIN C SLICES
\$10.49
60 gummies | **Save \$3.50**



Sunwarrior
ACTIVE CREATINE
Unflavored
\$23.99
10.58 oz | **Save \$6**



American Health
ESTER-C
1000 mg
\$21.99
90 cap | **Save \$7**



Whole Earth & Sea
VITAMIN D3 & K2
Liquid · 100% Vegan
\$19.99
0.5 fl oz | **Save \$7**

NORDIC NATURALS

**ULTIMATE
omega
2X**

High-strength omega-3s for heart, brain, and immune health!

1 FISH OIL BRAND IN THE USA!

2150 mg Omega-3s per 2 Soft Gels

60 SOFT GELS
FISH OIL SUPPLEMENT

**ULTIMATE OMEGA
2X**
\$39.99
60 sg | **Save \$12**

MEGA-FOOD



BLOOD BUILDER

Iron Supplement

\$21.99

90 tab | Save \$13

ALL
BLOOD BUILDER
SIZES ON SALE



MAGNESIUM

300 mg

\$12.99

60 vcap | Save \$7



MAGNESIUM CHEWS

Grape • Strawberry

\$10.99

30 chews | Save \$7.50



Flora
FLORA IRON LIQUID

\$17.99

8.1 fl oz | Save \$6



Bluebonnet
**BLOOD PRESSURE
SUPPORT**

\$19.99

60 vcap | Save \$8



Gaia Herbs
**MALE LIBIDO
& WOMEN'S LIBIDO**

\$21.99

60 cap | Save \$10



Garden of Life
**VITAMIN CODE
RAW ONE
MULTIVITAMIN**

Women • Men

\$27.99

75 vcap | Save \$8



Smarty Pants
MULTI & OMEGAS

Adult

\$20.99

180 gummies | Save \$15



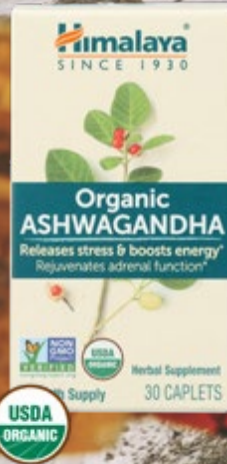
Badger
HEADACHE SOOTHER

\$6.99

0.6 oz | Save \$3



HIMALAYA



**ORGANIC
ASHWAGANDHA**

\$11.99

30 cap | Save \$4



Solgar
QUERCETIN COMPLEX

\$10.49

50 cap | Save \$4

**ALLERGY
SEASON
SUPPORT**



Hyland's
**BABY
ORAL PAIN RELIEF**

\$7.99

125 tab | Save \$4

BOIRON



**ALLERGY·CALM
& SINUS·CALM**

\$9.49

60 ct | Save \$3.50



ALLERGY·CALM KIDS

\$11.49

240 ct | Save \$3.50

Wellness · On Sale 3/25 - 4/28

everyone

We honor the well-being of all people and the planet we share

Since 1995, Everyone has stood for connection—with ourselves, each other, and the planet. Our products are formulated with intention, respecting the plants and people who bring our vision to life. From blending essential oils in a San Francisco garage to manufacturing in our 56,000-square-foot facility in Marin County today, each Everyone product undergoes a thorough process of ideation, testing, formulation, and production.

We carefully source our ingredients from around the world, considering factors like agriculture and weather conditions, and never compromise on quality or ethical standards. We are proud to be B Corp certified, vegan, cruelty-free, and synthetic fragrance-free. Thirty years later, we are still a family-owned business that prioritizes people over profits because genuine connection starts from within.



Everyone
**SHAMPOO
& CONDITIONER**

Coconut Lemon

\$8.99

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



Wellness • On Sale 3/25 - 4/28



Avalon Organics
**SHAMPOO
& CONDITIONER**

Lavender • Tea Tree • Rosemary

\$7.99

11 fl oz | Save \$4.50



Booda Butter
**COCONUT CREAM
DEODORANT**

Unscented

\$5.99

2.4 oz | Save \$3



Davids
**HYDROXI
TOOTHPASTE**

Peppermint • Orange Vanilla

\$5.99

4 oz | Save \$4



Himalaya
KIDS TOOTHPASTE

Bubblegum • Cool Mint

\$5.29

4 oz | Save \$2.70



evanhealy
**ROSE VETIVER
MOISTURIZER**

\$41.99

1.4 fl oz | Save \$7

**ALL
EVANHEALY
ON SALE**

SOLARAY



D-MANNOSE
with CranActin

\$22.49

60 vcap | Save \$6.50



**MYCROBIOME
COMPLETE
PROBIOTICS**

Women's • Men's
Adult 50+

\$29.99

30 ct | Save \$15

IMPROVED
FORMULA



**MAGNESIUM
GLYCINATE**

350 mg

\$28.99

240 vcap | Save \$7.50



Sukin
**SIGNATURE
FACE PRODUCTS**

Foaming Facial Cleanser
Facial Moisturizer
Revitalizing Facial Scrub
Hydrating Mist Toner

\$7.99

4.23 fl oz | Save \$3.50

Over 1000 items on SALE! • 3/25 - 4/28



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
**TURMERIC
FORMULA**

\$18.99

90 vcap | Save \$12.50



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