

**LifeSource**  
natural foods

**EAT WELL  
BE HAPPY**

**ORGANIC  
ENVY APPLES**

**\$1.99/LB**



**ORGANIC  
SWEET POTATOES**  
Garnet & Jewel varieties

**\$1.89/LB**



**ORGANIC  
CUCUMBERS**  
**2 FOR \$3**



**FOOD  
FAIR**  
& PLANT SALE

**20% OFF** regular-price items  
**ALL DAY!**

**Free** Veggie BBQ,  
Samples & Live Music  
**11AM-3PM**  
Food! Fun! Prizes!

**SATURDAY  
MAY 2**

**Organic Produce • On Sale 4/8-4/14**

# SWEET POTATO SALAD



- 2½ lbs sweet potatoes, peeled and cut into 1-inch cubes
  - ¾ cup red onion, diced
  - ½ bunch green onions, sliced
  - ¼ cup red wine vinegar
  - ¼ cup sunflower oil
  - 2 rounded teaspoons Dijon mustard
  - ⅛ teaspoon sea salt
  - ½ teaspoon black pepper
  - 3 teaspoon dried marjoram
1. Boil sweet potatoes until just soft. Drain and let them 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 KIWIS  
\$4.99/LB



ORGANIC STRAWBERRIES  
\$4.99/EA



16 OZ  
PKG

Cuties  
ORGANIC MANDARINS  
\$5.49/EA



2 LB  
BAGS



Organic Produce • On Sale 4/8-4/14

**ORGANIC  
MURCOTT MANDARINS**

**\$2.49/LB**



**ORGANIC KALE**

Purple · Green · Lacinato

**\$2.19/EA**



**ORGANIC  
TOMATOES ON THE VINE**

**\$3.49/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

**\$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

# 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**

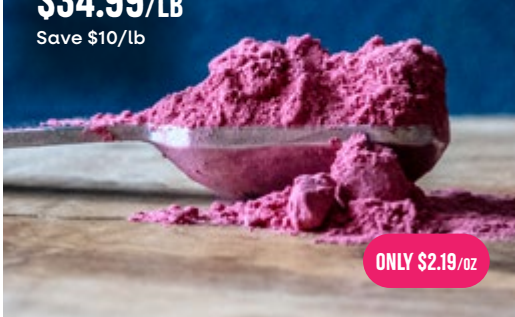
**\$19.99/LB**  
Save \$5/lb



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**

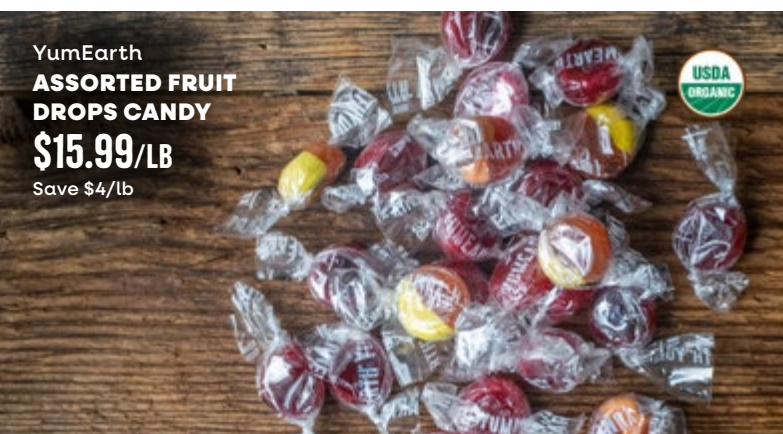
**\$119.99/LB**  
Save \$30/lb



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**

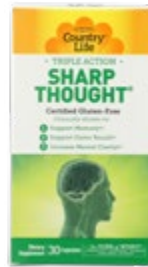
**\$1.79**

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



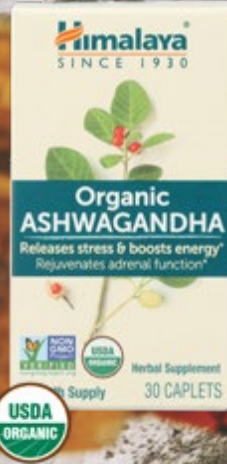
Badger  
**HEADACHE SOOTHER**

**\$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!