



**EAT WELL  
BE HAPPY**

**ORGANIC BICOLOR  
SWEET CORN**

**\$1.99/EA**



**ORGANIC  
ZUCCHINI**

**\$2.99/LB**



**ORGANIC  
BARTLETT PEARS**

**\$1.69/LB**



**ORGANIC RED  
SPRING ONIONS**

**\$4.29/BUNCH**



**ORGANIC  
SEEDLESS  
WATERMELON**

**89¢/LB**



**ORGANIC  
MINI SWEET  
PEPPERS**

**\$5.99**



**1 LB  
PKG**

**Organic Produce • On Sale 5/20–5/26**

# BERRY PAVLOVA

Serves 8

## Pavlova

- 6 egg whites
- 1 ½ cups sugar
- 1 tsp vanilla
- 1 tsp cornstarch
- ½ tsp cream of tartar
- ¼ granulated cane sugar, or to taste
- 1 tsp vanilla extract

## Fruit

- Fresh berries and fruit, chopped into bite sized pieces.

## Whipped Cream

- 2 cups whipping or heavy cream



## Pavlova

1. Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone mat.
2. In a large bowl, or the bowl of a stand mixer, mix egg whites until frothy, about 2-3 minutes. Add the cream of tartar and cornstarch. Continue mixing about 2 minutes, and then begin adding sugar 1 Tbsp at a time, until all sugar is added, and egg whites are stiff and glossy, about 5-8 minutes.
3. Divide egg whites onto baking sheet into 2 roughly 8-inch circles. With the back of a spoon, smooth a shallow well into the center of each to hold whipped cream and fruit.
4. Place the pavlovas in the preheated oven and immediately reduce the heat to 200°F. Bake for 90 minutes. Turn off the heat and allow to cool in the oven with the door closed for 2 hours.

## Whipped Cream

5. Chill a metal bowl and beaters for the whipped cream for at least 15 minutes.
6. To a large bowl add whipping cream, sugar, and vanilla. Beat on high with chilled beaters until stiff peaks form, about 3-5 minutes.

## Put it Together

7. Top the first layer with half the whipped cream and half of the fruit, Layer with second pavlova, remaining whipped cream, and remaining fruit. Serve immediately.

## ORGANIC STRAWBERRIES

\$4.99



## ORGANIC BLACKBERRIES

\$3.99



## ORGANIC BLUEBERRIES

\$5.99



Organic Produce • On Sale 5/20-5/26

# WINE & CIDER DEALS



Bodegas San Valero

**PLANO ALTO**

Garnacha & Cariñena

**\$12.99**

750 ml | **Save \$2**  
Cariñena, Spain



Famille Perrin

**CÔTES DU RHÔNE**

Made with Organic Grapes

**\$13.99**

750 ml | **Save \$2**  
Côtes du Rhône, France



Il Balzo

**CHIANTI RUFINA**

**\$21.99**

750 ml | **Save \$3**  
Chianti Rufina, Italy



E. Guigal

**CÔTES DU RHÔNE**

**\$15.99**

750 ml | **Save \$3**  
Côtes du Rhône, France



San Giorgio

**SANGIOVESE**

**\$9.99**

750 ml | **Save \$2**  
Puglia, Italy

# LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

do yourself a



SALAD

SCRATCH MADE AND  
SERVED UP FRESH  
EVERY DAY



Alden's  
**ORGANIC ICE CREAM**

Your Choice

**\$8.99**

48 fl oz | Save \$3.50

Close to Home!



Wildbrine  
**ORGANIC KRAUT**

Green • Garlic Dill  
Red Beet & Cabbage

**\$5.99**

18 oz | Save \$3.50



Primal Kitchen  
**ORGANIC MUSTARD**

Dijon • Spicy Brown

**\$2.99**

12 oz | Save \$3



Primal Kitchen  
**ORGANIC KETCHUP**

Unsweetened

**\$5.99**

18.5 oz | Save \$4



San-J  
**ASIAN COOKING SAUCES**

Teriyaki • Szechuan • Orange  
Thai Peanut • Mongolian  
Sweet & Tangy

**\$3.49**

10 fl oz | Save \$2.50



Honey Mama's  
**CHOCOLATE FUDGE BARS**

Your Choice

**\$3.99**

2.5 oz | Save \$3



Close to Home!



Capello's  
**GRAIN FREE GNOCCHI & RAVIOLI**

Your Choice

**\$6.49**

9.9-12 oz | Save \$5.50



San-J  
**ORGANIC SHOYU**

Brewed Soy Sauce

**\$3.49**

10 fl oz | Save \$3





### Tasty Bite INDIAN ENTRÉES

Your Choice

**\$2.99**

10 oz | Save \$2



### Tasty Bite ORGANIC RICE

Your Choice

**\$2.49**

8.8 oz | Save \$1.50



Green Valley Creamery

### LACTOSE FREE SHREDDED CHEESE

Cheddar • Mozzarella  
Mexican Blend

**\$3.49**

6 oz | Save \$2.50-\$3



Mulay's

### GROUND SAUSAGE

Breakfast • Chorizo  
Italian • Mild Italian

**\$6.99**

15-16 oz | Save \$3.50



### Smart Chicken ORGANIC CHICKEN DRUMSTICKS

**\$3.99/LB**

Save \$1/lb

# LONELY LANE FARMS

Third-generation farmers Mike and Patty Kloft run a 165-acre farm in Mt. Angel and lease 300 acres of grazing lands at the historic Mount Angel Abbey. This land provides space for the farm's animals to graze and roam freely, creating a great quality of life for the animals, a sustainable way of farming, and delicious, high quality meats for you.

### DELI-SLICED PASTRAMI

Grass Fed and Finished

**\$9.99**

6 oz | Save \$1/lb



### DELI-SLICED ROAST BEEF

Grass Fed and Finished

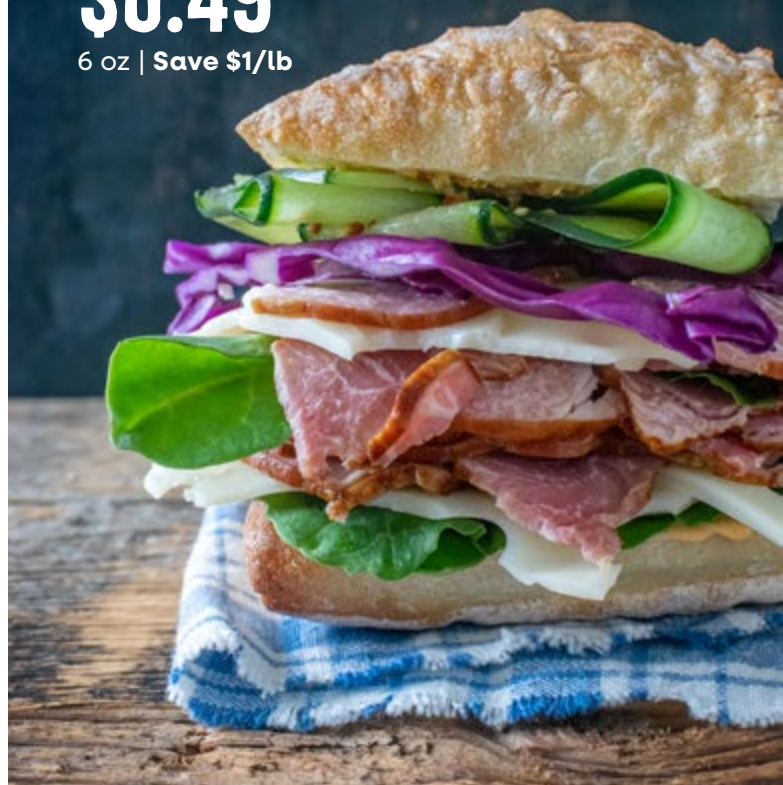
**\$9.49**

6 oz | Save \$1/lb

### DELI-SLICED HAM

**\$6.49**

6 oz | Save \$1/lb



Over 1000 items on SALE! • 5/13-5/26

# ENTER TO WIN

THIS SURFBOARD OR  
COOLER BAG FROM  
C<sub>2</sub>O



COMPLETE AN ENTRY FORM AT LIFESOURCE  
No purchase necessary. Enter by May 26, 2026.



## C<sub>2</sub>O COCONUT WATER

Your Choice

**2 FOR \$4**

17.5 fl oz | Save \$1.29/ea



Liquid Death

## SPARKLING WATER

Cherry • Lime

**\$1.29**

19.2 fl oz | Save \$1



Santa Cruz

## ORGANIC LEMONADE

Original • Raspberry • Mango  
Blueberry • Strawberry  
Limeade

**\$2.79**

32 fl oz | Save \$1.20



Eternal

## NATURALLY ALKALINE SPRING WATER

**\$2.49**

84.5 fl oz | Save \$1.50



GoodPop

## FROZEN POPS

Your Choice

**\$3.99**

10-14 fl oz | Save \$2.50

LifeSourceNaturalFoods.com



Painterland Sisters  
**ORGANIC SKYR  
YOGURT**

**2 FOR \$5**

5.3 oz | Save 99¢/ea



Purely Elizabeth  
**GLUTEN FREE  
OATMEAL**

Your Choice

**\$3.99**

8.3-9.12 oz | Save \$2-\$2.50



Flax4Life  
**GLUTEN FREE  
MUFFINS**

Your Choice

**\$5.49**

14 oz | Save \$3-\$3.50



Remedy Organics  
**ORGANIC SHAKES**

Chai • Matcha • Vanilla  
Berry • Cacao • Tropical

**\$2.99**

12 fl oz | Save \$2



Once Upon a Farm  
**ORGANIC FRUIT &  
VEGGIE BLENDS**

Your Choice

**\$2.29**

3.2 oz | Save \$1.50



Carbonaut  
**LOW CARB BREAD**

White • Seeded

**\$4.99**

19 oz | Save \$3.50



Crofter's  
**PREMIUM ORGANIC  
FRUIT SPREADS**

Cherry • Mango • Peach  
Raspberry • Strawberry  
Berry Harvest

**\$4.99**

16.5 oz | Save \$3



Justin's  
**CLASSIC  
PEANUT BUTTER**

**\$3.79**

16 oz | Save \$2.70



Vital Farms  
**PASTURE-RAISED  
BUTTER**

Salted • Unsalted

**\$3.49**

8 oz | Save \$2



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# REFRIED BEANS



## Makes 6 cups

- 1 lb dried pinto beans
- 3 Tbsp kosher salt
- ¼ tsp baking soda
- 1 yellow onion, quartered
- 2 tsp kosher salt
- 2-4 Tbsp olive oil, avocado oil, lard, or bacon fat
- 4 cloves garlic
- 1 (4 oz can) green chilis
- Seasoning blend to taste
- 1 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp black pepper
- ½ tsp cumin
- ½ tsp Mexican oregano
- ¼ tsp cayenne

1. Pick through beans, removing and discarding any broken or shriveled beans and foreign matter. Rinse well. Place in a large bowl and cover with 3 cups of water for every cup of beans. Stir and remove any floating beans. Add 3 Tbsp kosher salt and ¼ tsp baking soda. Allow to soak overnight.
2. Rinse soaked beans thoroughly. Place in a large heavy bottomed pot and cover with 2 or 3 inches of water. Add onion and 2 tsp of kosher salt. Bring to a boil, reduce heat and simmer partially covered until tender, about 90 minutes to 2 hours. Drain and rinse, reserving a cup of the bean liquid.
3. In a small bowl mix together chili powder, paprika, pepper, cumin, oregano, and cayenne to make the seasoning blend.
4. Heat oil in a large cast iron skillet over medium heat. Add garlic, cook until fragrant, about 1 minute. Add beans and chilis. Mash with a potato masher until desired consistency is reached. Stir in a little bean broth to add more moisture. Add more oil if needed.
5. Stir in seasoning blend to taste. Add a little more salt if needed. Serve warm or freeze in recipe sized portions for up to 6 months.



## Lesser Evil ORGANIC POPCORN

Your Choice

# \$2.99

4.6-6.4 oz | Save \$1.80



## Mary's Gone Crackers ORGANIC SUPERSEED CRACKERS

Basil Garlic • Everything  
Classic • Seaweed Sesame

# \$3.49

4 oz | Save \$2



## The Good Crisp Company POTATO CRISPS

Your Choice

# 2 FOR \$6

5.6 oz | Save \$1.99/ea



## Uglies POTATO CHIPS

Your Choice

# 2 FOR \$6

6 oz | Save \$1.99/ea



## Archer MEAT STICKS

Beef • Turkey  
Ancestral Blend

# \$1.49

0.85-1 oz | Save \$1.30

# BULK DEPARTMENT DEALS

Hummingbird  
**ORGANIC  
PINTO BEANS**  
**\$2.29/LB**  
Save 70¢/lb



**ORGANIC  
GLUTEN FREE  
ROLLED OATS**  
**\$2.79/LB**  
Save 50¢/lb



Equal Exchange  
**SELECT ORGANIC FAIR TRADE COFFEE**  
Perú Medium Roast  
Mexican Vienna Roast  
**\$12.99/LB**  
Save \$2/lb



**ROASTED SALTED  
SUNFLOWER  
SEEDS**  
**\$3.99/LB**  
Save \$1/lb



**ORGANIC  
FUSILLI PASTA**  
Non Gluten  
**\$7.29/LB**  
Save \$1.70/lb



**MINI MILK CHOCOLATE  
PEANUT BUTTER CUPS**  
**\$8.99/LB**  
Save \$2.50/lb



Hummingbird  
**BLACKBERRY HONEY**  
**\$9.49/LB**  
Save \$2/lb



Tierra Farm  
**ORGANIC ROASTED  
SALTED MIXED NUTS**  
**\$17.99/LB**  
Save \$7/lb



**ORGANIC  
ACINI DI PEPE PASTA**  
Non Gluten  
**\$6.99/LB**  
Save \$2/lb



Café Mam  
**ORGANIC FAIR TRADE  
CHOCOLATE COVERED  
COFFEE BEANS**  
**\$39.99/LB**  
Save \$10/lb



Close to Home!



Oregon Soap Company  
**ALL-PURPOSE LIQUID  
CASTILE SOAP**  
made with organic  
coconut & olive oil  
**\$5.99/LB**  
Save \$2/lb

Close to Home!



Over 1000 items on SALE! • 5/13-5/26

# HOUSEHOLD SAVINGS



World Centric  
**9" COMPOSTABLE PLATES**

Unbleached

**\$3.79**

20 pk | **Save \$3.20**



World Centric  
**COMPOSTABLE HOT CUPS**

12 oz

**\$3.29**

20 pk | **Save \$2.70**



I and Love and You  
**CAT FOOD PÂTÉ**

Whascally Wabbit  
Chicken Me Out  
Oh My Cod!  
Savory Salmon

**3 FOR \$4**

3 oz | **Save 66¢/ea**



I and Love and You  
**DOG FOOD STEW**

Your Choice

**\$2.99**

13 oz | **Save \$1.80**



Primal Kitchen  
**COLLAGEN PEPTIDES**

Unflavored

**\$23.99**

19.4 oz | **Save \$14**



Sunwarrior  
**ACTIVE CREATINE**

Unflavored

**\$23.99**

10.58 oz | **Save \$6**



Sunwarrior  
**WARRIOR BLEND PROTEIN**

Unflavored • Chocolate

**\$23.99**

13.2 oz | **Save \$6**



Simply Tera's  
**PURE WHEY PROTEIN**

rGBH-Free Vanilla

**\$17.99**

12 oz | **Save \$6**



Nordic Naturals  
**ULTIMATE OMEGA**

Plant-Based EPA & DHA

**\$36.99**

60 sg | **Save \$11**

Over 1000 items on SALE! • 5/13-5/26



Host Defense  
**MYCOBOTANICALS**  
Brain • Liver • Blood Sugar  
Stress Decompress

**\$20.99**

60 vcaps | **Save \$9**



Natural Factors  
**WELL•BET•X**  
**BERBERINE**

**\$28.99**

120 vcaps | **Save \$8**



Jarrow  
**MAG•MIND**  
**PRODUCTIVITY**

**\$31.99**

60 vcaps | **Save \$10**



**OREGON'S WILD HARVEST**

**ALLER-AID**

**\$23.99**

90 caps | **Save \$9**

**ALL OREGON'S WILD HARVEST ON SALE**

Close to Home!



Natural Stacks  
**BRAIN FOOD**

Dopamine • Acetylcholine  
GABA • Serotonin

**\$28.99**

60 vcaps | **Save \$10**

**ALL NATURAL STACKS ON SALE**



**MICKELBERRY GARDENS**

**POLLEN HONEY TONIC**

**\$18.99**

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

Close to Home!



MicroJoy  
**FUNCTIONAL MUSHROOM GUMMIES**

Motivate • Concentrate  
Hibernate • Elevate

**\$5.99**

5 gummies | **Save \$2**

**ALL MICROJOY ON SALE**

# LifeSource

natural foods  
BRAND SUPPLEMENTS



Close to Home!

## CHEWABLE CALCIUM

Citrus Flavor

# \$9.99

60 tab | Save \$3



Close to Home!

## ADVANCED IRON COMPLEX

# \$10.99

60 tab | Save \$3



Close to Home!

## ZINC PICOLINATE

30 mg

# \$11.49

100 cap | Save \$3



Close to Home!

## MAGNESIUM GLYCINATE

# \$15.99

90 vcap | Save \$4



Zhou  
**HAIRFLUENCE**

# \$19.99

60 vcap | Save \$10



HIGH  
POTENCY

Vital Planet  
**VITAL FLORA**  
**60/60 PROBIOTIC**

Women's • Women's 55+  
Refrigerated or Shelf Stable

# \$37.49

30 ct | Save \$9.50



Garden of Life  
**ONCE DAILY  
DR. FORMULATED  
PROBIOTICS**

Women's • Men's

# \$26.99

30 vcap | Save \$11



Biosil  
**ADVANCED COLLAGEN  
GENERATOR DROPS**

# \$29.99

1 fl oz | Save \$17

ALL BIOSIL  
ON SALE



Renew Life  
**PARASMART**

15-Day Program

# \$29.99

1 kit | Save \$8

# ANCIENT NUTRITION

**W**e've officially raised the bar for animal-based protein. Multi Protein Animal-Based is a science-backed formula designed to support your muscles, joints and gut health. Each scoop delivers 26g of complete protein from five functional sources: grass-fed whey, bone broth, A2/A2 milk protein, collagen peptides, and grass-fed colostrum. Together, they provide all 9 essential amino acids, and collagen peptides to fuel muscle health, improve recovery, and support more comfortable joints.

Plus, we've added a Protein Digestion<sup>†</sup> Blend of the enzyme protease and clinically studied *Bacillus coagulans*, a probiotic shown to reduce bloating and gas and improve gut health. This combination helps break protein down into smaller peptides for more efficient digestion and a lighter, less bloated post-shake feeling.

The best part? It actually tastes great. This isn't your average animal-based protein — there's no chalky texture or grittiness. Just a smooth, delicious shake that's designed to help you feel strong, recover faster, and stay consistent.

Whether you're lifting heavy, training hard, or looking for an all-in-one protein that supports more than just your muscles, Multi Protein Animal-Based is your new daily go-to.



## ANIMAL-BASED MULTI PROTEIN

**+5g CREATINE**

Vanilla • Chocolate

# \$46.99

21-22 oz | **Save \$23**

**NEW!**

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

**Wellness • On Sale 4/29–5/26**

# PLANT•FUSION



## CLEAR PLANT PROTEIN

Pineapple Coconut  
Tropical Punch

# \$44.99

10.2-10.6 oz | Save \$12

ALL  
PLANT•FUSION  
ON SALE

## Quantum Health BUZZ AWAY EXTREME

Mosquito & Tick Repellent

# \$8.99

4 fl oz | Save \$4



Close to Home!

## Weleda SKINFOOD

Original Ultra-Rich Cream

# \$15.99

2.5 fl oz | Save \$6



## Radius ORGANIC TOOTHPASTE

Clove Cardamom  
Mint Aloe Neem

# \$8.99

3 oz | Save \$4



# VITANICA



## WOMEN'S SYMMETRY MULTIVITAMIN

# \$27.99

90 vcap | Save \$6

Close to Home!

ALL  
VITANICA  
ON SALE

## Sovereign Silver FIRST AID RELIEF GEL

# \$12.99

1 fl oz | Save \$8



## EO LAVENDER HAND SANITIZER

Spray • Wipes

# \$2.99

2 fl oz or 10 ct | Save \$1.80





### Badger **MINERAL SUNSCREEN**

Kids • Baby • Sport • Active  
Adventure

**\$12.99**

2.9 oz | **Save \$6**



### Derma•E **VITAMIN E SKIN OIL**

14,000 IU

**\$11.99**

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



### Life-Flo **MAGNESIUM OIL**

**\$4.99**

2 fl oz | **Save \$1.50**



### Koope **MOISTURIZER**

Lightweight • Middleweight  
Heavyweight

**\$17.99**

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

**NEW!**



### Inesscents **CBD BATH SOAKS, SALTS & FIZZES**

**\$7.99**

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

# WILD CARROT



Close to Home!

### **BORAGE BUTTER FACE CREAM**

**\$16.99**

2 fl oz | **Save \$7**

**ALL  
WILD CARROT  
ON SALE**



### Pranarom **ORGANIC CASTOR OIL**

**\$4.49**

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



### Aura Cacia **LAVENDER ESSENTIAL OIL**

**\$7.99**

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

**Over 1000 items on SALE! • 4/29-5/26**

# HERITAGE STORE



**H**eritage Store was founded in 1969 with a simple belief: when we care for the body, mind, and spirit together, true wellness follows. What began as a small metaphysical shop rooted in positive energy has grown into a trusted wellness brand known for clean, intentional products that support everyday rituals of self care.

From our iconic Rosewater to our castor oils and Aura Glow collections, Heritage Store products are thoughtfully formulated using minimal ingredients and time honored traditions. We proudly incorporate ethically sourced botanicals and our signature Vor Mag™ Water, energized through a unique vortexing and magnetization process.

At Heritage Store, wellness is more than a routine-it's a way of life. Our products are designed to help customers slow down, reconnect, and nurture themselves and their loved ones. This Mother's Day, we celebrate the rituals that restore balance, encourage intention, and honor the care we give-both to ourselves and to those who matter most.



## ROSE WATER MIST

# \$8.49

8 fl oz | Save \$3



## ORGANIC CASTOR OIL

# \$13.99

16 fl oz | Save \$6

