



**EAT WELL
BE HAPPY**

**ORGANIC
PERSIAN CUCUMBERS**

\$1.99/LB



**ORGANIC GREEN
BELL PEPPERS**

\$2.99/LB



**ORGANIC
ATAULFO MANGOS**

\$2.29/EA



**RECIPE
ON PAGE
8**

**ORGANIC
COSMIC CRISP APPLES**

\$2.69/LB



**SMALL ORGANIC
HASS AVOCADOS**

4 FOR \$5



**RECIPE
ON PAGE
8**

Organic Produce • On Sale 6/10–6/16

PEACH CORNMEAL SHORTCAKE



Makes 12 shortcakes

Shortcakes

- 1 1/2 cups unbleached white flour, plus more for kneading
- 1/2 cup cornmeal
- 1/4 cup granulated cane sugar
- 1 Tbsp baking powder
- 1 tsp salt
- 3/4 cup cold butter, cut into cubes
- 1 cup buttermilk
- 1 lb fresh peaches, sliced
- 2 Tbsp brown sugar
- 1 Tbsp lemon juice
- 1/2 tsp ground cardamom
- Vanilla ice cream

1. Preheat the oven to 425°F. Line a large baking sheet with parchment or a silicone mat.
2. In a mixing bowl, whisk together flour, cornmeal, cane sugar, baking powder, and salt. Cut in the butter with a pastry cutter or fork until the mixture forms coarse crumbs. It will look similar in texture to wet sand.
3. Make a small well in the center, and pour in buttermilk. Toss with a fork until milk is incorporated. Gently knead 5 or 6 times until a soft dough forms. Add a little more flour if it is too wet.
4. Scoop out 1/2 cups of dough onto the prepared baking sheet. Gently pat them to 1/2-inch thick. Bake for 15-18 minutes, or until golden brown. Cool on a wire rack.
5. Toss sliced peaches with brown sugar, lemon juice, and cardamom. Allow to macerate for about 30 minutes.
6. Top shortcakes with peaches and ice cream. Enjoy!

ORGANIC
PORTOBELLO
MUSHROOMS
\$7.99/LB

RECIPE
ON PAGE
10



LARGE ORGANIC
HASS AVOCADOS
\$1.99/EA

RECIPE
ON PAGE
8



ORGANIC TOMATOES
ON THE VINE
\$4.29/LB



ORGANIC RED
BELL PEPPERS
\$3.99/LB

RECIPE
ON PAGE
8



ORGANIC PEACHES

\$3.99/LB



**LOCAL ORGANIC
FENNEL BULBS**

\$3.29/EA



del Cabo
**ORGANIC CHERRY
TOMATO MEDLEY**

\$4.49/EA



THE LIFESOURCE KITCHEN

SCRATCH MADE



SERVED UP FRESH
EVERY DAY

**HOT BAR & SALAD BAR
8 AM - 8 PM**

GRAB AND GO ANYTIME



WINE & BEER DEALS



Lapis Luna
CALIFORNIA WINES

Your Choice

\$12.99

750 ml | **Save \$2-3**



Sweet Cheeks Winery
OREGON SAUVIGNON BLANC

Rogue Valley

\$19.99

750 ml | **Save \$3**

Close to Home!



Duck Pond Cellars
OREGON CHARDONNAY

Willamette Valley

\$11.99

750 ml | **Save \$2**

Close to Home!



Prairie Artisan Ales
TRANSFUSION

Malted Beverage with Concord Grape, Lime Juice, and Ginger

\$4.49

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

ALL PRAIRIE ARTISAN ALES ON SALE



Wild Planet
WILD WHITE ANCHOVIES
In Olive Oil • In Water

2 FOR \$4

4.4 oz | **Save \$1.79**



Vital Farms
PASTURE BUTTER

Salted • Unsalted

\$3.49

8 oz | **Save \$2**



Stahlbush Island Farms
LOCAL FROZEN VEGETABLES

Spinach • Green Beans • Corn Broccoli • Peas • Mixed

\$2.29

10 oz | **Save \$1.20-\$1.50**



Lightlife
SMART DOGS
Plant-Based Hot Dogs

\$3.99

12 oz | **Save \$2**



Madhava
**ORGANIC
EXTRA VIRGIN
OLIVE OIL**

\$18.99

33.8 fl oz | **Save \$14**



Madhava
**ORGANIC
WINE VINEGAR**

Red • White

\$3.49

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



Milton's
**CAULIFLOWER
CRUST PIZZA**

Margherita • Pepperoni

\$7.49

10-11 oz | **Save \$6.50**



Michael's of Brooklyn
PASTA SAUCE

Marinara • Basil • Arrabiatta
Filetto di Pomodoro

\$6.99

32 oz | **Save \$5**



Smart Chicken
**ORGANIC
CHICKEN BREAST**

\$9.99/LB

Save \$1.50/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 Mt. 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.

PORK SPARE RIBS

- 2 lbs pork spare ribs
- 2 Tbsp Dijon mustard
- 1/4 cup brown sugar
- 1 tsp smoked paprika
- 1/2 tsp garlic granules
- 1/2 tsp onion powder
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 1/2 tsp cumin
- 1/2 tsp chili flakes
- 1/2 tsp mustard powder
- 1/4 tsp cayenne pepper
- 1/4 cup BBQ sauce

1. Make the dry rub by mixing brown sugar, paprika, garlic, onion, salt, pepper, cumin, mustard powder, and cayenne in a small bowl.
2. Brush ribs on both sides with Dijon mustard. Sprinkle with dry rub all over and pat to make sure the mixture sticks to the meat. This step can be done the night before, if desired.
3. Place ribs meaty side up on a rack on a foil lined, rimmed baking sheet. Broil about 5 minutes on low, or until sugar is bubbly and ribs are browned.
4. Bake at 300° for about 60 minutes on low, then cover with foil and bake for another 30 minutes. Brush with BBQ sauce, recover with foil, and bake for another 30 minutes.
5. Remove from the oven and allow to rest covered at least 10 minutes.

PORK SPARE RIBS

\$7.99/LB

Save \$2/lb

Close to Home!



HAPPY EGG



**FREE RANGE
BROWN EGGS**

\$4.99

1 doz | Save \$2.50

COOMBS



**ORGANIC
MAPLE SYRUP**

Grade A Dark

\$24.99

32 fl oz | Save \$10



Siggis
SKYR YOGURT

Your Choice

3 FOR \$4

4.4-5.3 oz | Save 96¢-\$1.66/ea



Siggis
**PLANT-BASED
COCONUT BLEND**

Your Choice

3 FOR \$5

5.3 oz | Save \$1.83/ea



Lightlife
**PLANT-BASED
BACON & SAUSAGE**

\$3.99

5-14 oz | Save \$2



Bob's Red Mill
HOMESTYLE GRANOLA

Maple • Peanut Butter
Lemon Blueberry
Cranberry Almond

\$3.79

11 oz | Save \$3.20



Bob's Red Mill
**GLUTEN FREE
PANCAKE MIX**

\$3.99

24 oz | Save \$3



Jolly Llama
FROZEN NOVELTIES

Cones • Sandwiches
Sorbet Pops

\$3.99

11-14.25 oz | **Save \$2.50**



Santa Cruz
**ORGANIC
PEANUT BUTTER**

Your Choice

\$5.49

16 oz | **Save \$3.50**



Alter Eco
**ORGANIC
CHOCOLATE BARS**

Your Choice

\$3.79

2.65-2.82 oz | **Save \$2.20**



Newman's Own
ORGANIC RAISINS

\$4.99

15 oz | **Save \$3.50**



HU
**ORGANIC
CHOCOLATE BITES**

Hazelnut • Coconut
Cashew

\$4.99

2.75 oz | **Save \$4.50**



Newman's Own
**ORGANIC
PITTED PRUNES**

\$3.49

6 oz | **Save \$3**



Back to Nature
COOKIES

Chocolate Chunk
Classic Cream
Peanut Butter Cream

\$3.79

7.5-9 oz | **Save \$2.70**

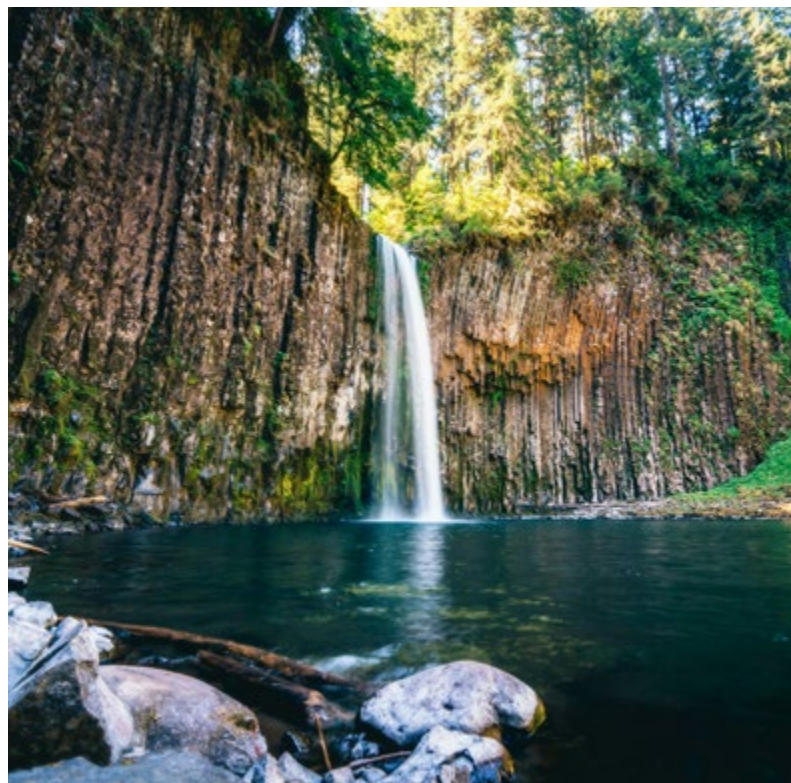


Once Again
**ORGANIC
GRAHAM CRACKERS**

Honey • Cinnamon
Chocolate

\$3.79

7.93 oz | **Save \$3.20**



SIMPLE PASTA SALAD



Makes about 4 servings

- ½ lb pasta, cooked to al dente (about 9 minutes)
- 1 small red bell pepper, seeded and chopped
- 1 small cucumber, peeled and chopped
- 1 cup cherry tomatoes, quartered
- ½ red onion, thinly sliced
- ½ cup olives, halved
- ½ cup salad dressing (we used balsamic vinaigrette)
- ¼ cup shredded parmesan (optional)
- ¼ cup fresh parsley, chopped

Toss together all ingredients in a large bowl. Refrigerate at least 2 hours before serving to allow the flavors to combine.

CREAMY AVOCADO PASTA SALAD



SCAN FOR OUR RECIPE AT LIFESOURCENATURALFOODS.COM



CHILI MANGO PASTA SALAD



SCAN FOR OUR RECIPE AT LIFESOURCENATURALFOODS.COM



Vegan Rob's
PUFFS
Dairy Free Cheddar
Cauliflower • Dragon

\$2.99

3.5 oz | **Save \$2**



Terra
VEGETABLE CHIPS

Sweet Potato
Sweets & Beets
Mediterranean

\$2.79

5-6 oz | **Save \$2.20**



Kettle Foods
**AVOCADO OIL
POTATO CHIPS**
Special Sauce • Sea Salt
Apple Cider Vinegar

2 FOR \$7

6 oz | **Save \$2.49/ea**



Epic
PORK RINDS
Sea Salt • Salt & Pepper • BBQ

\$2.49

2.5 oz | **Save \$2.50**



Epic
MEAT BITES
Salmon • Chicken • Venison
Beef • Bison Bacon

\$4.49

1.5-2.5 oz | **Save \$4**

BULK DEPARTMENT DEALS

ORGANIC QUICK OATS
\$1.79/LB

Save 70¢/lb



Equal Exchange
ORGANIC FAIR TRADE COFFEE

Mind, Body & Soul and Midnight Sun Roasts

\$12.99/LB

Save \$2/lb



ORGANIC GREEN LENTILS
\$2.79/LB

Save 50¢/lb



ORGANIC WHITE QUINOA
\$3.99/LB

Save \$1/lb



Hummingbird
ORGANIC PITTED PRUNES

\$12.99/LB

Save \$3/lb



Hummingbird
LOCAL ORGANIC SPELT FUSILLI PASTA

\$4.99/LB

Save \$1.50/lb



Close to Home!



Edison Grainery
QUINOA RICE ELBOW PASTA
with Non Gluten Ingredients

\$6.49/LB

Save \$2/lb



ORGANIC DRIED PINEAPPLE RINGS
\$21.99/LB

Save \$6/lb



Jacobsen Co.
LOCAL SALTY CARAMELS

Classic · Chocolate

\$24.99/LB

Save \$7/lb

Close to Home!



Azure
ORGANIC DRIED HIBISCUS FLOWERS

\$23.99/LB

Save \$6/lb



ONLY \$1.50/oz

Over 1000 items on SALE! • 6/10-6/23



Nuts for Cheese
DAIRY-FREE CHEESE

Your Choice

\$5.49

4.2 oz | **Save \$4.50**



Organic Valley
CHEESE SLICES
Baby Swiss • Provolone
Muenster

\$3.99

4-6 oz | **Save \$3**

PORTOBELLO BURGERS



Serves 2

Mushroom Burgers

- 2 portobello mushroom caps
- 2 Tbsp hot sauce
- 1 Tbsp coconut aminos
- 1 Tbsp olive oil
- 1 Tbsp golden balsamic vinegar
- 3 cloves garlic, smashed and minced

- 1/8 tsp black pepper
- 1/8 tsp cayenne pepper (optional)

Caramelized Onions

- 3 Tbsp butter, coconut oil, or vegan butter
- 1 large yellow onion, thinly sliced
- Burger buns and toppings

1. In a shallow baking dish or medium bowl, stir together hot sauce, aminos, olive oil, vinegar, garlic, and pepper. Add mushroom caps and toss to coat. Allow mushrooms to marinate 30 minutes to an hour, turning occasionally.
2. While mushrooms are marinating, melt butter over medium heat in a large skillet. Add onions. Cook and stir frequently until the onion caramelizes, about 30 minutes. Drain on paper towels or a clean, lint-free kitchen towel. Set aside.
3. Heat your grill or skillet to medium high heat. Cook mushrooms 4-6 minutes each side until done. Build your burger with caramelized onions and your favorite toppings, such as a slice of cheese, a schmear of plant-based cheese, some avocado, lettuce, or tomatoes.



Nixie
ORGANIC
ZERO SUGAR SODA

Cola • Root Beer
Cream Soda

2 FOR \$3

12 fl oz | **Save \$1.29/ea**



Essentia
IONIZED ALKALINE
WATER

\$2.79

50.7 fl oz | **Save \$1.70**



Just Ice Tea
ORGANIC
BREWED TEA

Your Choice

2 FOR \$4

16 fl oz | **Save 99¢/ea**



Clean Cause
SPARKLING
YERBA MATE

Peach • Blackberry
Raspberry

2 FOR \$4

16 fl oz | **Save \$1.49/ea**

HOUSEHOLD SAVINGS



Seventh Generation
PAPER TOWELS
Unbleached 100% Recycled

\$2.99

120 sheets | Save \$1.50



Seventh Generation
2-PLY BATH TISSUE

\$10.99

12-pack | Save \$5



Seventh Generation
DISINFECTING WIPES
Citrus

\$6.49

70 ct | Save \$3.50



Seventh Generation
ALL PURPOSE CLEANER

\$4.49

23 fl oz | Save \$2.50



BioBag
PET WASTE BAGS

Standard • Large

\$3.99

35-50 ct | Save \$2

NORDIC NATURALS



OMEGA-3 FISH OIL

\$23.99

120 sg | Save \$6



OMEGA-3 LIQUID

\$37.99

16 fl oz | Save \$9.50



ULTIMATE OMEGA

\$40.99

120 ct | Save \$9

**ALL
NORDIC NATURALS
ON SALE**

ANCIENT NUTRITION

Clinically studied yeast peptides act as bioactive signaling messengers in the body, helping regulate hunger hormones, curb cravings, and reduce fat.*



ACTIVE PEPTIDES METABOLISM CAPSULES

\$38.99

60 caps | Save \$21



ACTIVE PEPTIDES METABOLISM POWDER

Guava Grapefruit
Chocolate

\$38.99

4.4-5.3 oz | Save \$21



MULTI COLLAGEN PROTEIN GEL PACKS

Tropical

\$1.49

1 fl oz | Save \$1



CREATINE +COLLAGEN GEL PACKS

Lemon • Orange

\$2.49

1 fl oz | Save \$1.50

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Biochem WHEY ISOLATE PROTEIN

Vanilla • Chocolate
Natural Flavor

\$25.49

12.3-15.4 oz | Save \$7



Garden of Life ORGANIC MCT POWDER

Dr. Formulated

\$20.99

10.58 oz | Save \$9



NEW!

Natural Factors REGENERLIFE NMNSURGE 500 MG

NAD+ Boost

\$29.99

30 cap | Save \$12



ALL MEGAFOOD ON SALE

MegaFood BLOOD BUILDER

\$10.99

30 tab | Save \$6



Kuli Kuli PURE MORINGA POWDER

\$14.99

7.4 oz | Save \$9

Terry Naturally

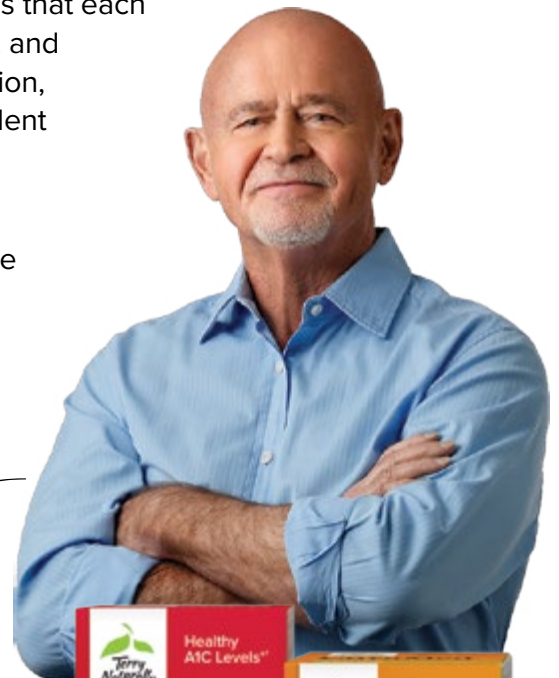
Vendor Spotlight

When it comes to supplements you can trust, few brands have the legacy and expertise of Terry Naturally. Founded by Terry Lemerond, a pioneer in the natural health industry, the company has spent decades developing formulas that combine the best of what nature and science have to offer.

Each Terry Naturally product is formulated with premium ingredients and an uncompromising commitment to quality, created to help you feel your best and live your healthiest life. Customer favorites like Curamin®, CuraMed®, AnxioCalm®, and Sucontral® D provide exceptional targeted support for pain relief, healthy inflammation response, occasional stress and anxiety relief, and blood sugar balance.*†^

We manufacture our supplements under strict Good Manufacturing Practices (GMPs), following rigorous quality control and testing at every step. This ensures that each Terry Naturally product meets the highest standards for purity, potency, and consistency. From raw ingredient selection to finished product verification, our commitment to quality and transparency means you can feel confident that what's on the label is exactly what's in the bottle.

We believe in formulating health products that go above and beyond industry standards. We source non-GMO ingredients whenever possible and utilize thoughtfully harvested herbal ingredients in our products. The Terry Naturally brand of supplements is safe, powerful, and effective, and delivers results you can count on.



Terry

20% off

All Terry Naturally Products

Stop in today at:

LifeSource
natural foods

2649 Commercial St. SE, Salem Oregon
LifeSourceNaturalFoods.com



†Occasional muscle pain or inflammation due to exercise or overuse. ^Supports healthy levels already within normal range. *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.

SOLARAY



MULLEIN

\$8.49

100 vcap | Save \$3.50



Country Life
ALLER-MAX

\$14.99

50 vcap | Save \$7

ALL
COUNTRY LIFE
ON SALE



Flora

SUPER 8 PROBIOTIC

\$20.99

30 cap | Save \$7

ALL FLORA
ON SALE

KAL



MAGNESIUM
GLYCINATE 350

\$17.99

160 vcap | Save \$5



Host Defense
**SELECT MUSHROOM
SUPPLEMENTS**

Stamets 7 • Reishi
Cordyceps • Lion's Mane
MyCommunity

\$14.99

30 vcap | Save \$5

ALL
HOST DEFENSE
ON SALE

ZHOU NUTRITION



ORGANIC
BLACK SEED OIL

\$18.99

8 fl oz | Save \$5



Four Sigmatic
**ORGANIC
MUSHROOM COFFEE**

Focus • Balance

\$12.99

10 oz | Save \$12





Tom's of Maine
SELECT TOOTHPASTE

Peppermint • Cinnamon • Fennel

\$5.99

4-4.5 oz | Save \$4



Giovanni
SELECT HAIR PRODUCTS

Styling Foam Mousse
Vitapro Fusion Treatment
L.A. Hold Spritz • L.A. Hold Gel

\$6.79

Save \$4.20



Tom's of Maine
KID'S TOOTHPASTE

With Fluoride or Fluoride Free

\$4.99

5.1 oz | Save \$3



Humble
ALUMINUM-FREE DEODORANT

Plastic-Free Packaging
Your Choice of Scents

\$8.99

2.65 oz | Save \$4



Acure
SHAMPOO & CONDITIONER

Clarifying • Smoothing
Volume • Ultra Hydrating

\$6.49

8 fl oz | Save \$6.50

BIG DEAL!



Crystal Body
ROLL-ON DEODORANT

Unscented • Lavender
Vanilla Jasmine

\$3.79

2.25 fl oz | Save \$2.70



Seashine Labs
MINERAL SUN SERUM

\$31.99

1.7 fl oz | Save \$8

ALL SEASHINE LABS ON SALE

Fat and the Moon
LIP & CHEEK STAIN

\$12.99

0.5 oz | Save \$11

ALL FAT AND THE MOON ON SALE



BOIRON

ARNICARE

Gel • Cream • Bruise Gel

\$5.99

1.33-1.5 oz | Save \$2.50

ALL SIZES ON SALE

LifeSource

natural foods
BRAND SUPPLEMENTS



BOSWELLIA

450 mg

\$11.99

60 vcap | Save \$3.50

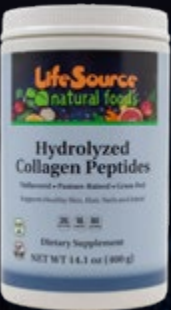


HYALURONIC ACID

100 mg

\$18.99

50 cap | Save \$4



COLLAGEN PEPTIDES

\$22.99

14.1 oz | Save \$5



GLUCOSAMINE CHONDROITIN MSM

\$26.99

120 tab | Save \$6

BADGER



ANTI-BUG SPRAY

\$9.99

4 fl oz | Save \$4

ANTI-TICK SPRAY

\$8.99

4 fl oz | Save \$4

NEW!



Dr. Bronner's MAGIC BAR SOAP

Baby Unscented • Almond • Rose
Eucalyptus • Citrus • Lavender
Peppermint • Tea Tree

\$3.99

5 oz | Save \$1



Grandpa's PINE TAR SOAP

\$3.29

3.25 oz | Save \$1.70