

LifeSource
natural foods

**EAT WELL
BE HAPPY**

Open Regular Hours July 4
8am—9pm

**ORGANIC
BLACK SEEDLESS
WATERMELON**

99¢/LB



**LOCAL ORGANIC
RAINBOW CHARD
BUNCHES**

2 FOR \$5

Close to Home!



**LOCAL ORGANIC
CILANTRO BUNCHES**

2 FOR \$3

Close to Home!



**LOCAL ORGANIC
GREEN ZUCCHINI**

\$2.49/LB

Close to Home!



**BULK
Sale**

Saturday, July 18

15% off the Entire Bulk Department*

Coffee • Trail Mix • Nuts • Beans • Rice • Flour • Grains • Herbs
Spices • Tea • Candy • Dried Fruit • Soaps ... and More!

*Sale applies to regular-price bulk foods and soaps

Organic Produce • On Sale 7/1-7/7

BLUEBERRY NECTARINE GALETTE



- 2 nectarines, chopped
- 1 1/2 cups fresh blueberries
- 1/2 Tbsp lemon zest
- 1 Tbsp fresh lemon juice
- 1/4 cup organic cane sugar (or to taste, depending on the sweetness of the fruit)
- 2 Tbsp cornstarch
- 1 refrigerated pie crust
- 1 egg plus 1 Tbsp water, beaten
- Turbinado sugar, for garnish

1. Preheat the oven to 400°F.
2. In a bowl, mix together fruit, lemon juice, zest, sugar, and cornstarch.
3. Unroll pie crust. Flatten with a rolling pin if necessary to remove any creases. Dough should be 1/8-inch thick, and 10-12 inches in diameter. Place crust on a piece of parchment paper on a large, rimmed baking sheet.
4. Using a slotted spoon, pile fruit mixture onto the center of the pie crust, spreading out into an even layer, leaving a 2 or 3 inch border from the edge of the crust.
5. Fold the edges of the dough over the fruit, pleating as you go, and pinching the folds gently to seal them. Place the galette on its baking sheet in the freezer for 15 minutes to chill.
6. Remove from the freezer. Brush galette with egg wash, and sprinkle with turbinado sugar.
7. Bake on the center rack in the oven for 35 minutes, or until golden brown and filling is bubbly. Serve warm with vanilla ice cream.

ORGANIC
TOMATOES
ON THE VINE

\$3.99/LB



ORGANIC
BLUEBERRIES

\$7.99/EA



ORGANIC
CHERRIES

\$6.99/LB



ORGANIC
NECTARINES

\$4.49/LB



**ORGANIC
GREEN BEANS
\$3.49/LB**



**ORGANIC BICOLOR
SWEET CORN
2 FOR \$3**



**ORGANIC
JALAPEÑOS
\$4.99/LB**



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



Pfriem Family Brewers
OREGON BEER 6-PACKS

Your Choice

\$12.99

6/12 fl oz | Save \$2



Grower's Guild Wine Co.
PINOT NOIR

Oregon

\$15.99

750 ml | Save \$3



Lovo
BLOSSOM ROSSO

Veneto, Italy

\$14.99

750 ml | Save \$4



Illahe Vineyards
TEMPRANILLO ROSÉ

Willamette Valley

\$21.99

750 ml | Save \$2



Pacific Redwood
**ORGANIC RED
TABLE WINE**

California

\$9.99

750 ml | Save \$2



Cono Sur
ORGANIC RED BLEND

Chile

\$12.49

750 ml | Save \$2

DESCHUTES BREWERY



**PATAGONIA
PROVISIONS
ORGANIC
LAGER 6-PACK**

\$12.49

6/12 fl oz | Save \$2

Deschutes Brewery and Patagonia Provisions joined forces to produce a beer that's bright, crisp, and great for the planet. This lager is brewed with Regenerative Organic Certified rye, organic hops and barley, and organic Kernza. What the heck is Kernza? Kernza is a revolutionary new grain that dedicated plant breeders at The Land Institute have developed over decades of work. The world's first commercially available perennial grain, Kernza's 10-foot-deep roots reduce soil erosion and sequester hundreds of pounds of carbon per acre every year.



Late July
TORTILLA CHIPS

Sea Salt • Lime • Blue Corn
Jalapeno • Nacho

2 FOR \$7

6-10 oz | **Save \$1.99/ea**



Lesser Evil

ORGANIC POPCORN

Himalayan Gold • Pink Salt
Cheddar • Oh My Ghee

2 FOR \$6

4.6 oz | **Save \$1.79/ea**



Boulder Canyon
POTATO CHIPS

Sea Salt • Malt Vinegar
Hickory BBQ

2 FOR \$6

5.25-6.5 oz | **Save \$1.49/ea**



Mary's Gone Crackers

**SUPER SEED
& REAL THIN
CRACKERS**

Select Varieties

2 FOR \$7

4 oz | **Save \$1.99/ea**



Ithaca
HUMMUS

Lemon Garlic • Lemon Dill

2 FOR \$7

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

VEGAN CARAMELIZED ONION DIP



- 1 cup raw cashews
- 3 cups water
- 2 tbsp lemon juice
- 2 tsp apple cider vinegar
- ½ tsp nutritional yeast
- pinch salt
- 2 yellow onions, chopped
- 3 Tbsp vegan butter
- 3 cloves garlic, smashed and minced
- 2 tsp Worcestershire
- sauce (vegan)
- 1 tsp onion powder
- ½ tsp garlic powder
- 2 Tbsp green onions, minced
- 1 Tbsp fresh parsley, chopped
- ¼ tsp cayenne pepper, optional
- salt and pepper, to taste

Vegan Sour Cream

1. Boil cashews in 3 cups of water for 15 minutes. Remove from heat and cover. Allow to soak for 1 hour. Drain, reserving liquid.
2. To a blender, add cashews, ½ cup of the reserved cashew liquid, the lemon juice, apple cider vinegar, nutritional yeast, and pinch of salt. Blend until smooth. Taste, and adjust seasonings if desired. Chill until ready to use.

Caramelized Onions

3. Melt vegan butter in a 12-inch skillet over medium heat. Add onions and a sprinkle of salt, cook and stir until fragrant and translucent, about 7 minutes. Stir in garlic, cook for an additional minute. Reduce heat to medium low, stirring frequently until caramelized, about 30 minutes. Splash with a little water if onions begin to stick. Allow to cool.

Dip

4. In a bowl, mix together vegan sour cream, caramelized onions, vegan Worcestershire, garlic powder, onion powder, green onions, parsley, cayenne, and salt and pepper. Mix until thoroughly combined.
5. Taste, adjust seasoning if desired. Serve chilled with potato chips.



Smart Chicken
**ORGANIC
 DRUMSTICKS**
\$3.99/LB
 Save \$1/lb

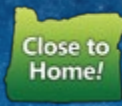


Beyond Meat
**PLANT BASED
 SAUSAGE**
 Brats • Hot Italian
\$6.49
 14 oz | Save \$4.50

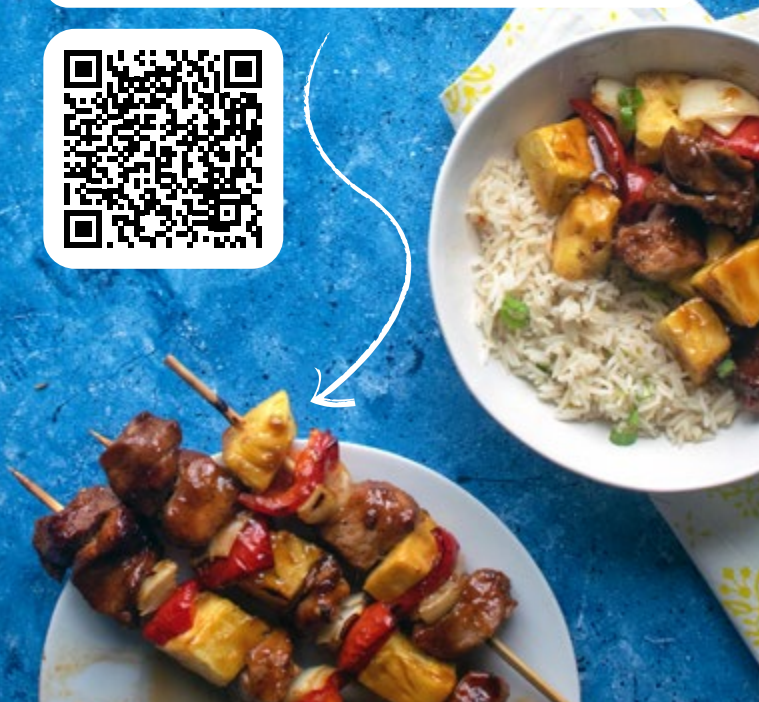
LONELY LANE FARMS

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 KABOB CUT
\$8.99/LB
 Save \$2/lb



Get our recipe for Teriyaki Pork & Pineapple Skewers at LifeSourceNaturalFoods.com



Abbot's
**PROTEIN VEGGIE
 BURGER**
 Classic Smokehouse
\$4.99
 8 oz | Save \$3



Bubbies
**BREAD & BUTTER
 PICKLE CHIPS**
\$6.99
 33 oz | Save \$4



Organic Valley
**ORGANIC FETA
 CHEESE CRUMBLES**
\$3.49
 4 oz | Save \$3



Organic Valley
**RAW ORGANIC
 CHEESES**
 Sharp & Mild Cheddars
 Jack-Style
\$4.49
 8 oz | Save \$3



Safe Catch
TUNA POUCHES
Elite Pure Tuna
Citrus Pepper • Garlic Herb

\$2.49

2.6-3 oz | **Save \$1.50**



Primal Kitchen
AVOCADO OIL MAYO

\$12.99

24 oz | **Save \$9**



Ocean's Halo
**ORGANIC
NOODLE BOWLS**
Thai Coconut • Vegan Beef
Vegan Chicken

\$3.49

4.02 oz | **Save \$2.50**



Vital Farms
**ORGANIC
PASTURE RAISED
EGGS**

\$7.49

1 doz | **Save \$2.50**



Siete
REFRIED BEANS

Pinto • Black

2 FOR \$4

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



**SMOKY BACON
DEVILED EGGS**

Makes 16 servings

- 8 large organic eggs
- 1/4 cup white distilled vinegar
- 4 slices bacon, cut into 1/2 inch pieces
- 1 small shallot, minced
- 1/4 cup mayonnaise
- 2 Tbsp dijon mustard
- 1 Tbsp apple cider vinegar
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper, or to taste
- 1/8 tsp chipotle powder
- 1 lime, quartered

1. Bring 8 cups water and 1/4 cup vinegar to a boil. Carefully add eggs, and boil for 10 minutes. Immediately place eggs in an ice bath, cool for 15 minutes. Peel and slice in half.
2. Cook bacon in a small skillet over medium heat until crisp. Remove from the pan and drain on paper towels or a clean kitchen towel. Drain off all but 1/2 Tbsp bacon grease from the skillet. Cook shallot until fragrant and tender, about 5-7 minutes.
3. In a bowl, mix together egg yolks, bacon, shallot, mayonnaise, mustard, vinegar, paprika, pepper, chipotle, and a squeeze of lime juice. Taste and adjust seasonings if desired.
4. Spoon filling back into egg halves. Serve with a wedge of lime.

BULK DEPARTMENT DEALS

FINE HIMALAYAN SALT

\$2.49/LB

Save 50¢/lb



Steel Bridge
**LOCALLY ROASTED COFFEE
DELIVERED BY BICYCLE**

City Roast Guatemala
Full City Honduras
Vienna Roast Uganda

\$12.99/LB

Save \$2/lb

Decaf Full City Honduras

\$14.99/LB

Save \$3/lb



Close to Home!

**ORGANIC
CASSAVA FLOUR**

\$2.79/LB

Save 70¢/lb



Hummingbird
**ORGANIC
FLAGEOLET BEANS**

\$3.79/LB

Save 70¢/lb



Sun Valley
**ORGANIC
THOMPSON
GREEN RAISINS**

\$3.79/LB

Save 70¢/lb



**ORGANIC
TRICOLORED QUINOA**

\$3.99/LB

Save \$1/lb



Pamela's
**PANCAKE
& BAKING MIX**
with Non Gluten
Ingredients

\$4.79/LB

Save \$1.20/lb



**ORGANIC
SWEETENED
BANANA CHIPS**

\$4.79/LB

Save \$1/lb



SunRidge Farms
ZEN PARTY MIX

\$9.99/LB

Save \$3/lb



Hummingbird
**AWAKENED
SPROUTED
ALMONDS**

\$17.99/LB

Save \$4/lb



Hummingbird
**ORGANIC JULIENNE
TOMATOES**

\$23.99/LB

Save \$6/lb



FLAGEOLET BEAN SALAD



Serves 6

- 1 cup dried flageolet beans
- 1 shallot, finely chopped
- 1/2 cup olives, sliced
- 1 cup cherry tomatoes, quartered
- 1/4 cup parsley, chopped
- 2 Tbsp olive oil
- 3 Tbsp golden balsamic vinegar
- 2 cloves garlic, minced
- 1/2 tsp salt, or to taste
- 1/2 tsp pepper, or to taste

- Sort beans, rinse, and soak overnight in 3 cups water.
- Rinse beans, put in a medium saucepan and cover with 2 inches of water. Bring to a boil, reduce heat and simmer 45 minutes, or until tender. Drain and allow to cool.
- Add beans, shallot, olives, tomatoes and parsley to a bowl.
- Whisk together olive oil, vinegar, salt, pepper, and garlic in a small bowl. Pour dressing over beans and gently toss.



Serenity Kids ORGANIC BABY FOOD POUCHES

Roots • Squashes
Sweet Potato & Spinach

2 FOR \$4

3.5 oz | Save 99¢/ea



Mamma Chia ORGANIC CHIA SQUEEZE

2 FOR \$3

3.5 oz | Save \$1.29/ea



Noosa YOGHURT

Strawberry Rhubarb
Raspberry • Lemon
Blueberry

\$2.29

8 oz | Save 70¢



Organic Valley ORGANIC STRINGLES

Organic String Cheese

\$4.49

8 oz | Save \$3.50

HOUSEHOLD SAVINGS



Portland Pet Food Co. ROSIE'S BEEF N' RICE DOG MEAL

Human Grade Ingredients

\$4.99

9 oz | Save \$2.50



TruEarth LAUNDRY DETERGENT STRIPS

Unscented

\$8.99

32 ct | Save \$11

BIG DEAL!

Over 1000 items on SALE! • 6/24-7/14

S'MÖRE-GÅSBORD

Celebrate summer and satisfy your sweet tooth at the same time! Grab a graham cracker and pile on roasted marshmallows, organic and fair trade chocolate, organic fruits and berries, and rich organic nut butter!

Our Favorite Combos

- Milk Chocolate + Peanut Butter + Strawberries
- White Chocolate + Blackberries
- Dark Chocolate + Raspberries
- Dark Chocolate with Almonds + Sliced Cherries

No fire pit? No problem!

1. Line a large sheet pan with foil. Preheat the broiler to high. Set the oven rack to a couple notches below the heating element.
2. Break a graham cracker in two. On one, place 2 marshmallows, on the other, place a couple squares of chocolate. Repeat until you've made a few for everyone.
3. Broil a couple minutes until the marshmallows are browned and chocolate is melted.
4. Remove from the oven and pile with organic fruit and nut butter. Smoosh together and eat up!



Dandies
**VEGAN
MARSHMALLOWS**

\$3.29

10 oz | Save \$2.20



Annie's
**ORGANIC
GRAHAM CRACKERS**

2 FOR \$7

14.4 oz | Save \$3.49/ea



Pamela's
**GLUTEN FREE
HONEY GRAHAMS**

\$4.49

7.5 oz | Save \$3



Tcho
**ORGANIC
CHOCOLATE BARS**

Your Choice

\$3.49

2.1 oz | Save \$2.50



Tony's Choclonely
CHOCOLATE BARS

Your Choice

\$4.49

6.35 oz | Save \$3



Nixie
**ORGANIC
SPARKLING WATER**

Your Choice

\$4.49

8 pk | Save \$3



Drumroll
MINI DONUTS
Chocolate • Strawberry
Vanilla

2 FOR \$5

2.6 oz | Save \$1.49



Zevia
ZERO SUGAR SODA

Cola • Ginger Ale
Ginger Root Beer
Creamy Root Beer

\$5.79

6 pk | Save \$3.20



Alden's
**ORGANIC
ICE CREAM**

Your Choice

\$8.49

48 fl oz | Save \$4

ICE CREAM SANDWICHES



OliPop
PREBIOTIC SODA

Your Choice

3 FOR \$5

12 fl oz | Save \$1.33/ea



Lakewood
**SELECT
ORGANIC JUICES**

Beet • Beet Ginger Turmeric
Pink Grapefruit • Carrot

\$5.49

32 fl oz | Save \$3.50



Good Belly
**ORGANIC PROBIOTIC
JUICE DRINKS**

Raspberry • Pomegranate
Pomegranate • Blueberry

\$3.79

32 fl oz | Save \$2.20



Get our original recipe at
LifeSourceNaturalFoods.com

WISHGARDEN



PREGNANCY & POSTPARTUM SUPPLEMENTS

Immune • Stress • Sleep
Congestion • Allergy
Postpartum Emotional
Milk Rich

\$18.99

2 fl oz | Save \$7

**ALL
WISHGARDEN
ON SALE**

VITANICA



CRANSTAT EXTRA

\$16.99

60 vcap | Save \$5

Close to Home!



CANDIDASTAT

\$17.99

60 vcap | Save \$5

Close to Home!

**ALL VITANICA
ON SALE**



Nordic Naturals MULTIVITAMIN GUMMIES

Men's • Women's

\$16.99

60 chews | Save \$6



Nutrition Now PB8 PROBIOTIC ACIDOPHILUS

\$8.99

60 ct | Save \$7



Close to Home!

Oregon's Wild Harvest MUSCLE RELAX

\$18.99

90 cap | Save \$7

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



Close to Home!

Oregon's Wild Harvest ASHWAGANDHA

\$18.99

90 cap | Save \$7



Close to Home!

Oregon's Wild Harvest TURMERIC with Black Pepper

\$35.99

120 cap | Save \$14



Garden of Life **RAW ORGANIC PROTEIN**

Vanilla • Chocolate
Unflavored

\$30.99

19.75-24.69 oz | **Save \$20**



Natural Factors **WHEY FACTORS**

Vanilla • Strawberry
Unflavored

\$19.99

12 oz | **Save \$4.50**



Natural Factors **TOTAL BODY COLLAGEN**

Pomegranate • Chocolate
Orange • Unflavored • Vanilla

\$37.99

1.06 lbs | **Save \$9**



Navitas **SUPERFOOD+ BLENDS**

Greens • Adaptogens

\$11.99

6.3 oz | **Save \$7**



Liquid IV **HYDRATION MULTIPLIER**

Lemon Lime • Watermelon
Tropical • Passionfruit • Açai

\$15.99

10 ct | **Save \$5.50**

ANCIENT NUTRITION

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

Peptides are short chains of amino acids. Think of them as tiny messengers that tell your cells what to do and when to do it. The human body produces over 300,000 different peptides, each having a specific role in regulating biological processes like metabolism, appetite, normal cellular repair, and other metabolic functions. Peptides can also be isolated and formulated into supplements to target specific functions.



ACTIVE PEPTIDES **CORTISOL**

\$32.49

60 caps | **Save \$17.50**

NEW!



ACTIVE PEPTIDES **METABOLISM**

\$38.99

60 caps | **Save \$21**

NEW!



ACTIVE PEPTIDES **METABOLISM POWDER**

Guava Grapefruit
Chocolate

\$38.99

4.4-5.3 oz | **Save \$21**

NEW!

*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.

EVANHEALY

Regenerative Organic Beauty



**BLUE CACTUS
BODY OIL**
\$32.99

3.3 oz | Save \$9



**BLUE CACTUS
BODY BUTTER**
\$32.99

6 oz | Save \$8.50



**BLUE CACTUS
BEAUTY ELIXIR**
\$39.99

0.5 fl oz | Save \$10



**ALL
EVANHEALY
ON SALE**



**Bach Flower Essences
RESCUE PASTILLES**

Orange Elderflower

\$9.49

35 chews | Save \$2.50



**Lakewood
ORGANIC ALOE JUICE**

Aloe • Whole Leaf Aloe
Aloe Gel

\$6.99

32 fl oz | Save \$4



**Lily of the Desert
ALOE VERA GELLY**

\$3.49

4 fl oz | Save \$2.50



**Earth Science
EYE MAKEUP
REMOVER**

\$7.99

4 fl oz | Save \$4



**Badger
FACE SUNSCREEN**

30 SPF

\$14.99

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



**Derma-E
ITCH RELIEF LOTION**

\$11.99

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



**Sukin
SELECT FACE
PRODUCTS**

Mist Toner • Revitalizing Scrub
Moisturizer • Foaming Cleanser

\$7.99

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



**Sukin
SHAMPOO
& CONDITIONER**

Volumizing • Hydrating

\$7.99

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



**Aura Cacia
AROMATHERAPY BATH**

Eucalyptus Mineral Bath
Lavender Foaming Bath
Tranquility Mineral Bath

\$2.79

2.5 oz | **Save \$1.20**

DAVIDS



**HYDROXI
TOOTHPASTE**

Peppermint • Orange Vanilla
with non hydroxyapatite

\$5.99

4 oz | **Save \$4**

**ALL DAVIDS
ON SALE**



BOIRON



ARNICARE

Gel • Cream

\$8.99

2.5-2.6 oz | **Save \$4**

LifeSource natural foods BRAND SUPPLEMENTS

We look closely at every product we carry, and especially at the companies we choose to partner with for our house brand. After extensive vetting, we are proud to feature our own name on the labels. They are superior in quality, tested for purity and potency, and most come in sustainable and fully recyclable glass bottles.



CREATINE MONOHYDRATE

\$15.49

8 oz | Save \$3.50

NEW!



WHOLE FOOD B-COMPLEX

\$15.99

60 vcap | Save \$3



ELECTROLYTE REPLENISHER

\$17.99

4.7 oz | Save \$4

NEW!



MAGNESIUM GLYCINATE

\$30.99

180 vcap | Save \$6

NEW!
LARGER SIZE