



**EAT WELL
BE HAPPY**

**ORGANIC
ENVY APPLES**

\$2.29/LB



**ORGANIC
BROCCOLINI BUNCHES**

\$2.79/EA



**ORGANIC
STARKRIMSON PEARS**

\$2.49/LB



Pacific Northwest ORGANIC WEEK

Celebrating the organic
farms, growers & food of
the Pacific Northwest

**SEPTEMBER
14-20**



Gathering Together Farm
Philomath, Oregon



GOOD THINGS GROW HERE!

**Look for daily flash sales on Northwest
organic produce through 9/20!**



20% OFF
regular-price items
ALL DAY!

SATURDAY
OCT 3

**FREE SAMPLES,
BBQ & MUSIC
11AM-3PM**

Organic Produce • On Sale 9/16-9/22

POZOLE VERDE



- 3 Tbsp avocado oil (or other neutral oil)
- 2 poblano chilis, halved and seeded
- 2 lbs pork loin or leg roast, (or boneless chicken thighs) cut into 1-inch cubes
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- 1 jalapeño, seeded and chopped
- 2 cups salsa verde
- 1 bunch cilantro, chopped
- 1 tsp chili powder
- 1 tsp garlic powder
- ½ tsp cumin
- ½ tsp mexican oregano
- ½ tsp coriander
- Salt and pepper, to taste
- 2 (25 oz) cans hominy
- 4 cups chicken broth
- 1 lime, juiced

1. Preheat the broiler to high and set the rack to the top of the oven. Rub poblanos with some of the oil. Broil 5 minutes each side. Remove blackened skin and slice. Set aside.
2. Heat remaining oil over medium heat in a 6 quart Dutch oven. Season pork generously with salt and pepper. Sauté until browned, about 3-4 minutes each side. Remove from the pot and set aside.
3. Sauté onion until translucent and beginning to soften. Add garlic and jalapeno, cook for an additional 3 minutes. Remove from heat and add poblanos, salsa verde, cilantro, chili powder, garlic powder, cumin, mexican oregano, and coriander. Season with salt and pepper. Use an immersion blender and blend until smooth.
4. Return soup to medium heat and bring to a simmer. Add hominy, chicken broth, and pork to the pot. Bring to a boil and reduce heat to medium low. Simmer, stirring occasionally for 25 minutes. Stir in lime juice and serve hot.

**ORGANIC
JALAPEÑOS**

\$4.99/LB



**ORGANIC
TOMATOES ON THE VINE**

\$3.89/LB



**ORGANIC NIBBLES
BITE-SIZE POTATOES**

\$4.59/EA



**1 LB
BAGS**

ORGANIC
SWEETANGO APPLES

\$3.49/LB



ORGANIC
ROMANESCO
BROCCOLI

\$5.29/EA



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

do yourself a



SALAD

SCRATCH MADE AND
SERVED UP FRESH
EVERY DAY

ROASTED VEGGIE PASTA



Serves 4

- 8 oz penne pasta
- 2 carrots, peeled and cut into bite sized sticks
- 2 summer squash, cut into bite sized sticks
- 1 kohlrabi, peeled and cut into bite sized sticks
- 1 small red onion, halved and sliced
- 2 cups cherry tomatoes
- 2 Tbsp olive oil
- 2 tsp Italian seasoning
- 2 Tbsp butter
- 4 cloves garlic, minced
- ½ cup dry white wine
- ½ cup vegetable or chicken broth
- ½ cup reserved pasta water
- 2 Tbsp fresh lemon juice
- Zest of 1 lemon
- 1 cup fresh basil, thinly sliced
- ½ cup parmesan cheese
- Salt and pepper, to taste

1. Using a large dutch oven, cook pasta in salted water until al dente, according to package directions. (About 9 minutes.) Reserve ½ cup pasta water, and drain.
2. Preheat the oven to 450°F. Line a large rimmed baking sheet with parchment paper.
3. Toss carrots, squash, kohlrabi, onion, and cherry tomatoes with olive oil and Italian seasoning. Season with salt and pepper. Spread in a single layer on the prepared baking sheet. Roast on the top rack for 20 minutes, stirring veggies after 10 minutes.
4. Melt butter in the dutch oven over medium heat. Cook garlic until softened and fragrant, about 2 minutes. Add wine, chicken broth, and lemon juice. Bring to a boil, reduce heat and simmer for about 5 minutes.
5. Add cooked pasta, roasted vegetables, and lemon zest to the pot, tossing with sauce. Splash in some of the reserved pasta water so everything is coated evenly. Season with salt and pepper. Remove from heat and mix in fresh basil and parmesan cheese.



Siete
**GRAIN FREE
TORTILLA CHIPS**
Sea Salt • Lime • Nacho
Dip Chips

\$3.79

5 oz | **Save \$2.70**



Mary's Gone Crackers
ORGANIC CRACKERS

Original • Super Seed
Real Thin

2 FOR \$7

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



Boulder Canyon
POTATO CHIPS

Your Choice

2 FOR \$3

5-6.5 oz | **Save \$1.49/ea**



Actual Veggies
VEGGIE BURGERS
Black Bean • Mushroom Quinoa

\$4.99

12 oz | **Save \$3**



Mike's Mighty Good
CRAFT RAMEN
Pork Tonkotsu • Spicy Beef
Vegetable

2 FOR \$4

16-2.3 oz | **Save 99¢/ea**



Cappello's
**GLUTEN & GRAIN FREE
GNOCCHI & RAVIOLI**

Your Choice

\$5.99

9.9-12 oz | **Save \$6**



Wildwood
**ORGANIC
SPROUTED TOFU**

Firm • Extra Firm

\$2.49

14 oz | **Save \$1.50**



Montebello
ORGANIC PASTA

Your Choice

\$3.99

16 oz | **Save \$2.30**



Smart Chicken
**ORGANIC CHICKEN
TENDERS**

\$9.99/LB

Save \$1/lb



Lucini Italia
**ORGANIC
PASTA SAUCE**

Basil • Garlic • Tuscan
Spicy Tuscan

\$6.99

24 oz | **Save \$4.50**



Lucini Italia
**EXTRA VIRGIN
OLIVE OIL**

Everyday

\$19.99

33.8 oz | **Save \$10**



Imagine
ORGANIC BROTH

Chicken • No-Chicken
Vegetable
Plus Low Sodium Versions

\$3.29

32 fl oz | **Save \$2.20**

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.

**OKTOBERFEST
SAUSAGES**

\$9.99

12 oz | **Save \$3**

Close to Home!



Newman's Own
ORGANIC RAISINS

\$3.49

6 oz | **Save \$3.50**



Jolly Llama
FROZEN NOVELTIES

Cones • Sandwiches
Sorbet Pops

\$3.49

11-14.25 fl oz | **Save \$3**



Chocolove
CHOCOLATE BARS
Your Choice

2 FOR \$7

2.9-3.2 oz | **Save \$1.49/ea**



Once Again
ORGANIC GRAHAM CRACKERS

Honey • Cinnamon
Dark Chocolate

\$3.99

7.93 oz | **Save \$3**

TONY'S CHOCOLONELY



CHOCOLATE BARS
Your Choice

\$4.99

6.35 oz | **Save \$2.50**



Pamela's
GLUTEN FREE COOKIES

Lemon Shortbread
Chunky Chocolate

\$3.99

6.25-7.25 oz | **Save \$2.50**



Siete
GRAIN FREE COOKIES

Your Choice

\$2.99

4.5 oz | **Save \$2**



Siete
CHURRO STRIPS

\$3.79

5 oz | **Save \$2.70**



Nancy's
ORGANIC
PLAIN YOGURT
Whole Milk • Low Fat
Non Fat

\$4.49

32 oz | **Save \$2.50**



Nancy's
ORGANIC KEFIR
Plain • Raspberry
Strawberry

\$4.49

32 fl oz | **Save \$3**



Organic Valley
ORGANIC
GRASSMILK
Whole • 2%

\$5.99

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



North Coast
ORGANIC
APPLE JUICE

\$5.49

64 oz | **Save \$5**



Pressed Juicery
SMOOTHIES
& JUICES
Your Choice

\$3.29

15.2 fl oz | **Save \$2.70**

EVERYDAY VALUE

**LOOK FOR
THE SIGNS!**



Cadia
ORGANIC COFFEE
Ground French Roast
& Breakfast Blend
Whole Bean Colombian

\$9.79

10 oz



Cadia
FROZEN ORGANIC
STRAWBERRIES
& BLUEBERRIES

\$3.49

10 oz

Cadia
ORGANIC
WILDFLOWER
HONEY

\$8.49

16 oz



Our Everyday Value program is designed to help you save money every time you shop with us. From pantry staples and frozen favorites to household essentials like laundry detergent and cleaning products, we're committed to offering you the lowest possible prices without sacrificing quality.

We know that choosing natural products—whether for your family's meals or your home—can sometimes feel like a luxury, especially if you're on a budget. But with Everyday Value, you can shop with confidence, knowing you're getting the best value for your money.

Over 1000 items on SALE! • 9/9–9/22

7

BULK DEPARTMENT DEALS

Azure
ORGANIC LIMA BEANS

\$2.99/LB

Save 80¢/lb



Equal Exchange
**SELECT ORGANIC
FAIR TRADE COFFEE**

Breakfast Blend • Love Buzz

\$12.99/LB

Save \$2/lb



Hummingbird
ORGANIC KIDNEY BEANS

\$3.49/LB

Save \$1/lb



Hummingbird
**ORGANIC RAW
SUNFLOWER SEEDS**

\$3.99/LB

Save \$1/lb



Lotus Foods
FORBIDDEN RICE

\$4.79/LB

Save \$1.20/lb



Edison Grainery
**ORGANIC QUINOA RICE
FUSILLI PASTA**

\$6.99/LB

Save \$2/lb



Hummingbird
**ORGANIC SONGBIRD
SUNRISE GRANOLA**

\$10.99/LB

Save \$3/lb



Close to Home!

Equal Exchange
**ORGANIC ROASTED
UNSALTED ALMONDS**

\$13.99/LB

Save \$6/lb



**DRIED ORGANIC
APRICOTS**

\$18.99/LB

Save \$5/lb



Berry Tree Acres
**LOCALLY GROWN
DRIED ELDERBERRIES**

\$39.99/LB

Save \$10/lb



ONLY \$2.50/OZ

Maine Coast
**ORGANIC
DULSE FLAKES**

\$79.99/LB

Save \$20/lb



ONLY \$5/OZ

WINE



Duck Pond
PINOT NOIR
Willamette Valley
\$16.99
750 ml | **Save \$2**



Duck Pond
CHARDONNAY
Willamette Valley
\$11.99
750 ml | **Save \$2**



Pacific Rim
MEDIUM RIESLING
Columbia Valley,
Washington
\$6.99
750 ml | **Save \$2**



Pizza & Pasta
PINOT GRIGIO
Italy
\$11.99
750 ml | **Save \$2**



Lapis Luna
ZINFANDEL
California
\$12.99
750 ml | **Save \$2**



Pizza & Pasta
**PRIMITIVO
& MONTEPULCIANO**
Italy
\$12.99
750 ml | **Save \$2**



Este
VINHO VERDE
Portugal
\$8.99
750 ml | **Save \$2.50**



La Bella
PINOT GRIGIO
Veneto, Italy
\$6.99
750 ml | **Save \$2**

RISHI TEA

ORGANIC TEA

Your Choice

\$5.49

15 ct | Save \$4.50

ORGANIC MASALA CHAI CONCENTRATE

\$5.49

32 fl oz | Save \$4



Stash TEA

Your Choice

\$2.49

18-20 ct | Save \$2



Harmless Harvest ORGANIC COCONUT WATER

\$2.99

10 fl oz | Save \$2



GT's

ALIVE MOOD & MIND

Root Beer • Matcha Cream
Ginger Turmeric • Cola

2 FOR \$5

16 fl oz | Save \$1.49



OliPop

PREBIOTIC SODA

Your Choice

3 FOR \$5

12 fl oz | Save \$1.33/ea



Eternal

ALKALINE SPRING WATER

4 FOR \$5

33.8 fl oz | Save \$1.24/ea



Mamma Chia

ORGANIC CHIA SQUEEZE

Your Choice

3 FOR \$4

3.5 oz | Save \$1.46/ea



The Grandpa Soap Co.

PINE TAR SOAP

\$2.99

3.25 oz | **Save \$2**



EO

SHOWER GEL

French Lavender

\$8.99

16 oz | **Save \$6**



Avalon Organics

SHAMPOO

& CONDITIONER

Rosemary • Lavender
Tea Tree

\$7.99

11 fl oz | **Save \$4.50**



Derma•E

ITCH RELIEF LOTION

\$11.99

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



Schmidt's

DEODORANT STICKS

Rose Vanilla • Lavender
Charcoal • Bergamot Lime

\$10.99

2.65 oz | **Save \$3**



Sukin

SELECT

FACE PRODUCTS

Moisturizer • Mist Toner
Foaming Cleanser
Revitalizing Scrub

\$7.99

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



Weleda

SKIN FOOD

Original Ultra-Rich Cream

\$15.99

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

HOUSEHOLD



Dr. Bronner's

**SAL SUDS
BIODEGRADABLE
CLEANER**

\$9.99

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



If You Care

**PAPER SNACK
& SANDWICH BAGS**

\$4.49

48 pk | **Save \$2.50**



Uncle Harry's
TOOTH & GUM ELIXIR

\$5.49

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



Tom's of Maine
DENTAL FLOSS

Naturally Waxed Flat Floss

\$3.99

32 yds | **Save \$2**



Tom's of Maine
TOOTHPASTE

Peppermint • Cinnamon
Fennel

\$5.99

4-4.5 oz | **Save \$4**



Inesscents
**ORGANIC
CASTOR OIL**

\$7.49

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



Mad Hippie
**VITAMIN C
& SUPER A SERUMS**

\$27.99

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



Natural Factors
NMN SURGE

Extra Strength
500 mg per serving

\$29.99

30 cap | **Save \$12**



Solgar
**ONE DAILY
MULTIVITAMINS**

Women's • Men's,
Women's 50+ • Men's 50+

\$18.99

60 caps | **Save \$5**

HIMALAYA

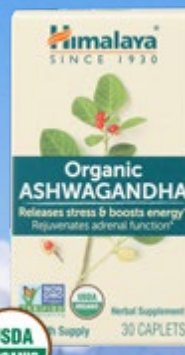


**WHITENING +
HYDROXYAPATITE
TOOTHPASTE**

Mint

\$8.99

4 oz | **Save \$2.50**



**ORGANIC
ASHWAGANDHA**

\$11.99

30 cap | **Save \$5**

ALL HIMALAYA ON SALE

TERRY NATURALLY



**EXTRA STRENGTH
CURAMIN**

\$21.99

30 tabs | Save \$6

ALL SIZES ON SALE



**Herb Pharm
SOOTHING THROAT
SPRAY**

Original • Honey & Sage

\$12.49

1 fl oz | Save \$3.50



**Jarrow
B-RIGHT**
Optimized B-Complex

\$20.99

100 cap | Save \$8

ALL JARROW ON SALE



**Kal
BLOOD SUGAR
DEFENSE**

\$17.49

60 tabs | Save \$4



**Kal
QUICK-DISSOLVE B-12
METHYCOBALAMIN
1000 mcg**

Raspberry • Tangerine

\$9.99

90 tabs | Save \$5

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.



**SELECT KIDS'
TINCTURES**

Biotic • Echinacea Plus
Bronchial

\$8.99

1 fl oz | Save \$2.50



IMMUNO WELL RX
\$9.49

1 fl oz | Save \$2.50



**LIPOSOMAL
VITAMIN C**
\$13.49

60 vcap | Save \$5.50





MEGA QUERCETIN
\$19.99
60 vcap | Save \$8



MAGNESIUM CITRATE
Value Size
\$14.99
180 vcap | Save \$5



BERBERINE
\$16.49
60 vcap | Save \$7.50



MAGNESIUM GLYCINATE
Value Size
\$24.99
240 vcap | Save \$11.50



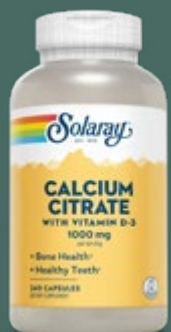
SUPER DIGEST-AWAY
\$24.99
180 vcap | Save \$12



CALCIUM MAGNESIUM ZINC
Value Size
\$15.99
250 vcap | Save \$5



RED YEAST RICE CoQ-10
\$25.99
90 vcap | Save \$11



CALCIUM CITRATE WITH VITAMIN D3
Value Size
\$17.99
240 cap | Save \$4



D-MANNOSE WITH CRANACTIN
Value Size
\$35.99
120 vcap | Save \$8



CV Sciences
CBD GUMMIES
25 mg CBD per Gummy

\$23.99

30 gummies | **Save \$11**

\$38.99

60 gummies | **Save \$17**



Carlson Labs
ELITE OMEGA-3
90+30 Soft Gel Value Pack

\$37.99

120 softgel | **Save \$7**

GARDEN OF LIFE



COLLAGEN PEPTIDES

Grass Fed

\$18.99

9.87 oz | **Save \$9**



mykind ORGANICS EXTRA STRENGTH TURMERIC

\$21.99

60 tab | **Save \$7**



Dr. Formulated ONCE DAILY WOMEN'S PROBIOTICS

16 probiotic strains

\$29.99

30 vcap | **Save \$11**

ANCIENT NUTRITION



MULTI-COLLAGEN PROTEIN

Unflavored • Chocolate
Vanilla

\$22.99

8.6-10 oz | **Save \$9**



ORGANIC SUPER GREENS

Berry • Mango • Unflavored

\$16.99

3.2-3.4 oz | **Save \$7**



ACTIVE PEPTIDES: MAGNESIUM CAPSULES

\$19.99

90 cap | **Save \$10**



ACTIVE PEPTIDES: CORTISOL CAPSULES

\$32.49

60 cap | **Save \$17.50**

ANCIENT NUTRITION

BACKED BY SCIENCE. POWERED BY PEPTIDES.



ACTIVE PEPTIDES: METABOLISM

- Guava or Chocolate Powder
- Capsules

\$38.99

4.4-5.3 oz or 60 cap

Save \$21



ACTIVE PEPTIDES: MAGNESIUM

- Honey Lavender Powder
- Blueberry Peppermint Powder

\$25.99

4.34-4.83 oz | Save \$14

Small but mighty, peptides are bioactive compounds that work with your body to provide targeted wellness support. Whether you're looking to support metabolic health,[†] antioxidant defenses,[†] heart health,[†] or restful sleep,[†] Ancient Nutrition's Active Peptides line offers science-backed formulas designed with specific benefits in mind. Visit LifeSource this month to explore the full Active Peptides collection and find the formula that's right for your health journey.

[†]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.



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