



**EAT WELL
BE HAPPY**

**ORGANIC
BARTLETT PEARS**

\$1.99/LB



**ORGANIC
FUJI APPLES**

\$1.99/LB



**RECIPE
PAGE 2**



**LARGE ORGANIC
HASS AVOCADOS**

2 FOR \$5



**ORGANIC
YELLOW ONIONS**

\$1.29/LB



20% OFF
regular-price items
ALL DAY!



**SATURDAY
OCT 3**



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

Organic Produce • On Sale 9/9-9/15

APPLE CRISP



Apples

- About 6 cups of apples, peeled, cored, and sliced to around a ¼" thick. (6-8 apples, depending on size)
- 1 Tbsp lemon juice
- ¼ cup organic cane sugar
- 2 Tbsp cornstarch
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp cardamom

- 1/8 tsp ginger
- 1/8 tsp allspice
- ¼ tsp sea salt

Crumble

- 2/3 cup packed brown sugar
- ½ cup all-purpose flour, or gluten free flour blend
- ½ cup rolled oats
- ½ cup toasted pecans
- ½ tsp cinnamon
- ½ cup butter, melted (or vegan butter alternative)

1. Preheat oven to 375°F. Grease a 9x9 inch baking dish with butter or a little cooking spray.
2. Mix together 1/4 cup sugar, cornstarch, spices, and salt in a small bowl. In a large bowl mix apples and lemon juice. Add sugar-spice mixture to the apples and toss to coat. Layer apples in the prepared baking dish.
3. Combine brown sugar, oats, flour, pecans, cinnamon, and salt. Pour in melted butter and mix with your hands or a fork until mixture is evenly moistened and crumbly. Sprinkle over the top of the apples.
4. Place the baking dish on a rimmed baking sheet with a bit of parchment paper. (You'll be glad you did if it bubbles over!) Bake for about 45-50 minutes, or until apples are cooked and the topping is golden. Allow to cool about 15 minutes before enjoying. Top with whipped cream or vanilla ice cream.

ORGANIC
KABOCHA
SQUASH

\$1.49/LB



ORGANIC
GOLD KIWIS

\$6.29/LB



ORGANIC
BLUEBERRIES

\$6.29/EA



LOCAL ORGANIC
KIWI BERRIES

\$4.99/EA



6 OZ
PKG

YOUNG ORGANIC
COCONUTS

\$5.49/EA



ORGANIC
KEITT MANGOS

\$2.99/EA



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!

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

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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

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16-2.3 oz | **Save 99¢/ea**



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**GLUTEN & GRAIN FREE
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Your Choice

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



Wildwood
**ORGANIC
SPROUTED TOFU**

Firm • Extra Firm

\$2.49

14 oz | **Save \$1.50**



Montebello
ORGANIC PASTA

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\$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.

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SAUSAGES**

\$9.99

12 oz | **Save \$3**

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ORGANIC RAISINS

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6 oz | **Save \$3.50**



Jolly Llama
FROZEN NOVELTIES

Cones • Sandwiches
Sorbet Pops

\$3.49

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



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CHOCOLATE BARS
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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
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Plain • Raspberry
Strawberry

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



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



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64 oz | **Save \$5**



Pressed Juicery
SMOOTHIES
& JUICES
Your Choice

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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

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\$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
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Save \$1/lb



Lotus Foods
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SUNRISE GRANOLA**

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UNSALTED ALMONDS**

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Berry Tree Acres
**LOCALLY GROWN
DRIED ELDERBERRIES**

\$39.99/LB

Save \$10/lb



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Maine Coast
**ORGANIC
DULSE FLAKES**

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Save \$20/lb



ONLY \$5/OZ

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PINOT NOIR
Willamette Valley
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750 ml | Save \$2



Close to Home!

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CHARDONNAY
Willamette Valley
\$11.99
750 ml | Save \$2



Pacific Rim
MEDIUM RIESLING
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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

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32 fl oz | Save \$4



Stash TEA

Your Choice

\$2.49

18-20 ct | Save \$2



Harmless Harvest

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\$2.99

10 fl oz | Save \$2



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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

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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

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



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Rose Vanilla • Lavender
Charcoal • Bergamot Lime

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2.65 oz | **Save \$3**



Sukin

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Moisturizer • Mist Toner
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Revitalizing Scrub

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48 pk | **Save \$2.50**



Uncle Harry's
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0.5 fl oz | **Save \$2.50**



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DENTAL FLOSS

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32 yds | **Save \$2**



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



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

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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

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4 oz | **Save \$2.50**



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ASHWAGANDHA**

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30 cap | **Save \$5**

ALL HIMALAYA ON SALE

TERRY NATURALLY



**EXTRA STRENGTH
CURAMIN**

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30 tabs | Save \$6

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**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

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**Kal
BLOOD SUGAR
DEFENSE**

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60 tabs | Save \$4



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

Raspberry • Tangerine

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90 tabs | Save \$5

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60 vcap | Save \$8



MAGNESIUM CITRATE
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180 vcap | Save \$5



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60 vcap | Save \$7.50



MAGNESIUM GLYCINATE
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240 vcap | Save \$11.50



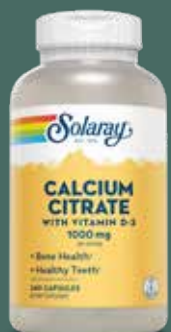
SUPER DIGEST-AWAY
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180 vcap | Save \$12



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25 mg CBD per Gummy

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30 gummies | **Save \$11**

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