LifeSource natural foods

EAT WELL BE HAPPY

CLOSED THANKSGIVING, 11/26

so that our team can enjoy a paid holiday

ORGANIC ENVY APPLES

$2.29/LB

USDA ORGANIC











Organic Produce · On Sale 11/25–12/1

MUSHROOM POT PIE



- **1 recipe puff pastry, or frozen puff pastry, thawed**
- **1 lb mushrooms, chopped (Use your favorites!)**
- **¼ cup butter**
- **1 large leek, tough greens removed, and thinly sliced**
- **2 carrots, peeled and chopped**
- **2 stalks celery, peeled and chopped**
- **4 cloves garlic, minced**
- **2 Tbsp fresh sage, chiffonade**
- **2 tsp fresh thyme leaves, minced**
- **1 tsp rosemary leaves, minced**
- **1 tsp poultry seasoning**
- **3 Tbsp flour**
- **¼ cup dry white wine (or broth)**
- **1½ cup broth (mushroom, vegetable, or chicken broths all work well)**
- **¼ cup parmesan cheese, grated**

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper or a silicone mat (optional).
2. In a 10-12 inch cast iron skillet, melt 2 Tbsp butter over medium heat. Cook the mushrooms until softened and reduced by half, about 5-8 minutes. Remove from the skillet and set aside.
3. Add a little more of the butter to the skillet. Cook the leeks until beginning to soften, about 3 minutes. Add carrots and celery, cook for another 5 minutes. Add the garlic and cook until fragrant, 1 minute.
4. Stir in fresh herbs, poultry seasoning, and flour. Cook and stir until flour is fully incorporated and has lost its raw smell, about 3 minutes. Deglaze the pan with the wine (or broth), scraping up any browned bits. Add 1½ cup broth, parmesan cheese, and mushrooms. Bring to a boil, reduce heat, and simmer until thickened, stirring occasionally. Remove from heat.
5. Roll out pastry into a 12”-14” circle. Place over the skillet, allowing the dough to hang over the rim of the skillet a little. Cut 3 slits in the top with a sharp knife.
6. Place the skillet on the prepared baking sheet, and bake in the preheated oven for 20 minutes. Reduce the temperature to 375°F and continue to bake until golden brown, about 15 to 20 more minutes.













LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO *ANYTIME*

do yourself a



SALAD

SCRATCH MADE AND SERVED UP FRESH EVERY DAY

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.

CRANBERRY SAGE PORK SAUSAGE **$9.99**

Close to Home!

16 oz | **Save $1**



Scan the code for our Cranberry Sage Stuffing recipe, perfect with Lonely Lane Cranberry Sage Sausage! It's a great addition to a holiday table. Along with stuffing, Patty Kloft of Lonely Lane suggests using this delicious, limited availability seasonal sausage:

- with roasted squash or sweet potatoes
- in breakfast casseroles
- or formed into patties and served with potatoes and corn



Simply Organic
ORGANIC GRAVY MIX
Brown • Roast Chicken
Mushroom • Turkey
$1.09
0.85-1 oz | **Save $1.90**



Pacific Foods
ORGANIC BROTH
Chicken • Beef • Mushroom
Vegetable
2 FOR $6
32 fl oz | **Save $1.99/ea**



Bonafide Provisions
ORGANIC BONE BROTH
Chicken • Turkey • Beef
$5.99
24 oz | **Save $5.50**



Smart Chicken
WHOLE ORGANIC CHICKENS
$3.99/LB
Save $1/lb



Mulay's
PORK SAUSAGE
Breakfast • Italian • Chorizo
$7.99
15-16 oz | **Save $2**



Portland Cider Co.
CRAFT CIDERS
Select 6-Packs
Portland, Oregon
$13.99
6-pack | **Save $2**



Rascal
PINOT GRIS
Oregon
$10.99
750 ml | **Save $2**



Torre Oria
CAVA BRUT
Valencia, Spain
$11.99
750 ml | **Save $2**



Duck Pond
PINOT GRIS
Willamette Valley, Oregon
$12.99
750 ml | **Save $2**



Six Stones
PINOT NOIR
Rogue Valley, Oregon
$13.99
750 ml | **Save $2**



Skyfall Wines
COLUMBIA VALLEY WINES
$14.99
750 ml | **Save $3**

MIX & MATCH 6

BUY ANY SIX BOTTLES OF WINE,* SAVE 15%

NOVEMBER 22-DECEMBER 24



*regular price wines



Just Food
JUST EGG
Plant-Based Liquid Egg
$6.49
16 oz | **Save $3**



Kerrygold
IRISH BUTTER
from Grass-Fed Cows
$4.79
8 oz | **Save $2.20**



Vital Farms
ORGANIC PASTURE-RAISED EGGS
Grade A Large
$7.49
1 doz | **Save $2.50**



Earth Balance
BUTTERY STICKS & SPREAD
Your Choice
$4.49
15-16 oz | **Save $3.50**



Bob's Red Mill
ORGANIC WHEAT FLOUR
White • Whole Wheat
$5.49
5 lbs | **Save $3.50**



Wholly Wholesome
ORGANIC PIE SHELLS
2 Pack
$4.99
14 oz | **Save $3.50**





Wholly Gluten Free
GLUTEN FREE PIE SHELLS
2 Pack
$5.79
14 oz | **Save $3.20**



Immaculate
ORGANIC BISCUITS & CRESCENT ROLLS
$3.99
8-16 oz | **Save $3.50**



Annie's

ORGANIC GRAHAM CRACKERS

Honey • Cinnamon

2 FOR $6

14.4 oz | **Save $3.99/ea**



Dandies

VEGAN VANILLA MARSHMALLOWS

Classic • Mini

$3.29

10 oz | **Save $2.20**



Enjoy Life

BAKING CHOCOLATE

Dark or Ricemilk Morsels
Semi-Sweet Mega Chunks
Semi-Sweet Mini Chips

$5.99

9 oz | **Save $4**



If You Care

BAKING CUPS

Unbleached Large

$1.79

60 pk | **Save $1**



If You Care

PARCHMENT & WAXED PAPER

Unbleached

$4.99

70-75 sq ft | **Save $3**

EVERYDAY VALUE



LOOK FOR THE SIGNS!

Cadia

ORGANIC SUGAR

Pure Cane • Brown
Powdered

$4.29

16-24 lbs





Cadia

ORGANIC FRUIT PRESERVES

$4.99

13 oz

Cadia

PURE ORGANIC VANILLA EXTRACT

$12.99

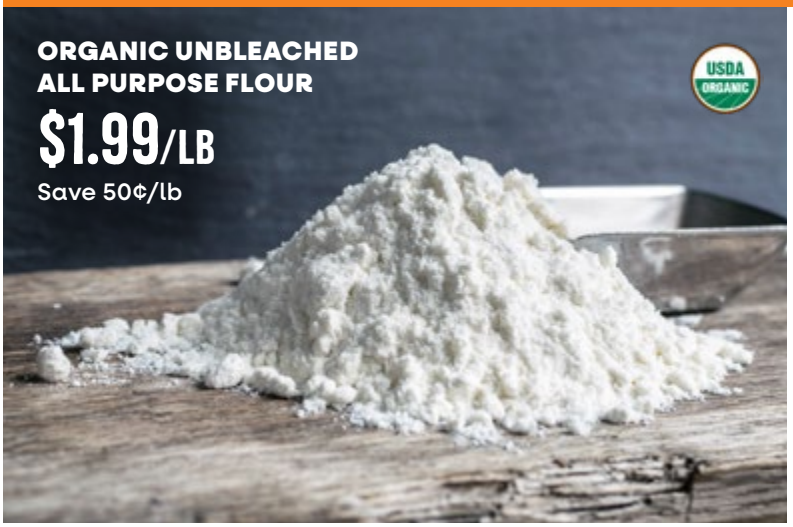
16 oz



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.

BULK DEPARTMENT DEALS























Four Sigmatic

ORGANIC MUSHROOM COFFEE

Focus • Balance

$12.99

10 oz | **Save $12**



Cascadian Farm

ORGANIC CEREAL & GRANOLA

Your Choice

2 FOR $7

8.6-14.6 oz | **Save $3.99-4.99/ea**



Elmhurst

PLANT MILKS

Walnut • Oat • Almond Cashew

$4.79

32 fl oz | **Save $3.20**



Flax4Life

GLUTEN FREE MUFFINS

Your Choice

$5.99

14 oz | **Save $2.50**



Painterland Sisters

ORGANIC SKYR YOGURT

Your Choice

2 FOR $5

5.3 oz | **Save 99¢**



- **1 pie pumpkin (3 lbs), or 2 cups pumpkin puree**
- **½ cup evaporated cane sugar**
- **½ cup brown sugar**
- **2 eggs, beaten**
- **½ cup butter, melted and cooled slightly**
- **1 ½ cup unbleached white flour**
- **2 tsp baking powder**
- **½ tsp salt**
- **1 tsp cinnamon**
- **½ tsp nutmeg**
- **½ tsp ginger**
- **¼ tsp cloves**
- **2 Tbsp Turbinado sugar**

1. Preheat the oven to 375°F. Line a large baking sheet with parchment paper or a silicone mat.
2. Cut the pumpkin in half lengthwise and scoop out the seeds. Place cut side down on the prepared baking sheet. Bake until it can easily be pierced with a fork, about 40 minutes.
3. Allow to cool slightly, and scoop out the flesh into a blender or food processor. Blend until smooth.
4. Reduce heat to 350°F. Grease an 8-inch by 4-inch loaf pan with butter or cooking spray.
5. In a large bowl, mix together pumpkin, cane sugar, brown sugar, eggs, and butter until blended.
6. In a small bowl, whisk together flour, baking powder, salt, cinnamon, nutmeg, ginger, and cloves.
7. Slowly stir dry ingredients into wet ingredients until just combined.
8. Scrape into the prepared loaf pan, and sprinkle with turbinado sugar.
9. Bake pumpkin bread for 55-65 minutes, or until a wooden pick inserted into the center comes out clean. Allow to cool slightly before removing from the pan.



Pressed Juicery

PREMIUM JUICES

Your Choice

$3.49

15.2 fl oz | **Save $2.50**



Late July
TORTILLA CHIPS
Select Varieties
2 FOR $7
6-7.5 oz | **Save $1.99/ea**



Alter Eco
ORGANIC FAIR TRADE CHOCOLATE BARS
Your Choice
$3.79
2.65-2.82 oz | **Save $2.20**



Boulder Canyon
POTATO CHIPS
Your Choice
2 FOR $6
5-6 oz | **Save $1.49/ea**



Saratoga
SPRING WATER
Sparkling • Still
2 FOR $5
28 fl oz | **Save $1.29/ea**



Back to Nature
CRACKERS & FLATBREAD
Your Choice
$2.79
5-6.5 oz | **Save $2**



Back to Nature
SANDWICH COOKIES
Your Choice
$3.49
7.5-9 oz | **Save $3**



Organic Valley
RAW ORGANIC CHEESE
Mild & Sharp Cheddar
Jack-Style
$4.49
8 oz | **Save $3**



Lundberg
ORGANIC RICE
White & Brown Jasmine
White & Brown Basmati
Sushi
$6.49
32 oz | **Save $3.50**

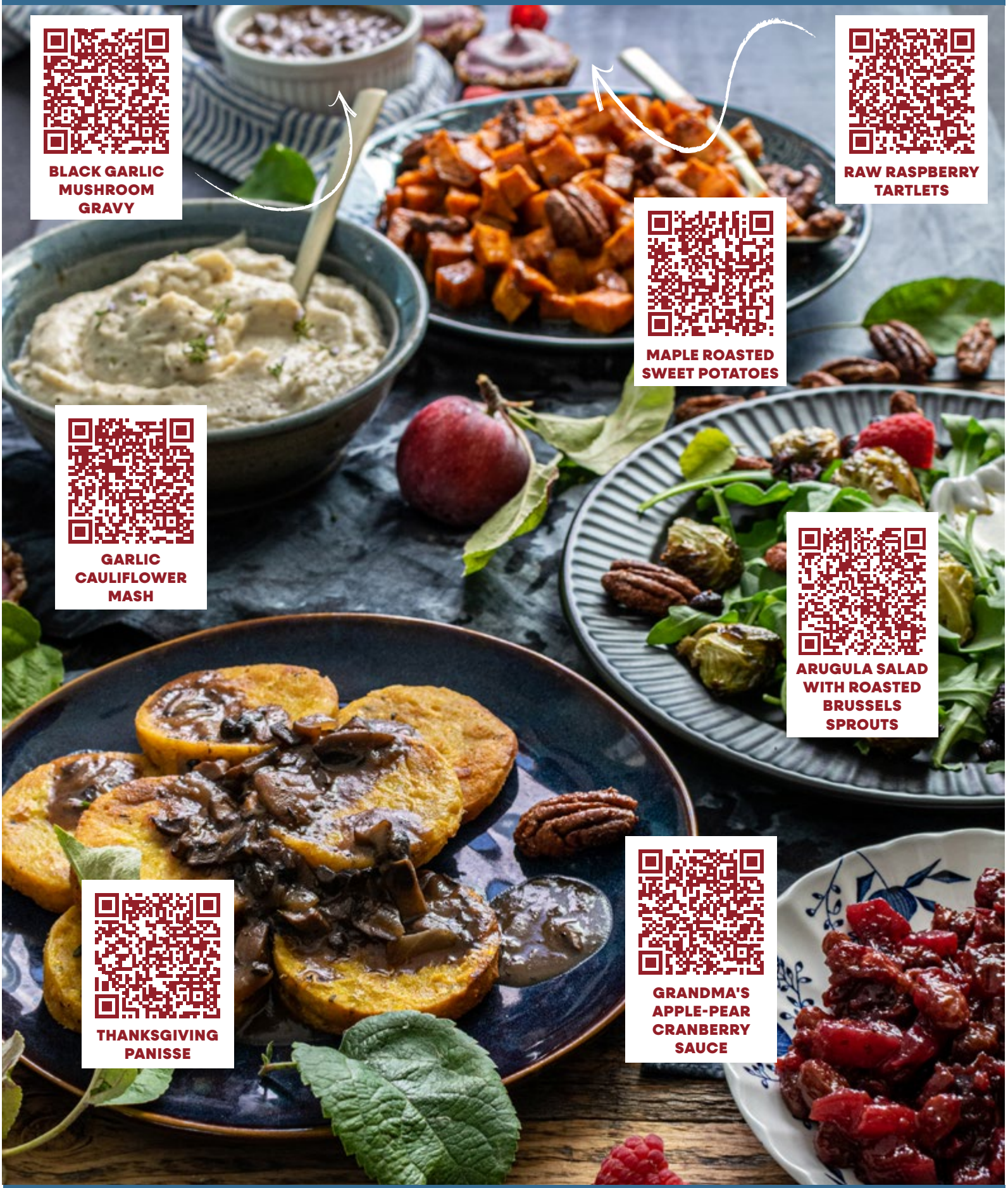


4th & Heart
GRASS-FED GHEE
Original • Garlic
Himalayan Pink Salt
$8.99
9 oz | **Save $5.50**



Seeds of Change
ORGANIC RICE & QUINOA
Your Choice
$2.49
8.5 oz | **Save $2**

PLANT-BASED RECIPES FROM LIFESOURCE



BLACK GARLIC MUSHROOM GRAVY

RAW RASPBERRY TARTLETS

MAPLE ROASTED SWEET POTATOES

GARLIC CAULIFLOWER MASH

ARUGULA SALAD WITH ROASTED BRUSSELS SPROUTS

THANKSGIVING PANISSE

GRANDMA'S APPLE-PEAR CRANBERRY SAUCE

KOKORA

Kokora's line of Mushroom Fruiting Body Extracts is certified organically grown and then extracted and concentrated using a hot water extraction process. Each mushroom product is uniquely synergized with Regenerative Organic Certified® freeze-dried herbal extracts for optimal benefits.



ORGANIC MUSHROOM FRUITING BODY EXTRACTS

Cordyceps Energy
Lion's Mane Memory
Reishi Vitality
Turkey Tail Immune

$27.99

60 cap | **Save $9**



ORGANIC 5 MUSHROOM WELLNESS

$29.99

60 cap | **Save $10**



Enzymedica

DIGEST GOLD

Maximum Strength

$21.49

45 ct | **Save $7**



Vital Planet

TARGETED ENZYMES

Gluten Digest • Dairy Digest
Bloat Digest

$31.99

60 cap | **Save $8**



Vital Planet

VITAL GUT RENEW

$31.99

6.88 oz | **Save $8**



ION*

GUT SUPPORT

$59.99

32 oz | **Save $15**

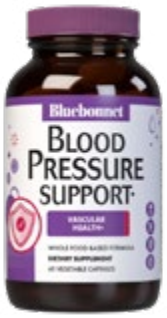


KAL

BLOOD SUGAR DEFENSE

$17.49

60 tab | **Save $4**



Bluebonnet

BLOOD PRESSURE SUPPORT

$19.99

60 vcap | **Save $8**

PLANT•FUSION



USDA ORGANIC

VITAMIN B-COMPLEX
Organic & Vegan
$25.99
30 vcap | **Save $6**



USDA ORGANIC

PLANT-BASED CALCIUM
Organic & Vegan
$47.99
180 tab | **Save $12**

ALL PLANT•FUSION ON SALE

BARLEAN'S



LIQUID MAGNESIUM
Orange Crème
$19.99
16 oz | **Save $5**



LIQUID MULTIVITAMIN
Tropical Fruit Flavor
$22.99
16 fl oz | **Save $5**

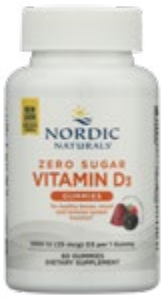


OMEGA-3
Lemon • Mango Peach
$33.99
16 oz | **Save $8**



USDA ORGANIC

NOW
ORGANIC D-MANNOSE POWDER
$16.99
3 oz | **Save $6**



Nordic Naturals
VITAMIN D3 GUMMIES
Zero Sugar
$12.99
60 chews | **Save $3.50**



ALL JARROW ON SALE

Jarrow
B-RIGHT
Optimized B-Complex
$20.99
100 cap | **Save $8**



Solaray
MAGNESIUM GLYCINATE
350 mg per serving
$24.99
240 vcap | **Save $11.50**

BOIRON



CHESTAL COUGH SYRUP
Original • Honey
$8.99
6.7 fl oz | **Save $3**



CHESTAL KIDS COUGH SYRUP
Original • Honey
$8.99
6.7 fl oz | **Save $3**



CHESTAL MELTAWAY PELLETS
Original • Kids
$11.49
160 ct | **Save $3.50**

LifeSource natural foods BRAND SUPPLEMENTS



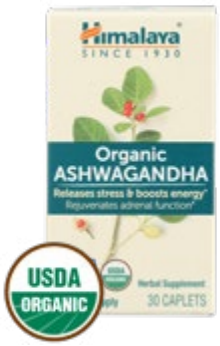
ACIDOPHILUS & BIFIDUS
$9.99
50 cap | **Save $3**



DGL
Deglycyrrhizinated Licorice
$11.99
90 vcap | **Save $3**



WHOLE ORGANIC PSYLLIUM HUSK
$15.49
12 oz | **Save $4.50**



Himalaya
ORGANIC ASHWAGANDHA
$11.99
30 cap | **Save $5**



RidgeCrest Herbals
CLEAR•LUNGS CLASSIC
$13.99
60 cap | **Save $11**



Vibrant Health
GREEN VIBRANCE POWDER
60 day supply
$83.99
23.7 oz | **Save $16**



Zhou
HAIRFLUENCE
$20.99
60 ct | **Save $9**



Natural Factors
TOTAL BODY COLLAGEN
Pomegranate • Unflavored
Orange • Chocolate • Vanilla
$36.99
1.06 lbs | **Save $10**



Andalou
BEAUTY BALM
Age Defying SPF 30
COLOR+ CORRECT
Sheer Beige SPF 30
$11.99
2 fl oz | **Save $8**



Alba Botanica
ACNEDOTE
Pimple Patches
$6.99
40 ct | **Save $5**

ANCIENT NUTRITION



ACTIVE PEPTIDES MAGNESIUM
$19.99
90 cap | **Save $10**



ACTIVE PEPTIDES CORTISOL
$32.49
60 cap | **Save $17.50**



MULTI COLLAGEN PROTEIN
Unflavored
$35.99
16 oz | **Save $14**





Acure
SHAMPOO & CONDITIONER
Clarifying • Smoothing
Hydrating • Volume
$6.29
8 fl oz | **Save $3.70**



Radius
SPONGE FLOSS
Clove Cardamom
$3.49
55 yds | **Save $2**





Radius
ORGANIC TOOTHPASTE
Clove Cardamom
Mint Aloe Neem
$8.49
3 oz | **Save $4.50**



Himalaya
HYDROXYAPATITE TOOTHPASTE
Whitening+ Mint & Peppermint
Kid's Watermelon & Strawberry
$8.99
4 oz | **Save $2.50**



Everyone
HAND SOAP
Your Choice
$3.79
12.75 fl oz | **Save $2.20**