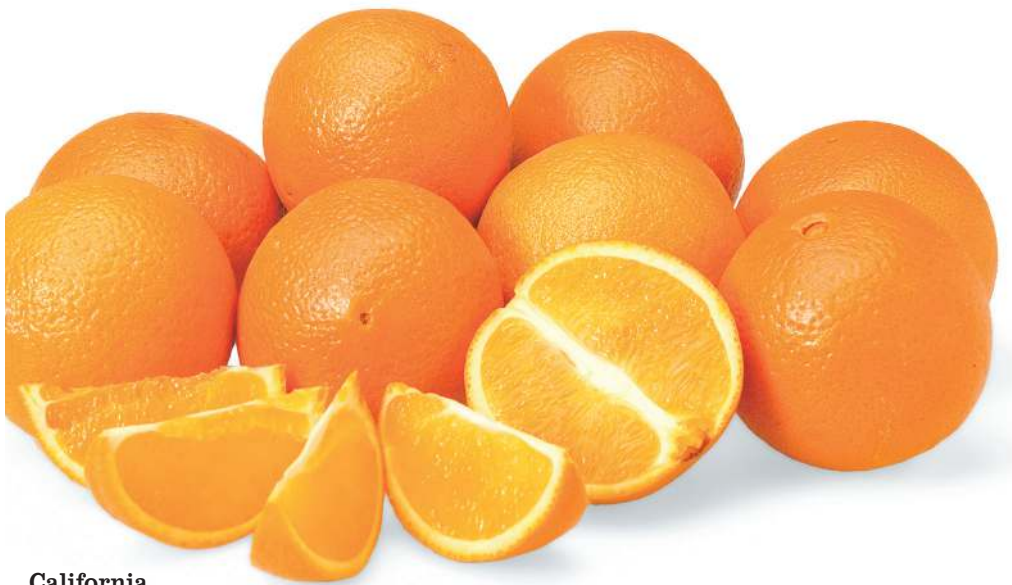




WINTERTIME SPECIALS



California
ORGANIC NAVEL ORANGES

\$1.49 lb.

Winter's sweet citrus



Garden of Life

PROTEIN POWDERS

40% off

Selected varieties and sizes

*Excludes Sport varieties



Beeler's Duroc Pork
PORK CHOPS OR LOIN

\$5.99 lb.

Never ever any antibiotics or hormones

Fresh from our kitchen

STUFFED ACORN SQUASH

\$1.00 off lb.

Golden squash stuffed with rice, nuts, and more

From the
Ground Up

CAULIFLOWER CRACKERS

\$2.99

Also: Pretzels

Selected varieties - 4-4.5 oz.



Kicking Horse

ORGANIC COFFEE

\$7.99

Selected varieties

10 oz.





ORGANIC BABY CARROTS

\$1.49 ea.

1 lb. bag

Badger Balm BODY AND SKIN CARE

25% off

Selected varieties and sizes



Muir Glen ORGANIC PASTA SAUCE

\$2.79

Selected varieties
25.5 fl. oz.

Daiya CHEESE ALTERNATIVE

\$3.39

Selected varieties - 8 oz.



In our Grab n' Go CHICKEN & WILD RICE SOUP

\$1.00 off qt.

Tender chicken with vegetables
and wild rice



Tinkyada RICE PASTA

\$2.99

Selected varieties - 14-16 oz.



Locally Grown ORGANIC FUJI APPLES

\$1.49 lb.

Crisp and sweet



Smart Chicken ORGANIC SPLIT BREAST

\$6.59 lb.

Air chilled for flavor and freshness

Dr Praeger's VEGGIE BURGERS

\$3.49

Selected varieties - 8-10 oz.



Bellwether Farms SHEEP'S MILK YOGURT

\$1.99

Selected varieties - 6 oz.



Cadia ORGANIC BUTTER

\$6.99

Selected varieties - 1 lb.

Honest ORGANIC ICED TEA

4 for \$5

Selected varieties
16 fl. oz.



Ling Ling POTSTICKERS

\$5.99

Selected varieties - 13 oz.



So Delicious COCONUTMILK YOGURT

\$4.79

Selected varieties - 24 oz.



Bulk ORGANIC JASMINE RICE

\$2.59 lb.

Starlite Cuisine TACOS OR TAQUITOS

\$5.99

Selected varieties
12-14 oz.

Mary's Gone Crackers ORGANIC CRACKERS

\$3.99

Selected varieties
5.5-6.5 oz.

BelGioioso ITALIAN CHEESE CUPS

\$2.29

Selected varieties - 5 oz.

Muir Glen ORGANIC TOMATOES

\$2.39

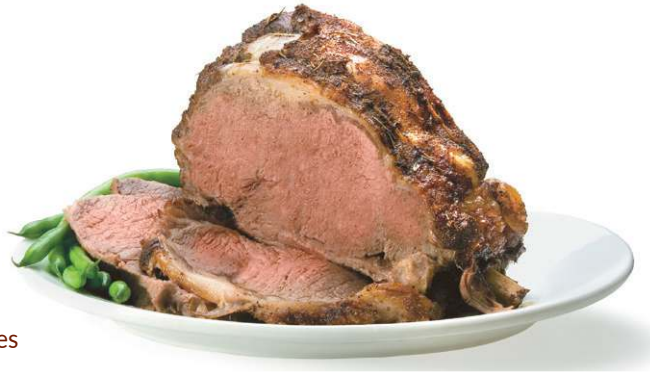
Selected varieties - 28 oz.

New Frontiers Natural Beef
STANDING RIB ROAST

\$11.99 lb.

USDA Choice grade

No antibiotics or added hormones



Deli fresh

ROASTED VEGGIES

\$1.00 off lb.

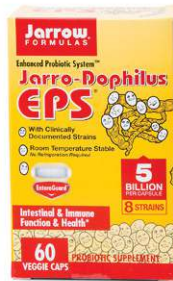
Assorted vegetables roasted with herbs and spices

Jarrow

SELECTED SUPPLEMENTS

30% off

Selected varieties and sizes



Locally Grown

ORGANIC OAK LEAF LETTUCE

99¢ ea.

Crisp and fresh



Sustainably Farmed

STEELHEAD TROUT FILLETS

\$13.99 lb.

Home-cook friendly



HOW TO COOK STANDING RIB ROAST

Figure on two people per rib for a generous serving. A three rib roast should serve six people, and four ribs should serve eight.

For best results, have your beef at room temperature before cooking. Preheat the oven to 450°F. Pat the roast dry with paper towels, rub butter or olive oil over the cut ends, and season the roast all over with salt and ground black pepper.

Place the roast in a roasting pan (the ribs act as a natural roasting rack), and roast for 15 minutes, then reduce oven temperature to 225°F. Cook meat until internal temperature reaches approximately 130°F for medium rare, and 145°F for medium. Approximate total cooking time for medium-rare is about 45 minutes per pound.

Remove roast from oven, cover tightly with foil, and let rest for 20-30 minutes before slicing.

Make the Au Jus Pour off the grease from the roasting pan. Whisk 1/2 cup beef broth into the roasting pan and bring to a boil while scraping the bottom of the pan. Add more beef broth if needed. Season to taste with salt and pepper.



Cadia

ORGANIC CHEESE

\$4.99

Selected varieties - 8 oz.

BarkThins
SNACKING CHOCOLATE

\$3.59

Selected varieties

4.7 oz.



Luna and Larry's

ORGANIC COCONUT BLISS

\$4.99

Selected varieties - Pint



Health-Aide

ORGANIC KOMBUCHA

\$2.49

Selected varieties - 16 fl. oz.



Bulk foods

DELUXE MIXED NUTS

\$9.99 lb.

Roasted and salted

Now

ESSENTIAL OILS

25% off

Selected varieties & sizes

Blue Moose

ORGANIC HUMMUS

\$2.79

Selected varieties - 8 oz.

California Olive Ranch

EVERYDAY OLIVE OIL

\$15.99

Extra virgin - 33.8 oz.

Dr. Mercola

SELECTED SUPPLEMENTS

20% off

Selected varieties & sizes

December 2018

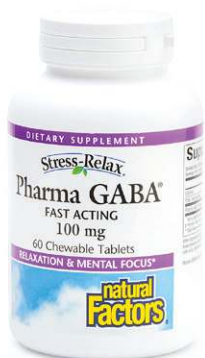
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Aura Cacia
ESSENTIAL OILS

30% off

Also: Diffusers, Aroma Sticks,
and Foam Bath
Selected varieties and sizes



Natural Factors
STRESS-RELAX FORMULAS

30% off

Selected varieties and sizes



Baked fresh
MINI QUICK BREADS

\$1.00 off ea.

Assorted freshly baked mini breads
packed with fruits, nuts, and flavor

Wholly
Wholesome
**FROZEN PIES
OR PIE SHELLS**



35% off

Selected varieties and sizes



Alter Eco
**ORGANIC
CHOCOLATE**

\$2.79

Selected varieties
2.65-2.82 oz.



Illy Caffè
ITALIAN COFFEE

\$13.99
Whole bean or ground
Selected varieties - 8.8 oz.

Lundberg
Family Farm
RICE CHIPS



\$2.49
Selected varieties - 6 oz. bag

New Frontiers
Fresh Roasted
**ORGANIC
COFFEE**



Sipi Falls
\$11.99 lb.



Immaculate Baking Co.
READY TO BAKE

50% off
Selected varieties & sizes



Cadia
**FROZEN ORGANIC
VEGETABLES**

25% off
Selected varieties - 16 oz.



Imagine Foods
**ORGANIC
BROTH**

2 for \$4
Selected varieties - 32 fl. oz.



New Chapter
**IMMUNE
SUPPLEMENTS**

35% off
Selected varieties & sizes