



September 2023

August 30th to  
September 26th



**Just Ice Tea**  
Organic Ice Tea  
(selected varieties)

**2/\$4**

16 oz



**Bragg**  
Organic Apple  
Cider Vinegar

**\$4.49**

32 oz



**KeVita**  
Organic Sparkling  
Probiotic Drink  
(selected varieties)

**\$2.79**

15.2 oz



**Harmless Harvest**  
Organic Coconut Water  
(selected varieties)

**\$3.79**

16 oz



**Mary's Gone Crackers**  
Organic Crackers  
(selected varieties)

**\$3.99**

5-6.5 oz



**Late July**  
Organic Tortilla Chips

**2/\$7**

7.4-10.1 oz



**Food For Life**  
Organic Ezekiel 4:9® Bread  
(selected varieties)

**\$4.29**

24 oz



**Cascadian Farm Organic**  
Organic Potatoes  
(selected varieties)

**2/\$8**

16 oz



**The Ginger People**  
Organic Pickled Sushi Ginger

**\$3.49**

6.7 oz



**San-J**  
Organic Tamari Soy Sauce  
(selected varieties)

**\$4.49**

10 oz



**Muir Glen**  
Organic Tomatoes  
(selected varieties)

**2/\$3**

14.5 oz



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**Wild Planet  
Wild Sardines**  
(selected varieties)

**2/\$4**

4.4 oz



**Native Forest  
Organic Coconut Milk**  
(selected varieties)

**\$2.49**

13.5 oz



**Annie's  
Organic Mac & Cheese**  
(selected varieties)

**2/\$6**

6 oz



**Montebello  
Organic Artisan Pasta**  
(selected varieties)

**\$3.79**

1 lb



**Lotus Foods  
Rice Ramen**

**\$1.49**

2.8 oz



**Garden of Eatin'  
Taco Shells**

**\$3.49**

5.5 oz



**Lucini Italia  
Organic Pasta Sauce**

**\$6.79**

24 oz



**Truff  
Black Truffle Infused Hot Sauce**

**\$10.99**

6 oz



**Spectrum  
Organic White Vinegar**

**\$5.99**

32 oz



**Siete  
Tortilla Chips**  
(selected varieties)

**\$3.99**

5 oz



**California Olive Ranch  
Extra Virgin Olive Oil**  
(selected varieties)

**\$7.99**

16.9 oz



### Maple & Mustard Roasted Root Vegetables

We all work to get vegetables into our day, but how often do you look for a new way? Well, here you go!



@lepetchefsb

Prep Time:  
**20 min**

Cook Time:  
**50 min**

Serves:  
**6**

#### Ingredients:

- 2 tablespoons Bragg Extra Virgin Olive Oil
- 1 tablespoon maple syrup
- 1 tablespoon Bragg Apple Cider Vinegar
- 2 teaspoons whole grain mustard, plus more for topping
- 2 teaspoons fresh rosemary, minced
- ½ pound sweet potato, cubed
- 2 large carrots, sliced into rounds
- 1 large beet, peeled and chopped
- 1 medium red onion, thickly sliced
- ¾ teaspoon salt
- ½ teaspoon black pepper



#### Preparation:

1. Preheat the oven to 400° F. Line two baking sheets with parchment paper.
2. Whisk together the olive oil, maple syrup, apple cider vinegar, mustard and rosemary.
3. Add the sweet potato, carrots, beet and red onion; toss to coat. Add salt and pepper and toss once more.
4. Spread the vegetables onto the two baking sheets in one layer. Roast vegetables until tender, about 50 minutes, tossing once halfway through.
5. Top with more whole grain mustard just before serving.

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Mount Hagen  
Organic Instant Coffee

**\$8<sup>99</sup>**

3.53 oz



UNREAL  
Chocolate Bar

**\$4<sup>29</sup>**

3.4-4.2 oz



Chocolove  
Chocolate Bar  
(selected varieties)

**\$2<sup>29</sup>**

3.2 oz



Terra  
Sweet Potato Chips

**\$3<sup>29</sup>**

5-6 oz



Pirate's Booty  
Rice & Corn Puffs

**\$2<sup>59</sup>**

4 oz



RW Garcia  
Organic Corn Chips  
(selected varieties)

**\$3<sup>29</sup>**

7.5-8.25 oz



Kettle  
Potato Chips  
(selected varieties)

**2/\$6**

5 oz



St. Dalfour  
French Fruit Spread  
(selected varieties)

**\$3<sup>49</sup>**

10 oz



Panda  
Licorice  
(selected varieties)

**\$2<sup>99</sup>**

7 oz



Larabar  
Fruit & Nut Bar  
(selected varieties)

**5/\$5**

1.6-1.7 oz



KIND  
Nut Bar  
(selected varieties)

**2/\$3**

1.4 oz



Clif Bar  
Energy Bar  
(selected varieties)

**\$1<sup>29</sup>**

2.4 oz



Cascadian Farm Organic  
Organic Cereal  
(selected varieties)

**2/\$7**

8.6-14.6 oz



Arrowhead Mills  
Organic Cereal Flakes  
(selected varieties)

**\$4<sup>99</sup>**

10-12 oz



Newman's Own  
Fig Newmans  
(selected varieties)

**\$3<sup>79</sup>**

10 oz



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So Delicious  
Organic Coconutmilk

**\$2<sup>79</sup>**

33-34 oz



Minor Figures  
Organic Barista  
Oat Milk

**\$3<sup>49</sup>**

32 oz



Clean Cause  
Organic Sparkling  
Yerba Mate  
(selected varieties)

**2/\$5**

16 oz



Tony's Chocolonely  
Chocolate Bar  
(selected varieties)

**\$3<sup>79</sup>**

6.35 oz



Endangered Species  
Chocolate Bar  
(selected varieties)

**\$2<sup>79</sup>**

3 oz



Essentia  
Alkaline Water

**\$2<sup>29</sup>**

1.5 lt



Lakewood  
Organic Pure  
Pineapple Juice

**\$6<sup>29</sup>**

32 oz



Waterloo  
Sparkling Water  
(selected varieties)

**\$5<sup>29</sup>**

12 ct



Bubbies  
Sauerkraut

**\$5<sup>79</sup>**

25 oz



# Why choose organic?

## It's Just Cooler.

Organic farms emit less global warming potential than other farming systems.

## All Natural, Always.

Organic food is grown without synthetic fertilizers or pesticides.

## GMOS? No Way!

Organic certification means no genetically engineered or modified ingredients.

Sources: [USDA.gov](http://USDA.gov), [rodaleinstitute.org](http://rodaleinstitute.org)



Hope  
Organic Hummus

**\$3<sup>29</sup>**

8 oz



Daiya  
Dairy-Free Slices  
(selected varieties)

**\$3<sup>79</sup>**

7.8 oz



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GT's Organic Coconut Yogurt (selected varieties)

\$4.99

8 oz



GT's Organic Kombucha (selected varieties)

\$2.99

16 oz



GT's Living Foods is a family and LGBTQIA+-owned business. Since his humble beginnings in 1995, GT Dave has created living foods with organic plants, raw fermentations, naturally occurring probiotics, peace & love.

Zevia Zero Calorie Soda (selected varieties)

\$5.49

6 ct



Vita Coco Coconut Water (selected varieties)

\$4.29

1 lt



Califia Farms Better Half Creamer

\$3.29

16.9 oz



Brew Dr. Kombucha Organic Kombucha (selected varieties)

\$2.29

14 oz



Good Culture Organic Cottage Cheese (selected varieties)

\$4.49

16 oz



Organic Valley Organic Raw Cheese

\$4.79

8 oz



Almond Breeze Almondmilk (selected varieties)

\$3.99

64 oz



Nancy's Organic Whole Milk Yogurt (selected varieties)

\$4.79

32 oz



So Delicious Coconutmilk Yogurt Alternative (selected varieties)

\$5.29

24 oz



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Vital Farms  
Pasture Raised Large Eggs



**\$6<sup>79</sup>**

12 ct

Wildwood  
Organic High Protein Tofu



**\$2<sup>99</sup>**

16 oz

Tofurky  
Plant-Based Original Sausage



**\$4<sup>99</sup>**

14 oz

GoodPop  
Frozen Pops  
(selected varieties)



**\$3<sup>99</sup>**

10-14 oz

Alden's Organic  
Organic Ice Cream  
(selected varieties)



**\$8<sup>29</sup>**

48 oz

Cosmic Bliss  
Organic Dairy-Free  
Frozen Dessert



**\$5<sup>29</sup>**

14 oz

Grain Trust  
Organic Frozen Rice



**\$3<sup>79</sup>**

30 oz

Vibrant Health  
Green Vibrance



**\$45<sup>99</sup>**

11.92 oz

Yerba Prima  
Psyllium Whole Husks



**\$12<sup>99</sup>**

12 oz

Avalon Organics  
Shampoo  
(selected varieties)



**\$7<sup>99</sup>**

11 oz

Alaffia  
EveryDay Coconut Shampoo



**\$10<sup>49</sup>**

32 oz

Nubian Heritage  
African Black Bar Soap



**2/\$10**

5 oz

Alba Botanica  
Un-Petroleum Jelly



**\$5<sup>99</sup>**

3.5 oz

Mrs. Meyer's Clean Day  
Liquid Dish Soap  
(selected varieties)



**\$3<sup>79</sup>**

16 oz

Better Life  
All-Purpose Cleaner  
(selected varieties)



**\$4<sup>99</sup>**

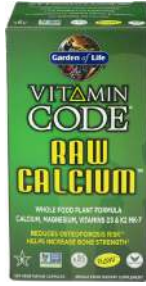
32 oz

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Garden of Life  
Vitamin Code RAW Calcium

**\$27<sup>99</sup>**

120 vcap



Nordic Naturals  
Algae Omega

**\$22<sup>99</sup>**

60 sgel



“Life starts all over again when it gets crisp in the fall.”

-F. Scott Fitzgerald

Solaray  
High Absorption  
Magnesium Glycinate

**\$13<sup>99</sup>**

120 vcap



Gaia Herbs  
Black Elderberry Syrup

**\$21<sup>99</sup>**

5.4 oz



Natural Factors  
Quercetin 500 mg

**\$19<sup>99</sup>**

60 vcap



JASON  
Toothpaste  
(selected varieties)

**\$5<sup>79</sup>**

4.2 oz



DERMA E  
Vitamin C Concentrated  
Serum

**\$19<sup>99</sup>**

2 oz



ACURE  
Brightening Facial Scrub

**\$6<sup>99</sup>**

4 oz



We are part of INFRA (Independent Natural Food Retailers Association), a network of independent retailers of all sizes working together to further the future of real food—for our communities and for our planet.

Together, we're able to provide you with discounts on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

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