



**EAT WELL
BE HAPPY**

**ORGANIC
POTATOES**

Red • Gold

\$1.49/LB



**ORGANIC
HONEYCRISP APPLES**

\$1.89/LB



**LOCAL ORGANIC
RAINBOW CHARD**

\$2.39/EA



Close to
Home!

Groundwork Organics,
Junction City, OR (54 mi)



HOLIDAYS MADE EASY

— TURKEY —
PIES • SIDES

**QUANTITIES LIMITED
RESERVE YOURS EARLY**



**RESERVATIONS CLOSE
NOVEMBER 22** —



**SCAN TO
ORDER**



Organic Produce • On Sale 10/21–10/27

SPICY MAPLE PARSNIPS



Serves 2-3

- 1 lb parsnips
- 2 Tbsp maple syrup
- 1 Tbsp olive oil
- ½ tsp cinnamon
- ¼ tsp kosher salt
- ⅛ tsp cayenne (optional)

1. Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone mat.
2. Peel and cut parsnips into rounds or fries. If using very large parsnips, discard the inner core, which can be tough.
3. Toss parsnips with maple syrup, oil, cinnamon, salt, and cayenne. Spread in an even layer on the prepared baking sheet.
4. Roast 20 minutes or until tender, stirring halfway through.

**LOCAL
ORGANIC LEEKS**

\$2.99/LB



**Close to
Home!**



**ORGANIC
HACHIYA PERSIMMONS**

\$2.89/LB



ORGANIC PARSNIPS

\$3.39/LB



**ORGANIC
SHALLOTS**

\$4.99/LB



LARGE ORGANIC
HASS AVOCADOS

\$2.29/EA



ORGANIC
ASIAN PEARS

\$2.89/LB



ORGANIC
BRUSSELS SPROUTS

\$6.79/LB



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

do yourself a



SALAD

SCRATCH MADE AND
SERVED UP FRESH
EVERY DAY



Smart Chicken
ORGANIC
CHICKEN THIGHS
 Bone-In
\$4.99/LB
 Save \$1/lb



Tasty Bite
ORGANIC INDIAN
ENTREES
 Your Choice
\$3.49
 10 oz | Save \$2

LONELY LANE FARMS



Close to Home!

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.

LOCAL
ITALIAN-RUBBED
PORK LEG ROAST
\$9.49/LB
 Save \$2/lb



Tasty Bite
FULLY COOKED
ORGANIC RICE
 Your Choice
\$2.29
 8.8 oz | Save \$2.20



Siete
GRAIN FREE
TORTILLAS
 Cassava • Almond
 Chickpea
\$5.99
 7 oz | Save \$4



Kevin's Natural Foods
FROZEN
CHICKEN BOWLS
 Burrito • Thai-Style
 Parmesan Basil
 Korean BBQ-Style
\$4.49
 9-9.5 oz | Save \$2.50



Essentia
IONIZED ALKALINE
WATER
\$2.79
 50.7 fl oz | Save \$1.70



Amy's
ORGANIC SOUPS

Your Choice

\$3.49

14-14.7 oz | **Save \$1.50**



La Panzanella
**CROCCANTINI
CRACKERS**

Original • Rosemary • Garlic
Black Pepper

2 FOR \$6

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



Milton's
**GLUTEN-FREE
CRACKERS**

Multigrain • Olive Oil & Sea Salt
Organic Multigrain

\$2.99

6-8.4 oz | **Save \$2**



Milton's
MARGHERITA PIZZA

Gluten Free Cauliflower Crust

\$7.49

11 oz | **Save \$6.50**

PET

Birdie & Louie
**PREMIUM DRY
DOG & CAT FOOD**

Your Choice

\$11.99

3.5 lb | **Save \$7-8**



CHICKEN CASSOULET



Makes 6 servings

- 1.5-2 lb pkg bone-in chicken thighs or drumsticks
- 4 slices bacon or pork belly, cut into 1 inch pieces
- 1/2 lb dinner sausage, sliced
- 1 medium onion, chopped
- 1 large leek, thinly sliced (tough greens removed)
- 2 carrots, peeled chopped
- 3 stalks celery, chopped
- 6 cloves garlic, minced
- 1 cup good dry white wine
- 2 cans or 4 cups cooked white beans (navy, cannellini, or great northern beans,) drained
- 1 Tbsp double concentrated tomato paste
- 2-3 cups chicken broth
- 2 sprigs rosemary
- 6 sprigs thyme
- Salt and pepper, to taste

1. Preheat oven to 300°F
2. Add bacon to a Dutch oven, or other large oven-safe pot. Cook over medium-low heat until browned. Remove to plate. Cook sausage in bacon grease until browned, about 4 minutes. Remove to plate. Cook chicken, browning on both sides. Remove to plate. Drain all but 1 Tbsp grease.
3. Cook onion and leek in reserved bacon grease until fragrant and softened, about 7 minutes. Add carrots, celery, and garlic, cook for an additional 5 minutes. Add white wine, deglaze the pan and cook until reduced by half.
4. Stir in beans, tomato paste, broth, salt and pepper. Tie together sprigs of thyme and rosemary and add to the pot. Return meat to the pan as well. Cover and bake for 2 hours. Uncover and bake for an additional hour. Serve with a glass of white wine and crusty bread for dipping.

APPLE CHERRY BAKED OATMEAL



Makes 6 servings

- 2 apples, peeled, cored, and ¼ inch slices
- 1 cup frozen cherries, halved
- ½ cup maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp cardamom
- ½ tsp ginger
- ½ tsp allspice
- 2 cups thick cut rolled oats
- 1 ½ cups milk, dairy or plant based
- 1 egg, beaten
- ¼ cup pecans, chopped
- Pinch salt
- Yogurt, for serving

1. Preheat the oven to 350°F.
2. Toss together apples, cherries, maple syrup, vanilla extract, cinnamon, nutmeg, cardamom, ginger, and allspice. Scrape into a 9x9-inch baking dish. Bake for 20 minutes.
3. Mix together oats, milk, egg, pecans, and salt. Mix with fruit in the baking dish. Bake for an additional 35 minutes, or until liquid is absorbed. Serve warm with a dollop of yogurt.



Honey Mama's CHOCOLATE TRUFFLE BARS

Your Choice

\$3.99

2.5 oz | Save \$3



Remedy Organics ORGANIC WELLNESS SHAKES

Your Choice

\$2.99

12 fl oz | Save \$2



Once Upon a Farm ORGANIC SMOOTHIE POUCHES & BABY FOOD

Your Choice

\$2.29

3.2-4 oz | Save \$1.50-\$1.70



North Coast ORGANIC APPLE CIDER

\$3.79

32 fl oz | Save \$3.20



Van's GLUTEN FREE BLUEBERRY WAFFLES

2 FOR \$6

9 oz | Save \$2.99/ea



Siggi's
SKYR YOGURT

Your Choice

2 FOR \$3

4.4-5.3 oz | **Save 99¢/ea**



Organic Valley
**ORGANIC
PROTEIN PLUS MILK**

Whole • 2% • Fat Free

\$5.49

48 fl oz | **Save \$2**



Vital Farms
**ORGANIC 18-COUNT
PASTURE RAISED
EGGS**

\$10.99

18 ct | **Save \$4**



Purely Elizabeth
**GLUTEN FREE
GRANOLA**

Your Choice

\$5.99

8-12 oz | **Save \$4**



Purely Elizabeth
**GLUTEN FREE
OATMEAL**

Your Choice

\$3.99

8.3-9.12 oz | **Save \$2-\$2.50**

EVERYDAY VALUE



**LOOK FOR
THE SIGNS!**

Cadia
**ORGANIC FROZEN
CHERRIES**

\$4.49

10 oz



Cadia
**ORGANIC FAIR
TRADE SUGAR**

White • Brown • Powdered

\$4.29

16-24 oz

Cadia
BAKING SODA

\$1.69

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

Hummingbird
**LOCALLY GROWN ORGANIC
WHOLE RYE BERRIES**

\$1.49/LB

Save 50¢/lb



Café Mam
ORGANIC FAIR TRADE COFFEE

Regular Roasts

\$11.99/LB

Decaf Roasts

\$12.99/LB

Save \$4/lb



Hummingbird
ORGANIC HULLED MILLET

\$1.79/LB

Save 50¢/lb



Hummingbird
**ORGANIC
MULTICOLORED POPCORN**

\$1.99/LB

Save 50¢/lb



Authentic Foods
**SUPERFINE
SWEET RICE FLOUR**

\$3.49/LB

Save \$1/lb



Bob's Red Mill
13 BEAN SOUP MIX

\$2.79/LB

Save 70¢/lb



Lundberg
**ORGANIC LONG GRAIN
WHITE RICE**

\$3.19/LB

Save 80¢/lb



YumEarth
**ASSORTED ORGANIC
LOLLIPOPS**

\$19.99/LB

Save \$6/lb



Equal Exchange
**ORGANIC DARK
CHOCOLATE MINIS**

\$39.99/LB

Save \$10/lb



Frontier
**ORGANIC CIDER
MULLING SPICES**

\$31.99/LB

Save \$10/lb



ONLY \$2.50/oz

ONLY \$2/oz



GT's
SYNERGY KOMBUCHA

Your Choice

2 FOR \$5

16 fl oz | **Save \$1.49/ea**



Nixie
**ORGANIC
SPARKLING WATER
8-PACKS**

Your Choice

\$4.49

8-pack | **Save \$3.50**



Liquid Death
ICED TEA

Your Choice

2 FOR \$3

19.2 fl oz | **Save \$1.29**



Epic Provisions
MEAT BITES

\$4.49

1.5-2.5 oz | **Save \$4**



Epic Provisions
MEAT BARS

3 FOR \$5

1.3-1.5 oz | **Save \$2.33/ea**



**PUMPKIN SUGAR
COOKIES**

Makes 6 servings

- **3⅓ cups organic all-purpose flour**
- **1 tsp baking powder**
- **1½ tsp cinnamon**
- **¼ tsp ground ginger**
- **¼ tsp ground nutmeg**
- **¼ tsp allspice**
- **⅓ tsp cloves**
- **1 cup organic butter, softened**
- **⅔ cup organic cane sugar**
- **⅓ cup organic brown sugar**
- **1 organic egg**
- **1 tsp vanilla paste (or extract)**
- **⅓ cup organic pumpkin puree**

1. Mix flour, baking powder & spices in a large bowl, set aside.
2. In a separate bowl, beat butter until smooth. Add sugars and mix until fluffy. Add egg, vanilla and pumpkin, beat to combine.
3. Gradually blend in dry ingredients, mixing until dough begins to pull away from the sides of the bowl.
4. Divide dough into two balls, flatten into discs. Wrap in waxed paper or parchment, and refrigerate about two hours. This will make your dough easier to roll out!
5. Preheat the oven to 375°.
6. Work with one package of dough at a time, leaving the other in the refrigerator. Roll out on a lightly floured board to about ¼ inch thick, and cut out with your favorite cookie cutters.
7. Place cutouts on an ungreased baking sheet about an inch or so apart, and put the baking sheet in the freezer (yep, the freezer) for 10 minutes. This will help your cookies keep their shape when you bake them.
8. Bake 9-11 minutes, depending on the size of your cookies, and how soft you like them.

BEER • WINE



pFriem OREGON BEER

Select 6-Packs
Hood River, Oregon

\$12.99

6-pack | Save \$2



Deschutes NON-ALCOHOLIC BEERS

Select 6-Packs
Bend, Oregon

\$11.99

6-pack | Save \$2



St. Innocent VILLAGES CHARDONNAY

Willamette Valley

\$16.99

750 ml | Save \$3



Pacific Redwood ORGANIC RED TABLE WINE

Mendocino, California

\$10.99

750 ml | Save \$2



El Nacho TORTILLA CHIPS

Sea Salt • Mango
Chiles & Lime

2 FOR \$7

10 oz | Save \$2.49/ea



Hippeas CHICKPEA TORTILLA CHIPS & PUFFS

Your Choice

\$2.99

3.75-5 oz | Save \$2



Lesser Evil ORGANIC POPCORN

Your Choice

2 FOR \$6

4.6-6.4 oz | Save \$1.79/ea



Stacy's PITA & BAGEL CHIPS

Your Choice

\$2.79

7-7.33 oz | Save \$2



Second Nature TRAIL MIX

Dark Chocolate Cherry
Dark Chocolate Medley
Wholesome Medley

\$6.49

12-14 oz | Save \$6.50



Giovanni
HAIR TREATMENTS
 Mousse • L.A. Hold Hairspray
 L.A. Strong Hold Gel
 Vitapro Fusion

\$6.99

5.1-7 oz | **Save \$4**



Crystal Body
**ROLL-ON
 DEODORANT**
 Unscented • Lavender
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\$4.29

2.25 oz | **Save \$2.20**



Giovanni
**SHAMPOO
 & CONDITIONER**
 Your Choice

\$6.99

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



evanhealy
**BALM OF GILEAD
 ELIXIR**

\$29.99

0.5 fl oz | **Save \$8.50**

**ALL EVANHEALY
 ON SALE**



Lifeflo
MAGNESIUM LOTION

\$8.99

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



NeoCell
**COLLAGEN
 BEAUTY BURSTS**

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60 chews | **Save \$4**



Wild Carrot Herbals
**SOULSHINE
 DAY CREAM**

\$26.99

2 oz | **Save \$13**

BOIRON



For flu-like symptoms: body aches, headache, fever, chills, and fatigue.*
 Easy to take, the melt-away pellets can be taken by everyone ages 2 and up.

OSCILLOCOCCINUM
 6 single dose tubes
\$11.99
 6 ct | **Save \$4**

*Claims based on traditional homeopathic practice, not accepted medical evidence. These statements have not been evaluated by the Food and Drug Administration.



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 Peppermint • Orange Vanilla
\$5.49
 4 oz | **Save \$4.50**



drTung's
SMART FLOSS
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 30 yds | **Save \$2.20**



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WHOLE EARTH & SEA MULTIVITAMINS
 Women's • Men's,
 Women's 50+ • Men's 50+
 Prenatal
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 60 tab | **Save \$9**



Salus
FLORADIX & FLORAVITAL
 Iron + Herbs
\$23.99
 8.5 fl oz | **Save \$8**



BioSil
ADVANCED HAIR + NAIL CARE
\$18.99
 30 vcap | **Save \$6**



Herbs Etc.
ROCKY MOUNTAIN THROAT SYRUP
\$11.99
 4 oz | **Save \$6**



Lakewood
ORGANIC ALOE VERA JUICE
 Whole Leaf Aloe with Lemon
\$6.99
 32 fl oz | **Save \$4**

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FUNCTIONAL
MUSHROOM GUMMIES**

Elevate • Hibernate
Motivate • Concentrate

\$5.99

5 ct | **Save \$2**

**ALL
MICROJoY
ON SALE**



**Host Defense
MYCOBREW**

Mocha • Cocoa

\$19.99

10.5 oz | **Save \$10**



**Organic India
ORGANIC CEYLON
CINNAMON**

\$16.99

90 vcap | **Save \$9**



CARLSON

ELITE OMEGA-3

90+30 softgel Value Pack

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120 softgels | **Save \$9**



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HERB PHARM

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OMEGA**

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180 softgels
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MEGA QUERCETIN
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60 vcap | Save \$8



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



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\$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
\$17.49
240 cap | Save \$4.50



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Value Size
\$34.99
120 vcap | Save \$9



Gaia Herbs
STRESS RESPONSE
\$13.99
 30 cap | **Save \$5**

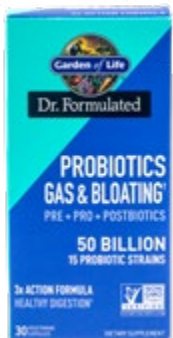


Gaia Herbs
QUICK DEFENSE
\$18.99
 20 cap | **Save \$7**

Oregon's Wild Harvest
ORGANIC
ASHWAGANDHA
\$18.99
 90 cap | **Save \$7**



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DR. FORMULATED
GAS & BLOATING
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 60 vcap | **Save \$4.50**

ALL
VITANICA
ON SALE

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.



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BRAIN MUSHROOM
SUPPORT**
\$10.99
60 vcap | Save \$3



PARACIDE
\$10.99
90 vcap | Save \$3



**HEALTHY BLOOD
PRESSURE SUPPORT**
\$11.49
60 cap | Save \$3



**COENZYME
METHYL-B
COMPLEX**
\$23.99
120 vcap | Save \$6



**MAGNESIUM
GLYCINATE**
\$15.99
90 vcap | Save \$4



VITAMIN D3 & K2
\$11.49
60 tab | Save \$3

