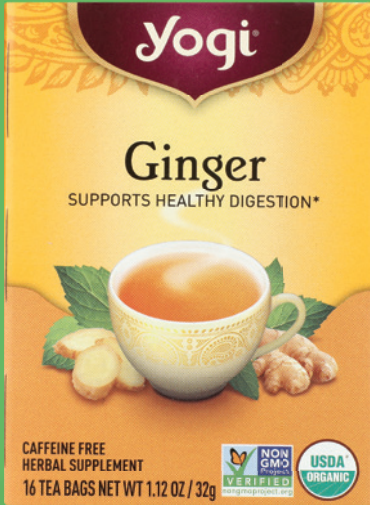




**NATURE'S PICK MARKET**  
The Elements Of Good Health

# deals

October 23–November 29, 2024



**Yogi Organic Tea**  
selected varieties

**\$3.79**  
16 ct



**Alden's Organic Organic Ice Cream**  
selected varieties

**\$8.49**  
48 oz

## Serving up deals on holiday desserts

**Farmer's Market Organic Pumpkin**

**Dandies Vegan Marshmallows**  
selected varieties

**Wholly Wholesome Gluten Free Pie Shells**

**\$3.29**  
15 oz



**\$3.29**  
10 oz



**\$5.79**  
2 ct



**Annie's Organic Graham Crackers**  
selected varieties

**If You Care Parchment Baking Paper**

**Lily's Chocolate Baking Chips**  
selected varieties

**2/\$8**  
14.4 oz



**\$4.79**  
70 sqft



**\$5.99**  
9 oz



**Garden of Eatin' Taco Shells**  
selected varieties

**Cascadian Farm Organic Organic Potatoes**  
selected varieties

**Pacific Foods Organic Broth**  
selected varieties

**\$3.49**  
5.5 oz



**2/\$8**  
16 oz



**\$3.79**  
32 oz



**Annie's  
Organic Mac & Cheese**

selected varieties



**2/\$6**

6 oz

**Daiya  
Deluxe Mac & Cheeze**

selected varieties



**\$379**

10.6 oz

**Maya Kaimal  
Organic Everyday Dal**

selected varieties



**\$379**

10 oz

**Lundberg Family Farms  
Wild Blend Rice**



**\$499**

1 lb

**Ancient Harvest  
Organic Polenta**

selected varieties



**\$299**

18 oz

**Muir Glen  
Organic Tomatoes**

selected varieties



**2/\$5**

28 oz

**Muir Glen  
Organic Pasta Sauce**

selected varieties



**2/\$7**

23.5 oz

**Primal Kitchen  
Dressing**

selected varieties



**\$579**

8 oz

**Warming Vegetable Soup with Ginger**

35 MIN • SERVES 8 • DAIRY-FREE, GLUTEN-FREE, GRAIN-FREE

**INGREDIENTS**

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3-inch fresh ginger, peeled and minced
- 2 quarts chicken stock
- 2 medium carrots, peeled and chopped
- 2 large russet potatoes, peeled and cubed
- 1 bunch kale, stemmed and chopped
- 2 cups cooked basmati rice
- 2 ½ cups cooked wild rice
- 2 teaspoons sea salt
- 1 teaspoon coarse ground black pepper
- 1 tablespoon sriracha hot sauce

**DIRECTIONS**

- 1 In a large stockpot, heat oil over medium heat. Add onion and sauté until tender. Add ginger and cook for one minute.
- 2 Add stock and carrots. Bring to a gentle simmer and cook for five minutes. Add potatoes and kale and return to a simmer. Cook until potatoes are tender then stir in rice. Season soup to taste with salt, pepper, and sriracha.



**Simply Organic  
Organic Gravy Mix**

selected varieties

**\$1.29**

0.85 oz



**Kettle & Fire  
Broth**

selected varieties

**\$3.29**

32 oz



**The Ginger People  
Organic Pickled Sushi Ginger**

**\$4.49**

6.7 oz



**Late July  
Organic Tortilla Chips**

selected varieties

**2/\$7**

10.1 oz



**Good Health  
Avocado Oil Potato Chips**

selected varieties

**\$3.29**

5 oz



**Angie's  
BoomChickaPop Popcorn**

selected varieties

**2/\$6**

4.4-7 oz



**Vegan Rob's  
Puffs**

selected varieties

**\$3.29**

3.5 oz



**Back to Nature  
Organic Crackers**

selected varieties

**2/\$6**

6 oz



**Crunchmaster  
Multi-Seed Crackers**

selected varieties

**2/\$7**

4 oz



**Simple Mills  
Almond Flour Crackers**

selected varieties

**\$3.79**

4.25 oz



**Tony's Chocolonely  
Chocolate Bar**

selected varieties

**\$3.99**

6.35 oz



**Panda  
Licorice**

selected varieties



**Endangered Species  
Chocolate Bar**

selected varieties

**2/\$5**

3 oz



**Newman's Own  
Sandwich Cremes**

selected varieties

**\$4.79**

13 oz



**2/\$6**

7 oz



Homemade for the holidays. Celebrate better with Bob's Red Mill baking ingredients.



**Bob's Red Mill Baking Soda**

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

16 oz



**Bob's Red Mill Organic Flour**  
selected varieties

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

5 lb



**Bob's Red Mill 1 to 1 Baking Flour**

**\$4<sup>49</sup>**

22 oz

**St. Dalfour French Fruit Spread**  
selected varieties



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

10 oz

**Once Again Organic Tahini**  
selected varieties



**\$7<sup>49</sup>**

16 oz

**Purely Elizabeth Organic Granola**  
selected varieties



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

8-12 oz

**Cascadian Farm Organic Organic Cereal**  
selected varieties



**2/\$7**

8.6-15 oz

**Pamela's Pancake & Baking Mix**



**\$7<sup>29</sup>**

24 oz

**Jovial Organic Einkorn Flour**  
selected varieties



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

32 oz

**Spectrum Organic Shortening**



**\$8<sup>79</sup>**

24 oz

**Let's Do Organic Coconut Flakes**



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

7 oz

**Peter Rabbit Organics Organic Baby Food Pouch**  
selected varieties



**\$1<sup>79</sup>**

4-4.4 oz

**SweetLeaf**  
**Liquid Stevia**  
 selected varieties



**\$7.29**

2 oz

**Rishi Tea**  
**Organic Tea**  
 selected varieties



**\$6.99**

15 ct

**Lakewood**  
**Organic Pure Pomegranate Juice**



**\$8.69**

32 oz

**Brown Cow**  
**Cream Top Whole Milk Yogurt**  
 selected varieties



**\$3.79**

32 oz

**R.W. Knudsen**  
**Organic Tomato Juice**



**2/\$7**

32 oz

**Califia Farms**  
**Better Half Creamer**



**\$2.99**

16.9 oz

**Kerrygold**  
**Butter**  
 selected varieties



**\$4.29**

8 oz

**Wholesome**



**Wholesome**  
**Organic Brown Sugar**  
 selected varieties

**\$4.79**

24 oz

Bake your holiday best with help from Wholesome Organic Fair Trade Sugars. From crop to kitchen, these sugars matter—in the quality of what you make for your loved ones and in how our Fair Trade, sustainably sourced sugars help support farming communities and our planet.

**Zevia**  
**Zero Calorie Soda**  
 selected varieties



**\$5.79**

6/12 oz

**Earth Balance**  
**Organic Vegan Whipped Buttery Spread**



**\$4.29**

13 oz



For food enthusiasts eager to explore dairy-free options, Miyoko's offers an organic plant milk creamery, producing exceptional vegan cheese and butter. We inspire you to make food choices that not only taste amazing but also contribute to a better world.



**Miyoko's Organic Vegan Cream Cheese**  
selected varieties

**\$4.29**

8 oz



**Miyoko's Organic Cultured Vegan Butter**  
selected varieties

**\$4.79**

8 oz

**Follow Your Heart Dairy-Free Shredded Parmesan**

**\$3.49**

4 oz



**Organic Valley Organic Shredded Cheese**

selected varieties

**\$3.99**

6 oz



**Bitchin' Sauce Original Bitchin' Sauce**

selected varieties

**\$4.99**

8 oz



**Bonafide Provisions Organic Bone Broth**

selected varieties

**\$7.49**

24 oz



**Immaculate Organic Flaky Biscuits**

**\$4.29**

16 oz



**Rudi's Bakery Organic Bread**

selected varieties

**\$4.79**

22 oz



**Hummus Veggie Melt**

20 MIN • SERVES 2-4 • VEGETARIAN

**INGREDIENTS**

- 4 thick slices of artisan sourdough bread
- ½ cup red onion, thinly julienned
- ½–¾ cup prepared hummus
- ½ teaspoon black pepper
- 8 tomato slices
- 1 cup prepared fresh salsa
- 8 slices of Havarti cheese (approx. 8 ounces)

**DIRECTIONS**

- 1 Toast bread slices to desired crispness.
- 2 To assemble, spread hummus on each slice. Top each toast with a quarter of the red onion, 2 tomato slices, 2 slices of cheese, and black pepper to taste.
- 3 Broil tartines on high until cheese has melted and cooked to desired doneness.
- 4 Allow tartines to cool slightly and serve with salsa.



**Bach Rescue Pastilles**

selected varieties

**\$8.99**

50 g



RidgeCrest Herbals  
ClearLungs Extra Strength

**\$17<sup>99</sup>**

60 ct



Boiron  
Chestal Honey Cough Syrup

**\$9<sup>79</sup>**

6.7 oz



Sovereign Silver  
Bio-Active Silver Hydrosol

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

2 oz



American Health  
Super Papaya Enzyme Plus  
Chewable

**\$9<sup>29</sup>**

180 tab



Garden of Life  
Collagen Peptides

**\$20<sup>99</sup>**

280 g



Vibrant Health  
Green Vibrance

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

330 g



ChildLife Essentials  
Liquid Vitamin C

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

4 oz



Natural Factors  
DGL 400 mg Chewable

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

90 tab



Nordic Naturals  
Ultimate Omega D-3

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

60 ct



Bluebonnet Nutrition  
Liquid Calcium Magnesium Citrate

**\$15<sup>99</sup>**

16 oz



Gaia Herbs  
Oil of Oregano

**\$18<sup>99</sup>**

60 ct



Herbatint  
Permanent Hair Color Gel  
selected varieties

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

5.75 oz



Biokleen  
Bac-Out Stain & Odor Remover

**\$8<sup>49</sup>**

32 oz



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

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

16 oz



ECOS  
Dish Soap  
selected varieties

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

25 oz



# Pumpkin Corn Soup

25 MIN • SERVES 4-6 • GLUTEN-FREE, VEGETARIAN

## INGREDIENTS

- 3 tablespoons olive oil
- 1 large yellow onion, diced
- 1 tablespoon minced garlic
- 2 4-ounce cans diced green chiles
- 1 quart vegetable stock
- 1 15-ounce can pumpkin puree
- 1 teaspoon ground cumin
- ½ teaspoon dried thyme
- ½ teaspoon dried savory (optional)
- 2 cups frozen corn
- 1 cup half and half (or alternative)
- 1 large baked potato, peeled and roughly mashed
- 1 tablespoon sriracha hot sauce
- ½ cup cilantro, chopped (optional)
- 1 ½ teaspoons sea salt

## DIRECTIONS

- 1 Heat olive oil in a stock pot over medium-low heat. Add onion and sauté until tender, about 5 minutes.
- 2 Add garlic and cook for 30 seconds then add green chiles and cook for an additional 3 minutes. Stir in vegetable stock, pumpkin puree, cumin, thyme, and savory (if using). Bring to a gentle simmer and cook for 5-10 minutes.
- 3 Stir in corn, half and half, potato, sriracha, cilantro (if using), and sea salt. Cook until corn is warmed through.
- 4 Serve hot with crusty bread.

*Make it plant-based by replacing half and half with a plant-based creamer.*



## Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

**INFRA Deals** are available at participating Independent Natural Food Retailers Association member store locations.

For more information and a complete listing, please visit [www.naturalfoodretailers.com](http://www.naturalfoodretailers.com) or scan this code.

