





Look for new deals on May 28!

Chickapea Pasta **Organic Chickpea Pasta** selected varieties



Good Health Avocado Oil Potato Chips





8.8 oz







Family favorite organic products! Great for cooking, baking, and adding the perfect amount of pucker to beverages, Santa Cruz Organic Pure Citrus Juices are versatile staples no kitchen should be without. Always organic.



Schar Crackers selected varieties



7.4 oz

Nature's Bakery Fig Bar selected varieties



10/\$10 2 oz



5 MIN · MAKES 1 QUART

INGREDIENTS

\$799

5 oz

- 1 quart warm water
- 2 tablespoons cane sugar
- 2 tablespoons lemon juice or 1 tablespoon citric acid
- 1 tablespoon white vinegar

DIRECTIONS

- 1 Combine all ingredients in a pitcher and stir until dissolved.
- 2 Fill a clean vase with mixture.
- **3** Cut flower stems and arrange in vase.
- 4 For the longest lasting blooms, refresh every three days. Clean vase and rinse flower stems. Add fresh DIY Floral Food. Recut stems and rearrange. Keep bouquet out of direct sunlight.

Peter Rabbit Organics Organic Baby Food Pouch





Udi's Gluten Free Hamburger Buns selected varieties

The positive choices we make every day-no matter how small-can have a great impact on ourselves and the planet. At Beyond, we've taken the animal-based meal off the table, while still delivering the meaty, plant-based, better-foryou meals you crave.



Beyond Meat Beyond Burger



Beyond Meat Beyond Sausage selected varieties



8 oz

\$629

14 oz



(49

wildbrine Kimchi selected varieties

18 oz





Field Roast Sausage selected varieties _____

FIELD ROAST

PPLE & SAG

Van's Waffles selected varieties

10.4-10.8 oz





Caramelized Onion & Aioli Beyond Burger

9.3-12.95 oz

45 MIN • SERVES 4 · VEGAN

INGREDIENTS

4 **Beyond Burger** patties (2 packages) 4 slices **Daiya** smoked gouda cheese 4 ciabatta buns Caramelized onions 3 cups arugula Garlic aioli

DIRECTIONS

- Cook Beyond Burger according to package instructions. 2–3 minutes before patty is finished cooking, add a slice of Daiya smoked gouda cheese and allow it to melt.
- **2** Toast ciabatta buns for 2–3 minutes. Top with Beyond Burger patty followed by caramelized onions and fresh arugula.
- **3** Spread garlic aioli on top ciabatta half and enjoy!

JonnyPops **Organic Pops** selected varieties



14.8 oz

Cosmic Bliss Organic Dairy-Free Frozen Dessert selected varieties



Solaray **Higher Absorption Magnesium Glycinate**



120 ct

\$

Floradix Iron & Herbs

Floradix

\$**71**99



8.5 oz

Wiley's Finest Fish Oil Wild Alaskan Fish Oil Easy **Swallow Minis**





MEMORIAL DAY



MAY 26, 2025

Halloumi and Veggie Skewers

35 MIN · MAKES APPROX. 9 · GLUTEN-FREE, VEGETARIAN

INGREDIENTS

9 wooden skewers
12 ounces halloumi cheese (sub bread cheese)
1 medium zucchini
1 large orange bell pepper
1 large red onion
1 pint cherry tomatoes
1 pint button mushrooms
Olive oil, for brushing
Salt and pepper, to taste
1 cup honey mustard sauce

DIRECTIONS

- 1 Place wooden skewers in water and soak for at least 15 minutes while you prepare the recipe ingredients.
- **2** Cube the cheese into roughly 1-inch pieces. Cut the zucchini, bell pepper, and onion into 1-inch pieces. Keep cherry tomatoes and mushrooms whole.
- **3** Build the skewers by alternating between ingredients. Leave a small amount of space between ingredients and a bit of space on each end of the skewer.
- **4** Brush skewers lightly with olive oil and season lightly with salt and pepper. Grill skewers on medium-high heat, and cook to desired doneness, flipping occasionally.
- 5 Serve skewers with honey mustard sauce.



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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.

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For more information and a complete listing, please visit **www.naturalfoodretailers.com** or scan this code.