

2024

NATURAL NEWS & SAVINGS

generation...



Seventh Generation Selected Varieties

19-oz. Liquid Dish Detergent \$4.49

4-ct. Bath Tissue

S4.99

45-oz.

Dishwasher Powder

\$5.49 2-ct. Paper Towels

\$5.99

12-ct. Bath Tissue

\$12.99

50 or 90-oz. Liquid Laundry Detergent

\$15.99

Grab Green Selected Varieties 7-oz. Air Freshener \$6.99

APRIL

24-ct. 3 in 1 Laundry Pods \$7.99

\$8.99

NatureZway Bamboo

30-ct. 3 Gallon Compostable Waste Bag

\$4.99 6-ct. Bath Tissue

\$5.99



Boxed Water is Better

2/\$4

\$6.99

HiBAR Plastic Free Shampoo or Conditioner

Selected Varieties 2.7 or 3.2-oz. \$10.99

Cocojune Organic Cultured Coconut Selected Varieties

\$2.29 \$4.99



Compostic Compostable

20-ct. Resealable Sandwich Bags 25-ct. Resealable Snack Bags

\$3.99

10-ct. Resealable Freezer Bags 12-ct. 13 Gallon Trash Bags

\$4.99 10-ct. Resealable

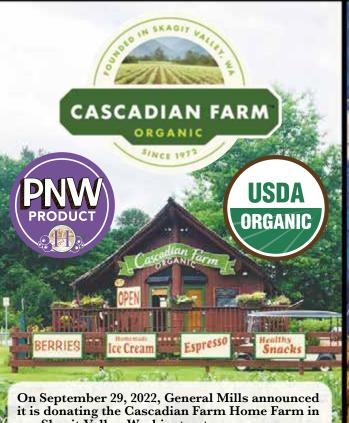
Gallon Bags 150-ft. Cling Wrap \$5.49

Annie's **Organic Dressing**

\$4.99



Prices Effective March 27th Through April 30th, 2024



Skagit Valley, Washington to new owners, Rodale Institute.

The Home Farm is a working organic farm started in 1972 by Cascadian Farm founder, Gene Kahn, who believed that organic agriculture could make a positive impact on the health of the planet. While the Cascadian Farm brand outgrew the Home Farm, it has remained open to visitors over the years.



Chobani

Marinated Sheet-Tray Chicken Thighs with Organic Vegetables

Chicken Thigh Marinade 1 cup Chobani®

Nonfat Plain Greek Yogurt 4 garlic cloves

½ cup shredded fresh horseradish root

2 Tbsp lemon juice ¼ cup extra-virgin olive oil

1 tsp kosher salt 1 tsp freshly ground black pepper

6 each bone-in,

skin-on chicken thighs



from chobani.com

Prep: 1-2 hr & Total: 1-2 hr & Serves 6

1 pound peeled mixed colored carrots

11/2 pounds sweet potatoes with skin on

3 apples of choice

½ pound cippolini onions, peeled

1 cup pitted mixed olives

1 tsp kosher salt

½ tsp freshly ground black pepper

2 Tbsp extra-virgin olive oil

1 bunch Tuscan kale

Directions

Chicken Thigh Marinade

1. In a blender, add all ingredients (except chicken) and blend until just combined.

2. Reserve half of the marinade for a sauce.

3. Combine chicken thighs with half of the marinade and refrigerate for 1 hour or up to 3 hours. Vegetables

1. Turn oven to 425°F on convection.

2. Slice carrots, sweet potatoes, and apples into wedges and place on sheet tray with cippolini onions and mixed olives.

3. Season vegetables with olive oil, salt, and pepper and toss with your hands.

4. Add marinated chicken to the sheet tray skin-side up, and roast in the oven for 20 minutes, or until chicken reaches an internal temperature of 165°F.

5. Remove the sheet tray from the oven and toss kale with roasted vegetables to allow it to wilt. Adjust seasoning if necessary





March 27 - April 30

Just Egg Plant-Based Egg 16-oz.

\$5.99

Nuts for Cheese Organic Cashew Cheese

Selected Varieties 4.2 or 4.23-oz.

\$6.99

Good Culture Organic Cottage Cheese Selected Varieties 15 or 16-oz.

\$5.4916-oz. Double Cream

\$5.99

Ellenos Greek Yogurt Selected Varieties

2/\$5

Cocojune Organic Cultured Coconut Selected Varieties 16-oz.

\$6.99

Califia Farms Selected Varieties 48-oz. Coconut & Almondmilk

\$4.69 48-oz. Oatmilk

\$4.99 32-oz. Creamer

\$5.99

Brown Cow Cream Top Yogurt Selected Varieties

4/\$5

Bitchin' Sauce Selected Varieties 7 or 8-oz.

\$5.59

\$8.49

Alexandre Family Farm Organic 12-oz. 6% or 4%

Chocolate Milk **\$3.29**

24-oz. Yogurt **\$5.99**

Essentia

Essentia Ionized Water

2/\$3



USDA





Jalapeno Popper Dip

Ingredients: 1 (8 oz) pack Softened

Cream Cheese (vegan optional)

1 (8 oz) container

Sour Cream (vegan optional)

4 cup Siete Jalapeño Botana Sauce 1 cup canned Pickled Jalapeño Peppers, drained & diced

1 cup Shredded Sharp

Cheddar Cheese (vegan optional)
½ cup Gluten-Free

Panko Breadcrumbs

Avocado Oil, as needed Sea Salt, as needed

4 slices Smoked Bacon,

cooked and crumbled (optional)

from sietefoods.com

Cook: 30 m & Serves 6-8

Directions

 In a medium sized bowl, combine the softened cream cheese, sour cream, Siete Jalapeño Botana Sauce, pickled jalapeño peppers, and shredded sharp cheddar cheese

2. Transfer the dip into a small cast iron skillet. Sprinkle the top of the dip with gluten free panko breadcrumbs, spray or drizzle with avocado oil, and sprinkle with additional salt, if needed.

3. Bake at 350° for 20 minutes or until the top is browned and the dip is warmed through. If you'd like more color on the breadcrumbs, you can cook the dip under a high broiler for a few minutes.

4. If desired, top the baked dip with crumbled bacon and additional pickled jalapeños.

5. Serve with your favorite Siete Kettle Cooked Potato Chips!



Siete Grain Free Selected Varieties 1.26 or 1.31-oz. Seasoning

2/\$5

15.5 or 16-oz. Refried Beans

2/\$6

7.5-oz. Totopos 10.5-oz. Salsa

15-oz. Enchilada Sauce \$4.99

8.5 or 10-oz. Botana Sauce

\$5.99

March 27 - April 30

YOGURT

HUCKEBERRYS

SOMOS

They're a group of three friends who grew up in Mexico eating chilaquiles, cooking tacos, and loving their mothers' home cooking. When they came to the United States, they enjoyed meeting up with friends at great Mexican restaurants, but they were disappointed with the options available for creating truly delicious Mexican meals at home. Together, they combined their Mexican heritage and their years of experience in the food community to create ready-to-eat foods that honor Mexico's rich culinary traditions.



Guayaki Organic Yerba Mate

Selected Varieties 12-oz.

2/\$4

2/\$5

Humm Kombucha Selected Varieties

14-oz. **2/\$5**

Teakoe Fizzy Tea Selected Varieties

2/\$4



taika MOCH suja BEALTH Recess REBBL PROTEIN KEVITA Strawberry /anilla Classic Grape

Taika Coffee Selected Varieties 8-oz.

2/\$5

Super Natural Zero Sugar Soda Selected Varieties

\$6.99

Suja Organic Selected Varieties 12-oz. Cold-Pressed

2/\$7 12-oz. Elevated Nutrients

\$4.29

Shroomshot Organic Wellness Shots Selected Varieties 3-oz.

2/\$7

Recess Sparkling Water Selected Varieties 12-oz.

2/\$6

Rebbl Organic Selected Varieties 12-oz.

\$4.29

Sambazon Organic Energy Drink Selected Varieties 12-oz.

2/\$5

Kor Organic Shots Selected Varieties 1.7-oz.

\$2.39

Just Ice Tea Selected Varieties 16-oz.

\$2.39

Kevita Sparkling Probiotic or Master Brew Kombucha

Selected Varieties 15-oz. or 15.2-oz.

\$3.29

Olipop Sparkling Tonic Water

Selected Varieties 12-oz. **2/\$4**

\$7.99

March 27 - April 30

HUCKLEBERRYS



Boba x Gooey Fried Banana Ice Cream

HE CHEAN

BOBA ×

ICE CREAM

\$5.99

Marco Ice Cream

Selected Varieties 16-oz.

\$5.99

Tofutti Cuties Selected Varieties

\$5.99

Stahlbush Island Farms Organic

8 SNACK IN

rfruit Packs

Selected Varieties 7 or 10-oz. Frozen Vegetables

3-lb. Frozen Fruit \$13.99

Sambazon Organic Acai Selected Varieties

\$6.99

Afia Falafel Selected Varieties

\$5.49 10-oz. Bowl

\$5.99

Abbot's Butcher **Plant-Based**

Selected Varieties 10-oz.

\$7.99

Against the Grain Gourmet Gluten Free

Selected Varieties 15-oz. Baguettes 12-oz. Three Cheese Pizza Shell

\$7.99 22.4 or 24-oz. Pizza \$14.99

meati 999 8998

Alpha Plant-Based Burrito Selected Varieties 5 or 5.5-oz.

2/\$7 Meati Mushroom

Root Protein Selected Varieties 7.4-oz. or 9.5-oz. Cutlets

\$8.49

8.5 or 8.8-oz. Steaks

\$10.69

Hilary's Plant Based Selected Varieties

7.3-oz. Breakfast Sausage

\$3.99 10 or 11-oz. Burgers

\$4.99

Little Northern **Bakehouse** Gluten Free Bread

Selected Varieties 16 or 17-oz.

\$6.59 20-oz. Wide Slice

\$6.99

Planet Based Foods Taquitos Selected Varieties 9.6-oz.

\$6.99

Sukhi's

Selected Varieties 5.5-oz. Wraps

\$3.29 10 or 11-oz. Entrees

\$5.99

Rudi's **Organic Bread** Selected Varieties 18 or 22-oz.

\$6.49

Just Egg Plant-Based Folded Eggs

\$5.49

Hilary's dilarys







NATURAL ★ MARKET

Recycle This Flyer

March 27 - April 30

ECOS

PRODUCTS POWERED BY PLANTS, THUS REDUCING ENVIRONMENTAL IMPACT.

They believe that saving the planet starts with small acts. That every action, big or small, has the power to lead to a more sustainable world. That's why they're intentional in every step of their business, from where a product is sourced to how it's made to where it ends up, because they don't just want to be neutral – they're here to leave a positive impact on the planet we all call home.



Health-Ade Organic Kombucha Tea Selected Varieties

16-oz.

2/\$7

Forage Kombucha Selected Varieties

2/\$4

Beetology or Wonder Melon Organic Cold-Pressed Juice Selected Varieties

2/\$6



Eternal SEEDS . NUTS NORA ZACKS

Goldthread Plant Based Tonics Selected Varieties

2-oz. Shot

2/\$6

2/\$7

Eternal Spring Water

2/\$4

Bizzy Cold Brew Coffee Selected Varieties 48-oz.

\$6.99

Vive Organic Shots Selected Varieties 2-oz.

2/\$6

Aqua Vitea Organic Kombucha Selected Varieties

\$2.79

Zing Plant-Based Bars Selected Varieties 1.76-oz.

\$2.29

Woodstock Organic Nuts, Seeds, Fruits or Snacks

Selected Varieties
4.5 to 12-oz. **20% Off**

Uglies Kettle Chips Selected Varieties

\$3.99

The New Primal Meat Sticks Selected Varieties 1-oz.

2/\$4

Pipcorn Popcorn Snacks Selected Varieties 4.5-oz. or 7-oz.

\$3.99

Nora Seaweed Snacks Selected Varieties

1.13 or 1.6-oz. **2/\$6**

Zack's Mighty Organic Tortilla Chips Selected Varieties 9-oz.

> \$4.49 7-oz. Rolled

\$4.99

March 27 - April 30



ProBarSelected Varieties
2.1-oz. Energy Chews

2/\$4

 $2.46\text{-}\mathrm{oz}.$ Core or Base Bar

2/\$5 3-oz. Meal Bar

3-oz. Meal Ba **2/\$6**

Noka Superfood Smoothies

Selected Varieties 4.22-oz.

2/\$4

Mama Chia Organic Selected Varieties

3.5-oz. Squeeze

\$1.79

\$3.29

\$5.99

Love Corn Snacks Selected Varieties 4-oz.

2/\$7

Louisville Vegan Jerky Selected Varieties 3-oz.

\$5.99

Le Pain des fleurs Crispbread

Selected Varieties 5.3-oz.

\$6.49

Hippeas Chickpea Snacks Selected Varieties 4-oz.

2/\$6

Beanitos Bean Snacks

Selected Varieties 4.5-oz. or 5-oz.

\$4.29

GoMacro Organic Macrobars Selected Varieties

2 to 2.3-oz. **2/\$6**

7-ct. Kids **\$6.99**

₹0.99

\$9.99

Luna Bar Selected Varieties 1.69 or 1.7-oz.

\$1.69



NATURAL LIVING





Clif Bar

Selected Varieties 2.4-oz.

\$1.79 1.76-oz. Nut Butter

2/\$5

Barnana Organic Selected Varieties 3.5-oz. Banana Bites 5-oz. Plantain Chips

\$4.99

March 27 - April 30





Hu Chocolate 2.1-oz. Bar

\$4.99

4-oz. Hunks

\$5.99

Surf Sweets Organic Gummy Candy Selected Varieties

2.75-oz.

2/\$6

\$4.99



hunks OATHEA EE CHI GIN-GINS

HUCK'S

TONYS

Majans Bhuja Snacks Selected Varieties

2/\$8

HighKey Mini Cookies Selected Varieties 2-oz.

\$3.99

Heavenly Hunks Cookies Selected Varieties

\$3.99

The Ginger People

Selected Varieties 3-oz. Candy or Chews

2/\$7 24-ct. Rescue

\$4.99 32-oz. Soother

\$6.69

Drumroll Chocolate or Vanilla **Glazed Protein Donuts**

Selected Varieties 2.6-oz.

2/\$6

Dalci Brownies

Selected Varieties 1.6-oz.

2/\$6

Cocomels Organic Chocolate **Covered Caramels**

Selected Varieties 3-oz. or 3.5-oz.

\$4.99

Alter Eco Organic **Fair Trade Chocolate**

Selected Varieties 2.65-oz. to 2.96-oz.

\$3.99

Huckleberry's Organic Coffee Selected Varieties 12-oz.

\$10.49

\$10.99_{lb.}

Traditional Medicinals Tea Selected Varieties 16-ct.

\$4.99

Tony's Organic Fair Trade Coffee Selected Varieties 12-oz.

\$10.99

March 27 - April 30



Smooth Move

The Gluten Free Bar Selected Varieties 2.05-oz. \$1.79 4-oz. Bites \$4.49 Tasty Bite Selected Varieties 10-oz. Entrees \$3.99 8.8-oz. Bowl \$4.49 Teeccino Selected Varieties 10-ct. Herbal Tea \$4.99 10-ct. Mushroom Herbal Tea \$5.49 10-oz. Mushroom Herbal Coffee \$12.49 Tarazi Falafel Mix or Baking Crumbs Falafel Mix Selected Varieties 10-oz \$5.49 Suzie's Organic 8-oz. Yellow Mustard 2/\$6 20-oz. Ketchup \$4.49 12-oz. Mayo \$4.99 Safe Catch Selected Varieties

Safe Catch
Selected Varieties
2.6 or 3-oz. Tuna Pouch
2/\$5

5-oz. Wild Pink Salmon **\$4.99**

Prince of Peace Ginger Chews Selected Varieties

2/\$4

Peace Coffee Organic and Fair Trade Selected Varieties 12-oz.

\$13.99

Pamela's Gluten-Free Mixes 12 or 13-oz.

\$4.99

Napa Valley Naturals Oils & Vinegars Selected Varieties

20% Off



TARAZI

kitehill

Plant-Based Artisans

from kite-kill.com

Time: 20 m 🌢 Serves 8

Whole 30 7-Layer Dip

Ingredients:

3½ tbsp taco seasoning, divided

I pound ground meat of choice I-8-oz package Kite Hill

Plain Cream Cheese ½ cup compatible ranch

15 oz or about 2 cups guacamole 15 oz or about 2 cups

picante salsa I-head iceberg or romaine lettuce, thinly sliced I-2.25oz can sliced olives,

or % cup sliced olives 2-fresh jalapeños, thinly sliced

I cup pico de gallo

Optional: Top with ranch orchipotle ranch dressing

Directions

 HEAT a medium saucepan to medium heat. Add ground meat and 2 ½ tablespoons taco seasoning. Cook until browned through, about 10 minutes.

 COMBINE in a small bowl the cream cheese, ranch, and remaining 1 tablespoon taco seasoning. Whisk until well combined.

3. BUILD your 7 layer dip in a 9x9 dish. Start with the cream cheese mixture, then the ground meat, guacamole, salsa, lettuce, olives, jalapeños, pico de gallo, drizzling with ranch or chipotle ranch if desired.

4. SERVE with raw vegetables or tostones.





One Degree Organic Foods Gluten-Free

Selected Varieties 8 or 10-oz. Sprouted Brown Rice Crisps

\$4.99

11-oz. Sprouted Granola \$6.49

March 27 - April 30

GINGER

CHEWS

HUCKLEBERRY'S



Lakewood Juice

12.5-oz. Organic Lemon or Lime

\$4.49

32-oz. Pure Cranberry

\$9.99

Kabrita Goat Milk Formula 14-oz, Toddler

\$24.99

\$39.99

Laird Superfood

Selected Varieties 16-oz. Superfood Creamer

\$4.49

8-oz. Superfood Creamer Mix

\$8.49

12-oz. Functional Coffee

\$13.99

If You Care **Eco Friendly Household** and Kitchen Products Selected Sizes & Varieties

25% Off

Joolies Medjool Dates or 9-oz.

\$5.99

Immaculate Organic

8-oz. Crescent Rolls 16-oz. Flaky Biscuits

\$5.99 17.5-oz. Cinnamon Rolls

\$7.99

Hatch Organic Enchilada Sauce Selected Varieties

14 or 15-oz. \$3.99

Groundwork

Organic Coffee Selected Varieties 12-oz.

\$13.99

Good Good Keto Jam Selected Varieties

12-oz.

\$5.49

Fody Mild or Medium Salsa 16-oz.

\$4.99

Freshé Salad Toppers

Selected Varieties 4.25-oz.

\$4.49







Fresh





CONVERSION CHAR



SUGAR







1 Tsp	1/2 packet	5 drops	1 squeeze	1 tsp
2 Tsp	1 packet	10 drops	2 squeezes	2 tsp
1 Tbsp	1-1/2 packets	15 drops	3 squeezes	1 tbsp
1/2 Cup	12 packets	1 tsp	24 squeezes	1/2 cup
1 Cup	24 packets	2 tsp	48 squeezes	1 cup
2 Cups	48 packets	4 tsp	1 bottle + 16 squeezes	2 cups

SweetLeaf **Sweetener** Selected Sizes & Varieties 25% Off

> Dave's Killer Bread Selected Varieties 17 to 27-oz. Bread

> > \$5.29

Bragg 32-oz. Organic Apple Cider Vinegar

\$5.99 32-oz. Liquid Aminos

\$8.99

32-oz. Organic Extra Virgin Olive Oil \$27.99

> Choice Organic Tea Selected Varieties

> > 2/\$7

March 27 - April 30





March 27 - April 30





