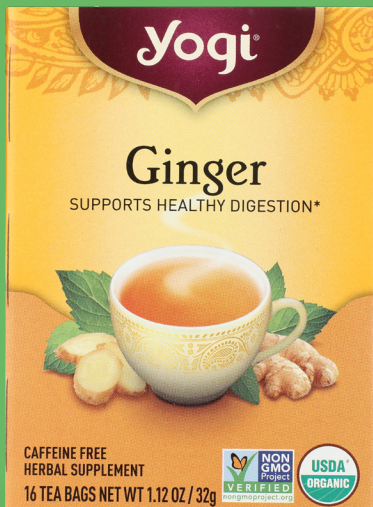


# deals

October 23–November 29, 2024

Scan to download!



**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**

**\$2.79**

15 oz



**Dandies Vegan Marshmallows**  
selected varieties

**\$3.29**

10 oz



**Wholly Wholesome Gluten Free Pie Shells**

**\$6.49**

2 ct



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

**2/\$7**

14.4 oz



**If You Care Parchment Baking Paper**

**\$4.49**

70 sqft



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

**\$5.99**

9 oz



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

**\$3.49**

5.5 oz



**Cascadian Farm Organic Organic Potatoes**  
selected varieties

**2/\$8**

16 oz



**Pacific Foods Organic Broth**  
selected varieties

**\$3.79**

32 oz



**Annie's Organic Mac & Cheese**

selected varieties



**2/\$5**

6 oz

**Ancient Harvest Organic Polenta**

selected varieties



**\$2.99**

18 oz

**Daiya Deluxe Mac & Cheeze**

selected varieties



**\$3.79**

10.6 oz

**Mike's Mighty Good Craft Ramen**

selected varieties



**\$1.89**

1.6-2.4 oz

**Maya Kaimal Organic Everyday Dal**

selected varieties



**\$3.49**

10 oz

**Lundberg Family Farms Wild Blend Rice**

selected varieties



**\$4.79**

1 lb

**Muir Glen Organic Tomatoes**

selected varieties



**2/\$5**

28 oz

**Muir Glen Organic Pasta Sauce**

selected varieties



**2/\$7**

23.5 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.



**Primal Kitchen Dressing**

selected varieties

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

8 oz



**Simply Organic Organic Gravy Mix**

selected varieties

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

0.85 oz



**Kettle & Fire Broth**

selected varieties

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

32 oz



**The Ginger People Organic Pickled Sushi Ginger**

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

6.7 oz



**Late July Organic Tortilla Chips**

selected varieties

**2/\$7**

10.1 oz



**Good Health Avocado Oil Potato Chips**

selected varieties

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

5 oz



**Hippeas Chickpea Puffs**

selected varieties

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

3.75-4 oz



**Vegan Rob's Puffs**

selected varieties

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

3.5 oz



**Angie's BoomChickaPop Popcorn**

selected varieties

**2/\$6**

4.4-7 oz



**Back to Nature Organic Crackers**

selected varieties

**2/\$6**

6 oz



**Simple Mills Almond Flour Crackers**

selected varieties

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

4.25 oz



**Crunchmaster Multi-Seed Crackers**

selected varieties

**2/\$6**

4 oz



**MadeGood Organic Crispy Squares**

selected varieties

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

6 oz



**Endangered Species Chocolate Bar**

selected varieties

**2/\$5**

3 oz



**Tony's Chocolonely Chocolate Bar**

selected varieties

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

6.35 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>99</sup>**

5 lb



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

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

22 oz

**Newman's Own Sandwich Cremes**

selected varieties

**\$4<sup>79</sup>**

13 oz



**Panda Licorice**

selected varieties

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

7 oz



**St. Dalfour French Fruit Spread**

selected varieties

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

10 oz



**Cascadian Farm Organic Organic Cereal**

selected varieties

**2/\$7**

8.6-15 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



**Pamela's Pancake & Baking Mix**

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

24 oz



**Jovial Organic Einkorn Flour**

selected varieties

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

32 oz



**Spectrum  
Organic Shortening**

**\$879**

24 oz



**Let's Do  
Organic Coconut Flakes**

**\$329**

7 oz



**Peter Rabbit Organics  
Organic Baby Food Pouch**

selected varieties

**\$159**

4-4.4 oz



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



**2/\$7**

32 oz

**SweetLeaf  
Liquid Stevia**

selected varieties

**\$729**

2 oz



**Lakewood  
Organic Pure Pomegranate Juice**

**\$869**

32 oz



**Califia Farms  
Better Half Creamer**

**\$299**

16.9 oz



**Zevia  
Zero Calorie Soda**

selected varieties

**\$549**

6/12 oz



**Brown Cow  
Cream Top Whole Milk Yogurt**

selected varieties

**\$379**

32 oz



*Wholesome*

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.

**Wholesome  
Organic Brown Sugar**  
selected varieties

**\$449**

24 oz





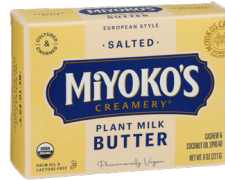
For food enthusiasts eager to explore dairy-free options, Miyoko's offers an organic plant milk creamery, producing exceptional vegan cheese and butter. We inspire you to make food choices that not only taste amazing but also contribute to a better world.



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

**\$4.29**

8 oz



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

**\$4.79**

8 oz

**Earth Balance Organic Vegan Whipped Buttery Spread**

**\$4.29**

13 oz



**Kerrygold Butter**

selected varieties

**\$4.29**

8 oz



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

**\$3.49**

4 oz



**Organic Valley Organic Shredded Cheese**

selected varieties

**\$3.99**

6 oz



**Vital Farms Pasture-Raised Eggs**

**\$6.49**

12 ct



**Bitchin' Sauce Original Bitchin' Sauce**

selected varieties

**\$4.79**

8 oz



**Bonafide Provisions Organic Bone Broth**

selected varieties

**\$7.49**

24 oz



**Immaculate Organic Flaky Biscuits**



**Jennies Coconut Macarons**

**\$3.29**

8 oz



**Rudi's Bakery Organic Bread**

selected varieties

**\$4.79**

22 oz



**\$3.99**

16 oz

**Bach**  
**Rescue Pastilles**  
 selected varieties



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

50 g

**ChildLife Essentials**  
**Liquid Vitamin C**



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

4 oz

**Gaia Herbs**  
**Oil of Oregano**



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

60 ct

**Biokleen**  
**Bac-Out Stain & Odor Remover**



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

32 oz

**Boiron**  
**Chestal Honey Cough Syrup**



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

6.7 oz

**Garden of Life**  
**Collagen Peptides**



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

280 g

**Natural Factors**  
**DGL 400 mg Chewable**



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

90 tab

**Pranarom**  
**Organic Frankincense Essential Oil**



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

2 ml

**Mrs. Meyer's Clean Day**  
**Liquid Dish Soap**

selected varieties



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

16 oz

**Sovereign Silver**  
**Bio-Active Silver Hydrosol**



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

2 oz

**Vibrant Health**  
**Green Vibrance**



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

330 g

**Nordic Naturals**  
**Ultimate Omega D-3**



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

60 ct

**Herbatint**  
**Permanent Hair Color Gel**  
 selected varieties



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

5.75 oz

**ECOS**  
**Dish Soap**  
 selected varieties



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



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