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A Thanksgiving Toast

Happy November everyone! It's that season when all roads lead to the most serious meal of the year, and we think it deserves a toast.

Here's to the turkey going in the oven without a hitch, so you don't have hungry guests pitching a fit. May it brown to perfection, succulent with drippings and smelling of "heaven." May the best carver in the house step up to the plate, and after dinner is done, may there be just enough left for next-day sandwiches. May your turkey always be free-range, non-GMO and organic, and if it's Tofurky—may it roast just as perfectly!

Here's to mounds of potatoes, mashed to fluffy precision. May they be loaded with pasture-based butter and just the right amount of sea salt. May they NOT cool too quickly, and may you NEVER run out of gravy. Most importantly, DO skip the Dirty Dozen™ (yep, potatoes are on the list) and opt for organic, because it's so much better for your health and the planet.

Here's to cranberries in ruby red splendor, with a dash of orange zest. May your sauce flawlessly thicken, bursting with flavor and a hint of cinnamon. And may your berries never be grown with carcinogenic, neuro-toxic chemicals that wreak havoc on your brain and our precious wetlands. Yes, please choose organic!

Here's to stuffing so savory and rolls warm and buttery, to candied yams, mac and cheese and the creamiest, crunchiest green bean casserole. May your pie crust be flaky, and your dessert stomach still empty when it comes time to dig in. And most fundamentally, may your feast be unburdened by artificial additives, trans fats, GMOs and MSG, because they take the appetite right out of appetizing.

Here's to many hands for peeling, chopping and stirring, and even more for dishwashing. May the laughter be abundant, family and friends convivial and your after-dinner snooze uninterrupted. And above all, we hope your pre-Thanksgiving shopping is stress free. At your neighborhood Natural Grocers, we aim to make it easy. All our produce is organic, our turkeys are free-range, and our butter and milk is pasture-based. When it comes to artificial colors, sweeteners, preservatives and flavors or other NOT good4u junk, you never need worry, and over our labels you NEVER need pore, because we don't let it into the store.

From our family to yours, have the happiest Thanksgiving!

The Isely Family

References available upon request.

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NATURAL GROCERS SIMPLE ROASTED TURKEY

36 **INTRODUCING!**

NUTRITION EDUCATION

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OUR 5 FOUNDING PRINCIPLES

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A top-down view of a white plate containing a meal. On the left is a pile of yellow quinoa pilaf with small pieces of red onion and orange carrots. On the right are several slices of roasted acorn squash, showing their characteristic concentric rings and a golden-brown, slightly charred exterior. The background is a soft, out-of-focus white.

INGREDIENTS

ROASTED ACORN SQUASH

1 medium organic acorn squash

2 medium organic yellow onions

2 tablespoons Natural Grocers Brand Organic Extra Virgin Coconut Oil, melted

Natural Grocers Brand Bulk Organic Seasonings:
½ teaspoon ground cinnamon

2 teaspoons ground cumin seed

½ teaspoon ground coriander seed

½ teaspoon ground ginger root

½ teaspoon ground turmeric

¼-½ teaspoon Real Salt

Pinch (or two) cayenne, optional

CURRIED QUINOA PILAF

2 tablespoons Natural Grocers Brand Organic Extra Virgin Coconut Oil

1 small organic red onion, finely diced

2 medium organic carrots, quartered lengthwise and cut into ¼-inch slices

2 teaspoons grated fresh organic ginger

2 teaspoons Natural Grocers Brand Bulk Organic Curry Powder Blend

½ teaspoon Natural Grocers Brand Bulk Organic Ground Turmeric

1 cup Natural Grocers Brand Bulk Organic White Quinoa

2 cups organic vegetable broth

¼ teaspoon Natural Grocers Brand Bulk Real Salt (omit if using salty broth)

2 tablespoons Natural Grocers Brand Bulk Currants

¼ cup Natural Grocers Brand Bulk Organic Pumpkin Seeds

1 (15.5-ounce) can Natural Grocers Brand Organic Garbanzo Beans, drained

NATURAL GROCERS

MOROCCAN-INSPIRED ROASTED ACORN SQUASH

SERVED WITH CURRIED QUINOA PILAF

This warming vegan meal full of good4u spices is the perfect antidote to cool fall days! Don't let the list of spices intimidate you—most are staple pantry items and they come together quickly to create a meal rich with flavor.

INSTRUCTIONS

TOTAL TIME: 1 HOUR | SERVES 4

1. Preheat oven to 375° F.
2. Trim both ends of the squash using a large sharp knife. Slice the squash horizontally into ½-inch slices. Use a spoon to scrape the seeds and stringy pulp away from the flesh, leaving the squash slices in rings. Peel the yellow onions and trim the ends. Slice horizontally into ½-inch slices.
3. Place the squash and onions in a large bowl, drizzle with coconut oil, and sprinkle with the spices. Carefully toss to evenly coat the vegetables with the oil and spices (don't be tempted to break up the onions into individual rings—you want them to remain together as much as possible).
4. Transfer to a large baking sheet, placing the squash directly on the baking sheet and spreading the onions out around, on top, and inside the squash rings.
5. Bake for 35-40 minutes, until the vegetables are tender and just browned on top.
6. To make the pilaf: While the squash and onions bake, prepare the pilaf by warming a medium pot with a tight-fitting lid over medium heat. Once hot, add the coconut oil. As soon as it has melted add the onion and carrots and sauté until just soft and very lightly browned, about 5 minutes. Add the ginger, curry powder, and turmeric and sauté until fragrant, about one minute. Add the quinoa and cook, stirring frequently, until well coated with the oil and spices and slightly fragrant, about 2 minutes. Add the broth, salt, and currants, increase the heat to high and bring to a boil. Cover and reduce heat to maintain a low simmer. Cook for 17 minutes.
7. Toast the pumpkin seeds in a small skillet over medium heat, stirring frequently until puffed slightly and fragrant, about 5 minutes. Transfer to a plate to cool.
8. Once the quinoa has cooked for 17 minutes, add the garbanzo beans and cover. Turn off the heat and leave the pot to sit for 5 minutes. After 5 minutes, fluff the mixture with a fork. If there is any remaining broth, drain the pilaf in a fine-mesh strainer then return to the pot and fluff again.
9. Top the pilaf with the toasted pumpkin seeds and serve with the roasted squash and onions.

FOR THE LOVE OF ORGANICS WINTER SQUASH

By Charity Isely

In November, the smell of food is different. It is an orange smell. A squash and pumpkin smell. It tastes like cinnamon and can fill up a house in the morning, can pull everyone from bed in a fog...

—Cynthia Rylant, *In November*

CAN YOU SMELL IT?

The pumpkin pancakes wafting through your morning haze? The savory notes of a butternut squash hash tempting you from your dreams? It smells like cozy breakfasts and festive gatherings, and best of all, when winter squash is on the menu, it's as good for you as it smells. Every bite includes a serving of cell-protecting, immunity-supporting phytonutrients called carotenoids.¹² Carotenoids are potent antioxidants, defending cells from free radical damage, and some, particularly beta carotene, can be converted by the body to vitamin A, a critical nutrient for immune function.^{3,4,5} Butternut squash and pumpkin are especially rich in beta carotene, and they also provide another immunity-supporting nutrient—vitamin C!^{6,7,8,9,10} So during this season of extra indulgences, why not treat yourself to food that has your back, and your taste buds too?

WHAT DOESN'T SMELL COZY AND DELICIOUS?

Synthetic chemicals! Loading up our plates with toxic pesticide residue stinks. The Environmental Working Group (EWG) found that nearly 70 percent of conventional produce sold in the U.S. has pesticide residues, and that's after washing or peeling!^{11,12} Here's food for thought: A 2018 study published in the medical journal JAMA found that participants who ate the most organic food had a 25 percent lower risk of getting cancer compared to those who ate the least. The association was even more significant for specific types of cancer—they found 34 percent fewer incidences of postmenopausal breast cancer and 76 percent fewer lymphomas.^{13,14,15} Organic food also contains more antioxidants, more flavor, and it treats the environment with more care.¹⁶ Let's celebrate this season organically, for our health and the planet, because cleaner air, water, and soil smell so much better!

The charm of winter squash lies in its earthy goodness, ready to take on interpretations both savory and sweet. You can store most varieties (uncut) for up to a month in a cool, dry place, and here's a healthy bonus—their carotenoid content increases over time!^{17,18,19} So let the cozy aromas fill your home and lead your taste buds on an adventure, because some say that "...food is better in November than any other time of year."²⁰

References available upon request.



\$49⁹⁹

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We're almost to turkey day, which has us wondering—have you heard of THE effortless way to roast your bird?!?

It's called Oster, and it's NO imposter—this countertop oven just needs plugged in and then—let the simplicity begin. It's as easy as one, two, three:

- 1** Gather salt, garlic, and olive oil. Coat your fine fowl, generously. (You must start with a completely thawed turkey of course).
- 2** Slow and low does it best, so may we suggest this computation: around 20-24 roasting minutes per pound of meat at a temperature of 250 degrees. Turn up the temp, turn on the timer, and turn in your bird—then walk away and enjoy your day!
- 3** Come back when the timer dings to a turkey browned to perfection and more tender than if you spent the whole day basting, plus drippings for the season's best gravy! (Make sure it's reached the safe internal temp of 165 degrees).

Here's what you will NOT experience with the Oster Roaster Oven:

- Juggling time: You won't have to strategize how much regular oven time you need to split between the turkey and all those other delicious side dishes.
- Sweaty aggravation: No more basting all day long, just so it's moister than last year.
- Diabolical mess: There won't be grease splattered all over your oven, because half the drippings you needed for gravy are sticking to its racks and walls.

Most importantly—the roasting fun can last all year, with chicken and veggies, tofurkey, or ham—this countertop special will be your new favorite jam!

P.S. See page 27 for the precise turkey roaster recipe.



SURVIVE THE HOLIDAY

SUGAR Rush

MAINTAINING HEALTHY BLOOD SUGAR BALANCE THROUGH THE HOLIDAYS AND BEYOND

BY SUZANNE BOOTHBY

The season of indulgence is here. For some, it may start with furtive sneaks into your kid's Halloween stash, for others it starts with the first pumpkin spice latte of the season, but it can quickly snowball, and before you know it, you're saying yes to every sweet thing in sight. The barrage of sugar isn't good for anyone, but for someone who struggles with type-2 diabetes, or any type of blood sugar imbalance, this time of year can be especially challenging.

More than 30 million Americans have type-2 diabetes and another 84 million have prediabetes, a precursor to the disease, according to Centers for Disease Control and Prevention—that's close to half the population.¹ Poor blood sugar control is clearly a common problem in this country. While the numbers are staggering, the good news is that you can maintain healthy blood sugar balance with food and supplementation—even through the season of indulgence.

FOR BLOOD SUGAR BALANCE, BALANCING MACRONUTRIENTS IS KEY

The simplest thing you can do to support healthy blood sugar balance is to shift your ratio of macronutrients so that you are eating a lower carb diet. You can do this by shifting the base of your diet from high-carb foods to lower carb foods. High-carb foods include grains—both whole and refined—legumes, starchy vegetables like potatoes, sweet potatoes, and carrots, and high-glycemic fruits. Lower carb foods include non-starchy vegetables and low-glycemic fruits like berries, apples, and pears. If the majority of your

carbohydrate intake is from the lower carb group, with a limited amount (one to two servings a day) from the higher carb group, you will make the shift to a lower carb diet, a way of eating that is proven to maintain stable blood sugar balance. Most of us eat an excessive amount of carbohydrates—more than our bodies need, or can handle, which causes dramatic spikes in glucose and insulin.

When you eat grain-based carbs, starchy vegetables, or high-glycemic fruit, they are rapidly converted to glucose, which our bodies are fine-tuned to clear out of the bloodstream because it can cause major damage to the body. The pancreas releases insulin, a hormone that directs the cells to absorb the glucose to burn as energy; but once the cells are full, insulin tells the body to convert and store the excess glucose as fat. When you are constantly filling up on a lot of starchy vegetables, grain-based carbs, and/or high-glycemic fruits, the pancreas continues to pump out insulin, but cells that are already overloaded with glucose start to become resistant to insulin's signal, so the glucose remains in the bloodstream, causing even more insulin to be released (remember, insulin's job is to clear excess glucose out of the bloodstream), making cells even more insulin resistant. Then, in addition to having excess circulating blood glucose, you also have high levels of insulin, damaging in its own right. Overt time, if this dietary pattern is not broken, insulin resistance develops, and eventually, full-blown type-2 diabetes.



CONTINUED ON PAGE 20

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HYPERTENSION, THE SILENT EPIDEMIC

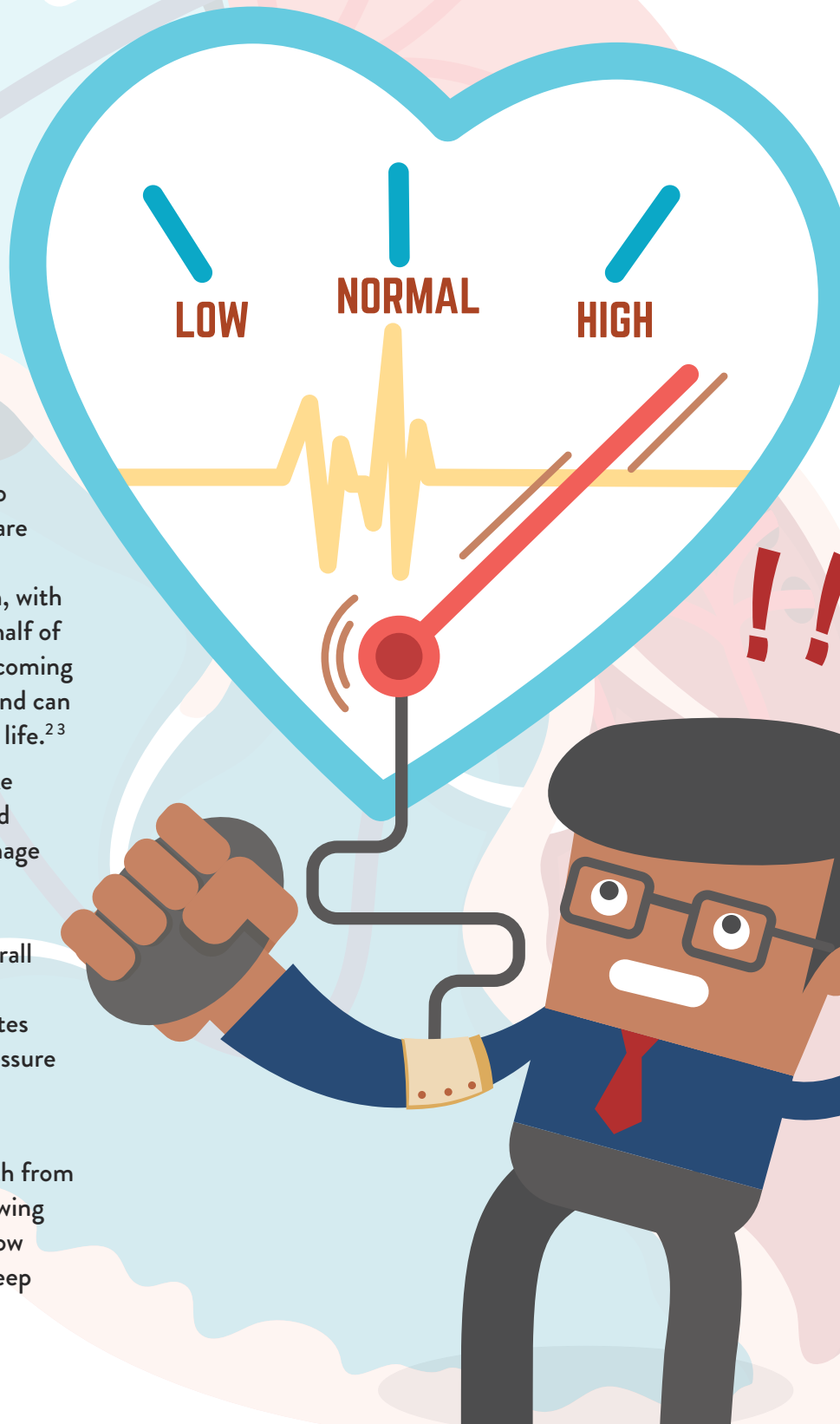
RATES OF HYPERTENSION
ARE INCREASING...
DO YOU KNOW
YOUR NUMBERS?

By *Lindsay Wilson*

It's called the "silent killer" because it has no symptoms, which leaves many people unaware they have it. Hypertension, i.e., high blood pressure, is a serious and common condition, with the most recent data reporting that nearly half of U.S. adults have it.¹ Hypertension is also becoming increasingly common among young adults and can predict a major cardiovascular event later in life.^{2,3}

Hypertension is a major risk factor for stroke and heart disease, including heart failure and heart attack. Left untreated, it can also damage delicate blood vessels throughout the body, leading to kidney disease, dementia, vision loss, and sexual dysfunction.⁴ While the overall death rate from heart disease has declined over time and deaths from stroke and diabetes have leveled off, deaths from high blood pressure have increased.⁵

The good news is that high blood pressure is "modifiable"—it can be controlled—and death from the condition is preventable. The key is knowing your numbers (normal blood pressure is below 120/80 mm Hg) and staying proactive to keep your numbers in check.



WHAT EXACTLY IS HIGH BLOOD PRESSURE AND WHO IS AT RISK?

When you get a blood pressure reading, what do those numbers even mean? The first number is your systolic pressure, or the pressure that occurs as blood pumps out of the heart and into your blood vessels. The second, or diastolic pressure, is when your heart rests between beats. High blood pressure is when the force of your blood pushing against the walls of your blood vessels is consistently too high. Elevated blood pressure (prehypertensive) is 120-129/80 mm Hg, while high blood pressure is 130-139/80-89 mm Hg.⁶

Some of the common risk factors for developing hypertension include excess weight, lack of physical activity, a diet heavy in processed foods and sugar (especially fructose), excessive alcohol consumption, and smoking. Those with insulin resistance and type-2 diabetes are also at a higher risk of high blood pressure.

African Americans are also at a higher risk. According to the American Heart Association, the prevalence of high blood pressure in African Americans is among the highest in the world and develops earlier in life.⁷ One observational study found that by the age of 25, hypertension among African Americans was nearly twice that of their white counterparts.⁸ And recent research from Northwestern University found that in 2017 African American men had a 43 percent higher rate of death from heart failure, while African American women had a 54 percent higher death rate from heart failure compared to other racial groups.⁹

“This heart failure trend is another manifestation of the undertreatment of hypertension,” senior study author and cardiologist Sadiya Khan, MD said. “Know your blood pressure and make sure it’s being well managed and well-treated.”

MAKE MANAGING YOUR BLOOD PRESSURE A PRIORITY

Managing high blood pressure is possible—and you can do it with lifestyle interventions. Reduce your intake of processed foods and sugar, especially high-fructose corn syrup, which has been

independently associated with higher blood pressure, even in adults with no previous history of hypertension.¹⁰ Eat an abundance of potassium-rich vegetables and fruit to maintain a healthy sodium-potassium balance. Move your body regularly. This doesn’t have to mean rigorous workouts at the gym; something as simple as a daily walk goes a long way. If you are a heavy drinker, work to cut back your alcohol intake. Adopt small healthy habits and they will coalesce into big changes to your health!

In addition to healthy lifestyle habits, certain vitamins and nutrients are proven to support healthy blood pressure.

BEETROOT JUICE. Nitric oxide (NO) is a molecule that is naturally produced by the body, but diminished production is associated with hypertension and other cardiovascular dysfunction.¹¹ NO has a number of important functions, including promoting blood vessel flexibility and vasodilation, both of which help maintain normal blood pressure. Beetroot is rich in dietary nitrate, which the body readily converts to NO. One recent review investigated 11 studies to examine the relationship between beetroot juice and blood pressure and concluded, “This easily found and cheap dietary intervention could significantly decrease the risk of suffering cardiovascular events and, in doing so, would help to diminish the mortality rate associated to this pathology. Hence, beetroot juice supplementation should be promoted as a key component of a healthy lifestyle to control blood pressure in healthy and hypertensive individuals.” Recent research suggests that another way beetroot juice supports cardiovascular health is by reducing over-stimulation of the sympathetic nervous system (SNS); activation of the SNS increases heart rate, blood pressure, and blood vessel constriction. Studies have shown that doses between 250 mL and 500 mL daily are effective in reducing blood pressure.^{12 13 14 15 16}

VITAMIN D. Studies have consistently shown that low blood levels of vitamin D are linked to hypertension. One study found that men and women with vitamin D levels of 15 ng/mL or less had a three to six times increased risk of developing hypertension over a four-year period compared to those with levels of 30 ng/mL or higher.¹⁷ Other research has found that increasing vitamin D levels with supplementation lowers blood

pressure.¹⁸ A study investigating the effects of vitamin D supplementation on 250 African American men and women found that for each 1 ng/mL increase in blood levels of vitamin D, there was a drop in systolic blood pressure. Doses were given at 1,000, 2,000, or 4,000 IUs daily for three months, with the most significant decreases found in those taking 4,000 IUs.¹⁹ It is worth noting that African Americans are particularly at risk of developing a vitamin D deficiency because darker skin reduces natural vitamin D production.²⁰ It’s important to have your levels checked and aim to maintain levels between 40-80 ng/mL.²¹

CELERY SEED EXTRACT. Celery seeds contain a unique compound known as “L-3-n-butylphthalide” or 3nB, that has a relaxing effect on blood vessels, effectively lowering blood pressure (it is also what gives celery its unique taste and smell). Celery seed extract appears to work in the same way as calcium channel blockers, which are often prescribed as antihypertensive drugs, by blocking the flow of calcium into cells that line the blood vessel walls, helping them to relax.²² One trial of 30 mild to moderate hypertensive patients found that a standardized extract of celery seed extract at 75 mg twice daily lowered both systolic and diastolic blood pressure at three and six weeks of follow up. And while calcium channel blockers can reduce blood flow to the brain, in animal studies, celery seed extract has been shown to improve blood flow, prevent stroke, and enhance energy production in the brain.²³

HIBISCUS TEA. Drinking three cups of hibiscus tea every day can be an enjoyable and easy way to reduce blood pressure. A study including 65 pre- and mild hypertensive adults had the participants drink three eight-ounce servings of hibiscus tea or a placebo daily for six weeks. At the end of the study, there was an improvement in both systolic and diastolic pressure in those drinking the tea, compared to the placebo group. The most improvement was seen in systolic pressure and in those participants who had higher blood pressure to begin with.²⁴ A recent analysis of five studies investigating the effect of hibiscus tea on blood pressure confirmed that the tea had a significant effect on lowering systolic and diastolic blood pressure.²⁵

References available upon request.

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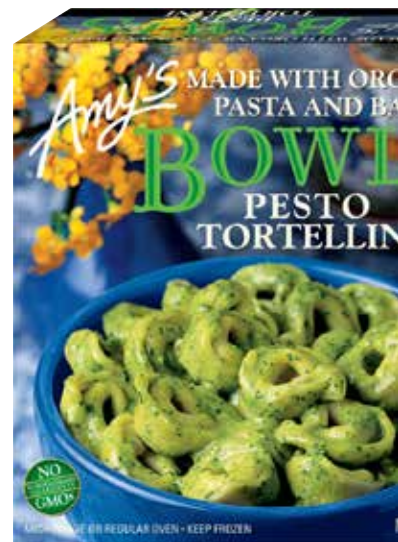


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In our sedentary world, we can get more than enough carbs to fuel our bodies from non-starchy veggies and low-glycemic fruits, with a small amount of the higher-carb foods mentioned above. It is estimated that our hunter and gatherer ancestors got about 80 grams of carbs a day (mostly in the form of non-starchy vegetables) while the average American intake today is between 300 and 600 grams.² To maintain healthy blood sugar aim to get between 100 and 150 grams of carbs each day.³ If you work to get the majority of your carbs from non-starchy vegetables and a small amount of those other higher-carb foods, you will easily fall into this range. And when you approach eating in a way that maintains healthy blood sugar balance, then an occasional indulgence—sweet treats included—shouldn't be a problem.

FIND BALANCE WITH THE HELP OF SUPPLEMENTS

There are certain foundational supplements that everyone should take but are especially important for someone struggling with blood sugar control. One of these is the B-complex family of vitamins, which are intricately tied to cellular energy production via their role in metabolizing carbohydrates and complex sugars.⁴ When you eat an excess of grain-based carbs your body quickly burns through the B vitamins to keep up, which can drastically deplete levels. When these important cofactors are missing, blood sugar imbalances can occur. Another foundational supplement is magnesium. It is estimated that at least half of all Americans don't get enough through diet, making supplementation necessary.⁵ Magnesium plays a key role in regulating insulin activity and cellular glucose uptake, and low magnesium levels can worsen insulin resistance. Additionally, low magnesium intake has been associated with the development of type-2 diabetes and metabolic syndrome.⁶

OTHER KEY NUTRIENTS TO SUPPORT HEALTHY BLOOD SUGAR BALANCE INCLUDE:

ALPHA-LIPOIC ACID (ALA)

Alpha-lipoic acid, or ALA, is a vitamin-like compound that acts as a powerful antioxidant. "Its principal job is to help burn glucose for energy," Helena Linzy, Nutritional Health Coach (NHC) at Natural Grocers in Temple, TX says.⁷ "It also supports the function of insulin and it even transports glucose into cells without the use of insulin."

One double-blind, placebo-controlled study investigated ALA's effect on blood glucose in patients with type-2 diabetes. Thirty-eight patients were divided into five groups and were given varying doses of ALA (300, 600, 900, or 1,200 mg/daily) or a placebo, along with their standard diabetes medication

for six months. After six months, both fasting glucose and HbA1c (a measurement of blood sugar over a period of time) were found to have decreased in those taking ALA, while they increased in the placebo group. The results were in a dose-dependent manner, i.e., the higher doses lead to more significant decreases.⁸

A meta-analysis published in late 2018 investigating the effect of ALA supplementation on blood sugar and lipid profiles among patients with metabolic diseases, including type-2 diabetes and gestational diabetes, found that ALA significantly decreased fasting blood glucose, insulin, insulin resistance, and HbA1c, in addition to lowering triglycerides and LDL cholesterol.⁹

BERBERINE

"Alongside a well-balanced, nutrient-dense diet, one of my favorite supplements to recommend to those looking to support healthy blood sugar balance is berberine," Jennifer Reznick, NHC at Natural Grocers in Vancouver East, WA says.¹⁰

Berberine is a bitter-tasting plant compound that is frequently used in China as part of a treatment program for type-2 diabetes, hyperlipidemia, and hypertension.¹¹

In one trial of 36 newly diagnosed type-2 diabetic patients, berberine's effect of lowering blood glucose was similar to that of metformin, a common diabetic drug, with researchers reporting significant decreases in HbA1c, fasting blood glucose, postprandial (post-meal) blood glucose, and triglycerides in the patients receiving berberine. The patients took 500 mg of berberine three times daily, before meals, for three months.¹²

In a second trial, the same researchers tested the effects of berberine on patients with poorly controlled type-2 diabetes and found that berberine lowered HbA1c, fasting blood glucose, and postprandial blood glucose in those patients as well; berberine also reduced fasting insulin and insulin resistance. The patients in this study took 500 mg of berberine three times daily, in addition to their other diabetes medications, for three months.

Other research has found similar results, leading researchers to recommend berberine for therapeutic use.^{13 14}

CHROMIUM

Linzy says chromium is an essential mineral for supporting healthy insulin sensitivity. It is involved in the metabolism of glucose, insulin, and blood lipids and has been shown to improve blood glucose in patients with type-2 diabetes.¹⁵ Chromium picolinate in particular has been shown to improve insulin resistance and blood glucose control.¹⁶





“One thing that makes chromium all the more important is the fact that diets high in refined carbohydrates and sugar actually deplete chromium levels,” she explains.

One four-month trial including patients with poorly controlled type-2 diabetes found that 600 mcg of chromium picolinate daily, in addition to their prescribed diabetic drugs, significantly reduced fasting glucose and postprandial glucose as well as HbA1c.¹⁷

Studies have found that people with type-2 diabetes tend to have lower blood levels of chromium than those without the disease¹⁸ and that people who take a chromium-containing supplement are less likely to have diabetes.¹⁹ Supplements containing 200-1,000 mcg of chromium have been found to improve blood glucose control.²⁰

CINNAMON

Receiving widespread attention as an aid to support healthy blood sugar balance, is cinnamon something to take as a supplement or can you simply sprinkle it on oatmeal in the morning to get the benefits?

Reznick says it depends on what kind of support you are looking for.

“Cinnamon can be taken as a supplement to get a higher dose or it can be enjoyed as a spice on your food or as a tea,” she says.

Whole cinnamon has both fat-soluble and water-soluble components, she explains. The water-soluble component is responsible for the blood sugar benefits; therefore, when you opt for a cinnamon supplement you are getting more of the blood sugar-supporting water-soluble component.

One small study tested the effects of cinnamon on eight healthy male volunteers, who were supplemented with 3 grams of cinnamon or a placebo daily for two 14-day periods. The cinnamon reduced

glucose and insulin responses in the participants, in addition to improving insulin sensitivity. However, the effects were lost when the supplementation ended, indicating that cinnamon must be taken long term for its blood sugar benefits.²¹

An earlier study of seven healthy male volunteers produced similar results. After supplementing with five grams of cinnamon, there was an immediate improvement in glucose response and an increase in insulin sensitivity, and the effects sustained for 12 hours.²²

IN SUM

The holidays, and all of the sweet treats and carb-heavy dishes that ensue, can wreak havoc on blood sugar balance, especially for someone already struggling with blood sugar control. But if you start with a healthy diet as a base, then you can occasionally indulge without causing major damage. The key is to change your approach to eating—rebalance your macronutrients, with the bulk of your carbs coming from non-starchy vegetables, with limited amounts of other healthy carb sources like starchy vegetables, and the rest of your calories coming from healthy fats and moderate amounts of protein. This will help maintain a steady blood sugar balance, without the dramatic spikes that come with a diet that contains excessive amounts of grain-based carbs. Consider giving your body extra support with a few choice supplements that are proven to help maintain healthy blood sugar. And lastly, don't be too hard, or too restrictive, on yourself! The holidays—and the treats that come with them—are meant to be enjoyed... in balance.

For personalized guidance and support for maintaining healthy blood sugar through the holiday season, call or visit your neighborhood Natural Grocers to schedule a coaching session with your local NHC.

References available on request



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Turkey Standards Matter!

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Vegetarian Fed (non-GMO feed)	?	✓
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No Antibiotics EVER	?	✓
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DAYS OF Thanksgiving HOT DEALS

November 23rd - 26th

2

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PREMIUM QUALITY TURKEYS AT AN ALWAYS AFFORDABLE PRICE

The savory scent curls itself around the kitchen, drawing the family together. The room is filled with hungry anticipation of that moment when the oven door opens and you pull your perfectly golden turkey out. It's Thanksgiving and food is king—but, despite that aromatic heap of stuffing and the fluffiest mashed potatoes you've ever seen—you know this bird is the centerpiece, and you're so glad you chose Mary's!

We know that's how you'll feel when the big day rolls around when you get your Thanksgiving turkey from us. We're sure because we know Mary and her family, who are in their third generation of raising turkeys, and over the years we've built a relationship of certainty. We choose Mary's turkeys because we know they're the best quality we can offer families in our communities.

These days, there are plenty of organic and free-range turkeys available; but many of them are raised on large corporate farms and, unfortunately, when the emphasis is on mass production, it can be at the expense of other important qualities.

Mary's family cares about quality more than quantity and they prioritize animal welfare over everything else. All their turkeys are raised on their family farm, where the birds have loads of fresh air, space to roam, and can turkey around all day.

Mary's is also part of a small group of farmers helping to preserve descendants of the original American turkey. Their Heritage birds are able to wander, fly and breed naturally, just like their ancestors, resulting in an uncommonly delicious turkey, full of succulent, juicy dark meat.



Whether you're looking for free-range, organic, or Heritage, all of the Mary's turkeys we sell are non-GMO. Additionally, they're fed vegetarian feed, without animal by-products, and they're never given antibiotics, arsenic-based growth promoters or pumped full of other sly additives after harvest. They are provided with plenty of space, both inside and out, to range, get some sun, dust bathe, hunt for bugs, and get their turkey on.

When Thanksgiving Day is just around the corner, Mary's turkeys are harvested and deep chilled to 28°F at Mary's in-house facility so that they arrive to you fresh, never frozen (only the outer part of the turkey will be hard). Who else can say that? The advantage of deep-chilling is that it preserves fresh turkeys long enough to make it safely to your shopping cart, but still easily thawed and ready to cook.

From Mary's family to our family to yours, a Mary's turkey is the centerpiece of your Thanksgiving feast that will make you feel good when you look at all the faces gathered around your table. It's the stuff masterpieces are made of, the quality is worth every single penny and, when you buy it from us, you're getting it at our always affordable prices. We've been making the highest quality masterpieces as easy on the budget as possible since 1955.

P.S. When you choose to buy your Thanksgiving turkey from Natural Grocers you can rest assured you are feeding your family, friends and yourself the best in town!



NATURAL GROCERS SIMPLE ROASTED TURKEY, THE LOW & SLOW WAY



Looking for a simple roasted turkey recipe for your Thanksgiving feast? Look no further! Our “low and slow” roasted turkey is coated with olive oil, simply seasoned with our poultry seasoning blend, salt and pepper, and slow roasted for a deliciously succulent bird, with little hands-on time. This recipe uses an Oster® 18-Quart Roaster Oven with High Dome Lid to achieve a rotisserie-like taste. We highly recommend you give this a try; it is a favorite of our Co-President Kemper Isely! If you do not have an Oster Roaster Oven, you can find other roasted turkey recipes, in addition to a cornucopia of Thanksgiving recipe ideas, on the Natural Grocers website at naturalgrocers.com

INGREDIENTS INSTRUCTIONS

1 Mary's Organic Turkey, up to 24 pounds

*¼ to ½ cup Natural Grocers Brand
Organic Extra Virgin Olive Oil*

*Natural Grocers Brand Bulk Real Salt and
Organic Ground Black Pepper, to taste*

*1 to 2 teaspoons Natural Grocers Brand
Bulk Organic Poultry Seasoning Blend*

SERVES: 8-12 (Plan on two pounds per person)

TOTAL TIME: APPROX. 5-12 HOURS (Cook time 25-30 minutes per lb.)

EQUIPMENT: OSTER 18-QUART ROASTER OVEN

with High Dome Lid (available at all Natural Grocers)

1. Ensure the turkey is completely thawed before roasting.
2. Make sure the removable roasting pan is in the roaster. Take roasting rack out of the roaster and pre-heat the roaster to 250° F.
3. Remove the giblets and neck and reserve to make a stock or gravy.
4. Rub the turkey with the olive oil, making sure to evenly coat the entire bird. Season with the poultry seasoning blend and salt and pepper to taste.
5. Place roasting rack into the oven, ensuring the handles are up, not tucked below, put the turkey on the rack, and place the lid on the roaster oven.
6. Optional: Baste the turkey with the pan drippings every hour or so. Part of the reason to use the low and slow cooking method is so you do not have to baste the turkey to keep it from drying out.
7. Roast until an instant-read thermometer inserted into the breast reads 165° to 170° F. Depending on the size of turkey, this should take 5 to 12 hours. Begin checking the temperature at least one hour prior to the time you have calculated it should be done.
8. Once done, transfer the turkey to a cutting board, tent with foil, and let rest for 30 minutes, or until ready to carve.

THINK WISE

HIMALAYA CURCUMIN COMPLETE

A crackling fire this time of year equals perfection—you just want to curl up near it and dream. What you DON'T want is a fire inside your joints, disrupting your sleep and leaving you curled up in pain. Inflammation is NOT on our holiday to-do list, but a supplement designed to support healthy joints and keep the fire in its place is. Curcumin Complete by Himalaya combines Ayurvedic herbs with well-documented, anti-inflammatory effects for precisely this purpose. A clinical-strength extract of turmeric, along with Boswellia, guggul, and greater galangal, support flexibility and mobility, promoting circulation around muscles and joints. For Himalaya, quality is a “seed to shelf” venture. They work directly with farmers to craft sustainably harvested, pesticide-free botanicals, controlling every step of the process, and testing for purity, efficacy, and consistency throughout. Since 1930, they've been making Ayurvedic supplements backed by scientific research and produced with the highest standards of good manufacturing. So, go ahead—curl up by the fire and dream, because Curcumin Complete has your back!

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The legend of lentils, in the Italian tradition, is that eating them on New Year's Eve will bring prosperity for the coming year. The legend of Patagonia Provisions is creating food that will bring prosperity to the planet for coming generations. They've crafted their collection of certified organic soup mixes and chili with the climate in mind, sourcing ingredients that support regenerative agriculture and local food systems. They're built around pulses, (lentils and beans), which are some of the most sustainable proteins you can eat. As they grow, they pull atmospheric nitrogen into the soil, creating a healthy, fertile environment for other crops and using less water. Patagonia Provisions pulls chef-inspired flavor into every mix so you can enjoy gourmet dining just as easily on a mountaintop or in your favorite chair with a book. Protein-rich and vegan, every bowl is intentionally delicious—it's just a matter of your mood. Will it be the southwestern zest of Black Bean, the hearty nourishment of Green Lentil, or the warm comfort of Red Bean Chili tonight? Savor the legend for the prosperity of our planet!

P.S. Our price of \$6.65 each is pretty sustainable too.

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Three-hundred biochemical reactions—that's what magnesium means to our bodies, but almost 70% of us may not be getting enough. It's crucial for energy production, central nervous system function, and cardiovascular health, and that's just for starters. So, when Trace Minerals Research created a simple, tasty way to get more magnesium—we said yes, PLEASE! It's fizzy, fruity and fun, delivered in easy to absorb, effervescent tablets. They're conveniently packaged to fit in your purse, briefcase, or backpack, and go with you anywhere. Need a calming break in your busy schedule? A “nightcap” to maximize restful sleep? It's as painless as a glass of water and comes in your flavor of choice: Raspberry or Orange. They're gluten-free, vegan, non-GMO, and brought to you by a company that's been a trusted leader in mineral supplements for over 40 years. Trace Minerals Research is GMP certified, quality-verified and here to make sure you're not one of the 70% missing out on the incredible benefits of magnesium.

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PER
10 tablets



SELY

If you're thinking about the mundane task of writing your next grocery list, how about doing a little light reading first? Allow us to introduce you to "Think Wisely"—a narrative about the stuff you may want to include in your next snack, or brunch, or "welcome to the neighborhood" gift basket... Every product has a story to tell, and we're having a blast finding some fun ones to share with you. All you have to do is sit back, relax and make that grocery list something you look forward to.



ROOT YOURSELF IN WELLNESS

As the first magical snowfall blankets the Kansas countryside, one family farm harbors a secret. In these icy fields, the real magic happens beneath the earth where alfalfa, wheat, and barley grasses grow. Throughout the winter months, their roots reach deeper into the most nutrient-rich levels of soil. When spring comes, the green grasses push toward the sunshine, packed with minerals, vitamins, and phytonutrients thanks to their slow growth during the cold season. Once they've reached peak nutrient density, just the vibrant tips are harvested and immediately dehydrated to preserve their nutritional treasure. This is the story of Amazing Grass—an effortless, organic, and non-GMO way to green your routine even in the dead of winter. But, that's not the end of the story. One special powder, Amazing Grass & Shrooms, is like a Christmas bonus combining nutrient-dense grasses with the immune-supporting power of mushrooms, including reishi, shiitake and turkey tail. Whip it into superfood snack balls, add it to your morning smoothie, (or even hot chocolate), and stay rooted in wellness all winter long. Our price of \$11.99 is too good to keep secret.

P.S. It's also gluten free!

EDAP
\$11.99
PER
5.29 oz

THE LEGEND OF RISOTTO

The fabled story of the first risotto involves a glassblower's apprentice, a wedding, and saffron. The apprentice loved saffron so much he used it to add a touch of gold to everything, including the stained-glass windows he was crafting. At his wedding to the glassblower's daughter, his friends thought it would be hilarious to add saffron to the creamy rice dish being served, but the joke was on them. The golden rice was so delicious that guests couldn't get enough, and the legend of risotto alla Milanese was born! Although history cannot pin down such folklore as

fact, this much is true: Risotto is a dish worthy of any celebration, and whatever recipe you choose—Natural Grocers Brand White Arborio Rice will make it legendary! Organic and non-GMO, it's eco-farmed in California's Sacramento Valley, where the rice fields provide habitat for thousands of waterfowl traveling the "Pacific Flyway."

It pairs well with squash and cheese and lends itself just as delectably to a honeyed pot of rice pudding. But, if you want to create a dish that will upstage itself in the family folklore, just remember to add a dash of saffron!

EDAP
\$3.99
PER
1 lb. Bag



ROCK STAR CULTURE MEETS FAMILY TRADITION!

It was the summer of 1972 when the Grateful Dead saved yogurt! Twenty-thousand people descended on the tiny town of Veneta, Oregon, clutching tickets printed on Nancy's Yogurt labels. The band was playing music to benefit their friends at the Springfield Creamery (makers of Nancy's), and that concert helped the creamery continue being rock stars of the growing natural foods scene. Today, Nancy's brand is better than ever and here to benefit your taste buds and your gut! Their distinction has always been of culture—a culture of family, of quality, and of the live probiotics they add to their products. The tart, creamy texture and flavor Nancy's is known for, happens naturally through their traditional culturing process, and without the use of gelatins or thickeners. The billions of probiotics in every serving happens intentionally, with a variety of strains to deliver a range of benefits. Plus, the goodness doesn't stop with yogurt—they have an extended family of cultured dairy essentials and some vegan ones too. Deliciously nostalgic, and deliberately nutritious—it's time to let Nancy's rock your world!

P.S. Our prices will always benefit your budget.

EDAP
\$4.39
PER
32 oz.



EDAP
\$1.99
PER
8 oz.



ONCE UPON A CHOCOLATE CHIP

Once upon a time in Pennsylvania, a fourth-grade class and a senator proposed some delicious legislation—they wanted to make Chocolate Chip the official state cookie! We think it should have been a unanimous vote, but the House of Representatives disagreed, preferring the plain old Sugar Cookie instead. To this day, it appears unresolved, and Pennsylvania tragically remains without a state treat, but we believe this legislative debacle could have been avoided. How? If the class had served their Congress a platter of cookies made with Natural Grocers Brand Chocolate Chips! Because they're not only that delicious, they're also produced with values a fourth-grader would appreciate. Our chocolate chips are certified organic and made with 100% Fair Trade cocoa from Peru and sugar from Paraguay, which means they benefit farmers, their kids, and the planet. With a handful of ingredients and a lot of chocolate intensity, they make the best candies, cookies, sauces, and ganache. Semisweet or Bittersweet—it's the season to make Natural Grocers Brand Chocolate Chips official in your pantry!

EDAP
\$4.99
 PER
 10 oz. Bag

THE TASTE OF ADVENTURE

Let's count the reasons you're going to want Natural Grocers Brand Trail Mixes handy this winter. Oh, wait—we don't have space for them all, but how does organic, non-GMO, and out-of-this-world flavor sound for starters? So, what's in a handful? Dark chocolate, tangy cranberries, crunchy coconut and almonds for a mouthful of bliss we call Seventh Heaven. When you come back to earth, you can head straight for an island paradise with one bite of our Tropical Fruit and Nut Mix. Sun-dried pineapple pairs sweetly with walnuts, raisins, pumpkin seeds, and coconut chips, and it's ready to party. Our snacks are so deliciously energizing that you'll be making up adventures just to take them on. Like moonlight snowshoeing, back-country skiing or hosting a game night so you can share them with your friends—we know how it goes. It's why we have them at the fun-filled sale price of \$5.29 a bag. See you adventuring! P.S. We keep them refrigerated so they're always fresh.

SALE
\$5.29
 PER
 8 oz. Bag

A CAUSE FOR CANDY

If you ever imagined a moment when satisfying your sweet tooth was something you should do for the greater good—you're in luck! It's called Project 7—a company that exists to change the world by creating enchantingly delicious candy. They're founded on a commitment to making an impact in seven areas of need around the globe. That means millions of trees planted and millions of meals and clean water provided. It means anti-bullying programs, malaria treatments, disaster-relief housing, and education. It means that if you ever needed a reason for candy—you now have seven because every purchase makes you a part of this mission. There are other reasons too. Gummies in flavors like Champagne Dreams (non-alcoholic) are so delightful you can't keep them to yourself. Clean treats made with organic sweeteners, natural colors, non-GMO ingredients, and NO artificial junk. Do good the sweetest way you've ever imagined!

SALE
\$5.29
 PER
 8 oz. Bag

EDAP
\$1.85-
\$1.99
 PER
 2 oz. Bag

EDAP
\$3.49-
\$4.19
 PER
 4 oz. Bag





EDAP
\$10⁹⁵
 16 oz.

EDAP
\$13⁹⁹
 16 oz.

FOR THE CONSCIOUS OMNIVORE

Food is the great connector. It anchors us in moments of shared pleasure, connecting us to our past, our future, and our values. Still, it's a rare dish that makes these connections as palpable as one featuring lamb from Central Grazing Company. Their philosophy is a return to the past—before confinement feeding operations, depleted soil, and a broken food system. It's rooted in re-shaping the future through practices that regenerate soil, restore prairies, and revive our planet. Above all, Central Grazing Company is defined by values that let animals lead their lives on peaceful pastures, treated with the highest standards of animal welfare. Packed with the clean, rich flavor only pasture grazing can produce—this ground lamb and stew meat will connect you with your next culinary moment. Stew Meat EDAP \$13.99. Ground Lamb EDAP \$10.95

P.S. It comes with a seal of transparency—produced by independent Midwestern farms that are Animal Welfare Approved and Certified Grass-fed by AGW (A Greener World).

BETTER THAN BEEF

We can't tell you how many snowflakes make a snowball, or who will win the next Super Bowl. But here's what we know: if you don't have the "new" red meat on your menu, you're missing out! We're talking about yak and ostrich—juicy, flavorful meat packed with that tender, "beefy" richness but leaner than chicken. We're also talking about Fossil Farms, a company ready to wake up your taste buds with healthier, more sustainable options. They source from small family farms, (including their own), where animals are raised on pasture and never given antibiotics, hormones, or steroids. Their ground yak and ostrich can do anything beef can do, but better—with more protein, less fat and all the flavor! So, make that next pot of chili with yak, as Fossil Farms says—"you'll never go back." YAK EDAP \$14.29. Ostrich EDAP \$12.79



EDAP
\$14²⁹
 16 oz.

EDAP
\$12⁷⁹
 16 oz.

PUNCHBOWL SECRETS

It's almost time for holiday festivities, and we have one urgent question: is your beverage game on point? Everybody needs a go-to ingredient for mocktails and mixers, which is why you need Health-Ade kombucha in your bag of tricks. These brews were a sell-out hit when they first started at the farmer's market, and if you've tasted them, you understand. Now in demand nationwide, they're still hand-crafted in small batches, traditionally fermented in 2.5-gallon glass jars, and they never rush the process. Did we mention they're certified gluten free, raw, and organic? Infused with cold-pressed flavor from organic fruits, veggies, and spices, they come in imaginative combinations like Bubbly Rose, Tropical Punch, and Jalapeno Kiwi Cucumber. Plus, they have an extra-special party flavor, only available this time of year. It's called Holiday Cheer, a blend of chocolate and spice that will make you feel as happy inside as Cindy Lou Who. Crisp, refreshing, probiotic—the only thing Health-Ade lacks is you!



EDAP
\$2³⁹
 PER
 16 fl. oz.
 EDAP \$2.99

OFFERS VALID NOVEMBER 1 TO NOVEMBER 30, 2019

good4u

NEW PRODUCTS



\$3¹⁹
6.5-7 oz.

QUINN SNACKS® GLUTEN-FREE FILLED PRETZELS

Introducing the first gluten-free, peanut-butter filled pretzel, ever! Just the right ratio of PB to pretzel and once you try these, there is no going back.

EDAP \$4.79



\$1⁴⁹
16 oz.

EVER & EVER® STILL OR SPARKLING WATER

Choose Ever & Ever's 7.4 pH balanced Purified Still Water or their electrolyte-balanced crisp, refreshing Sparkling Water. Both are bottled in 100% infinitely recyclable aluminum.

EDAP \$1.79



\$3⁹⁹
12.8 oz.

EVERYONE™ SPECIAL EDITION HOLIDAY HAND SOAP LAVENDER SPICE AND CINNAMON COCONUT

These hand soaps feature a gentle coconut base, organic aloe, and other botanicals, plus vitamin E.

EDAP \$4.49

\$10⁷⁹
8 oz.



NOW® ELDERBERRY LIQUID FOR KIDS

NOW® Elderberry Liquid for Kids combines elderberry concentrate with zinc and astragalus to promote seasonal wellness.*

EDAP \$14.99

\$1²⁹
16 oz.



RAO'S HOMEADE® PASTAS

Made with durum semolina flour and cut with traditional bronze dies, Rao's Homemade pasta grabs onto every drop of sauce and has a wonderfully toothsome texture. This might be your new favorite pasta.

EDAP \$2.79

20% OR MORE OFF
EDAP

23% OFF

\$3.29

KERRYGOLD®
Pure Irish Butter Bars
Kerrygold butter comes from the milk of grass-fed cows.
8 OZ. | EDAP \$4.29



23% OFF

\$3.19

SO DELICIOUS®
Coconut Milk Creamers
Smooth, creamy, and dairy-free.
32 OZ. | EDAP \$4.19



23% OFF

\$15.99

COUNTRY LIFE®
Bone Solid®
This powerful formula, combined with nutrients, such as vitamins K1, K2 and D3, supports overall bone health.*
180 CAP | EDAP \$20.79



23% OFF

\$3.29

CALIFIA
Milk Alternatives
Now you can enjoy the deliciousness and nutritiousness of a probiotic yogurt, minus the dairy.
48 OZ. | EDAP \$4.29



23% OFF

\$3.59

GARDEIN®
Select Meat Alternatives
Enjoy delicious, meat-free meals with Gardein.
8-14.1 OZ. | EDAP \$4.69



23% OFF

\$3.29

BARKTHINS®
Snacking Chocolates
They believe in a commitment to sourcing only the best ingredients.
4.7 OZ. | EDAP \$4.29



23% OFF

\$2.49

LATE JULY SNACKS®
Select Organic Crackers
Make any moment a Late July moment. Their ingredients are a throwback to the days before modern agribusiness.
5-6 OZ. | EDAP \$3.25



20% OR MORE OFF
EDAP

23% OFF



\$11.29

AMERICAN HEALTH®
Chewable Original Papaya Enzyme

Combines the finest quality of freshly ripened papaya fruit with papain, amylase, and protease enzymes.*
600 CHEW | EDAP \$14.79

23% OFF



\$11.79

AMERICAN HEALTH®
Super Papaya Enzyme Plus

Contains 100% natural enzymes, is sugar-free, and includes refreshing peppermint and chlorophyll.*
350 CHEW | EDAP \$15.49



23% OFF



\$2.29

THEO CHOCOLATE®
Organic Chocolate Bars

Sweet, salty, and irresistible, featuring rich, dark chocolate with a pinch of sea salt.
3 OZ. | EDAP \$2.99



23% OFF



\$21.49

WEDDERSPOON®

100% Raw Manuka Honey KFactor 16
Unpasteurized, raw and delicious, this Non-GMO Project Verified superfood is sourced exclusively from New Zealand.*
8.8 OZ. | EDAP \$27.99

22% OFF



\$4.19

ENJOY LIFE FOODS®

Chocolate Chips, Chunks or Morsels
Not only are these nut-free, dark chocolate morsels delicious, but they are also free from 13 other allergens!
9-10 OZ. | EDAP \$5.39



22% OFF



\$4.99

LAKWOOD®
Select Organic Juices

Fresh pressed, not from concentrate juices or juice blends.
32 OZ. | EDAP \$6.45



20% OR MORE OFF
EDAP

\$5⁷⁹



22% OFF

DR. BRONNER'S
Shave Soap Peppermint
Organic coconut-olive-hemp oils blend for a creamy castile lather.
7 OZ. | EDAP \$7.49

22% OFF



\$10⁷⁹

NATURAL FACTORS®
Stress-Relax® Melatonin
5 mg
Melatonin can help provide a more restful and natural sleep without any drowsy side-effects.*
180 CHEW | EDAP \$13.99

22% OFF



\$20⁷⁹

NATURAL FACTORS®
Stress-Relax® Tranquil Sleep
Provides relaxation and sleep support with natural compounds.*
90 SG | EDAP \$26.99

22% OFF



\$21⁴⁹

NATURAL FACTORS®
Bromelain
500 mg
Bromelain is a proteolytic enzyme that breaks down proteins into various amino acids during digestion.*
180 CAP | EDAP \$27.85

21% OFF



\$12⁹⁹

NATURAL FACTORS®
Organic Oil of Oregano
Derived from wild-crafted Origanum vulgare using gentle steam distillation to ensure purity.*
1 OZ. | EDAP \$16.45

21% OFF



\$7⁹⁹

NATURAL FACTORS®
DGL Licorice Root Extract
Supports digestion, stomach comfort and the stomach lining.*
90 CHEW | EDAP \$10.15

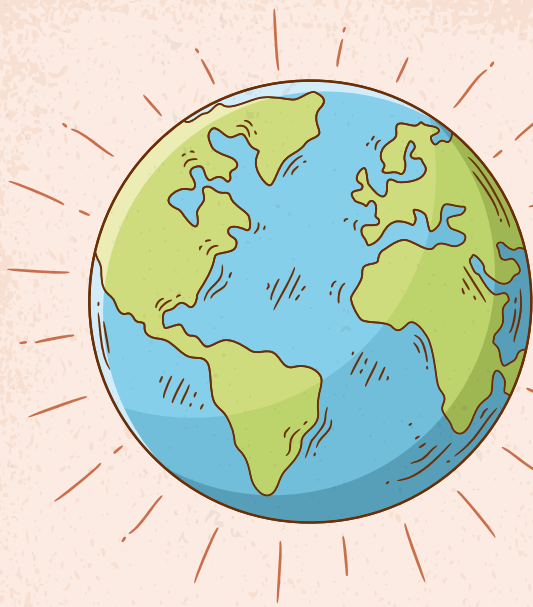
21% OFF



\$31⁴⁹

RENEW LIFE®
Ultimate Flora Probiotic Women's Complete
90 Billion
A high-potency formula with 12 specially selected strains designed to support digestive balance and immune system health.*
30 VCAP | EDAP \$40.29

EDAP = Every Day Affordable Price. All items are available while supplies last; no rain checks. We reserve the right to correct errors.
*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.



Earth WATCH

IT'S NOT THE COW, IT'S THE "HOW"

By Lindsay Wilson



As more people eschew meat for a plant-based diet, the market for meat alternatives has exploded, with an ever-expanding number of offerings that proclaim to taste like meat and even “bleed” like meat. Many people are choosing to go veggie for environmental reasons, and if you are eating a healthy vegetarian or vegan diet built on a foundation of organic vegetables and other organic, non-animal foods, kudos! You are supporting your own health and the health of the environment. But if you think replacing a grass-fed beef burger with a “burger” made with genetically-modified (GM) ingredients is an environmentally friendly choice, think again.

THE GMO PROBLEM

One of the newest meat replacements that is showing up in thousands of restaurants, fast-food chains, and grocery stores around the country claims to be “good for people, and the planet.” Problem is, it relies on GM ingredients to make its burger and other meat replacements like meatballs and ground “beef.” These products are made with GM soy and GM yeast-produced soy leghemoglobin, or “heme;” it is this GM soy leghemoglobin that gives these meat replacements their meaty flavor and makes them bleed (Soylent Green, anyone?). While the FDA finally gave its “generally recognized as safe (GRAS)” approval to the GM soy leghemoglobin as a food color additive, the agency had originally denied it GRAS status, citing concerns that GM soy leghemoglobin may cause allergies and other unknown adverse side effects.

The company that makes these meat replacements argues that GM soy is a sustainable and environmentally friendly choice, but this is simply not true. Huge swaths of farmland are dedicated to growing monocultures of GM soy and this type of pesticide and fertilizer-dependent agriculture is damaging to the soil, water, air, insect populations, and biodiversity. It also contributes to climate change by degrading soil to the point where it can no longer capture and hold carbon (healthy soil is one of the largest carbon stores on the planet).¹

Ninety-three percent of the soybeans grown in the U.S. are genetically modified to be herbicide resistant, that is, they can be sprayed with glyphosate-based herbicides like Roundup without dying. This has contributed to the development of herbicide-resistant weeds, leading farmers to use increasing amounts of



herbicides; it has also led to the development of a new generation of GM crops tolerant to the toxic herbicides dicamba and 2,4-D.² Glyphosate destroys beneficial soil bacteria, increases plants' susceptibility to diseases, harms honeybees, and is harmful to human health as well.^{3 4 5 6 7 8 9}

Contrary to marketing claims, this type of agriculture is neither sustainable nor environmentally friendly. These meat-replacement products that rely on industrial GM farming are not the solution.

THE REGENERATIVE SOLUTION

On its website, the company that makes these plant-based meat replacements says it “was founded to address climate change by eliminating the need for animal agriculture...” But animal agriculture is intricately tied to soil health, and soil health is intricately tied to the planet's health. We know that the current model of industrial animal agriculture is not the answer; but it's not the cow, it's the “how.” Regenerative, well-managed grazing practices build healthy soil that is capable of capturing large amounts of CO₂ from the atmosphere—a real solution to mitigating, and even reversing, climate change.

Research has shown that well-managed grazing practices regenerate ecosystem function, productivity, soil carbon and

fertility, and water holding capacity.¹⁰ And a recent third-party analysis conducted at White Oak Pastures, a 3,000 acre holistically managed cattle ranch in Georgia, found that the operation has a lower carbon footprint than an average conventional soybean farm. It also found that the ranch completely offset its emissions related to beef production by capturing and holding carbon in the soil, creating a carbon sink (i.e., a reservoir that stores carbon). Other potential environmental benefits from well-managed grazing include reduced water use, reduced runoff from fertilizers, reduced pesticide use, and an increase in natural habitats.¹¹

Animals belong on the land, but in a way that honors the symbiotic relationship between animals, plants, and soil. Regenerative, holistically managed grazing systems do just that. It is a form of agriculture that is a truly sustainable system for a healthy planet.

If you choose to adopt a vegetarian or vegan lifestyle, consider the environmental impact of certain meat alternatives before you buy, and build your diet around an abundance of organic vegetables and other real foods. And if you choose to eat meat, avoid meat produced by the industrial CAFO model and support those regenerative ranchers and farmers who are managing their herds in a way that promotes environmental stewardship. Do it for a healthy, livable planet.

References available upon request.

20% OR MORE OFF
EDAP

21% OFF

\$25⁴⁹-\$38⁹⁹



SOVEREIGN SILVER®
Bio-Active Silver Hydrosol™ Immune Support
Support your immune system in an ever-challenging and changing environment.*
8-16 OZ. | EDAP \$32.49-\$49.75

20% OFF

\$34⁹⁹



NATURE'S PLUS®
Source of Life® Gold Multi
A complete profile of essential vitamins and minerals.*
90 TAB | EDAP \$43.95

20% OFF

\$15²⁹-\$28⁹⁹



FLORA®
Super 8 Hi-Potency Probiotic
Includes eight strains of probiotics to support the small intestines and help maintain a healthy yeast balance.*
30-60 CAP | EDAP \$19.19-\$36.49

20% OFF

20% Off EDAP

on all Aura Cacia® Certified Organic Essential Oils



\$14⁹⁹-\$25⁷⁹

20% OFF

GARDEN OF LIFE®
Grass Fed Collagen Peptides Unflavored
Provides 20 grams of collagen peptides, plus probiotics, to support hair, skin, nails, and joints.*
9.87-19.8 OZ. | EDAP \$18.85-\$32.35



20% OFF
EDAP

\$19⁷⁹-\$20⁹⁹

GARDEN OF LIFE®
myKind Organics Elderberry
Gummy or Syrup

With added zinc and vitamin C for an added boost to their elderberry gummy and syrup.*

120 GUMMIES | 6.5 OZ. SYRUP |
EDAP \$24.85-\$26.35



20% OFF

\$32⁷⁹



BARLEAN'S®
Organic Greens™ Unflavored

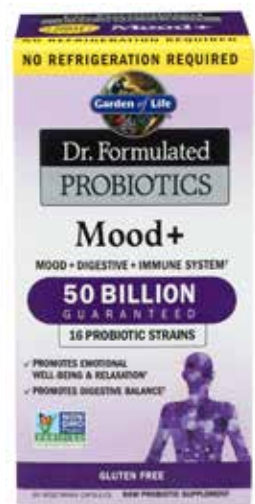
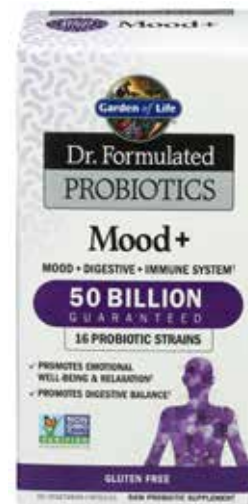
An energizing source of vegan superfoods designed to invigorate and nourish both your mind and body.*
8.47 OZ. | EDAP \$40.99

20% OFF

\$27⁹⁹

GARDEN OF LIFE®
Dr. Formulated Probiotics Mood+ or
Dr. Formulated Probiotics Mood+ Shelf Stable

A unique probiotic formula with clinically studied strains to support mood, emotional wellbeing, and relaxation.*
60 VCAP | EDAP \$35.25



20% OFF

\$27³⁹



BARLEAN'S®
Greens Chocolate Silk

A vegan superfood with fruits and vegetables to support health and wellness.*
9.52 OZ. | EDAP \$34.29

20% OFF

\$3²⁹



STONYFIELD®
Select Organic Yogurts

Yogurt with live active cultures and only pasture-raised milk.
32 OZ. | EDAP \$4.15

20% OFF

\$2³⁹



HEALTH-ADE®
Organic Kombuchas

Uses four simple ingredients: organic black and green tea, purified water, organic evaporated cane juice, and SCOBY (the kombucha's culture).
16 OZ. | EDAP \$2.99

NATURAL GROCERS® BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM



\$5.99

10 oz.

NATURAL GROCERS® BRAND BULK PECANS

Roasted, baked, or straight out of the bag, our Natural Grocers bulk pecans add that extra special Holiday cheer.
EDAP \$6.99

\$2.69

NATURAL GROCERS® BRAND BULK ORGANIC SHREDDED COCONUT

Power up your yogurt, oatmeal, or baked apple crumble with this nutritionally dense superfood.

1 LB. | EDAP \$3.35



\$5.99

NATURAL GROCERS® BRAND BULK ORGANIC WALNUT HALVES & PIECES

Take your Holiday baking to the next level with these heart and brain healthy pieces of nutty deliciousness.

10 OZ. | EDAP \$6.99



\$3.29

NATURAL GROCERS® BRAND BULK ORGANIC APPLE JUICE SWEETENED TART CRANBERRIES

Our perfectly tart and sweet organic cranberries will add color and flavor to any holiday dish!

8 OZ. | EDAP \$3.29



\$2.95

NATURAL GROCERS® BRAND BULK ORGANIC THICK ROLLED OATS

Roll on over to our Bulk Department to find our organic thick rolled oats.

2 LB. | EDAP \$2.99



\$1.79

10 oz.

NATURAL GROCERS® BRAND BULK ORGANIC COCONUT FLAKES

They're delicious straight out of the bag for a nutritious on-the-go snack!
EDAP \$2.49



20% OFF
EDAP

\$5.99

20% OFF



ALDEN'S®
Organic Ice Cream

As they put it, they're "just livin' the organic ice cream dream."

Dream away with every bite!

48 OZ. | EDAP \$7.49



20% OFF

Our Every Day Affordable Price® on Alba Botanica® Select Varieties 32 OZ Body Wash and Lotion

20% OFF



\$5.59



LILY'S SWEETS®
Stevia Sweetened Baking Chips

Certified gluten free, non-GMO project verified and vegan.

9 OZ. | EDAP \$6.99

20% OFF



\$3.99

PURITY ORGANIC®
Sparkling Organic Juice Drinks

They find only the best organic fruits and vegetables nature can provide at a price we can all enjoy.

4-PK. | EDAP \$4.99



15% OR MORE OFF
EDAP

20% OFF



\$8³⁹



KICKING HORSE COFFEE®

Organic Regular Coffee

Kicking Horse Coffee uses 100% certified organic coffee beans in all of their blends.

10 OZ. | EDAP \$10.49

19% OFF



\$4¹⁹



GARDEN OF EATIN'™

Select Tortilla Chips

Non-GMO and oh, so satisfying—all the flavor you'd expect from a tortilla chip.

13-16 OZ. | EDAP \$5.19

19% OFF

\$19⁹⁹



NORDIC NATURALS®

Ultimate® Omega-D3

High-intensity support for the heart, brain, and bones.*

60 SG | EDAP \$24.69

18% OFF

\$7⁹⁹



MARANATHA®

Select Almond Butters

They select only the finest, heart-healthy* California almonds.

12 OZ. | EDAP \$9.79

18% OFF

\$13⁷⁹



PAMELA'S PRODUCTS®

Gluten-Free Baking & Pancake Mix

Have your gluten-free (pan)cake and eat it too!

4 LB. | EDAP \$16.99



18% OFF

\$9³⁹



PRIMAL KITCHEN®

Avocado Oil

Delicious and perfect for drizzling, grilling and frying.

16.9 OZ. | EDAP \$11.59



OFFERS VALID NOVEMBER 1 TO NOVEMBER 30, 2019

NATURAL GROCERS BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE™

Organic Frozen Fruit

Mixed Berries, Raspberries, Blueberries, Mango Chunks or Strawberries.



Who's ready for the Natural Grocers family to add our name to another fun, good4u food? It's time to move over "cherry on top," because we now have Natural Grocers mixed berries on top! So we can get a little cheesy about things when we're excited, but when you've brought home the juiciest frozen berries and mangoes around, excitement is bound to happen. Our frozen fruit has that tangy, spot-on sweet flavor that you're looking for when it's in-season fresh. It's certified organic because we don't put our name on anything less, and it's also non-GMO because organic standards make sure that GMOs are left out. There aren't any extra sweeteners or other junk hiding inside the BPA-free bags, simply fruit that's loaded with fiber and vitamin C. It's sourced from a company who gives back to the community and the environment, and it's the sweetest definition of everything about our family brand—excellence for a family friendly price! Raspberries, strawberries, blueberries or mixed, along with heavenly bites of mangoes to boot—it's summertime anytime in our freezer section. Sure, you can add them to smoothies, but with flavors like these, you're going to want to do so much more!

P.S. Ice is nice, and when you buy organic, you're helping out the planet.

All items are available while supplies last; no rain checks. We reserve the right to correct errors.
EDAP = Every Day Affordable Price.**Off our Every Day Affordable Price

10% OR MORE OFF
EDAP

17% OFF



\$2.79



BLUE DIAMOND®
Select Nut-Thins Crackers
Made from rice flour and almonds for a gluten-free snack that goes well with almost anything.
4.25 OZ. | EDAP \$3.39

16% OFF

\$37.99



NEW CHAPTER®
Bone Strength Take Care™
Supports healthy bones and joints with plant-sourced, whole-food calcium.*
120 TAB | EDAP \$45.29

16% OFF

\$35.49



NEW CHAPTER®
Wholemega™ Whole Fish Oil
Heart-healthy, sustainable, 100% wild Alaskan salmon.*
120 SG | EDAP \$42.29

15% OFF

\$25.49



BOIRON®
Oscilloccinum
Oscilloccinum works with your body to help temporarily relieve fatigue, headache, body aches, chills, and fever.*
30 CT. | EDAP \$29.99

14% OFF

\$10.75



SEAJOY ORGANIC®
Organic Peeled Raw Shrimp
Shrimp that's 100% traceable from the hatchery to the processing plant.
1 LB. | EDAP \$12.55



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Our Every Day Affordable Price®
on all DermaE® Products



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TETON WATERS RANCH®
Bratwurst or Sausage
100% grass fed from the ground up.
10 OZ. | EDAP \$6.15

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UNCLE MATT'S®
Select Organic Juices
A delicious blend of USA grown organic Hamlin and Valencia oranges developed over four generations.
52 OZ. | EDAP \$6.29



\$19.89

HOST DEFENSE®
Lion's Mane
60 VCAP | EDAP \$23.99

LION'S MANE
VEGETARIAN CAPSULES

HOST DEFENSE
Mushrooms

Provides Cerebral and Nervous System Support*

Supports Cognitive Functions like Focus and Memory*

Encourages Healthy Nervous and Immune Systems*

*These statements have not been evaluated by the Food and Drug Administration.

13% OFF



\$6.49

BOB'S RED MILL®
Organic Unbleached White All-Purpose Flour
Unbleached, unbromated, enriched-baking flour milled from the highest quality North American wheat.
5 LB. | EDAP \$7.49

TURKEY TAIL
LIQUID EXTRACT

HOST DEFENSE
Mushrooms

Liquid Extracts Absorb Easily for Fast Benefits*

Provides Nutrients to Promote Immune Health*

Supports Beneficial Microflora for Healthy Digestion*

*These statements have not been evaluated by the Food and Drug Administration.



\$19.89

HOST DEFENSE®
Turkey Tail
60 VCAP | EDAP \$23.99



\$24.89

HOST DEFENSE®
MyCommunity
60 VCAP | EDAP \$30.19

MYCOMMUNITY
VEGETARIAN CAPSULES

HOST DEFENSE
Mushrooms

Enjoy High-Intensity Immune Support from Our 17-Species Mushroom Complex*

Provides a Diverse Range of Antioxidants, Enzymes, and Prebiotics*

*These statements have not been evaluated by the Food and Drug Administration.

12% OFF



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COUNTRY LIFE
Vegan CoQ10
200 mg
CoQ10 supports a healthy immune system and acts as a free radical scavenger.*
60 VSG | EDAP \$24.49

10% OR MORE OFF
EDAP

12% OFF



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MRM®
Matcha Green Tea Powder
This whole-plant matcha green tea powder produces a bold green color indicating a high-grade level of quality and purity.*
6 OZ. | EDAP \$15.99

11% OFF



\$11.79

MRM®
Raw Organic Red Beet Powder
A nutritious, whole-food powder, that is loaded with powerful free radical scavengers.*
8.5 OZ. | EDAP \$13.29

\$1.49

NATURAL GROCERS®
Select Organic Frozen Vegetables
Discover a field of freshness in every bag.
10 OZ. | EDAP \$1.69



11% OFF

AND MORE!



10% OFF



\$4.49

GARRETT VALLEY®
Sugar-Free Dry Rubbed Bacon
They start with pork belly that's humanely raised, fed an all-vegetarian diet, and never given antibiotics.
8 OZ. | EDAP \$4.99

10% OFF



\$21.49

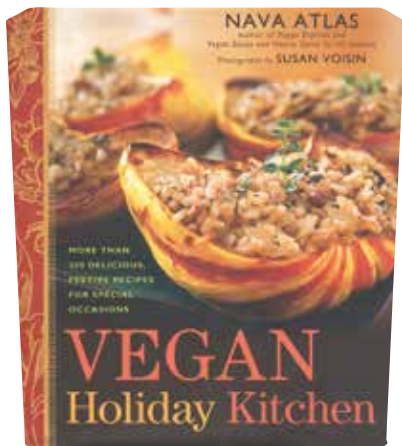
COUNTRY LIFE®
Vegan CoQ10
100 mg
Supports cell-level energy production and heart function.*
120 VSG | EDAP \$23.99

10% OFF



\$34.99

NORDIC NATURALS®
Ultimate Omega 2X Lemon
2x the omega-3 health benefits in a delicious lemon taste.*
60 SG | EDAP \$38.99

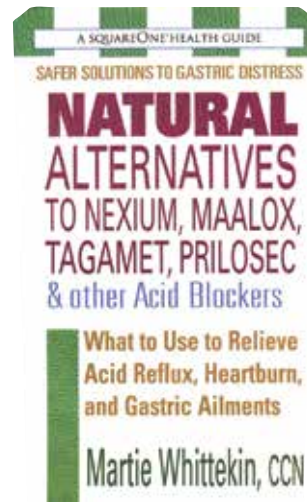


Vegan Holiday Kitchen
Nava Atlas

\$13.96
paperback

MSRP \$19.95

Have yourself a happy vegan holiday! This exciting, inviting cookbook by veteran author Nava Atlas brilliantly fills the biggest gap in the vegan repertoire with more than 200 delectable, completely doable recipes for every festive occasion. Atlas, one of the most respected names in vegetarian and vegan cooking, addresses everything from Thanksgiving, Hanukkah, and Christmas—to celebratory brunches, lunches, dinners, potlucks, and buffets. Such mouthwatering dishes as Coconut Butternut Squash Soup, Green Chili Corn Bread, Hearty Vegetable Pot Pie, delicate Ravioli with Sweet Potatoes and Sage, and Cashew Chocolate Mousse Pie will convince even the most skeptical eater that vegan cooking is well worth celebrating.

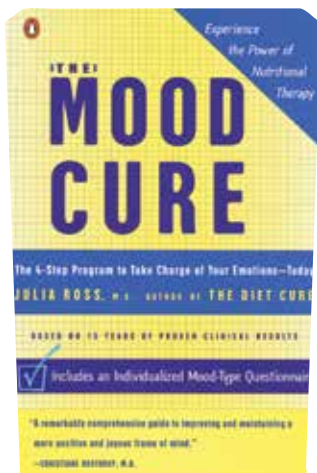


Natural Alternatives to Nexium
Martie Whittekin, CCN

\$5.56
paperback

MSRP \$7.95

Written by health professionals who are well recognized in their respective fields, these concise, easy-to-read books focus on a wide range of important health concerns. From migraine headaches to high cholesterol, each title looks at a specific problem; each provides a clear explanation of the disorder, its causes, and its symptoms; and each offers natural solutions that can either greatly reduce or completely eliminate the problem. Some titles also focus on natural alternatives to drugs with serious side effects—alternatives that in many cases can be used in conjunction with prescription medications. This growing series of titles can be counted on to provide safe and sensible solutions to all-too-common health problems.

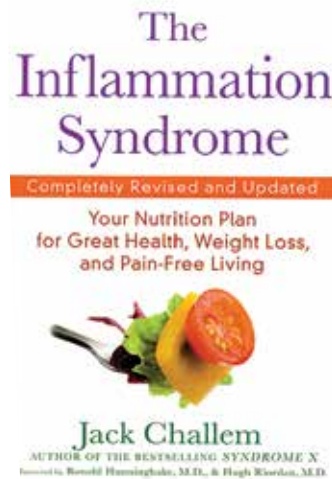


The Mood Cure
Julia Ross

\$12.60
paperback

MSRP \$18.00

Julia Ross's plan provides a natural cure for your mood. Drawing on thirty years of experience, she presents breakthrough solutions to overcoming depression, anxiety, irritability, stress, and other negative emotional states that are diminishing the quality of our lives. Her comprehensive program is based on the use of four mood-building amino acids and other surprisingly potent nutrient supplements, plus a diet rich in good-mood foods such as protein, healthy fat, and certain key vegetables. Including an individualized mood-type questionnaire, *The Mood Cure* has all the tools to help you get started today and feel better tomorrow.



The Inflammation Syndrome
Dr. Jack Challem

\$12.56
paperback

MSRP \$17.95

Completely revised and updated, Jack Challem's powerful plan to safely prevent and overcome inflammatory disorders. Inflammation is what happens when our body's own defenses turn on us—and it is a huge and growing problem. Written by the author of the groundbreaking *Syndrome X*, this essential updated edition of *The Inflammation Syndrome* draws on cutting-edge research conducted around the world to provide a revolutionary approach to healing inflammation-related problems through an easy-to-follow nutrition and supplement program.

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EDAP \$1.95

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Organic Canned Tomatoes
14.5 oz.



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Vitamin D3 5000 IU

Vitamin D3 promotes bone and immune system health and also supports colon health.*

60-200 VSG | EDAP \$13.79-\$21.69



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\$14.99

KAL®
Magnesium Glycinate 400
120 SG | EDAP \$29.75



20% OFF EDAP

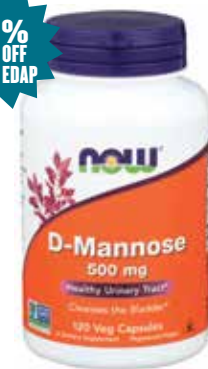
\$3.59

APPLEGATE®
Breakfast Sausage Patties
7 OZ. | EDAP \$4.49



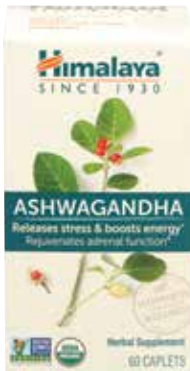
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Organic Ashwagandha
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