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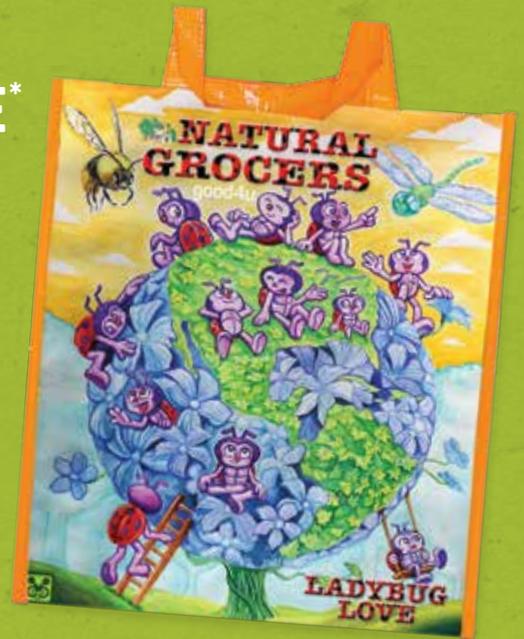
APRIL 2020 VOL. 33

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# LETTER *From the Iselys*

## LADYBUG LOVE SONG

**She's a sweet lady beetle—a symbol of good luck,  
And when she shows up in the garden, in her polka-dotted cape,  
She brings the finest fortune to every growing thing,  
As she gobbles up the pesky ones who wreck the landscape.**

Now she's helping the Natural Grocer's family spread the message about our passion for ecology. This April, we're celebrating Earth Day by taking climate action in our own yards and in our neighborhood playgrounds and parks. We're turning Ladybug Love into a movement to transform our public spaces into better for our health and environment, synthetic pesticide-free zones.

When we ask you to show some Ladybug Love this month, we're asking you to help forge a partnership built on science, strengthened by public advocacy, and cemented by the connection between us all. Let's eliminate synthetic pesticide exposure and eliminate synthetic fertilizer pollution in our communities. Let's build healthy soils that capture carbon, hold water, and bloom into luscious, toxin-free landscapes for curious toddlers to explore and middle schoolers to play on. Let's support pollinator habitats and biodiversity right here in our own neighborhoods.

Together we can make this Earth Day, and every day, count towards a more resilient future because that's what Ladybug Love is all about. It's a movement to ensure that our insect friends don't vanish, our food supply doesn't diminish, and the next generation has a planet to inhabit. Join our family this April, as we partner with Beyond Pesticides and you, to make our lady in her polka-dotted cape your neighborhood superhero. It's time to spread the Ladybug Love.

*The Isely Family*

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NATURAL GROCERS

## QUICK KETO ORGANIC CHICKEN FLORENTINE

### INSTRUCTIONS

PREP TIME: 30 MINUTES | SERVES 4



### INGREDIENTS

1-1¼ pounds organic boneless, skinless chicken breasts, sliced against the grain into 1-inch strips

Natural Grocers Brand Bulk Real Salt and Organic Fresh Ground Black Pepper

3 tablespoons organic butter, divided

1 large organic shallot, finely diced

2 large organic garlic cloves, minced

4 ounces organic cremini mushrooms, wiped clean and sliced

¾ cup organic chicken broth, divided

1 tablespoon Natural Grocers Brand Organic Apple Cider Vinegar

1 cup organic heavy whipping cream (or thick plain, unsweetened non-dairy alternative, such as ripple® Unsweetened Original)

½ teaspoon Natural Grocers Brand Bulk Real Salt

2 cups organic baby spinach

¼ cup Natural Grocers Brand Organic Parmesan Cheese Shreds, optional

This Italian dish is keto-friendly, but you don't have to be on a keto diet to love this comforting, creamy meal! It is quick and easy to prepare and is a satisfying meal everyone will love. This dish is also great served over baked spaghetti squash or your favorite pasta if you're not watching your carbs.

1. Heat a large deep skillet or Dutch oven over medium heat. Generously salt and pepper all sides of each piece of chicken. Add two tablespoons of butter to the skillet. Once the butter has melted and the foaming has subsided, add the chicken pieces and cook 2-3 minutes per side, until browned and mostly cooked through.
2. Transfer the chicken to a plate and tent with foil. Add a tablespoon of butter to the pan along with the shallots and garlic. Sauté, stirring frequently, for one minute. Add the mushrooms and cook, stirring occasionally, until they just begin to soften, 2-3 minutes. Increase the heat under the skillet to medium-high and add ¼ cup of the broth and the vinegar to the pan. Cook until the broth is mostly evaporated, scraping any browned bits from the bottom of the pan. Add the remaining ½ cup of broth, the cream, and the salt and stir well.
3. Heat the sauce until it just starts to bubble, reduce the heat slightly to maintain a gentle simmer, and simmer for about 3 minutes. Add the spinach and stir to combine. Add the chicken and any juices that have accumulated on the plate to the sauce. Nestle the chicken pieces into the sauce and continue to simmer for another 3-4 minutes.
4. To serve, divide among four serving plates and top each with a sprinkling of Parmesan cheese.

# FOR THE LOVE OF ORGANICS: SPINACH

By Charity Isely

***Unless someone like you cares a whole awful lot,  
nothing is going to get better. It's not.***

– Dr. Seuss, *The Lorax*<sup>1</sup>

On April 22nd, 1970, a bunch of people like you cared a whole awful lot, and they came together to create what is now the planet's largest civic affair—Earth Day!<sup>2</sup> Fifty years later, as the devastation of extreme weather events echoes around the world and global carbon emissions have reached an all-time high, going green is more imperative than ever.<sup>3,4,5,6</sup> So it's fitting that our veggie of the month is as green as it gets (literally)—pass the spinach, please!

## FOR THE HONEYBEES AND HEALTH, GO ORGANIC

The chemically dependent approach of conventional agriculture, from petroleum-based fertilizers to synthetic pesticides that are toxic to pollinators, wildlife, and aquatic species, is the opposite of green. And spinach is no exception. Conventionally raised spinach has more pesticide residue by weight than any other kind of produce tested, according to the Environmental Working Group's (EWG) report of USDA testing data. The dismal details include the alarming fact that the neurotoxic insecticide permethrin was found on 76 percent of samples tested.<sup>7</sup> The EPA Fact Sheet lists permethrin as “highly toxic to honeybees, as well as other beneficial insects,” and the agency has classified it as “likely to be carcinogenic to humans by the oral route.”<sup>8</sup> Europe has banned it for use on food crops, and according to one study, even low-level exposure may double the risk for ADHD in children.<sup>9,10</sup>

Spinach is one of the most nutritionally valuable veggies on the planet, but not when it comes coated in toxic pesticide residues. If you want to reap the nutritional benefits of spinach, make sure it is organic and you'll also be helping the bees and other beneficial insects.

## TO BE NUTRITIONALLY FIT, MOVE SPINACH TO THE TOP OF THE LIST

When greening up your diet, spinach is one of the most nutrient-dense foods you can choose. Its tender leaves are packed with vitamins, minerals, and antioxidants, providing a range of health-supporting benefits from glowing skin (thanks to vitamins A and C and lutein) to combating oxidative stress and inflammation. Speaking of lutein, spinach is chock full of this carotenoid that has proven benefits for our eyes and brains. It makes up the macular pigment that protects our eyes from the damaging effects of blue light from all of our screen time. It also keeps our brains in tip-top shape, helping them perform better throughout our lives, from infancy to our golden years.<sup>11,12,13,14,15,16</sup> Yes, we've outgrown Popeye, but spinach still makes you “strong to the finish.”

References available upon request.

## CLIMATE IN CRISIS, LET'S START WITH OUR DIET

According to the Rodale Institute, the organization that has been on the frontlines of conducting scientific research on organic agriculture for more than 70 years, “regenerative organic agriculture can sequester carbon and reverse climate change” because that's the power of healthy soil.<sup>17</sup> Skeptics often argue, however, that organic yields can't keep pace with conventional, suggesting that it would be unsustainable to convert global farmland to a regenerative organic model. The Farming Systems Trial tells a different story. In its 30-year study of side-by-side organic and conventionally farmed plots, organic yields have not only kept pace with conventional over time, but they also significantly outperformed them during drought years.<sup>18,19</sup>

## YOU CAN MAKE A DIFFERENCE

The official theme of Earth Day 2020 is Climate Action, and with the increasing frequency of drought, fires, and floods, the call to action is loud and clear. It can be overwhelming when so many factors seem out of our control; however, a simple step we can all take to help the environment and help reverse climate change is to start with our daily food choices, and make them organic.

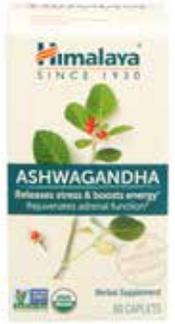


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# CAN REGENERATIVE AGRICULTURE HELP SAVE THE PLANET?

BY SUZANNE BOOTHBY

In October 2018, the United Nations Intergovernmental Panel on Climate Change (IPCC) released a report sounding the alarm about the real effects of climate change to the planet. This team, made up of 91 scientists from more than 40 countries, scoured nearly every research paper ever written on climate change and came back with a battle cry: We need to act now.

Agricultural production is currently the planet's largest form of land use, occupying about 40 percent of the earth's land surface<sup>1</sup> and is responsible for 25 percent of global greenhouse gas emissions, according to a 2019 report from the U.N. Environment Programme (UNEP).<sup>2</sup> But according to the IPCC, agriculture is unique in its ability to both reduce greenhouse emissions, through sustainable farming practices, and capture them, helping reduce the amount of carbon dioxide (CO<sub>2</sub>) in the atmosphere. "The potential for carbon sequestration in soils via agriculture can play an important role in mitigating climate change," the report points out.

Some of the sustainable farming methods quoted in the IPCC report include reducing tillage, utilizing cover crops, planting perennial grasses, improving grazing management practices, and using manure and compost rather than synthetic fertilizers, all techniques that improve the soil's ability to capture and hold CO<sub>2</sub>. While they are referred to as "sustainable" in the report, these are the very methods utilized by regenerative farmers and ranchers, taking us from a place of simply sustaining, to actively regenerating the land.<sup>3</sup>

## THE FUTURE IS REGENERATIVE

Climate change looms as humanity's greatest challenge, but a growing movement of farmers and ranchers are working to tackle the challenge through a set of practices called regenerative agriculture. Think of these farmers and ranchers as stewards of the

soil. By using the techniques mentioned in the IPCC report, they are dedicated to improving the health of the land by restoring soil health—leaving it healthier at the end of each season, which allows it to sequester more CO<sub>2</sub>.

Project Drawdown, a global research organization that identifies, reviews, and analyzes the most viable solutions to climate change, ranks regenerative agriculture as one of the top actions we can take to reduce carbon emissions and save the planet.<sup>4</sup>

Scientists on the forefront of soil and carbon research say that

restoring degraded soils worldwide has the potential to store 1 to 3 billion tons of carbon each year, equivalent to about 3.5 to 11 billion tons of CO<sub>2</sub> emissions, with some scientists estimating it could store even more. (For perspective, in 2019 CO<sub>2</sub> emissions from industrial activities and the burning of fossil fuels were at an all-time high of around 37 billion tons.)<sup>5,6</sup>

"Conventional wisdom has long held that the world cannot be fed without chemicals and synthetic fertilizers," Project Drawdown states.

"Evidence points to a new wisdom: The world cannot be fed unless the soil is fed."

## IT STARTS WITH SOIL

The chain of care begins right beneath our feet, in the soil. Healthy soil is teeming with life, including microbes and fungi that increase soil's carbon storage abilities, and regenerative practices support that life.<sup>7,8</sup> Healthy soil is able to absorb and retain rainwater, especially important during dry spells, and to prevent soil erosion during heavy rainfall. Healthy soil makes crops more resilient to extreme weather like droughts and helps farmland recover more quickly from extreme weather events. And healthy soil can act as a carbon sink, with the ability to sequester large amounts of CO<sub>2</sub> from the atmosphere.<sup>9,10,11,12</sup>

THINK OF THESE FARMERS AND RANCHERS AS STEWARDS OF THE SOIL.



## WHERE DOES ORGANIC FIT INTO THE REGENERATIVE MODEL?

Organic farmers are the original regenerative farmers, and have long used the same practices applied in regenerative agriculture to build soil health and biodiversity. Organic farmers utilize crop rotation, cover cropping, and compost to build healthy soil; they support populations of beneficial insects and important pollinators; and they avoid synthetic fertilizers and chemical pesticides that pollute the air and water and harm animal and human health. According to the Rodale Institute, a nonprofit organization dedicated to pioneering organic farming through research, education, and outreach, “What connects all organic farming practices is their ultimate goal: to build and improve the soil, quite literally the foundation of our food system and our lives.”

One critical piece of the regenerative model includes livestock. Ruminants (grazing animals) are intricately linked to the land, and in the regenerative model of managed rotational grazing systems, livestock can not only improve soil health, they can also restore degraded land. In fact, according to Allan Savory, a pioneer in regenerative grazing, degraded land is actually worse off from the absence of animals.<sup>13,14</sup>

When animals are grazed in a way that mimics a natural ecosystem of grazing and regular movement, they are able to restore degraded grasslands to their full capacity to sequester CO<sub>2</sub>. According to the United Nations Food and Agricultural Organization (FAO), well-managed grazing practices promotes diversity of native grasses, encourages the development of healthy root systems among these grasses, feeds soil bacteria, builds soil carbon, and rehabilitates degraded land.<sup>15</sup>

### REGENERATIVE AG IN ACTION

Regenerative agriculture is not only good for the health of the soil and climate, it's also a win for animal welfare and family farms.

Third-generation farmer April Wilson and her family have been raising hogs for more than 20 years in Iowa. Established in 1959 by her grandfather, Ernest Wilson, Seven W Farm is a perfect model for regenerative farming practices: The farm plants cover crops to build soil health, practices rotational grazing for their livestock, and utilizes tree buffer strips to reduce water runoff. The family is

committed to diversifying what they grow and raise on their farm, which helps to support biodiversity, soil health, and farm resiliency.

Wilson's farm raises hogs for Niman Ranch,<sup>16</sup> which supports the nation's largest network of family farmers and ranchers, with more than 740 farms and growing. She credits them for understanding the hard work that goes into raising hogs in a pasture-based system with the highest standards in sustainability.

“Investing in soil health and regenerating our soils has numerous benefits including water infiltration, reduced pest pressure, resilience to unpredictable weather, and reducing greenhouse gasses,” said Lauren Tucker, executive director of Kiss the Ground, a nonprofit organization that provides education and training for farmers and ranchers who want to adopt regenerative practices.<sup>17</sup>

### WHAT YOU CAN DO

As consumers, we hold power in our food choices. When you buy beef, buffalo, or lamb, look for 100% grassfed from producers who utilize managed rotational grazing practices, such as holistic land management; as for your dairy purchases, look for organic and/or 100% pasture based or 100% grassfed. With all other food choices, opt for organic, which also uses regenerative techniques that focus on building soil health. As we face the challenge of climate change, we can all do our part by supporting those farmers, ranchers, producers, and suppliers that are on the forefront of regenerating the future.

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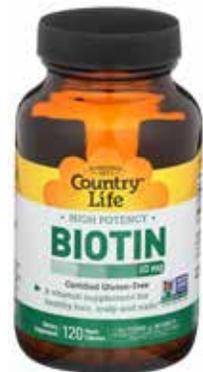


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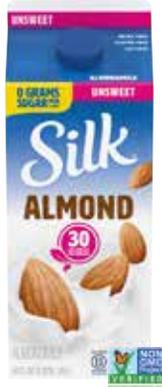


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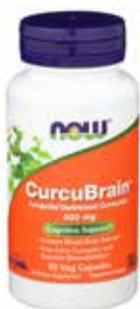
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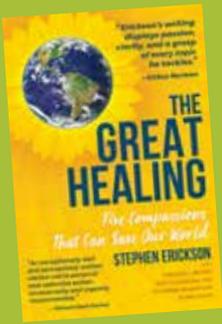


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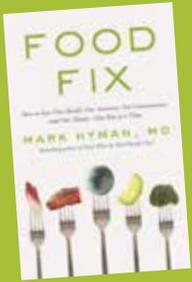
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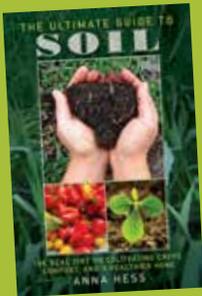


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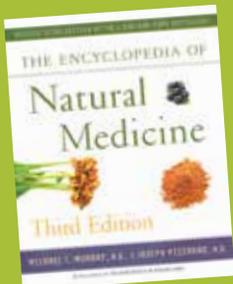


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# B

## VITAMINS FOR LIFE

BY LINDSAY WILSON

I've been writing about dietary supplements for a little more than a decade. Through those years of research, the supplements on my shelf have shifted, changed with the seasons, and come and gone, but there is one that I began taking in the beginning and still take 12 years later—a B-complex. Why? Because I like to have energy. Because I like to be in a good mood. Because I like to know I'm doing what I can to protect my neurological health. Because the B vitamins are vital for, well... life.

Without the B's we'd be a mess. We'd be chronically tired and have dementia-like symptoms, lose muscle mass and experience neurological problems, lose hair and have skin issues, suffer from diarrhea or constipation, depression, anemia, a weak immune system... you get the idea (these are

all clinical symptoms of specific B-vitamin deficiencies).<sup>1</sup> It sounds pretty awful doesn't it? Even with suboptimal levels, you may experience some of these symptoms.

The B's are water-soluble vitamins, which means our bodies don't store them, so they must be replenished daily. There's also a load of lifestyle factors that can deplete the B's, including regular alcohol intake, excessive caffeine, intense exercise, chronic stress, age, common medications, poor digestion, poor gut health, any disease state, eating too many refined sugars and starches, and following a strict vegetarian or vegan diet. In other words, if you are a human living in the modern world, you probably need to take a B-complex supplement.

# BE YOUR BEST WITH THE B'S

The B's are a family of vitamins that include thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folate (B9), cobalamin (B12), choline, and inositol. Each B is unique, but they work closely together and have interrelated functions, and adequate amounts are critical for optimal brain and body health.

The B vitamins have so many important jobs in the body—they convert food into energy, they are key players in the creation and proper functioning of cells and are critical in preventing birth defects, they maintain healthy skin, they keep the nervous system intact and functioning as it should, they help make certain neurotransmitters and hormones, and they are involved in DNA production and repair.

They are also required for proper methylation, a biochemical process that is responsible for detoxification, immune function, healthy mood, controlling inflammation, and more. Let's take a deeper look at some of the ways the B vitamins can support your best health.

**NEUROLOGICAL HEALTH.** Some of the more unsettling symptoms of a deficiency, even a marginal deficiency, in the B's are neurological in nature and include memory loss and confusion, tingling and numbness in the limbs, loss of motor control, and dementia. The B vitamins are critically important for the structure and function of the central nervous system and low levels can increase the risk of cognitive impairment and neurological disease. Some of the B's are critical for building and maintaining the myelin sheath, the protective, insulation-like covering of our nerves that allows nerve cells to send and receive messages via electrical impulses. Deterioration of the myelin sheath can lead to muscle weakness, vision loss, pain, and cognitive dysfunction and is one of the leading causes of neurological disease.<sup>2</sup>

The B vitamins are also needed to maintain healthy homocysteine levels, important because high levels of homocysteine have been associated with a greater risk of dementia, Alzheimer's disease, and brain shrinkage (and cardiovascular disease). Supplementation with folic acid, B12, and B6 has been shown to reduce homocysteine levels and brain shrinkage in regions specifically vulnerable to Alzheimer's, slowing cognitive decline.<sup>3,4,5</sup> In addition to building the myelin sheath and keeping homocysteine levels in check, multiple B vitamins are needed for glucose metabolism in the brain (i.e., allowing cells to burn glucose for energy); a hallmark of Alzheimer's disease is the brain's inability to use glucose for fuel.<sup>6,7</sup>

**MENTAL WELLBEING.** Taking care of our mental health has become a priority these days, and there is no better foundational supplement to support your overall mental wellbeing than a B complex. The B vitamins are so important for normal brain function that they all have dedicated transport mechanisms to carry them across the blood-brain barrier, and the brain has multiple ways to ensure their levels remain high. B vitamins are required to make important neurotransmitters like GABA, dopamine, and serotonin, in addition to S-adenosylmethionine (SAME), a compound that supports healthy moods.<sup>8,9,10</sup> Thiamin is required for the healthy structure and function of neurons and for the production of the neurotransmitter acetylcholine, which plays a major role in memory and learning, and reduced levels are common in cases of Alzheimer's.<sup>11,12</sup> According to Glenn Catalano, MD, a psychiatrist at the University of South Florida College of Medicine, a B12 deficiency is a commonly overlooked cause of mental health issues such as depression, and anxiety.<sup>13</sup> Research has found that those with depression tend to have low levels of both B12 and folate.<sup>14,15</sup>





**SUSTAINED ENERGY (WITHOUT THE JITTERS).** Don't think of the B vitamins as a quick energy "fix" like a shot of caffeine. They are not. Rather, they are necessary for sustained energy production at the cellular level, in our mitochondria, helping convert carbohydrates, protein, and fat from the food we eat into energy. One or more of the B vitamins are involved in every single aspect of generating cellular energy—including in the brain—and a deficiency in any of them will negatively affect mitochondrial health and function and normal energy production. You know that afternoon slump that seems to inevitably hit after lunch? Or the brain fog you experience where it seems your brain just won't work. The B's can help.<sup>16 17 18</sup>

**DETOXIFICATION.** Supporting our bodies' normal detoxification processes have become critical in our toxic world, and healthy detox is dependent on healthy methylation, which is dependent on the B vitamins. Methylation is a biochemical process that is required for just about every single process that goes on in the body, including detoxification. Via methylation, our livers are able to convert toxins to water-soluble compounds to be excreted from the body, but if methylation becomes dysfunctional, toxins can build up, potentially leading to disease. The B vitamins are also required for the body to make glutathione, a powerful antioxidant that plays a major role in detoxification. A study published in 2017 showed a real-world example of how the B vitamins can protect us from toxins: Researchers investigated the effects of B vitamin supplementation in subjects exposed to air pollution in Toronto, Canada and found that four weeks of supplementation with vitamins B6, B12, and folic acid reduced genetic damage caused by air pollution and protected mitochondrial DNA from the negative effects of pollution.<sup>19 20 21 22 23</sup>

Though they may not be as exciting as some newer, trendier supplements, the B vitamins are vital to life (and this article has really only scratched the surface). Because they are not stored by the body and are depleted by so many common lifestyle factors, they should be a foundational supplement on everyone's list. I know they'll stay on mine... for life!

*References available upon request.*



# ORGANIC FARMING PROMOTES BIODIVERSITY, REDUCES FOODBORNE ILLNESS RISK

By Lindsay Wilson

The Centers for Disease Control (CDC) estimates that each year more than nine million Americans get sick from foodborne illnesses, leading to around 56,000 hospitalizations and 1,350 deaths.<sup>1</sup> Fresh fruits and vegetables are often the culprits, but the pathogens most often are traced back to animal sources, specifically to their manure.

The largest sources of animal manure in this country are concentrated animal feeding operations (CAFOs), where animals produce an estimated one billion tons of waste annually, which, according to some estimates, is up to 20 times more than the amount humans produce each year. And while human waste is treated in wastewater treatment plants, CAFO manure is not. This untreated manure can make its way to crops via direct application to fields, storm runoff, through contamination of irrigation water, and even via microparticles carried in the air.<sup>2,3,4</sup>

Animal waste from CAFOs is clearly a problem, but some food-safety experts argue that greater biodiversity on farms is to blame for increasing the risk of foodborne illness. They say that supporting wildlife populations increases the likelihood of exposure to pathogen-carrying animal manures, contributing to a greater risk for produce contamination and foodborne illness. This has led to the development of food safety and land management practices that encourage the removal of natural habitats like hedgerows, ponds, and non-crop vegetation, which is thought to discourage wildlife visitors and minimize farm exposure to manure-derived pathogens.

However, new research found that reducing biodiversity, which is especially prevalent among conventional farms, may actually worsen food-safety risks. The study, published in 2019, concluded that reduced biodiversity leads to decreased populations of dung beetles and soil microbes, two important components of a healthy ecosystem that reduce potential contamination by breaking down manure and suppressing foodborne pathogens.<sup>5</sup>

In the analysis, researchers at Washington State University conducted a survey of beetle and soil bacterial communities among 70 commercial broccoli fields along the U.S. West Coast. These farms included both organic and conventional farms. Results of the survey revealed that, in comparison to conventional farms, organic farming practices encouraged greater biodiversity and increased populations of dung beetles, thus increasing the rate of manure

removal and reducing *E.coli* contamination. Additionally, due to regenerative practices that restore soil health, organic farms had an increased percentage of organic matter in the soil, which correlated with higher soil bacterial populations and diversity. This microbial diversity also suppressed pathogenic bacteria.

Overall, the study provides evidence to question current agricultural food safety guidelines, which through the reduction of on-farm biodiversity may actually increase food safety risks. Moreover, it justifies the need for organic farming practices that encourage biodiversity and robust ecosystems, which decrease human pathogens and minimize the risk of foodborne illness.

## WHAT YOU CAN DO ABOUT IT

The primary sources of foodborne illness-causing pathogens are soil amendments and irrigation water contaminated with livestock manure.<sup>6</sup> In addition to being a potential source of pathogens like *E. coli*, this manure can also contain growth hormones, antibiotics (which is leading to the rise of antibiotic-resistant superbugs), and chemicals.<sup>7</sup> CAFOs are the largest sources of livestock manure in the country, creating an estimated billion tons of (untreated) waste each year. Avoid buying meat raised in CAFOs and instead opt for 100 percent grassfed, pasture-raised meat and dairy products. Additionally, buy organic produce to support agricultural methods that promote biodiversity and soil health, factors that reduce the risk of foodborne illness, and support your health and the health of the planet!



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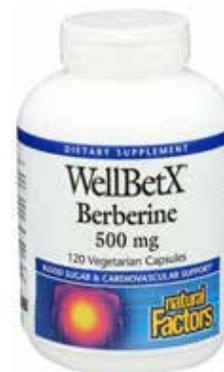
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## NATURAL GROCERS ORGANIC SAVORY BAKED EGG CUPS



### INGREDIENTS

1 tablespoon Natural Grocers Brand Organic Extra Virgin Olive Oil

1 clove organic garlic, minced

1 bunch organic Lacinato kale, destemmed and ripped into bite-size pieces

½ teaspoon Natural Grocers Brand Bulk Organic Red Chili Flakes

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

1 (14.5-ounce) can Natural Grocers Brand Organic Diced Tomatoes (flavor of choice), drained

12 Natural Grocers Brand Organic Pasture-Raised Eggs

¼ cup Natural Grocers Brand Organic Parmesan Cheese Shreds

Quick and easy baked eggs? Sign me up! These egg cups are loaded with garlicky kale and robust tomatoes and makes for a delicious good4u breakfast or post-workout snack. Don't like runny yolks? No problem! Extend the cooking time a few minutes for soft yolks or even further for hard yolks. But we recommend sticking with runny or soft if you are looking at leftovers.

### INSTRUCTIONS

**TOTAL TIME: 35-40 MINUTES | SERVES 6 (2 EGG CUPS EACH)**

1. Preheat oven to 400° F. Line the cups of a muffin pan with baking cups.
2. In a large bowl, combine the olive oil, garlic, kale, chili flakes, salt, and pepper. Mix until all leaves are well coated.
3. Divide the seasoned kale among the muffin cups (they will be close to full) and top with about 1 tablespoon of the diced tomatoes. Bake for 5 minutes, or until the kale has begun to shrink a little. Remove from oven.
4. Carefully crack one egg into each muffin cup. You may need to push the kale and tomatoes down to make room for the egg. Top with Parmesan cheese and return pan to the oven.
5. Bake for 12-15 minutes for runny yolks, or until eggs are cooked to your preference. Serve immediately. Leftovers can be stored in an airtight container in the refrigerator for one week.

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10 OZ.



## NATURAL GROCERS® BRAND BULK ORGANIC PECAN PIECES

Pecans are chock-full of monounsaturated fatty acids (cardiovascular-supporting fats), fiber, phytonutrients, and free radical scavengers.

ALWAYS AFFORDABLE \$ 7.99

## NATURAL GROCERS® BRAND BULK ORGANIC CURRY CASHESWS

Flavor that's out of this world meets the nutty, good-for-you deliciousness of cashews. Try not to eat the whole bag in one sitting!

ALWAYS AFFORDABLE \$ 8.99

All items are available while supplies last; no rain checks. We reserve the right to correct errors.

\$3<sup>99</sup>



**NGVC® BRAND BULK ORGANIC PEANUT BUTTER**

**1 LB.**  
We dare you to find a better butter—peanut butter that is. Organic, creamy, and freshly ground. It's the best around!

\$6<sup>99</sup>



**NGVC® BRAND BULK ORGANIC WALNUT PIECES**

**10 OZ.**  
Walnuts provide healthy fats, fiber, vitamins and minerals. Did we mention, they're as tasty as can be and full of nutty flavor?

\$2<sup>99</sup>



**NGVC® BRAND BULK ORGANIC YELLOW POPCORN**

**2 LB.**  
Pop till you drop with our unbeatable price on bulk yellow popcorn kernels! Don't forget to add your favorite Natural Grocers bulk herbs on top

\$3<sup>99</sup>



**NGVC® BRAND BULK ORGANIC DRIED APPLES**

**7 OZ.**  
Our dried apples pack all the nutrition of organic whole apples but are easy to eat on-the-go. Add them to lunchboxes or snack straight from the bag!

\$6<sup>29</sup>



**NATURAL GROCERS® BRAND BULK ORGANIC UNSWEETENED DRIED CHERRIES**

**6 OZ.**  
Mix it up and mix these into your favorite trail mix! They're so tart and so good for the \_\_\_\_\_. You fill in the blank!

\$3<sup>89</sup>



**NATURAL GROCERS® BRAND BULK ORGANIC DARK CHOCOLATE ALMONDS**

**6 OZ.**  
Decadent, dark chocolate covered almonds will leave your taste buds and wallet happy. Just check out that price!

\$3<sup>49</sup>



**NATURAL GROCERS® BRAND BULK ORGANIC BLACK PEARL RICE**

**1 LB.**  
Black rice health benefits include supporting heart health, modulating inflammation, and much more.

\$3<sup>89</sup>



**NGVC® BRAND BULK ORGANIC ARBORIO RICE**

**1 LB.**  
Named after the area in Italy where it was originally cultivated, Natural Grocers has packaged that traditional flavor at an affordable price.

\$2<sup>79</sup>



**NGVC® BRAND BULK ORGANIC UNENRICHED UNBLEACHED WHITE FLOUR**

**2 LBS.**  
Organic white flour gives you all the power to create as your heart desires!

\$1<sup>99</sup>



**NGVC® BRAND BULK ORGANIC YELLOW CORNMEAL**

**2 LB.**  
Cornmeal is a versatile pantry staple. Use it in everything from muffins and scones to biscuits, cookies, pizza crust, and more!

\$2<sup>49</sup>



**NGVC® BRAND BULK ORGANIC COUSCOUS**

**1 LB.**  
Make a dynamic meal over and over again with our bulk organic couscous.

**UP TO 20% OFF**  
**ALWAYS AFFORDABLE<sup>SM</sup>**



**20% OFF**

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

**BIRCH BENDERS®**  
 Select Pancake & Waffle Mixes  
 10-16 OZ.

Simply scoop the desired amount of mix into a bowl, add water, mix, and make!

**ALWAYS AFFORDABLE \$5.39**

**20% OFF**

**\$1<sup>19</sup>**



**VERMONT SMOKE & CURE®**  
 Select Meat Sticks  
 1 OZ.

The ingredients are simply, beef, pork, or turkey, sea salt, and various spices, cured and smoked to perfection.

**ALWAYS AFFORDABLE \$1.49**

**20% OFF**

**\$1<sup>99</sup>**



**GARDEN OF LIFE®**  
 Sport Organic Protein Bars  
 2.5-2.7 OZ.

These organic plant-based bars will help keep your hunger in check

**ALWAYS AFFORDABLE \$2.49**

**20% OFF**

**\$2<sup>39</sup>**



**KETTLE BRAND®**  
 Organic Potato Chips  
 5 OZ.

Real chips, made with real ingredients, by real people.

**ALWAYS AFFORDABLE \$2.99**

**20% OFF**

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



**LESSER EVIL®**  
 Buddha Bowl Popcorn  
 5-7 OZ.

LesserEvil is dedicated to creating clean, healthy snacks that are as tasty as they are guilt-free.

**ALWAYS AFFORDABLE \$3.49**

**20% OFF**

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



**TATE'S BAKE SHOP®**  
 Cookies  
 7 OZ.

A crisp, buttery texture made with a mix of fine ingredients for flavor.

**ALWAYS AFFORDABLE \$4.99**

**20% OFF**

**\$2<sup>49</sup>**



**TASTY BITE®**  
 Meal Pouches  
 10 OZ.

All-natural Indian and Asian cuisine with real food and bold flavor, conveniently ready to eat in 1 minute.

**ALWAYS AFFORDABLE \$3.15**

**20% OFF**

Our Always Affordable Price on Select Simply Organic Items



**UP TO 20% OFF**  
**ALWAYS AFFORDABLE**

**20% OFF**

**\$11.99**



**MRM® Digest-ALL® 100 VCAP**

Vegetarian dietary supplement with a full spectrum of enzymes and herbs to support overall digestion.\*

**ALWAYS AFFORDABLE \$14.99**

**20% OFF**

**\$3.99**



**EVERYONE® Ruby Grapefruit Hand Soap 12.75 OZ.**

A modern take on a classically clean, refreshing scent.

**ALWAYS AFFORDABLE \$4.99**

**20% OFF**

Our Always Affordable Price on All Moon Valley Products



**20% OFF**

Our Always Affordable Price on All Seaweed Bath Co. Products



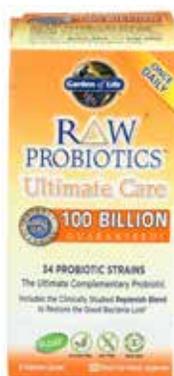
**20% OFF**

**\$33.99**

**GARDEN OF LIFE® Raw Probiotics Ultimate Care 100 Billion 30 VCAP**

Features 100 billion CFUs to support gut health.\*

**ALWAYS AFFORDABLE \$42.75**



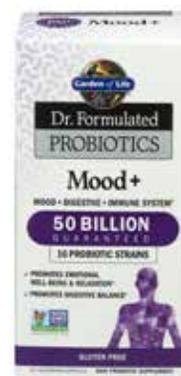
**20% OFF**

**\$28.49**

**GARDEN OF LIFE® Dr. Formulated Probiotics Mood + 60 VCAP**

A unique probiotic formula with clinically studied strains to support mood. Includes organic ashwagandha and organic Alaskan blueberries.\*

**ALWAYS AFFORDABLE \$35.99**



**UP TO 20% OFF**  
**ALWAYS AFFORDABLE<sup>SM</sup>**



**20% OFF**

**\$31.99**

**GARDEN OF LIFE®**  
**MyKind Organics**  
**Men's or Women's 40+ Multi**  
**60 VTAB**

Made from many organic fruits, vegetables, and herbs and formulated for the unique needs of those 40+.\*

**ALWAYS AFFORDABLE \$40.49**

**19% OFF**  
**\$3.69**



**LIFEWAY®**  
**Organic ProBugs**  
**3.5 OZ.**

Packed with 12 strains of live probiotic cultures, ProBugs is up to 99% lactose free, gluten free, and USDA certified organic.

**ALWAYS AFFORDABLE \$4.59**



**19% OFF**  
**\$35.49**



**NATURE'S PLUS®**  
**Source of Life Gold Multi**  
**90 TAB**

Source of Life GOLD is the ultimate multivitamin supplement with concentrated whole foods.\*

**ALWAYS AFFORDABLE \$43.95**

**20% OFF**  
**Our Always Affordable Price**  
**on All Tom's of**  
**Maine Products**



**\$12.99**

**Kick-Ass Sinus**  
**Pump Top**  
**2 OZ.**

**ALWAYS AFFORDABLE 15.99**



**\$8.89**

**Kick-Ass Sinus**  
**1 OZ.**

**ALWAYS AFFORDABLE \$10.89**

**WISHGARDEN HERBS®**

**18% OFF**  
**\$2.69**



**MRM®**  
**Melatonin 3mg**  
**60 VCAP**

A natural dietary sleep supplement that helps regulate the sleep/wake cycle.\*

**ALWAYS AFFORDABLE \$3.29**

**17% OFF**  
**\$13.49**



**MRM®**  
**Gluten Aid™ w/Biocore DPP-IV**  
**60 VCAP**

Assists in providing digestive support for gluten and dairy consumption.\*

**ALWAYS AFFORDABLE \$16.29**

UP TO **17% OFF**  
**ALWAYS AFFORDABLE**<sup>SM</sup>

**17% OFF**

**\$8.69**

**BOIRON®**  
**ThroatCalm**  
**60 TAB**

Temporarily relieve minor red, dry, and sore throat and hoarseness.\*

**ALWAYS AFFORDABLE \$10.59**



**17% OFF**

**\$32.99**

**CARLSON®**  
**Fish Oil Lemon or Orange**  
**500 ML**

Omega-3s, including EPA and DHA, to support heart, brain, vision, joint, and immune health.\*

**ALWAYS AFFORDABLE \$39.85**



**17% OFF**

**\$24.99**

**HOST DEFENSE®**  
**MyCommunity**  
**60 VCAP**

A unique combination of mushroom mycelium and fruitbodies, providing a diverse range of constituents to help support the immune system.\*

**ALWAYS AFFORDABLE \$30.19**



**16% OFF**

**\$35.49**

**NEW CHAPTER®**  
**Wholemega® Whole Fish Oil**  
**1000 mg**  
**120 SG**

Wholemega Whole Fish Oil supplements make it easy to get the full spectrum of omega 3s DHA and EPA.\*

**ALWAYS AFFORDABLE \$42.29**



**16% OFF**

**\$49.99**

**NATURAL FACTORS®**  
**WholeEarth&Sea Women's or Men's 50+ Multi 120 TAB**

Made from the highest quality organic ingredients and contains vitamins and minerals formulated to fit your needs.\*

**ALWAYS AFFORDABLE \$59.99**



**16% OFF**

**\$19.99**

**HOST DEFENSE®**  
**Reishi**  
**60 VCAP**

Uses activated, freeze-dried, Certified Organic mycelium, with a full spectrum of constituents.\*

**ALWAYS AFFORDABLE \$23.99**



**15% OFF**

**\$4.19**

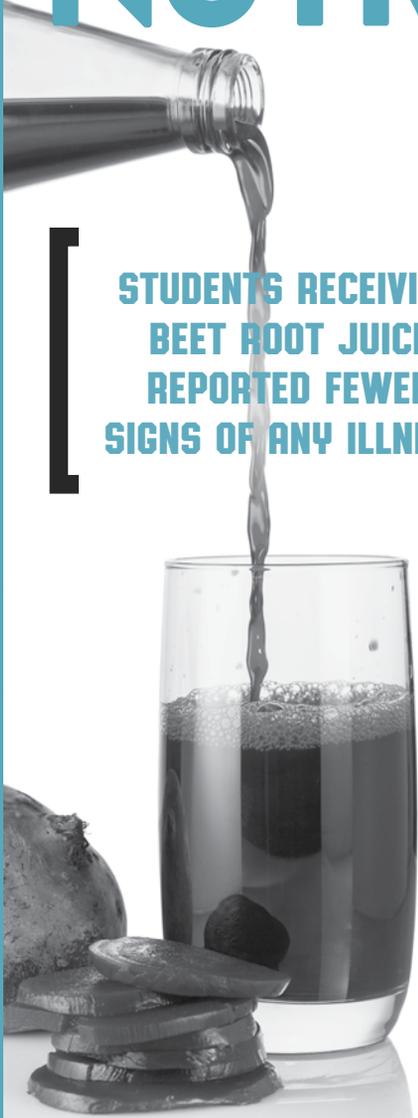
**APPLEGATE®**  
**Grass-Fed Beef Hot Dogs**  
**10 OZ.**

100 percent grass-fed beef equals 1000 percent delicious. They did the math, now it's your turn.

**ALWAYS AFFORDABLE \$4.95**



# NUTRITION BYTES



**STUDENTS RECEIVING  
BEET ROOT JUICE  
REPORTED FEWER  
SIGNS OF ANY ILLNESS**

## BEET ROOT JUICE SUPPORTS IMMUNE DEFENSE DURING PERIODS OF HIGH STRESS

Stress can wreak havoc on the immune system, impairing the body's ability to fight off infection, especially the common cold and other respiratory infections. This is partly because stress impairs the body's ability to produce nitric oxide. While most well-known for lowering blood pressure by supporting relaxation of blood vessels, nitric oxide also plays a significant role in the immune system's ability to defend against pathogens, like viruses that cause colds, especially in the mucosal lining of our airways. Thus, lower levels of nitric oxide that result from increased stress can lead to increased susceptibility to viral respiratory infections, exacerbation of symptoms, and more sick days.

New research suggests that boosting nitric oxide levels through consumption of beet root juice during periods of acute stress (such as when students are taking final exams) can protect against

illness and the development of cold symptoms. In a study published in 2019, 60 healthy students and 16 students with asthma were randomly assigned to drink a daily shot (70 mL) of beet root juice containing 400 mg of dietary nitrate, or to receive no supplementation during finals week. Compared to the control group, those students receiving beet root juice reported fewer signs of any illness during and after final exams, and if they did catch a cold, they had less severe symptoms. Of note, the greatest benefits were seen in students with asthma, indicating that beet root juice appears to be helpful for reducing asthma exacerbations during respiratory infections.

By increasing nitric oxide levels and thereby maintaining immune defense, beet root juice may be a promising strategy for the prevention of the common cold, especially during periods of high stress.

## RIBOFLAVIN, MAGNESIUM, AND COQ10 WITH MULTIVITAMIN EFFECTIVE FOR MIGRAINES

Most people who suffer from migraines treat them with various pain killers in the moment rather than taking preventive measures to decrease the frequency, duration, and severity of migraine attacks. However, neurologists in Germany found that migraine patients who supplemented with a combination of riboflavin, magnesium, and CoQ10 in addition to a multivitamin/mineral supplement for three months reduced both the frequency and severity of migraine pain.

Past studies have shown low levels of

riboflavin, magnesium, and CoQ10 in patients with migraines. This makes sense because mitochondrial dysfunction, or impaired brain energy production, is associated with migraines, and riboflavin, magnesium, and CoQ10 all play a very important role in the ability of the mitochondria in our brains to produce energy.

This study recruited participants who experienced at least three migraine attacks per month over the previous three months. The experimental group supplemented with 400 mg riboflavin,

600 mg magnesium, and 150 mg CoQ10 alongside a multivitamin with trace minerals for three months, split into two doses taken morning and evening. Participants in the supplementation group rated the effectiveness of the treatment significantly superior to the placebo group, citing less frequent attacks and less severe pain when they did experience a migraine. Thus, by supporting brain mitochondria, supplementing with this trio of nutrients could deliver powerful nutritional support for adults who suffer from migraines.

*References available upon request.*

OFFERS VALID MARCH 27 TO APRIL 25, 2020

# NATURAL GROCERS BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE<sup>SM</sup>

## Organic Bread



ALWAYS  
AFFORDABLE<sup>SM</sup>

**\$3.99**  
each

15-27 oz.



### THE TOAST WITH THE MOST

Something was missing in our bread section. We couldn't find that sweet spot—that chewy texture, with a side of nutty crunch, for an always affordable price point. So, we decided to bring home our own sprouted bread and change the future of sandwiches. Packed with whole-grain taste and free of junk, it's certified organic, non-GMO and kosher. Sprouting boosts protein and fiber content, lowers the glycemic index and can help improve digestion of grains, which makes this a real breadwinner, (pun intended)! So toast to making it in a peanut and tree-nut free facility and sink your teeth into deliciousness.

# good4u<sup>SM</sup>

## NEW PRODUCTS of the month



10% OFF

\$26<sup>49</sup>

**NATURAL FORCE®**  
**Pure Omega-3 Lemon**  
16 OZ.

Natural Force Pure Omega-3 is a mercury-free fish oil sourced from wild-caught Menhaden fish off the coast of Virginia. Rich in quality fats like EPA, DHA, and DPA.

**ALWAYS AFFORDABLE \$29.75**



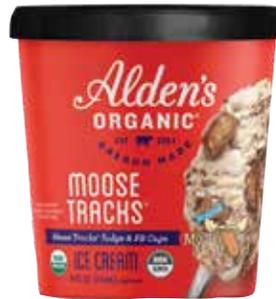
15% OFF

\$2<sup>69</sup>

**GT'S®**  
**Organic Kombuchas**  
16 OZ.

GT's Sacred Life is a celebratory offering that combines organic & raw Kombucha with refreshing coconut water, fresh pressed ginger, and blue spirulina!

**ALWAYS AFFORDABLE \$3.19**



22% OFF

\$3<sup>99</sup>

**ALDEN'S®**  
**Organic Ice Cream**  
14 OZ.

Alden's Moose Tracks is the perfect mix of fudge and peanut butter cups that is sure to please!

**ALWAYS AFFORDABLE \$5.15**



25% OFF

\$7<sup>99</sup>

**KETTLE & FIRE®**  
**Bone Broths**  
32 OZ.

You can maximize the benefits of bone broth now in a new larger 32oz size, made with only the best ingredients!

**ALWAYS AFFORDABLE \$10.69**

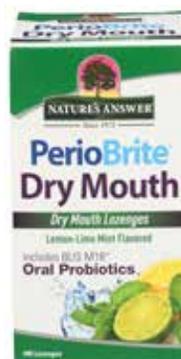


37% OFF

\$4<sup>99</sup>

**MINERAL FUSION®**  
**Nail Polish Various Colors**  
0.33 OZ.

**ALWAYS AFFORDABLE \$7.99**



28% OFF

\$12<sup>69</sup>

**NATURE'S ANSWER®**  
**PerioBrite Dry Mouth Lemon-Lime**  
100 LOZ

Reinvigorate your mouth with this refreshing lemon-lime mint flavored, convenient lozenge that packs a wallop punch of mouthwash, leaving your thirst-quenching mouth moistened and refresh.\*

**ALWAYS AFFORDABLE \$17.69**



11% OFF

\$29<sup>99</sup>

**NATURAL FORCE®**  
**Keto MCT Oil**  
32 OZ.

Natural Force Keto MCT Oil is a 100% pure C8 (caprylic acid) MCT oil from coconuts. C8 benefits include increased energy, focus, and mental clarity.\*

**ALWAYS AFFORDABLE \$33.99**

**UP TO 15% OFF**  
**ALWAYS AFFORDABLE**<sup>SM</sup>

15% OFF

\$10<sup>99</sup>



**MANITOBA HARVEST®**  
**HempYeah! Balanced Protein + Fiber Unsweetened**  
**16 OZ.**

Featuring a little bit of everything: protein, fiber, and omegas, in one nutritious package.\*

**ALWAYS AFFORDABLE \$12.99**

15% OFF

\$14<sup>99</sup>



**MANITOBA HARVEST®**  
**Organic HempYeah! Max Protein Unsweetened**  
**16 OZ.**

With 20 grams of protein per 32-gram serving, it's the perfect plant-based protein.\*

**ALWAYS AFFORDABLE \$17.75**

15% OFF

\$6<sup>89</sup>



**PLANETARY FORMULAS®**  
**Triphala**  
**90 TAB**

A potent, yet gentle three-fruit herbal complex that uniquely supports GI (gastrointestinal) tract wellness.\*

**ALWAYS AFFORDABLE \$8.19**

15% OFF

\$37<sup>99</sup>



**NEW CHAPTER®**  
**Turmeric Force™**  
**120 VCAP**

Support brain and heart health with Turmeric Force, a 100% vegetarian supplement to bring out the body's healthy inflammation response.\*

**ALWAYS AFFORDABLE \$44.99**

15% OFF

\$10<sup>29</sup>



**SOURCE NATURALS®**  
**DIM 100MG**  
**60 TAB**

Supports hormone balance and estrogen metabolism.\*

**ALWAYS AFFORDABLE \$12.15**

15% OFF

\$6<sup>89</sup>



**SOURCE NATURALS®**  
**Magnesium Malate**  
**90 TAB**

Supports proper muscle function, cardiovascular health, and energy production.\*

**ALWAYS AFFORDABLE \$8.15**

**NEW LOOK!**

15% OFF

**Our Always Affordable Price on All Earth Science Products**



15% OFF

\$5<sup>09</sup>



**TRUE STORY®**  
**Organic Sliced Deli Meats**  
**6 OZ.**

These sliced deli meats are as clean as it gets: just meat, some salt, and a little water.

**ALWAYS AFFORDABLE \$5.99**



14% OFF

\$14<sup>49</sup>



**TRACE MINERALS RESEARCH®**  
ConcenTrace® Trace Mineral Drops  
4 OZ.

ConcenTrace Trace Mineral Drops is a natural mineral concentrate that is so concentrate that 40 drops (½ teaspoon) equals the mineral content of ½ cup sea water with 99% sodium removed.

ALWAYS AFFORDABLE \$16.99

14% OFF

\$20<sup>99</sup>



14% OFF

**TRACE MINERALS RESEARCH®**  
ConcenTrace® Trace Mineral Drops  
8 OZ.

ALWAYS AFFORDABLE \$24.49

UP TO 14% OFF  
ALWAYS AFFORDABLE<sup>SM</sup>

14% OFF

\$8<sup>69</sup>



**BOIRON®**  
RhinAllergy®  
60 TAB

Temporarily relieves symptoms of hay fever or other upper respiratory allergies.\*

ALWAYS AFFORDABLE \$10.19

14% OFF

\$4<sup>49</sup>



**NOW®**  
Organic Essential Oil Orange  
1 OZ.

A refreshing, 100% pure & certified organic essential oil with a fresh, sweet orange peel aroma.

ALWAYS AFFORDABLE \$5.25

13% OFF

\$19<sup>49</sup>



**HIMALAYA HERBAL®**  
LiverCare®  
90 VCAP

A comprehensive formula clinically studied for overall liver health.\*

ALWAYS AFFORDABLE \$22.49

12% OFF

\$43<sup>99</sup>



**NATURE'S PLUS®**  
Source of Life Gold Liquid Multivitamin  
30 OZ.

Introducing the next quantum leap in whole-food multivitamin supplementation.\*

ALWAYS AFFORDABLE \$50.25

10% OFF

\$35<sup>99</sup>



**NATURAL FACTORS®**  
Whole Earth & Sea Fermented Organic Greens  
Tropical or Unflavored  
13.8-14.3 OZ.

A 100% fermented and certified organic formula providing quality plant protein in every serving.\*

ALWAYS AFFORDABLE \$39.99

10% OFF

\$3<sup>29</sup>



**BEELER'S®**  
Select Pork Sausages  
16 OZ.

Sausage so tasty, moist, and full of flavor. Did we mention it's also certified non-GMO?

ALWAYS AFFORDABLE \$3.69

# Sensational SAVINGS

OFFERS VALID  
MARCH 27 TO APRIL 25, 2020

47% OFF

\$4.99



LIFE-FLO®  
Magnesium  
Lotion  
8 OZ.

ALWAYS AFFORDABLE 9.49

40% OFF

\$14.59



JARROW FORMULAS®  
B-Right Optimized B-Complex  
100 VCAP

ALWAYS AFFORDABLE \$24.39

28% OFF

\$10.79



NOW®  
MK-7 Vitamin K2  
100 mcg  
60 VEG

ALWAYS AFFORDABLE \$14.99

ALL



PRODUCTS

35% OFF\*



34% OFF

\$14.79



NATURAL VITALITY®  
Calm Gummies Raspberry Lemon  
120 Gummies

ALWAYS AFFORDABLE \$22.49



All items are available while supplies last; no rain checks. We reserve the right to correct errors.  
\*Our Always Affordable™ Price