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LETTER

From the Iselys



“The health of soil, plant, animal and man is one and indivisible.”

- Sir Albert Howard, English botanist, and organic farming pioneer

Hello, September –

How is your charming self? We're happy to see you because even though you still feel like summer, you also bring us fall—that delightful season wrapped in shades of crimson and gold and served with a side of apple pie! Okay, we know it really gets rolling in October and November, but you open the door, September, and we thank you for that. Also, speaking of gold—you know what our family especially loves about you? You're the month we celebrate the gold-standard for healthy food—certified organic.

In truth, organic isn't something we honor one month out of the year around here—it's an everyday thing for us and has been throughout our history. We've always carried 100% organic produce, and we've been Certified Organic Food Handlers for over a decade now, which means we ensure the integrity of organic fruits and veggies from farm to table. We curate and prioritize certified organic selections throughout our store, and especially in the products we add to our expanding house-brand. Our storewide standards mirror organic certification requirements. We don't allow artificial colors, flavors, sweeteners, or preservatives in anything we sell. Our bulk is 100% non-GMO, our dairy is 100% pasture based, our eggs are free range or pasture based, and our meat and seafood selections are humanely raised and sustainably sourced—rooted in the strictest standards for animal welfare and sustainability.

So why do the principles of organic matter so much to us? Because organic is rooted in the health and the undeniable connection between the wellbeing of people and this planet. So, sweet September, as your whimsical breezes rustle the leaves and whisper at the windows, let our neighbors know that we want to chat—about food, the future, and how organic is for everyone!

The Isely Family

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RECIPE OF THE MONTH
**ORGANIC CITRUSY
BEET SALAD**

OUR 5 FOUNDING PRINCIPLES

NUTRITION
EDUCATION

HIGHEST
QUALITY
PRODUCTS

ALWAYS
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COMMITMENT
TO OUR
COMMUNITY

COMMITMENT
TO OUR
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EVEN MORE
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PURCHASES
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Always Affordable!™

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The silky-smooth texture of our extra virgin olive oil hits all the right notes: buttery, fruity, complex. In our quest to bring you the best olive oil in the world, we would accept nothing less than perfection. We found it in the olive groves of Spain, where the silvery leaves of ancient trees have graced sunny hillsides for centuries. Varietals from around the globe have been planted here to lend depth and richness, creating an oil of unsurpassed flavor and texture. Our partner is a leader in the production of certified organic olive oil, delivering excellence in every aspect, including environmental and social responsibility. Combining innovation with tradition, they have turned the by-product of olive oil production into renewable energy. Now, we can bring home to you a product that is as uniquely sustainable as it is distinctively delicious. Pair our Natural Grocers Brand Organic Extra Virgin Olive Oil with anything that tempts your palate for a best in class, luxurious experience.



In our quest to bring you the best olive oil in the world, we would accept nothing less than perfection.

Now, you can bring home a product that is as uniquely sustainable as it is distinctively delicious.

FROM THE FAMILY BRAND YOU TRUST

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





FOR THE LOVE OF ORGANICS: GRAPES

By Charity Isely

Dusk settles on the vineyard, where crimson grapes hang heavy from neat rows of vines. The soft glow illuminates their brilliant color, dancing off green leaves. It's a place where time seems unimportant, echoing back through the centuries to ancient civilizations where they drank wine instead of water, and grapes were featured prominently in the paintings left behind to tell their stories.ⁱ

OVER TIME

In our modern world, where time moves too quickly and environmental and lifestyle stressors can wreak havoc on our cells, grapes are a fruit we should consider more valuable than ever. They contain a wealth of phenolic compounds that protect cells from the damages acquired over time, specifically from oxidative stress and inflammation. Check out some of the most potent classes of phytonutrients found in grapes:

STILBENES: In lab studies, these compounds have demonstrated an ability to downregulate pro-inflammatory gene expression and protect cells from free-radical induced DNA damage.ⁱⁱ Resveratrol is the best known among them and is found in the highest concentrations in grape skin, versus grape flesh. It has also been associated with increased expression of three genes that are related to longevity.ⁱⁱⁱ

ANTHOCYANINS: Primarily found in red and Concord grapes, these phytochemicals are known for their strong free-radical scavenging abilities.^{iv} Studies have demonstrated that they can support cardiovascular health, healthy blood sugar balance, and vision.^v

A SENSE OF PLACE

A fruit of nuance, grapes are intricately connected to the place they are grown: the climate, the soil, the direction the vineyard faces.^{vi} So it's not surprising that grape growers worldwide are feeling the impacts of climate change, causing them to consider drastic adaptive measures to survive. As one researcher put it, grapes, because of their sensitivity to their environment, are like "the canary in the coalmine" in demonstrating how a warming planet will change farming.^{vii} Still, there is a beacon of hope. Organic and regenerative agricultural practices can address climate change in many ways, especially by building resilient soil, which increases the potential for carbon storage. Soil carbon sequestration, which happens when carbon is pulled from the atmosphere by plants and stored in the soil, is possibly the most vital resource organic farming has to offer.^{viii} A 2017 study from Northeastern University demonstrates just how

significant it may be, finding that organic soil has 26 percent greater long-term carbon storage potential compared to conventional.^{ix x} Climate solutions may seem complex and far removed from our individual impact, but we can start by remembering that each food choice is a step toward or away from a more sustainable future.

A HEALTHIER CHOICE

Grapes are number six on the Environmental Working Group's 2020 Dirty Dozen list of produce with the most pesticide residue.^{xi} Additionally, when California grapes aren't in season, many are imported, and Chile is the largest supplier.^{xii} As late as 2018, the U.S. required that conventional Chilean grapes be treated with methyl bromide before heading to market here.^{xiii} This fumigant is banned for use in the U.S. due to its ozone-damaging effects, but still allowed on imports/exports.^{xiv} On the bright side, methyl bromide is never approved for use in organic grapes, and there's more good news: According to a study comparing conventional and organic grapes, higher concentrations of certain anthocyanins have been found in the organic samples.^{xv xvi} Choose organic, because it is rooted in practices that nurture health—of humans and the planet.

A TOAST TO ORGANIC

Enjoying grape benefits via an occasional glass of red wine can be a lovely way to spend an evening, but should you be so inclined, do yourself a favor and make it organic or biodynamic. A heavy dose of synthetic pesticides is allowed on conventional wine grapes, and studies have found that some persisted above recommended safe levels in the finished product. On the other hand, the use of synthetic pesticides that adversely affect the environment or human health are not allowed in the growing of grapes used to make organic or biodynamic wine.^{xvii xviii} So may you find a quiet spot in the soft light of dusk, let time become insignificant, and toast to your health, organically!





CHICKEN WALDORF SALAD

This classic salad is a little creamy, a little crunchy, and bursting with fresh fall fruit. It is simple to put together and can be served as part of a light family dinner or whipped up on the weekend for healthy lunches during the week.

INGREDIENTS

TOTAL TIME: 50 MINUTES | MAKES ABOUT 5 CUPS

1 pound Mary's boneless, skinless chicken thighs

1 small organic apple, cored and diced

1 cup halved organic grapes

2 large organic celery stalks, thinly sliced

$\frac{1}{4}$ - $\frac{1}{2}$ cup olive oil- or avocado
oil-based mayonnaise

2 teaspoons Natural Grocers Brand
Organic Apple Cider Vinegar

$\frac{1}{2}$ cup roughly chopped Natural Grocers
Brand Bulk Walnuts or Pecans

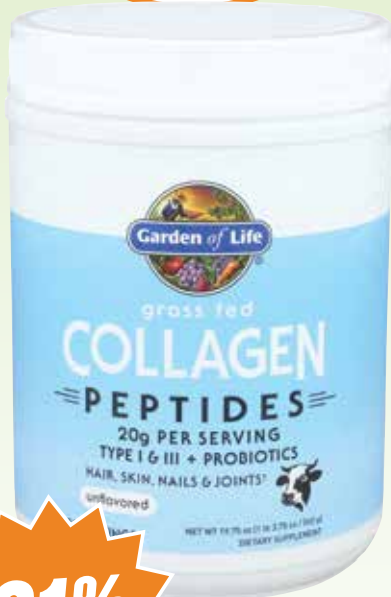
Natural Grocers Brand Bulk Real Salt and
Organic Ground Pepper, to taste

1 small head organic lettuce of your
choice, washed, dried, and separated
into individual leaves (optional)

INSTRUCTIONS

1. Preheat oven to 350° F. Place chicken thighs in a baking dish just large enough to hold them. Season with salt and pepper and bake for 30 minutes, or until chicken is cooked through. Remove from oven and allow to cool for 10 minutes before cutting into $\frac{1}{2}$ -inch cubes.
2. While the chicken cooks, prepare the apple, grapes, and celery. Combine them in a large bowl with $\frac{1}{4}$ cup mayonnaise and vinegar and stir until evenly dressed. Let rest in the refrigerator until the chicken is cut into cubes.
3. About 5 minutes before the chicken is done, spread the nuts on a baking sheet. Place in oven with the chicken and toast until lightly browned, about 5 minutes. Transfer to a plate to cool.
4. Once the chicken is cubed, combine with the rest of the salad and stir until evenly dressed. Add the extra mayonnaise if a creamier dressing is desired. Season with salt and pepper to taste. Serve immediately on individual lettuce leaves or chill in the fridge for up to 24 hours. Top with nuts right before serving to retain their crunchy texture.

SUPPLEMENTS



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Grass Fed Collagen Peptides Unflavored
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Benfotiamine w/ Thiamine 150 mg
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This supplement contains a unique combination of thiamine, vitamin B1, and benfotiamine.*

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COUNTRY LIFE®
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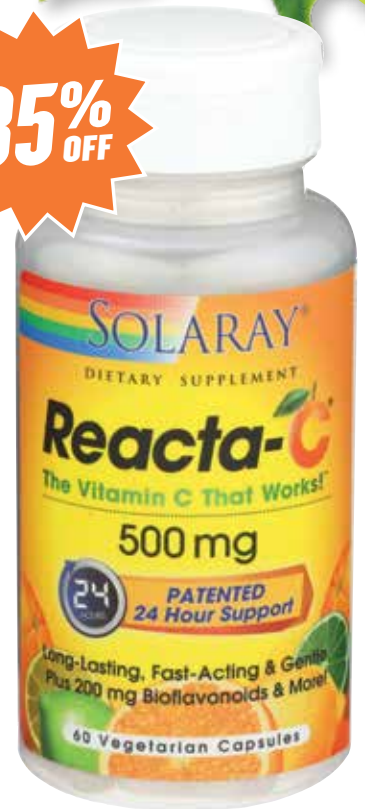
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Coconut MCT Powder
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Black Seed Oil
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\$12.96



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\$5.99

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\$9⁴⁹



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120 VCAP

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22% OFF

\$29⁷⁹



NOW®
CoQ10 400mg
60 SG

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25% OFF

\$12⁹⁹



NOW®
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60 TAB

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23% OFF

\$16⁴⁹



NOW®
D-Mannose 500 mg
120 VCAP

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25% OFF

\$8⁴⁹



NOW®
Vitamin D-3 2000 IU
240 SG

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NOW®
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NOW®
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NOW®
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50 VCAP

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NOW®
Potassium Citrate 99 mg
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NOW®
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120 VCAP

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NOW®
Melatonin 5mg
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SUPPLEMENTS

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myKind Organics Turmeric Gummy
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20% OFF

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GARDEN OF LIFE®
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MRM®
Raw Organic Red Beet Powder
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Red beets, or beetroots, are a nutrient-dense superfood.*

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MRM®
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6 OZ.

Traditionally used in Japanese tea ceremonies to provide focus and energy.*

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MRM®
Veggie Protein Chocolate or Vanilla
1.26 LB.

An all-natural vegetarian superfood complex designed to meet your everyday protein needs.*

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23% OFF

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SOURCE NATURALS®
Horny Goat Weed
30 tab

In China, it is especially used for supporting healthy sexual activity.*

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Vitality



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MEGAFOOD®
Balanced B Complex
60 Tab

Supports your nervous system and helps the body convert food into energy.*

ALWAYS AFFORDABLE* \$24.99



33% OFF

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SOURCE NATURALS®
Vitamin D3 2000 IU
240 SG

Vitamin D helps regulate the immune system and supports healthy nerves and muscles.*

ALWAYS AFFORDABLE \$11.99

25% OFF

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NATURAL FACTORS®
Apple Cider Vinegar 500 mg
180 CAP

Contains vitamins, minerals, and amino acids, and is alkalizing to the body, promoting healthy digestion.*

ALWAYS AFFORDABLE \$11.99



31% OFF

\$10⁹⁹

NATURAL FACTORS®
Vitamin D3 5000 IU
240 SG

Vitamin D is needed for calcium and vitamin C absorption.*

ALWAYS AFFORDABLE \$15.99



29% OFF

\$6⁹⁹

NATURAL FACTORS®
Oil of Oregano 180 mg
30 SG

Oregano is a free radical scavenger for the maintenance of good health.*

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14% OFF

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NATURAL FACTORS®
Organic Oil of Oregano
1 OZ.

Derived from wild-crafted oregano using gentle steam distillation to ensure purity.*

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NATURAL FACTORS®
Stress-Relax® Melatonin 5 mg
180 CHEW

A natural sleep aid that resets the sleep-wake cycle.*

ALWAYS AFFORDABLE \$13.99



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NATURAL FACTORS®
Lutein 20 mg
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NATURAL FACTORS®
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ORGANIC FARMING IMPROVES SOIL HEALTH, BIODIVERSITY & COMMUNITY PROFITABILITY

Soil health, biodiversity, and a resilient economy are each vital elements for sustaining human life on this planet, and they also benefit significantly from the organic approach to farming. Let's take a trip around the world to explore recent organic research.

First, we'll travel to Indonesia, the third-largest producer of cacao in the world, where researchers conducted a study, published in the journal *Soil Biology*, comparing soil microbes from organic and conventional cacao plantations. They found that biodiversity and abundance of bacteria and fungi were significantly higher in organic soil, reinforcing a mounting body of evidence showing that organic practices are beneficial to soil microbial health.^{i,ii}

A meta-analysis of 56 studies comparing organic and conventional soils, published in the journal *PLOS One*, adds some impactful perspective: it concluded that the activity and biomass of essential microbial elements were between 32 and 84 percent higher in organic soil.ⁱⁱⁱ

Microbial diversity is critical for soil fertility, nutrient cycling, and life as we know it.^{iv}

Soil with a robust microbial population results in healthier crops and is better at retaining water, resisting erosion, and minimizing nutrient runoff.^v

Next stop, Nicaragua, where researchers compared the quantity and variety of birds between conventional and organic or traditional shade-grown coffee plantations. The study, published in the journal *Agricultural Sciences*, found that organic and traditional polyculture systems (growing a diverse range of crops) supported the greatest diversity and abundance of bird species. They also determined that the most critical "predictor of bird density" was the complexity of vegetation in organic and traditional polyculture settings that are absent on conventional, monoculture coffee farms.^{vi,vii} Diversity of vegetation provides both nesting habitats for birds and also supports a healthy insect population that provides food for birds. This study supports prior research, consistently showing that birds thrive on organic farms in higher quantities compared to conventional.^{viii,ix}



Birds are an indispensable part of the food web, and key indicators of ecosystem health. Birds can tell us a lot about habitat quality and health because they are sensitive to the environment's unique features.^x Birds also provide valuable services to farmers, especially pest control and pollination.^{xi,xii}

And, finally, let's travel to Turkey to take a look at organic apple production. A study, published in the journal *Acquisition Arboriculture*, comparing conventional and organic apple groves in Turkey yielded impressive results. Total energy consumption in organic operations was lower, while their use of renewable energy sources was considerably

higher: 30 percent versus 13 percent for conventional. Organic producers also emitted significantly fewer greenhouse gases, and the benefit-cost ratio was better, meaning that organic apples were more profitable for farmers—all of this with comparable apple yields!^{xiii,xiv}

A U.S. study on organic hotspots provides further evidence of organic agriculture's economic benefits, including a \$2,000 increase in median household income in counties with higher levels of organic agricultural activity.^{xv}

Energy, emissions, and the economy all benefit from organic farming!

Industrial agriculture has taken a massive toll on the climate and small farmers.^{xvi} The good news is that organic agriculture offers positive solutions in all these areas.

WHAT YOU CAN DO

If you're already a supporter of organic farming's benefits, tell your friends, family, and neighbors why. If you're a skeptic, challenge yourself to find an agricultural system that does more for the environment, starting with the soil beneath your feet. And, if you feel like you don't know enough to have an opinion, we have many resources to kick-start your journey of understanding what organic certification means. Just ask. Remember, as the oft-repeated Wendell Berry quote goes: "Eating is an agricultural act."

References available upon request.

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A DELICIOUS WAKE UP CALL At a Price That Won't Hurt Your Budget



NATURAL GROCERS BRAND ORGANIC GOURMET COFFEE

The aroma is as good as the first time you noticed it, but now it takes you places, and it brings you back. It's those Sunday mornings at your grandparents' house, as they divided up the comics over steaming mugs of coffee. It's the beginning of a crisp fall day when you have time to walk in the park and go exploring. It's faraway places where the coffee berries grow plump beneath tropical mists. It's a fresh cup of **Natural Grocers'** own gourmet coffee, waking up our neighborhood in creamy, citrusy, milk-chocolatey fashion. It comes in BPA-free bags, certified organic and fair trade, from an employee-owned company who have the same enthusiasm for taking care of their neighbors as they do for making great coffee. It's six delicious varieties from classic blends like French Roast and Breakfast to single-origin beans. It's your new daily habit at a price so good that it won't hurt your budget. Gramps and gram may have had better comics, but we have better coffee... and now you're old enough to try it!

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240 CAP



A unique breakthrough vitamin C formula supported with naturally occurring metabolites.*

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AMERICAN HEALTH®
Ester-C 1000 mg w/ Bioflavonoids
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SUPPLEMENTS

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\$33⁹⁹



VITAL PROTEINS®
Collagen Peptides Unflavored
20 OZ.

A high-quality and sustainable source of collagen peptides.*

ALWAYS AFFORDABLE \$40.85

13% OFF
\$8⁹⁹



TRACE MINERAL RESEARCH®
Elderberry + Ionic Zinc or
Vitamin C + Ionic Zinc
2 OZ.

ALWAYS AFFORDABLE \$10.45

18% OFF
\$8⁵⁹



SOURCE NATURALS®
Wellness Formula caps
60 CAP

Contains a powerful combination of herbs, free radical scavengers, vitamins, and minerals formulated to support your wellbeing.*

ALWAYS AFFORDABLE \$10.59

15% OFF
\$15⁹⁹



SOURCE NATURALS®
Wellness Formula caps
120 CAP

Delivers high-potency vitamin C plus more than 25 other vitamins, minerals, and time-tested traditional herbs to support immune health.*

ALWAYS AFFORDABLE \$18.99

45% OFF
\$9³⁹



HIMALAYA HERBAL®
Amla
60 VCAP

Amla reinforces wellness and vitality with adaptogenic and restorative action.*

ALWAYS AFFORDABLE \$17.19

45% OFF
\$12⁴⁹



HIMALAYA HERBAL®
Bacopa
60 CAP

A nervine supplement that supports learning, academic performance, and improves mental ability.*

ALWAYS AFFORDABLE \$22.99

23% OFF
\$14³⁹



ORGANIC INDIA®
Organic Moringa
90 VCAP

Moringa is a nutritionally complex superfood.*

ALWAYS AFFORDABLE \$18.79

23% OFF
\$10⁶⁹

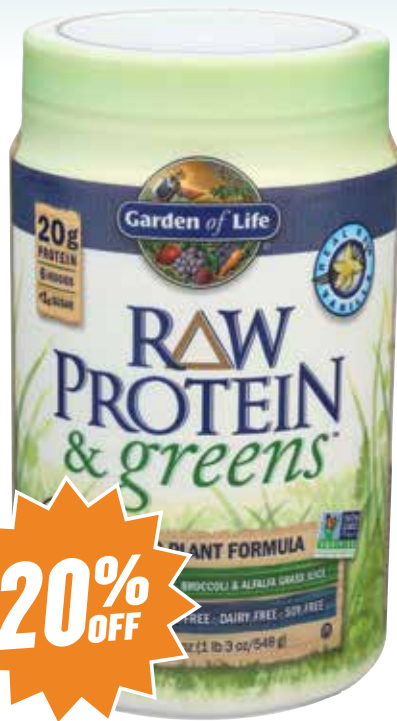


ORGANIC INDIA®
Organic Whole Husk Psyllium
12 OZ.

USDA certified, high-quality psyllium straight from India.*

ALWAYS AFFORDABLE \$13.99

SUPPLEMENTS



20% OFF

\$28⁴⁹

GARDEN OF LIFE®
Raw Protein & Greens Organic Vanilla
19.3 OZ.

Offering 20 grams of smooth, raw organic plant protein per serving.*

ALWAYS AFFORDABLE \$35.99

14% OFF

\$24⁴⁹

GARDEN OF LIFE®
Vitamin Code RAW ONE For Men or Women
75 VCAP

Multivitamins specifically formulated to meet the unique needs of men and women on the go.*

ALWAYS AFFORDABLE \$28.79



31% OFF

\$14⁹⁹

SOLGAR®
No. 7
30 VCAP

Supports mobility, flexibility, and range of motion in sensitive joints.*

ALWAYS AFFORDABLE \$21.99



19% OFF

\$48⁷⁹

NORDIC NATURALS®
Ultimate Omega Lemon
180 SG

Made from 100% wild-caught sardines and anchovies to support overall health.*

ALWAYS AFFORDABLE \$60.65



19% OFF

\$34⁷⁹

NORDIC NATURALS®
Ultimate Omega Lemon
120 SG

Ultimate Omega provides exceptionally high levels of the omega-3 fats EPA and DHA in one delicious serving.*

ALWAYS AFFORDABLE \$43.29



15% OFF

\$11³⁹

PLANETARY FORMULAS®
Triphala
180 TAB

Offering 20 grams of smooth, raw organic plant protein per serving.*

ALWAYS AFFORDABLE \$13.49



21% OFF

\$9⁹⁹

YERBA PRIMA®
Daily Fiber Caps
180 CAP

An everyday fiber supplement made with essential soluble and insoluble fiber.*

ALWAYS AFFORDABLE \$12.75



21% OFF

\$9⁹⁹

YERBA PRIMA®
Psyllium Husks Veg Caps
180 CAP

A natural dietary fiber for promoting regularity and supporting heart health.*

ALWAYS AFFORDABLE \$12.75



OFFERS VALID AUGUST 28 TO SEPTEMBER 26, 2020

SUPPLEMENTS

16% OFF

\$24⁹⁹



JAROW FORMULAS®
Ubiquinol QH-absorb® 100 mg
60 SG

QH-absorb is a proprietary, enhanced-stability formula, clinically shown in humans to increase Co-Q10 levels.*

ALWAYS AFFORDABLE™ \$29.99

25% OFF

\$24⁴⁹



LIFESEASONS®
Masculini-T™
90 VCAP

Supplement for healthy male stamina and energy.*

ALWAYS AFFORDABLE™ \$32.99

25% OFF

\$21⁴⁹



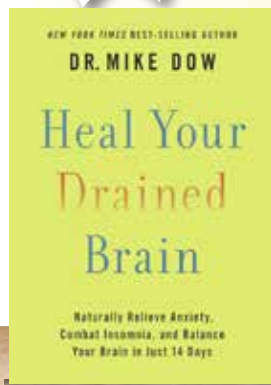
LIFESEASONS®
Anxie-T™
60 VCAP

Nourishes the nervous system and supports the body's natural ability to deal with stress, nervousness, and stress-related sleep problems.*

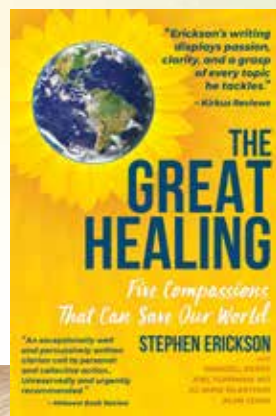
ALWAYS AFFORDABLE™ \$28.99

30% OFF

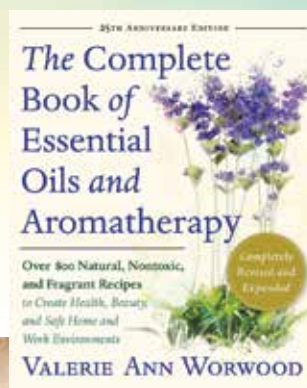
THESE good4uSM BOOKS!



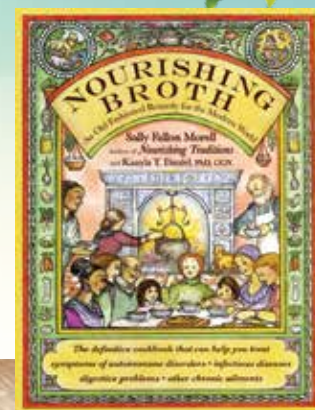
**HEAL YOUR
DRAINED BRAIN**
Mike Dow
HARDCOVER, MSRP \$26.99



**THE GREAT
HEALING**
Stephen Erickson
PAPERBACK, MSRP \$24.99



**THE COMPLETE BOOK
OF ESSENTIAL OILS
AND AROMATHERAPY**
Valerie Ann Worwood
PAPERBACK, MSRP \$26.95



**NOURISHING
BROTH**
Sally Fallon Morell
PAPERBACK, MSRP \$24.99

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NUTRITION BYTES

By Geoff Brokx and Aryn Doll

OPTIMAL VITAMIN D LEVELS FOR CARDIOMETABOLIC HEALTH

The health benefits of vitamin D are well documented, but many Americans still have insufficient levels of this important nutrient. A new study published in the journal *Nutrients* shows that blood levels of vitamin D of at least 30 ng/mL are necessary for optimal cardiometabolic health.

Utilizing recent data from the National Health and Nutrition Examination Survey, researchers compared participants' vitamin D levels to several markers of cardiometabolic health, including waist circumference, blood pressure, triglycerides, inflammation, and blood glucose and insulin levels, as well as incidences of metabolic syndrome and type-2 diabetes.

The results showed that individuals with vitamin D levels over 30 ng/mL had significantly lower rates of metabolic syndrome and diabetes compared to

and decreased levels of inflammation, triglycerides, and insulin resistance, all markers of good cardiometabolic health. The researchers concluded that vitamin

D blood levels above 30 ng/mL are needed in order to have a beneficial impact on cardiometabolic health, including reducing the risk of metabolic syndrome and type-2 diabetes.

Vitamin D levels over 30 ng/mL are in line with the recommendations by the

Endocrine Society to maximize the effects on calcium, bone, and muscle metabolism. According to the Endocrine Society, at least 1,500-2,000 IU of supplemental vitamin D may be required to achieve these levels for most adults.

**VITAMIN D BLOOD LEVELS
ABOVE 30 ng/mL
ARE NEEDED IN ORDER TO HAVE
A BENEFICIAL IMPACT ON
CARDIOMETABOLIC HEALTH**

those with lower vitamin D levels, and that the farther below 30 ng/mL the levels fell, the greater the risk of having cardiometabolic disease. Additionally, participants with D levels over 30 ng/mL had smaller waist circumferences

AGED GARLIC EXTRACT REDUCES CHRONIC INFLAMMATION IN THOSE WITH OBESITY

A recent study published in *Clinical Nutrition ESPEN* found that supplementing with aged garlic extract (AGE) reduced obesity-associated chronic inflammation by modulating the immune system and improving immune function. In this double-blind, randomized controlled trial, 51 healthy adults with obesity were instructed to take 3.6g/day AGE (in two divided doses) or placebo for six weeks. Both before and after the six-week intervention, researchers took blood samples to assess changes in the types of immune cells present, concentrations of inflammatory molecules, and blood lipid levels.

Results of the study revealed that compared to placebo, those supplementing with AGE had an increase in anti-inflammatory immune cells, in addition to a decrease in pro-inflammatory immune cells circulating

in their blood. AGE consumption also greatly reduced the release of several inflammatory cytokines (signaling molecules used by the immune system), as well as LDL cholesterol. Such outcomes led researchers to conclude that by modulating the distribution of certain immune cells and decreasing inflammatory mediators, AGE has an anti-inflammatory effect in those with obesity.

This study has promising implications, as obesity leads to chronic inflammation (adipose cells are metabolically active and promote inflammation), which increases the risk for chronic disease, including cardiovascular disease and diabetes, and contributes to greater susceptibility to illness. By improving immune function, and thus, modulating inflammation, AGE supplementation may lead to fewer complications and co-morbidities in those with obesity.

**AGED GARLIC
EXTRACT HAS AN
ANTI-INFLAMMATORY
EFFECT IN THOSE
WITH OBESITY**



References available upon request.

OFFERS VALID AUGUST 28 TO SEPTEMBER 26, 2020

BODY CARE

20% OFF

OUR ALWAYS AFFORDABLE™ PRICE

AURA CACIA®
Certified Organic Essential Oils
0.25 OZ.

Aura Cacia sources their essential oils from pure plants for true aromatherapy benefits.*



30% OFF

Our Always Affordable Price on All WELEDA® Products

25% OFF

Our Always Affordable Price on All NATURTINT® Hair Color



NATURTINT®

No ammonia or parabens with certified organic and natural ingredients.

25% OFF

Our Always Affordable Price on All JASON® Products



JASON®
All Products 25% Off

Providing head to toe body care products since 1959.

15% OFF

Our Always Affordable Price on All DERMA E® Products



DERMA E®

Dermatologist recommended, effective, and accessible eco-ethical products.

15% OFF

Our Always Affordable Price on Select NOW® 4 oz. Carrier Oils



NOW®
Select 4 OZ. Carrier Oils 15% Off 4 OZ.

Select carrier oils with little or no aroma, so the scent of your essential oils can really shine.

21% OFF

\$1.49

KIRK'S®
Castile Bar Soap
Fragrance-Free
4 OZ.

This all-vegetable-based bar soap creates a gentle and creamy lather leaving skin feeling soft and healthy.

ALWAYS AFFORDABLE \$1.89



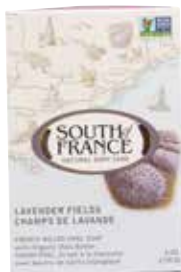
23% OFF

\$2.99

SOUTH OF FRANCE®
Lavender Bar Soap
6 OZ.

This luxuriously lathering, all-vegetable soap is triple-milled in the Marseille tradition for a pampering, cleansing experience.

ALWAYS AFFORDABLE \$3.99



18% OFF

\$12.99

ALBA BOTANICA®
Very Emollient Lotion Unscented
32 OZ.

Packed with a unique botanical medley for a hydrating, non-greasy feel.

ALWAYS AFFORDABLE \$15.99



21% OFF

\$5.49

GRANDPA SOAP CO.®
Buttermilk Shampoo or Conditioner
8 OZ.

Helps revitalize dry, damaged, and color-treated hair.

ALWAYS AFFORDABLE \$6.99



HIGHEST QUALITY PRODUCTS

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OFFERS VALID AUGUST 28 TO SEPTEMBER 26, 2020

IN THE COOLER



25% OFF

\$4⁷⁹

WHOA!

UNCLE MATT'S®
Select Organic Juices
52 OZ.

Uses only premium 100% organically grown fruit that is free from synthetic fertilizers and pesticides.*

ALWAYS AFFORDABLE™ \$6.39

21% OFF

\$3⁶⁹

LIFEWAY®
Organic Probugs
3.5 OZ. - 4 Count

ALWAYS AFFORDABLE™ \$4.69



16% OFF

\$2²⁵

KEVITA®
Select Organic Probiotic Drinks or Kombuchas
15.2 OZ.

ALWAYS AFFORDABLE™ \$2.69



20% OFF

\$3⁹⁹

THE HONEST STAND®
Organic Dairy-Free Dips
9 OZ.

ALWAYS AFFORDABLE™ \$4.99



24% OFF

\$3⁹⁵

FORAGER PROJECT®
Organic Cashew Milk Yogurt
24 OZ.

ALWAYS AFFORDABLE™ \$4.99



23% OFF

\$2²⁹

VIVE ORGANIC®
Organic Wellness Shots
2 OZ.

ALWAYS AFFORDABLE™ \$2.99



22% OFF

\$3⁹⁹

BITCHIN' SAUCE®
Almond Dips or Sauces
8 OZ.

ALWAYS AFFORDABLE™ \$5.15



10% OFF

\$5⁹⁹

NIMAN RANCH®
All-Natural Sausages
12 OZ.

ALWAYS AFFORDABLE™ \$6.69



22% OFF

\$2⁹⁹

HOPE FOODS®
Organic Hummus
8 OZ.

ALWAYS AFFORDABLE™ \$3.85



25% OFF

\$2⁸⁹

EVOLUTION FRESH®
Select Organic Juices
15.2 OZ.

ALWAYS AFFORDABLE™ \$3.89



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OFFERS VALID AUGUST 28 TO SEPTEMBER 26, 2020

IN THE FREEZER



22% OFF

\$6⁴⁹

AMY'S KITCHEN®
Select Frozen Pizzas
12-15 OZ.

Discover a flavorful pizza for every palate in your household.

ALWAYS AFFORDABLE™ \$8.39



25% OFF

\$4¹⁹

DOLCEZZA GELATO®
Gelato Pints
16 OZ.

ALWAYS AFFORDABLE™ \$5.59

COOL DEAL!



15% OFF

\$10⁷⁹

SEAJOY ORGANIC®
Organic Frozen 41/50 Raw Shrimp
16 OZ.

ALWAYS AFFORDABLE™ \$12.75



\$3⁴⁹

SAFFRON ROAD®
Frozen Entrees
6-10 OZ.

ALWAYS AFFORDABLE™ \$5.09



\$3⁹⁹

BEELER'S®
Pork Sausage Breakfast Links
16 OZ.

ALWAYS AFFORDABLE™ \$4.69



\$6³⁵

ALDEN'S®
Organic Ice Cream
48 OZ.

ALWAYS AFFORDABLE™ \$7.49



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THINK WISELY

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.



GO NUTS FOR THIS MIX!

Wanna know a secret? It's about one of our favorite snacks—the kind we take adventuring, whether it's hiking tall mountains, chasing desert rainstorms, or just wandering into our own backyard for a change of scenery. This snack comes with, that's all we're saying. Meet Natural Grocers Brand Deluxe Nut Mix—Certified Organic and made with only four ingredients!

Cashews, almonds, pecans, and walnuts are dry-roasted to that perfect, toasty crunch—the kind where all the flavors linger in your mouth, and it tastes even better because you know it's good4u, too. No salt or oil involved—just premium organic nuts and some incredibly crafty techniques from our roasting partners. We also keep it refrigerated because we're nuts about maintaining the fresh-to-your-basket quality you depend on from our Bulk Department. Happy adventuring and happy snacking!

ALWAYS
AFFORDABLE™
\$7.99
10 OZ.



ALWAYS
AFFORDABLE™
\$5.99
6 OZ.



THE SWEETEST SECRET IS OUT!

Guess what we're craving? Something creamy, sweet, and covered in chocolate! Guess what else? We have just the thing in our bulk section. Are you begging for us to end this delicious suspense already? Gladly! The treat you didn't know you've been missing is Natural Grocers Brand Chocolate Cocomel Bites! They're Certified Organic and Non-GMO, and here's the really big news—NO dairy! That's right; this luscious caramel gets its creaminess from coconut instead. With a dash of sea salt and the perfect amount of dark chocolate surrounding every bite—they're exquisite. They're also a foolproof way to bribe someone into taking out the trash or simply keep them as your little secret. You won't be able to keep them a secret, though. We've tried—it's no use. Happy healthy indulging!

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ALWAYS AFFORDABLE™
\$4.19 - \$4.79
 6.5-7 OZ.

TWIST YOUR TASTE BUDS WITH THESE GF PRETZELS!

It's the best pretzel crunch this side of gluten—as in the Certified Gluten-Free side! This snack brand started when its founder, Kristy, welcomed her first child—Quinn. It was then she knew she had to clean up snacks, and that's why you can now feed your kids the tastiest, Non-GMO Project Verified collection of pretzel-y things around. Or just eat them yourself, that's fine, too. Once you've tried the Peanut Butter Filled Pretzel Nuggets, you probably won't share with anyone, just saying! The secret to this gluten-free goodness is sorghum, a nutritious whole-grain that's more sustainable, too. Crave your pretzel sticks with a dash of honey? Quinn has it! Are you more of the deli Rye Style? There's a bag of Quinn with your name on it, and we bet it's the best thing you've tasted this side of Monday!



ALWAYS AFFORDABLE™
\$3.65
 5 OZ.

INTRODUCING YOUR NEXT PERFECT BITE!

Know that moment when you try the perfect food for the first time? Your taste buds are shouting “thank you” in languages you don't even speak, and all you can think about is your next bite. It's hard to forget those exquisite foodie “highs,” and we're about to introduce you to your next one! Meet Culina—the thickest, creamiest plant-based yogurt you'll ever taste. Yes, it's dairy-free, made from coconut, with a dash of maple syrup and a handful of other simple ingredients, most of them organic. Craft-fermented—every serving comes with a blend of live probiotics a billion strong, plus its sustainably packaged in reusable glass jars. Here's the question—can you choose between the Blueberry Lavender, the Strawberry Rose, or the Bourbon Vanilla?

REVOLUTIONIZE YOUR BURGER!

This one is for all planet-loving meat eaters! Can your next pot of bison chili help reverse climate change? Force of Nature says it can, and the proof is in the soil. This revolutionary brand is on a mission to create a global supply network of land stewards who are revitalizing grasslands and healing the soil while raising the juiciest meat you could hope to eat. Their ground beef and bison come from ranchers following research-based principles of soil health and collecting scientifically validated evidence that their soil is improving year over year. Regenerative agriculture has immense carbon sequestration potential, that can make an earth-saving difference if practiced on a global scale. So, how do we get there? You have a vote in reversing climate change, and it starts with the food you put on your plate. Will your next burger be a regenerative Force of Nature?

ALWAYS AFFORDABLE™
\$12.19
 14 OZ.



ALWAYS AFFORDABLE™
\$9.15
 16 OZ.

DON'T WORRY ABOUT DINNER ANYMORE!

What's for dinner? If you dread that question, we have exciting news! Primal Kitchen, the trailblazing, paleo-friendly brand, has a deliciously simple answer. With Skillets for two or Bowls for one, if you don't want to share—these Whole30[®] approved selections are free of soy, gluten, and grains. They're full of veggies, and high-quality proteins, and there are NO artificial additives, preservatives, or other sneaky ingredients that you wouldn't want to serve for dinner. Plus, they have all your cravings covered—from pesto to curry to fajitas! If Primal Kitchen Skillets aren't on the menu tonight, well, we're not coming over. Oh right, we can't, it's 2020. We'll join you for a Zoom dinner party, though, as long as we can all agree on the Chicken Fried Rice Cauliflower and talk TikTok.



SALE!
\$9.29
 20 OZ.
 ALWAYS AFFORDABLE™
 \$11.69

ALWAYS AFFORDABLE™
\$6.99
 10-11 OZ.

START YOUR MORNING BETTER!

How do you start your morning? Is it delicious, nutritious, and helpful to the neighborhood? If you said yes, you must already be a fan of The Soulfull Project! Make that a contributor, because when these flavor-filled hot cereals are part of your morning routine, you're contributing! To what exactly? It's as simple as it is impactful—every time you purchase a serving of Soulfull Project's cereal, they donate another to a food bank in the region you bought it. That means over 900,000 bags, and counting, of healthy breakfast options have gone out to families dealing with food insecurity. With ingredients like flax and chia seeds, quinoa, and oats—these Non-GMO Project Verified cereals are the opposite of empty-calorie fillers. They come in the convenience of single-serve hot cups with mouthwatering flavors like Brown Sugar Pecan, or family-sized bags like the 4 Grain Blend. Make your morning Soulfull!

ALWAYS
AFFORDABLE™
\$5.79
14.1 OZ.



ALWAYS
AFFORDABLE™
\$2.59
2.01-2.26 OZ.



ALWAYS
AFFORDABLE™
\$14.79 - \$17.19
12 OZ.

COCONUT FOR THE CULINARY ARTISTE!

Has your culinary reputation experienced Nutiva? Because every chef needs this collection of coconut oils and spreads in their repertoire! They're Certified Organic, Non-GMO Project Verified and brought to you by a company that gives 1% of its sales to Regenerative Agriculture. Now, for the delicious details! Coconut Manna is as simple as it is divine—just dried coconut meat, pureed into spreadable bliss that you can pair with almost anything edible. Then there's Nutiva's answer to a vegan version of butter—Coconut Oil with a craveable buttery flavor that's entirely plant-based! Finally, no culinary artiste should be without their cold-pressed Virgin Coconut Oil as a kitchen staple. Once you've tasted the heavenly, fresh coconut-y flavor Nutiva is known for; you won't want to be without it ever again. You have a reputation to uphold, remember?



ALWAYS
AFFORDABLE™
\$5.69
6.2 OZ.

ALWAYS
AFFORDABLE™
\$9.15
14 OZ.

CONNECT TO THE DETAILS THAT MATTER!

Coffee. It's a beverage that connects us—to our morning routine, to our friends, to the stories we hear and read and tell while enjoying it. And, it should also connect us to the place it was grown, which is the reason for Birds & Beans. The only U.S. coffee brand that's 100% Smithsonian Bird-Friendly Certified, every bag helps preserve over 100,000 acres of tropical habitat for migratory and local birds. It's shade-grown, on family farms, the way coffee traditionally flourished, before monoculture production stripped away vegetation and habitats to mass-produce it. Plus, it's Organic and Fair-Trade Certified, too. So, whether you tell your best stories to the chocolatey notes of the Medium-Dark Roast or you'd rather the sweet-toffee smoothness of the Espresso, let Birds & Beans connect you to details that matter.

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HAVE A CUPPA REVITALIZATION!

Are you feeling stressed lately? Might we suggest a cup of tea? Organic India Tulsi Tea, that is! Tulsi, also known as Holy Basil, functions as an adaptogen, supporting your body's healthy response to stress.* Most importantly, it's brought to you by a company founded in a passion for revitalizing the earth. Organic India practices what our planet is in critical need of now—bio-regenerative organic farming, which works to improve soil health and the environment with every crop cycle. Packaged in bags made of organic manila hemp with strings of unbleached cotton fiber, Tulsi Teas are refreshing hot or iced, with a range of delightfully nurturing blends like Sweet Rose and Turmeric Ginger. So, grab a book, grab a cat, grab a moment of forgetting it's 2020, and let Organic India Tulsi Tea do the rest.



GET YOUR GUT FEELING FRIENDLY!

Know what the world needs more of these days? Friendly bacteria! And NOW[®] Foods is on it, presenting you with one of the friendliest, bacteria-next-door varieties that should be inhabiting your intestinal neighborhood—Lactobacillus acidophilus, with a potency of two billion CFUs per tablet. What makes it stand out in the acidophilus crowd? Two critical factors: lab-tested stability and identity verification. You see, not all friendly bacteria are as stable as the rest. NOW uses a scientifically validated process of fermentation and drying techniques to ensure that you get only the hardiest, stabilized strains. Plus, they verify the strain-identity, purity, and potency of every probiotic they sell, and that's how you can be sure that what they say is what you get! You've probably heard that 60 to 80% of your immune system resides in your gut, and it's true! Support yours with NOW's value-sized, vegan, gluten-free, and Non-GMO Stabilized Acidophilus Two Billion. Get friendly with the good bacteria.*



B ENERGIZED!

Energy—it's often something we associate with the kids or ourselves after that second cup of coffee. Did you know that your immune system requires energy, too, for proper function? And that B vitamins play a vital role in supplying that energy? They also help synthesize neurotransmitters and maintain healthy brain cells, which has a positive impact on our mental wellbeing, but there's a catch. Our bodies don't store B vitamins, so they need to be replenished daily. They also must be in their metabolically active, coenzyme form, to be effective, which is why you need to know about Natural Factors Biocoenzymed Active B Complex. This formula takes it a step beyond effective with its proprietary EnviroSimplex[®] Technology. The synergistic power of plant phytochemicals and coenzymed B vitamins combines to deliver the most metabolically active nutrients straight to your cells. Forget about that second cup of coffee—it's time to energize your health with B vitamins!*



DON'T THINK OF BEING WITHOUT ZINC!

Gimme some zinc and make it tasty! When we're thinking about immune support, this mineral is top of mind. And, when we're thinking about getting our daily dose of zinc—Zand HerbalLozenges is a no brainer. Plus, they're yummy and soothing! In case you haven't heard, zinc plays a critical role in supporting healthy immune function, especially because of its impact on T cells—the white blood cell warriors of the immune system that seek and destroy infected cells. Without enough zinc, T cells suffer impaired development and function, which is the last thing that your immune system needs in 2020. Zand Lozenges combine zinc with botanicals like elderberry, echinacea, or eucalyptus to give you a well-balanced, easy-to-take approach to supporting healthy immune function. Sweetened with brown rice syrup instead of sugar, they're corn and GMO-free and vegan. Get yourself some Zand zinc today!*

OFFERS VALID AUGUST 28 TO SEPTEMBER 26, 2020

GROCERY

Great Deal!

UP TO
30% OFF

Our Always Affordable Price
on All Better Life® Items

BETTER LIFE®

Providing natural cleaning products that are both safe for kids and pets and are best in class when it comes to effectiveness.

ALWAYS AFFORDABLE™ \$3.29-\$14.59



22% OFF

\$2¹⁵



BOULDER CANYON® Select Potato Chips

5 OZ.
Premium, kettle-cooked potato chips with natural ingredients.

ALWAYS AFFORDABLE™ \$2.79

22% OFF

\$8³⁹



KICKING HORSE COFFEE® Select Organic Coffee

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

ALWAYS AFFORDABLE™ \$10.79

20% OFF

\$1⁸⁹



BRAGG® Organic Apple Cider Vinegar Drinks

16 OZ.
Made from delicious, organically grown apples and contains the amazing 'Mother' of vinegar.

ALWAYS AFFORDABLE™ \$2.39

20% OFF

\$1⁵⁹



C2O® Coconut Waters

17.5 OZ.
Fresh from the beautiful inland groves of Thailand, it contains naturally occurring electrolytes.

ALWAYS AFFORDABLE™ \$1.99

29% OFF

\$2⁹⁹



4505 MEATS® Pork Rinds

2.5 OZ.
Irresistibly delicious meaty snacks sourced from all natural ingredients and responsibly raised meats.

ALWAYS AFFORDABLE™ \$4.25

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GROCERY

44% OFF

\$2.85



CASCADIAN FARM®
Organic Cereals or Boxed Granolas
8.6-16 OZ.

Their uncomplicated cereals and granolas come from what Mother Nature has already perfected: wholesome, organic ingredients.

ALWAYS AFFORDABLE \$5.15-\$5.25

30% OFF

\$1.99



CHOCOLOVE®
Select Chocolate Bars
2.9-3.2 OZ.

Made in Boulder, Colorado where the most decadent chocolate bars are carefully crafted using the timeless combination of chocolate and love.

ALWAYS AFFORDABLE \$2.85

26% OFF

\$3.15



COCOMELS®
Organic Coconut Milk Caramel Bites
3.5 OZ.

Award-winning, smooth, and creamy caramels made with coconut milk instead of dairy.

ALWAYS AFFORDABLE \$4.29

15% OFF

\$5.69



CLIF®
Energy Bars
6 PK

Purposefully crafted with great-tasting, wholesome, and sustainably sourced ingredients.

ALWAYS AFFORDABLE \$6.75

23% OFF

\$1.65



DR. MCDUGALL'S®
Select Soup Cups
1-3.4 OZ.

Their products are packed with only the best vegan ingredients.

ALWAYS AFFORDABLE \$2.15

25% OFF

\$2.99



GRAIN BERRY®
Onyx Sorghum Cereals
12-16 OZ.

These whole grain cereals are the first and only to contain amazing onyx sorghum.

ALWAYS AFFORDABLE \$3.99



25% OFF

\$2.39

HIPPEAS®
Organic Chickpea Puffs
4 OZ.

Perfect for those looking for a great-tasting, better-for-you snack.



ALWAYS AFFORDABLE \$3.19

22% OFF

\$1.89



HIGH BREW COFFEE®
Cold Brew Coffee Beverages
8 OZ.

A portion of our sales from every purchase supports coffee farmers in the Antioquia region of Colombia.

ALWAYS AFFORDABLE \$2.45

NATURAL GROCERS®

ORGANIC MONTH HEADQUARTERS®

2020
100% Organic Produce



SEPTEMBER IS ORGANIC MONTH

& NATURAL GROCERS IS YOUR ORGANIC
MONTH HEADQUARTERS!

WE WANT YOU TO JOIN US THIS
ORGANIC MONTH FOR:

Cooking with Health Crusader™

Weekly {N}power® deals

New limited edition bag

Beyond Pesticides fundraiser

Organic meal in a bag giveaway

Meet your farmer

Livestream class on organics
featuring one of our talented
Nutritional Health Coaches

FOR MORE INFORMATION GO TO NATURALGROCERS.COM/ORGANIC-MONTH

TUNE IN FOR

COOKING WITH HEALTH CRUSADER

Eating right & tasty bites were never
more fun! Tune in to watch Health
Crusader guide you through cooking
good4uSM recipes. Health Crusader,
saving the world one bite at a time!

September 10, 6pm MDT: Quiche

**September 17, 6pm MDT:
Strawberry Lemon Coconut Parfait**

**September 24, 6pm MDT:
Chicken Enchiladas**

NATURALGROCERS.COM/HEALTH-CRUSADER-COOKS

ORGANIC MEAL IN A BAG GIVEAWAY!*

Nominate someone who has been an inspiration
in your life by submitting a short essay telling us
about them. We will pick 3 winning essays a week
during September and give your nominee a recipe
and the fixings for a memorable organic meal!*

Visit naturalgrocers.com/organic-meal-bag-giveaway

*No purchase necessary. A purchase will not increase your chance of winning. Open only to legal residents
of the 50 United States and District of Columbia, 18 years or older. Void where prohibited by law. Contest
starts on September 1, 2020 and ends on September 30, 2020. For official rules and complete details,
visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.





**BEYOND
PESTICIDES**

**NATURAL
GROCERS**



**HELP US RAISE \$100,000 FOR BEYOND PESTICIDES TO
CREATE SYNTHETIC PESTICIDE-FREE LOCAL PARKS**

During the month of September, we invite our
customers to donate to **Beyond Pesticides** at all Natural Grocers locations to help

CREATE SYNTHETIC PESTICIDE-FREE LOCAL PARKS.

DONATE IN STORE TODAY

[\$1] [\$5] [\$10]



BUY THIS REUSABLE BAG FOR \$1.99

WE'LL DONATE

\$1

**TO BEYOND
PESTICIDES!***

During the Month of September, when you buy a \$1.99
Limited Edition "Organic Month Headquarters" reusable
bag, Natural Grocers will donate \$1 to Beyond Pesticides.

*Offer valid 9/1/20 – 9/30/20 at participating Natural Grocers stores. Quantity limited to stock on hand; no rain checks. We reserve the right to correct errors. Void where prohibited by law. Prices subject to change without notice.

OFFERS VALID AUGUST 28 TO SEPTEMBER 26, 2020

GROCERY



20% OFF

\$2⁸⁹



LATE JULY®
Organic Restaurant Style Tortilla Chips
11 OZ.

Bring the restaurant-style tortilla chips you love home today.

ALWAYS AFFORDABLE \$3.65

23% OFF

\$1⁷⁹



ICELANDIC GLACIAL®
Spring Water
1.5 L

The source of Icelandic Glacial Water, the Ölfus Spring in Iceland, has been deemed certifiably sustainable by Zenith International.

ALWAYS AFFORDABLE \$2.35

23% OFF

\$4⁹⁹



KALAHARI BILTONG®
Air-Dried Beef
2 OZ.

Proudly made in the USA with grass-fed and grain-finished beef.

ALWAYS AFFORDABLE \$6.49

40% OFF

99¢ each



LARABAR®
Original Fruit & Nut Bars
1.6-1.7 OZ.

A delicious gluten-free blend of unsweetened fruits, nuts, and spices.

ALWAYS AFFORDABLE \$1.65

28% OFF

\$2⁴⁹



LESSER EVIL®
Popped Popcorn
(Excludes Davenport, IA Location)
5-7 OZ.

ALWAYS AFFORDABLE \$3.49

36% OFF

\$3¹⁹



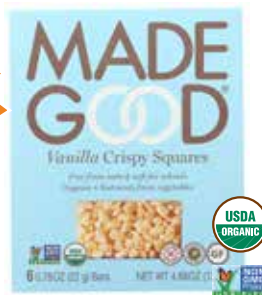
LOVE GROWN®
Kid's Cereals or Power O's Cereals
6.5-10 OZ.

At Love Grown, we see every day as a chance to eat, live and be better, so our foods and flavors make it easy.

ALWAYS AFFORDABLE \$4.99

16% OFF

\$2⁴⁹



MADEGOOD®
Organic Crispy Squares
6 CT

It's not just for the kids! Push the work aside, take a moment for yourself and enjoy a square!

ALWAYS AFFORDABLE \$2.99

28% OFF

\$3⁴⁹



MARY'S GONE CRACKERS®
Organic Super Seed Crackers
5-5.5 OZ.

This seriously seedy snack is the perfect thing to have on hand for dips, spreads, veggies, and anytime hunger hits.

ALWAYS AFFORDABLE \$4.89-\$4.95

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OFFERS VALID AUGUST 28 TO SEPTEMBER 26, 2020

GROCERY

27% OFF
\$1.59



MIKE'S MIGHTY GOOD®
Ramen Soups
1.6-2.4 OZ.

Their mission is to make craft ramen-bar ramen accessible to everyone.

ALWAYS AFFORDABLE* \$2.19

12% OFF
\$3.95



NATURAL GROCERS®
Raw & Unfiltered Clover Honey
12 OZ.

Sweeten your life, the way we've sweetened our house brand—gathered from the finest hives around the U.S. and never imported.

ALWAYS AFFORDABLE* \$4.49

11% OFF
\$4.69



NATURAL GROCERS®
Organic Reduced Sugar Preserves
20.5 OZ.

Every spoonful is loaded with the farm-fresh flavor of sun-ripened fruit, perfectly preserved.

ALWAYS AFFORDABLE* \$5.29

20% OFF
\$2.39



NUTPODS®
Unsweetened Non-Dairy Creamers
11.2 OZ.

A dairy-free half and half alternative made from heart-healthy almonds and MCT-rich coconuts in a convenient coffee creamer.

ALWAYS AFFORDABLE* \$2.99

23% OFF
\$3.59



ORGANIC INDIA®
Select Organic Tulsi Teas
18 CT

Helps in relief from stress, supports energy, and immune system.*

ALWAYS AFFORDABLE* \$4.69-\$4.79



\$2.29

23% OFF

NATIVE FOREST®
Organic Simple Coconut Milk
13.5 OZ.

Made by pressing the meat of fresh organic coconuts, yielding an oil-rich extract blended with pure, filtered water.

ALWAYS AFFORDABLE* \$2.99

22% OFF
\$3.69



PAMELA'S®
Gluten-Free Corn Bread & Muffin Mix
12 OZ.

Made with organic corn, this gluten-free mix is sure to impress.

ALWAYS AFFORDABLE* \$4.79

25% OFF
\$5.75



R.W. KNUDSEN FAMILY®
Select Just Juices
32 OZ.

These single-fruit, unsweetened, 100% juices are undiluted and ready to please.

ALWAYS AFFORDABLE* \$7.69

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OFFERS VALID AUGUST 28 TO SEPTEMBER 26, 2020

NATURAL GROCERS® BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE™

SALE
\$3.69
1 LB.

ALWAYS AFFORDABLE \$3.99

SALE
\$2.25
1 LB.

ALWAYS AFFORDABLE \$3.49

SALE
\$2.25
1 LB.

ALWAYS AFFORDABLE \$3.49



NATURAL GROCERS BRAND BULK RAW PUMPKIN SEEDS ORGANIC

Snacking on pumpkin seeds has never been easier, or more good4u. Carved from organic perfection, they contain essential minerals, including magnesium, phosphorus, copper, and zinc.*

NATURAL GROCERS BRAND BULK WHITE AND TRI-COLOR QUINOA ORGANIC

Did you know that quinoa provides all nine essential amino acids? It's perfect as a powerhouse addition to salads, as a staple side dish, or as a delicious meal of its own.

SALE
\$6.99
10 OZ.

ALWAYS AFFORDABLE \$7.99

SALE
\$6.99
10 OZ.

ALWAYS AFFORDABLE \$7.99

SALE
\$6.99
1 LB.

ALWAYS AFFORDABLE \$8.99



NATURAL GROCERS BRAND BULK DRY ROASTED ALMONDS ORGANIC (UNSALTED AND SALTED VARIETIES)

We're all about these organic almonds loaded with unsaturated fats, fiber, and phytonutrients. All you need to do is choose from salted or unsalted.*

NATURAL GROCERS BRAND BULK CASHEW PIECES ORGANIC

Always a fan-favorite to keep, literally, on hand. Each handful of our organic cashew pieces comes packed with good4u fats, minerals, and free radical scavengers.*

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NATURAL GROCERS® BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

ALWAYS AFFORDABLESM *Pricing!*

NATURAL GROCERS BRAND BULK CHILI LIME MANGO ORGANIC

\$6⁵⁹
10 OZ.

A little sweet, a little spice, and oh, priced so nice! Get lost in this exotic flavor combo just by opening a bag.



NATURAL GROCERS BRAND BULK CANE SUGAR ORGANIC

\$2⁶⁹
2 LB.

Life gets a little sweeter when you add our organic cane sugar to your everyday creations.



NATURAL GROCERS BRAND BULK PINTO BEANS ORGANIC

\$4⁷⁹
2 LB.

Rich in folate, phosphorus, and fiber—our organic pinto beans are a healthy, must-have pantry staple.*



NATURAL GROCERS BRAND BULK TOASTED COCONUT CHIPS ORGANIC

\$2⁶⁹
8 OZ.

Loaded with flavor, sweetness, and spot-on texture, you can snack till your heart's desire straight from the bag or use as a topping on your favorite yogurt, smoothie, or added to any trail mix.



NATURAL GROCERS BRAND BULK WHOLE RYE BERRIES ORGANIC

\$1⁷⁹
2 LB.

Organic rye berries are rich in nutrients, especially B vitamins, manganese, and iron. Discover a new way to add nutrition to your day!



NATURAL GROCERS BRAND BULK STRONG BREAD FLOUR ORGANIC

\$2⁹⁹
2 LB.

Made with carefully selected organic wheat flour ideal for bread making, rolls, and sourdoughs. This flour has us following the trail of your homemade breadcrumbs already.



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

OFFERS VALID AUGUST 28 TO SEPTEMBER 26, 2020

GROCERY

28% OFF

\$1⁹⁹



SANTA CRUZ ORGANIC®
Organic Lemonades or Limeade
32 OZ.

These Lemonades and Limeades have long been a favorite treat.
Cruz on over to grab yours today!

ALWAYS AFFORDABLE \$2.79

20% OFF

\$2¹⁵

RUNA®
Bottled Organic Guayusa Teas
14 OZ.

Contains purified water and organic guayusa leaves.

ALWAYS AFFORDABLE \$2.69



22% OFF

\$1¹⁵

STEAZ®
Iced Green Teas
16 OZ.

Great-tasting, all-natural, organic and fair-trade green tea.

ALWAYS AFFORDABLE \$1.49



20% OFF

\$3⁸⁵

UNREAL®
Dark Chocolate Nut Butter Cups
3.2-4.2 OZ.

Creamy peanut butter and melt-in-your-mouth dark chocolate combine for a truly delectable treat.

ALWAYS AFFORDABLE \$4.85



23% OFF

\$1¹⁹
each

VERMONT SMOKE AND CURE®
Select Meat Sticks
1 OZ.

Consciously crafting delicious smoked meats and meat snacks since 1962.

ALWAYS AFFORDABLE \$1.55



22% OFF

\$3⁴⁵

YOGI®
Teas
16 CT

Yogi Tea was established in 1984 by Yogi Bhajan, a Kundalini yoga instructor.

ALWAYS AFFORDABLE \$4.45



22% OFF

\$4⁴⁹
each

WATERLOO®
Sparkling Waters
12 PK

Sparkling water that contains true-to-fruit flavors and 0 calories, 0 sugar, and 0 sodium.

ALWAYS AFFORDABLE \$5.79



28% OFF

\$1⁷⁹

WILD PLANET FOODS®
Select Wild Sardines
4.4 OZ.

Meaty and flavorful, Wild Planet sardines are a nutritional powerhouse that are rich in omega 3s, protein, calcium, and iron.

ALWAYS AFFORDABLE \$2.49



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THE INEXTRICABLE CONNECTION BETWEEN HUMAN HEALTH & THE ENVIRONMENT

By Lindsay Wilson

// The mountains, streams, valleys, oceans, deserts, and all things are related to our thoughts and actions. All things are in relationship with each other."

—Nancy Jasmine Wallace, Cherokee Medicine Woman

As the summer comes to a close, think about the times you spent outdoors. Perhaps you had lazy days by a river or lake. Did you hike or camp in a forest? Lounge on a beach? Or maybe you enjoyed your own backyard, tending a garden, or relaxing in the shade. Humans like to be outside; nature is good for us, mentally and physiologically. Research published in 2018 revealed that exposure to greenspaces—defined as natural, open, undeveloped land, as well as urban parks and street greenery—was associated with a reduced risk of type-2 diabetes, cardiovascular disease, stress, high blood pressure, preterm birth, and even premature death. The study also found that populations with more greenspace exposure are more likely to report overall good health in general.ⁱ More recently, a 2019 study found that people who spent at least 120 minutes a week in a natural environment consistently reported higher levels of health and mental wellbeing.ⁱⁱ

Humans need nature... and what we do to the environment, we do to ourselves.

A SICK PLANET LEADS TO A SICK POPULATION

Chronic diseases like cancer, type-2 diabetes, cardiovascular diseases, respiratory diseases, autoimmune diseases, and neurodegenerative diseases are the nation's leading cause of death and disability, killing almost two million Americans each year. Nearly half of the U.S. population suffers from at least one of them, with one in four adults having two or more chronic conditions.ⁱⁱⁱ Chronic disease is not just a burden of aging either—it is becoming more common in young people.^v The steady rise of chronic illnesses among humans cannot be blamed on genetics alone, and, indeed, researchers and doctors have begun to recognize that environmental exposure to toxins plays a significant role. As one researcher said, "genetics load the gun, but environment pulls the trigger." And, according to the World Health Organization (WHO), at least 12.6 million deaths worldwide each year can be attributed to "avoidable environmental risks" and account for nearly a quarter of the global disease burden.^v

As humans damage the planet's environment, we make ourselves sick.





THIS WAY OF GROWING FOOD IS NEGATIVELY AFFECTING OUR WATER, SOIL, AIR, AND, ULTIMATELY, OUR HEALTH.

Yet, we continue to pollute our environments and our bodies. Humans continue to cause climate change which in turn drives the loss of vast amounts of biodiversity. We are degrading the topsoil at an alarming rate, with some predicting that if we continue with current farming practices we will be out of topsoil in 60 years. We continue to fell large swaths of forests contributing to more climate change. Many industries are damaging the environment, but a good place to start the conversation—and the change—is with industrial conventional agriculture.

CONVENTIONAL AGRICULTURE IS DESTROYING THE ENVIRONMENT, AND OUR HEALTH

The way we produce our food is not sustainable. In a quest for greater profits, we have come to rely on large-scale, high-intensity monoculture, in which huge areas of land are dedicated to producing a single crop or livestock species, and requires massive amounts of synthetic chemical fertilizers and pesticides. Each year, the U.S. uses more than one billion pounds of pesticides and tens of millions of pounds of synthetic fertilizers, with commodity crops like corn, cotton, soybeans, and wheat accounting for most of their use.^{vi vii} This way of growing food is negatively affecting our water, soil, air, and, ultimately, our health.

More than 90 percent of the U.S. population has detectable levels of pesticides or their metabolites in their bodies and most of the exposure comes from the food we eat and our drinking water. Cumulative and chronic pesticide exposure has been linked to numerous health problems, including lower IQs and learning problems, cancer, diabetes, reproductive and endocrine problems, neurodegenerative disorders, cardiovascular disease, and respiratory conditions.^{viii ix x xi xii}

Water quality is compromised by agricultural runoff of water from farm fields. Runoff from fields washes pesticides and fertilizers into lakes, rivers, and streams, impacting drinking water for nearby residents. The University of California at Davis Center for Watershed Sciences studied the link between agriculture and groundwater and found that “agricultural fertilizers and animal wastes are by far the largest regional sources of nitrate in groundwater, contributing 96 percent of the nitrate loading to groundwater in these agricultural regions.”^{xiii} Drinking water that contains nitrates has been linked to an increased risk of colorectal cancer, thyroid disease, and neural tube defects. Many studies observed increased risk with ingestion of water nitrate levels that were below regulatory limits.^{xiv}

Dead zones, and algae blooms resulting from agricultural runoff, are an ever-growing problem as well. An algae overgrowth can choke out aquatic life and make water unsafe for swimming and drinking. Further, algae blooms emit large amounts of methane, a potent greenhouse gas, which scientists say can accelerate global methane emissions up to 90 percent over the next century.^{xv}

Conventional agriculture also takes a major toll on the soil. Heavy tilling, multiple harvests of the same crop every year, and the heavy use of chemicals depletes valuable soil nutrients and microbes, requiring farmers to use ever-increasing amounts of chemical fertilizers to stimulate plant growth. The heavy use of pesticides further depletes important soil microorganisms.^{xvi} A recent United Nations study found that one-third of the Earth’s fertile soil is being “acutely degraded.” The biggest factor? Conventional agriculture.^{xvii} Soil degradation leads to erosion and eventually desertification, making it harder to continue farming

and threatening food production.^{xvii} Degraded soil also releases carbon into the atmosphere, making it a major contributor to climate change.^{xix xx}

And, while we typically think of the fossil fuel industry as the biggest contributor to air pollution, conventional agriculture isn't off the hook. A study published in 2019 in the *Proceedings of the National Academy of Sciences*, found that conventional agriculture is responsible for 12 percent of air pollution-related deaths each year. It is also the single largest contributor to health and economic damages, emitted from the application and storage of manure on factory farms and the use of synthetic fertilizer.^{xxi}

WE CAN DO BETTER

What we have done to the environment has undermined our health, but we can do better. We must do better. More households are buying organic, with concerns about climate change and the environment the most common reasons cited for doing so.^{xxii} We're also actively seeking out companies that are taking steps to reduce their environmental impact.^{xxiii} According to the Hartman Group, a marketing research group, "In this tense national mood, consumers appear to be more willing to prioritize the greater good in their purchasing than in the past. In a major shift, consumers now report

the environment as their major reason for purchasing sustainable or socially responsible products."^{xxiv} We still have time to re-imagine our future—soil can be regenerated, water quality can be restored, air can be cleared of pollution, and we can all live healthier lives.

One of the most effective ways we can make a difference—both individually and collectively—is what we choose to purchase with our dollars. When you make purchases that support organic and regenerative farms and ranches, you are also building a more resilient system of food production. One that prioritizes the environment, soil health, biodiversity, water quality, clean air, and human health.

Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it."

—Arundhati Roy

References available upon request.

ENVIRONMENTAL JUSTICE IS SOCIAL JUSTICE

Conversations about social justice and environmental justice often happen as two separate dialogues, but these issues are intricately connected. Those who are most affected by exposure to environmental pollution are frequently the very same people who experience social and racial injustice. Researchers are beginning to explore the relationship between the disparate exposure to pollution as a major factor in health inequities among minorities and those of low economic status.^{xxv} For example, farmworkers—often undocumented immigrants—are on the frontlines working with harmful pesticides, often with very little training or understanding of how the exposure can affect their health. Studies have shown that pesticides brought into the home on parents' clothing and skin also put farmworkers' children at risk.^{xxvi} One long-term study conducted by researchers at the University of California, Berkeley found that the children of farmworkers, and children who lived near fields where organophosphate pesticides are sprayed, had higher rates of neurodevelopmental problems, including autism, hyperactivity, and reduced IQs.^{xxvii xxviii} Early life exposure to environmental toxins has also been associated with increased levels of inflammation in adulthood, increasing the risk for inflammation-related health problems. Socially disadvantaged children are more likely to live in areas with higher exposure to pollution, which increases inflammation and oxidative damage.^{xxix}

A 2019 analysis by the Union of Concerned Scientists found that African Americans, Latinos, Asian-Americans, and low-income communities in California are exposed to "substantially more" air pollution compared to other demographic groups, with African-Americans and Latinos exposed to 43 percent and 39 percent

more fine particulate matter compared to white Californians. Fine particulate air pollution poses a serious risk to human health and has been linked with higher rates of cardiovascular and lung diseases, asthma, low birth weight and preterm births, and premature death.^{xxx xxxi} Research has also found that concentrated animal feeding operations (i.e., factory farms) are more frequently located in minority and low-income communities, with residents experiencing higher rates of infant mortality, kidney disease, asthma, and high blood pressure.^{xxxii xxxiii} A large body of research has come to the same conclusion: race and socioeconomic class are both significant determinants of levels of exposure to pollution, including proximity to hazardous waste sites and exposure to air and water pollution. "...the poor and especially the nonwhite poor bear a disproportionate burden of exposure to suboptimal, unhealthy environmental conditions in the United States."^{xxxiv}

As we move forward to create solutions in the fight for environmental justice, we must also confront the racial and social injustices bound up in the fight, for there is no racial justice without environmental justice.

References available upon request.



{N}POWER® PRICING SPECIAL!

FEED YOUR FAMILY OF 4-8

TWO QUICHES
YOUR WAY FOR

UNDER \$14*



Natural Grocers Brand Pasture-Raised Organic Eggs
Always Affordable™ \$5.75



Wholly Wholesome Pie Shells
(Traditional, Whole Wheat, and Gluten Free Varieties)
Always Affordable \$5.29- 5.79



Organic Girl Spinach Tub
Always Affordable \$3.99



Natural Grocers Brand Organic Coconut Cream
Always Affordable \$1.99

SPICE IT UP WITH THESE *Always Affordable* QUICHE ADD-INS



Seajoy Organic Frozen 41/50 Raw Shrimp
Always Affordable \$12.75



Natural Grocers Brand Organic Pinon Nuts



Applegate Uncured Pork & Beef Pepperoni



Natural Grocers Brand Organic Seedless Raisins



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ENTER YOUR PHONE NUMBER AT CHECKOUT TO REDEEM. *THIS OFFER IS AVAILABLE ONLY TO REGISTERED {N}POWER MEMBERS. This offer is only available from August 28, 2020 through September 26, 2020 and is redeemable only for in-store purchases at participating Natural Grocers stores. Price excludes tax. Pricing subject to change without notice. Discount will be applied to the product's regular, non-discounted price. Quantity limited to stock on hand; no rain checks. We reserve the right to correct errors.





PEPPERONI QUICHE

INGREDIENTS

- ½ (5.4 oz) can Natural Grocers Brand Organic Coconut Cream
- 1 (9") Wholly Wholesome pie shell/crust
- 6 whole Natural Grocers Brand Organic Pasture Raised Eggs
- ¼ cup Natural Grocers Brand Bulk Organic Raisins Seedless
- 2 tablespoons Natural Grocers Brand Bulk Organic Piñon nuts
- 2 handfuls fresh organic spinach, roughly chopped
- 12 pepperoni slices, quartered
- 1 tablespoon organic butter, melted

Serves: 6

Prep time: 10 minutes

Cooking time: 35 minutes

Total time: 45 minutes

INSTRUCTIONS

1. Preheat your oven to 350° F.
2. Brush the base, edges, and rim of the pie shell with the melted butter.
3. In a mixing bowl combine the eggs and coconut cream and whisk until smooth.
4. Roughly chop or rip (with hands) the Spinach.
5. Cut the pepperoni into quarters.
6. Distribute evenly the piñon nuts, spinach and pepperoni in the bottom of the pie shell. Pour the egg mixture over the top. Use a spoon or a fork to move the filling around to ensure even distribution and the egg mixture is well incorporated.
7. Bake for 35 minutes or just until the quiche has set (no longer runny in the middle).



FOR ANOTHER QUICHE RECIPE, VISIT:
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NATURAL GROCERS®
By Vitamin Cottage

Organic Snack Packs



Healthy Fat is Where It's At!

The premium quality nuts, seeds, and trail mixes our Bulk Department is known for, now come in convenient, snack-pack sizes. Certified Organic. Non-GMO. Deliciously nutritious!



11 Varieties to Choose From



Convenient Snack Packs Ready to Energize You Anytime, Anywhere



THIS **ESSENTIAL** ELEMENT'S GOT YOU COVERED

By Liz Mueller

Feel a cold coming on? Think zinc. Dealing with bouts of acne? Think zinc. Perhaps you're struggling with male infertility. Or depression. Again, it's zinc to the rescue! But don't we get enough of this important nutrient just by eating healthy? Probably not. Foods that once contained copious amounts of minerals, like zinc, are only as nutritious as the soil in which they're grown, and it's evident that the health of our soil is rapidly on the decline,¹ which means most of us probably aren't getting optimal amounts of this important mineral.

ZINC AND THE IMMUNE SYSTEM.

First, let's pay homage to one of zinc's most important functions in the body—supporting the immune system. One of the primary types of cells activated and supported by zinc are T cells, a type of white blood cell that seeks out and destroys infected cells.^{ii iii} Adequate levels of zinc are essential for T cells' division and maturation, and in the case of a zinc deficiency, T cell development and function is impaired, leading to reduced numbers of this important immune cell.^{iv v} Zinc also influences the activity of other important immune cells like macrophages and neutrophils, and is required for certain immune cells to communicate. Even moderate deficiencies in zinc can increase the risk of infection, and according to one review, "...impaired immune functions due to inadequate zinc status may be the most common cause of secondary immunodeficiency in humans."^{vi vii}

ZINC AND MENTAL HEALTH.

Zinc is critical for supporting mood regulation and cognitive function.^{viii ix} In a study of major depressive disorder, lower zinc levels represented a marker of the illness and were correlated with depressive behaviors, ADHD, violence and aggression in children, and impaired learning and memory. Zinc treatment was found to have antidepressant-like and cognitive-supporting effects.^{x xi xii xiii} The benefits of zinc can be seen in those who respond to traditional antidepressant therapy, as well as those who do not.^{xiv}

ZINC FOR SKIN AND SPERM HEALTH.

Zinc has anti-inflammatory and antioxidant properties, making it a powerful mineral for treating skin conditions such as acne, rosacea, and eczema.^{xv} Topical zinc oxide is used to prevent UV-induced skin damage and may reduce the incidence of malignancies.^{xvi xvii xviii} Moreover, higher zinc plasma levels correlate with high sperm count and better sperm health, with low zinc levels being a potential risk factor for poor sperm quality and male infertility.^{xix}

Whatever your zinc needs may be, supplementing with this essential element can take over where foods may fall short. Soil mineral depletion is on the rise, and with it, micronutrients like zinc have declined in our food.^{xx} Eating high-quality, organic foods is second to none when it comes to taking health matters into your own hands, but supplementing with minerals like all-encompassing zinc can offer a safety net we can all afford to have. Forms to consider taking include zinc acetate, zinc gluconate, zinc orotate, and zinc citrate.

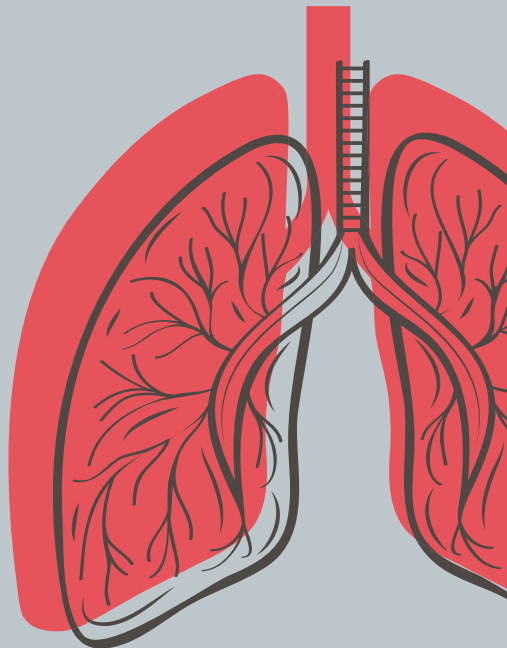
References available upon request.



SUPER SELENIUM FOR SUPER IMMUNITY

Like zinc, selenium is a trace mineral that is important in maintaining healthy immunity, and supplementation has been shown to stimulate the immune response, including enhancing immune cell response to infection. Selenium deficiency has been shown to impair the immune response, allowing viruses to freely replicate, and to increase a person's susceptibility to viral infections.^{xxi xxii xxiii} Selenium acts as an antioxidant and is needed by the body to make glutathione, one of our most powerful endogenous antioxidants. During viral infections, free radicals are produced in large amounts and without sufficient selenium, they can quickly overwhelm our antioxidant defenses, causing massive inflammation and damage to body tissues. It has been shown that selenium supplementation modulates the inflammatory response in acute respiratory distress syndrome (ARDS) patients by restoring the antioxidant capacity of the lungs, thus improving lung function.^{xxiv}

References available upon request.



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INGREDIENTS

6 medium organic beets, scrubbed clean

4 tablespoons Natural Grocers Brand
Organic Extra Virgin Olive Oil

3 tablespoons Natural Grocers Brand
Organic Apple Cider Vinegar

1 teaspoon fresh organic grated ginger

½ teaspoon zest and 1 tablespoon juice
from one small organic orange

½ teaspoon organic lemon zest

¼ teaspoon Natural Grocers Brand
Bulk Organic Cayenne Pepper

¼ teaspoon Natural Grocers Brand
Bulk Organic Ground Cinnamon

Pinch of Natural Grocers Brand Bulk Real Salt

1 head of green leaf, romaine, or butter lettuce

Optional toppings: Goat cheese or vegan
cheese crumbles, toasted pine nuts, slivered
almonds, extra lemon/orange zest

ORGANIC CITRUSY BEET SALAD

Roasted beets are surprisingly sweet and delicious. Paired with a bright citrus dressing with a kick, this salad is wonderful any time of year. For a fun splash of color, try using a variety of fresh beets such as red, golden, and the curiously striped chioga.

COOKING TIME: 1 HOUR | TOTAL TIME: 3+ HOURS | SERVES: 4

INSTRUCTIONS

1. Preheat oven to 425° F. Place beets on a baking sheet and roast for about an hour, or until tender when pierced with a fork. Peel the beets once cool enough to handle; cut off tops and bottoms, then slice.
2. Whisk remaining ingredients (through salt) in a bowl, gently toss with the beets, and refrigerate for several hours. Serve over a bed of lettuce topped with goat cheese and nuts if desired.

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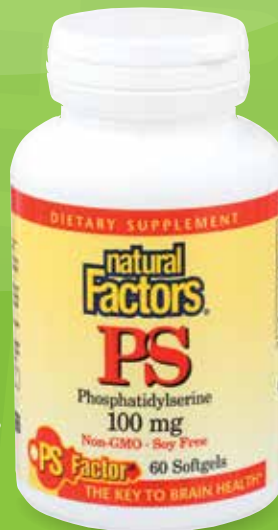


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