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MARCH 2021 | VOL. 44

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LETTER From the Iselys

"Promise yourself to be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble."

—The Optimist Creed

She looms larger than life in my memory, which isn't surprising. She was a whirlwind of feel-good things, from her bright red lipstick to her fondness for dark chocolate. She loved rousing discussions, family dinners, and welcoming those who didn't have family nearby to call their own. Her laughter was big like her opinions, while her hugs were the coziest of comforters on a frosty night. She believed that "you can never spoil a child," and if there were a recipe for grandma's, hers would get five-star reviews.

A long time has passed since her smile brought warmth to my day, but the impression my grandmother, Margaret Isely, left on me hasn't faded. The incredible thing is, she lives up to the legend in the hearts and memories of everyone who knew her. I think her daughter said it best: "Margaret was presence. She lived the life that made a difference."

It's Women's History Month, and for our family and Natural Grocers that means celebrating the spirit of the woman who helped start it all. Margaret Isely—the legend, co-founder, mother, grandmother, and everyday woman. She lives in the details of Natural Grocers, in the history that makes us who we are today.

When we talk about our dedication to Nutrition Education, she ignited the passion. She taught us that nutrition is the foundation for wellbeing, and knowledge about it is one of the most important gifts you can give. When we talk about our commitment to community, she planted the seeds, passing along her Irish ancestors' motto: "Ours is to share." When we say that some of our unique Crew benefits, like Birthday Bonus Pay and Vitamin Bucks, are inspired by things she used to do, these aren't just things we say. They come from an authentic place, from a woman who led with her heart, who was always herself—compassionate, innovative, wise, and filled with love for all people and the planet.

She's the reason we're willing to get a little more personal now and then, in a letter like this, because everybody deserves to know someone like Margaret. People felt they mattered; that was the message she always expressed. What you do matters, who you are matters. You are worthy of love and belonging.

To the Margarets in all our lives... Happy March!

The Isely Family

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EDUCATION

HIGHEST QUALITY
PRODUCTS

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AFFORDABLE™

COMMITMENT TO
OUR COMMUNITY

COMMITMENT TO
OUR good4u™ CREW



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BE ROOTED IN FAMILY

Natural Grocers™ | 3

FOR THE LOVE OF ORGANICS: CULINARY HERBS

By Charity Isely



Do March winds leave you feeling restless? We have just the tonic—a culinary journey around the world with fresh herbs! From Italian to Mexican, Thai to French, these aromatic ingredients are essential to our favorite dishes' distinctive flavors. And they're loaded with the "anti's" too: antioxidant, anti-inflammatory, and anti-bland!²⁴ Shall we start adventuring?



WE'LL GO TO THE "END OF THE WORLD" FOR PARSLEY

Let's head way down south, to Patagonia, and on the way stop by an asado, the South American version of a barbecue. We're here for the chimichurri, the flavorful Argentinian sauce served alongside grilled meat and featuring one of our herbs du jour, parsley.¹

Phytonutrient to know: Parsley is a top source of apigenin, a flavonoid with potent antioxidant and anti-inflammatory activity, and of interest for its potential protective role against diseases like cancer.²⁻³ Some of the beneficial effects of apigenin seen in studies include inducing cancerous cell death and stimulating important detoxification enzymes.⁴ We'll take a serving of this flavonoid with our chimichurri, please!

Choose organic because: As reported by Beyond Pesticides, the synthetic pesticides approved for use on parsley come with a range of negative effects. Thirteen are linked to health issues like cancer, 12 are poisonous to wildlife, and seven are toxic to honeybees and other pollinators.⁵ So, consider the downstream impacts when choosing a bunch.

WE'LL RUSH TO THE SHORES WHERE BASIL IS GOLD

Heading north now, we have a balmy clime in our sights: the Mediterranean. Here, in Italy's Liguria region, we can discover pesto's secrets and the herb it cannot exist without, basil. With pesto alla genovese waiting for us by candlelight, let's have a quick look at the nutritious details of basil.⁶

Phytonutrient(s) to know: Rosmarinic acid is one of the main phenolic compounds in basil, studied for its antiviral, anti-inflammatory, antibacterial, and antioxidant properties.⁷⁻⁸ And here's a nutritious fun fact: Basil also contains chicoric acid, one of the primary immune-supporting components of echinacea purpurea.⁹⁻¹⁰

Choose organic because: The synthetic pesticides approved for basil, according to Beyond Pesticides, include 18 linked to chronic health issues, 16 that are poisonous to wildlife, and five that contaminate streams and groundwater.¹¹ That is certainly not buon appetito to our culinary adventure, so let's stick with organic.

WE'LL CROSS AN OCEAN OR TWO FOR CILANTRO

Finally, we head southwest toward another sparkling sea, the Caribbean. We'll land somewhere on the Yucatán Peninsula in Mexico and spend an afternoon lounging beneath the palms, with a book, a drink, and some fresh ceviche topped with cilantro. But first, what should we learn about this zesty herb?

Phytonutrient to know: Quercetin is abundant in many fruits and veggies, including cilantro,¹² and that's excellent news because this flavonoid is known for being an "outstanding antioxidant."¹³ Animal studies have found that quercetin inhibits LDL oxidation, a key step in developing hardening of the arteries.¹⁴¹⁵⁻¹⁶ This antioxidant has also been shown to reduce viral-induced inflammation, lung inflammation, and reduce the damaging effects of oxidative stress on the lungs.¹⁸⁻¹⁹²⁰⁻²¹

Choose organic because: In 2011, the Environmental Working Group (EWG) reported that cilantro had the highest number of unapproved (for that crop) pesticide residues recorded since they began tracking USDA testing data.²² As of 2020, cilantro hadn't cleaned up its record much, with the EWG noting that its pesticide residue profile was similar to that of two Dirty Dozen list regulars—spinach and kale.²³ Next time you buy a bunch of this tender-leafed herb, make it organic!

References available upon request.



INGREDIENTS

For the chimichurri sauce

- ½ cup organic parsley leaves, stems removed
- 2 tablespoons organic cilantro leaves, stems removed (optional)
- ½ cup Natural Grocers™ Brand Organic Extra Virgin Olive Oil
- 2 tablespoons Natural Grocers Brand Organic Apple Cider Vinegar
- ¼ - ½ small organic red onion, chopped into 1-inch pieces
- 3 cloves organic garlic
- ½ teaspoon Natural Grocers Brand Bulk Organic Red Chili Flakes (or to taste)
- ¾ teaspoon Natural Grocers Brand Bulk Organic Oregano Leaf
- ½ - 1 teaspoon coarse salt (adjust to taste)
- 1 tablespoon water

For the parsley pesto sauce

- 2 organic garlic cloves
- 2 cups packed, de-stemmed organic Italian parsley
- ½ cup Natural Grocers Brand Bulk Organic Walnuts
- ½ cup finely grated organic Parmesan cheese
- ½-¾ cup Natural Grocers Brand Organic Extra Virgin Olive Oil
- Natural Grocers Brand Bulk Real Salt and Organic Ground Black Pepper, to taste

CHIMICHURRI AND PARSLEY PESTO SAUCES

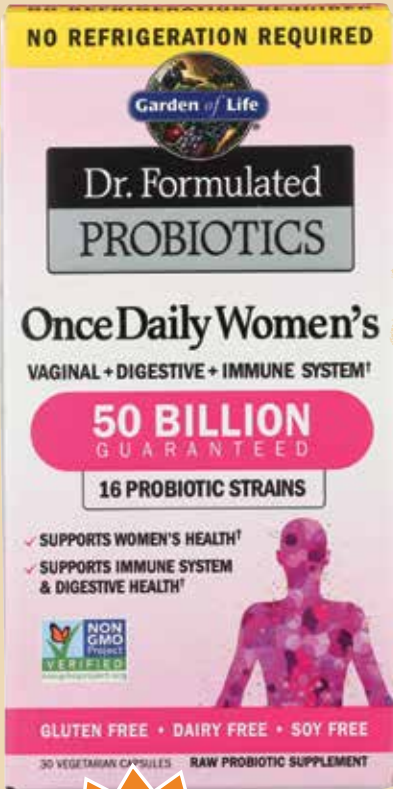
Bored with your weeknight meals? Try adding a delicious flavor-packed sauce to spruce up almost anything on the menu—without adding much extra time to your night. Chimichurri is delicious on chicken, fish, steak, tempeh, tofu, beans, or vegetables. It can be used as a marinade before cooking or served on top after cooking. Use parsley pesto the same way; it is also tasty on spaghetti squash, pasta, potatoes, and rice. Bring new life to your tired weeknight meals and impress your family with a fresh and zesty good4usm sauce!

INSTRUCTIONS

PREP TIME: 15 MINUTES PER SAUCE |

30 MINUTES FOR BOTH SAUCES | SERVES 4

1. *For the chimichurri:* Add the parsley and cilantro to a food processor and process until finely chopped, about 1 minute. Add the remaining ingredients and process until all the ingredients are finely chopped and well combined. Taste and adjust the flavor to your liking. Chimichurri is easy to adjust to your taste: Add more red pepper, garlic, or salt if you like, if you don't like cilantro, simply leave it out. The outcome should be a fresh flavor, with a little spice and zing. When the taste is to your liking, scrape it into a bowl to use immediately, or transfer to a jar with a tight-fitting lid to refrigerate until ready to use.
2. *For the parsley pesto:* Add the garlic, parsley, walnuts, and cheese to food processor. Process until a paste forms, stopping to scrape down once or twice while processing. Add the olive oil, pouring very slowly, while the food processor runs, to gradually blend the oil into the parsley mixture; adjust the amount to your preference for thickness. Once incorporated, stop to add salt and pepper to taste and process again until well combined. When the taste is to your liking, scrape it into a bowl to use immediately, or transfer to a jar with a tight-fitting lid to refrigerate until ready to use.



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SERENITY NOW!

THE AGE OF
ANXIETY &
NATURAL
SOLUTIONS
TO CULTIVATE
CALM

BY LINDSAY WILSON





WE ARE A NATION RIDDLED WITH ANXIETY.

Whether you suffer from generalized anxiety disorder, social anxiety, obsessive-compulsive disorder, panic disorder, or post-traumatic stress disorder (or a combination of any of the above), you are not alone.

Anxiety disorders are the most common mental illness in the U.S. and affect 40 million adults, or close to 20 percent of the population,ⁱ with millennials and people of color reporting the most anxiety overall and baby boomers reporting the sharpest increases in anxiety.ⁱⁱ

Americans' anxiety levels are increasing, but the good news is that anxiety (and mental illness in general) is losing its stigma and has become a trending topic in the national conversation. Though that is encouraging, according to the Anxiety and Depression Association of America, only about 37 percent of those with anxiety receive treatment. So while there may be more awareness, many people continue to suffer. Anxiety can be overwhelming and hard to know how to handle, but it can be controlled. While there are multiple causes of anxiety, and severe anxiety disorders may require medical treatment, many anxiety symptoms can be controlled with lifestyle changes (diet, exercise, meditation, etc.) and by supporting your body and brain with nutritional supplementation.

LONG-TERM: BUILD A FOUNDATION TO CULTIVATE CALM

Our modern diets full of processed foods high in sugar and low in saturated fats have left many of us overfed, yet undernourished and mentally unbalanced. We are unknowingly plagued with sub-optimal levels (in some cases, outright deficiencies) of essential vitamins and minerals, some of which play crucial roles in mental health. Start by building optimal levels of these nutrients:

Magnesium. Known as a calming mineral, much of the population consumes inadequate amounts of magnesium. Mental and emotional stresses quickly deplete levels, as do poor eating habits, alcohol consumption, and certain prescription drugs. Sometimes called the original “chill pill,” magnesium plays important roles in the nervous system, including modulating the hypothalamic-pituitary-adrenal (HPA) axis (our central stress response system) and blocking excitatory transmission in brain cells, both of which help prevent feelings of anxiety. Research has shown that increasing magnesium levels results in anti-anxiety effects and can relieve mild to moderate anxiety and anxiety associated with PMS, especially when combined with vitamin B6.^{iii iv} Studies have used 250-300 mg of magnesium along with 50 mg of vitamin B6 daily with efficacy.

Speaking of **B vitamins**, it's a good idea to take a quality B-complex as a foundational supplement. The B-family works synergistically and is vital for mental and emotional wellbeing; the B vitamins are involved in healthy neurotransmitter production, a healthy stress response, and are necessary for normal central nervous system function.^{v vi vii viii} Stress, sugar, and alcohol all quickly deplete levels of the B vitamins. And because they are water soluble, they are not stored in the body and must be replenished daily.



Omega-3 fats. The omega-3 fats docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are essential for healthy neurological function. And like magnesium, many of us are woefully low in these important fats, and instead consume an overabundance of pro-inflammatory omega-6s. Clinical research has shown that subjects diagnosed with anxiety have significantly lower levels of EPA and DHA and a higher ratio of omega-6s to omega-3s in the brain, and at least one trial has shown a correlation between low levels of EPA and severity of PTSD.^x An analysis of 19 clinical trials published late last year examined the anti-anxiety effects of EPA and DHA in patients with significant anxiety and fear-related symptoms. Researchers found that taking between 1,000 and 2,000 mg of combined EPA and DHA daily was associated with an improvement in anxiety symptoms, with the strongest effect seen in patients with specific clinical diagnoses.^x

Rhodiola. This herb has a long history of use as an adaptogen, a substance that enhances the body's resistance to the negative effects of stress, both physical and mental. Modern research has found that rhodiola can improve symptoms of burnout—feelings of overload, tension, fatigue, and overall stress—all of which can heighten anxiety, and mild generalized anxiety. In one study, 118 patients with burnout took 200 mg of rhodiola twice a day for three months and experienced “clear improvement,” with some symptoms improving after just one week of supplementing. Overall, rhodiola led to improvements in fatigue, emotional exhaustion, mood, cognition, and decision making.^{xi} In a trial investigating rhodiola's effect on people with mild anxiety, supplementing with 200 mg of rhodiola twice daily led to a “significant reduction in self-reported anxiety, stress, anger, confusion, and depression at 14 days and a significant improvement in total mood.” Another small study found that supplementing with 360 mg of rhodiola daily for 10 weeks led to a significant improvement in symptoms of generalized anxiety disorder.^{xiii xiiii}

Probiotics. With more information emerging on the gut-brain axis, researchers have begun to delve into the connection between gut health and mental health, with exciting findings. For example, a healthy balance of *Bifidobacterium* and *Lactobacillus* species in the gut is important for producing the brain's main calming neurotransmitter gamma-aminobutyric acid (GABA); low levels of GABA have been linked to anxiety. Research has also found that probiotics normalize cortisol levels, regulate the HPA axis (hyperactivity or dysregulation of the HPA axis is a strong marker of anxiety), and reduce systemic pro-inflammatory cytokines, which have been found to play a role in the development of anxiety.^{xiv} Many people have an unhealthy balance of bacteria in their guts, or dysbiosis; restoring a healthy balance is especially crucial for those with anxiety.

SHORT-TERM: RESTORE CALM

Long-term support is vital, but when you feel yourself on the edge and need something to restore calm, consider some of these “in-the-moment” remedies:

The amino acid **L-theanine** enhances alpha brain wave activity, which induces feelings of calm, and increases the synthesis of the calming neurotransmitter GABA. L-theanine has been shown to lead to changes in brain activity similar to that of meditation. A calming effect is usually felt within 30 minutes at doses between 50 and 200 mg. For more severe anxiety, doses may be increased up to 800 mg daily, divided throughout the day.^{xv}

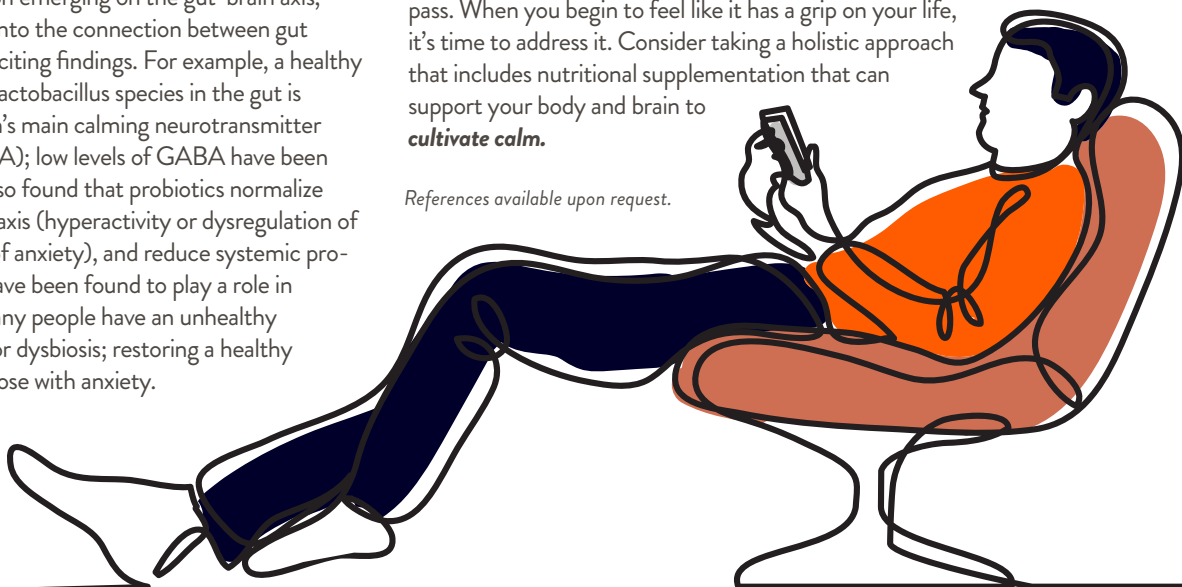
Passionflower has long been used as a folk remedy to treat “hysteria” (i.e., anxiety) and insomnia, and modern research is confirming its efficacy.^{xvi} One study including 36 patients diagnosed with generalized anxiety disorder found that 45 drops of a liquid passionflower extract was as effective as 30mg of oxazepam, a common anti-anxiety prescription drug, and without the side effects reported by those taking the drug.^{xvii} This herb may be especially helpful for those whose anxiety is coupled with insomnia.

Flower essences are infusions made from the flowering parts of plants and are used for their beneficial effects on mood and emotions. They are said to work on a subtle energetic level, but with profound results. One study including moderately anxious subjects who reported personality traits as anxious, impatient, irritable, nervous, and tense, found a 100 percent reduction in anxiety levels after treatment with a blend of impatiens, cherry plum, white chestnut, and beech flower essences. Eighty percent of the subjects taking flower essences reported that even when confronted with stressful events, they were able to stay calm.^{xviii}

Anxiety is a normal human emotion, but one that should pass. When you begin to feel like it has a grip on your life, it's time to address it. Consider taking a holistic approach that includes nutritional supplementation that can support your body and brain to **cultivate calm.**

References available upon request.

**ANXIETY
DISORDERS**
are the most common
mental illness in the
U.S. and affect
40 million adults



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NATURAL FACTORS®
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A source of omega-3s that your growing baby needs for brain and nervous system development, and that support a healthy pregnancy.*

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Supports mental alertness and helps to empower clarity of thought.*

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Melatonin can help with occasional sleeplessness.*

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Melatonin 2.5 mg Peppermint

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A non-habit forming solution that helps reset the body's internal clock.*

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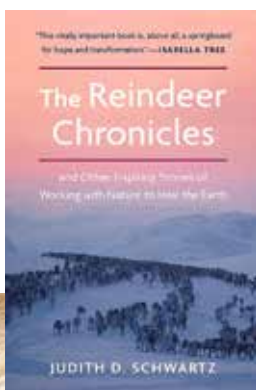


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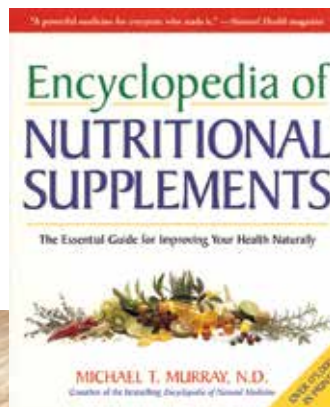
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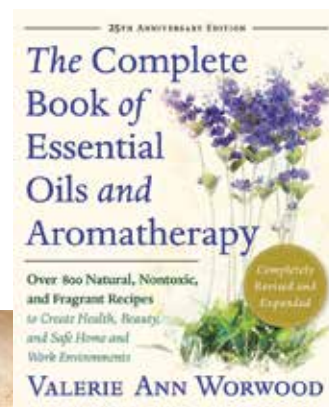
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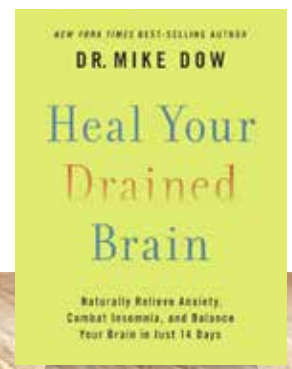
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Happy Women's History Month to all our family, friends, and neighbors!

We want to acknowledge women's tireless strength throughout history and the everyday influence of the women we cherish in our own lives—inspiring and empowering us to be our better selves. This edition of Think Wisely is a special tribute to these sentiments, featuring only women-owned brands and the incredible innovators behind them. *We hope you enjoy it!*





It's a sister thing—meet the dynamic duo behind three fan-fave body care brands!

The legacy of 180 years of soap-making tradition and the modern family's everyday needs—what do they have in common? Molly and Katherine Oliver, the sisters behind three brands you need to know—The Grandpa Soap Company, South of France® Natural Body Care, and Kirk's. Sustainable and progressive practices are their core values, and transparency is more than a promise. It's why they've gone the distance to become a WBENC certified women-owned business and achieve multiple certifications across their brands, including Non-GMO Project Verified, Leaping Bunny Certified, and Gluten-Free. Three brands, two sisters, one mission—crafting the highest-quality, affordable soap and body care products created with women and families in mind. So, what do you need today? Is it the home chef's new BFF—Odor Neutralizing Hand Wash from Kirk's, or the time-tested, ingredient-driven haircare from The Grandpa Soap Co.? We know what we're craving—a shower escape to the South of France with a bar of triple-milled soap, because who doesn't need that?



SALE!
20% OFF

ALL KIRK'S® PRODUCTS!



Discover a new kind of “tea magic” with Sashee Chandran!

Do you have time for a cup of tea? Sashee Chandran, tea connoisseur and founder of Tea Drops, wants to share a cup with you, and it will only take a moment! Sashee grew up surrounded by tea culture, with her mother from China and father from Sri Lanka. She knows the magical complexity of aroma, quality, and flavor that only a cup of loose leaf tea holds. She also knows it can be a challenge when you're on the go, so she created a new kind of “tea magic.” Tea Drops are delicately ground loose leaf teas, blended with a dash of raw sugar, pressed into fun shapes, and ready to dissolve in hot water—no extra work and no wasted tea bags. They're Certified Organic, Fair Trade, made in the USA, and brought to you in recyclable packaging from a women-owned company that is deeply committed to a female-forward supply chain. So, take a moment and enjoy a cuppa, swirling the cup gently while you do, to capture every fiber-rich sip. Let Tea Drops connect you to the nourishing ritual of tea any time, any place.



SALE!
\$7.99

10 PK
ALWAYS AFFORDABLE™ \$9.79



Calling all healthy snack lovers—meet the pioneers of organic seaweed snacks!

“Gimme veggies!”—said (almost) no kid ever. But once you try GimMe Organic Seaweed Snacks, you'll start hearing every kid (and yourself) saying “gimMe more seaweed snacks!” GimMe Organics was founded by entrepreneur, Annie Chun, who transformed a staple of her South Korean upbringing, seaweed, into a delicious new staple for healthy snacking across households nationwide. With inspiration from her teenage daughter, Mia, and her husband, Steve, Annie pioneered the world's first USDA Certified Organic and Non-GMO Project Verified seaweed snacks, using sustainably cultivated and harvested seaweed from South Korea. Each batch of GimMe Organic Seaweed Snacks is roasted to light & crispy perfection, Certified Gluten-Free and nutrient-dense. Available in three delicious flavors, Sea Salt, Teriyaki, and Wasabi, each bite is crisp and full of umami—a bold flavor that wakes up your taste buds! Kids will beg for this sea veggie, and you may find yourself not wanting to share!



SALE!
\$4.19

6 PK
ALWAYS AFFORDABLE \$5.29





Are you Keto, Paleo, or Gluten-free and missing bread? Jordann Windschauer is here for you!

Can 30 days of clean eating change the course of your life? It can! Just ask Jordann Windschauer—or better yet, sink your teeth into Base Culture, her line of Paleo and Keto baked goods! After she completed a 30-day Paleo Challenge, Jordann knew she couldn't go back to her former way of eating, but something was missing—the oh-so-satisfying texture and flavor of bread-y things. Her quest to fulfill her fresh-baked cravings without using gluten or grains began in her apartment kitchen. Now it's flourishing in a dedicated facility and ready to satisfy your cravings, too. Grain-free, Gluten-free, and Paleo Certified, Base Culture is made with pure, simple non-GMO ingredients—the kind you could find in your own pantry. So, go on and have your banana bread, your favorite sandwich, your weekend brownie, and eat it too! Plus, here's an insider tip—pair Base Culture baked goodies with their Maple Almond Butter, your playlist of the week, and you! It's kind of life-changing.



Kirsten Quigley wants to help you live “a life less plastic”™!

“It is better to light a single candle than curse the darkness.” It's a saying that inspires Kirsten Quigley, founder of Lunchskins, in her mission to help families reduce single-use plastic waste. By 2050, plastic in the ocean will outweigh fish, scientists predict. The need to find alternatives is urgent, so where are you in your plastic-free journey? Kirsten will meet you there with a straightforward solution—Lunchskins! Trade your plastic sandwich and snack-bags for sealable, backyard compostable, and recyclable paper bags! Wax and toxin-free, food-safe, and made with sustainably sourced wood pulp from Forest Stewardship Council® Certified forests—their stylish prints appeal to everyone in the family, and that's not all. Lunchskins also has paper straws “that don't suck”—long-lasting and biodegradable. When you're ready to take the next step in your journey, it's simple. Try Lunchskins reusable, dishwasher-safe, fabric bags—one for sandwiches, one for snacks. With over 2.8 billion single-use plastic bags and 2.6 million plastic straws (and counting) saved from landfills—light a candle with Kirsten, it adds up.



Experience the transformational power of food with founder and Clinical Nutritionist, Sharon Brown!

“Food as medicine”—this is Sharon Brown's passion. The spark first ignited when she experienced the transformational power of bone broth on her young son's health, and it changed her life's direction. Now, Sharon is spreading the transformation across the country with Bonafide Provisions—her line of bone-broth-based, healing foods. It all begins with the broth, which is “obsessively crafted and traditionally made.” Pasture-raised bones, triple-filtered water, mineral-rich Celtic Sea Salt®, and organic veggies are the key to its nutrient-dense integrity and hearty flavor—no fillers, no preservatives, just purposeful ingredients sourced with care. Slow-simmered for a minimum of 18 hours, Bonafide's cooking times maximize the broth's immune-supporting, nurturing properties—amino acids and collagen. Frozen fresh to protect nutritional quality and flavor without preservatives, Bonafide Bone Broths and Soups are Certified Organic, non-GMO, paleo friendly, and loaded with homemade goodness. Sharon Brown believes that food can change lives—how about you?





Share a moment of joy with Christy Goldsby—she'll bring the chocolate-y treats!

The day Christy Goldsby first made a batch of Honey Mama's, she knew. These exquisite bars, created with raw honey, cocoa powder, and a handful of other wholesome ingredients, were a game-changer. They were the essence of Christy's passions, great food, and good health combined in the shape of the most delicious chocolate-y bar you may have ever tasted (a sentiment echoed by many fans of Honey Mama's). Since that day, the recipe for these Cocoa Truffle Bars has never changed. Every bar has the same base of five organic ingredients, finished with heavenly elements like locally roasted coffee beans, lavender, rose petals, ginger, and cardamom (also organic). Paleo friendly and nourishingly indulgent, Honey Mama's makes its bars without dairy, gluten, refined sugar, or soy. Crafted in Portland, "while dancing to great music," they're in the grab-and-go refrigerated case of your nearest Natty GsSM—waiting to bring a moment of pure, joyful indulgence to your day. One bite, and you'll know.



Loree Mulay Weisman wants her delicious family secrets on your menu!

It's a delicious day in the neighborhood when you know Loree Mulay Weisman, the Founding President and CEO of Mulay's Sausage. Foodie, mom, avid skier, fearless leader—there are many ways to describe Loree, but when you taste Mulay's Sausage for the first time, the adjective that's top of mind is—brilliant! Followed by, give me more, please. The Mulay's difference begins with centuries-old recipes that Loree's family brought from Sicily. It's rooted in sustainability and quality, starting with Heritage breed pigs, raised on small family farms, with plenty of fresh air and outdoor access. It's anchored in paying farmers a living wage, negotiated at the beginning of every year and paid throughout, regardless of market fluctuations. Finally, Mulay's is extraordinary because they're WBENC certified women-owned and family-run. They're keto, paleo, gluten-free, and the first meat company to be certified free from the eight major allergens! Whether it's Meatballs, Breakfast Sausage, or Nana's Original Italian on the menu—it's a delicious day in the neighborhood when you know Mulay's.



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BODY CARE

16% OFF

\$4⁵⁹

DESERT ESSENCE®
Tea Tree & Neem Toothpaste
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NATURTINT®
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All colors contain natural, hair-caring extracts and oils, such as aloe extract, shea butter, grape seed oil, citrus extracts, and more.

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Used as an alternative, more mild approach to alcohol.*

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Hyaluronic Acid Firming Serum
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An ultra-concentrated hyaluronic acid gel that moisturizes the skin.

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TREAT YOURSELF, YOU'VE JUST LOST AN HOUR!

**28%
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\$9.99

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Stress-Relax® Melatonin 5 mg | 180 chew.

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**26%
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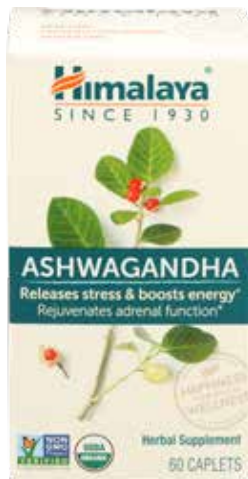
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NATURAL FACTORS

Stress-Relax Tranquil Sleep | 90 sg.

***ALWAYS AFFORDABLE™ \$26.59**

**49%
OFF***



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HIMALAYA HERBAL

Ashwagandha | 60 cap

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35% OFF*



\$2.99

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Select Waffles | 5.08-8.75 oz.

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35% OFF*



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CHOCOLIVE

Chocolate Covered Cups | 1.2 oz.

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33% OFF*



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BARBARA'S

Cheese Puffs | 5.5-7 oz.

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MOUNTAIN VALLEY

Still or Sparkling Spring Waters | 1 L

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27% OFF*



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4TH & HEART

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Organic Ice Cream | 48 oz.

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Melatonin 2.5 mg Peppermint
60 loz.

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SEAWEED BATH

Energizing Body Cream or
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Vitamin C Bright Eyes
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NATURAL GROCERSTM 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 our budget. Gramps and Gram may have had better comics, but we have better coffee... and now you're old enough to try





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GROCERY



21% OFF

\$3²⁹

PACIFIC FOODS®
Select Organic Broths
32 OZ.

These homemade-like broths taste like they have been gently simmering for hours. Which coincidentally, they have.

ALWAYS AFFORDABLE™ \$4.19



20% OFF

\$2³⁹

BARBARA'S®
Cheese Puffs
5.5-7 OZ.

These deliciously cheesy and crunchy cheese puffs are the snack attack you will be happy to have.

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BACK TO NATURE®
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Chocolate Chunk Cookies will remind you of your first oven-baked cookie, so smile knowing that goodness makes a difference.

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BLUE DIAMOND®
Nut-Thins Crackers
4.25 OZ.

A gluten-free snacking experience that's guaranteed to blow your taste buds out of the water.

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BOBO'S®
Protein Bars
2.2 OZ.

Whole grain oats with a touch of honey and 10g of plant-based protein will keep you coming back for more.

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30% OFF

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BELLUCCI®
Organic 100% Italian
Extra Virgin
Olive Oil
16.9 OZ.

ALWAYS AFFORDABLE™ \$15.89



20% OFF

\$9⁷⁹

BIOKLEEN®
Laundry Liquids
64 OZ.

This fragrance-free formula is gentle on senses and skin without sacrificing cleaning power.

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27% OFF

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DR. BRONNER'S®
Sal Suds Biodegradable Cleaner
32 OZ.

Dishes-floor-laundry-more—the ultimate multi-purpose household cleaner!

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EarthWATCH:

COULD THE SOLUTION TO CLIMATE CHANGE BE IN YOUR NEXT FORKFUL OF FOOD?

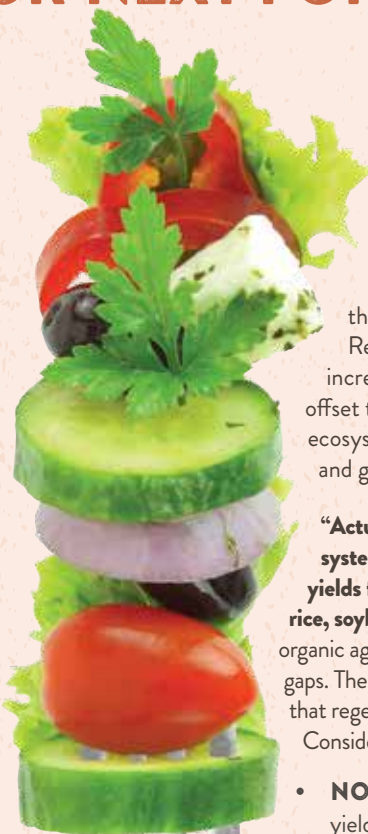
By Charity Isely

The global adoption of regenerative agricultural practices on both grassland and cropland could sequester more than 100 percent of current, human-caused CO₂ emissions.¹ These are the findings of the latest Rodale Institute report, *Regenerative Agriculture and the Soil Carbon Solution*, which includes peer-reviewed research and the observations of seasoned agronomists, and data from Rodale's Farming Systems Trial, North America's longest-running side-by-side comparison of organic and conventional grain cropping systems.^{1,2}

"Regenerative agriculture is a system of farming principles that rehabilitates the entire ecosystem and enhances natural resources, rather than depleting them."³ Its practices improve soil health by increasing soil organic matter, of which biodiversity, both above and below ground, is a critical component.⁴ It enhances soil's water retention capacity, improves its structure, and enables carbon sequestration at greater depths.⁵ Some of the regenerative practices identified in the report that support soil carbon sequestration include: diversifying crop rotations, planting cover crops, using natural sources of fertilizer such as compost, eliminating synthetic chemicals, and employing highly managed grazing. "These interlinked practices support soil life and minimize erosion by retaining biomass from a wide variety of living and dead roots, shoots, and microbes, which work together to sequester carbon."^{iv}

The evidence is in the data. Consider these insights on regenerative practices included in the report:

- **BIODIVERSITY IS KEY:** Almost 60 percent more biomass from soil microorganisms and 80 percent more activity in soil life was found in organic farms than conventional, according to a review of more than 50 international studies.⁶
- **POLYCULTURES PROTECT:** The roots of diverse polycultures (multiple crop species planted side-by-side or in rotation) protect microbially derived soil carbon from decomposition, which is vital for long-term carbon storage.^{vii}
- **NITROGEN SOURCES ARE IMPERATIVE:** Organic nitrogen sources, like compost and manure, feed the microbes responsible for carbon storage, and help nitrogen-fixing plants grow longer roots, allowing them to hold more carbon in the process. Legume cover crops, such as crimson clover, are twice as efficient as nitrogen fertilizer at storing soil carbon. And, after 34 years of Rodale's Farming Systems Trial, there were 18 to 21 percent higher soil organic carbon levels in the system fertilized with organic manure than the conventional.⁷



"To close the emissions gap, land use must transition rapidly from being a net source of emissions to a net sink."⁸ Grazing lands

comprise more than 70 percent of the world's agricultural land area, and the most significant carbon sequestration potential identified by the Rodale report lies in this vast carbon sink.

Regeneratively managed ruminant grazing can increase soil carbon storage at levels that more than offset their emissions, while providing other essential ecosystem services such as increasing essential minerals and general soil health.⁹

"Actual yields in well-designed regenerative organic systems... have been shown to outcompete conventional yields for almost all food crops including corn, wheat, rice, soybean, and sunflower."¹⁰ Many are skeptical that organic agriculture can feed the world, based on presumed yield gaps. The Rodale Farming Systems Trial provides evidence that regenerative organic practices can close the yield gap. Consider these highlights:

- **NO STATISTICAL DIFFERENCE** between the yields of conventional and organic plots over 40 years.^{xi}
- **60 MORE BUSHEL PER ACRE** of organic corn produced in 2016 by the no-till/manure system compared to the conventional corn yield that year.^{xi}
- **30 TO 100 PERCENT HIGHER YIELDS DURING DROUGHT YEARS**, demonstrating the climate resilience of organic plots versus conventional.^{xi}

WHAT YOU CAN DO

The Rodale report recommends these four actions for every eater who wants to make a difference: Put pressure on supply chains. Talk to your policymakers. Start a conversation. Buy regenerative.¹¹ At Natural Grocers, we help you take those steps through our dedication to organic and regenerative standards. Our produce department is 100 percent certified USDA organic. Our dairy is 100 percent pasture based. And our meat is 100 percent humanely raised and sustainably farmed. We are committed to providing our customers with environmentally sustainable and regenerative selections and work behind the scenes to support farmers and policymakers who share our commitment. Every forkful contributes either to the problem or the solution, because as Wendell Berry says, "Eating is an agricultural act."

OFFERS VALID FEBRUARY 26 TO MARCH 27, 2021

GROCERY



20% OFF

\$2.99

CHOCOLOVE®
No Sugar Added Chocolate Bars
3.2 OZ.

Chocolove's XO tastes so good, you might wonder if there really is no sugar added.

ALWAYS AFFORDABLE SM 3.75



22% OFF

\$5.99

BOB'S RED MILL®
Organic Unbleached White Flour
5 LB

Includes a touch of malted barley to enhance the rise in your yeast breads.

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BOULDER CANYON®
Potato Chips
5 OZ.

These wavy Canyon Cut chips are cooked in pure avocado oil for a uniquely subtle, buttery flavor.

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CELESTIAL SEASONINGS®
Select Teas
18-20 CT

A blend of floral chamomile, aromatic citrus and sweet peaches give this brew a decadent peaches and cream flavor. Savor it both hot and iced.

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CLIF®
Select Bars
2.4 OZ.

Made with organic rolled oats and 9 grams of protein, it helps provide the sustained energy you need to keep climbing higher.

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CROWN PRINCE NATURAL®
Skinless Boneless Sardines in Olive Oil
3.75 OZ.

Hand filleted and hand packed in pure cold-pressed olive oil. Kosher; excellent source of protein.

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ENJOY LIFE FOODS®
Chocolate Chips, Morsels or Chunks
9-10 OZ.

All Enjoy Life Foods products are free from gluten and 14 common food allergens.

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EPIC®
Meat Bars
1.3-1.5 OZ.

Bison Bacon Cranberry snack bars are made with 100% grass-fed bison, uncured bacon, cranberries, and spices.

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40% OFF

\$1.89



FOOD SHOULD TASTE GOOD™
Tortilla Chips
5.5 OZ.

So tasty you can enjoy them alone but so good with a fresh dip.

ALWAYS AFFORDABLE \$3.15



UP TO
24% OFF

Our Always AffordableSM
Price on Select Simply
Organic® Spices

.018-4.73 OZ.

Real Spice for Real Bite. Because the best things in life can't be faked.

ALWAYS AFFORDABLE \$3.75-\$13.35



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FLAX 4 LIFE®
Gluten-Free Muffins & Bites
14 OZ.

Treat yourself to a nutritious and delicious chocolate brownie! Packed full of rich, fudgy chocolate flavor that your tastebuds will love!

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36% OFF

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GRAIN BERRY®
Onyx Sorghum Cereals
12-16 OZ.

More Free Radical Protection • More Natural Plant Fiber • Slows Sugar Absorption*

ALWAYS AFFORDABLE \$3.99

22% OFF

\$1.89 EACH



HIGH BREW COFFEE®
Cold Brew Coffee Beverages
8 OZ.

High Brew is an elevated experience with a "can"-do attitude. It's cold brew for those who do.

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24% OFF

95¢



HONEY STINGER®
Organic Gluten-Free Waffles
1-1.06 OZ.

Honey Stinger Gluten-free Waffles are the first product of their kind that's certified gluten free and available in a single-serving wrapper.

ALWAYS AFFORDABLE \$1.25



28% OFF

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IMAGINE®
Creamy Soups
32 OZ.

Premium organic tomatoes and garden-fresh basil together in a rich, fragrant broth made from a medley or select organic vegetables.

ALWAYS AFFORDABLE \$5.29

26% OFF

99¢



JUSTIN'S®
Select Nut Butter Squeeze Packs
1.15 OZ.

From sandwiches to snacks, these Justin's single-serving squeeze packs are a must have!

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MOUNTAIN VALLEY®
Still or Sparkling Spring Waters

1 L
Pure, natural, premium, award-winning spring water sourced in the heart of the Ouachita Mountains.

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20% OFF

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KALAHARI SNACKS®
Biltong

2 OZ.
A unique cross between jerky, slow-roasted beef and fine Italian prosciutto.

ALWAYS AFFORDABLE \$6.49



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LÄRABAR®
Original Fruit & Nut Bars

1.6-1.7 OZ.
A delicious gluten-free blend of unsweetened fruits, nuts, and spices.

ALWAYS AFFORDABLE \$1.65



22% OFF

\$5.79

LUNDBERG FAMILY FARMS®
Select Organic Rice

2 LB
Lundberg Family Farms brings eco-friendly long grain rice and short grain rice to your table..

ALWAYS AFFORDABLE \$7.45



26% OFF

\$3.69

MARY'S GONE CRACKERS®
Organic Superseed Crackers

5-5.5 OZ.
Each serving of Super Seed crackers offers 5 grams of plant-based protein to fuel your lifestyle.

ALWAYS AFFORDABLE \$4.99



20% OFF

\$2.89

LATE JULY®
Organic Restaurant Style Tortilla Chips

11 OZ.
Thin, crispy & delicious, these melt-in-your-mouth tortilla chips are extra big and are perfect for dipping.

ALWAYS AFFORDABLE \$3.65



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LITTLE SECRETS®
Crispy Wafers

1.4 OZ.
With mouth-watering, real ingredients, these delicious crispy wafers make for a slightly more sophisticated snack time.

ALWAYS AFFORDABLE \$1.99



21% OFF

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LOTUS FOODS®
Rice Ramen

2.8 OZ.
Ready to eat in just four minutes! Add to soup or miso for a quick bowl of flavorful and nourishing noodles any time.

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NATURAL GROCERS™
Raw & Unfiltered Clover Honey
40 OZ.

Pure. Raw. Unfiltered. Kosher Certified and USA made—Natural Grocers Brand Clover Honey is a better way to sweeten!

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11% OFF

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NATURAL GROCERS
Organic Reduced Sugar Preserves
20.5 OZ.

Toast has never had it better than Natural Grocers' very own line of Organic Preserves.

ALWAYS AFFORDABLE \$5.29



31% OFF

\$4.99



ONCE AGAIN NUT BUTTER®
Select Organic Sunflower Seed Butters
16 OZ.

For those with a nut allergy, sunflower seed butter is a perfect substitution!

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25% OFF

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PAQUI®
Tortilla Chips
7 OZ.

- Gluten and GMO free
- No artificial ingredients, flavors or preservatives
- Vegan and Kosher Certified

ALWAYS AFFORDABLE \$3.75



33% OFF

\$9.99



TENDER & TRUE®
Organic Chicken & Liver
Dry Cat Food
3 LB

100% balanced nutrition, with added vitamins, minerals and other trace nutrients. No artificial preservatives, colors, or flavors.

ALWAYS AFFORDABLE™ \$14.99



28% OFF

\$1.25



PETER RABBIT ORGANICS®
Organic Fruit Puree Pouches
4 OZ.

Made with organic fruits and vegetables, these pouches are perfect for kids on-the-go!

ALWAYS AFFORDABLE \$1.75



23% OFF

\$5.95



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

These single-fruit, unsweetened, 100% juices are undiluted to provide the maximum taste associated with each respective fruit.

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24% OFF

\$1.99



RISE BREWING CO.®
Nitro Cold Brew Organic Coffee
7 OZ.

Nitrogen-infused cold brew latte enhances the signature organic coffee with a dash of dairy-free oat milk.

ALWAYS AFFORDABLE \$2.65



OFFERS VALID FEBRUARY 26 TO MARCH 27, 2021

NATURAL GROCERS[®] BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

SALE
\$3.99
1 LB.

ALWAYS AFFORDABLESM \$4.39



NATURAL GROCERS BRAND BULK ORGANIC PUMPKIN SEEDS

Snacking on pumpkin seeds has never been easier, or more good4uSM. Carved from organic perfection, they contain essential minerals, including magnesium, phosphorus, copper, and zinc.*

SALE
\$2.79
EACH - 1 LB.

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NATURAL GROCERS BRAND BULK ORGANIC WHITE & TRI-COLOR QUINOA

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
\$1.79
8 OZ.

ALWAYS AFFORDABLE \$2.69



NATURAL GROCERS BRAND BULK ORGANIC BLACK CHIA SEEDS (8 OZ. & 1 LB. BAGS)

Let the magic of ch-ch-ch-chia seeds catch onto your routine just by adding them to smoothies, yogurt, cereals, and more!

SALE
\$3.49
1 LB.

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SALE
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10 OZ.

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NATURAL GROCERS BRAND BULK ORGANIC HONEY SRIRACHA CASHEWS

A little sweet and a little spicy. Each handful of our organic honey sriracha cashews comes packed with flavor, plus good4uSM fats, minerals, and free radical scavengers.*

NATURAL GROCERS[®] BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

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Natural Grocers[™] Brand Bulk ORGANIC RED CHILI FLAKES

\$6⁹⁹
6 OZ.

Give your dish that kick you're looking for with our organic red chili flakes. Sprinkle on top of your favorite pizza, stir-fry, pasta, and more!



Natural Grocers Brand Bulk ORGANIC SNACK ATTACK MIX

\$4²⁹
8 OZ.

The name says it all! When a snack attack strikes, look no further than this salty, sweet, satiating mix.



Natural Grocers Brand Bulk NON-GMO WALNUT HALVES AND PIECES

\$4⁹⁹
1 LB.

Good-for-the-heart walnut halves and pieces are the perfect addition to nutritionally boost homemade yogurt parfaits, grandma's chocolate chip cookies, your next batch of brownies, or eat them straight from the bag!



Natural Grocers Brand Bulk ORGANIC GROUND TURMERIC ROOT

\$3²⁹
6 OZ.

All that glitters is gold—especially when our golden turmeric root powder is included. Widely known for its health benefits*, get creative and add to biscuits and muffins, stir-fry and sauces, casseroles and curry.



Natural Grocers Brand Bulk ORGANIC GOLDEN FLAX SEEDS

\$1⁷⁹
1 LB.

Flex your culinary muscle while showing your heart muscle some TLC with our unbeatable price of organic golden flax seeds! They're versatile and so good4uSM.



Natural Grocers Brand Bulk NON-GMO WILD RICE SESAME STICKS

\$3²⁹
1 LB.

In need of a new favorite snack? Follow the sesame stick wild rice crumbs all the way to our vast bulk aisles and grab a bag A-SAP!



WANT TO BE HAPPIER?

EAT

MORE

VEGGIES

With these **14 TIPS** from our nutrition professionals, incorporating more veggies into your meals is a snap (pea)!

BY HEATHER PRATT, MNT

If you've heard it once, you've heard it a thousand times: Eat more vegetables! We all know that eating more vegetables is good for our physical health, but did you know that eating an abundance of veggies can also make you happier? Studies show that eating lots of vegetables make us feel good, increase our happiness and sense of wellbeing, increase our vitality and motivation, and even increase curiosity and creativity.^{i,ii,iii}

The trouble is, Americans fall woefully short of the government's two to three recommended servings of vegetables per day. Only nine percent of adults get that amount, and two of the top sources are potatoes, as chips and French fries, and tomatoes, from pizza sauce.^{iv} A recent survey of 2,000 American adults reported that 91 percent of respondents said corn was their favorite "vegetable" (corn is a grain, not a vegetable) and one in four respondents said they had never eaten a vegetable at all! But we want to do better: The same survey revealed that 72 percent of the people surveyed wanted to eat more vegetables.^v We're here to help!

At Natural Grocers™, we've long **recommended 3-6 cups a day**, and many studies support this recommendation to gain optimal health benefits.^{vii,viii} If you're new to eating veggies, don't let the goal of 3-6 cups a day intimidate you. Start with what you know you like. If you like cucumbers and green beans, great! Eat them. Every day. Then make a commitment to try new vegetables and gradually increase your intake. Because we know dietary changes can be hard, we asked our nutrition professionals for their favorite tips—things they do themselves—to eat more veggies.

AIM FOR **3-6** CUPS
OF VEGGIES
A DAY

HERE ARE SOME OF OUR FAVORITES:

ROAST 'EM Roast a large batch of vegetables to keep in the refrigerator for easy access through the week—try sweet potatoes, beets, carrots, cauliflower, and/or broccoli. Warm or cold, roasted veggies are delicious additions to salads and grain bowls, served with fried or scrambled eggs for a quick breakfast, or eaten as a simple side. (Try our Organic Rainbow Roasted Veggie Bowl recipe on page 41!)

PREP 'EM A little prep goes a long way. Choose three or four of your favorite veggies to eat raw (think cucumber, sweet peppers, radishes, carrots), cut them up and divide them among small storage containers that are easy to bring on the go.

THINK OUTSIDE THE LETTUCE BOX Aim to eat at least one large salad with a variety of veggie toppings every day. And while we're talking salads, think outside of the lettuce box: try shredded cabbage topped with mint, cilantro, peppers, and cashews; chopped tomatoes, cucumbers, and fresh herbs; or thinly shaved fennel topped with slices of your favorite citrus fruit. There are many ways to eat salad, and it doesn't always have to include lettuce.

PIZZA - OH YEAH! Love pizza? Load it up with veggie toppings and after it has baked, add a heaping pile of arugula tossed in lemon juice and olive oil on top. Better yet, substitute your regular pizza crust for a cauliflower one!

FERMENT 'EM Keep your fridge stocked with sauerkraut and other fermented vegetables—they make easy, no-prep sides and snacks and are great toppings for sandwiches, wraps, and salads.

BLEND 'EM Toss a handful or two of baby spinach, frozen cauliflower, or frozen zucchini into your smoothie—once it's blended, you'll never know it's there. Roasted beets are also a fun addition to smoothies, adding a touch of sweetness and vibrant color.

SOUP'S ON Soups and stews are excellent places to load up on veggies. Most start with a base of sautéed onion and garlic, and it's easy to add extra veggies from there; think celery, carrots, potatoes, sweet peppers, green beans, zucchini, and greens like kale or collards.

DIP 'EM Sometimes a good sauce or dip is the key. Try buffalo sauce drizzled on roasted cauliflower, marinara dolloped over sautéed zucchini and eggplant, your favorite salad dressings repurposed as a veggie dressing (chopped celery mixed with blue cheese is a favorite), or pesto and hummus for raw-veggie dipping.

HIDE 'EM “Hide” veggies like chopped spinach, kale, shredded carrots, shredded zucchini, or finely minced mushrooms in meatloaf, taco meat, burgers, or spaghetti sauce.

SERVE 'EM Serve any type of entrée (chicken, steak, pork, fish, tofu, tempeh) over a big bed of greens lightly dressed with a dressing of your choice.

STOCK UP Keep your pantry and freezer stocked with canned and frozen veggies so you'll always have a quick and easy option on hand; just heat, season with sea salt and pepper, and add a healthy fat like grass-fed butter or coconut oil.

SWAP 'EM Swap out your refined carbs for veggies; try zucchini noodles (“zoodles”) and spaghetti squash instead of pasta, and cauliflower “rice” instead of white rice.

BREAKFAST TIME Don't forget about veggies at breakfast! Try sautéed vegetables with eggs, finely shredded carrot and/or zucchini in pancakes or oatmeal, or even your favorite veggie-loaded lunch or dinner as your first meal of the day.

EXPLORE 'EM Explore new recipes. Find a few veggie-centric recipes that you love and keep them on regular rotation.

Find Recipes @ naturalgrocers.com/recipes



Eating vegetables every day is not as daunting as it may seem. In fact, once you get in the habit, you may actually crave vegetables (*gasp!*). Maybe it's because they make you feel so good. And who among us couldn't stand to have a little more happiness in their lives?

References available upon request.





SUPPORT HEART HEALTH



JOIN NATURAL GROCERS'™
MISSION TO CREATE
A HEALTHIER AMERICA

Did you know Daylight Saving Time is bad for your heart? There's a nearly 25% increase in the number of heart attacks that occur on the Monday after Daylight Saving Time begins compared to the rest of the Mondays throughout the year.

Let's put an end to Daylight Saving Time & support our tickers

SOURCE: Sandhu, A., Seth, M., & Gurm, H. S. (2014). Daylight savings time and myocardial infarction. *Open Heart*, 1(1). doi: 10.1136/openhrt-2013-000019

SIGN THE PETITION TO END DAYLIGHT SAVING TIME

@ enddaylightsavingtime.org

Scan to Sign!



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GROCERY

22% OFF

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UNREAL®
Coconut Bars,
Nut Butter Cups or
Chocolate Gems
3.2-5 OZ.



ALWAYS AFFORDABLE \$4.99



UP TO
29% OFF

Our Always Affordable
Price on All FODY
FOODS® Products

FODY FOODS®
1.41-19.4 OZ.

Fody Foods Co. offers healthy, low FODMAP food products and recipes that are big on taste, and low in FODMAPs. Live and eat free of IBS symptoms!

ALWAYS AFFORDABLE \$1.69-\$13.69



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WILD PLANET FOODS®
Wild Skipjack Tunas
5 OZ.



Hand-packed raw into cans without added oil, water or fillers and cooked once to retain the abundant Omega 3s. No need to drain the natural juices.

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TEAONIC®
Organic Herbal Tea Tonics
8 OZ.



This delicious herbal tea is made from a handcrafted blend of herbs each selected for their stress-reducing and adrenal-boosting properties.*

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4TH & HEART®
Select Ghee
9 OZ.



Ghee is a rich, delicious, lactose-free alternative to butter and cooking oils. Great if you're Paleo, Keto, Whole30, or just making toast.

ALWAYS AFFORDABLE \$12.39

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YOGI®
Teas
16 CT

Uplift your spirit with an energizing cup of Yogi Sweet Tangerine Positive Energy tea, a bright and flavorful blend that's sure to leave you smiling.



ALWAYS AFFORDABLE \$4.45

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SEGGIANO®
Organic Pastas
13.2-16 OZ.

Made from a certified organic Tuscan wheat, the pasta is slow dried and formed using bronze moulds.



ALWAYS AFFORDABLE \$6.29

27% OFF

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RUDI'S®
Organic Bread Loaves
22 OZ.

Rudi's is the leading producer of certified organic bread in the U.S., and bakes delicious organic breads.



ALWAYS AFFORDABLE \$5.69

Terms and conditions apply. See page 2 for details.

*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.



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TWO DAYS ONLY • SAT & SUN, MARCH 27-28

CHOCTOPIASM

25%
OFF

All Chocolate Bars

Limit 3 per customer
{N}power members only



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YOU A
CHOCO-LATE

DON'T GO
BACON
MY HEART



FOR THE LOVE OF

BACON

\$3.99 Bacon & Bacon
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ORGANIC ROASTED VEGGIE BOWL WITH SESAME TAHINI DRESSING

This Roasted Veggie Bowl makes it easy and delicious to "eat the rainbow." Roasting vegetables makes them easier to digest and enhances their flavor, while the creamy sesame tahini dressing takes eating your veggies to a whole new level of deliciousness!

INGREDIENTS

1 medium organic sweet potato, sliced into ¼-inch rounds

2 medium organic Yukon Gold potatoes, sliced into ¼-inch rounds

2 medium or 1 large organic carrot, ends removed, thinly sliced

1 medium organic beet, ends removed, sliced into ½-inch rounds

6-8 medium organic radishes, halved or quartered

4 tablespoons organic coconut oil, melted and divided

2 teaspoons Natural Grocers® Brand Bulk Organic Curry Powder, divided

Natural Grocers Brand Bulk Real Salt, to taste

1 medium organic red pepper, core removed, thinly sliced

1 cup organic broccoli florets

2-2 ½ cups thinly sliced organic kale with the stems removed

Dressing

¼ cup organic sesame tahini

3 tablespoons Natural Grocers Brand Organic Apple Cider Vinegar

2 tablespoons organic tamari or coconut aminos

1 small organic garlic clove, minced

2-6 tablespoons water

Natural Grocers Brand Bulk Real Salt, to taste

Optional for topping

Sliced protein (chicken, steak, tofu, or tempeh), sliced avocado, sesame seeds or hemp seeds



INSTRUCTIONS

PREP TIME: 30 MINUTES | COOK TIME: 40-45 MINUTES

TOTAL TIME: 1 HOUR | SERVES 3-4

1. Preheat oven to 400° F. Line two large baking sheets with parchment paper and prep the sweet potatoes, potatoes, carrots, beet, and radishes.
2. Spread the sweet potatoes, potatoes, carrots, beets, and radishes onto the baking sheets. Drizzle with 2-3 tablespoons melted coconut oil and season with 1 teaspoon curry powder and salt to taste. Place in the preheated oven for 15 minutes. Remove each tray, one at a time, to turn the vegetables. Place back in the oven to roast for an additional 5-10 minutes.
3. While the vegetables roast, prep the red pepper, broccoli, and kale. In a mixing bowl, toss the red pepper and broccoli with 1 tablespoon melted coconut oil and season with ½ teaspoon curry powder and salt to taste.
4. After the root vegetables have roasted for 20-25 minutes (and are beginning to soften and brown), add the red pepper and broccoli to either baking sheet. Roast for 10 more minutes.
5. In the same bowl used for the red pepper and broccoli, toss the kale with the remaining coconut oil and curry powder.
6. In the last 5 minutes of roasting (when the vegetables are almost ready to serve), add the kale to either pan and roast until tender and bright green.
7. Stir together all dressing ingredients, except for the water, in a small bowl until smooth and creamy. Add 2 tablespoons water and stir to combine; if the consistency is too thick add additional water, 1 tablespoon at a time, until desired consistency is achieved.
8. To serve, divide vegetables among serving plates or bowls, drizzle with the tahini dressing, and add a protein or additional toppings if desired.

OFFERS VALID FEBRUARY 26 TO MARCH 27, 2021

IN THE FRIDGE

22% OFF

\$1.39
EACH

FORAGER PROJECT®
Organic Cashewmilk Yogurt
5.3 OZ.

A creamy, delicious non-dairy yogurt alternative rich in probiotic goodness.

ALWAYS AFFORDABLE ^{MSRP} \$1.79



21% OFF

\$2.89

ALMOND BREEZE®
Refrigerated Almond Breeze Beverages
64 OZ.

ALWAYS AFFORDABLE \$3.65



31% OFF

\$2.39

HORIZON®
Organic Sour Cream
16 OZ.

ALWAYS AFFORDABLE \$3.45



25% OFF

\$1.99

KEVITA®
Select Organic Probiotic Drinks or Kombuchas
15.2 OZ.

ALWAYS AFFORDABLE \$2.65



21% OFF

\$4.75

MAPLE HILL®
Organic 100% Grassfed Whole Milk
64 OZ.

ALWAYS AFFORDABLE \$5.99



21% OFF

\$3.35

STONYFIELD®
Organic Yogurts
32 OZ.

ALWAYS AFFORDABLE \$4.25



26% OFF

\$2.89

EVOLUTION FRESH®
Select Organic Juices
15.2 OZ.

ALWAYS AFFORDABLE \$3.89



30% OFF

\$2.99

KERRYGOLD®
Irish Butters
8 OZ.

ALWAYS AFFORDABLE \$4.29



24% OFF

\$3.79
EACH

HONEY MAMA'S®
Cacao-Nectar Bars
2.5 OZ.

ALWAYS AFFORDABLE \$4.99



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IN THE FREEZER

16% OFF



\$6.49

ALDEN'S®
Organic Ice Cream
48 OZ.

ALWAYS AFFORDABLE™ \$7.69



21% OFF

\$6.35
EACH

BONAFIDE PROVISIONS®
Organic Bone Broths
24 OZ.

ALWAYS AFFORDABLE \$7.99



20% OFF

\$7.95
EACH

BASE CULTURE®
Gluten-Free Bread Loaves
16-24 OZ.

ALWAYS AFFORDABLE \$9.95



9% OFF

\$8.19

ORCA BAY®
Keta Salmon Fillets
10 OZ.

ALWAYS AFFORDABLE \$8.99



17% OFF

\$5.65
EACH

MULAY'S®
Pork Sausage Links
12 OZ.

ALWAYS AFFORDABLE \$6.79



26% OFF

\$3.39

BIRCH BENDERS®
Select Waffles
5.08-8.75 OZ.

ALWAYS AFFORDABLE \$4.59



15% OFF

\$1.49

NATURAL GROCERS™
Select Frozen Vegetables
10 OZ.

ALWAYS AFFORDABLE \$1.75



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**NUTRITIOUS. DELICIOUS. TIME-SAVING.
FROM THE FAMILY BRAND YOU TRUST.**



They're the unsung heroes of the kitchen, so we had to bring them home to our own. Next time you rush through the freezer aisle, slow your pace and discover your new saving grace - Natural GrocersTM Brand 100% Organic Frozen Veggie!

**STOP BY YOUR NATURAL GROCERSTM FREEZER
AND MAKE LIFE A LITTLE EASIER!**



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-Introducing-

THE NEWEST MEMBERS OF THE FAMILY!



ORGANIC WOOD FIRED PIZZA



SALE!
\$6.19
12.3 OZ.

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2-PACK

SALE!
\$5.49
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12.2 OZ.

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NUTRITION BYTES

By Geoff Brokx and Aryn Doll

ECHINACEA IMPROVES MILD ANXIETY

Recent research shows that those suffering from mild anxiety may find relief in a supplement best known for supporting immunity: echinacea. Researchers in Budapest, Hungary conducted a double-blind placebo-controlled study to examine the effects of echinacea on anxiety scores for 62 adults with elevated anxiety. The subjects took one tablet of echinacea, containing 40 mg of echinacea extract, daily for seven days. The patients' anxiety scores were tracked for an additional three weeks after the treatment was discontinued.



Participants taking the echinacea extract showed significant improvements in anxiety scores compared to those taking the placebo after the seven-day treatment period. More surprisingly, these benefits remained persistent in the three weeks after they had stopped the echinacea treatment. The researchers acknowledged that echinacea is not a replacement for anxiety medication, but may offer another tool for people with mild anxiety. This study adds to the body of research highlighting the connection between the brain and immune system and may lead to further research examining the effects of what has been traditionally thought as immune supportive supplements for both cognitive function and mood.

FOOD'S POWERFUL EFFECT ON MOOD

Research shows that the quality of your diet can affect mental health, including mood and depression. For instance, while many often turn to sugary foods to provide a quick pick-me-up and mood boost, recent studies indicate that this strategy can actually worsen mood. And it doesn't take long for the effects to be seen, according to one recent meta-analysis. In this study, researchers analyzed data from 31 randomized-controlled trials to examine the acute effects of eating refined sugars on mood in healthy adults. Results revealed that within just one hour of consuming refined sugars, participants experienced detrimental effects on mental health, including significant decreases in alertness and energy levels. A number of previous studies have established a link between diets high in sugar and depression.

AFTER JUST THREE WEEKS OF CHANGING THEIR DIET, PARTICIPANTS REPORTED SIGNIFICANT IMPROVEMENTS IN DEPRESSION SYMPTOMS.

The good news, research also shows that cleaning up your diet and eating healthier can positively impact mood, and quickly too! In one 2019 study, young adults with depression symptoms were asked to decrease their intake of processed food and sugar (particularly from refined carbohydrates and soft drinks) and switch to a Mediterranean-style diet. This included eating five servings of vegetables per day, two to three servings of fruit, and increasing their intake of other health-promoting foods like fish, nuts and seeds, olive oil, and spices like turmeric and cinnamon. After just three weeks of changing their diet, participants reported significant improvements in depression symptoms and lower levels of anxiety and stress. If one thing is clear, simple strategies such as improving the diet go a long way in supporting overall health, including improved mental health.

References available upon request.

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