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JUNE 2021 | VOL. 47

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LETTER From the Iselys

Happy June Everyone!

It's Great Outdoors Month, and we can't wait to get outside and start exploring! Until then, here's a shoutout to the incredible places in every state Natural Grocers™ calls home.

Arizona—the Grand Canyon is unforgettable, and Saguaro National Park, we hear you're still bloomin' in June. **Arkansas**—in the shadow of your Ozarks, America's first national river, the Buffalo, flows. **Colorado**—you're a wealth of Rocky Mountain moments; Mount Evans with its mountain goats, its wildflowers, and the highest paved road in North America rises above the rest. **Idaho**—we'll detour from your lovely lakes to wander through the otherworldly lava flows of Craters of the Moon. And **Iowa**—Backbone is your oldest state park, and its limestone cliffs, caves, and streams are begging for adventurers.

Kansas—we'd love to explore Cross Timbers, the place where forest and prairie meet. **Louisiana**—they say Cypremort Point has the best sunsets on the Vermilion Bay, while black bears and gators inhabit your coastal marshes. **Minnesota**—we'll go wandering in Whitewater State Park and find refreshment at Inspiration Point. **Missouri**—we'll hike through the oak-hickory forests of Taum Sauk Mountain, searching for swimming holes and waterfalls. And **Montana**—you're a breathtaking sight, from Glaciers to Lone Pine, with its white-tailed deer, flower-filled meadows, and views of the Flathead Valley.

Nebraska—from the Towers in Time to the Tri-state Overlook, Ponca State Park is a place we'd like to be. **Nevada**—you're a mystery, and the spires and cliffs of Cathedral Gorge are as enigmatic as you. **New Mexico**—it's hard to pick one spot in the "Land of Enchantment," but the world's largest gypsum dune field, White Sands, is where we'll begin. **North Dakota**—the bison, wild horses, and miles of Badlands in Theodore Roosevelt National Park are beckoning. And **Oklahoma**—the Chickasaw National Recreation Area, has been called an oasis, where we would love to relax beside Buffalo Springs.

Oregon—your rugged coastline is spectacular, and Cape Perpetua has a spot we would most like to stop, 800 feet above the sea. **Texas**—your pink granite wonder, Enchanted Rock, is mystical at sunset and a stargazing destination. **Utah**—you're a national treasure, and we'll start on the rim of Cedar Breaks, staring into a red-rock amphitheater 2,000 feet deep. **Washington**—your prize, Olympic National Park, boasts almost a million acres of wilderness, from old-growth rainforest to rugged coastline. And finally, **Wyoming**—from Bighorn Canyon to Grand Teton to Devil's Tower, we simply cannot choose.

Here's to healthy (outdoor) family traditions! We'll see you on the trails, friends—don't forget your hydro flasks and good4uSM snacks!

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HIGHEST QUALITY
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EAT THE RAINBOW!
ORGANIC VEGGIE SALAD



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FOR THE LOVE OF ORGANICS:

C O C O A

By Charity Isely

Cocoa or cacao? And does it matter if it ends in chocolate? Actually, the journey those cocoa beans took before they were transformed into your favorite treat does matter—a lot!

The supply chain cannot be ignored

Let's start at the beginning of the cocoa bean's journey with three of its most significant challenges: child labor, deforestation, and poverty.ⁱ Around 70 percent of cocoa worldwide comes from West Africa, with Côte d'Ivoire and Ghana yielding the lion's share.ⁱⁱ Yet, an unfathomable chasm exists between the less-than-a-dollar per day earned by most West African cocoa farmers and the over 100-billion-dollar annual value of the chocolate industry.^{iii iv} Within this abyss, 1.5 million children are toiling on cocoa farms, with at least 43 percent of them involved in the most hazardous activities.^v Simultaneously, deforestation in Ghana and Côte d'Ivoire is rapidly accelerating—in 2018, they lost an estimated 60 percent and 26 percent (respectively) of forests compared to 2017.^{vi} And at the root of it all is poverty.ⁱ

Flavorful FOOTNOTES:



Cocoa is packed with potent antioxidant flavonoids, like catechin, epicatechin, and procyanidins. In fact, it has more per serving than most other foods, including green tea and red wine.^{vii viii}

It's all connected—farming methods, human health, and the planet

Is there an agricultural system that delivers a consistent win for the environment, human health, and farmer profits? Absolutely! It's rooted in these four principles: health, ecology, fairness, and care, and it's called organic.^{ix} From improved farmer health and increased revenues in Nigeria, to better yields, higher income, and more social connectedness in Bolivia, the benefits of organic methods are evidenced on cocoa farms worldwide.^{x xi} And even in the most climate-friendly type of cocoa farming—agroforestry (shade-grown)—organic performs best. A study from Ghana comparing conventional and organic cocoa agroforestry systems found organic had significantly greater above and below-ground biomass (carbon pools), higher soil carbon stocks, more biodiversity, and increased potential for farmers to benefit economically.^{xii xiii xiv} Which system will you support with your next bar of chocolate?

Flavorful FOOTNOTES:



Dark chocolate is a good source of essential minerals like magnesium, potassium, and iron, and it also contains zinc, copper, and selenium. To maximize benefits from a chocolate-y serving of minerals choose 70% cacao or higher.^{viii xv}



Ethical sourcing by the seal

Although no one claims that third-party certification solves all of chocolate's pressing problems, it does provide a level of desperately needed supply chain transparency. Each program delivers environmental benefits, resources for farmers, and collaborations intended to advance human rights and improve farming communities' wellbeing.^{xvi xvii xviii} In 2020, both the Rainforest Alliance and Fairtrade International published new standards aimed at better addressing some of cocoa's key issues, including boosting farmer income, combatting deforestation, and strengthening transparency.^{xix xx} You can leverage your chocolate cravings in favor of a better supply chain when you choose these seals:

- **Organic**
- **Fair Trade**
- **Rainforest Alliance/UTZ**



Flavorful FOOTNOTES:



Cocoa flavonoids support a healthy circulatory system by activating nitric oxide, a compound that helps keep blood vessels relaxed and flexible and inhibits inflammation, lowering the risk of plaque development.^{xxi xii xxxii}

Consumer choices make an impact.
Indulge with awareness—eat like an activist!



Chocolate Chia Icebox Tart

This delicious vegan tart is a healthier version of icebox pie, with an almond flour crust and a rich and creamy dairy-free, chocolate-chia pudding filling. It's the perfect treat for a special occasion like Father's Day, or whenever you're feeling like something decadent to satisfy your sweet tooth. This no-guilt dessert is easy to make and will be a crowd pleaser!

Ingredients

- 1 ½ cups Natural Grocers™ Brand Bulk Almond Flour
- ¼ teaspoon baking soda
- ½ teaspoon Natural Grocers Brand Bulk Real Salt, divided
- 4-6 tablespoons Natural Grocers Brand Bulk Organic Coconut Sugar, divided
- 4 tablespoons Natural Grocers Brand Organic Plant Based Buttery Sticks, melted
- 1 ¼ cups Natural Grocers Brand Bulk Organic Bittersweet or Semisweet Chocolate Chips, melted
- 1 (13.5-ounce) can Natural Grocers Brand Organic Original Coconut Milk
- 2 ½ tablespoons Natural Grocers Brand Bulk Organic Chia Seeds
- 1 tablespoon organic vanilla extract

Topping options: coconut milk whipped cream, fresh organic berries, Natural Grocers Brand Bulk Slivered or Sliced Almonds, organic powdered sugar, or Miso Caramel Sauce (find the recipe at www.naturalgrocers.com/recipe/organic-miso-caramel-sauce)

Serves: 8-10

Prep time: 25 minutes

Cooking time: 10-12 minutes

Total time: 2 hours 55 minutes,
up to 24 hours (includes chill time)



Instructions

1. Preheat the oven to 325°F. Generously grease a 9-inch spring-form or deep-dish pie pan.
2. *For the crust:* Stir together the almond flour, baking soda, ¼ teaspoon salt, and 2 tablespoons coconut sugar. Add the plant-based butter, stirring until well combined and you have a crumbly texture. Press the mixture evenly into the bottom of the prepared pan. Use a fork to poke holes all around the pie crust. Bake for 10-12 minutes, until just starting to brown. Remove from the oven and let cool for approximately 30 minutes before continuing with the rest of the recipe.
3. *For the filling:* Use a double boiler or microwave to melt the chocolate chips.
4. Add the coconut milk, chia seeds, vanilla extract, remaining salt, and 2-4 tablespoons coconut sugar (depending on your sweetness preferences) to a blender. Blend for approximately 2 minutes, until the seeds are blended smooth and the consistency is pudding-like. Transfer to a bowl and fold in the melted chocolate until well combined.
5. Once the pie crust is cooled completely, pour the filling into the crust and refrigerate for at least 2 hours (until filling is firm), or leave overnight.
6. Just before serving, top with coconut whipped cream, berries, or organic powdered sugar and/or miso caramel sauce if desired. For special occasions, use an icing piping tool for the coconut whipped cream to make a pretty design on the tart. Slice and serve.

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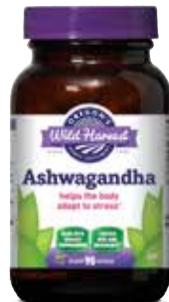
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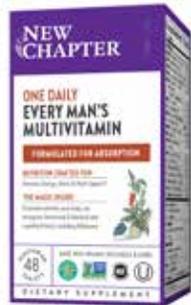
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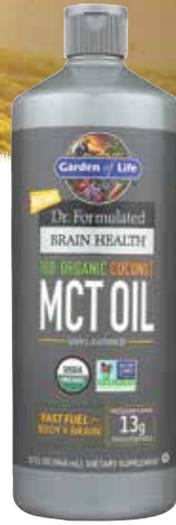


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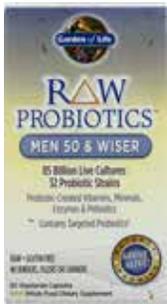
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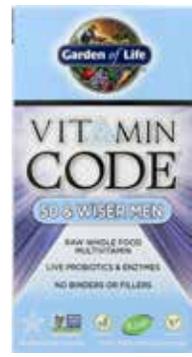
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5 WAYS TO HELP OUR CHILDREN THRIVE MENTALLY

How parents & caretakers can support children's mental health, through the pandemic and beyond

By Lindsay Wilson

My nine-year-old daughter recently told me she wanted to curl into a ball and roll away. She also often complains of tummy aches, for seemingly no reason (anxiety in children often shows up as belly aches). Like many other kids, she has not physically been in school for more than a year. She misses her friends and her teachers. She's experienced one disappointment after another, and real-world worries have infiltrated her innocent bubble. Her experience is not unique.

Children are some of the true heroes of the pandemic; they've shown us grace, patience, and resilience. But they are suffering too. According to the Centers for Disease Control and Prevention (CDC), emergency room visits for mental health-related issues increased by 24 percent for children ages 5-11 and 31 percent for children ages 12-17 in 2020.¹ Even before the pandemic, children and teens were experiencing skyrocketing rates of anxiety, depression, and other mental health issues, but the pandemic has compounded the problem. Many of the things that are integral to children's and teens' mental wellbeing have vanished over the last year and a half—being with their peers, feeling safe, taking part in social/extracurricular activities, spending time with extended family—and while we seem to be moving toward a semblance of normality, the mental effects could linger.

Here's what we can do to support our kids' mental health right now, and for the long term.



1

RE-EVALUATE THEIR DIET

A global pandemic has made it all too easy to cave to our kids' requests for unhealthy food (guilty as charged), but a healthy diet is absolutely critical for mental wellness. A study published in the journal *PLOS ONE* examined the diets and mental health of nearly 3,000 adolescents between the ages of 11 and 18 over the course of two years and then again two years later. Even when accounting for socio-economic status, gender, and physical activity, the kids with healthier diets had better mental health. The researchers qualified a healthy diet as two or more servings of fruit per day, four or more servings of veggies per day, and eating food from home versus restaurant/fast food. The unhealthy diet included frequently eating cookies, chips, french fries, candy, soft drinks, and food bought outside of the home. The researchers also found that when the kids' diets improved, so did their mental health, while reductions in diet quality were associated with "declining psychological functioning" over the follow up period.ⁱⁱ

2

SUPPLEMENTS LEND A HELPING HAND

Because all parents know that it's impossible to follow a perfect diet all the time (and because there are just some nutrients we can't get optimal amounts of from food), supplementing with a quality kids' **multivitamin** will round out any nutritional gaps in your child's diet. In addition to a multivitamin, the following supplements help support mental wellness:

A **fish oil** supplement containing **DHA** and **EPA** is a must for children's and teens' brains. These fatty acids are essential for normal brain function and support learning, focus and attention, and healthy moods. It may also help if your child is challenged with aggressive behavior: A study conducted at the University of Pennsylvania found that an omega-3 supplement (containing 1 gram of EPA/DHA combined) reduced aggressive and antisocial behavior in children, as well as improved symptoms of depression and anxiety. Virtually no child eats enough fatty fish to obtain optimal amounts of these brain nutrients, making it a vital supplement.^{iii,iv}

Magnesium is a wonderful supplement for promoting calm, and is especially good if your child struggles with anxiety, feeling stressed, or has trouble with sleep. Magnesium is a must-have mineral for the nervous system and common symptoms of deficiency include anxiety, irritability, and insomnia or other sleep issues. Magnesium comes in a variety of kid-friendly forms, including powders and gummies, or try a relaxing Epsom salt bath for your child before bedtime (bonus points if you add a few drops of calming lavender essential oil).

We know that the gut microbiome directly affects mood via the gut-brain axis. **Probiotics** help maintain a healthy balance of bacteria in the gut, supporting healthy moods and a healthy digestive system (stress and anxiety can manifest as digestive issues like constipation, bloating, and belly aches in children). Supplementation with probiotics is especially important if your child has ever taken antibiotics.

The herbs **lavender**, **lemon balm**, and **chamomile** are calming and soothing to the nervous system and are gentle enough to safely use in children. These herbs can help bring calm, ease nervousness and anxiety, settle upset bellies, and promote sleep.^{v,vi} You can find them in teas (having a cup of calming herbal tea with your child before bedtime can be a delightful routine) and in supplements formulated specifically for children. You can also find them as essential oils to use in a diffuser or in the bath (never use essential oils internally).



3

REDUCING SCREEN TIME IS KEY

Kids and teens were already spending a lot of time on screens before the pandemic, but with distance/remote learning the new norm, screen time has gone through the roof, and it's not good for our children's mental health. A study published in 2018 investigated how screen time affected the mental health of kids between the ages of two and 17, and confirmed what we already knew—as screen time increases, mental wellness decreases. Among the 40,337 kids the researchers evaluated, those that spent more than an hour on screens each day (including phones, computers, video games, and TV) were determined to have lower self-control, were more easily

distracted, had less emotional stability, and were more difficult to care for. Among 14 to 17-year-olds, those that had seven or more hours of screen time each day were more than twice as likely to have been diagnosed with depression and/or anxiety and to have been treated by a mental health professional or taken medication for a psychological or behavioral issue in the past year.^{vii} Seven hours may seem like a lot, but it's the average time most teens spend on screens (eight to 12-year-olds spend a little less, at 4 hours and 44 minutes daily).^{viii} We know that screens are never going away, but as the saying goes, everything in moderation.



4

EMBRACE THE GREAT OUTDOORS

While our kids are spending endless hours on their screens, they are spending virtually no time playing outside. According to the National Recreation and Park Association, on average, children spend less time playing outside than any other generation—only four to seven minutes a day. That may have shifted for some kids during the pandemic, in which escaping outdoors has been one of the only changes of scenery we have been afforded, but in relation to screen time, there is a lot of room for improvement. The connection between nature and our mental wellbeing is so striking that scientists have begun to study it, and the research proves just how important outdoor time is for kids (and adults too), with children who spend more time outdoors tending to be happier, more attentive, and less anxious than kids who spend more time indoors. One recent study found that spending 20 to 30 minutes a day outside reduced levels of the stress hormone cortisol by 21 percent. The time of day or specific setting didn't matter—yard, park, or other green spaces all led to a cortisol drop. Other recent research has found that more nature exposure in childhood leads to better mental health in adulthood.^{ix x xi}



5

LET THEM FEEL THEIR EMOTIONS

Kids and teens have missed out on so many special events and activities in the last year... they have a reason to feel sad and frustrated. One of the best pieces of advice I've heard regarding this is to normalize (and expect) sadness. Let them know it's okay to feel sad, frustrated, angry, disappointed, etc. and support them through it. In that same vein, giving them the gift of presence goes a long way in nourishing their mental health. Sometimes all our children need is a little extra attention, some one-on-one time with their parents, or just a good old-fashioned hug.

For references, email customerservice@naturalgrocers.com



24% OFF
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NATURAL FACTORS®
 WellBetX®
 Berberine
 500 mg
 120 VCAP

ALWAYS AFFORDABLE \$38.39

22% OFF
\$21⁴⁹

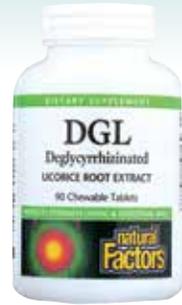


NATURAL FACTORS®
 Bromelain 500 mg
 180 CAP

Contains 500 mg of bromelain, a proteolytic enzyme isolated from the stem of the pineapple plant.*

ALWAYS AFFORDABLE \$27.85

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NATURAL FACTORS®
 DGL Licorice Root Extract
 90 CHEW

A chewable supplement derived from licorice root extract to support your stomach and intestinal health.*

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NATURAL FACTORS®
 WellBetX®
 Berberine
 500mg
 60 VCAP

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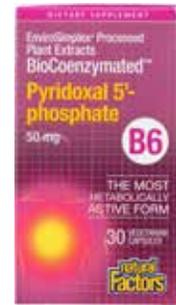


NATURAL FACTORS®
 Active B Complex
 60 VCAP

As part of the BioCoenzymated™ line, this formula delivers essentials like folate, B12, and B6.*

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24% OFF
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NATURAL FACTORS®
 Pyridoxal 5'- phosphate B6
 30 VCAP

Supports the nervous system, cardiovascular system, and the immune system.*

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NATURAL FACTORS®
 Stress-Relax Melatonin 5 mg
 180 CHEW

Stress-Relax Melatonin can help to support natural sleep.*

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NATURAL FACTORS®
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 180 CAP

Promotes good blood circulation, helps improve digestion, and helps lower the body's storage of fat.*

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NATURAL FACTORS®
 Lutein 20 mg
 60 SG

Lutein is a carotenoid that provides nutritional support to our eyes and skin.*

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NATURAL GROCERS®

By Vitamin Cottage

ENJOY YOUR FOOD SUPPLEMENT THE REST



You'd have to eat about
175 Cups of sweet potatoes to get
the B6 content in **2 Capsules** of our B-Complex.



WANT TO LEARN MORE?

Scan the QR code or visit [NaturalGrocers.com/ngbp-supplements](https://www.naturalgrocers.com/ngbp-supplements) to read more about our premium quality Vitamins and Supplements.

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\$36⁹⁹ EACH

TRACE® MINERAL
CLEAN Post Workout Strawberry Lemonade or
CLEAN Pre Workout Raspberry Lemonade
16.2-17.7 OZ.

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NUTIVA®
Organic Hemp Protein 15 g
30 OZ.

Provides a high-quality plant protein with the branched-chain amino acids vital for good health.*

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NUTIVA®
Organic MCT Oil From Coconut
Unflavored
16 OZ.

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32% OFF

\$15⁴⁹



SOLGAR®
No. 7
30 VCAP

Bio-active nutrients that work for occasional discomfort and joint stresses.*

ALWAYS AFFORDABLE \$22.79

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SOLGAR®
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Vitamin D helps to maintain healthy bones and teeth and supports immune system health.*

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Enzymes amylase, lipase, cellulase, and protease break down complex foods.*

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ENZYMEDICA®
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HERB PHARM®
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Offers calming support for the mind and nervous system, and for mild, occasional anxiety.*

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

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PLANETARY HERBALS®
Triphala
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Helps maintain the body's systems that support a healthy response to stress.*

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Astragalus Supreme
60 VCAP

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Sleepy Nights™ or
Serious™ Relaxer Pump
2 OZ.

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High Potency
Biotin
10 mg
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Alive!®
Men's
Gummy Vitamins
75 GUMMIES**

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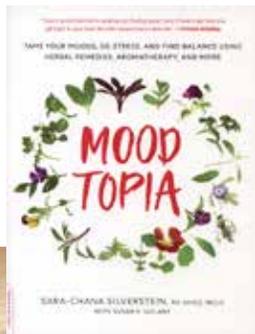


**NATURE'S WAY®
Rhodiola
Rosea
Standardized
60 VCAP**

ALWAYS AFFORDABLE ~~MSRP \$15.99~~

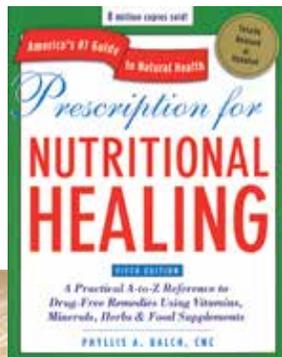
30% OFF

THESE good4u™ BOOKS!



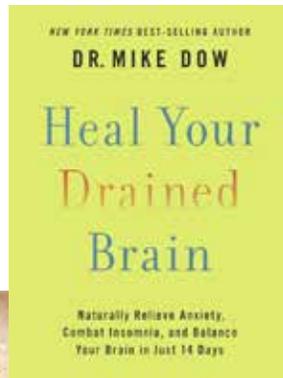
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Tame Your Moods, De-Stress, And Find Balance Using Herbal Remedies, Aromatherapy, And More.

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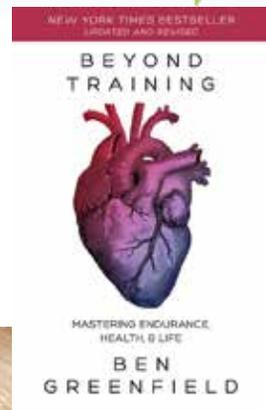
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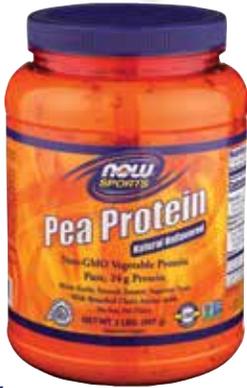


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NOW®
Pea Protein
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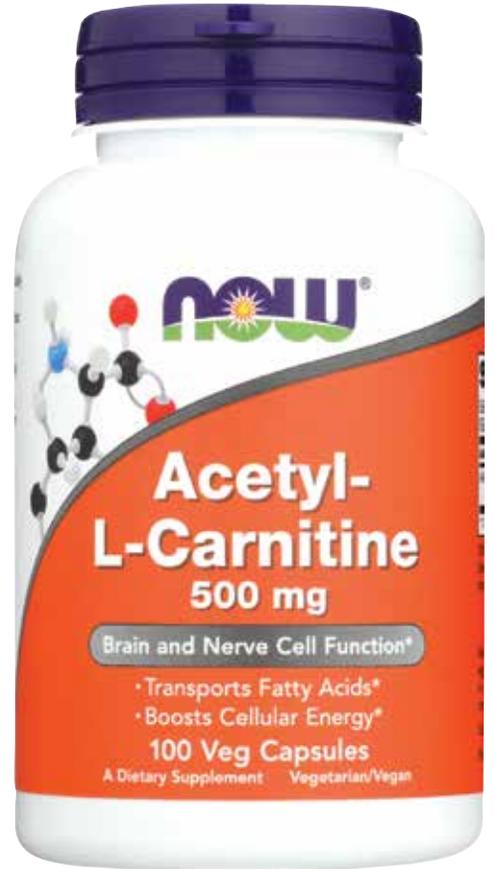
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NOW®
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100 mcg
60 VCAP



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NOW®
Vitamin
D-3 & K-2
1,000 IU / 45 mcg
120 VCAP



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NUTRITION BYTES

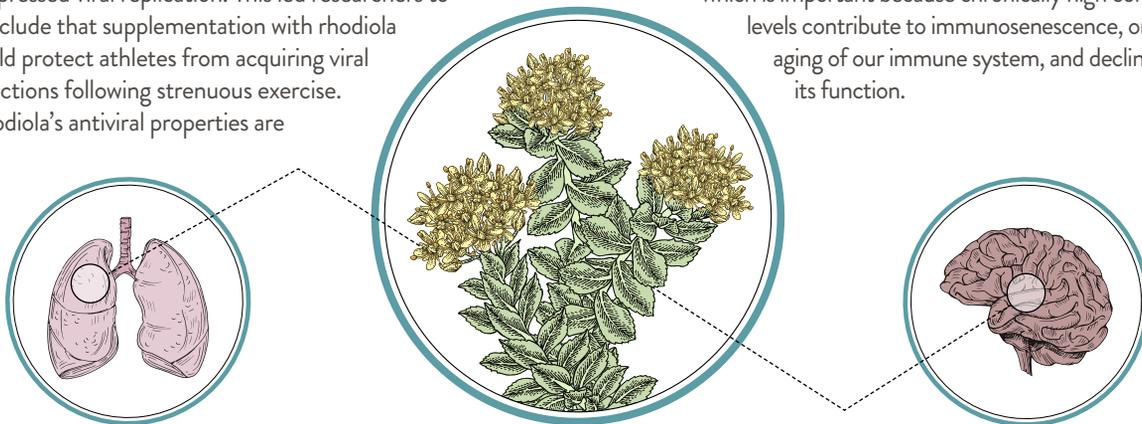
By Aryn Doll and Shelby Miller

ADAPTOGENIC HERBS LIKE RHODIOLA *May Prevent Viral Respiratory Infections*

A recent review highlights that rhodiola could offer protection against respiratory viruses. In particular, it discusses a 2015 study whereby rhodiola exerted antiviral activity in athletes following a competitive marathon race. Intense exercise, such as marathon running, is known to suppress the immune system, which increases the incidence and severity of acute respiratory infections. However, supplementing with rhodiola may offset these effects. In the study, marathon runners were supplemented with 600 mg/day of rhodiola for 30 days prior to and on the day of a marathon. Researchers then took samples of their blood 15 minutes after the race and, in a lab, applied it to cells that were infected with a virus. When applied, the bioactive metabolites of rhodiola within the athlete's blood effectively suppressed viral replication. This led researchers to conclude that supplementation with rhodiola could protect athletes from acquiring viral infections following strenuous exercise. Rhodiola's antiviral properties are

largely attributed to its rich content of bioactive metabolites like rosavin and salidroside.

The review goes on to explain that beyond rhodiola, all adaptogenic herbs (eleuthero, andrographis, schisandra, ashwagandha, etc.) may aid in the prevention of viral respiratory infections. This is because adaptogens help our body better resist various stressors, including bacterial and viral pathogens. More specifically, they counter infections and the damage they cause by inhibiting the binding of viruses to our cells, modulating the immune response (so that it is not over or under reactive), reducing inflammation, and preventing oxidative stress-induced injuries to our cells. Adaptogens are also known to blunt cortisol, our primary stress hormone, which is important because chronically high cortisol levels contribute to immunosenescence, or the aging of our immune system, and decline in its function.



RHODIOLA SUPPLEMENTATION *Improves Cognitive Function*

Rhodiola, an adaptogen popular for its anti-fatigue properties, was shown to increase mental performance and reaction time in a recent study published in the *Journal of Sport and Health Science*. The study had healthy male students supplement with 600 milligrams of rhodiola per day for four weeks. At the end of the four-week period the rhodiola-supplemented group experienced significant improvements in mental performance, including greater speed and accuracy on psychomotor tests compared to the placebo group. Psychomotor skills emphasize

reaction time, coordination, and dexterity (think “hand-eye coordination”) and are required for tasks such as driving.

Phytochemicals found in rhodiola, like salidroside and rosavins, act on various pathways in brain cells to enhance learning, memory, and cognitive function, and appear to improve not only age-related decreases in mental performance, but also enhance mental performance in healthy individuals.

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BODY CARE

25% OFF

\$12⁴⁵



ALBA BOTANICA®
Very Emollient
Body Lotion
Unscented
32 OZ.

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20% OFF

\$7³⁹



ANDALOU NATURALS®
1000 Roses®
Body Lotion
8 OZ.

ALWAYS AFFORDABLE \$9.29

25% OFF

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DR. BRONNER'S®
Hand Soap
Select Hand Soaps
12 OZ.

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HUMPHREY'S®
Witch Hazel
Organic Toner
8 OZ.

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All Products
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BABO BOTANICALS®
All Products
20% Off

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20% OFF
OUR ALWAYS AFFORDABLE PRICE

ON ALL
BADGER®
SUNCARE

20% OFF

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BADGER®
Aloe Vera Gel
Unscented
4 OZ.

ALWAYS AFFORDABLE \$7.19



20% OFF

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BADGER®
Broad Spectrum SPF 30
Natural Mineral Sunscreen
Unscented
4 OZ.

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CLEAN PRODUCTS FOR A CLEAN EARTH.
SCAN THE QR CODE TO LEARN ABOUT OUR BODY CARE STANDARDS.



~~~~ FATHER'S DAY ~~~~

# THINK WISELY

Welcome to June, the month when all roads lead to—Father's Day! For the dads in your life and the guys who are just extra special—we've rounded up products that are sure to please (and a few jokes at dad's expense, too).

*ENJOY AND HAPPY FATHER'S DAY!*



## WHAT'S AS AWESOME AS DAD? ALEX'S AWESOME SOURDOUGH PIZZA!

Pizza is a man's best friend, isn't that what they say? Maybe not, but when you've experienced Alex's Awesome Sourdough pizzas—it fits! Hand-stretched crusts, gut-friendly, organic ingredients, killer flavor, and they go from freezer to dinner-is-served in less than 15 minutes. The difference begins with sourdough—a slow-fermentation process that breaks down gluten proteins over time, yielding a more digestible, nutrient-rich, crispy crust. Topped with ingredients like grass-fed cheese and housemade sunflower pesto—every bite is awesomely delicious. So, hey—give dad the gift he can give back this Father's Day!

## HONEY STINGER BECAUSE FATHERHOOD IS AN ENDURANCE SPORT

Cycling, hiking, dad-ing—all of these activities require Honey Stinger® Waffles. Inspired by European snacks and professional cyclists' hacks—they enhance performance with instant and long-lasting energy. A delightful combo of honey, sandwiched between two thin waffle style wafers, the recipe is based on research showing that the right mix of carbs, instead of a single source, delivers better results for endurance athletes. Certified Organic, with gluten-free options—grab a handful and introduce the man of the hour (yes, dad) to his new favorite fuel!





### FORAGER IS FOR FATHERS

Where do a plant-based diet and an old-fashioned creamery meet? At the Forager® Project! Rooted in a mission for bettering the planet—this alt-dairy brand is committed to sustainable sourcing, organic ingredients, and made-from-scratch deliciousness. Hand-harvested cashews grown with minimal water, create the base of the creamiest, can't-believe-it's-not-dairy milk, yogurts, and sour cream. And, now the treat Forager® fans have been waiting for—Cashewmilk Ice Cream, is in a Natty G's near you! If you really want to impress dad—serve him a scoop between two of his fave cookies.

### RAO'S: HOMEMADE TASTE—READY IN HASTE

Want: homemade flavor. Need: time. Must-have: clean ingredients. Rao's Homemade® frozen entrees check all three boxes. The Rao family's mastery of authentic Italian flavor is revered in fine-dining establishments from New York City to Los Angeles. Now, you can enjoy it surrounded by the comforts of home. From Chicken Parmesan to Penne Alla Vodka, Rao's® entrees are made with wholesome ingredients, like Italian tomatoes and Olive Oil, and nothing artificial. Plus, their motto sounds like something dad would say: "Delicious speaks for itself!" Buon Appetito!



### POWER UP POPS WITH PREMIUM PROTEIN

A delicious, high-protein snack on-the-go for an always adventuring man on-the-go—dads need FATTY's! These meat sticks, by Sweetwood Smokehouse, feature premium grass-fed beef, pork raised without antibiotics, and twice the protein of other brands. They're slow-smoked using real Hickory wood, Paleo friendly, and known to inspire cravings for the fresh Colorado mountain air where Sweetwood is headquartered. FATTY's are the easiest way to show dad how much you care—about his health, his taste buds, and the energy he'll need for Father's Day fun.





**CHEESY IS FOR DAD'S DAY**

What's as cheesy as dad jokes and a lot more satisfying? Barbara's® Cheese Puffs! Made with real aged cheddar and blue cheeses—there aren't any artificial colors or flavors interrupting their genuine deliciousness! Crunchy, classic, and gluten-free—they're the clean answer to dirty snack cravings, and they demand to be included in your Father's Day plans. Share a bag or two with Dad—he'll stop with the bad puns, as long as his mouth is full.

**HERBAN COWBOY: WHAT A MAN CRAVES**

Smell fresh like the Forest or mysterious like Dusk. Smell like a man who knows what's good and what isn't—for his health and the planet. Herban Cowboy® brings uncompromising quality to a man's daily hygiene routine, with all the essentials from body wash to cologne to aluminum-free deodorant. PETA Certified Cruelty-free and made in the USA—they're created without parabens, phthalates, dyes, or triclosan. So, choose the Father's Day gift that shows you know what a man craves—smelling good doesn't need to sacrifice doing good.



**A CUP O' CULINARY BLISS FOR THE DAD ON YOUR LIST**

Ordinary food—extraordinary moments of culinary bliss; that's what Bellwether Farms® Creamery does for yogurt! In the lush, coastal hills of California, happy sheep graze, and a family passionate about their craft transforms the milk into this award-winning yogurt. Rich in A2 protein content, known to be more digestible for the lactose-sensitive, they're finished with minimal sugar, ripe fruit, vanilla beans, or nothing at all. (Plain is delicious in dressings and dips). Whether they sweeten your Father's Day breakfast-in-bed tray or elevate your Dad's Day appetizers—Bellwether Farms yogurt will transform the ordinary.



### PARTY FOR THE PLANET WITH REPURPOSE®

Backyard cookouts, pool parties, picnics—they're the definition of summertime fun, but they usually include one of these caveats: massive cleanup or wasteful guilt. Not with Repurpose! This Certified Compostable tableware brand is made from plants—featuring upcycled ingredients like sugarcane pulp, saved from post-industrial waste heaps. Most importantly, Repurpose plates hold up to a juicy pile of bbq thanks to their bio-based, grease-resistant coating! They're the first compostable tableware brand to debut a non-toxic alternative to the PFAS coatings (think Teflon) commonly used to make grease-resistant disposables. And, they're precisely the kind of thing dad's going to want at Father's Day festivities—because who likes washing dishes? Not dad.

### DADS NEED NATURAL FACTORS® BIOTICS

Gut. Brain. Immune System. You've heard about the connections between your gut microbiome and better health, and you've heard about supporting it with probiotics. But there are so many formulas—which to choose; when to use? Here are three that make it simple: Natural Factors Relief Biotic™, Calm Biotic™, and Travel Biotic™. Each formula features extensively studied, scientifically validated bacterial strains—ideally suited for their stated purpose. They're shelf-stable and naturally (stomach) acid-resistant, meaning they arrive in your intestinal tract intact. And, you can take them together if you wish—they don't compete against each other; they just keep working to support you. Third-Party Certified, with guaranteed potency through the expiration date—Natural Factors Biotics do what they say they will, just like dad taught you to do!



### NATURAL GROCERS™ BRAND SUPPLEMENTS—BECAUSE WE'VE GOT DAD'S BACK

He's been defending you since you were too tiny to remember—now it's your turn. Support dad's built-in defense team—his immune system, with Natural Grocers Brand Zinc & Quercetin! Zinc is crucial for proper immune function, actively used by cells to fight infection, and it influences the communication and activity of critical immune cells. Quercetin boosts zinc's cellular uptake and has also been shown to have direct anti-viral action against multiple flu strains, partly by blocking viral entry and replication in cells. Together, Zinc & Quercetin are a strategic combination of immune supporting MVPs—precisely why we paired them in one straightforward formula. Good Manufacturing Practices (GMP) Certified and U.S.-made—Natural Grocers Brand Supplements are time-tested and family-vouched for; ready to take care of dad just like he's always taken care of you!

OFFERS VALID JUNE 4 TO JUNE 27, 2021

# GROCERY



57% OFF

99¢

**ANNIE'S HOMEGROWN™**  
Select Mac & Cheese Mixes  
5.25-6 OZ.

Easy, cheesy, and delicious. Annie's Mac & Cheese is free of artificial ingredients.

ALWAYS AFFORDABLE™ \$2.35

15% OFF

\$1.69



**ALO DRINK®**  
Select Aloe Vera Juice Drinks  
16.9 OZ.

A refreshing, better-for-you beverage made from real aloe vera and fruit juice.

ALWAYS AFFORDABLE \$1.99

28% OFF

\$2.99



**ANNIE'S HOMEGROWN™**  
Bunny Crackers or  
Organic Bunny Grahams  
7-7.5 OZ.

ALWAYS AFFORDABLE \$4.19

25% OFF

\$2.99



**ANNIE'S NATURALS™**  
Organic Dressings  
8 OZ.

Certified Organic and filled with flavor. Make your next salad sensational!

ALWAYS AFFORDABLE \$3.99

26% OFF

\$3.29



**BACK TO NATURE™**  
Select Cookies  
8-12 OZ.

Quick snacks packed with craveable, oven-baked flavor.

ALWAYS AFFORDABLE \$4.49

23% OFF

\$3.95



**BOB'S RED MILL®**  
Gluten Free Pancake Mix  
24 OZ.

Light and fluffy pancakes that raise the bar for how good gluten free can be!

ALWAYS AFFORDABLE \$5.15

25% OFF

\$2.15



**BOULDER CANYON®**  
Potato Chips  
5 OZ.

All-natural kettle cooked potato chips with uncompromising quality and taste.

ALWAYS AFFORDABLE \$2.89

20% OFF

\$1.59



**C2O®**  
Coconut Waters  
17.5 OZ.

Brimming with refreshing natural coconut flavor and packed with electrolytes!

ALWAYS AFFORDABLE \$1.99

OFFERS VALID JUNE 4 TO JUNE 27, 2021

# NATURAL GROCERS<sup>®</sup> BRAND PRODUCTS

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

## DOING THE DISHES JUST GOT CLEANER!



**SALE!**  
**\$3.19**  
24 OZ.

ALWAYS AFFORDABLE<sup>SM</sup> \$3.59

Upgrade your cleaning routine with our **NEW** Natural Grocers<sup>SM</sup> Brand Liquid Dish Soaps! Grapefruit, Berry Blossom and Unscented varieties available for whatever tickles your fancy. All vegan, non-toxic, and free of parabens, phthalates, sulfates, and synthetic fragrances!

**LET'S CLEAN HOUSE!**

FREE FROM  
SULFATES  
PARABENS  
TRICLOSAN  
DYES  
PHOSPHATES  
& AMMONIA

NONGMO

MANUFACTURED  
IN THE USA

NATURAL  
FRAGRANCES

VEGAN

NO  
ANIMAL  
TESTING

Terms and conditions apply. See page 2 for details.



# How to Have Ageless Skin, *Naturally*

By Liz Mueller

Our bodies come in many different shapes, sizes, and colors. Each one of us is as unique as our individual fingerprints, and our health needs can be just as varied and complex. Yet, when it comes to the general health of our skin, there are many universal ways to keep it healthy, supple, and looking dewy and youthful—no matter our age or race. The key is to combat the major “skinemies”: free radical damage, moisture loss, and collagen loss. This triple threat is what leads to fine lines and wrinkles, saggy skin, dullness, and uneven skin tone. But with the right regimen of supplemental nutrients—antioxidants, carotenoids, phytonutrients, and collagen—we can have ageless skin, naturally.



## Vitamin C to Quench Free Radicals & Boost Collagen

Free radicals are generated in the skin via normal biological processes and from exposure to pollution and UV light. When there is an overabundance of free radicals, it leads to oxidative stress that damages skin cells’ lipid membranes, collagen structures, and also plays a role in UV-photo aging and skin cancer.<sup>i</sup> All of this can lead to accelerated skin aging, deep wrinkles, coarse texture, hyperpigmentation, psoriasis, dermatitis, vitiligo, acne, and melanoma.<sup>ii iii iv v</sup> But there’s hope! Vitamin C is a potent antioxidant found naturally in the skin that protects skin cells from free radical damage. Vitamin C also plays a critical role for tissue growth, tissue repair, and is critical for collagen synthesis, maintaining healthy levels of this protein that forms the structural support to maintain healthy, plump skin.<sup>vi</sup> Data from the U.S. National Health and Nutrition Examination Survey of more than 4,000 women aged 40 to 79 found that higher vitamin C intakes were associated with less wrinkles and dryness of the skin.<sup>vii</sup> Levels of vitamin C in the skin drastically decline with age and when exposed to UV light and environmental pollution, requiring it to be replenished daily.



## Collagen for Plump, Radiant Skin

Collagen is a protein made up of the amino acids glycine, proline, and hydroxyproline and provides structural support to the skin and connective tissues. In fact, collagen makes up 75 percent of skin’s support structure.<sup>viii</sup> Unfortunately, collagen degrades with age and environmental factors like UV light, pollution, and harmful lifestyle habits like smoking create free radicals that speed up collagen breakdown.<sup>ix</sup> And because vitamin C is required for the body to make collagen, low levels of this antioxidant can also lead to less-than-optimal collagen levels.

Incorporating a high-quality collagen supplement into your daily diet can help support healthy, radiant-looking skin throughout the lifespan. According to one double-blind, placebo-controlled study, 72 healthy women aged 35 years or older saw significantly improved skin hydration, skin elasticity, skin roughness, and skin density after taking 2.5 grams of collagen peptides for just 12 weeks in comparison to the placebo group.<sup>x</sup>

.....  
The key is to combat the major “skinemies”:  
free radical damage, moisture loss,  
and collagen loss.  
.....



## Lutein, Zeaxanthin & Astaxanthin for Healthy Skin

Studies show that the carotenoids lutein, zeaxanthin, and astaxanthin provide targeted skin support and provide protection from UV-induced skin damage.<sup>xi</sup> Participants in one double-blind, placebo-controlled study examining the effects of 10 mg of lutein and 2 mg of zeaxanthin (these carotenoids are found together in supplements), saw a significant improvement in overall skin tone and skin luminance (skin lightening) after just 12 weeks of supplementation compared to the placebo group.<sup>xii</sup> A separate clinical study showed that supplementation with 10 mg of lutein daily for 12 weeks increased skin moisture and elasticity and decreased oxidative damage of lipids (fats) in the skin by 55 percent.<sup>xiii</sup>

Another double-blind, placebo-controlled study examined the protective role that astaxanthin played in UV-induced damage and moisture retention. After just 10 weeks, those taking 4 mg of astaxanthin saw a reduced loss of skin moisture and reported improvement of rough skin and texture compared to the placebo group, with the researchers summarizing, “astaxanthin seems protective against UV-induced skin deterioration and helps maintain healthy skin in healthy people.”<sup>xiv</sup>



## Hyaluronic Acid for Healthy Skin Hydration

One of the reasons youthful skin retains its resilience and elasticity is due to its high content of water, but aging leads to a loss of this hydration. Enter hyaluronic acid (HA), a key molecule involved in retaining skin moisture. HA occurs throughout the body to provide lubrication and tissue hydration, but is most concentrated in the skin.<sup>xv</sup> Levels naturally decline as we age, hence its prominence in many anti-aging moisturizing creams, lotions, and serums. It hydrates, eliminates wrinkles, and plumps the skin.<sup>xvii</sup> It's also available in capsule form for targeted and comprehensive skin-supporting benefits from the inside out.



## Silica for Sun-Damaged Skin

In addition to a decline in hyaluronic acid levels, another sign of aging skin is a drop off of silicon in our connective tissues, resulting in moisture loss and reduced elasticity in the skin. Silica is shown to stimulate collagen production and connective tissue function and repair, especially in UV-damaged skin.<sup>xviii</sup> In a double-blind, placebo-controlled study of women aged 40 to 65 years old with clinical signs of skin photoaging (sun damage), those taking 10 mg/day of oral silica showed improvement in skin roughness and elasticity compared to the placebo group.<sup>xix</sup>

For references, email [customerservice@naturalgrocers.com](mailto:customerservice@naturalgrocers.com)



## Sunscreen for Healthy Skin in the Sun: The Choice Matters

Skin cancer is the most common form of cancer in the U.S., and according to the American Cancer Society, it's estimated that around 7,000 people will die this year from melanoma, the most dangerous form of skin cancer.<sup>x</sup> Wearing sunscreen is one of the easiest and most effective ways to protect the skin from UV rays and UV damage—especially with prolonged sun exposure. But the type of sunscreen we choose to put on our skin matters, and the truth about chemical sunscreens is coming to light.

A randomized clinical trial published in the *Journal of the American Medical Association* reveals that four of the commercially available chemical sunscreens—avobenzene, oxybenzone, octocrylene, and ecamsule—are absorbed in the bloodstream at greater levels than 0.5 nanograms per milliliter, exceeding the threshold established by the FDA for potentially waiving some non-clinical toxicology studies for sunscreens.<sup>xxi</sup> <sup>xxii</sup>

Furthermore, the Environmental Working Group (EWG) recommends avoiding chemical sunscreens with oxybenzone because of concerns that this ingredient may disrupt hormones and cause allergic skin reactions.<sup>xxiii</sup> And then there are the harmful effects that chemical sunscreens have on the environment, in particular, oxybenzone, which leads to bleaching of corals and damages coral reefs. (See “Earth Watch” on page 43 for more on that!)

The safer (and smarter) choice is mineral-based sunscreen that contains titanium dioxide and/or zinc oxide. These are small particles that sit on the skin's surface and physically prevent UV rays from penetrating the skin. They are nontoxic, less harmful to the environment, and are effective at blocking the sun's potent UV rays. If their white cast is something that deters you from using them over conventional chemical-based sunscreens, many now come in tinted or clear forms to fit your lifestyle and preference.

OFFERS VALID JUNE 4 TO JUNE 27, 2021

# NATURAL GROCERS® BRAND BULK PRODUCTS

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



**SALE**  
**\$4.99**  
10 OZ.

ALWAYS AFFORDABLE<sup>SM</sup> \$6.99



Natural Grocers™ Brand Bulk  
**ORGANIC ROASTED CASHEWS**  
(SALTED AND UNSALTED VARIETIES)

Roasted to perfection, our cashews will make you snack happy in no time.



**SALE**  
**\$3.49**  
1 LB.

ALWAYS AFFORDABLE \$3.99



Natural Grocers Brand Bulk  
**ORGANIC ROASTED SALTED SUNFLOWER SEEDS**

Eat them straight out of the bag for a satisfying, salty snack that's packed with healthy fats and valuable free radical scavengers.\*



**SALE**  
**\$4.79**  
7 OZ.

ALWAYS AFFORDABLE \$5.39



Natural Grocers™ Brand Bulk  
**ORGANIC PINEAPPLE RINGS**

Looking for a sweet snack escape? Our delicious, chewy, tropical pineapple rings will take you to an island in your mind!

**SALE**  
**\$2.99**  
1 LB.

ALWAYS AFFORDABLE \$3.79



Natural Grocers™ Brand Bulk  
**ORGANIC COCONUT SUGAR**

Ditch refined sugar A-SAP and reach for a bag of our organic coconut sugar made from coconut PALM SAP! It contains iron, zinc, calcium, and potassium.\*

# NATURAL GROCERS<sup>®</sup> BRAND BULK PRODUCTS

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

## ALWAYS AFFORDABLE<sup>SM</sup>

### Natural Grocers™ Brand Bulk NON-GMO SLIVERED ALMONDS

**\$5<sup>29</sup>**  
1 LB.

Give a nutritional boost\* to your next gourmet salad, toss them in your morning oatmeal, or add some crunchy texture to your green bean casserole.



### Natural Grocers Brand Bulk NON-GMO LOOKOUT MOUNTAIN MIX

**\$6<sup>89</sup>**  
1 LB.

Things are looking up with every bite of this protein-packed, loaded Lookout Mountain Mix. Here's to looking out for your health!\*



### Natural Grocers Brand Bulk ORGANIC WILD RICE

**\$5<sup>59</sup>**  
10 OZ.

Our organic wild rice pairs perfectly with wild-caught salmon, chicken and broccoli, or as a showstopper in wild rice stuffed squash.



### Natural Grocers Brand Bulk ORGANIC BANANA COINS

**\$2<sup>49</sup>**  
6 OZ.

Loaded with potassium, these organic banana coins are practically begging to go on your next hiking adventure. Toss them in your pack or add them to your homemade trail mix for instant energy.



### Natural Grocers Brand Bulk NON-GMO MT. EVANS TRAIL MIX

**\$3<sup>29</sup>**  
10 OZ.

A mountain of adventure calls for a trail mix loaded with a mountain of good4u<sup>SM</sup> ingredients like raisins, sunflower kernels, almonds, cashews, currants, coconut, and more!



### Natural Grocers Brand Bulk ORGANIC RAW SPANISH ALMONDS

**\$6<sup>99</sup>**  
10 OZ.

As a terrific source of vitamin E and fiber\*, our organic Spanish almonds are great for grinding into flour, making nut butter, or just snacking from the bag.



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.

OFFERS VALID JUNE 4 TO JUNE 27, 2021

# GROCERY



40% OFF

\$2.39



**BARNANA®**  
Organic Plantain Chips  
5 OZ.

A healthier snack made from organic plantains, himalayan pink salt, and cooked in coconut oil.

ALWAYS AFFORDABLE \$3.99

44% OFF

\$2.85



**CASCADIAN FARM®**  
Organic Cereals  
8.6-14.6 OZ.

These tasty, whole-grain cereals are an easy way to start your day.

ALWAYS AFFORDABLE \$5.15



22% OFF

10/\$10



**CLIF®**  
Luna Bars  
1.59-1.69 OZ.

Kitchen crafted with purpose and dedicated to championing the power of women.

ALWAYS AFFORDABLE \$1.29

23% OFF

\$1.79



**DANG FOODS®**  
Plant-Based Keto Bars  
1.4 OZ.

Formulated to be ideal for ketogenic diets, these bars are both nutritious and delicious.

ALWAYS AFFORDABLE \$2.35



18% OFF

\$2.15



**EDEN FOODS®**  
Select Organic Beans  
15 OZ.

High-quality beans packed in custom steel cans that are free of any endocrine disruptors.

ALWAYS AFFORDABLE \$2.65-\$2.75



30% OFF

\$1.29



**EPIC®**  
Snack Strips  
0.8 OZ.

Made from premium quality meats and packed with protein to keep you fueled.

ALWAYS AFFORDABLE \$1.85

21% OFF

\$1.99



**EVOLVED CHOCOLATE**  
Keto Cups  
1.41 OZ.

Crafted with no added sugar, living a keto lifestyle doesn't mean giving up delicious treats.

ALWAYS AFFORDABLE \$2.55

23% OFF

\$1.99



**THE GINGER PEOPLE®**  
Gin Gins Ginger Chews  
3 OZ.

Sweet, chewy treats with a flavorful, tingly twist.

ALWAYS AFFORDABLE \$2.59

OFFERS VALID JUNE 4 TO JUNE 27, 2021

# GROCERY

18% OFF

\$3.25



**GRAIN BERRY®**  
Onyx Sorghum Cereals  
12-16 OZ.

Tasty, whole-grain cereals made with less sugar and more nutrition.

ALWAYS AFFORDABLE™ \$3.99

15% OFF

\$2.15



**GUAYAKI**  
Organic Canned Mate  
15.5 OZ.

Bold, yerba mate flavor with a bubbly, sparkling kick.

ALWAYS AFFORDABLE™ \$2.55



21% OFF

\$1.69



**INKA CROPS®**  
Plantain Chips  
2-3.25 OZ.

These thick-cut plantain chips are light, crispy, and seasoned to perfection.

ALWAYS AFFORDABLE™ \$2.15

24% OFF

\$1.35



**JUST® WATER**  
Spring Water  
1 L

100% spring water. Sustainably sourced, and naturally flavorful.

ALWAYS AFFORDABLE™ \$1.79

22% OFF

\$13.19



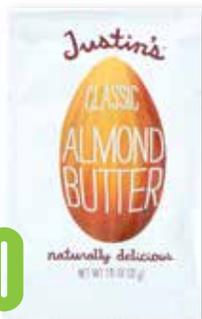
**COBRAM ESTATE**  
California Select Olive Oil  
25.4 OZ.

Made from Sacramento Valley olives for the perfect mix of taste bud pleasing flavor.

ALWAYS AFFORDABLE™ \$16.99

25% OFF

10/\$10



**JUSTIN'S®**  
Almond Butter Squeeze Packs  
1.15 OZ.

High in plant-based protein, and perfect for enjoying on the go!

ALWAYS AFFORDABLE™ \$1.35



23% OFF

\$7.79



**LAIRD SUPERFOOD®**  
Select Superfood Creamers  
8 OZ.

These plant-based creamers are smooth and naturally delicious.

ALWAYS AFFORDABLE™ \$10.15

22% OFF

\$2.59



**LATE JULY®**  
Select Organic Crackers  
5-6 OZ.

Rich crackers with a toasted taste. Made with simple, organic ingredients.

ALWAYS AFFORDABLE™ \$3.35



OFFERS VALID JUNE 4 TO JUNE 27, 2021

# GROCERY

22% OFF

\$1.75

**ICELANDIC™  
GLACIAL  
Spring Water**  
1L



ALWAYS AFFORDABLE \$2.25

32% OFF

\$2.79

**LESSER EVIL®  
Veggie Sticks**  
4.5 OZ.



Add more veggies to your diet with these simple, craveable snacks.

ALWAYS AFFORDABLE \$4.15

30% OFF

\$1.15

**MAMMA CHIA®  
Organic Chia Squeeze Pouches**  
3.5 OZ.



Organic chia seeds infused with fruits and vegetables, perfect for snacking on the go.

ALWAYS AFFORDABLE \$1.65

10% OFF

\$4.85

**DAVE'S KILLER BREAD®  
Select Bread Loaves**  
24-27 OZ.



Whole-grain bread that is packed with nutrition in every bite.

ALWAYS AFFORDABLE \$5.39

13% OFF

\$6.95

**MAPLE HILL CREAMERY®  
Organic Milks**  
4 PK



Top-quality milks from humanely raised, 100% grassfed cows.

ALWAYS AFFORDABLE \$7.99

28% OFF

\$7.49

**MARANATHA™  
Select Almond Butter Jars**  
12 OZ.



Velvety smooth almond butters, with a sweet, mellow flavor and rich texture.

ALWAYS AFFORDABLE \$10.45

10% OFF

\$6.29

**NATURAL GROCERS™ BRAND  
Organic Whole Bean or Ground Coffee**  
10 OZ.



Find a new morning ritual with these high-quality blends that won't break the bank.

ALWAYS AFFORDABLE \$6.99



15% OFF

\$1.69 EACH

**NATURAL GROCERS BRAND  
Organic Popped Popcorn**  
4 OZ.



Make any night movie night with Natural Grocers Air-Popped Popcorns.

ALWAYS AFFORDABLE \$1.99



10% OFF

\$1.79

**NATURAL GROCERS BRAND  
Select Olives**  
6 OZ.



100% California-grown olives. Free of artificial additives and processed in a zero waste facility!

ALWAYS AFFORDABLE \$1.99



OFFERS VALID JUNE 4 TO JUNE 27, 2021

# GROCERY

25% OFF



\$1.15

**NUGO®**  
Select Dark Chocolate Bars  
1.76 OZ.



Made with real dark chocolate and full of protein!

ALWAYS AFFORDABLE \$1.55

20% OFF



\$7.99

**NUTIVA®**  
Organic Coconut Manna  
15 OZ.



Made from pure coconut flesh, this coconut butter is a tasty superfood.

ALWAYS AFFORDABLE \$9.99



Up to 34% OFF



**SEGGIANO**  
Up to 34% Off Pesto or Organic Pastas  
7-16 OZ.

ALWAYS AFFORDABLE \$6.39-\$9.15

15% OFF



\$1.59 EACH

**ORGANIC VALLEY®**  
Organic Grassfed Mighty Sticks  
0.75 OZ.



Made with 100% grassfed beef, these mighty snacks are convenient and organic!

ALWAYS AFFORDABLE \$1.89

22% OFF



\$5.29

**ORGANICO BELLO®**  
Organic Pasta Sauces  
25 OZ.



Delicious sauces made from tomatoes grown in the rich Mediterranean soil of Southern Italy.

ALWAYS AFFORDABLE \$6.85

25% OFF



\$2.79

**QUE PASA®**  
Organic Tortilla Chips  
10-11 OZ.

Made with volcanic stone ground corn, these tortilla chips are perfect for dipping!

ALWAYS AFFORDABLE \$3.75



26% OFF



\$1.95

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

Smooth, refreshing, naturally sweet, and packs a caffeinated punch.

ALWAYS AFFORDABLE \$2.65



40% OFF



\$1.19

**VITA COCO®**  
Coconut Waters  
16.9-17 OZ.

ALWAYS AFFORDABLE \$1.99



OFFERS VALID JUNE 4 TO JUNE 27, 2021

# GROCERY

Up to  
**22% OFF**

## SIR KENSINGTON'S

Up to 22% off Select  
Mustards or Ketchup  
9-20 OZ.

High-quality condiments made from simple, real ingredients for superior taste.

ALWAYS AFFORDABLE™ \$3.59-\$4.49



**23% OFF**

**\$1.75**

**RUNA®**  
Organic Clean Energy Drinks  
12 OZ.

Treat yourself to a better-for-you energy drink, brewed from sustainably sourced guayusa leaves.

ALWAYS AFFORDABLE \$2.29



**20% OFF**

**\$2.39**

**BARBARA'S®**  
Cheese Puffs  
5.5-7 OZ.

Deliciously cheesy, and packing some serious crunch in every bite!

ALWAYS AFFORDABLE \$2.99



**16% OFF**

**2/\$5**

**SWEETWOOD SMOKEHOUSE**  
Fatty Meat Sticks  
2 OZ.

Thick, natural meat sticks that are as filling as they are flavorful.

ALWAYS AFFORDABLE \$2.99



**21% OFF**

**4/\$5**

**SWEET LEAF TEA CO®**  
Organic Teas  
16 OZ.

Refreshing, organic teas free of artificial ingredients.

ALWAYS AFFORDABLE \$1.59



**22% OFF**

**89¢**

**HONEY STINGER®**  
Select Organic Waffles  
1 OZ.

Formulated to provide your body with a steady energy source to tackle any activity.

ALWAYS AFFORDABLE \$1.15



**25% OFF**

**2/\$5**

**TCHO CHOCOLATE**  
Chocolate Bars  
2.5 OZ.

Premium chocolate bars, meticulously crafted from responsibly sourced cacao beans.

ALWAYS AFFORDABLE \$3.35



**22% OFF**

**\$1.39**

**ZEVIA®**  
Organic Stevia Sweetened Teas  
12 OZ.

Brewed with Fair Trade Certified Tea with zero sugar and zero calories.

ALWAYS AFFORDABLE \$1.79



# FATHER'S DAY

## DINNER ON THE GRILL



**FEED YOUR FAMILY OF 4  
FOR UNDER \$12\***

**\$5.99**  
1 LB  
LIMIT 2



**Thousand Hills Grass Fed  
80/20 Ground Beef**  
Always Affordable™ \$6.29

**\$3.79**  
EACH  
LIMIT 2



**Rudi's Bakery Wheat & White  
Hamburger Buns**  
Always Affordable \$5.15

**\$1.39**  
EACH  
LIMIT 2



**Organic Red & Green Leaf Lettuce**

**MAKE IT MOOLESS!**

**\$4.99**  
8 OZ  
LIMIT 2



**Beyond Meat Beef Free Burger**  
Always Affordable \$5.89  
(2 packs recommended for 4 servings)

**MAKE IT  
GLUTEN FREE!**

**\$3.99**  
12 OZ  
LIMIT 2



**Canyon Bakehouse Gluten Free  
Hamburger Buns**  
Always Affordable \$5.85

**\$1.79**  
PER LB



**Organic Beefsteak Tomatoes**

**UPGRADE YOUR BURGERS FOR \$6!**

**\$4.49**  
12 OZ EACH  
LIMIT 2



**Natural Grocers™ Brand  
Hickory Smoked Bacon**  
Always Affordable \$5.49

**\$2.99**  
PER LB



**Organic Jalapeños**

**99¢**  
EACH  
LIMIT 6



**Organic California Avocados**



\*THIS OFFER IS AVAILABLE ONLY TO REGISTERED (N)POWER MEMBERS. Price excludes tax. This is a limited-time offer; go to [www.naturalgrocers.com/mealdeals](http://www.naturalgrocers.com/mealdeals) for details. This offer is redeemable only for in-store purchases at participating Natural Grocers stores. Pricing subject to change without notice. Quantity limited to stock on hand; no rain checks. We reserve the right to correct errors. \*\*See [naturalgrocers.com/privacy](http://naturalgrocers.com/privacy) for our Privacy Policy and [naturalgrocers.com/terms](http://naturalgrocers.com/terms) for the (N)Power Terms of Use. Message and data rates may apply.

# HOT DEALS<sup>SM</sup>

OFFERS VALID JUNE 18 TO JUNE 20, 2021



**33% OFF**

**\$2.49**

**QUE PASA®**  
Organic Tortilla Chips  
10-11 OZ.

ALWAYS AFFORDABLE™ \$3.75



**20% OFF**



**\$35.99 EACH**

**GARDEN OF LIFE®**  
Raw Organic Meal  
Original, Vanilla, Chocolate  
or Vanilla Chai  
32-36.6 OZ.

ALWAYS AFFORDABLE \$45.49

**34% OFF**

**2/\$3**



**RUNA®**  
Organic Clean Energy Drinks  
12 OZ.

Treat yourself to a better-for-you energy drink, brewed from sustainably sourced guayusa leaves.

ALWAYS AFFORDABLE \$2.29



**21% OFF**

**\$1.99**



**GUAYAKI**  
Organic Canned Mate  
15.5 OZ.

Bold, yerba mate flavor with a bubbly, sparkling kick.

ALWAYS AFFORDABLE \$2.55



**27% OFF**

**\$2.79**



**KOIA®**  
Plant Based Protein Beverages  
12 OZ.

Tasty shakes packed with plant-based protein!

ALWAYS AFFORDABLE \$3.85

# HOT DEALS <sup>SM</sup>

OFFERS VALID JUNE 18 TO JUNE 20, 2021

Up to  
**37% OFF**

~~\$7.99~~  
**\$11.29**



**ALBA BOTANICA®**  
Suncare Favorites

Biodegradable, reef-friendly suncare products that provide broad-spectrum protection.

**ALWAYS AFFORDABLE \$11.29-16.99**



**23% OFF**

~~\$5.29~~  
EACH

**NIMAN**  
All-Natural Sausages  
12 OZ.

**ALWAYS AFFORDABLE™ \$6.89**

**31% OFF**

~~\$37.99~~

**ENZYMEDICA®**  
Digest Gold™  
120 CAP

Breaks down all the parts of a typical meal, like fat, fiber, protein, and carbohydrates.\*

**ALWAYS AFFORDABLE \$55.35**



**28% OFF**

~~\$15.49~~

**GAIA HERBS®**  
Adrenal Health®  
Nightly Restore  
60 VCAP

Contains a blend of ashwagandha, magnolia bark, cordyceps, and Gaia-grown® lemon balm.\*

**ALWAYS AFFORDABLE \$21.79**



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**{N}POWER® MEMBERS ONLY**

TREAT DAD TO SOMETHING GREAT

# FREE

EPIC® SNACK STRIP  
or  
Primal® STRIPS\*



FATHER'S DAY ONLY!  
**SUNDAY, JUNE 20<sup>th</sup>**

Limit one per {N}power® customer  
Bring EPIC Snack Strip or Primal Strips to the register to redeem

\*FREE EPIC Snack Strip or Primal Spirit Strips offer is available only to registered {N}power® members in-store at participating Natural Grocers stores on 6/20/2021 only, limit 1 per {N}power customer. Quantity limited to stock on hand; no rainchecks. This offer has already been loaded to your account. Be sure to enter your phone number at checkout to redeem this offer. We reserve the right to correct errors. Void where prohibited by law. To join {N}power, visit [www.naturalgrocers.com/npower](http://www.naturalgrocers.com/npower).  
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**{N}POWER® MEMBERS ONLY**

**KEEPING IT GREEN FOR DAD**

**{N}POWER DEALS\* FROM 6/18-6/20**

**20% OFF**  
**\$759-\$865**  
**BULLDOG SKINCARE FOR MEN**  
 Shave Essentials  
 ALWAYS AFFORDABLE™ \$949-\$1079

**37% OFF**  
**\$799**  
**OLIVINA MEN**  
 Select All-in-One Washes  
 3 OZ.  
 ALWAYS AFFORDABLE™ \$1269

**25% OFF**  
**\$545**  
**HERBAN COWBOY**  
 Stick Deodorants  
 ALWAYS AFFORDABLE™ \$729

**32% OFF**  
**\$199**  
**ENDANGERED SPECIES CHOCOLATE**  
 Chocolate Bars  
 ALWAYS AFFORDABLE™ \$285

**35% OFF**  
**\$699**  
**KICKING HORSE COFFEE**  
 Organic Regular Coffee  
 10 OZ.  
 ALWAYS AFFORDABLE™ \$1079

**25% OFF**  
**\$819**  
**UCO**  
 Titanium Utility Spork  
 ALWAYS AFFORDABLE™ \$1099

**30% OFF**  
**\$1767-\$2589**  
**HYDRO FLASK**  
 Natural Grocers Brand Bottles  
 ALWAYS AFFORDABLE™ \$2525-\$3699

**25% OFF**  
**\$599**  
**HAROLDS KITCHEN**  
 Silicone Stretch Lids  
 ALWAYS AFFORDABLE™ \$799

**25% OFF**  
**\$749-\$2718**  
**STASHER**  
 Select Reusable Silicone Bags  
 ALWAYS AFFORDABLE™ \$999-\$3625

**25% OFF**  
**36¢-\$14249**  
**NEW WAVE ENVIRO PRODUCTS**  
 ALWAYS AFFORDABLE™ .49¢-\$18999

**25% OFF**  
**\$186-\$824**  
**REPURPOSE**  
 Plant-Based Compostable Tableware & Trash Bags  
 ALWAYS AFFORDABLE™ \$249-\$1099

\*These offers are available only to registered {N}power® members June 18, 2021 through June 20, 2021 for in store purchases at participating Natural Grocers stores. Quantity limited to stock on hand; no rainchecks. These offers have already been loaded to your account. Be sure to enter your phone number at checkout to redeem these offers. ALL REWARDS REDUCE YOUR BASKET SIZE. Points are applied to the price paid after discounts. Discount cannot be combined with other offers. We reserve the right to correct errors. Void where prohibited by law. To join {N}power, visit [www.naturalgrocers.com/npower](http://www.naturalgrocers.com/npower).

OFFERS VALID JUNE TO JUNE 27, 2021

# NATURAL GROCERS<sup>®</sup> BRAND PRODUCTS

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

## ENJOY HIKING with our Always Affordable<sup>SM</sup> Snacks!



**\$2.69**  
3 OZ.  
each



**\$1.99**  
25.3 OZ.

ORGANIC



**\$1.29**  
16 OZ.



**\$5.99**  
3 OZ.  
each



NON GMO



**99¢**  
1.5 OZ.  
each





# EarthWATCH

## CHEMICAL SUNSCREENS ARE POLLUTING OUR WATERWAYS

By Charity Isely

*“If there is magic on this planet, it is contained in water.”*

— Loren Eiseley<sup>i</sup>

A mountain lake, a rushing river, a sea of Caribbean blue—what would this planet be without the magic of water? River to ocean to continent to poles, water connects all living things, but what impact do we have on it and the life it gives? How often do we consider the consequences of seemingly inconsequential daily habits, such as our personal care routines?

### A GLIMPSE BENEATH THE SEA

A more magical place than the brilliantly colored universe of the coral reef is hard to find. Called the “rainforest of the sea,” reefs are among the most diverse ecosystems on the planet. Hosting a quarter of all marine life, they are habitats both pristine and rarified in their natural harmony.<sup>ii</sup> Yet, the reefs are dying; scientists estimate that nearly all will be in jeopardy by 2050. And with the death of coral reefs, we all lose—invaluable sources of food, medicine, shoreline stability, and economic benefits vanish.<sup>iii</sup>

One of the most detrimental events for reefs is bleaching, a condition that happens when coral is severely stressed by warming oceans, pollutants, and other factors. When bleaching occurs, the coral expels its source of food and vivid color—zooxanthellae, the tiny algae that lives in its tissues. This separation leaves it colorless and starving, ultimately leading to mortality if conditions aren’t reversed in time.<sup>iv v</sup>

### ADDING INSULT TO INJURY

Oxybenzone and octinoxate, the active ingredients in 70 to 80 percent of commercial sunscreens, damage coral in multiple ways and can both directly and indirectly trigger coral bleaching.<sup>vi</sup> Consider the following:

- Chemical sunscreens like oxybenzone significantly drive viral production in seawater, activating latent viruses in zooxanthellae that result in bleaching.<sup>vi vii</sup>
- Oxybenzone intensifies the damage of warming water, accelerating mortality in some species and disrupting the coral’s microbiome defense.<sup>viii</sup>
- Additional sunscreen ingredients can enhance the bioavailability of the active chemical ingredients, increasing their toxicity.<sup>ix</sup>
- In studies at reefs around the world, even low doses of sunscreen chemicals like oxybenzone and octinoxate produced bleaching at all sites.<sup>vi</sup>

The sum of these effects is this: Damages inflicted by chemical sunscreens weaken the coral’s ability to adapt and survive in the face of its greatest peril, climate change.<sup>x</sup>

### IT’S NOT JUST A DAY AT THE BEACH

Pollution from sunscreen can have a far-reaching impact, miles away from its origins. For example, public beaches in Okinawa, Japan contained high levels of chemical sunscreens. The startling thing is that similarly high levels were also detected in water 600 miles away, and chemical sunscreens have even been found in the Arctic! If ocean currents can carry these pollutants to the ends of the earth, the potential environmental consequences are frightening to consider.<sup>xi xii</sup>

### DOWN THE DRAIN DOESN’T MAKE THEM DISAPPEAR

No matter where you live, your choices matter. Every time you jump in the shower, you’re sending a trail of chemicals down the drain, and wastewater treatment plants can’t remove them all. In fact, a University of Texas, Austin study concluded that “Conventional wastewater treatment plants do not effectively remove pharmaceuticals and personal care products.”<sup>xiii</sup> So, where do they end up? Oxybenzone and octinoxate have been found in almost all water sources around the world!<sup>xiv</sup>

### WHAT’S BAD FOR THE PLANET IS USUALLY BAD FOR YOU

Oxybenzone is a possible endocrine disruptor, which can negatively affect reproductive and thyroid health, alter nervous system function, contribute to the development of diabetes, obesity, cardiovascular problems, and neurological and learning disabilities. Unfortunately, our exposure is widespread.<sup>xiv</sup> An estimated 97 percent of Americans have oxybenzone in their urine! Don’t forget—chemical sunscreens aren’t just used in sunscreens. You’ll find them in shampoo, lotion, makeup, and even fragrances and insect repellent.<sup>xv</sup>

### CHOOSE YOUR IMPACT

At Natural Grocers™ we only sell mineral-based sunscreens, and do not allow chemical sunscreens in any products, because we believe the health of humans and the planet is inseparable. Together, let’s keep the magic from being lost!



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Select Organic Frozen Vegetables  
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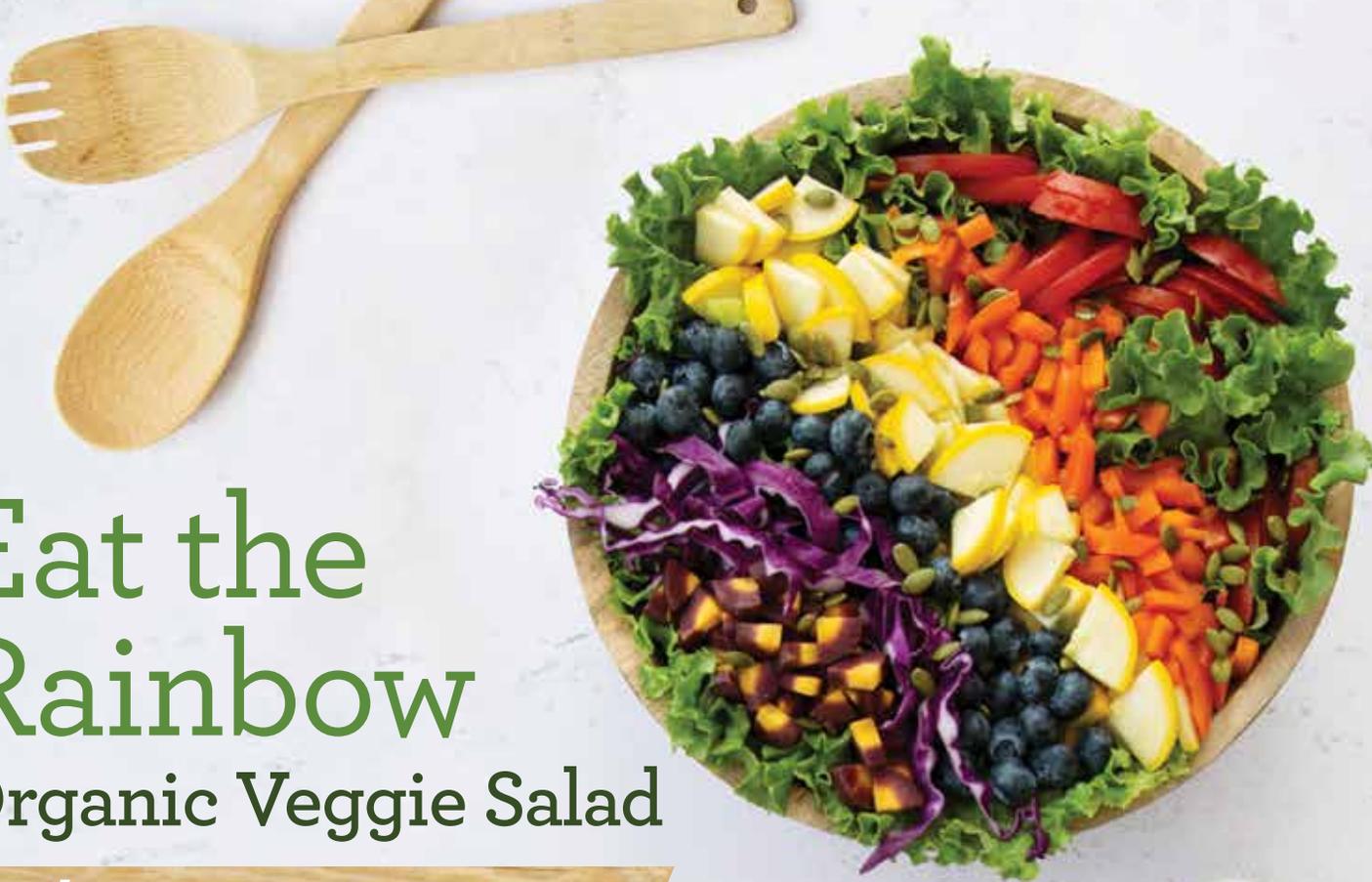
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# Eat the Rainbow

## Organic Veggie Salad

*with Sunny Lemon Dressing*

**SERVES:** 6 AS A SIDE SALAD, 4 AS A MAIN DISH | **PREP TIME:** 30 MINUTES | **TOTAL TIME:** 30 MINUTES

Want to celebrate the rainbow? Try this colorful salad bowl—it's gorgeous to behold and bursting with good4u<sup>SM</sup> summer veggies! Serve it as a side salad or make it a meal by adding grilled or baked chicken or fish, baked tofu, or hard-boiled eggs.

## INGREDIENTS

### For the Sunny Lemon Dressing

- 1 teaspoon organic lemon zest
- Juice from 1 organic lemon
- 3 tablespoons Natural Grocers™ Brand Organic Extra Virgin Olive Oil
- 3 tablespoons plain unsweetened organic dairy-free yogurt
- ½ teaspoons Natural Grocers Brand Organic Grade A Dark Maple Syrup
- 1 organic garlic clove, minced
- ¼ teaspoon Natural Grocers Brand Bulk Real Salt, plus more to taste
- ¼ teaspoon Natural Grocers Brand Bulk Organic Black Pepper, plus more to taste

### For the salad

- 1 large organic tomato, diced or thinly sliced
- 1 medium organic orange pepper, diced or matchstick cut
- 1 small organic yellow summer squash, quartered lengthwise and cut into thin slices
- 1 head organic green leaf lettuce, washed, dried, and torn into bite-size pieces
- 1 cup organic blueberries
- 1 cup finely shredded organic red cabbage
- 1 medium organic purple carrot, quartered lengthwise and thinly sliced or cut into matchsticks
- ½ cup Natural Grocers Brand Bulk Organic Pumpkin Seeds, toasted

## INSTRUCTIONS

1. Combine all the dressing ingredients in a jar with a tight-fitting lid and shake well to combine. Taste and add more salt, pepper, or maple syrup as desired.
2. Lay a bed of lettuce down on a large serving platter or in individual salad bowls. To create a rainbow, start at one edge and top the greens with rows of the vegetables in the following order: tomatoes, orange peppers, yellow summer squash, blueberries, red cabbage, purple carrot. Leave a space between the yellow summer squash and the blueberries to allow the greens to peek through. Top with the toasted pumpkin seeds and serve with a drizzle of dressing. Alternately toss all the vegetables with the dressing in a large bowl and top with the pumpkin seeds just before serving.

good4u<sup>SM</sup>

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