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OCTOBER 2021 | VOL. 51

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# LETTER

## From the Iselys

**Happy October, everyone!**

What a lovely time of year it is—perfect for making a pot of tea and having a chat. Shall we?

See, along with brilliant fall colors, late-season garden bounty, and the fun of remembering where we stashed our favorite sweaters, it's also Non-GMO Month, which is a pretty big deal at Natural Grocers®. We know there's plenty of confusion swirling around this topic, and that's why we're looking forward to digging into the facts and sharing them with you all month long.

In the meantime, here's the quick take. We believe the widespread cultivation of GMO crops and the use of GMO ingredients in our food supply is NOT beneficial to the things we care about the most—the health of our neighborhoods and the planet. We root this belief in evidence-based research, and equally as important, the lack thereof when it comes to proving the safety and long-term impacts of GMOs on our health.

We don't believe in saying a bunch of words and not backing them up with our actions, so here are some of the things we're doing about GMOs at Natural Grocers.

- 🍏 We prioritize organic whenever possible, and organic is naturally non-GMO!
- 🍏 Our produce is 100% certified organic.
- 🍏 Our bulk department is 100% non-GMO, with many organic selections.
- 🍏 In 2013 we stopped bringing in new grocery products with high-risk GMO ingredients unless those ingredients are certified organic or verified non-GMO.
- 🍏 All of our Natural Grocers Brand Products are organic or non-GMO if organic is not available (excluding our honey and bacon).

And speaking of Non-GMO, it's also turkey time, which means you can start planning your GMO-free holiday menu this very minute. We're pre-selling Mary's turkeys all month long, and along with certified organic and heritage options every bird is also Non-GMO Project Verified. By the way, our plant-based roasts are non-GMO too!

Now, we need to start another pot of water and freshen up this tea. We hope we have more chats like this with you soon, and in the meantime, may we leave you with this fall inspiration:

**“You don't waste October sunshine...”**

—Katherine Arden, *Small Spaces*

The Isely Family

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# FOR THE LOVE OF ORGANICS: TEA

By Charity Isely

Once upon (almost) 5,000 years ago, an influential man of China sat beneath a tree and boiled water to drink when dried leaves floated into his pot. They infused the water, the aroma enticing our protagonist to take a sip, and that's how they say tea was discovered. These leaves were from *Camellia sinensis*, the tea plant, and this fact is the only detail of the story we know is accurate, for it's from this plant that what is considered true tea—white, green, oolong, and black—is made.

Although the serendipitous nature of this legend is enchanting, the modern cultivation of tea begs us to choose the tea leaves that float in our pots with intention, for our health and that of the planet. Consider a few reasons why.

## Imported tea and illegal pesticides

Very little tea is grown in the U.S. — it's an imported product. Unfortunately, this means there are fewer controls over chemical pesticide residues. According to *Tea Steeped in Toxics*, a 2015 report by Beyond Pesticides, the FDA “consistently finds high levels of illegal residues on imported tea”—an issue echoed from the European Union to China. Contemplate these stats:

**U.S.:** Violations, including pesticides not registered for use on tea and residue levels above maximum limits, were 100 percent for oolong and 50 percent for tea overall, according to FDA monitoring data in 2012 (the latest data available).

**CHINA:** Twenty types of organophosphorus pesticide residues, including seven banned in China since 2005, were found in Chinese tea samples, according to research published in the journal *Environmental Health and Preventive Medicine*, citing data from 2013-2014.

**EU:** Thirty-seven percent of imported tea samples in Europe contained pesticide residues banned in the EU due to environmental and health concerns, according to a report from the Pesticide Action Network Europe, citing official 2018 data.

Choose certified organic tea to reduce the chances of illegal pesticide residues in your brew. Around the world, organic products are held to the same strict, USDA-enforced standards. They're inspected annually, samples are tested for prohibited substances, such as illegal pesticides, and suspected violations are investigated.

*“You can never get a cup of tea large enough  
or a book long enough to suit me.”*  
— C.S. Lewis

## The destructive status quo

What happens when a single crop is grown year after year on a large piece of land? Loss! Loss of habitat. Loss of biodiversity. Loss of healthy soil. This monoculture approach to agriculture is the status quo of cultivation for many commodity crops, including tea, and it's accompanied by heavy use of synthetic fertilizers. Over time this results in soil acidification, negatively impacting soil structure, metal toxicity, and nutrient availability. In China, one of the world's biggest tea-producing countries, this is becoming a serious issue. According to research published in *Science of the Total Environment* in 2020, 46 percent of Chinese soil samples measured were too acidic for tea growth. However, on organic tea plantations, where synthetic fertilizers are not allowed, the researchers found no significant soil acidification.

## Nutritional sips

Of all the reasons to love a cuppa tea, green tea may lay claim to the most. It's an excellent source of epigallocatechin-3-O-gallate, or EGCG, which is believed to be one of the most significant contributors to tea's health-promoting properties, including antioxidant, anti-inflammatory, antimicrobial, and antiviral activities.

## The organic brew is better for you

A study comparing tea grown organically or conventionally in the same geographical region in China found a clear winner in organic. The organic tea had “significantly higher” concentrations of catechins, including the most potent antioxidant among them, EGCG.





# CHAI SPICE

# Poached Pears

## with Cinnamon Whipped Cream

Serves: 4 | Prep time: 15 minutes | Cook time: 35-55 minutes | Total time: 2 hours, up to 48 hours

Gorgeous to behold and a delight to eat, these poached pears are infused with warming chai spices and topped with cinnamon whipped cream. Make them vegan by subbing coconut whip or your favorite non-dairy whipped topping for the heavy cream. The best part is that you can make them ahead of time!

### Ingredients

- Natural Grocers® Brand Bulk Organic Seasonings:
  - 3 Cinnamon Sticks
  - ½ teaspoon Whole Cloves or 10 Whole Cardamom Pods
  - ½ teaspoon Whole Black Peppercorns
- 6 cups water
- 1-inch organic ginger root, thinly sliced
- 2 organic black tea bags
- 4 ripe but firm small organic pears (try Bosc, Bartlett, or D'Anjou)
- 1 cup Natural Grocers Brand Bulk Organic Coconut Sugar

#### For the cinnamon whipped cream:

- ½ cup organic heavy whipping cream
- ¼ teaspoon Natural Grocers Brand Bulk Organic Cinnamon
- 1-2 teaspoons Natural Grocers Brand Bulk Organic Cane Sugar

### Instructions

1. Using a mortar and pestle or the flat side of a chef's knife, break up the cinnamon sticks, cloves or cardamom pods, and peppercorns a little. Combine the water, spices, and ginger in a wide skillet with straight sides or a large saucepan. Bring to a boil over high heat and then cover and reduce heat to low. Simmer for 8 minutes. Turn off the heat and add the tea bags, cover and let steep for 2 minutes. Remove the tea bags, squeezing to remove as much liquid as possible.
2. While the spices simmer, peel the pears, then cut them in half from top to bottom and use a spoon to scoop out the core. Use a knife to trim away any remaining blossom from the end opposite the stem.
3. Add the coconut sugar to the spice liquid and increase the heat to medium-high. Stir until the sugar has dissolved and then gently slip the pear halves into the liquid. Watch closely until small bubbles start to form and then reduce the heat to maintain a gentle simmer. Cook until the pears are tender when the tip of a knife is inserted, 25-45 minutes, depending on the pears, gently turning them occasionally as they cook. Adjust the temperature as necessary to maintain a gentle simmer.
4. Remove the pan from the heat and allow the pears to come to room temperature before serving, about one hour, or combine the pears and sauce in an airtight container and store in the refrigerator for up to 48 hours. Remove the pears from the refrigerator and allow them to come to room temperature before serving.
5. Just before serving, combine the heavy whipping cream with ¼ teaspoon cinnamon and 1 teaspoon sugar. Whip until soft peaks form. Taste and add the remaining sugar as desired and whip until fully incorporated.
6. To serve, gently lift the pears halves from the liquid and place two on each serving plate. Top with a dollop of whipped cream.





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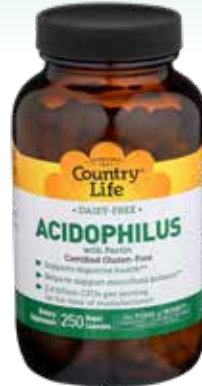
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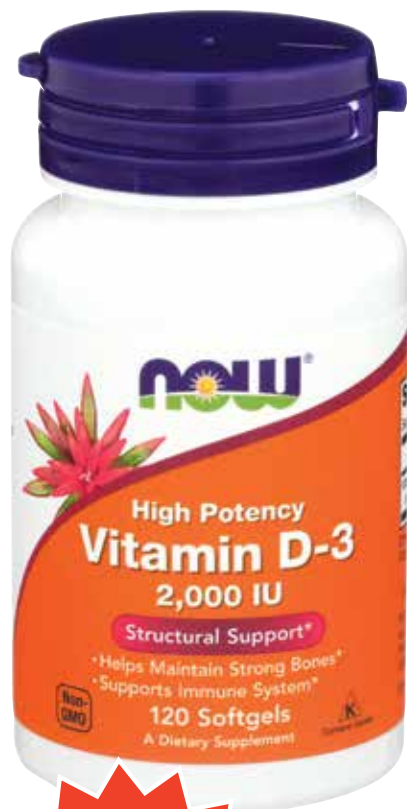
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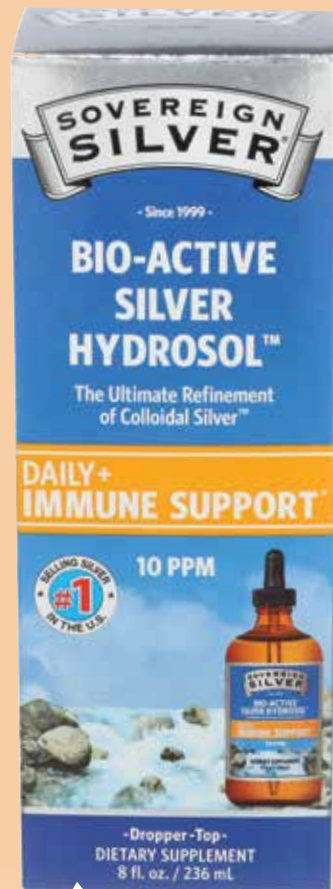
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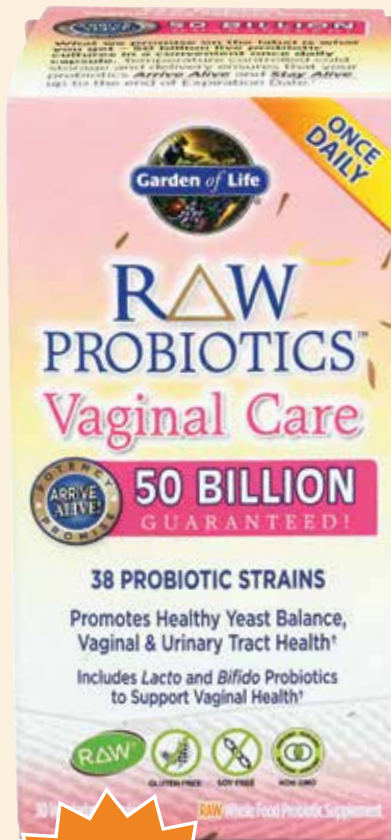
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# HEAL YOUR GUT FOR OPTIMAL HEALTH

*By Aryn Doll & Heather Pratt*

We generally don't pay much attention to our digestion (unless something goes wrong) but the digestive process is a true biological wonder. Each time we eat, our food begins the journey that will progressively break it down into its most basic parts so nutrients can be absorbed and unusable parts can be excreted. Without this complex system, we wouldn't get the nutrients we need to constantly fuel all of our bodily processes. The digestive system is also responsible for defending the body against foreign invaders, destroying old intestinal cells and creating new ones, fostering the growth of beneficial bacteria, making certain vitamins like K and B12, and releasing hormones

that communicate with the brain and heart. But this intricate system is easily derailed by our modern lives. Stress, chemicals and pesticides, a lack of fiber, and the use of medications can all alter the functioning of the gastrointestinal system and the beneficial bacteria that reside there—and once the gut becomes compromised, the whole body suffers.

Symptoms that indicate a need for gut healing are numerous but may include gas, bloating, cramping, irregular bowel movements, food allergies and sensitivities, indigestion, fatigue, brain fog, irritability, skin conditions like acne and eczema, brittle nails, and poor hair health.



Healing the gut properly requires a comprehensive approach that involves five critical components: remove, replace, restore, reinforce, and rebalance (or the “5R Program”). Taken together, this program emphasizes removing aggravating substances, eating the right foods, as well as supporting the system with the right nutrients.



## ONE: REMOVE

Remove stressors that negatively affect the GI tract environment, including processed foods; allergenic foods; food sensitivities; environmental toxins; and problematic bugs, such as parasites and overgrowth of bacteria and yeast (*Candida*), which could be causing infections.

People often want to skip this step, instead looking for the magic combination of pills that will “just fix it,” but this step is critical. If you are continually exposed to gut stressors, all the gut-healing nutrients in the world will only take you so far because the damage will continue to occur. The first things to eliminate are processed foods containing artificial chemicals and ingredients. Choose organic food to avoid pesticides, switch to filtered water, and eliminate added sugars. Next eliminate the foods that you are personally sensitive to. For most people with gut problems, adopting a gluten-free diet is a good place to start, since three out of 10 Americans are sensitive to gluten. After gluten, dairy and grains (including corn) are probably the next biggest culprits; sensitivities to soy are also common.

An elimination diet can help you identify which foods may be triggering symptoms for you. If symptoms continue to persist following an initial elimination diet, you might consider exploring and eliminating more specific food sensitivities, including high-histamine foods, FODMAPs (fermentable oligo-, di-, mono-saccharides and polyols; these are short-chain carbohydrates that cause some people to have digestive distress after eating them), and nightshades. It might also be pertinent to work with a qualified gastroenterologist or naturopathic doctor who can help identify the presence of parasites, bacterial overgrowth (SIBO), or *Candida*, which may also contribute to gut symptoms.

### NOT-SO-GREAT GRAINS

There is research that suggests that all grains, even whole grains, may not be as healthful as we’ve been led to believe. Grains contain anti-nutrients, such as phytates and lectins. Phytates bind to minerals in the digestive tract, rendering them unavailable for absorption, and a high intake of grains has been associated with zinc, iron, and calcium deficiencies. Lectins compromise the structural integrity of the intestinal lining, increasing gut permeability and encouraging the spread of bad bacteria.

Both of these processes ultimately compromise the immune system and are associated with the occurrence of nearly every autoimmune disease. Finally, while often being touted as nutritious, all grains are mostly starch and, calorie for calorie, supply far fewer vitamins, minerals, and other phytonutrients than vegetables and even meat.



## TWO: REPLACE

Replace digestive secretions that support proper digestion. This includes digestive enzymes, hydrochloric acid, and bile acids, which may be compromised by diet, medications, aging, or other factors.

*Digestive enzymes* aid in the chemical part of digestion and those with compromised digestion are often lacking in their own production of these enzymes. Supplement with a broad-spectrum enzyme and remember to take it with meals, since it works by coming in contact with foods. You may also choose to take an enzyme supplement containing bile, which supports digestion and absorption of fats and fat-soluble vitamins in the small intestine.

*Hydrochloric acid (HCl)* is the main component of stomach acid. In addition to helping digest food (specifically protein), HCl is also important for stimulating digestion in the lower GI tract. It does so by signaling the pancreas to release digestive enzymes into the small intestine. It also neutralizes and kills pathogens that enter the body with food, which is important for maintaining bacterial balance within the gut. Aging, chronic use of acid-suppressing medications like proton-pump inhibitors, and severe *H. pylori* infections are all factors that contribute to low HCl levels and benefit from HCl supplementation.



## THREE: RESTORE

Restore the microbiome and help these bugs flourish by consuming probiotic-rich foods and supplements that contain “good” bacteria and prebiotics that good bugs like to eat.

*Probiotics* are the friendly bacteria, like *bifidobacteria* and *lactobacillus* species, that occupy the intestinal tract. These bacteria help to keep the intestines free of undesirable bacteria, make food for the intestinal cells, and even help to make some vitamins. *Saccharomyces boulardii* is a beneficial yeast that has honorary status as a probiotic. *S. boulardii* has similar benefits to bacteria-based probiotics but also supports the work of other probiotics by creating an environment that beneficial bacteria can thrive in. It helps to preserve the integrity of the intestinal lining and supports healing of intestinal cells as well. There are many different strains of probiotics, which can make it seem daunting to choose a probiotic supplement. Just remember that probiotics from reputable companies are designed to help restore populations of friendly bacteria in your gut. A good way to start is to choose a basic multi-strain, high-potency product in addition to an *S. boulardii* supplement. Alongside supplementation, incorporate probiotic-rich foods like plain, full-fat yogurt and kefir (if dairy is tolerated); unpasteurized fermented veggies like sauerkraut and kimchi; miso; and kombucha.

*Prebiotics* nourish the growth of beneficial microbes already in the gut; in other words, prebiotics are food for our beneficial “bugs.” Fructooligosaccharides (FOS) and inulin tend to get a lot of attention as prebiotics, but certain herbs can be prebiotic powerhouses that may have an even greater effect on microbial communities than isolated prebiotics. The herb turmeric and the plant compound berberine (found in Oregon grape, goldenseal, and barberry) both appear to be highly impactful prebiotics, promoting



populations of beneficial bacteria and the many downstream effects that come with them. Another underappreciated prebiotic source is chia seeds, which not only contain lots of fiber to feed beneficial microbes, but are also especially high in soluble fiber and mucilage, which help protect the gut lining while also keeping things moving.



## FOUR: REINFORCE

Reinforce gut barrier integrity with a nutritious diet and supplements. Help repair the gut lining by supplying key nutrients that can be in short supply in a compromised gut, such as zinc, antioxidants (e.g. vitamins A, C, and E), vitamin D, fish oil, and the amino acid glutamine.

**Multivitamin.** If your gut has been damaged for any length of time, your ability to absorb nutrients has also been impaired and you may be deficient in one or more essential nutrients. A high-quality multivitamin serves as a starting point to provide important nutrients like zinc, essential in promoting healthy cells in the GI tract; vitamin A, needed to support mucosal membrane health in the GI tract; vitamin C, to support intestinal cell regeneration; and vitamin E, which protects intestinal barrier function due to its antioxidant activity.

**L-glutamine** is an amino acid that supplies fuel for the intestinal cells, allowing for healthier cells with better absorptive abilities.

**Zinc** is necessary for the healing of the stomach lining as well as the intestinal lining. Zinc carnosine in particular supports the mucosal cells of the stomach, helping to protect the stomach lining. A number of human clinical studies have found it to be useful for the prevention and treatment of gastritis and gastric ulcers. Zinc carnosine also appears to help prevent irritation caused by the use of NSAIDs and modulates inflammation throughout the digestive tract.

**EPA/DHA & Vitamin D.** Adequate amounts of EPA and DHA (omega-3 fats found in fish oil) and vitamin D are especially important for digestive health. They work by modulating gut inflammation, promoting gut barrier integrity, and supporting and maintaining a healthy gut immune system and microbial balance.

## OTHER GUT-SUPPORTIVE SUPPLEMENTS

**DGL (Deglycyrrhizinated licorice)** promotes mucus secretion in the stomach lining, protecting the stomach and allowing mucosal cells to heal. The effects of DGL are felt quickly and are a favorite of people suffering from heartburn and indigestion.

**N-acetylglucosamine (NAG)** is a derivative of the monosaccharide glucose that helps repair the mucosal lining in both the stomach and the intestines by aiding in the synthesis of the viscous top layer of the gut mucosa.

**Aloe vera** is healing and soothing to an inflamed digestive tract. Choose a juice that is pressed from the inner fillet to avoid the bowel stimulant properties the whole leaf can have.

Herbs such as *fennel* and *chamomile* can inhibit muscle spasms and help to dispel gas and bloating. *Peppermint* and *ginger* are traditional digestive tonics, while *slippery elm* or *marshmallow* have demulcent properties that soothe and nourish the mucus membranes of the digestive tract.



## FIVE: REBALANCE

Rebalancing involves paying attention to lifestyle choices that support optimal digestive health. Stress management practices like yoga, meditation, and deep breathing, alongside adequate sleep, healthy amounts of exercise, and quality relationships, can help take us from a chronic fight or flight state to a state of rest and digest. This has the sought-after effect of supporting overall digestive health, and thus the health of your entire body.

Gut cells are very willing to heal when given the proper conditions. Following a gut-healing routine for three to six months should be sufficient for most people, but be flexible and don't be afraid to **follow that gut feeling!**

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



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*Oil of Oregano*  
60 CAP

Helps provide free radical support and maintain immune defenses so you can stay feeling your best.\*

ALWAYS AFFORDABLE \$18.99



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

# SUPPLEMENTS



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120 CAP

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**OREGON'S WILD HARVEST®**  
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**NATURE'S WAY®**  
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8 OZ.

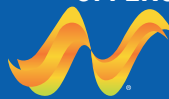
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**ZHOU NUTRITION®**  
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60 VCAP

Ceylon cinnamon may be helpful in supporting healthy blood glucose levels, heart health, and healthy joints.\*

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In the United States, genetically engineered corn and soy have failed to outperform European yields, where GMO crops are banned.



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Natural Grocers® | 17



# Glyphosate, the Planet's Most Popular Herbicide, Leaves A Heavy Environmental Footprint

By Charity Isely

In 2016, professionals from prestigious universities and advocacy organizations across the U.S., the U.K., and Canada published a consensus statement of concern about the human health and environmental risks associated with glyphosate-based herbicides. Yet, glyphosate, the active ingredient in the weedkiller Roundup, remains the most used herbicide in the world. It's reportedly sprayed three times more than all other pesticides on U.S. crops and is also used as a pre-harvest drying agent on staple foods including barley, oats, wheat, and beans. Parks, playgrounds, golf courses, and residential lawns are frequently doused with it, and its overall use has increased approximately 100-fold since its debut in the 1970s.

**Glyphosate is everywhere, which begs the question—what are the long-term environmental impacts of the planet's most-used herbicide? Evidence is mounting, from honeybees to earthworms to soil and plant health, that the environmental toll is much higher than its proponents claim. Consider a sampling.**



## Impairs insect immune function

Researchers concluded glyphosate might factor in the current decline of insect populations, according to a study published in the journal *PLOS Biology* in 2021. So how is a chemical, supposedly only lethal to weeds, harmful to insects? It inhibits melanin production, essential to their immune defense, leaving them more susceptible to pathogens.

The study also found an alarming twist in the implications to public health—glyphosate enhances the susceptibility of a species of mosquito, *A. gambiae*, to the human malaria parasite. That finding implies it could potentially enhance the mosquitos' ability to infect humans with malaria.

## "Perturbs the gut microbiota of honeybees"

Glyphosate could potentially be a factor in honeybee decline, according to a 2018 study at the University of Texas, Austin. The study found that exposing bees to glyphosate at levels currently in the environment reduced the abundance of their gut microbial species. When their normal microbiota was disturbed, they suffered increased weight gain, increased pathogen susceptibility, and increased mortality within hives.



## Reduces earthworm reproduction and function

Earthworms are often called soil engineers, helping to enhance soil nutrient availability, root penetration, and water filtration. So the fact that a team of Austrian researchers found Roundup exposure reduced the productivity and reproductive capabilities of two earthworm species is bad news for soil and plant health. The 2015 study published in the journal *Scientific Reports* showed that the surface casting activity (soil-enriching nutrient deposits) of one species was almost non-existent three weeks after exposure to Roundup, and reproduction of the other species declined by 56 percent after three months.



## Depletes mineral availability in food

Glyphosate was patented as a pipe cleaner before becoming the world's most used herbicide because of its efficiency as a chelating agent. Now, that same function may be a "key factor in nutrient deficiencies in crops." Studies have found that glyphosate residue or drift reduces the uptake of essential minerals like manganese, iron, and zinc in non-target plants, making them more susceptible to disease. These deficiencies continue through the food chain, impacting animal and human nutrition.



## What you can do

Because glyphosate is used in large amounts on genetically-modified crops, a common misconception is that by choosing non-GMO verified foods, you are avoiding glyphosate. In reality, it's used on many conventional crops, even those that are certified non-GMO. Consequently, products containing ingredients that have never been genetically modified, like wheat and oats. While non-GMO verification is crucial in bringing awareness and transparency to the GMO issue, it is not an indicator of glyphosate levels in food. The best way to vote with your dollar against the environmental impacts of glyphosate, while also reducing your exposure to it, is to choose the certification that prohibits its use altogether: organic.



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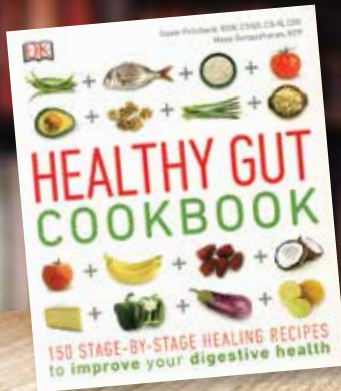


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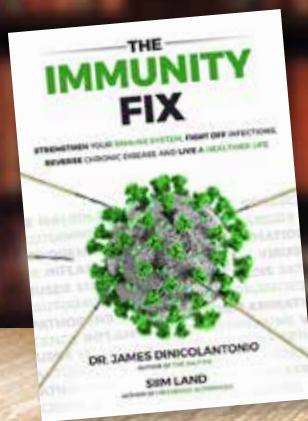


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A practical A-to-Z reference guide to children's health that offers the best perspectives of both alternative care and conventional medicine for the most common childhood concerns and tips to care for them.

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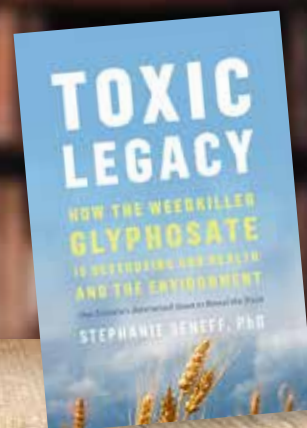


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*Stephanie Seneff*

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10.6 OZ.

ALWAYS AFFORDABLE \$4.59



\*Offers valid only from 10/14/2021 to 10/16/2021 and are redeemable only for in-store customer purchases at participating stores. Any stated discounts are on regular prices and cannot be combined with other offers. Quantity limited to stock on hand; no rain checks. Pricing excludes taxes and is subject to change without notice. We reserve the right to correct errors. Void where prohibited by law.





# Super Savings\*

ORGANIC  
is Naturally  
NON-GMO

3 DAYS ONLY OCTOBER 14-16

27%  
OFF

\$2<sup>35</sup>



**NATURE'S PATH®**  
Organic Frozen Waffles  
7.4 OZ.

ALWAYS AFFORDABLE \$3.25



34%  
OFF

\$1<sup>99</sup>



**HEALTH-ADE®**  
**KOMBUCHA**  
Select Organic Kombuchas  
16 OZ.

ALWAYS AFFORDABLE \$3.05



30%  
OFF

\$2<sup>55</sup>



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

ALWAYS AFFORDABLE \$3.69



16%  
OFF

\$3<sup>99</sup>



**NATURAL GROCERS®**  
**BRAND**  
Organic Balsamic Vinegar  
16.9 OZ.

ALWAYS AFFORDABLE \$4.79



31%  
OFF

\$1<sup>29</sup>



**NATURAL GROCERS**  
**BRAND**  
Canned Organic Diced  
Tomatoes  
10-14.5 OZ.

ALWAYS AFFORDABLE \$1.89



13%  
OFF

\$2<sup>59</sup>



**NATURAL GROCERS**  
**BRAND**  
Organic Tortilla Chips  
16 OZ.

ALWAYS AFFORDABLE \$2.99



12%  
OFF

\$6<sup>99</sup>



**NATURAL GROCERS**  
**BRAND**  
Organic Dry Roasted  
Almonds | 10 OZ.

ALWAYS AFFORDABLE \$7.99



30%  
OFF

\$5<sup>59</sup>



**BONAFIDE**  
**PROVISIONS®**  
Organic Bone Broths  
24 OZ.

ALWAYS AFFORDABLE \$7.99



26%  
OFF

\$1<sup>99</sup>



**NATURAL GROCERS**  
**BRAND**  
Organic Chocolate Bars  
3 OZ.

ALWAYS AFFORDABLE \$2.69



UP TO  
20%  
OFF

**NATURAL GROCERS**  
**BRAND**  
Select Organic  
Cleaning Products  
24-32 OZ.



ALWAYS AFFORDABLE \$3.75- \$4.99



21%  
OFF

\$4<sup>69</sup>



**CHARCUTNUVO®**  
Organic Franks or  
Sausages  
10 OZ.

ALWAYS AFFORDABLE \$5.99



20%  
OFF

\$1<sup>99</sup>



**NATURAL GROCERS**  
**BRAND**  
Organic Kombuchas  
14 OZ.

ALWAYS AFFORDABLE \$2.49



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# Super Savings\*

ORGANIC  
is Naturally  
NON-GMO

3 DAYS ONLY OCTOBER 14-16

20%  
OFF

\$279



NATURAL GROCERS®  
BRAND  
Organic Quinoa  
1 LB

ALWAYS AFFORDABLE \$3.49



17%  
OFF

\$379



NATURAL GROCERS  
BRAND  
Organic Frozen Fruit  
16 OZ.

ALWAYS AFFORDABLE \$4.59



17%  
OFF

\$349



NATURAL GROCERS  
BRAND  
Organic Bread Loaves  
15-27 OZ.

ALWAYS AFFORDABLE \$4.25



25%  
OFF

\$2849



GARDEN OF LIFE®  
Organic Plant Protein  
Value Size  
19 OZ.

ALWAYS AFFORDABLE \$38.35

21%  
OFF

\$429



DESERT ESSENCE®  
Tea Tree Whitening  
Toothpaste  
6.25 OZ.

ALWAYS AFFORDABLE \$5.49

21%  
OFF

\$429



DESERT ESSENCE®  
Activated Charcoal  
Toothpaste  
6.25 OZ.

ALWAYS AFFORDABLE \$5.49

14%  
OFF

\$599



NATURAL GROCERS  
BRAND  
Organic Coffee  
10 OZ.

ALWAYS AFFORDABLE \$6.99



21%  
OFF

\$1569



PRIMAL LIFE®  
ORGANICS  
Boost Gum Serum  
0.5 OZ.

ALWAYS AFFORDABLE \$19.99

25%  
OFF

\$899



PRIMAL LIFE®  
ORGANICS  
Charcoal Bamboo Dental  
Pics | 30 CT

ALWAYS AFFORDABLE \$11.99

26%  
OFF

\$195



KOR® SHOTS  
Organic Wellness Shots  
1.7 OZ.

ALWAYS AFFORDABLE \$2.65



15%  
OFF

\$169



NATURAL GROCERS  
BRAND  
Organic Popped Popcorn  
4 OZ.

ALWAYS AFFORDABLE \$1.99



\*Offers valid only from 10/14/2021 to 10/16/2021 and are redeemable only for in-store customer purchases at participating stores. Any stated discounts are on regular prices and cannot be combined with other offers. Quantity limited to stock on hand; no rain checks. Pricing excludes taxes and is subject to change without notice. We reserve the right to correct errors. Void where prohibited by law.



**AN ALWAYS AFFORDABLE<sup>SM</sup> MEAL**  
**FEED YOUR FAMILY OF 4**  
**A DRUMSTICK DINNER**  
**FOR UNDER \$11\***

ALWAYS  
AFFORDABLE  
**\$2<sup>39</sup>**  
Per LB

Mary's® Non-GMO  
Chicken Drumsticks  
(3 Packages recommended for 4 servings)



ALWAYS  
AFFORDABLE  
**\$1<sup>39</sup>**  
Per LB

Organic Loose Carrots



**\$1<sup>49</sup>**  
Per LB

Organic  
Russet Potatoes



**ADD MORE ALWAYS AFFORDABLE<sup>SM</sup> VARIETY!**

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



Annie's™ Organic  
Original BBQ Sauce

**\$4<sup>39</sup>**  
1.5 OZ



Bragg® Organic  
Seasoning Sprinkle

**\$1<sup>39</sup>**  
1 OZ



Simply Organic® Organic  
Fajita Seasoning mix

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



Simply Organic®  
Organic Chicken Grill Seasoning

OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# GROCERY

**40% OFF**

**\$1.65**



**TENDER & TRUE®**  
Select Organic Canned Dog Food  
12.5 OZ.



Wholesome dog food, precisely formulated with vitamins and minerals for balanced nutrition.

ALWAYS AFFORDABLE™ \$2.75

**10% OFF**

**SELECT  
NATURAL  
GROCERS® BRAND  
CLEANING PRODUCTS**



24-32 OZ.

ALWAYS AFFORDABLE \$3.75-\$11.99

**15% OFF**

**\$2.95**



**SEVENTH GENERATION®**  
Select Dish Liquids  
19 OZ.

Plant-based dishwashing formulas that are tough on grease and easy on the planet.

ALWAYS AFFORDABLE \$3.49

**18% OFF**

**\$1.75**



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



Creative flavor combinations made from real fruit and vegetable juices paired with aloe vera!

ALWAYS AFFORDABLE \$2.15

**21% OFF**

**\$2.15**



**PROUD SOURCE WATER™**  
Spring Water  
25.3 OZ.

Crisp, naturally alkaline spring water, bottled at the source in recyclable, BPA-free aluminum bottles.

ALWAYS AFFORDABLE \$2.75

**22% OFF**

**\$1.75**



**ICELANDIC GLACIAL WATER™**  
Spring Water  
1 L

Carbon-neutral water, sustainably sourced from the legendary Ólfus Spring in Iceland.

ALWAYS AFFORDABLE \$2.25

**20% OFF**

**\$1.59**



**C2O®**  
Coconut Waters  
17.5 OZ.

Brimming with refreshing natural coconut flavor and packed with electrolytes!

ALWAYS AFFORDABLE \$1.99

**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

Glyphosate use has doubled for farmers growing glyphosate-tolerant soybeans, resulting in higher residue levels in soy-based products.





OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# NATURAL GROCERS® BRAND PRODUCTS

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

## NO TRICKS. JUST TREATS.



ORGANIC CHOCOLATE BARS  
**\$2.39**  
EACH  
3 OZ.  
ALWAYS AFFORDABLE \$2.69



THESE SNACKS ARE  
SO DELICIOUS, IT'S...

...SPOOKY!



ORGANIC SNACK PACK  
**99¢**  
EACH  
1.5 OZ.



PICK UP YOUR ORGANIC TREATS  
BEFORE WE EAT THEM ALL OURSELVES!







# NATURAL GROCERS®

**RESERVE**

**YOUR TURKEY**

**TODAY!**

**\$5 DEPOSIT REQUIRED**



**RAISED IN THE  
USA**

**ORDER IN STORE OR ONLINE:**

[NATURALGROCERS.COM/TURKEYS](http://NATURALGROCERS.COM/TURKEYS)



**\$329**  
PER LB.

Mary's  
Free Range Turkeys

DEEP CHILLED



**\$399**  
PER LB.

Mary's  
Brined Turkeys

DEEP CHILLED



**\$449**  
PER LB.

Mary's  
Organic Turkeys

DEEP CHILLED



**\$799**  
PER LB.

Mary's  
Heritage Turkeys

DEEP CHILLED



**\$899**  
PER LB.

Mary's Organic  
Bone-in Turkey Breasts

DEEP CHILLED



**\$649**  
PER LB.

Mary's Organic  
Pre-Cooked  
Oven Roasted Turkey

DEEP CHILLED



SKIP  
THE MESS  
AND SAVE  
TIME!

**{N}POWER  
OFFER**

RESERVE BY OCT. 31 TO  
**RECEIVE A \$5 REWARD**  
VALID NOV. 18-24\*

**TURKEY STANDARDS  
MATTER**

HERE VS.

**THE  
OTHER  
GUYS**

<b>FRESH</b> HARVESTED IN OCTOBER & NOVEMBER—DEEP CHILLED		?
<b>FREE RANGE</b> PLENTY OF ROOM TO ROAM OUTSIDE		?
<b>VEGETARIAN FED</b> NON-GMO FEED		?
<b>NON-GMO PROJECT VERIFIED</b>		?
<b>NO ANTIBIOTICS EVER</b>		?
<b>NO ADDITIVES EVER</b> SUCH AS: MSG, SODIUM PHOSPHATE, BUTYLATED HYDROXYANISOLE AND BUTYLATED HYDROXYTOLUENE		?
<b>NO PRESERVATIVES</b>		?
<b>GLUTEN FREE</b>		?

We reserve the right to correct errors. Void where prohibited by law.

**MANAGER'S HOLIDAY SPECIAL**

**VEGETARIAN  
& VEGAN  
HOLIDAY CHOICES**

**FIELD ROAST**

**\$12.25** **Sale!**  
EACH | 2 LB.

Celebration Roast With  
Stuffing & Gravy

ALWAYS AFFORDABLE™ \$14.69

**Quorn**

**\$6.99** **Sale!**  
EACH | 16 OZ.

Turk'y Style  
Roast

ALWAYS AFFORDABLE™ \$8.45

**Tofurky**

**\$12.25** **Sale!**  
EACH | 26 OZ.

Stuffed Vegan  
Roast

ALWAYS AFFORDABLE™ \$13.79

All items are available while supplies last; no rain checks. Offers valid 9/29/2021 through 12/31/2021. Void where prohibited by law. We reserve the right to correct errors. \*\$5 off reward is only available to registered {N}power members and is valid only from November 18 - November 24, 2021 at participating Natural Grocers stores. To earn the \$5 off reward, you must reserve a turkey in-store with your phone number or online with your {N}power email address at natural-grocers.com/turkeys by October 31, 2021. Reward is redeemable only for in-store purchases and will be applied to the product's regular, non-discounted price. Reward may not be redeemed for gift cards, store credit or cash and may not be combined with other offers. Be sure to enter your phone number at checkout to redeem your reward. ALL REWARDS REDUCE YOUR BASKET SIZE. Points are applied to the price paid after discounts.





# PREMIUM QUALITY TURKEYS AT AN ALWAYS AFFORDABLE PRICE<sup>SM</sup>

## The savory scent curls itself around the kitchen, drawing the family together.

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

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

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

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

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

Whether you're looking for free-range, organic, or Heritage, all of the Mary's turkeys we sell are non-GMO. Additionally, they're fed vegetarian feed, without animal by-products, and

they're never given antibiotics, arsenic-based growth promoters or pumped full of other sly additives after harvest. They are provided with plenty of space, both inside and out, to range, get some sun, dust bathe, hunt for bugs, and get their turkey on.

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

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

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



**SCAN  
and  
SIGN UP!**

Or text **ORGANIC**  
to **72345** and  
follow the link  
to join for **FREE**



**{N}POWER<sup>®</sup> SPECIAL OFFER**  
**RESERVE BY OCTOBER 31ST**  
**TO RECEIVE A \$5 REWARD<sup>®</sup>**

USE YOUR {N}POWER PHONE NUMBER TO EARN YOUR REWARD.

\$5 REWARD VALID 11/18-11/24/2021

\*\$5 off reward is only available to registered {N}power members and is valid only from November 18 - November 24, 2021 at participating Natural Grocers stores. To earn the \$5 off reward, you must reserve a turkey in-store with your phone number or online with your {N}power email address at [naturalgrocers.com/turkeys](http://naturalgrocers.com/turkeys) by October 31, 2021. Reward is redeemable only for in-store purchases and will be applied to the product's regular, non-discounted price. Reward may not be redeemed for gift cards, store credit or cash and may not be combined with other offers. Be sure to enter your phone number at checkout to redeem your reward. ALL REWARDS REDUCE YOUR BASKET SIZE. Points are applied to the price paid after discounts. We reserve the right to correct errors. Void where prohibited by law.



## **Phosphatidylserine (PS), a Love Letter to Your Brain**

(PS, your brain will thank you)

By Lindsay Wilson

### **Dear Brain, How do I love thee? Let me count the ways...**

Our brains are the workhorses of our bodies. From infancy to old age, our brains work nonstop to keep us moving, breathing, sleeping, balanced, seeing, hearing, learning, remembering, thinking, problem solving, and the list goes on. One of the largest and most complex organs in the body, the brain is made up of around 200 billion brain cells (neurons) that communicate via trillions of connections called synapses. Keeping those cells healthy is what keeps our brains healthy and functioning as they should. And one of the components that maintains the health and structure of our brain cells is a special type of fat called phosphatidylserine (fos-fa-tidyl-serine), or PS for short.



PS belongs to a class of fats called phospholipids; these are important because they act as building blocks of brain cell membranes. PS is a key component for giving cells their shape, strength, and fluidity, influencing the overall health of the cell. PS is especially concentrated in the brain, where it maintains the structural integrity and plasticity of neurons, enhances communication between neurons, and ensures that cells are healthy and functioning optimally.

PS benefits a young healthy brain as well as an aging brain, with research showing promising results in everything from slowing age-related cognitive decline to alleviating depression and stress to improving symptoms of attention deficit hyperactive disorder (ADHD).

*This is what the research has found:*

## PS rejuvenates the aging brain, improves memory

Do you find yourself walking into a room only to forget what you were looking for? Or maybe you feel the frustration of forgetting someone's name? These are signs of age-related memory loss, and while some forgetfulness and slower recall is normal, it can still be distressing. PS can help with that. One trial treated 149 patients over the age of 50 with age-associated memory impairment with 300 mg of PS daily for 12 weeks. At the end of the trial, the supplemented group had improvements in learning and memory/recall, and those who performed at the lowest level when the study began saw the most improvement. The researchers calculated that this subgroup's memory improved by 12 "functional" years. Other research has found similar results in improvements in memory recall, mental flexibility, and executive functions (planning, organizing, attention, and emotional regulation).

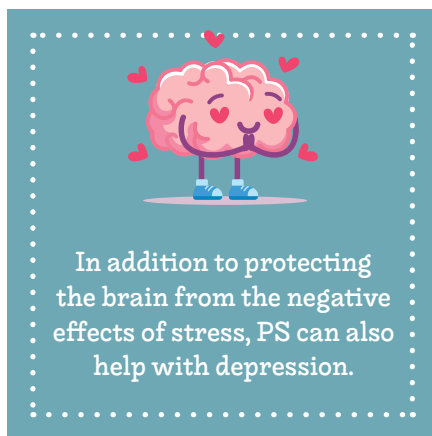
Studies have shown that supplemental PS crosses the blood-brain barrier and can slow the deterioration of brain cells. It supports the formation of short- and long-term memory, the ability to create new memories, and the ability to learn and recall information. It supports focus, attention, and concentration, the ability to reason and problem solve, and also supports locomotor functions, particularly rapid reflexes.

## Stressed out, anxious, depressed? Try PS

Have you ever felt so stressed out that you couldn't organize your thoughts, remember simple things, make rational decisions, or lashed out in anger? This is your brain on stress. Forgetfulness, anxiety, irritability, anger, and depression are all very real side effects of stress, and they all come from physiological changes in your brain. Chronic stress kills brain cells, shrinks the brain, accelerates aging in the brain, alters memory function, and can trigger changes in the brain's hardwiring, making it more sensitive to future stress. Enter PS. In addition to helping neuronal cell

membranes remain healthy enough to withstand the damaging effects of stress and helping to repair damaged membranes, PS modulates the HPA axis (the body's stress response system), blunting the body's hormonal stress response. This may be especially helpful for those under chronic stress whose HPA axis is constantly turned on. Clinical research has found that PS supplements reduce the cortisol response to both mental and physical stress and can improve mood.

In addition to protecting the brain from the negative effects of stress, PS can also help with depression. In one study, researchers investigated the effects of a PS supplement that also contained small amounts of the omega-3 fats EPA and DHA on late life depression, which is often associated with a poor response to conventional antidepressants. The study included 18 elderly subjects with major depression who were not responding to antidepressants. They took a supplement containing 100 mg of PS, 119 mg of DHA, and 70 mg of EPA three times a day for 12 weeks. At the end of the study, those who responded to the supplementation saw a significant decrease in depressive symptoms, cortisol levels decreased to normal levels, and circadian rhythm (sleep-wake cycle) was normalized. Other research has found similar results with 300 mg of PS daily.



## PS for the ADHD brain

Attention deficit hyperactivity disorder is one of the most common mental disorders affecting children (it also affects many adults) and is characterized by the inability to pay attention and hold focus, hyperactivity, and impulsivity. Common ADHD medication side effects can include anxiety, mood swings, loss of appetite, insomnia, and increased blood pressure and heart rate, leaving many parents looking for a natural alternative. PS can help. A study that included 36 children between the ages of four and 14 who had not previously taken any medication for ADHD received either 200 mg of PS daily or a placebo for two months. Supplementation with PS significantly improved ADHD symptoms, short-term auditory memory, and inattention and impulsivity. The placebo group showed no improvement.

## PS and DHA, synergistic superstars

The omega-3 fat DHA is well known to have brain benefits and is used to treat some of the same disorders as PS (ADHD, depression/anxiety, and cognitive impairment) and some research suggests that PS works best when there are also optimal levels of DHA in the brain. In fact, the body preferentially uses DHA-containing phospholipids to make PS, and PS levels can be altered depending on DHA levels in the brain. You can obtain optimal DHA levels with a quality fish oil supplement.

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

INTRODUCING THE NEWEST  
MEMBERS OF THE FAMILY!

# Delicious Frozen Sides!



**\$4.99**  
16 OZ.

**\$4.99**  
16 OZ.

## NATURAL GROCERS® BRAND FROZEN SIDES

are made in a facility that uses solar power, recycles its vegetable waste, and gives its excess to neighbors in need. Because that's the core value of the Natural Grocers Brand—"premium products" mean doing as good as they taste! Now, who's hungry?

**\$3.99**  
10 OZ.

**\$3.99**  
10 OZ.

**\$3.99**  
10 OZ.



## GNOCCHI & RISOTTOS!

A skillet (or microwave) and an appetite—that's all you need to enjoy Natural Grocers® Brand Frozen Gnocchi & Risottos. Non-GMO Project Verified, made in Italy, with gluten-free selections!





# NATURAL GROCERS® BRAND PRODUCTS

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

**\$3.99**  
10 OZ.



**\$3.99**  
10 OZ.



## ORGANIC QUINOA BLENDS!

What's for dinner?

Try Natural Grocers® Brand Organic Sides—quinoa-based, steam-in-bag ready, sustainably made in Italy, and exceptionally delicious. Don't miss the Vegan and Gluten-Free selections.

**\$3.99**  
10 OZ.



**\$3.99**  
10 OZ.



## SPIRAL VEGGIES!

Make any dish more enticing with Natural Grocers® Brand Spiral Veggies! Certified Organic and naturally non-GMO, they're steam-in-bag ready. Quality. Sustainability. Convenience.

Is there a scientific consensus on GMO safety? Over 300 independent researchers say NO.



**\$3.99**  
12 OZ.



**\$3.99**  
12 OZ.





OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# IN THE FRIDGE

"Superweeds" are nature's response to herbicide-tolerant crops, and they're on the rise. Farmers are now dealing with multiple-herbicide-resistant weeds!



**12% OFF**

**\$2.19**  
EACH



**NATURAL GROCERS® BRAND**  
Organic Kombuchas  
14 OZ.

ALWAYS AFFORDABLE™ \$2.49

**21% OFF**

**\$2.95**

**CULINA™**  
Dairy-Free Coconut Milk Yogurts  
5 OZ.

ALWAYS AFFORDABLE \$3.75



**8% OFF**

**\$7.89**

**MARY'S**  
Organic Boneless Skinless Chicken Breast  
1 LB

ALWAYS AFFORDABLE \$8.65



**11% OFF**

**\$5.29**  
EACH

**CHARCUTNUVO**  
Organic Franks or Sausages  
10 OZ.

ALWAYS AFFORDABLE \$5.99



**20% OFF**

**\$4.15**  
EACH

**RUMIANO™**  
Select Organic Cheese Blocks or Shreds  
6-8 OZ.

ALWAYS AFFORDABLE \$5.25



**11% OFF**

**\$7.99**  
EACH

**ORGANIC PRAIRIE®**  
Summer Sausages  
12 OZ.

ALWAYS AFFORDABLE \$8.99



**9% OFF**

**\$6.75**

**THOUSAND HILLS™**  
100% Grass-Fed 85/15 Ground Beef  
16 OZ.

ALWAYS AFFORDABLE \$7.45

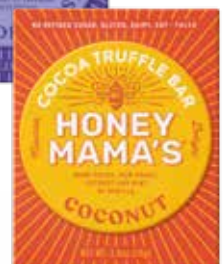


**20% OFF**

**\$3.99**  
EACH

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

ALWAYS AFFORDABLE \$4.99





OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# IN THE FREEZER

**18% OFF**

**\$2.15**  
EACH



**KOR SHOTS™**  
Organic Wellness Shots  
1.7 OZ.



ALWAYS AFFORDABLE™ \$2.65

**32% OFF**

**\$2.49**  
EACH



**TRULY GRASSFED™**  
Natural Creamy Butters  
8 OZ.



ALWAYS AFFORDABLE™ \$3.69

**21% OFF**

**\$2.39**  
EACH



**HEALTH-ADE KOMBUCHA®**  
Select Organic Kombuchas  
16 OZ.



ALWAYS AFFORDABLE™ \$3.05

**22% OFF**

**\$6.95**



**CAPPELLO'S®**  
Select Gluten Free  
Frozen Pizzas  
10.8-12 OZ.



ALWAYS AFFORDABLE™ \$8.95

**20% OFF**

**\$2.59**  
EACH



**NATURE'S PATH®**  
Organic Frozen Waffles  
7.4 OZ.



ALWAYS AFFORDABLE™ \$3.25

**22% OFF**

**\$4.75**  
EACH



**CANYON BAKEHOUSE®**  
Select Gluten-Free Bread Loaves  
18 OZ.



ALWAYS AFFORDABLE™ \$6.15

**20% OFF**

**\$6.39**  
EACH



**BONAFIDE PROVISIONS®**  
Bone Broths  
24 OZ.

ALWAYS AFFORDABLE™ \$7.99

**20% OFF**

**\$4.55**



**CANNON FISH CO**  
Skin-On Wild  
Sockeye Salmon Fillet  
5 OZ.

ALWAYS AFFORDABLE™ \$5.75

**15% OFF**

**\$7.69 - \$9.99**  
EACH



**FORCE OF NATURE**  
Grassfed Ground Bison or Beef  
14-16 OZ.

ALWAYS AFFORDABLE™ \$9.15-\$11.89



# Salisbury Steak

SERVES

6

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**Total time:** 45 minutes

If you are following a grain-free or keto-style diet, comfort food can be a challenge! Too often it is loaded with refined carbohydrates that upset blood sugar and make it feel heavy, not comforting. Enter our Keto Salisbury Steak. We've revamped this nostalgic recipe to be low in carbs and high in nutrition. So go ahead, enjoy this delicious recipe along with some cauliflower mash, and revel in the nostalgia!

## Ingredients

### For the patties

- 1 pound ground grass-fed beef (80% lean)
- ½ cup Natural Grocers® Brand Organic Parmesan Cheese Shreds
- 1 teaspoon Natural Grocers Brand Bulk Real Salt
- 1 teaspoon Natural Grocers Brand Bulk Organic Ground Black Pepper
- 1 tablespoon Natural Grocers Brand Bulk Hemp Seeds
- 1 tablespoon organic Dijon mustard
- 1 Natural Grocers Brand Organic Pasture-Raised Egg
- ½ tablespoon organic gluten-free Worcestershire sauce
- 1 tablespoon organic butter

### For the gravy

- 2 tablespoons organic butter
- 1 cup sliced organic button mushrooms
- ½ organic yellow onion, thinly sliced
- 1 organic garlic clove, minced
- 1 cup organic beef broth
- ½ tablespoon organic gluten-free Worcestershire sauce
- ½ cup organic heavy whipping cream
- Natural Grocers Brand Bulk Real Salt and Organic Ground Black Pepper, to taste
- ¼ teaspoon Natural Grocers Brand Bulk Xanthan Gum

### Optional garnish:

- Chopped fresh organic parsley, thinly sliced organic chives, hemp seeds



## Instructions

1. To make the patties, combine all ingredients except the butter and mix well by hand, then form into six oblong patties.
2. Melt the tablespoon of butter in a skillet over medium-high heat. Once the butter is melted and hot, add the patties and cook for 2 minutes per side to sear. Remove to a plate.
3. Using the same skillet, melt 2 tablespoons of butter and add the mushrooms and onions. Season lightly with salt and cook, stirring as needed, until both are golden brown, 5-7 minutes.
4. Add the garlic and cook for about a minute, stirring to combine and to prevent burning. Add the beef broth and Worcestershire sauce and bring to a boil. Once the mixture comes to a boil, reduce heat to low and whisk in the heavy whipping cream, stirring for 1 minute to deglaze the pan.
5. Place patties back in the pan and simmer for about 10 minutes to finish cooking. Once the patties are at temperature (160° F) remove to the plate again.
6. With the skillet still at a simmer, sprinkle the xanthan gum over the gravy, whisking as you go. Continue whisking until xanthan gum is fully incorporated and no lumps remain, 1-2 minutes. Season with salt and pepper to taste.
7. Return the patties to skillet, spoon the sauce over the patties, remove from heat, and serve.



OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# GROCERY

21%  
OFF

**\$3.69**



**PACIFIC FOODS™**  
Organic Soups  
32 OZ.

Hearty, nutritious soups that are as healthy as they are delicious!

ALWAYS AFFORDABLE \$4.69

22%  
OFF

**\$2.89**



**PAQUI®**  
Tortilla Chips  
7 OZ.

These craveable tortilla chips go big on flavor without the artificial ingredients.

ALWAYS AFFORDABLE \$3.75

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OFF

**\$4.89**



**BRAGG®**  
Organic Apple Cider Vinegar  
32 OZ.

Brimming with the crispness and tangy flavor of the organically grown apples it was made from.

ALWAYS AFFORDABLE \$6.15

23%  
OFF

**\$3.19**



**IZZE®**  
Canned Sparkling Juices  
4 PK

70% fruit juice and a splash of sparkling water. A perfect way to refresh with no added sugar.

ALWAYS AFFORDABLE \$4.19

27%  
OFF

**\$4.99**



**SPINDRIFT®**  
Sparkling Waters + Fruit  
8 PK

Sparkling water and squeezed fruit, because real fruit just tastes better.

ALWAYS AFFORDABLE \$6.89

Up to  
26%  
OFF

**DAIYA FOODS**  
Select Daiya Products  
4.65-19.4 OZ.

Rich, flavorful 100% plant-based dairy alternatives.

ALWAYS AFFORDABLE \$4.49-\$8.29



23%  
OFF

**\$2.49**



**PLANT SNACKS®**  
Cassava Root Chips  
5 OZ.

Made with cassava root flour, these chips are a crispy and delicious grain-free experience!

ALWAYS AFFORDABLE \$3.25

OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# GROCERY

21%  
OFF

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**CHOCOLOVE®**  
Chocolate Covered Cups  
1.2 OZ.

ALWAYS AFFORDABLE™ \$1.85

31%  
OFF

**10/\$10**

**CLIF®**  
Select Bars  
2.4 OZ.

ALWAYS AFFORDABLE \$1.45



34%  
OFF

**\$3.39**



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

ALWAYS AFFORDABLE \$5.15



30%  
OFF

**\$1.95**



**PURELY ELIZABETH®**  
Superfood Oatmeal Cups  
2 OZ.

ALWAYS AFFORDABLE \$2.79



21%  
OFF

**\$5.75**



**BOB'S RED MILL®**  
Select Organic Oats  
28-32 OZ.

ALWAYS AFFORDABLE \$7.35



30%  
OFF

**\$3.45**



**NATURE'S PATH®**  
Organic Love Crunch Granolas  
11.5 OZ.

ALWAYS AFFORDABLE \$4.99



29%  
OFF

**\$1.19**  
EACH



**KIND®**  
Select Bars  
1.2-1.4 OZ.

ALWAYS AFFORDABLE \$1.69

25%  
OFF

**\$4.29**



**BAKERY ON MAIN**  
Gluten Free Granolas  
11 OZ.

ALWAYS AFFORDABLE \$5.75



22%  
OFF

**89¢**



**HONEY STINGER®**  
Organic Waffles  
1-1.06 OZ.

ALWAYS AFFORDABLE \$1.15-\$1.25



20%  
OFF

**\$1.59**



**LITTLE SECRETS®**  
Crispy Wafers  
1.4 OZ.

ALWAYS AFFORDABLE \$1.99

30%  
OFF

**\$1.29**  
EACH



**EPIC®**  
Snack Strips  
0.8 OZ.

ALWAYS AFFORDABLE \$1.85



OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# GROCERY

**25% OFF**  
**\$5.75**



**SIMPLE MILLS®**  
Almond Flour Baking Mixes  
9-12.9 OZ.

ALWAYS AFFORDABLE™ \$7.75



**39% OFF**

**10/\$10**



**LÄRABAR®**  
Original Fruit & Nut Bars  
1.6-1.7 OZ.

ALWAYS AFFORDABLE™ \$1.65



**23% OFF**  
**\$3.49**



**TONY'S CHOCOLONELY®**  
Chocolate Bars  
6.35 OZ.

ALWAYS AFFORDABLE™ \$4.59

**27% OFF**  
**\$2.79**



**LILY'S SWEETS®**  
Stevia Sweetened Chocolate Bars  
2.8-3 OZ.

ALWAYS AFFORDABLE™ \$3.85

**11% OFF**  
**\$2.39 EACH**



**NATURAL GROCERS® BRAND**  
Organic Chocolate Bars  
3 OZ.

ALWAYS AFFORDABLE™ \$2.69



**28% OFF**  
**\$2.39**



**TCHO CHOCOLATE®**  
Chocolate Bars  
2.5 OZ.

ALWAYS AFFORDABLE™ \$3.35

**22% OFF**  
**\$3.99**



**JUSTIN'S®**  
Peanut Butter Jars  
16 OZ.

ALWAYS AFFORDABLE™ \$5.15

**20% OFF**  
**\$7.49**



**SHADY MAPLE FARMS**  
Organic Amber Maple Syrup  
8 OZ.

ALWAYS AFFORDABLE™ \$9.39



**23% OFF**  
**\$3.99**



**TRADITIONAL MEDICINALS®**  
Teas  
16 CT

ALWAYS AFFORDABLE™ \$5.19



**25% OFF**  
**\$3.99**



**TEECCINO®**  
Roasted Dandelion Herbal Teas  
10 CT

ALWAYS AFFORDABLE™ \$5.39

**26% OFF**  
**\$3.35**



**CHOICE TEA®**  
Select Organic Teas  
16 CT

ALWAYS AFFORDABLE™ \$4.55





OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# NATURAL GROCERS® BRAND BULK PRODUCTS

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

**SALE!**  
**\$7.49**  
EACH  
10 OZ.  
ALWAYS AFFORDABLE<sup>SM</sup> \$7.99



## Natural Grocers® Brand Bulk ORGANIC DRY ROASTED ALMONDS (SALTED, UNSALTED, OR TAMARI VARIETIES)

When looking for the perfect, heart-healthy snack, our organic almonds have got your back! Grab a bag and do a (heart) happy dance with every bite.

**SALE!**  
**\$2.99**  
EACH  
1 LB.  
ALWAYS AFFORDABLE \$3.49



## 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**  
**\$4.79**  
10 OZ.  
ALWAYS AFFORDABLE \$5.29



## Natural Grocers Brand Bulk NON-GMO FILBERTS

From a simple apple tart made with hazelnut crust to a savory salad topped with roasted hazelnuts in lieu of croutons—these fancy filberts, aka hazelnuts, make the perfect addition to any dish.

**SALE**  
**\$6.29**  
6 OZ.  
ALWAYS AFFORDABLE \$7.29



## Natural Grocers Brand Bulk ORGANIC GOJI BERRIES

A savory-sweet taste, Goji Berries are a delicious superfood snack straight out of the bag—or easily added to oatmeal, cookies, cereal, and trail mix.





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

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

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

### Natural Grocers<sup>®</sup> Brand Bulk ORGANIC PINTO BEANS

**\$4<sup>79</sup>**  
2 LB.

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



### Natural Grocers Brand Bulk ORGANIC DELUXE NUT MIX

**\$7<sup>99</sup>**  
10 OZ.

We're nuts about this nutrient-packed, organic deluxe mix. Soon, you will be too!



### Natural Grocers Brand Bulk ORGANIC TOASTED PEARL COUSCOUS

**\$2<sup>89</sup>**  
1 LB.

Change up your traditional pasta and rice dishes with our toasted pearl couscous. It's nutty flavor and soft, light texture make for a delectable meal addition!



### Natural Grocers Brand Bulk NON-GMO FRUIT MEDLEY TAFFY

**\$3<sup>59</sup>**  
10 OZ.

This blend of taffy brings together all the fruity flavors your taste buds desire; watermelon, raspberry, and banana. After one bite, you'll be hooked!



### Natural Grocers Brand Bulk ORGANIC COCOMELS<sup>®</sup>

**\$5<sup>69</sup>**  
6 OZ.

Cocomels are the perfect blend of sweet and salty sublimeness. Made with simple ingredients for a delicious, dairy-free indulgence.



### Natural Grocers Brand Bulk NON-GMO FISH OR FRUIT SLICES SNACK PACKS

**\$1<sup>29</sup>**  
4 OZ.

The perfect treats for kids of all ages! Their fun shapes and deliciously sweet flavor, make them a tasty snack for road trips, movie nights, or even as a lunchbox surprise.





OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# GROCERY

Around 94% of U.S.-grown cotton is GMO, and did you know—cottonseed oil is often used in restaurant fryers and processed foods?

Up to  
**32% OFF**



**RAO'S HOMEMADE**  
Select Rao's Products  
16-24 OZ.

Authentic, hearty homemade-flavor made easy.

ALWAYS AFFORDABLE™ \$2.85-\$8.49

**13% OFF**

**\$3.69**  
EACH



**NATURAL GROCERS® BRAND**  
Organic Bread Loaves  
15-27 OZ.

Our delicious sprouted bread loaves are packed with vitamins and minerals and are easier to digest.

ALWAYS AFFORDABLE \$4.25



**15% OFF**

**\$1.99**



**SERENITY KIDS®**  
Organic Veggie Baby Food Pouches  
3.5 OZ.

Allergen-free pouches packed with nutrients a baby needs with no added sugar or preservatives.

ALWAYS AFFORDABLE \$2.35

**18% OFF**

**\$2.99**



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

Spice up your mealtime with authentic flavors from around the world.

ALWAYS AFFORDABLE \$3.69

**23% OFF**

**\$9.49**



**4TH & HEART®**  
Select Ghee  
9 OZ.

A rich and delicious lactose-free alternative to butter and cooking oils.

ALWAYS AFFORDABLE \$12.39

**10% OFF**

**\$6.29**  
EACH



**NATURAL GROCERS® BRAND**  
Organic Coffee  
10 OZ.

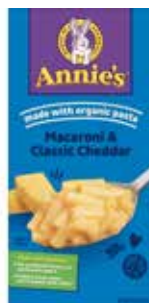
Find a new, easy on your wallet morning ritual with our delicious fair-trade coffee blends.

ALWAYS AFFORDABLE \$6.99



**55% OFF**

**\$1.15**



**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 \$2.59

**21% OFF**

**\$1.49**  
EACH



**NATURAL GROCERS® BRAND**  
Canned Organic Diced Tomatoes  
10-14.5 OZ.

With vine-ripened flavor in every bite, our canned tomatoes are bursting with flavor.

ALWAYS AFFORDABLE \$1.89



OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

# GROCERY

**28% OFF**  
**\$3.49**



**QUINN SNACKS®**  
**Gluten Free Filled Pretzel Nuggets**  
6.5-7 OZ.

With the perfect ratio of pretzel to peanut butter, these nuggets are irresistible.

ALWAYS AFFORDABLE™ \$4.89

**Up to 24% OFF**



**FRONTIER®**  
**Select Products**  
0.15-4 OZ.

High-quality herbs, spices, and botanical products that support small farmers around the world.

ALWAYS AFFORDABLE \$3.85-\$20.29

**23% OFF**  
**\$3.99**



**WILDE SNACKS**  
**Chicken Chips**  
2.25 OZ.

Thin, crispy, flavorful, and with 7x the protein of a potato chip. Reinvent the way you snack!

ALWAYS AFFORDABLE \$5.19

**21% OFF**  
**\$2.59**



**THE GOOD CRISP COMPANY™**  
**Potato Crisps**  
5.6 OZ.

Great-tasting chips made with ingredients that are better for you, and better for the planet.

ALWAYS AFFORDABLE \$3.29

**20% OFF**  
**\$2.29**



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

Deliciously cheesy and crunchy puffs that are sure to be your next family favorite.

ALWAYS AFFORDABLE \$2.89

**23% OFF**  
**\$2.49**



**SKINNYPOP®**  
**Popped Popcorn**  
(Excludes Davenport, IA Location)  
4.4-5.3 OZ.

Enjoy a snack that tastes great and is made with the simplest and cleanest ingredients possible!

ALWAYS AFFORDABLE \$3.25

**10% OFF**  
**\$1.79 EACH**



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

Premium air-popped kernels seasoned to perfection and produced using solar energy!

ALWAYS AFFORDABLE \$1.99

**6% OFF**  
**\$2.79 EACH**



**NATURAL GROCERS BRAND**  
**Organic Tortilla Chips**  
16 OZ.

Perfectly crispy tortilla chips with classic, stoneground flavor, ready for your next dipping adventure.

ALWAYS AFFORDABLE \$2.99

# NUTRITION BYTES

By Geoff Brokx and Shelby Miller

## Two New Studies Show BOOSTING VITAMIN D LEVELS May Lead to Better Outcomes in COVID-19

COVID-19 is known to make a real mess of the immune system, suppressing some parts and over-activating others. This is known as immune dysregulation. Meanwhile, vitamin D is known as an immunomodulator, i.e., it's capable of *balancing* the immune system by downregulating overactive immune responses and upregulating underactive immune responses. This is why a 2021 study investigated the impact of oral supplementation with high-dose vitamin D (60,000 IUs) daily on balancing immune markers in patients with "mild to moderate" COVID-19 and low vitamin D levels.

The subjects were randomized to receive either a high dose of vitamin D for eight to 10 days or a placebo. Results showed that vitamin D treatment significantly balanced many markers of the dysregulated immune response, including a "highly significant reduction" of inflammatory markers. The authors concluded that this high-dose vitamin D therapy can be safely added to the existing treatment protocols of COVID-19 patients for improved outcomes. Moreover, the above study shows that correcting insufficient vitamin D levels is crucial to maintaining immune competence in the age of COVID-19.

Another 2021 study confirms this conclusion by showing that having optimal vitamin D levels is associated with a decreased risk of mortality from COVID-19 in elderly patients and patients without obesity. This study was performed on COVID-19 patients 18 years and older hospitalized at Boston University Medical Center and compared serum vitamin D levels with COVID-19 outcomes. Results showed that in patients over 65 years, vitamin D sufficiency ( $\geq 30\text{ng/mL}$ ) was significantly associated with decreased odds of death, acute respiratory distress syndrome, and severe sepsis and/or septic shock. Additionally, among patients with a non-obese BMI ( $< 30\text{ kg/m}^2$ ) vitamin D sufficiency was significantly associated with a decreased risk of death.



### DON'T KNOW YOUR VITAMIN D LEVELS?

*Now is the time to  
get them checked.*

Unable to get them checked anytime soon? Supplementing with vitamin D has been shown to be a safe, affordable, and effective way to support optimal vitamin D levels.

## Artificial Colors and HYPERACTIVITY IN CHILDREN

A recent report from the Office of Environmental Health Hazard Assessment found strong evidence that seven different artificial colors commonly used in food can cause or exacerbate behavioral problems in susceptible children. The report included a review of research, including human and animal studies, that looked at the neurological effects of artificial colors and assessed their impact on different stages of development. The review specifically looked at the impact of artificial colors on hyperactivity, also known as attention deficit/hyperactivity disorder (ADHD), which has increased from 6 percent to 10 percent in the last 20 years.

**ARTIFICIAL  
COLORS  
CAN EASILY BE  
AVOIDED BY**  
*reading labels and  
avoiding ingredients  
with colors such as  
blue, green, red, and  
yellow (followed by  
the "#" symbol).*

Artificial colors are found in a wide variety of foods, beverages, vitamins, and over-the-counter medications intended for children. The report highlighted numerous studies that found artificial colors negatively affect behavior by inhibiting the function of neurotransmitters, which are necessary for brain cell communication. Additionally, studies showed that artificial colors interfere with the stress signaling pathway and disrupt thyroid and estrogen receptors necessary for healthy brain function. The FDA last set acceptable exposure limits for artificial food coloring between the 1960s and 1980s.



# NEW PRODUCTS

— OF THE MONTH —

OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

**31%  
OFF**

**\$2.89**  
EACH



**GRILLO'S PICKLES®**  
*Pickle De Gallo's*  
14 OZ.

For salsa lovers who like a little more crunch in every bite!

ALWAYS AFFORDABLE™ \$4.19

**26%  
OFF**

**\$3.69**  
EACH



**SIMPLE MILLS®**  
*Sweet Thins*  
4.25 OZ.

Gently sweetened with coconut sugar to make every crunchy bite delightful.

ALWAYS AFFORDABLE \$4.99

**30%  
OFF**



**\$15.99**

**GAIA HERBS®**  
*Organic Turmeric Supreme®*  
*Extra Strength*  
60 GUMMIES

Curcuminoids in a convenient and delicious gummy to help support healthy inflammatory function.\*

ALWAYS AFFORDABLE \$22.99

GMOs may be made in a lab, but they can run wild when they're set free in nature. Cross-contamination is a serious issue for farmers.



**21%  
OFF**

**\$2.89**



**SPUDSY**  
*Sweet Potato Puffs*  
4 OZ.

Light and crispy plant-based sweet potato puffs that are sustainably delicious!

ALWAYS AFFORDABLE \$3.69

**17%  
OFF**

**\$3.75**  
EACH



**SERENITY KIDS®**  
*Organic Grain Free Puffs*  
1.5 OZ.

These crunchy and savory grain-free puffs are a perfect snack for toddlers!

ALWAYS AFFORDABLE \$4.55

**17%  
OFF**

**\$2.89**  
EACH



**EARTH KISS**  
*All Single-Use Masks*  
1 CT

Gently smooth and exfoliate while hydrating and protecting your skin.

ALWAYS AFFORDABLE \$3.49

**26%  
OFF**

**\$18.99**



**NATURE'S PLUS®**  
*Immune Probiotic 10 Billion CFU*  
30 CAP

Includes a unique, scientifically studied strain of probiotic, shown to support immune system health.\*

ALWAYS AFFORDABLE \$25.99



# EPIC Savings!

OFFERS VALID SEPTEMBER 30 TO OCTOBER 30, 2021

**49% OFF**

**\$15<sup>39</sup>**

**KAL®**  
Magnesium Glycinate  
400 Soy Free  
120 SG

ALWAYS AFFORDABLE™ \$30.59



**31% OFF**

**\$5<sup>99</sup>**

**NOW®**  
Vitamin D-3  
5000 IU  
120 SG

ALWAYS AFFORDABLE™ \$8.79



**25% OFF**

**\$14<sup>99</sup>**

**NATURAL GROCERS® BRAND**  
Coenzyme B Complex  
120 VCAP

ALWAYS AFFORDABLE™ \$19.99

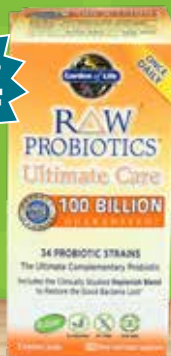


**26% OFF**

**\$31<sup>99</sup>**

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

ALWAYS AFFORDABLE™ \$43.49



**22% OFF**

**\$14<sup>89</sup>**

**GAIA HERBS®**  
Golden Milk  
4.3 OZ.

ALWAYS AFFORDABLE™ \$19.25



**24% OFF**

**\$3<sup>15</sup>**

**DEEP INDIAN KITCHEN®**  
Select Frozen Entrées  
7.4-11 OZ.

ALWAYS AFFORDABLE™ \$4.15



**35% OFF**

**\$2<sup>99</sup>**

**VITA COCO®**  
Coconut Waters  
1 L

ALWAYS AFFORDABLE™ \$4.65

