

MAY 2019 VOL. 23

Organic Cheese

OFFERS VALID MAY 3 TO MAY 25, 2019



BROCCOLI, EGG AND POTATO BREAKFAST BOWL RECIPE

10
BEYOND
PROBIOTICS

14 MOTHER'S DAY SPECIAL OFFERS!

32 NUTRITION BYTES

Ode to Mothers

They say that it's not only your body, your sleep schedule, and your eating habits that change—it's also the chemistry of your brain. It's the cells your child leaves behind in you. That's the power of becoming a mom.

They say she's brave and strong. It's not because she isn't afraid. She's more scared than she's ever imagined, and the only thing she knows for sure is that it's never leaving her, this fear. You're roaming around this world now, taking a piece of her heart wherever you go. That's why she's brave. She defines strength by getting up every day and embracing the fear that's never going away.

They say there's no place as comforting as her arms. The further you wander from those arms, the more you realize it's true.

There's no place you're more okay, more unconditionally loved, more capable than when your mother's warmth surrounds you.

They say she's a person too—an individual who deserves her own identity, outside the universal expectation that is "mom." When you take the time to see her that way you're in awe of who she is, undefined by you. You still get to call her mom though, and there's nothing greater anyone could say.

We say we couldn't exist without her, and it's okay if that's cliché. We want to say thank you for the courage, the comfort, and the inspiration that is motherhood. Thank you to the mothers of the good4u Crew for your invaluable contributions, and thank you to all the moms who enrich our lives with everything you do. Happy Mother's Day!

The Isely Family



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CONTENTS





BROCCOLI, EGG AND
POTATO BREAKFAST BOWL





23
PEPPER CRUSTED YAK BURGERS
WITH CHEDDAR AND BACON



MOTHER'S DAY SPECIAL OFFERS!



1 (8-ounce) package bacon

2 tablespoons Natural Grocers Brand Organic Extra Virgin Coconut Oil

2 medium organic russet or Yukon Gold potatoes, peeled and diced into 1/2-inch cubes

1/2 small white organic onion, diced

Salt and pepper

1 (10-ounce) package Organic Frozen Broccoli

1 red, orange, or yellow organic pepper, cored and chopped into bite-size pieces

1 bunch organic kale, stems removed, leaves torn into bite-size pieces

2 tablespoons butter or ghee, divided

8 Natural Grocers Brand Organic Pasture-Raised Eggs

2 cups shredded Natural Grocers Brand Organic Cheese of your choice



BROCCOLI, EGG, & POTATO BREAKFAST BOWL

This hearty breakfast is packed with veggies, full of flavor, and perfect for weekend brunch. The potatoes are fried in coconut oil, the vegetables are gently steamed, and the melted cheese topped with sunny side up eggs and bacon crumbles create a taste sensation you will crave not just on weekends, but every day of the week.

TOTAL TIME: 1 HOUR AND 5 MINUTES

INSTRUCTIONS

1. Preheat the oven to 325°F.

2. Place the bacon strips on a baking sheet covered with parchment paper. Once the oven is hot, place in the oven and bake until done, 20-30 minutes. Once done, transfer to a cutting board and chop into bite-size crumbles. Set aside.

3. While the bacon cooks, heat a large skillet over medium heat and melt the coconut oil. When hot, add the potatoes. Let the potatoes sit without stirring for approximately 5-6 minutes, or until they start to lightly brown. With a spatula, turn the potatoes, season with salt and pepper, and begin browning the other side. Again, leave them alone for 4-5 minutes allowing the potatoes to become lightly browned before turning. Stir and add the onion, reduce heat to mediumlow and cover. Continue cooking without turning for 3-4 minutes then uncover, turn potatoes, and repeat the process until potatoes have softened and can be broken apart with a fork. Once soft, uncover and allow to finish cooking for another 7-10 minutes, watching potatoes closely and continuing to stir every 2-3 minutes until the potatoes are done. Taste the potatoes, season with salt and pepper.

Serves 4

- 4. Fill a pot with about an inch of water, place a steamer basket in the pot, and place over high heat. When the potatoes have less than 10 minutes to finish cooking and the water is boiling, add the frozen broccoli to the steaming basket, cover and steam until just starting to warm, 3-4 minutes. Add the pepper and kale, cover, and steam for approximately 3-5 minutes, or until the vegetables are done to your liking.
- Discard the parchment paper from the baking sheet used to cook the bacon and transfer the vegetables to half the sheet, top with one tablespoon of butter (or ghee, if using) and toss. Transfer the potatoes to the other half of the sheet. Top the whole thing with the shredded cheese and place in the oven to melt the cheese. Divide the vegetables and potatoes evenly among four dinner plates or large bowls just before the eggs are finished cooking.
- 6. Wipe the skillet the potatoes were cooked in clean with a paper towel, place over medium heat, and melt the remaining tablespoon of butter or ghee. Break the eggs into the skillet one at a time (if your skillet is not large enough for all 8 eggs, cook in batches). Season with salt and pepper and cook the eggs to your liking (sunny-side up, over-easy, over-medium, etc.). When the eggs are cooked, transfer two eggs to each bowl or plate and top with bacon crumbles. Serve immediately.

4



BROCCOLI BROCK

By Charity Isely

She carried us until we were able to walk, toddling away from her with tiny, fumbling steps. She comforted, she taught, she balanced—like the single human capable of holding the weight of the world on her shoulders without dropping it. She's the one who knew just what we needed before we knew it ourselves. And sometimes, she's the one who made us eat broccoli. Mother's Day is fast approaching, and we're ready to celebrate with a big "Thank You!" to mom, especially for the broccoli. Why broccoli? Because it contains compounds that support healthy estrogen metabolism and normal detoxification—both of which support overall wellbeing. "Mom knows best!

CHECK OUT SOME REASONS YOU SHOULD NEVER GROW OUT OF EATING THIS FLOWERING CABBAGE:

- Indole-3-carbinol, and its derivative DIM, are activated when you consume raw or lightly cooked cruciferous veggies, like broccoli. They increase the activity of enzymes that convert dominant estrogens to the "good" kind and metabolize xenoestrogens, or chemicals that mimic estrogen in the body. xi xii xiii
- Estrogen refers to a group of hormones and their metabolites that are crucial to the female reproductive
- system. They can be metabolized into what is considered "good" estrogen, which is weaker and shows less estrogenic effects, or into more dominant types of estrogen that can be "bad" if circulating in excess.

 Whany types of breast cancer, for example, are estrogen receptor (ER) positive, which means the growth of these tumors is dependent on the dominant forms of estrogen.

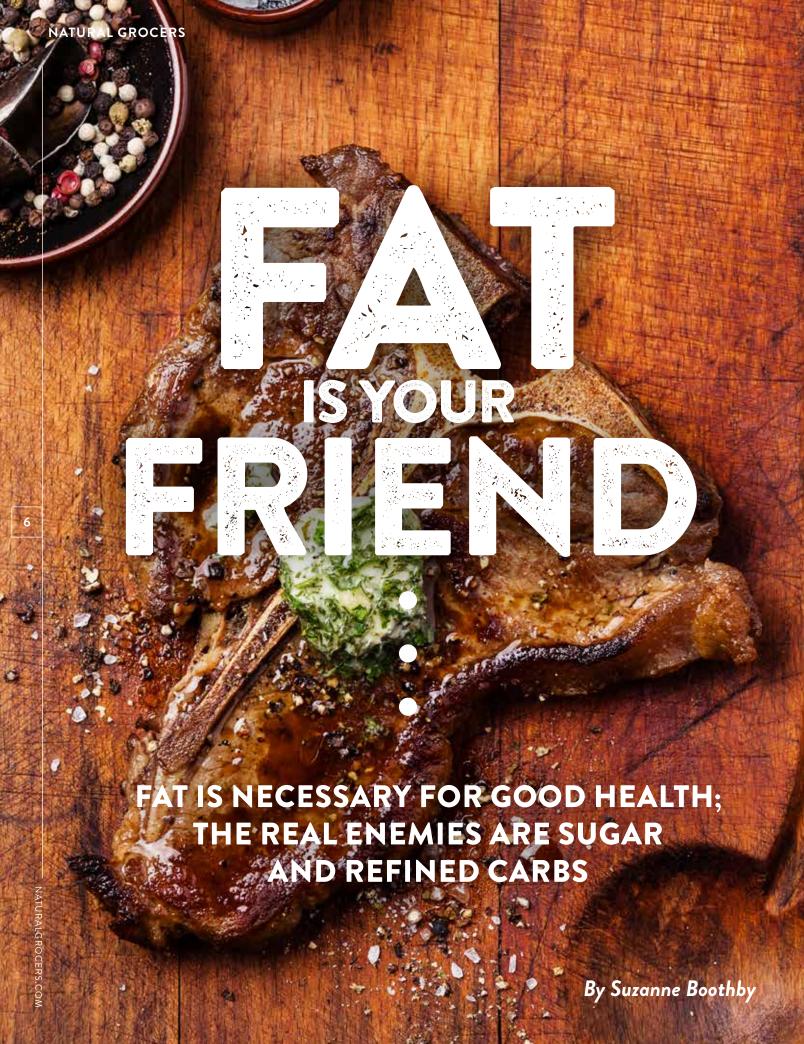
 Broccoli contains compounds that
- help shift estrogen metabolism in a way that supports a healthier ratio of "good" and "bad."vi vii viii iix x
- Sulforaphane is another important phytochemical found in broccoli and other crucifers. It prompts the activity of phase II enzymes during detoxification, which are essential for the liver to bind and package up toxins to efficiently flush them from the body. Xiv XV XVI

MAKE IT ORGANIC— IT'S THE WAY MOM WOULD WANT IT

Can you remember the first time you noticed a bumble bee buzzing from flower to flower? Mom was probably right there with you, or the first person you found to tell about it. Sadly, imidacloprid, a pesticide commonly used on broccoli, is a neonicotinoid that is especially harmful to bees.**iii It also easily spreads beyond its target area into creeks and streams.**viiii Imidacloprid was found on 70 percent of domestic conventional broccoli samples, according to the USDA pesticide residue testing program.**ix

Now it's your turn to nurture mom by checking to see that broccoli is still a regular on her menu. Lemons, garlic, and olive oil are deliciously simple ingredients that go with this veggie, like mothers go with bedtime stories. Why not take your old nemesis for a fresh culinary spin, and treat mom to your culinary skills and a little nutrition knowledge?





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One of the greatest nutritional myths ever perpetuated is that saturated fat is the root of all dietary evil (spoiler: it's not). It started in 1977, when the Senate Select Committee on Nutrition and Human Needs published "Dietary Goals for the United States" and recommended that Americans avoid saturated fat and eat more carbohydrates. The committee's recommendations were based on observational studies by Ancel Keys, PhD, a professor of physiology at the University of Minnesota, who embraced the idea that saturated fat raised levels of cholesterol, which then lead to atherosclerosis. But while Keys was promoting his own hypothesis, other scientists were questioning its validity, and in fact, multiple researchers argued that sugar and carbohydrates were the cause of heart disease, not saturated fat.1

Despite pushback from other researchers, the government moved forward with its recommendations, leading generations of Americans to avoid saturated fat and build their diets around chemically altered trans fats, refined carbohydrates, and sugar. For decades, nutrition experts and the media told us to limit or avoid eating all fatty foods; margarine became the new norm on dinner tables and poaching skinless chicken was considered to be healthier than roasting it whole. Fat-free, highly processed, and sugar-laden foods came to be seen as healthy foods. As Barbara Moran wrote in Harvard Public Health magazine, "It was one big, happy, fat-free feeding frenzy—and a public health disaster."²

After decades of following government dietary advice, the numbers on our health are staggering. In 1960, fewer than 13 percent of Americans were obese, and diabetes had been diagnosed in one percent of the population.³ Today, almost 40 percent of U.S. adults are obese⁴ (about 16 percent of children are)⁵ and nearly 10 percent of the population has type-2 diabetes.⁶ Conditions such as heart disease, stroke, and type-2 diabetes are the leading causes of preventable, premature death in our country.⁷

Since Keys' original research, better-designed studies have proven that saturated fat is not, in fact, the dietary villain that public policy has made it out to be. For example, a study published in *The Lancet* late last year that included more than 136,000 people in 21 countries linked consumption of full-fat (i.e., saturated) dairy foods to a decreased risk of death from heart disease.⁸

In another review of 15 randomized controlled studies with more than 59,000 people, researchers found no statistically significant effects of reducing saturated fat on all-cause mortality or cardiovascular mortality and no clear effect on stroke.⁹

Other studies have shown that a low-fat diet that replaces saturated fat with polyunsaturated fats such as vegetable oils and carbohydrates increases the risk of coronary heart disease, cardiovascular events, and overall mortality.^{10 11}

Fat is necessary for good health. It's a clean-burning source of energy. It helps us absorb important fat-soluble vitamins and phytonutrients such as lutein and lycopene. It's an important component of cell membranes and the protective covering on our nerves. And it's vital for a healthy brain.

Sugar and carbs, on the other hand...

THE SUGAR & CARB PROBLEM

The real culprit for our health woes is in our overconsumption of sugar and carbohydrates. The title of a 2018 study sums it up well, "Fat, Sugar, Whole Grains and Heart Disease: 50 Years of Confusion." 12

"The belief that a reduced intake of saturated fatty acids is the key dietary change for the prevention of coronary heart disease led millions of people to increase their intake of carbohydrates, most of which were refined," wrote the study's author. "Growing evidence points to refined carbohydrates, especially sugar-sweetened beverages, as being linked to risk of coronary heart disease."

The reality for most Americans is that we are all consuming way too much sugar and carbohydrates.

On average, we eat about 17 teaspoons (71 grams) of sugar per day. That adds up to an estimated 57 pounds of added sugar each year. As a comparison, Americans only eat an average of seven pounds of broccoli per year.¹⁴

And it's not all coming from the typical culprits like cookies and candy. You can find added sugars in canned vegetables, cereals, peanut butter, yogurt, salad dressings, and more. Simple carbs like those found in pasta, pizza, bread, and tortillas (and which make up the bulk of most Americans' carb intake) are rapidly converted to sugar in the body. And when it comes to drinks, the sugar also adds up quickly. A 12-ounce can of soda has about 11 teaspoons (46.2 grams) of added sugar. A 16-ounce Starbucks Vanilla Frappuccino® contains about 17 teaspoons (71 grams)¹⁵ of sugar.

"Sugar-sweetened beverage consumption is steadily rising among all age groups worldwide," said M. Faadiel Essop, Ph.D., of Stellenbosch University in one study. "Our analysis revealed that most epidemiological studies strongly show that frequent intake of these beverages contributes to the onset of the metabolic syndrome, diabetes, and hypertension."

SUGAR AND CARBOHYDRATES' NOT-SO-SWEET IMPACT

Eating sugar, refined carbohydrates, and too many high-carb foods, including some whole grains, increases the amount of glucose flowing through your body, stimulating the pancreas to release insulin. These types of foods flood your body with glucose in excess of what it requires for immediate energy needs, and as a result, insulin signals the body to store all of the excess glucose as fat. Additionally, as insulin spikes, it increases levels of leptin, a hormone responsible for controlling appetite. If leptin levels stay too high for too long, it creates a condition where the body turns off its natural ability to gauge hunger and satiety (a condition called leptin resistance), which promotes weight gain.

Chronically elevated levels of glucose and insulin can lead to a myriad of health issues, including "cardiometabolic" conditions like metabolic syndrome (a cluster of symptoms including increased belly fat, fasting blood sugar, blood pressure, cholesterol, and triglycerides), type-2 diabetes, obesity, and heart disease.¹⁷

Additionally, excess glucose binds to proteins in the body, leading to the formation of advanced glycation end products (AGEs), which promote oxidation and inflammation in tissues like the endothelial lining of the arteries, ¹⁸ and may also transform LDL cholesterol into a form that is prone to accumulate in the arteries. ¹⁹ Population studies have shown that diets high in carbohydrates increase triglycerides and reduce HDL cholesterol. ²⁰

In addition to the negative cardiometabolic effects of sugar and a high-carb diet, cardiovascular research scientist James DiNicolantonio says that refined white sugar can be more addictive than recreational drugs (and studies back up the idea).^{21 22 23}

"You get this intense release of dopamine upon acute ingestion of sugar," he explains.²⁴ "After you chronically consume it, those dopamine receptors start becoming down-regulated—there's less of them, and they're less responsive. That can lead to ADHD-like symptoms ... but it can also lead to a mild state of depression because we know that dopamine is that reward neurotransmitter."

Previous research has connected regular consumption of sugary foods and sugarsweetened beverages with a higher risk of depression. $^{25\,26\,27}$

A BRIGHTER FUTURE

While the government and public policy stays entrenched in the "low-fat, high-carb" dogma, modern nutrition research continues to debunk the myth that saturated fat is bad for us, and a growing body of research is showing that sugar and excessive amounts of carbs are the true culprits in poor health. This is creating a

shift that is encouraging more people to eschew sugar and excessive carbs and embrace healthy

fats, including saturated fat. By 2021 all nutrition labels are required to include the amount of added sugars in a product, as per new rules from the U.S. Food and Drug Administration, ²⁸ making it easier to keep track of (and avoid) extra added sugar. And while you cut back on the sugar and carbs, make peace with fat, and know that it is an important part of a healthy diet.



SATURATED FAT AS PART OF A HEALTHY, **WELL-BALANCED DIET** In my ten years of nutrition research and writing, the one piece of dietary advice that has been a constant is this: Eat whole, minimally processed, nutritious foods, as close to their natural forms as possible. This includes saturated fat. When we say that saturated fat can be a part of a healthy, well-balanced diet, this is not a call to regularly indulge in cheeseburgers, Italian subs, and cheesesteaks, while calling French fries and ketchup vegetables. A diet high in saturated fat combined with lots of carbohydrates and devoid of vegetables is not a healthy one. Consider my dinner last night-sirloin steak (a blend of saturated and unsaturated fats) cooked in butter (mostly saturated fat) and topped with a chimichurri sauce made from fresh herbs and olive oil (mostly unsaturated fat), served with cauliflower tossed in olive oil and roasted, and a salad topped with an olive-oil based vinaigrette. See how that works? Quality is important to consider as well; try to always choose organic vegetables, grass-fed meat, and pasture-based dairy, which will always contain a better quality of fat compared to factoryfarmed animal products. It's time to stop villainizing fat in general, and saturated fat, in particular. Nothing in excess (except for maybe vegetables) is good for you. But neither is holding on to an outdated fear of fat. -Lindsay Wilson

References available upon request.

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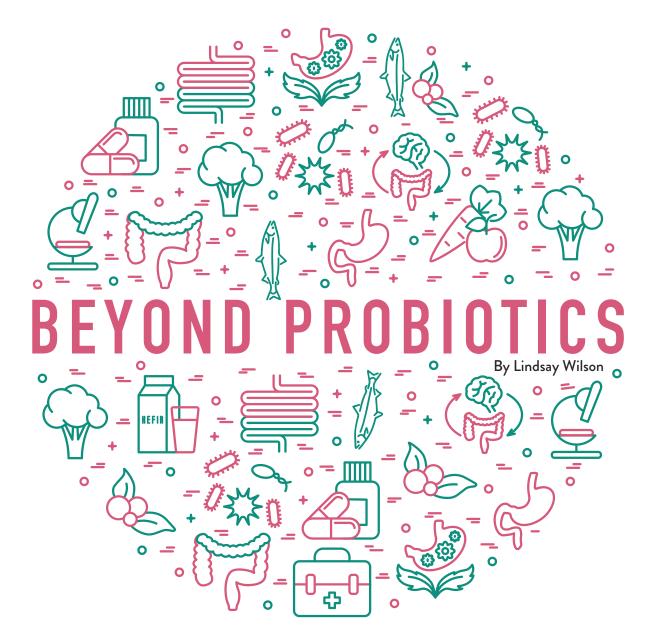
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FOR A HEALTHY GUT MICROBIOME, PROBIOTICS ARE JUST THE BEGINNING

Scientists have long known that bacteria live in humans, but it wasn't until 2007 that researchers began to gain a true understanding of not only the vast numbers of bacteria that we house (they number in the trillions), but just how complex the relationship between humans and bacteria is. And the research has only begun to scratch the surface. Just this year, researchers discovered and isolated more than 100 brand new species of bacteria

from the intestines of healthy people.

One of the major revelations from the discovery of the microbiome is how it has the ability to shape health, for better or worse.

These bacteria influence everything from gut health to immunity and metabolism to brain health, and how diverse and well balanced they are determines how healthy we are. Hand-in-hand with that knowledge, probiotics have risen to the top as must-have supplements to support a healthy balance in the gut. It's true that a quality probiotic supplement is key to help restore and/or maintain bacterial harmony, but as researchers discover more about the gut microbiome, they are also discovering more about what these bacteria need to thrive, and

probiotics are just the beginning.

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FEED YOUR MICROBIOME

There are approximately five pounds of bacteria in the average human's gut, ii and they need food. You are what you eat. So are your bacteria! Our diets play a huge role in shaping how diverse and well balanced our gut microbes are, or are not, and scientists are discovering that our microbes thrive on some of the same nutrients that we do. Talk about mutually beneficial!

- Berberine. Berberine is a plant compound found in goldenseal and Oregon grape root and has been shown to improve metabolic disorders such as type-2 diabetes, metabolic syndrome, and obesity. One of the ways in which it is believed to work is through its beneficial effect on the gut microbiota. In research published earlier this year, berberine was found to significantly increase a type of beneficial bacteria called Akkermansia muciniphila that is involved in maintaining the thickness of the intestinal mucous lining, which acts as a barrier and prevents toxins from entering the blood stream via the gut lining (leaky gut).ⁱⁱⁱ Other research found that berberine increases the abundance of bacteria that produce butyrate, a shortchain fatty acid that acts as a primary energy source for the cells that line the colon, which helps maintain a healthy mucosal lining. Butyrate is also required for these cells to help maintain oxygen balance in the gut, preventing dysbiosis (an overgrowth of pathogenic bacteria). iv Berberine has also been shown to increase populations of other beneficial bacteria, while inhibiting the growth of pathogenic bacteria."
- Cranberry. Polyphenols have long been studied for their health-promoting properties, and now scientists are beginning to investigate their beneficial relationship with the gut microbiota; for example, research has shown that polyphenols require processing by gut bacteria to be transformed into their more health-promoting bioactive metabolites.vi Recent research has shown that the polyphenols in cranberry also increase the number of Akkermansia muciniphila, the bacteria that help maintain the mucosal lining of the gut. Additionally, animal research has shown that cranberry extract can prevent weight gain and improved insulin sensitivity in association with an increase in A. muciniphila. vii viii Complex carbohydrates found in cranberries called xyloglucans are used by some species of bacteria as a food source and have been shown to prevent E. coli from adhering to the epithelial lining of the colon as well.ixx
- Curcumin. Curcumin, a polyphenol found in turmeric, has diverse pharmacological effects, yet it is known to have low systemic bioavailability. This has lead researchers to explore the hypothesis that curcumin exerts its health benefits through modulation of gut bacteria. Studies have found that curcumin supports a healthy balance of bacteria in the gut and like berberine, can increase the number of butyrate-producing bacteria. Animal studies suggest that curcumin may be a potential treatment for irritable bowel diseases (IBD) such as colitis via its "modulation of gut microbial structure." xi xii

- Omega-3s. We know that the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are potent anti-inflammatories and play important roles in cardiovascular health and brain health; it turns out they are also good for the gut (bacteria, that is). Research has found that EPA and DHA increase microbial diversity and help increase the production of short-chain fatty acids, an important energy source for bacteria. They can also reverse dysbiosis, bringing a healthy balance back to the gut microbiota, as well as influence the gut-brain axis.
- Micronutrients. Did you know that your gut bacteria can have nutritional deficiencies? It's true! Just as we require vitamins A, C, and E, folic acid, iron, zinc, magnesium, and others to function, so do our bacteria. They use micronutrients as substrates and cofactors for a variety of physiological processes (just like us!) and nutritional deficiencies can affect the composition and function of the microbiota. Research has discovered that reducing micronutrient availability contributes to an overgrowth of pathogenic bacteria and disrupts the normal functioning of our good bacteria, "...indicating that these nutrients are essential for the development of healthy gut microbiota."

 A quality multivitamin and mineral supplement will ensure you and your gut bacteria get the micronutrients you need to thrive.
- Fiber, resistant starch, and prebiotics. Bacteria love fiber! Unfortunately, most Americans don't. The Standard American Diet is woefully low in fiber, and studies have found that those consuming a typical Western diet have less bacterial diversity compared to those eating a more fiber-rich diet (i.e., more veggies!). Fiber is fermented and metabolized by our gut bacteria into short-chain fatty acids (SCFA), which are key energy sources for the bacteria as well as the cells that line the colon. SCFAs also lower the pH in the colon, inhibiting the growth of pathogenic bacteria, and have anti-inflammatory properties. Fiber and resistant starch (such as cooked and cooled rice and potatoes) are considered prebiotics—the non-digestible parts of foods that support the growth and are dealing with imbalances or gut issues such as irritable bowel disease (IBD), too much fiber (i.e., prebiotics) may be harmful. Take an individual approach; if you find fiber brings you discomfort, then cut back.

Whole body health is best supported in a multi-faceted, holistic way, and your gut microbiome is no different.

Probiotics certainly hold an important place when it comes to cultivating and maintaining a healthy balance in your gut, but for a truly healthy, diverse, and well-balanced microbiome, consider a more comprehensive approach. And remember, what's good for you is good for your gut (microbiota)!

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DES COUNTY

MIN BER

It was 2004. Facebook was about to change the world. The sitcom, Friends, broke hearts with the airing of its final season. The Boston Red Sox gave us hope, after winning the World Series for the first time in 86 years. However, if you're a lover of sweet indulgences, the real defining moment of 2004 was the birth of Nada Moo! It's a non-dairy frozen dessert with an ice-cream kind

of texture that's entirely plant based. How is such magic possible? Organic, fair-trade coconut milk delivers creamy perfection, then it steps back and lets each flavor take over. Further proof of awesomeness is that it's certified organic, gluten free and family owned! From Snickerdoodle Dough to the Rockiest Road, you'll find a pint for everyone in your crew because as Nada Moo says, they've been uniting dairy free and dairy lovers since this thing started. In 2019, we can all use a scoop of common ground, and you can grab yours at our feelgood prices of \$5.89/16oz.

If you're thinking about the mundane task of writing your next grocery list, how about doing a little light reading first? Allow us to introduce you to "Think Wisely"—a narrative about the stuff you may want to include in your next snack, or brunch, or "welcome to the neighborhood" gift basket... Every product has a story to tell, and we're having a blast finding some fun ones to share with you. All you have to do is sit back, relax and make that grocery list something you look forward to.

HAVE YOU TRIED IT FOR DESSERT?

In Turkey, they eat it plain with dinner, in France, they eat it for dessert, and in China, they would rather drink it. At Natural Grocers, we like it thick and luscious, with cream on top, and the only way we'll take it is pasture based. We're talking yogurt. Yogurt. Dessert-kinda rhymes, but humor us anyway and discover Graziers™ while you're at it. Why? Because this yogurt gets its creaminess from the milk of cows that spend at least 300 days a year on pasture, enjoying that famous California sunshine. It results in nutrient-enriched soil, more omega-3s and CLA, plus happier, healthier cows. It also puts extra flavor in every spoonful of the pure, non-homogenized goodness that is Graziers Yogurt. With your favorite berry varieties-plus vanilla, lemon and plain-it's just waiting for you to decide how you like it best. Dip in with our dessert-worthy prices of .89/6oz and \$2.79/24 oz.



\$225 1.34 oz

KETO ON THE GO

You've been living your best, healthy life: Keto, paleo, fill-in-the-blank. You're feeling great—no regrets! Except for those times when the struggle gets real, like catching a flight, missing your lunch break or needing something quick to beat that afternoon lag. Clean, delicious, on-the-go snacks—the kind you could make at home if you only had the time—are hard to come by, especially when you're counting macros. Luckily, Primal Kitchen® is ahead of the curve and has just the bar to fill those empty snacking spaces. Created with nourishing protein and fats from cage-free eggs, coconut, flaxseeds and nuts, these keto and paleo-friendly protein bars are here to make your active lifestyle that much easier, and more appetizing. Picking a favorite is going to be tough when you have a trio of flavors like Peanut Butter, Coconut Lime and Almond Spice tempting your taste buds. With only 2 grams of sugar per bar, it's a snack changer, especially at this game-changing deal: \$2.25/ea. 1.34 oz. bar.



REINVENTING STRAWS FOR THE LOVE OF THE PLANET

It's your kid's birthday, and you're expecting a backyard invasion of 3rd graders. You have everything prepped for happy chaos—the children arrive, and it's all going smoothly. Suddenly, you hear a thirsty young voice at your elbow asking, "where are the straws?" You can't believe you forgot the straws, and then you days we're all trying to forget the straws given the serious problem of single-use

\$275 PER Each



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can, because these

plastics. Repurpose is a step ahead; they've

created a straw with all the flexibility of the traditional plastic one, and none of the petroleum-based inputs. Combining plant-based materials and the genius of eco-technology, they've made straws that are 100% compostable and designed to break down in an industrial composter within 180 days. Although backyard composting systems won't have the same effect, Repurpose straws WILL eventually break down, wherever they are disposed of, unlike the toxic "immortality" of plastic straws. Plus, it takes 65% less CO2 to produce these game changers, here to re-shape the future of sipping. Durable and heat resistant, they don't lack anything but the plastic! Go ahead and stash some in your car, at the office and wherever else a straw may be needed. We've got all your future kid parties covered, with our fun, friendly price of \$2.75/box.

NATURALGROCERS.COM



GIVING FLAVOR BACK

Hey, summertime, we see you just around the corner, and our mouths are watering for the taste adventures that you bring. Backyard barbecue, a flavor-drenched Caesar salad, chips and salsa poolside—oh summertime, you taste fantastic!

Unfortunately, if you're among the 1 in 7 Americans who suffer from IBS, flavoring your life with all the extras isn't an option, even if it is grilling season. Correction:

It wasn't an option until Fody™ Foods worked a culinary miracle with their certified low-FODMAP

line of sauces, condiments and snacks. In case you haven't heard, FODMAP is a term for shortchain carbohydrates that some people can't properly digest. The evil plot twist is that flavorboosting ingredients like onion and garlic, present in your standard salsa or BBQ sauce, are also high FODMAP. Fortunately, this gut-friendly line is ready to fill the tasteless spaces with glutenfree, non-GMO, zesty goodness. Everybody deserves to look forward to mealtime all the time, and our prices make it that much more palatable!

NATURAL FACTORS® PS (PHOSPHATIDYLSERINE)

It's a riddle solver. It's a racecar driver. It's the original computer, and it named itself. It's a great big deal in a tiny little package—it's your amazing brain! Sometimes, however, it likes to wander off when it should be concentrating. It forgets important details, like names and birthdays, because modern life is stressful like that—so much pressure, so little time. So why not show your hard-working brain some appreciation, with the gift of Natural Factors PS! PS stands for phosphatidylserine, a phospholipid that studies have shown to support cognitive function, including improvements in memory, concentration and stress management. How? It's all about the membrane, the protective barrier around your cells that filters nutrients and ensures structural integrity. Think of phosphatidylserine as a project manager, playing a significant role in membrane functionality including cell-to-cell communication and information transfer. Unfortunately, our bodies make less of it as we age, and modern diets

rarely supply enough to compensate for modern stress levels, so your brain will thank you for the extra support. P.S., Natural Factors PS is derived from non-GMO sunflower lecithin is soy-free and vegetarian sourced, plus, it's third-party

certified by ISURA™, an independent, non-profit analytical testing and certification organization, for an extra layer of quality and transparency. There aren't any riddles when it comes to Natural Factors' good manufacturing practices (GMP), but we're sure you have plenty of birthdays you don't want to forget. At our stress-relieving price of \$25.49, what are you waiting for?

A BANANZA IN OUR BULK DEPARTMENT!

It's party time in our bulk department! If you're trying to ditch the (refined) sugar without losing the sweet—you'll go bananas for this one. Yes, we're talking about bananas, dehydrated into bite-sized deliciousness and ready for fun, anytime, anywhere. Our bananas are about more than a craving for one of the world's best snacks, however. They're about providing a global market for farmers in sub-Saharan Africa whose livelihoods depend on fruit. A surplus supply often lowers demand at local markets, leaving farmers unable to sell their crop and piles of fruit to waste. Our supplier partners with local businesses to dehydrate the fruit, providing farm families a way to sell their entire harvest for a fair price. So next time the kids (or your inner kid) are begging for candy, you can give the sweetest kind of substitute and know that kids halfway around the world are benefiting, too. There's no added sugar, just organic, non-GMO bananas with a robust side of potassium, fiber and love.



249 PER 6 oz Nutritional Facts

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HOW'S YOUR INNER-ĒCO™ SYSTEM?

It's a story steeped in legend so ancient that the origins can't be pinned down. What is certain: Kefir cultures have been used to create "living foods" for more than a century now, alive with a diverse array of beneficial bacteria and yeast. When we consume them, they populate our inner ecosystems with a healthsupporting tribe of probiotic diversity. Inner-Eco kefirs are the essence of "living food," made by introducing the ancient kefir culture to the vibrant water of young coconuts. Their difference begins with the ritual of cracking fresh coconuts, harvesting the water and bottling it with the cultures within an hour. Nature takes care of the rest-fermenting it into a probiotic-rich beverage without the intervention of heat or processing aids. A dash of stevia and natural fruit flavorings are the only other ingredients infusing these dairy-free, non-GMO kefirs with delightful refreshment. Plus, the coconut meat is puréed with organic fruit and probiotics and transformed into smoothie packs with enticing flavors like Mango Coconut and Strawberry Banana. It's time to introduce your family to legendary nourishment at our beneficial prices of \$13.49/15oz Kefir, Probiotic Smoothies \$4.39/8oz, Young Fresh Coconut Smoothie \$5.79/8oz, Kefirs \$2.15/1oz.



MINDFUL EATING, MINIMAL EFFORT, MAXIMUM ENJOYMENT

It sizzles with the aromas of fire-roasted garlic and a hint of rosemary. You plate it on a bed of vibrantly colored veggies and inhale deliciousness. The cherry tomato on top is that it took you under 30 minutes to prepare. How? It's called Tribali—a rare combination of convenient and wholesome, in the shape of organic beef and chicken patties (pasture raised and free range of course). Blended with a mouth-watering selection of veggies and spices, they're ready to go straight from the freezer to your stovetop, broiler or grill. The story begins decades ago when Angela Bicos Mavridis discovered the joy of real food while spending summers with her grandmother in Greece. As she followed her from vegetable grocer to neighbor's farm, gathering ingredients for dinner, a legacy was cemented that would inform her future. Now, she tastefully merges the traditions of her grandmother's kitchen with the demands of modern life. The result is your new culinary secret, rendered in paleo certified, Non-GMO Project Verified, appetite-inducing excellence. All you must do is decide whether tonight's menu features Mediterranean, Umami or Chipotle Chicken. Our sizzling prices of \$9.99/4 ct make it simple.





OFFERS VALID MAY 3 TO MAY 25, 2019

Natural Factors®

CranRich® Super Strength 500 mg

CranRich® Super Strength **Organic Cranberries**



^{\$}12.99 180 cap

\$9.49 90 sg

CranRich Super Strength Cranberry and Organic Cranberry Concentrate contain powerful

EDAP \$19.99

EDAP \$14.99



Natural Factors®

B12 Methylcobalamin 5000 mcg

B12 Methylcobalamin 1000 mcg

Raw Probiotics™

Women 50 & Wiser



60 chew

90 chew Methylcobalamin is the biologically active form of vitamin B12, the form most readily absorbed into the body. It's a water-soluble vitamin that is necessary for various bodily processes, including energy production and nervous system function.*

EDAP \$14.99

EDAP \$10.49



Natural Factors®

Double Strenath Acidophilus & Bifidus





90 cap

180 cap

EDAP \$16.49 EDAP \$28.59



Garden of Life®

Dr. Formulated Probiotics **Once Daily Women** Shelf Stable

^{\$}24.99

30 vcap

90 vcap

formulated to support women's health, immune system health and digestive health.*

EDAP \$31.49

EDAP \$38.99



Garden of Life®

myKind Organics Women's or Men's 40+ Multi

60 vtab

organic fruits, vegetables and herbs, mykind Organics Women's or Men's Multi 40+ provides 20 vitamins and minerals.*

EDAP \$38.99



Garden of Life®

myKind Organics B-12 Spray Raspberry

A whole food vitamin B12 formula that's both certified organic and non-GMO—in a great-tasting raspberry spray.*

EDAP \$13.49



myKind Organics Vitamin C Spray **Orange Tangerine**

2 oz.

A daily dose of five sprays provides 100% of the daily value of vitamin C without any artificial ingredients or chemical preservatives.*

EDAP \$9.75

Oregon's Wild Harvest®

Ashwagandha



90 vcap EDAP \$19.85

Muscle Relax



90 vcap EDAP \$14.99 **★ SAVE ★**



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Supplements

OFFERS VALID MAY 3 TO MAY 25, 2019















EDAP \$24.69

EDAP \$21.99





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Our bulk products do not contain any hydrogenated or partially hydrogenated oils and are also free from any sulfites, artificial colors, flavors, sweetners and preservatives.



INGREDIENTS

6 strips of bacon

1 pound ground yak (or sub grass-fed beef)

1 teaspoon Natural Grocers bulk organic garlic granules

1 teaspoon Natural Grocers bulk organic onion granules

½ teaspoon salt

- 2 teaspoons ground black pepper
- 4 hamburger buns or 4 large organic lettuce leaves
- 8 (¼-inch) thick slices of Natural Grocers Brand Organic Sharp Cheddar

Optional burger toppings: organic lettuce, organic tomato, pickles, ketchup, mustard, mayo, and/or barbeque sauce



NATURAL GROCERS

PEPPER CRUSTED YAK BURGERS WITH CHEDDAR AND BACON

Take your burger up a notch with this flavorful combination! The pepper crust gives just the right amount of zing to compliment the cheesy-bacon goodness.

And don't let the yak scare you—yak meat is lean and mild tasting, much like beef. It cooks quickly and tastes great. Everyone will love this delicious burger!

TOTAL TIME: 35 MINUTES

INSTRUCTIONS

- Heat a large, heavy-bottomed skillet (such as cast iron) over medium heat. Add the bacon and cook, turning occasionally, until it is done to your liking (this should take about 8-15 minutes depending on the thickness of your bacon and how crisp you like it). Place the bacon on a paper towel-lined plate to drain.
- While the bacon cooks, mix the yak with the garlic, onion, and salt. Form into four patties about ½-¾-inch thick. Season both sides of each patty with the black pepper. Set aside.
- Once the bacon has been removed from the pan, split the buns open and liberally brush each cut side with bacon grease. Put buns back together and set aside.
- Drain all but a couple of teaspoons of the bacon grease from the skillet and return the skillet to the burner. Turn heat to medium (or just below if your stove tends to run hot) and place the prepared burgers in the pan. Cook undisturbed for about 4

Makes 4 Burgers

- minutes. Carefully flip each burger and top each with two slices of cheese. Cook for another 4-6 minutes, or until the burgers are just cooked through. (Please note that yak meat is very lean and tends to dry out if overcooked.) Transfer the cooked burgers to a plate and top each with 1½ strips of bacon.
- Toast each bun half, cut side down, in the hot skillet for 2-3 minutes or until lightly golden and crisp.
- 6. To serve, place one burger on each bun or lettuce leaf and serve with desired toppings.

NEW PRODUCTS OF THE MONTH

OFFERS VALID MAY 3 TO MAY 25, 2019

Amara®

Organic Baby Food Pouches

.36-.8 oz. **EDAP \$1.89**



Amara organic baby food uses a freeze-drying preparation to retain nutrients, vitamins and enzymes. With no added preservatives or fillers, your baby will enjoy a nutritious, flavorful meal, second only to homemade.





Beeler's®

Boneless Pork Roast

^{\$}7.39

1.1 lb. EDAP \$7.89



Beeler's loin roast tastes rich and tender and is the perfect meal for having company over to celebrate.

Puroast Coffee®

Low-Acid Organic Coffees

\$7.99

12 oz. EDAP \$10.69





Puroast low-acid coffee makes a rich, smooth, less bitter cup of coffee enjoy. With 70% less acid than other coffee and 7x more antioxidants than green tea, your body will thank you

USDA

CLEAN Cause®

Organic Sparkling Yerba Mate

16 oz. EDAP \$2.49



CLEAN Cause organic sparkling yerba mate gives 50% of their profits to support recovery from alcohol and drug addiction. With only 60 calories per can, it is a healthy refreshing pick-me-up in four delicious flavors.

> Jarrow Formulas MK-7 is naturally made via

> fermentation, a better absorbed, and a longer acting form to help protect arteries from calcium deposition.*



NOW®

Berberine Glucose Support

90 sg EDAP \$26.29

Supports glucose and lipid levels already within the normal range.*



Jarrow Formulas®

MK-7

180 mcg

\$13.99

30 sg EDAP \$21.59



All Cocokind Facial Care

Cocokind®

0.39

1 oz. EDAP \$12.99



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good4u[™]

CREW PICKS OF THE MONTH

OFFERS VALID MAY 3 TO MAY 25, 2019

Bitchin' Sauce®

Almond Dips/Sauces

GT's Living Foods®

Organic Kombuchas

\$3.99

8 oz. EDAP \$4.99



"Cilantro Chili Bitchin' Sauce has a good kick to it if you like spice with your chips.' -Amy

good4u crew since 2018



^{\$}6.99

48 oz. EDAP \$8.49





"This stuff is so good for you and tastes great!"

good4u crew since 2017







thinkThin®

High Protein Bars

1.94-2.1 oz.

EDAP \$1.89





"A great low sugar, white chocolate treat!

good4u crew since 2016





-Beth



Portland Bee Balm®

Beeswax Lip Balm Oregon Mint

^{\$}1.99

.15 oz. EDAP \$2.69





I love the mint Portland Bee Balm They have a great mission to help keep the bees alive, while reducing waste from the packaging and packing material they use, and the stuff really works!" -Shaun

good4u crew since 2005



Terry Naturally®

CuraMed®

750 mg



"Superior support for a healthy inflammation response, from non-GMO turmeric grown without chemicals."* -Nora

good4u crew since 2018



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Garden of Life®

Dr. Formulated Probiotics Fitbiotic

\$27.99 20 packet EDAP \$35.25



A shelf-stable probiotic formula with clinically studied strains to support weight management and enhance diet and exercise programs." _Trina

good4u crew since 2017





\$39.99

60 sg

OFFERS VALID MAY 3 TO MAY 25, 2019

Beeler's®

Hickory Smoked Uncured Bacon

12 oz.

With only four or five ingredients in each product, you could say simplicity is Beeler's recipe for success.

EDAP \$5.49



Tribali Foods®

Beef or Chicken Patties

Cooked from frozen and ready-to-eat in minutes. their globally inspired, home-cooked classics will change the way you eatone real meal at a time.

EDAP \$10.99







Teton Waters Ranch®

Uncured Beef Hot Dogs

8 oz.



Their 100% grass-fed cattle live and eat the way nature meant them to-only on wellmanaged pastures, and never on a feedlot. They need only a few clean ingredients to create delicious products.

Bratwurst or Sausages

10 oz.



EDAP \$6.15

Beyond Meat® The Beyond Burger®

A tasty, plant-based burger that looks, cooks, and satisfies like beef without gluten, soy or GMOs.

MEAT THE BEYOND BURGER BURGER PATTIES 206

EDAP \$5.89

EDAP \$5.29

26

Perfect Bar®

Almond Butter or Peanut Butter Bars

1.6-2.5 oz.

Superfoods like fruits, vegetables, seeds and oils are found in every Perfect Bar to provide a convenie source of vitamins and minerals.

EDAP \$2.69





Natural Grocers®

Organic Cheese Blocks, Slices or Shreds

6-8 oz.

Our cheese is pasture based and certified organic, without a hormone or antibiotic to be found. Each bite is silky smooth with nothing artificial to smother its natural flavor and color.

EDAP \$3.79-\$3.99



Alpha Foods®

Alpha's hand-held pot pies have a golden, flaky pastry stuffed with meat-free protein and savory sauces. Every hearty bite is packed with plant protein that you can enjoy on-the-go.

EDAP \$3.99



Canyon Bakehouse®

18 oz.

Discover bread made the old-fashioned way using only 100% whole grains. Enjoy eating without compromise.[™]

EDAP \$5.65



Grocery

OFFERS VALID MAY 3 TO MAY 25, 2019













Native Forest Organic Coconut Milk is pressed from the nutmeat of mature organic coconuts. It features full-bodied coconut taste with a smooth and creamy texture.

EDAP \$2.99







Organic Power Fuel Peanut Butters

\$9.99

12 oz.

At NuttZo, it's more than just nuts and seeds. Their mission is to inspire a new way of eating and living on our planet.



EDAP \$12.49



OMEGA 3S: PREVENTION AND TREATMENT OF INFLAMMATORY BOWEL DISEASE (IBD)

Inflammatory bowel disease (IBD), which includes both Crohn's Disease (CD) and Ulcerative Colitis (UC), is characterized by chronic, relapsing inflammation following an overactive immune response to commensal bacteria in the gastrointestinal tract. More specifically, due to genetic and environmental factors, the immune system in IBD individuals becomes unable to distinguish between pathogenic and normally friendly bacteria in the gut. Consequently, persistent immune activation results, leading to perpetual production of several inflammatory molecules including cytokines, tumor necrosis factor (TNF), and interleukins that promote chronic inflammation and damage to the GI tract.

Due to their potent anti-inflammatory effects, the omega-3 fatty acids have been considered as an alternative therapy for minimizing and preventing IBD. In particular, a recent

review conducted by researchers at the University of Marilia School of Medicine, revealed promising results in several animal and human studies. For instance, two human trials using healthy volunteers found that diets highest in omega-3 rich foods were associated with greater protection from UC and CD development. In another study involving those already diagnosed with IBD, supplementation with 4.5g/day of omega-3s was shown to have a protective effect, supporting the health of the gut barrier by preventing free radical damage. Finally, several mouse models of UC and CD found omega-3s to be beneficial for improving gut barrier functioning and for reducing intestinal permeability and inflammation.

Various mechanisms were proposed to explain the anti-inflammatory effects of the omega-3s. Specifically, omega-3s inhibited the body's conversion of pro-inflammatory compounds including cytokines, prostaglandins, leukotrienes, and NFKB—a potent regulator of inflammation in the body. Through their role in taming inflammation and supporting the recovery of the gut mucosal lining, greater intakes of omega-3s might prove effective for both prevention and treatment of IBD conditions.



THROUGH THEIR ROLE IN TAMING INFLAMMATION AND SUPPORTING THE RECOVERY OF THE GUT MUCOSAL LINING, GREATER INTAKES OF OMEGA-3S MIGHT PROVE EFFECTIVE FOR BOTH PREVENTION AND TREATMENT OF IBD CONDITIONS.

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BERBERINE IMPROVES INSULIN RESISTANCE VIA THE GUT MICROBIOME

Diseases associated with an impaired metabolism are increasing worldwide, including diabetes, obesity, hyperlipidemia, and non-alcoholic fatty liver disease; insulin resistance and poor blood sugar control are often hallmarks of these disorders. A growing body of research shows that shifts in the gut microbiome are also intricately linked with these various disorders.

A recent article published in the American Journal of Physiology-Endocrinology and Metabolism showed that the plant compound berberine could not only positively influence the gut microbiota in diabetic mice, but did so in a way that supported healthy blood sugar balance and healthy insulin levels. Diabetic mice treated with berberine showed improved blood sugar balance, reduced body weight, and reduced fat accumulation.

DIABETIC MICE TREATED WITH BERBERINE SHOWED IMPROVED BLOOD SUGAR BALANCE, REDUCED BODY WEIGHT, AND REDUCED FAT ACCUMULATION.

The authors of the study also recruited human participants with type-2 diabetes who received berberine supplements (300 mg, three times daily). After three weeks, the subjects experienced improved fasting blood glucose scores and postprandial (after a carbohydrate-laden meal) blood glucose

Berberine has been used to successfully treat metabolic disorders like obesity, type-2 diabetes, and hyperlipidemia. However, because it is poorly absorbed when taken orally, researchers believe that berberine accumulates in the gut, where it interacts with the gut microbiota, leading to positive changes in health.



LUTEIN AND ZEAXANTHIN MAY CONTRIBUTE TO HEALTHY BRAIN AGING

Lutein and zeaxanthin have long been known to be important nutrients for our eyes, but emerging researching is showing that these carotenoids are also important for brain function. A recent study looked to demonstrate the importance of lutein and zeaxanthin in 51 older adults by examining their effect on cognitive function using magnetic resonance imaging (MRI) scans to measure brain activity. Previous research has already shown that lutein and zeaxanthin positively correlate with better cognitive function, however the researchers of this study looked to use MRI brain scans to further explore the mechanisms that lutein and zeaxanthin work to influence the brain.

Researchers measured lutein and zeaxanthin levels of the participants using both serum blood tests and the macular pigment optical density test, also known as MPOD. Concentrations of lutein and zeaxanthin in the eye as measured by the MPOD test have been shown to be a validated measure of lutein and zeaxanthin levels in the brain. The researchers then assessed

cognitive function using a test that measures visual-spatial processing and decision-making tasks. In addition, the participants underwent MRI scans to assess the relationship between lutein and zeaxanthin levels and brain activity during the cognitive tests.

The study found that those with higher levels of lutein and zeaxanthin were relatively more accurate on the cognitive test, despite not reaching statistical significance. However, what was most fascinating in this study is that those with higher levels of lutein and zeaxanthin showed lower brain activation during the cognitive tests on the MRI scans. The researchers concluded that lutein and zeaxanthin may promote brain health by enhancing "neural efficiency" in regions of the brain that support visual-spatial processing and decision making. Essentially, the brains of the participants with higher lutein and zeaxanthin concentrations had to work less to accomplish the same task. The results of this study now show that lutein and zeaxanthin can support a youthful and efficient brain in older adults.

OFFERS VALID MAY 3 TO MAY 25, 2019

Nature's Path®

Organic EnviroKidz Cereals



EDAP \$4.65

(GF

30

is not only to make delicious organic food for kids, but to help save animals and the planet. That's why each box features real life animals that we support every time. support every time you choose one of our cereals, bars, or

Organic Love Crunch Granolas



EDAP \$4.85

USDA

Select Organic Instant Oatmeal



EDAP \$4.19

Nature's Path®

Organic Toaster Pastries

Spoon up a hearty, healthy breakfast wherever you are with select instant oatmeal. Snack happy knowing your toaster pastry is made with real fruit and free from preservatives and high fructose corn syrup.



EDAP \$4.15



That's It®

Fruit Bars

That's It uses only natural, non-GMO fruit in their goal to make eating healthy snacks easy and stress-free. No preservatives, colors, or added sugars through purees, concentrates and juices.

EDAP \$1.59





Amy's®

14-14.7 oz.

Soup's on with Amy's delicious variety of ready-to-heat and

EDAP \$3.15-\$3.75



Dr. in the Kitchen®

4.5-5 oz.

EDAP \$5.19



Tasty Bite®

Annie's Homegrown®

Rice Pouches

8.8 oz.

Rice done right. Discover Tasty Bite's array of perfectly cooked rice pouches (you just need to heat!) ready to accompany any delicious dish you create.

EDAP \$2.19



Theo Chocolate®

Organic Peanut Butter Cups

Organic Chocolate Bars



1.3 oz. EDAP \$1.99



3 oz.

EDAP \$2.99

Made with real cheese and organic pasta and free from artificial flavors, synthetic colors or preservatives.

5.5-6 oz.

EDAP \$3.19-\$3.25





NATURALGROCERS.COM

★ SAVE ★



good4u OFFERS VALID MAY 3 TO MAY 25, 2019 deals of the month

ĔPIC

40% LESS FUT

EDAP \$3.59



\$**6**⁴⁹

Siete makes amazing, grain-free tortillas and tortilla chips that are paleo, gluten free and preservative free.



EDAP \$8.99



EPIC®
Pork Rinds

ĔРІ

PORK





10/^{\$}10

EDAP \$1.59-\$1.79

The Original Fruit & Nut Bar™ is a delicious gluten-free blend of unsweetened fruits, nuts and spices.



LÄRABAR® Original Fruit & Nut Bars 2/\$**7**

Enjoy calorie-free, zero sugar and naturally flavored effervescent soda without the guilt.



Zevia® Zero Calorie Stevia Sodas



Certified GF Gluten-Free

Don't Miss Our HOT DEALS





Cascadian Farm Organic®

Frozen Organic Fruit







Siete®
Grain Free Tortilla Chips



en-Free



Native Forest®

Organic Simple Coconut Milk





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NATURAL GRÖCERS

Organic Taco Shells or Tortilla Chips

Tortilla chips are meant to be shared. With family, with friends, and sometimes even strangers. They're party staples, girls' night snacks and the true love of your favorite salsa, guacamole or queso-you can fill in the blank with so many more possibilities. Although they may not top the list of dietary staples your nutritionist recommends, their feel good, be happy, social-bonding value should count for something. The delicious news is that you don't need to forfeit choosing good health when you choose your favorite triangle-shaped snack. Of course, we're not suggesting that you eat tortilla chips for breakfast, lunch and dinner every day of the week-that's what broccoli is for. (Just kidding.) You can, however, choose the quality of the chips you indulge in, which is exactly why our family has added, as good4u as they get, tortilla chips in three essential flavors: Blue, Yellow and White.



OFFERS VALID MAY 3 TO MAY 25, 2019

Natural Grocers®

Organic Canned Diced Tomatoes

10-14.5 oz.

The perfect can of tomatoes is brimming with flavor and delivers all the right notes:

EDAP \$1.69





Natural Grocers®

Organic Pasta Sauces

Every mouthful of our premium organic pasta sauce is loaded with the succulent flavor of heirloom tomatoes, each bite exploding with the robust sweetness of sunshine and vine.

EDAP \$4.89











California Olive Ranch®

Extra Virain Olive Oil

16.9 oz.

They've pioneered new ways of cultivating and harvesting olives in order to make their extra virgin olive oil premium and affordable.





USDA

Dr. Bronner's®

Organic White or Whole Kernel Coconut Oil





Organic Whole Kernel

EDAP \$17.55





EDAP \$11.19

Jeff's Garden®

Peperoncini or Jalapeño Peppers

12 oz.

From peperoncini to peppers, Jeff's Garden products are true to nature with no GMOs and no artificial flavors or colors

EDAP \$3.15



Annie's Naturals®

Organic Ketchup



\$2.69

24 oz.

Organic Mustards or BBQ Sauces 9-12 oz.







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Organic Taco Shells



5.5 oz. 16 oz.



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Made in small batches

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HIPPEAS®

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Juli Bauer's Paleo Cookbook

Iuli Bauer



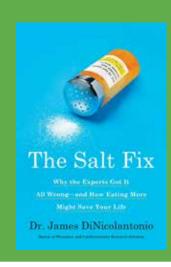
Juli is a well-known Paleo cook who creates meals that are sure to please the whole family. And this cookbook is her best one yet! Absolutely no one will complain when you serve them delicious dishes like Breakfast Tacos, Buffalo Chicken Casserole, Slow Cooker Short Rib Tostadas and Layered Flourless Chocolate Cake.

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Dr. James DiNicolantonio



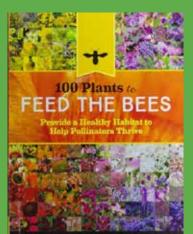
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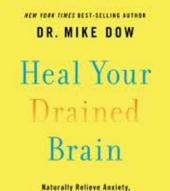
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