get ready for **SPRING TRAINING** with The Patch

- **Pasture Perfect**
  - Grassfed Waygu Beef Hamburger Patties
  - $7.99
  - Reg $8.99 (16 oz pkg)

- **Bakerly Brioche Hamburger Buns**
  - 2/$7
  - Reg $3.99 (4 oz pkg)

- **The Patch Homemade Red Bliss Potato Salad**
  - $4.99
  - Reg $5.99 lb

- **La Riojana Bonarda/Malbec**
  - $7.99
  - Reg $9.99
  - more beer & wine on page 3

- **Applegate Organic Hot Dogs**
  - $7.99
  - Reg $9.99 (14 oz pkg)

- **Specialty Cow’s Milk Feta Cheese**
  - $4.99
  - Reg $6.99 lb
  - more specialty cheese on page 3

Sales good March 1 - March 31, 2019. Some items may not be available at both locations. Shown prepared with some items not included.

PRINTED WITH SOY INK ON RECYCLED PAPER. SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.
MEAT & SEAFOOD

GRASS FED & LOCAL

- Grassfed & Local
  Ribeye Steak
  $14.99
  Reg $20.99 lb

- Grassfed & Local
  Beef Brisket
  $6.99
  Reg $9.99 lb

- All Natural
  Pork Tenderloin
  $4.99
  Reg $6.99 lb

- Garrett Valley
  Polska Kielbasa
  12 oz pkg
  $5.99
  Reg $6.99 ea

- The Patch Homemade
  Lamb Sausage
  $7.99
  Reg $9.99 lb

shown prepared with some items not included.
Specialty WINE & BEER

Brew Bus
Rollin’ Dirty
Irish Red
6 PK
$8.99
Reg $9.99

Harmonious
Ambitious
Red
or White
$10.99
Reg $14.99

pair with burgers!
pair with Kerrygold cheeses

Organic CHEESES

Castello Gouda Cheese
7 oz
$4.49
Reg $5.99 ea

Kerrygold Grassfed Blarney or Dubliner Cheese
7 oz
$4.99
Reg $5.99 ea

smooth & mild gouda
aged cheese w/ a hint of sweetness

Organic BULK SALES

Organic Peanut Butter freshly ground in-house $3.59
Raspberry Yogurt Pretzels $5.59
Organic Sprouted Seed Mix customer favorite $7.99
Organic Dried Mango $10.39
All bulk prices by the pound.

accompaniments & garnishes not included
**DELI SPECIALS**

**FOUR LEAF CLOVER SMOOTHIE**
A light, refreshing green smoothie! Hints of sweet mango, organic apple & pineapple juices, hydrating coconut water & the earthy flavors of organic wheat grass.

**MATCHA LATTE**
Need a pick-me-up, but want a change from the regular ‘ol morning cup of joe? You gotta try matcha! This latte is made with organic milk of your choice & organic matcha powder.

**AWESOME SAUCE CORNED BEEF SANDWICH**
This sandwich is awesome sauce! Niman Ranch all-natural corned beef, fontina cheese, roasted red onions & creamy homemade coleslaw hot-pressed between two slices of organic rye bread.

accompaniments & garnishes not included
Epic Bar
All varieties
1.3 - 1.5 OZ
2/$5
Reg $2.99 ea

Epic Pork Rinds
All varieties
2.5 OZ
2/$7
Reg $4.59 ea

Tree Hugger
All Natural Gumballs
Citrus Berry
1.6 OZ
2/$5
Reg $2.99 ea

O’doughs
Bagel Thins
All bagel thin varieties
10.6 OZ
$3.99
Reg $4.99

Primal Kitchen
Avocado Oil Vinaigrette & Marinade
All varieties
8 FL OZ
$4.99
Reg $7.69

Lakewood
Organic Pure Cranberry Juice
32 FL OZ
$7.99
Reg $12.99

Beanitos
Bean Chips
All varieties
4.5 - 5 OZ
2/$5
Reg $3.99 ea

Tres Latin Foods
Mini Pupusas
All varieties
10 OZ
$4.49
Reg $6.99

Koyo
Organic Rice Crackers
All varieties
3.5 OZ
2/$5
Reg $3.49 ea

Koyo Ramen Singles
All varieties
2 OZ
5/$5
Reg $1.25 ea

Muir Glen
Organic Pasta Sauce
All varieties
25.5 FL OZ
2/$7
Reg $3.99
-$4.79 ea

Wild Planet
Wild Sardines Skinless Boneless Fillets in Olive Oil
4.25 OZ
2/$5
Reg $2.69 ea

Lucini Italia
Organic Extra Virgin Olive Oil
Premium Select
16.9 FL OZ
$16.99
Reg $26.99

Reed’s Ginger Brew
Original
4/12 FL OZ
$4.99
Reg $6.79
Enzymedica Digest Basic 90 caps
$12.99 Reg $16.99

Enzymedica Berberine 60 caps
$19.99 Reg $27.49

American Health Acidophilus Culture All varieties 16 FL OZ
$9.99 Reg $14.19

Garden of Life RAW One for Women 30 veg caps
$17.99 Reg $26.99

Natural Factors Stress-Relax Suntheanine 60 tabs
$17.99 Reg $25.99

Vital Proteins Collagen Peptides 20 OZ
$34.99 Reg $42.99

Bluebonnet Natural Whey Protein Isolate All varieties 2 lbs
$39.99 Reg $57.99

Jarrow HCAactive, Garcinia Cambogia 90 v caps
$22.99 Reg $29.95

Country Life Core 1 Daily for Men or Women 50+ 60 count
$19.99 Reg $31.99

American Health Ester-C 500 With Citrus Bioflavonoids 120 caps
$12.99 Reg $18.39

Andalou Color Care Shampoo or Conditioner 1000 Roses Complex 11.5 FL OZ
$7.49 Reg $9.99

South of France Bar Soap All varieties 6 OZ
$3.49 Reg $4.69

A La Maison Shower Gel All varieties 16.9 FL OZ
$6.99 Reg $8.79

Everyone Kids Soap All varieties 32 FL OZ
$7.99 Reg $10.99

Himalaya Toothpaste All varieties 5.29 OZ
$4.49 Reg $5.99

Derma E Firming DMAE Moisturizer With Alpha Lipoic Acid C-Ester 2 OZ
$15.99 Reg $22.49

Naturtint Permanent Hair Color All varieties 5.6 FL OZ
$10.99 Reg. $17.99

Acutre Mega Moisture Shampoo or Conditioner Argan Oil & Pumpkin 12 FL OZ
$6.99 Reg $9.99

ECOS Liquid Hand Soap All varieties 17 FL OZ
$2.99 Reg $4.19

Alvera Aloe Based Roll-On Deodorant All varieties 3 FL OZ
$3.49 Reg $4.99

Derma E 25% off! & up!
# March 2019

**Nature's Food Patch**

**Market & Café**

## March Works

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</table>
| Why Normal Spine Structure Matters  
  1 pm  
  Dr. Brett Berner DC  
  Spinal Correction Centers | Become a Mentor: BBBS Orientation  
  1 pm  
  Parker Stafford Peninsula Foodservice | Song Circle  
  6:30 pm  
  Karen Kampel  
  Big Brothers Big Sisters | Seniors Day  
  10% OFF  
  Everything for Seniors Every Wednesday | Mr. Brad's Music Fun Time  
  10 am & 6:30 pm  
  Brad Myers  
  Mr. Brad's Music | Irish Colicannon*  
  11 am  
  Michelle Odlorne  
  Whole-Plant-Based Chef | 1st | 2nd |
| 10th         | 11th        | 12th        | 13th         | 14th         | 15th         | 16th         |
| SPRING FORWARD  
  Grass-fed Corned Beef*  
  1 pm  
  Erika Davis  
  Big Brothers Big Sisters | Seniors Day  
  Walnut-Cauliflower Bolognese*  
  6:30 pm  
  Venus DeMarco  
  A Healthy Life Made Simple | Seniors Day  
  Homemade Vegan Sausages*  
  6:30 pm  
  Brad Myers  
  The Vegan Chef | Penne alla Carbonara*  
  6:30 pm  
  John van Vlaardingen  
  JvVHealth | Mellow Millet*  
  11 am  
  Debby DeGraff  
  Natural Foods Chef & Author | 3rd | 4th |
| 17th         | 18th        | 19th        | 20th         | 21st         | 22nd         | 23rd         |
| St. Patrick's Day  
  Kids Story Time with Music & Craft  
  10 am  
  Usborne Book Buddy | Wellness Sale Days  
  20% OFF  
  Supplements & Body Care  
  10th & 20th | FIRST DAY OF SPRING  
  Understanding Food Labels  
  6:30 pm  
  LifeWorks Wellness Center | A Body on the Attack  
  6:30 pm  
  Dr. David Mintorff MD  
  LifeWorks Wellness Center | 2nd | 3rd |
| 24th         | 25th        | 26th        | 27th         | 28th         | 29th         | 30th         |
| Instant Pot®: Vegan Made Simple*  
  4 pm  
  Brad Myers  
  The Vegan Chef | Song Circle  
  6:30 pm  
  Mr. Brad's Music Fun Time  
  10 am  
  Mr. Brad's Music | Seniors Day  
  Energetics of Food: Food as Medicine*  
  6:30 pm  
  Dr. Paul & Cara Reynolds  
  The Reynolds Kitchen | Alzheimer's + Dementia  
  6:30 pm  
  Dr. John Young MD  
  Young Foundational Health Center | 5th | 6th |

## Events

**Clearwater Free Events**

**Meet. Learn. Grow.**

Clearwater location only. Come early. Seating is limited! See Summary of Events at Customer Care for more information.

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**Notes:**

- The advice & informational content of our seminars do not necessarily represent the views of Nature's Food Patch. Please consult your health professional for your personal medical condition.

- These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, cure or treat any disease. Some items may not be available. Not responsible for typographical errors.