

Organic & Natural Grocery Items • Snacks • Beverages • Household Supplies

10 GOOD REASONS TO BUY ORGANIC

1. Organic products meet stringent standards. Organic certification is the public's assurance that products have been grown and handled according to strict procedures without persistent toxic chemical inputs.
2. Organic food tastes great! It's common sense – well balanced soils grow strong healthy plants which taste great. Try an organic orange or vine-ripened tomato for sweet and juicy flavor treat!
3. Organic production reduces health risks. Many EPA-approved pesticides were registered long before extensive research linked these chemicals to cancer and other diseases. Now, the EPA considers 60% of all herbicides (weed killers), and 30% of all insecticides (insect killers) as potentially cancer causing.
4. Organic farms respect our water resources. The elimination of polluting chemicals and nitrogen leaching, done in combination with soil building, protects and conserves water resources.
5. Organic farmers build soil. Soil is the foundation of the food chain and the primary focus of organic farming. We're facing the worst topsoil erosion in history due to our current agricultural practice of chemical intensive, single crop farming.
6. Organic farmers work in harmony with nature. Organic agriculture respects the balance demanded of a healthy ecosystem: wildlife is an essential part of a total farm and is encouraged by including forage crops in rotation and by retaining fence rows, wetlands, and other natural areas.
7. Organic producers are leaders in innovative research. Organic farmers have led the way, largely at their own expense, with innovative on-farm research aimed at reducing pesticide use and minimizing agriculture's impact on the environment.
8. Organic producers strive to preserve diversity. The loss of a large variety of species (biodiversity) is one of our most pressing environmental concerns. The good news is that many organic farmers and gardeners have been collecting and preserving seeds, and growing unusual varieties for decades.
9. Organic farming helps keep rural communities healthy. The USDA predicts that by the year 2000, half of U.S. farm production will come from 1% of farms. Organic farming may be one of the few survival tactics left for the family farm and the rural community.
10. Organic abundance – foods and non-foods alike! Now every food category has an organic alternative. And non-food agricultural products are being grown organically—even cotton, which most experts felt could not be grown organically.

Check for our Monthly Specials at www.westerlynaturalmarket.com

ANNIE'S NATURALS Dressing or Vinegarett

All Varieties
\$2.69

8 oz. Sugg. Retail: \$3.99



NEWMAN'S OWN Organic Dressing

All Varieties
\$4.19

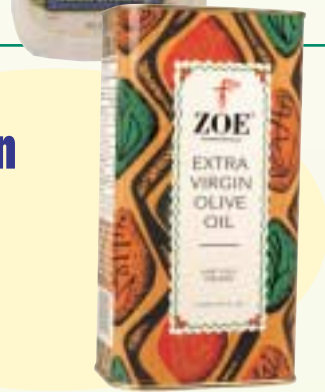
16 oz. Sugg. Retail: \$5.79



ZOE Extra Virgin Olive Oil

\$9.69

1 ltr. Sugg. Retail: \$13.29



DR. MCDUGALL'S Light Sodium Soup Cup

All Varieties
\$1.19

1.3-2.1 oz. Sugg. Retail: \$1.69



KASHI TLC Bars

Chewy or Crunchy
All Varieties
\$3.99

6 ct. Sugg. Retail: \$5.99



TLC Crackers

Selected Varieties
\$3.29

6-9 oz. Sugg. Retail: \$4.99



GoLean Bar or Roll

All Varieties
\$1.49

1.59-2.75 oz. Sugg. Retail: \$2.29



LARABAR Nutrition Bar

All Varieties
\$1.19

1.6-1.8 oz. Sugg. Retail: \$1.79



BY THE CASE.....**\$16.99**

16 per case Sugg. Retail: \$26.85

SPECTRUM Mayonnaise

Canola
\$5.99

32 oz. Sugg. Retail: \$8.49



Lite Canola (Eggless)

\$4.99

32 oz. Sugg. Retail: \$7.49

Organic.....

\$8.19

32 oz. Sugg. Retail: \$12.29

A. VOGEL Organic Herbamare Seasonings

All Varieties
Including Spicy Tocomare
\$4.49

4.4 oz. Sugg. Retail: \$6.49

Herbamare or Tocomare Seasoning Salt.....**\$5.99**

8.8 oz. Sugg. Retail: \$8.99



MODERN Spike Magic Seasoning

Garlic, Salt Free, Lemon Pepper, Onion, Original, Tenderizer, Vege Sal or Veget
\$1.99

1.9-4 oz. Sugg. Retail: \$2.99



SAN-J Cooking Sauce

Asian BBQ, Sweet & Tangy, Szechwan, Teriyaki or Thai Peanut
\$2.69

10 oz. Sugg. Retail: \$3.99

SAN-J Tamari Dressing

Ginger, Sesame or Peanut
\$2.29

8 oz. Sugg. Retail: \$3.39

SAN-J Tamari Black Label

\$2.29

10 oz. Sugg. Retail: \$2.99

Reduced Sodium White Label.....**\$2.69**

10 oz. Sugg. Retail: \$3.99



RUDI'S Organic Hamburger Buns

Wheat or Whole Wheat
\$3.49

8 pk. Sugg. Retail: \$4.99

Organic Wheat Hot Dog Buns.....**\$2.79**

6 pk. Sugg. Retail: \$3.99



FOOD SHOULD TASTE GOOD Tortilla Chips

All Varieties
\$2.19

5.5-6 oz. Sugg. Retail: \$3.29



LESSER EVIL Kettlecorn

Original or Black & White
\$2.39

6.5 oz. Sugg. Retail: \$3.49



GARDEN OF EATIN' Organic Corn Chips

All Varieties
\$2.59

9 oz. Sugg. Retail: \$3.79

16 oz. Party Size.....**\$3.59**

Blue, Red Hot Blue or Yellow
Sugg. Retail: \$5.29



WOODSTOCK FARMS Organic Relish

Sweet or Spicy Chipotle
\$3.99

16 oz. Sugg. Retail: \$5.99



WOODSTOCK FARMS Organic Pickles

All Varieties
\$3.99

24 oz. Sugg. Retail: \$5.99



WOODSTOCK FARMS Organic Sauerkraut

\$3.39

16 oz. Sugg. Retail: \$4.99



CASCADIAN FARM Organic Sweet Relish

\$2.99

10 oz. Sugg. Retail: \$4.49



ORGANICVILLE Gluten Free Organic Mustard

Dijon, Stoneground or Yellow
\$3.29

12 oz. Sugg. Retail: \$4.49



ORGANICVILLE Organic BBQ Sauce

Original or Tangy Spicy
\$4.29

13.5 oz. Sugg. Retail: \$5.69



ORGANICVILLE Organic Ketchup

\$4.29

24 oz. Sugg. Retail: \$5.99



MUIR GLEN Organic Tomato Ketchup

\$2.69

24 oz. Sugg. Retail: \$3.99



METROMINT Mint Water

All Varieties
\$1.29

16.9 oz. Sugg. Retail: \$1.89



ZOLA Organic Acai Power Juice

Original
\$4.69

32 oz. Sugg. Retail: \$6.99



R.W. KNUDSEN Fruit Juice Spritzer

All Varieties
\$3.59

4/10.5 oz. Sugg. Retail: \$5.29



R.W. KNUDSEN Very Veggie Juice

Low Sodium, Original or Spicy
\$2.79

32 oz. Sugg. Retail: \$4.19

Organic Low Sodium or Original.....**\$3.19**

32 oz. Sugg. Retail: \$4.59



KOYO Organic Soy Sauce

Reduced Sodium or Wheat Free Tamari
\$2.69

10 oz. Sugg. Retail: \$3.99

Original.....**\$2.19**

10 oz. Sugg. Retail: \$3.29



WEE BEE Raw Honey

\$6.79

1 lb. Sugg. Retail: \$9.99

2 lb.....**\$11.99**

Sugg. Retail: \$17.69



SANTA CRUZ Organic Chocolate Syrup

\$3.39

15.5 oz. Sugg. Retail: \$4.99



IMAGINE FOODS Rice Dream Beverage

All Varieties
Including Heartwise
\$2.69

32 oz. Sugg. Retail: \$3.99

64 oz. Enriched Vanilla or Organic Original
Sugg. Retail: \$5.99



IMAGINE FOODS Soy Dream Beverage

All Varieties
\$2.69

32 oz. Sugg. Retail: \$3.99

64 oz. Enriched Vanilla or Organic Original
Sugg. Retail: \$6.59

Almond Dream: Original or Unsweetened Original
64 oz. Sugg. Retail: \$5.99



LAKWOOD Organic Lemonade

Original, Cranberry or Pomegranate Light
\$2.69

32 oz. Sugg. Retail: \$3.99



SANTA CRUZ Organic Lemonade

Original, Mango or Strawberry
\$2.39

32 oz. Sugg. Retail: \$3.49



ONE EARTH Clumping Cat Litter

\$7.79

7 lb. Sugg. Retail: \$11.69



KOOKAMUNGA Catnip Treats

Chicken or Salmon
\$1.49

5 oz. can Sugg. Retail: \$2.19

