

Bringing you the best, naturally...



Food For Life Baking Co.
Organic Ezekiel 4:9 English Muffins
 Sprouted or Raisin
 SRP \$4.99-5.59
 16 OZ.
30% Off
 Made from freshly sprouted organically grown grains, is naturally flavorful and bursting with nutrients.



Dean's Beans
Italian Espresso
 Organic, fair-trade, shade-grown and locally roasted!
 SRP \$8.79/lb
\$6.99
 per lb



Pierce Brothers
Decaf House
 Organic, fair-trade, shade-grown and locally roasted!
 SRP \$11.29/lb
\$8.99
 per lb.

High-grown Costa Rican beans provide a rich, hearty flavor, analogous to a good burgundy.

Beans from Central American and Indonesia give this European style roast robust richness.



Bulk
Sunflower Seeds
 Shelled, Roasted, Salted
 SRP \$2.39/lb
\$1.69
 per lb



Mother's
Peanut Butter Bumpers Cereal
 14 OZ SRP \$5.19
\$3.39

Made with natural peanut butter and naturally sweetened with molasses and honey. Cholesterol free.



Organic Valley
Organic Orange Juice
 With or without Pulp
 64 OZ SRP \$8.39
\$5.99

We've strained out all of the pulp leaving nothing but sweet organic goodness behind.



Wholesoy
Organic Yogurt
 All Varieties
 6 OZ SRP \$1.39
5/\$5

A delicious, creamy dairy-like yogurt with all the health benefits of soy protein and live active cultures.

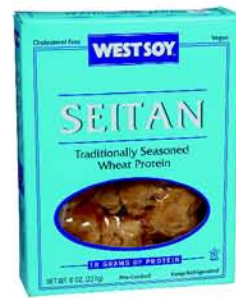


Bulk
Organic Pistachios
 Roasted, No Salt
 SRP \$7.19/lb
\$5.79
 per lb



Shelton's Poultry
Turkey Breakfast Sausage
 12 OZ SRP \$6.49
\$4.59

Made from naturally fed turkey and carefully selected seasonings.



Westsoy
Seitan
 Traditionally Seasoned or Stir-Fry
 8 OZ SRP \$4.99
\$3.89

High in protein and low in fat, seitan has been a traditional food among Buddhists for hundreds of years.



Woodstock Farms
Organic Mangos
 10 OZ SRP \$3.99
\$2.79

Peeled and seeded mangos ready to defrost and eat, grown without artificial chemicals.



Light Life Foods
Meatless Gimme Lean! Sausage Style
 14 OZ SRP \$4.99
\$3.19

The FAT FREE, no cholesterol replacement for sausage.



Crofters
Organic Conserves and Jelly
 Selected Varieties
 SRP \$4.79-5.99
30% Off

Ripe, flavor-packed organic fruit to savor all the year long!



Mediterranean Organic
Sundried Tomatoes In Olive Oil
 8.5 OZ SRP \$7.49
\$4.99

Flavorful organic tomatoes naturally dried in the Mediterranean sun and packed in organic extra virgin olive oil.



Woodstock Farms
Organic Tomato Ketchup
 20 OZ SRP \$4.29
\$2.99

Sweet organic ketchup packaged in an always ready upside down bottle.