



Ingredients

1 cup R.W. Knudsen Family[®] Just Cranberry[™] Juice 1 (25.4 oz.) R.W. Knudsen Family[®] Sparkling Organic Apple Juice chilled

Directions

JST CRANBE

POUR cranberry juice into mini ice cube tray. Freeze. POUR sparkling apple juice into glasses. Add juice cubes.



With 'Family' in our name and a heritage of making juices since 1961, we're a brand you and your family can trust year after year with your holiday traditions.

GMO Project The Non-GMO Project Verification Mark is a Green & Black's Organic Chocolate Bar

\$**3**¹⁹



R.W. Knudsen Organic Just Tart Cherry Juice







Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of November. 333330 11/1/2017 3

Cranberry-Apple Streusel Pie

Ingredients: 5 large Granny Smith apples 2/3 cup Wholesome! granular sugar 1 medium orange, zested & juiced 4 teaspoons cornstarch 1 1/2 tablespoons lemon juice 1 cup frozen whole cranberries 1 frozen pie shell, thawed Wholly Wholesome Streusel Topping:

2/3 cup Bob's Red Mill all-purpose flour
1/4 cup Wholesome! sugar
6 tablespoons Organic Valley unsalted butter, cold

Instructions:

1. Preheat oven to 350°F.

- 2. Peel, core and chop apples into 1/2 inch pieces then place in a saucepan with sugar, orange zest, orange juice, starch and lemon juice.
- 3. Heat apples over medium heat and cook until almost tender. Add cranberries.
- 4. Continue to cook until apples are soft. Spread mixture on a baking sheet to cool completely.
- 5. Meanwhile, in a bowl, combine flour and sugar for the streusel. Using a pastry blender, cut in the butter until fine crumbs form. Keep chilled until ready to bake pie.
- 6. Fill thawed pie shell with cooled filling then crumble on streusel.
- 7. Place on a cookie sheet and bake for 40 minutes or until fruit is bubbling and streusel is golden.

Organic Valley Organic Whipping Cream

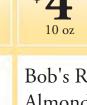




Let's Do...Organic Organic Coconut Flakes







16 oz

Woodstock



Organic Wild Blueberries



Wholly Wholesome Gluten Free Pie Shells

\$4⁷⁹ 14.9 oz



Organic Valley Organic Cultured Butter





Wholesome! Organic Molasses



\$479 16 oz

Enjoy Life Semi-Sweet Chocolate Chips





Navitas Organic Cacao Powder







Earth Balance Vegan Buttery Sticks



Coconut Bliss Organic Frozen Dessert



arth balance

SeaSnax Organic Grab&Go Roasted Seaweed Snack

\$**1**19 .18 oz



Cranberry Trivia to Impress Your Friends this Season!

Everyone knows about cranberries, right? There's the juice, the sauce, the bog - but how much do you really know? Did you know that cranberries do not grow in water? You may ask, "Then why all the images of growers in hip-waders standing in a pool of little red fruit?" Answer: each cranberry holds a tiny pocket of air that causes it to float. In a process called "Wet Harvesting," the bog is flooded so the buoyant berries can be gathered with ease. If you hunger for more cran-facts, read on!

- Native Americans were well-acquainted with the refreshingly tart berry long before the Pilgrims arrived in 1620 and inspired a cranberry-filled Thanksgiving tradition. Cranberries were used by tribes as food, fabric dye, poultices, and medicines.
- Various names for the cranberry can be found in different Native American languages, but it wasn't until German and Dutch settlers decided the vine blossom resembled the head of a marsh bird that "crane berry" was adopted into the English language.
- The first recorded cultivation of cranberries was in Dennis, MA in 1816. Together with Wisconsin, New Jersey, Oregon, and Washington, Massachusetts still ranks in the top five cranberry producing states.
- According to the Agricultural Marketing Resource Center, Americans consume approximately 400 million pounds of cranberries every year 20% of which, about 80 million pounds, are gobbled up the week of Thanksgiving.
- Cranberries have proven to be a difficult crop to farm organically. The damp, marshy conditions make fighting fungi, pests, and weeds a daunting task. Researchers and growers are developing organic methods and experimenting with fresh ideas, but the progress is slow.

Now you can amaze your friends with your cran-braininess. Ok, just one more fun fact: a ripe cranberry will bounce. In fact, one way to tell if a cranberry is ripe is to drop it. If it bounces, it's good to eat (but please don't drop them in the aisles.)

Enjoy the Holiday Season!





The Ginger People Organic Ginger Juice



Mountain Valley Spring Water



Bellwether Farms Sheep Milk Yogurt



Late July Organic Crackers





R.W. Knudsen Simply Nutritious Morning Blend

\$**3**19 32 oz

Nature's Path

Nut Oatmeal

Cacao Crisps

10 oz

Barbara's

Shredded

2/\$

16 oz

13 07

Wheat Cereal

Santa Cruz Organic

Organic Peanut Butter

14 oz

Organic Hot Maple

One Degree Organics

Organic Brown Rice



BROWN RICE

SANTA

Maple Hill Creamery Organic Kefir





Stonyfield Organic Whole Milk Yogurt

\$**3**49 32 oz



Lakewood Organic Pure Pineapple

\$**5**99



Peter Rabbit Organics Organic Baby Food Pouch

2/\$3



Santa Cruz Organic Organic Apple Sauce









120 cap

BADGER[®]

Certified Organic & 100% Natural Body Care Made From Fresh, Whole Botanicals Brimming With Life Force. Badger **Baby Sunscreen** Cream

2.9 oz

4 oz





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60 ct



Radius Source Toothbrush



Desert Essence Tea Tree Oil Dental Floss

\$299 50 yd



Kiss My Face Olive Oil Bar Soap

\$**3**19 8 oz

\$()99

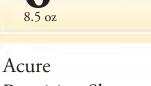
32 oz

Alaffia Everyday Coconut Body Lotion



Giovanni 2chic Ultra Sleek Shampoo





Acure Repairing Shampoo & Conditioner





Nature's Answer Perio-Brite Mouthwash



Schmidt's Deodorant Stick



Xlear Nasal Spray

1.5 oz



NASAL

X

ACURE

Truly natural performance-driven hair care available at an affordable price.

Our ultra-hydrating shampoo & conditioner provides moisture to dry and damaged hair, leaving it soft, manageable and ready to rock with organic argan oil, argan extract, CoQ10, organic sea buckthorn oil and organic pumpkin seed oil.



MOUNTAIN VALLEY FOODS

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"If you made a list of all the things you could be thankful for, the list would undoubtedly be longer than your misfortunes." ~Catherine Pulsifer





Independent Choice[™] specials are available at members of the Independent Natural Food Retailers Association store locations:

ALASKA Natural Pantry 3680 Barrow St, Anchorage

Rainbow Foods 224 4th St, Juneau

IDAHO Pilgrim's Market 1316 N 4th St, Coeur d' Alene

Wealth of Health Natural Market 120 S Woodruff Ave, Idaho Falls

Winter Ridge Natural Foods Market 703 W Lake St, Sandpoint MONTANA 2J's Fresh Market 105 Smelter Ave NE, Great Falls

Camas Food Store 300 Main St, Hot Springs

Good Food Store 1600 S 3rd St W, Missoula

Heaven's Peak Organics 355 Hwy 93 N, Eureka

Hennessy Market 32 E Granite St, Butte

Mission Mountain Natural Foods 319 Main St, Polson

Mountain Valley Foods 25 Commons Way, Kalispell Real Food Market & Deli 1096 Helena Ave, Helena

Third Street Market 244 Spokane Ave, Whitefish

OREGON LifeSource Natural Foods 2649 Commercial St SE, Salem

Nature's Pantry Natural Foods 1907 4th St, La Grande

Oregon Natural Market 373 SW 1st St, Ontario

Sundance Natural Foods 748 E 24th Ave, Eugene

WASHINGTON Bear Foods Natural Market 125 E Woodin Ave, Chelan **Blossom Grocery** 295 Village Rd, Lopez Island

Farm Fresh Market 2010 Black Lake Blvd SW, Olympia

Meyers Falls Market 160 E 3rd St, Kettle Falls

Rocket Market 726 E 43rd, Spokane

The Woolley Market 829 Metcalf St, Sedro-Woolley

WYOMING Good Health Market 1821 S Sheridan Ave, Sheridan