

Farmers Market
 Organic Pumpkin

2/\$4

15 oz



Pacific
 Organic Free Range
 Chicken Broth

\$3²⁹

32 oz



Frontier
 Organic Ground
 Cinnamon

\$4²⁹

1.9 oz



Organic Valley
 Organic Raw Sharp
 Cheddar Cheese

\$5⁴⁹

8 oz



Field Roast
 Celebration Roast

\$5⁴⁹

1 lb



Alden's
 Organic Ice Cream

\$6²⁹

48 oz



Back To Nature
 Organic Crackers

\$2⁷⁹

6 oz



Muir Glen
 Organic Tomatoes
 (selected varieties)

4/\$5

14.5 oz



So Delicious
 Coco Whip

\$3¹⁹

9 oz



Napa Valley Naturals
 Organic Cold Pressed
 Extra Virgin Olive Oil

\$10⁴⁹

25.4 oz



Did you know...

Only male turkeys, called toms, gobble. Females, called hens, cackle.

Tofurky
 Vegetarian Roast

\$10⁹⁹
 26 oz



Cascadian Farm Organic
 Organic Potatoes

2/\$5
 16 oz



Imagine
 Organic Free Range
 Chicken Broth

2/\$6
 32 oz



Hilary's
 Organic
 Veggie Burger

2/\$6
 6.4 oz



Maya Kaimal
 Indian Simmer Sauce

\$4¹⁹
 12.5 oz



Epic
 Bone Broth

\$5⁴⁹
 14 oz



Gardein
 Crispy Tenders

\$3⁹⁹
 9 oz



Annie's Naturals
 Organic Dressing

\$3⁴⁹
 8 oz



Bonafide Provisions
 Organic Chicken
 Bone Broth

\$6⁹⁹
 24 oz



Cranberry Apple Sparkler

Ingredients

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

Directions

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.



The Non-GMO Project Verification Mark is a registered trademark of The Non-GMO Project.

Green & Black's
 Organic
 Chocolate Bar

\$3¹⁹
 3.5 oz



R.W. Knudsen
 Organic Just Tart
 Cherry Juice

\$6⁴⁹
 32 oz



Alive & Well
 Organic Probiotic Olives

\$5⁹⁹
 12.5 oz



Bubbies
 Kosher Dill Pickles

\$5⁹⁹
 33 oz



PROBIOTIC PARTY TIME. Alive & Well Olives with live active cultures from Greece are grown on small family farms and village co-ops following the centuries old traditions of organic agriculture. Enjoy a delicious holiday season with a probiotic boost. AliveandWellOlives.com

Pamela's
 Cornbread & Muffin Mix

\$3⁹⁹
 12 oz



Mediterranean Organic
 Organic Capers

\$2⁶⁹
 3.5 oz



Wild Planet
 Wild Sardines

\$2¹⁹
 4.375 oz



Immaculate Baking
 Crescent Rolls

2/\$6
 8 oz



Miyoko's Creamery
 Cultured Veganbutter

\$4⁹⁹
 8 oz



Better Than Bouillon
 Organic Chicken Base

\$4⁴⁹
 8 oz



Green Valley Organics
 Organic Lactose Free
 Cream Cheese

\$2⁹⁹
 8 oz



The Greek Gods
 Yogurt

\$3²⁹
 24 oz



Amy's
 Organic Soup

\$2⁶⁹
 14.5 oz



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.



Wholly Wholesome
 Gluten Free
 Pie Shells

\$4⁷⁹
 14.9 oz



Organic Valley
 Organic
 Cultured Butter

\$5⁶⁹
 1 lb



Wholesome!
 Organic Molasses

\$4⁷⁹
 16 oz



Organic Valley
 Organic
 Whipping Cream

\$3²⁹
 16 oz



Woodstock
 Organic Wild Blueberries

\$4²⁹
 10 oz



Enjoy Life
 Semi-Sweet
 Chocolate Chips

\$4⁴⁹
 10 oz



Let's Do...Organic
 Organic
 Coconut Flakes

\$2⁷⁹
 7 oz



Bob's Red Mill
 Almond Meal Flour

\$9⁹⁹
 16 oz



Navitas
 Organic
 Cacao Powder

\$6⁹⁹
 8 oz



Earth Balance
 Vegan
 Buttery Sticks

\$3⁷⁹
 16 oz



Coconut Bliss
 Organic
 Frozen Dessert

\$4⁹⁹
 1 pt



SeaSnax
 Organic Grab&Go Roasted
 Seaweed Snack

\$1¹⁹
 .18 oz



Crunchmaster
 Multi-Seed
 Crackers

2/\$4
 4.5 oz



Theo
 Organic Dark
 Chocolate Bar

\$2⁵⁹
 3 oz



Annie's Homegrown
 Organic Bunny
 Snack Mix

\$3⁹⁹
 9 oz



Three Twins
 Organic Ice Cream

\$4¹⁹
 16 oz



Lundberg Family Farms
 Rice Chips

\$2⁶⁹
 6 oz



Jackson's Honest
 Potato Chips

2/\$6
 5 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

\$3⁴⁹
5 oz



R.W. Knudsen
Simply Nutritious
Morning Blend

\$3¹⁹
32 oz



Maple Hill Creamery
Organic Kefir

\$4⁹⁹
32 oz



Mountain Valley
Spring Water

\$1⁷⁹
1 lt



Nature's Path
Organic Hot Maple
Nut Oatmeal

\$3²⁹
14 oz



Stonyfield
Organic Whole
Milk Yogurt

\$3⁴⁹
32 oz



Bellwether Farms
Sheep Milk Yogurt

\$1⁷⁹
6 oz



One Degree Organics
Organic Brown Rice
Cacao Crisps

\$4²⁹
10 oz



Lakewood
Organic Pure
Pineapple

\$5⁹⁹
32 oz



Late July
Organic Crackers

2/\$6
6 oz



Barbara's
Shredded
Wheat Cereal

2/\$7
13 oz



Peter Rabbit Organics
Organic Baby
Food Pouch

2/\$3
4 oz



Santa Cruz Organic
Organic Peanut Butter

\$4⁹⁹
16 oz



Santa Cruz Organic
Organic
Apple Sauce

\$3⁵⁹
23 oz



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.



America's first **Non-GMO Project Verified** herbal tea company is now offering Non-GMO Project Verified tea bags and strings.



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Traditional Medicinals
 Organic Peppermint Tea

\$3⁹⁹
 16 ct



Bluebonnet Nutrition
 Liquid Calcium
 Magnesium Citrate

\$9⁹⁹
 16 oz



Amazing Grass
 Organic Wheat Grass

\$17⁹⁹
 8.5 oz



So Delicious
 Coconut Creamer

\$1⁹⁹
 16 oz



Garden of Life
 Sport Protein

\$38⁹⁹
 840 g



MegaFood
 Balanced B Complex

\$12⁹⁹
 30 tab



Farmhouse Culture
 Gut Shots

\$4⁹⁹
 16 oz



Kal
 Magnesium
 Glycinate 400

\$9⁹⁹
 90 tab



Mrs. Meyer's
 Clean Day
 Dish Soap

\$3⁷⁹
 16 oz



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BADGER®

Certified Organic & 100% Natural Body Care
 Made From Fresh, Whole Botanicals Brimming With Life Force.



Badger
 Baby Sunscreen
 Cream

\$10⁹⁹
 2.9 oz



MyChelle
 Sun Shield Spray
 Spf 30

\$13⁹⁹
 6 oz



Jarrow Formulas
 Bone-Up

\$17⁹⁹
 240 cap



Nature's Plus
 Source Of Life®
 Animal Parade®

\$9⁹⁹
 90 ct



Rainbow Light
 Women's One
 Multivitamin

\$25⁹⁹
 90 tab



Hyland's
 Calms Forté

\$7⁴⁹
 100 tab



Natural Factors
 Tranquil Sleep

\$22⁹⁹
 60 cap



Boiron
 Coldcalm

\$8⁴⁹
 60 tab



New Chapter
 Zyflamend™
 Whole Body

\$43⁹⁹
 120 cap



Nutrition Now
 Vegetarian
 Pb 8® Pro-Biotic

\$9⁹⁹
 60 ct



Nature's Way
 Sambucus Syrup

\$11⁹⁹
 4 oz





Radius
Source Toothbrush



\$6⁴⁹
1 ct

Kiss My Face
Olive Oil Bar Soap



\$3¹⁹
8 oz

Giovanni
2chic Ultra
Sleek Shampoo



\$6⁴⁹
8.5 oz

Desert Essence
Tea Tree Oil
Dental Floss



\$2⁹⁹
50 yd

Alaffia
Everyday Coconut
Body Lotion



\$9⁹⁹
32 oz

Acure
Repairing Shampoo
& Conditioner



\$7²⁹
8 oz

Nature's Answer
Perio-Brite
Mouthwash



\$7⁹⁹
16 oz

Schmidt's
Deodorant Stick



\$7⁴⁹
3.25 oz

Xlear
Nasal Spray



\$9⁹⁹
1.5 oz

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.



“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