

September 2025

Natural Connection

Raspberry Crumble Bars

see recipe on page 4



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Some items may not be available. See store for details.
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Bonne Maman
Preserves
Raspberry
13 OZ
Selected Varieties


\$5.99



Cascadian Farm
Organic Granola
Oats & Honey
11 OZ
Selected Varieties



2/\$10



Califia Farms
Organic Almondmilk
Unsweetened
48 FL OZ



\$6.19



Forager Project
Organic Cashewmilk Yogurt Pouch
Strawberry
3.2 FL OZ
Selected Varieties



\$2.79



Nancy's
Probiotic Yogurt
14 OZ
Selected Varieties



\$6.29



Grillo's Pickles
Dill Pickle Spears
Italian
32 FL OZ
Selected Varieties



\$6.49



Wildwood Natural Foods
Organic Tofu Twin Pack
Extra Firm
15.5 OZ



\$3.99



Tofurky
Butter Chick'n
7 OZ
Selected Varieties

\$6.29

save when you buy in bulk



Sweetened
Cranberries
\$3.29/lb

Organic Raisins
Flame
\$3.29/lb

Diced Almonds
Butter Stock
\$7.09/lb

Organic Walnuts
Halves & Pieces
\$7.69/lb

Organic
Pumpkin Seeds
\$4.59/lb

**Golden
TEMPLE**
Bulk Granola at its Best!

Organic Dates
Large Medjool
\$7.79/lb

Organic Quinoa
White Royal
\$2.79/lb

Natural Almonds
Thick Sliced
\$6.99/lb

Organic Beans
Garbanzo Chickpea
\$2.49/lb

Organic Sesame Seeds
Raw Natural
\$3.09/lb

Natural Granola
Blueberry Flax
\$4.29/lb

E-9/25



Canyon Bakehouse
Sourdough-Style
Bread
18 OZ

\$6.79



Food For Life
Organic
Sprouted Grain Bread
Ezekiel 4:9
24 OZ

\$6.19

Make your day
"lunch-tastic"



Maria And
Ricardo's
White
Flour Tortillas
Soft Taco Size
8 CT

\$3.79



Rudi's Rocky
Mountain Bakery
Organic Bread
Rocky Mountain
Sourdough
22 OZ
Selected Varieties

\$4.99



Raspberry Crumble Bars

1 egg white
1/2 cup butter, softened
1/4 cup cane sugar
1 teaspoon vanilla
1 1/4 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 1/2 cups Cascadian Farm Organic Oats & Honey Granola
1 cup raspberry preserves

Heat oven to 375°F. Grease 8-inch square pan. In large bowl, beat egg white, butter, sugar and vanilla with whisk until creamy. Mix in flour, baking powder and baking soda. Stir in granola. Press about two-thirds of the dough in bottom of pan. Spread preserves over dough to within a 1/4 inch of edges. Crumble remaining one-third of dough on top of the fruit. Bake 25 to 30 minutes or until golden brown and set. Cool completely, about 30 minutes. Cut into bars and enjoy immediately or store in the refrigerator until ready to eat.

www.cascadianfarm.com



Arrowhead Mills
Pancake & Waffle Mix
Buttermilk
22 OZ
Selected Varieties

\$5.49



Celestial Seasonings
Herbal Tea
Chamomile
20 BAG
Selected Varieties

GF
2/\$7



Mom's Best
Cereal
Crispy Cocoa Rice
17.5 OZ
Selected Varieties

\$3.79



Celestial Seasonings
Herbal Tea
Sleepytime
20 BAG
Selected Varieties

GF
2/\$7



Gomacro
Organic Macrobar
Oatmeal Chocolate Chip
4/2.3 OZ
Selected Varieties

\$9.79



Celestial Seasonings
Herbal Tea
Sleepytime Echinacea Immune Support
20 BAG
Selected Varieties

GF
\$4.79



Larabar
Fruit & Nut Bar
Peanut Butter Chocolate Chip
1.6 OZ
Selected Varieties

GF
4/\$5



Santa Cruz Organic
Pure
Lemon Juice
16 FL OZ

\$3.49





BREAKFAST POTATO NACHOS

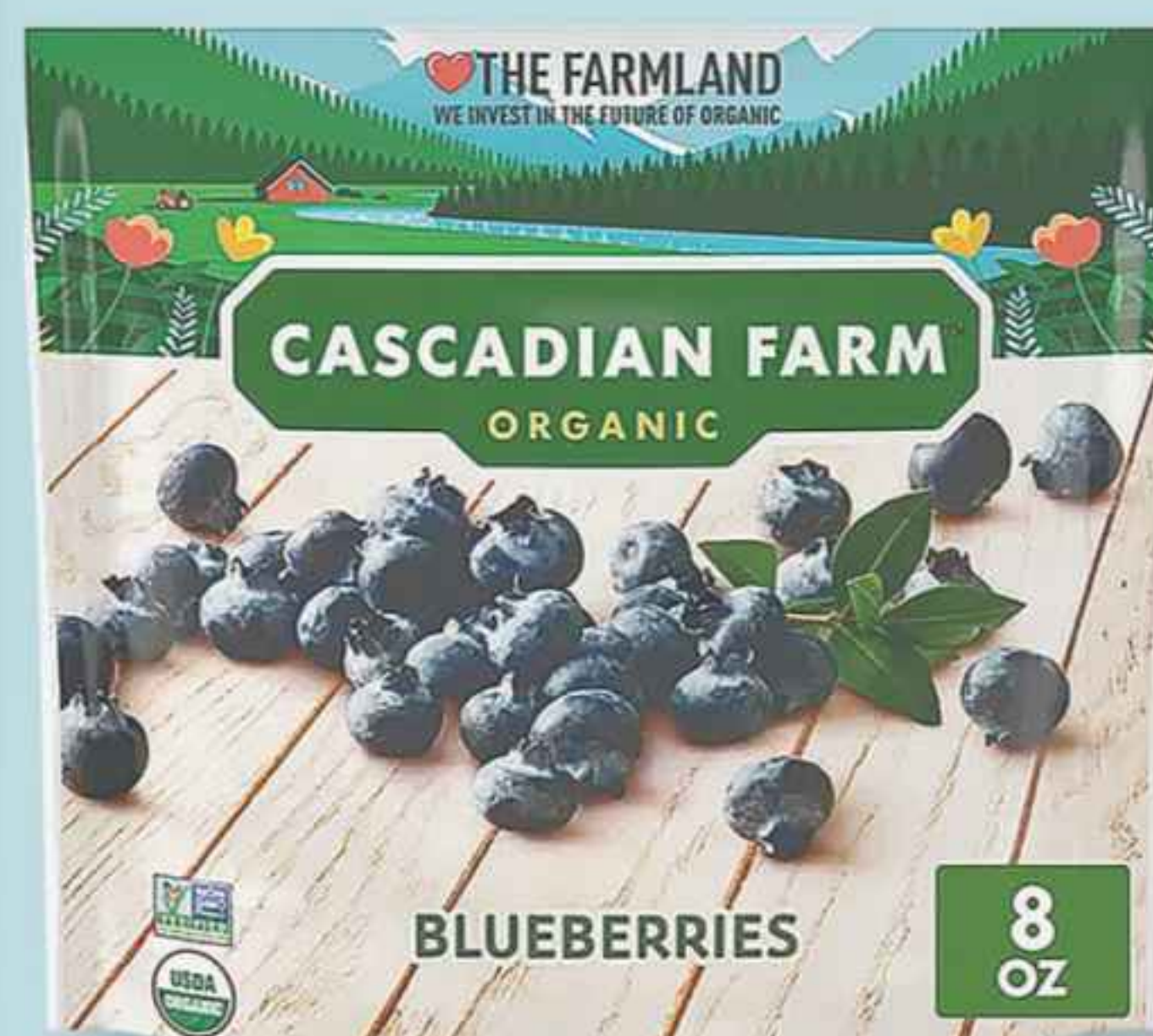


\$4.49



2/\$10

the perfect pairing
Granola + Blueberries = Delicious!



\$4.19





Perfect
for Busy
Mornings



Overnight
Protein Oats

2/\$9



Bob's
Bars

\$4.79

Gluten Free
Oatmeal Cup

3/\$5



Instant
Oatmeal Packets

\$3.79

A hearty breakfast
in 5 minutes



Terra Chips
Sweet Potato Chips
Sweets & Beets
6 OZ
Selected Varieties
\$3.29



Terra Chips
Sweet Potato
Crinkle Chips
8.2 OZ
\$4.99



Terra Chips
Vegetable
Chips
Original with Sea Salt
8.2 OZ
\$4.99



Garden Of Eatin'
Organic
Tortilla Chips
14 OZ
Selected Varieties
\$4.79



Garden Of Eatin'
Red Hot Blues
Tortilla Chips
14 OZ
Selected Varieties
\$4.79



Popcorners
White Cheddar
Pop Chips
5 OZ
Selected Varieties
\$3.29



Divine
85% Dark
Chocolate Bar
Exquisitely Smooth
3 OZ
Selected Varieties
2/\$9



Panda Licorice
Soft Black Licorice
Original
7 OZ
Selected Varieties
2/\$6



Theo Chocolate
Organic Dark
Chocolate Bar
Sea Salt
3 OZ
Selected Varieties
\$4.29



nothing but
THE BEST INGREDIENTS

Ritter Sport
Milk Chocolate
with Whole Hazelnuts
3.5 OZ
Selected Varieties

2/\$7



Spectrum Naturals
Organic Sesame Oil
Unrefined
16 FL OZ


\$7.49



Spectrum Naturals
Organic Olive Oil
Extra Virgin
25.4 FL OZ

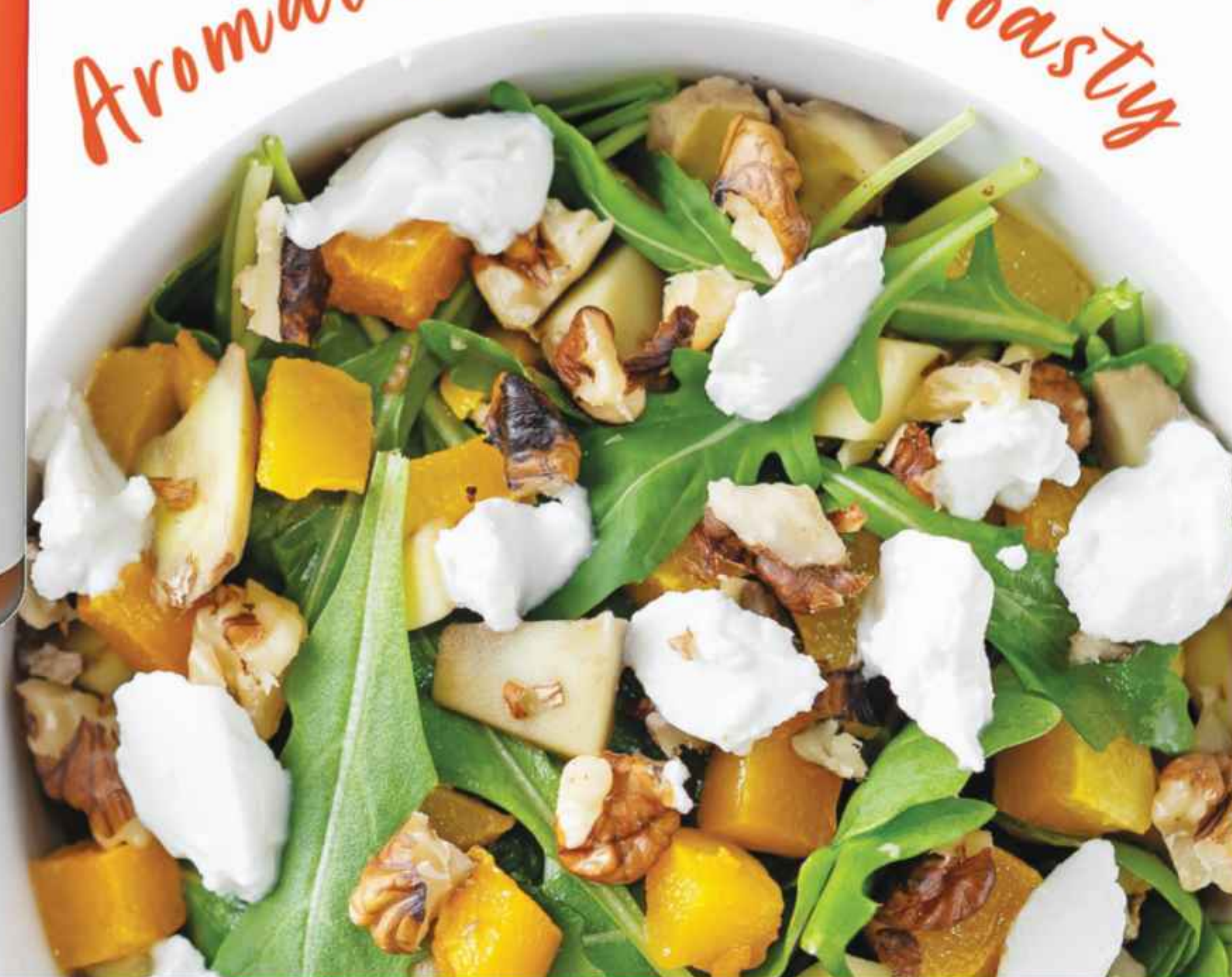

\$15.19



O Olive Oil
Vinegar
Aged Sherry
10.1 FL OZ
Selected Varieties

\$6.79

Aromatic. Smooth & Toasty



Always Organic. Never Ordinary.



2/\$7



2/\$8



2/\$5





Annie's Homegrown
Super! Mac
Shells & White Cheddar
6 OZ
Selected Varieties
2/\$7



Annie's Homegrown
Organic
Macaroni & Cheese
Shells & White Cheddar
6 OZ
Selected Varieties
2/\$7



Bionaturae
Organic
Marinara Sauce
24 OZ
Selected Varieties
\$6.99



Primal Kitchen
Avocado Oil
Vinaigrette & Marinade
Balsamic
8 FL OZ
Selected Varieties
\$6.79



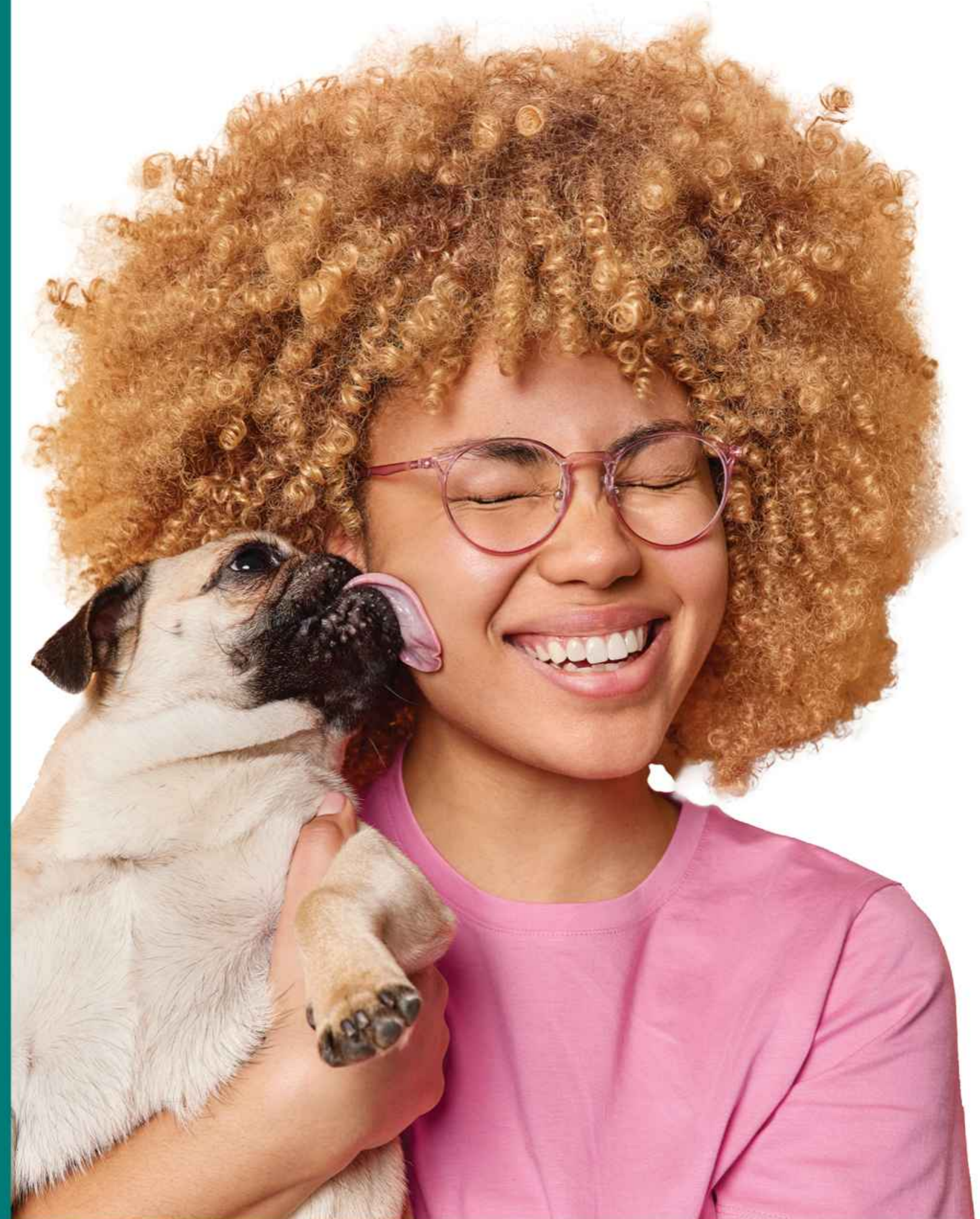
Maya Kaimal
Organic Everyday Dal
Lentil, Butternut Squash, Coconut
10 OZ
Selected Varieties
\$3.79

Natural pet treats crafted from real,
farm-fresh ingredients



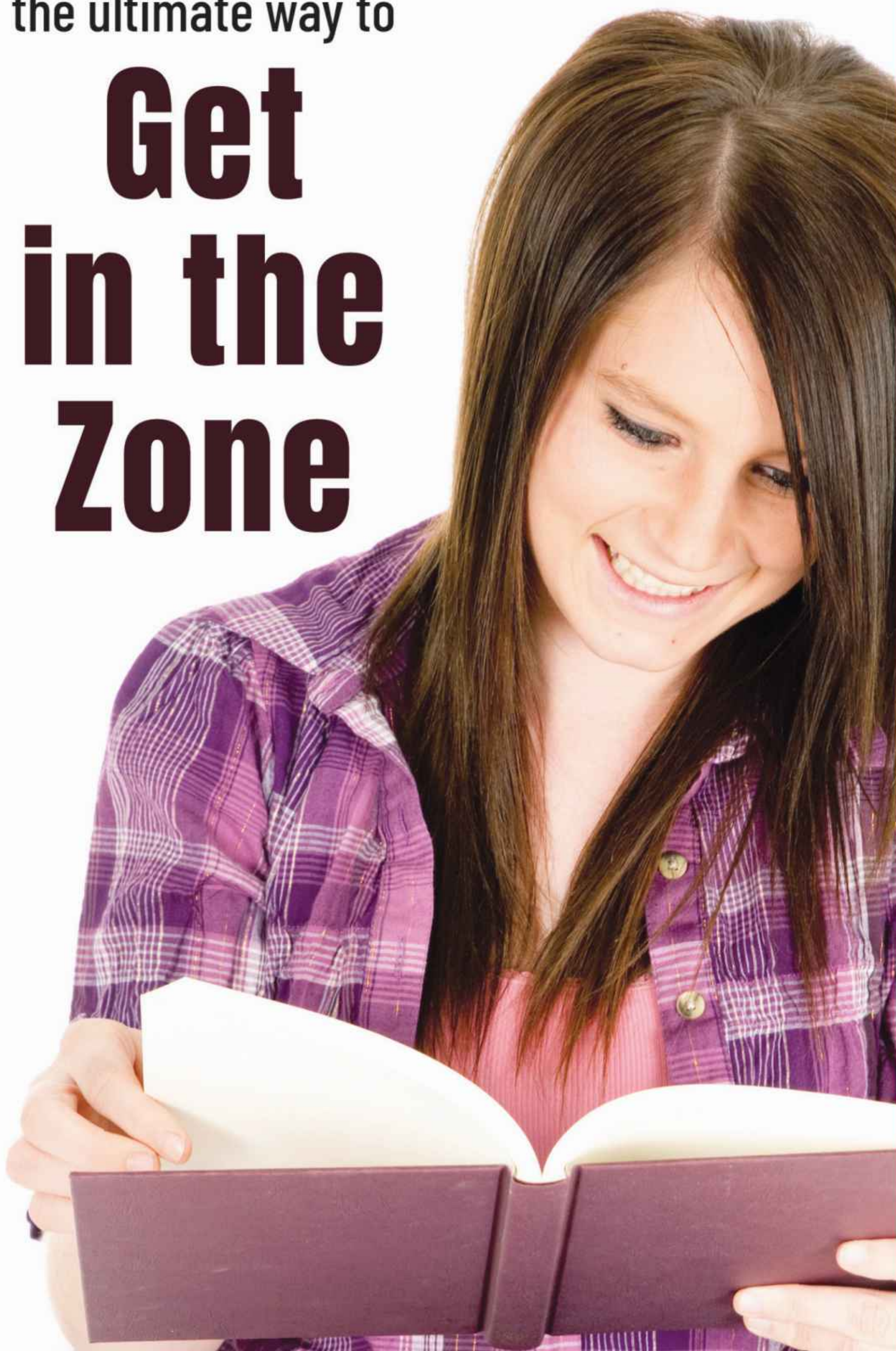
Dog Treats
Sweet Potato Chews
9.3 OZ

\$6.79



the ultimate way to

Get in the Zone



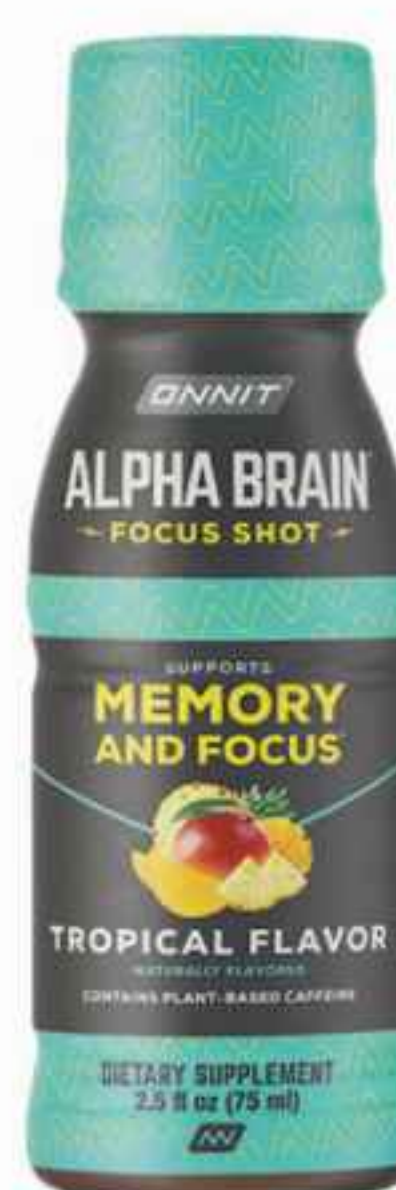
\$27.99



\$49.99



2/\$4



2/\$6



Bach

Stress Rescue Remedy
Kids
10 ML

\$12.49



Boiron

ThroatCalm
Sore Throat Relief
60 TAB

\$9.49



Hyland's

Baby Tiny Cold Tablets
125 TAB

\$10.49



Hyland's

Organic Baby Cough
& Immune Support
Daytime
2 FL OZ

\$6.99



Om

Organic
Mushroom Gummies
Lion's Mane
60 CT

\$21.49



Yerba Prima

Psyllium Whole Husks
Colon Cleanser
12 OZ

\$11.49

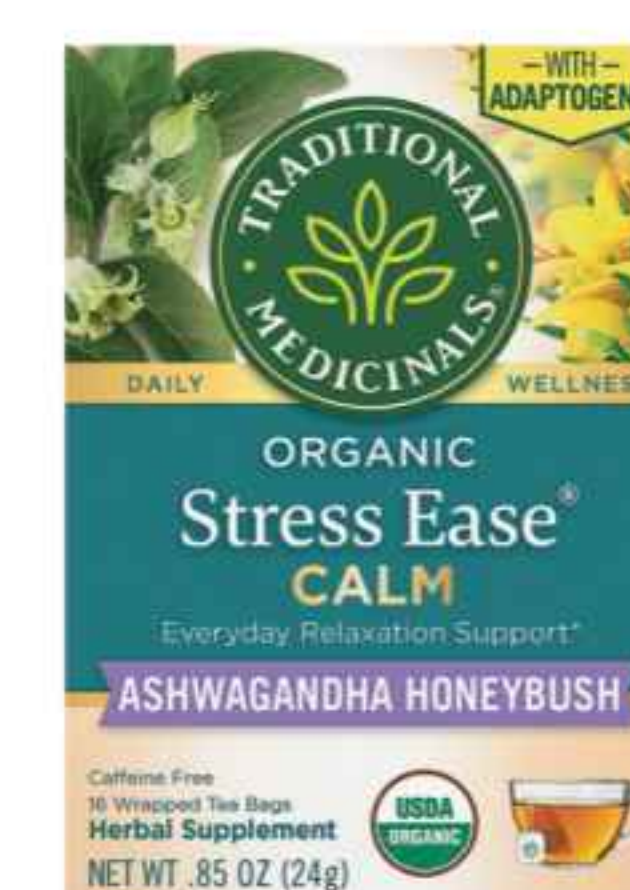


Plantfusion

Complete Protein Powder
Creamy Vanilla Bean
15.87 OZ
Selected Varieties



\$33.49



Traditional Medicinals

Tea
Stress Ease Calm
16 BAG

\$4.99

BRAINJUICE®

BRAINJAVA®



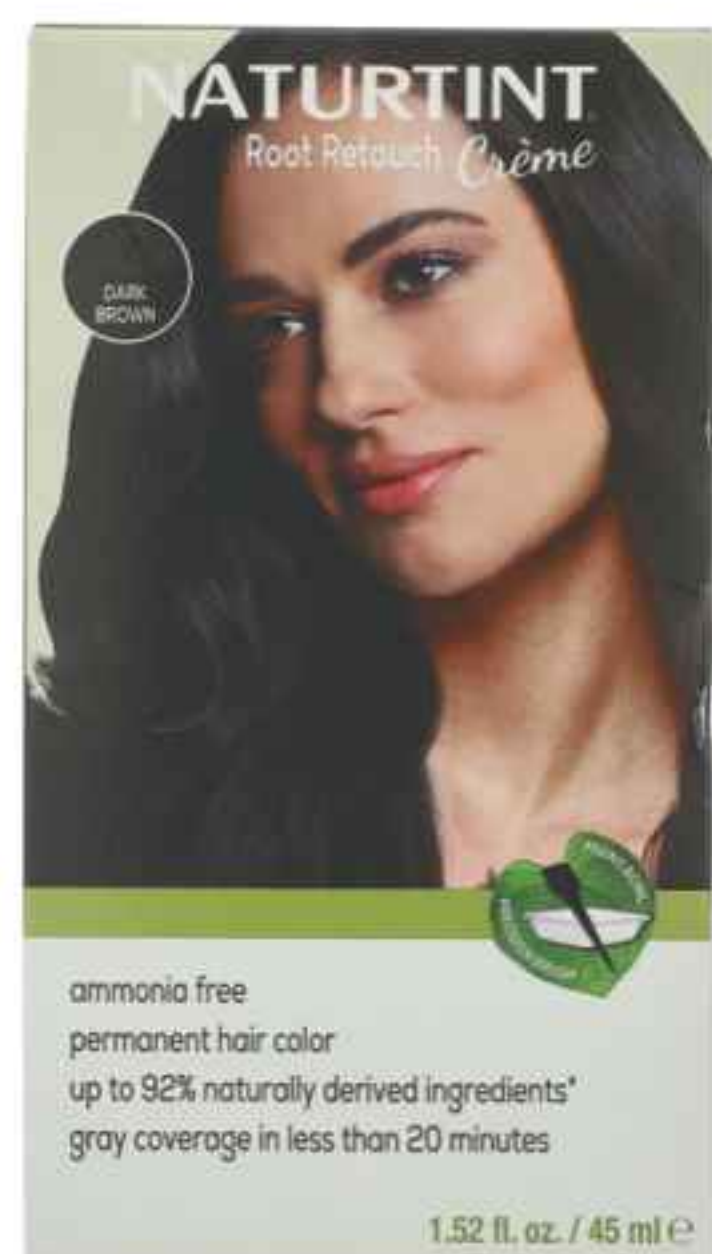
2/\$8

\$31.99

\$6.49

**BE MINDFUL. BE PRESENT.
TURN ON YOUR BRAIN.**

B R A I N J U I C E . M E



Naturtint
Permanent Hair Color
3N Dark Brown
KIT
Selected Varieties

\$8.49

Bulldog Natural Skincare
Bamboo Razor
Original
1 EA

\$9.99



**Behind its fetching fragrance,
is a formula that fights dirty.**

Method
All Purpose Cleaner
Pink Grapefruit
28 FL OZ

\$4.49

Statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease.
CBD items may not be available as restrictions vary by state and are subject to change. See store for details.

For those moments when you're in need
of a little pick-me-up



RXBars Minis
\$8.29



RXBars
Chocolate
Sea Salt
5-1.83 OZ
\$8.29



RXBar
Nut Butter & Oat Bar
Dark Chocolate Peanut Butter
1.9 OZ
OR
Protein Bar
Strawberry or
Peanut Butter Chocolate
1.83 OZ
2/\$4