

January Body Care & Wellness Specials

Emerald Forest

Shampoo & Conditioners 12 oz. **\$9.29** reg. 10.99

Citrus Blossom, Lavender Mint varieties.

Formulated with Organic & Fair Trade ingredients.

Humphreys - Organic!

Witch Hazel Toner 3.3 oz. **\$3.99** reg. 4.99

Wild crop certified - refined and restores for clean and calm skin.

Pacha Soap Co.

Whipped Soap + Scrub 10 oz. **\$8.99** reg. 10.49

Vanilla Almond, French Lavender, Cucumber Seaweed varieties.

Gaia Herbs

Herbal Teas 16 tea bags **\$4.49** reg. 5.49

Cleanse & Detox, Gas & Bloating, Natural Laxative, Sleep & Relax varieties.

Natural Factors - Whole Earth & Sea

Organic Fermented Greens 13.8 - 15. oz. **\$41.99** reg. 49.99

Unflavored, Chocolate, Tropical varieties. Formulated with fermented grasses, fruits, vegetables, and micronized medicinal mushrooms.

Wish Garden - No Further Discount

All Wish Garden Products 20% Off

Includes Kick Ass Allergy, Kick Ass Immune, Kick Ass Sinus, Serious Cough, and more!

Certified Organic Produce Specials

January 1- 15

Carrots

\$4.49 5 lb. bag



Pink Lady Apples

\$1.99 lb.



Romaine Lettuce

\$2.19 head



January 16 - 31

Valencia Oranges

\$5.49 4 lb. bag



Red & Green Butter Lettuce

\$2.39 clamshell



Chard

\$1.49 bunch



January Bulk Herbs & Spices Specials

Frontier Co-op - Organic

White Peppercorns **\$34.95 lb.** reg. 40.95 lb

Ceylon white peppercorns come from the same plant as black peppercorns. Once fully ripe, the outer hulls are removed from the pepper berries, leaving the distinctive light-colored inner core. White pepper's light color and subtle taste are especially suited to white sauces. Use anywhere a milder, finer pepper flavor is desired. Add at the end of cooking to retain full flavor.

January General Merchandise Specials

Norpro

Silicone Spatula 10 inch **\$3.99** reg. 4.95

High heat resistant up to 400 degree F.

Shoyeido - No Further Discount

All Shoyeido Incense 10% Off

Includes Peace, Love, Joy, Amethyst, and more!

Rawsome Creations

More than a Nut Milk Bag 2.5 quart **\$9.29** reg. 10.95

Create nut and seed milks, sauces, cheese and more.

Deli/Bakery

Cilantro Jalapeno Hummus

\$7.49 per pound reg. 8.49

Deli items feature Organic ingredients

Peanut Butter Cups

\$9.39 per pound reg. 9.89

Bulk

Grain Millers - Organic!

Steel Cut Oats

99¢ per pound

reg. 1.39 **You Save .40**

Anaya Foods

Organic White Quinoa

\$2.79 per pound

reg. 3.65 **You Save .86**

French Lentils

\$1.99 per pound **Organic!**

reg. 2.39 **You Save .40**

Dark Red Kidney Beans

\$1.99 per pound **Organic!**

reg. 2.39 **You Save .40**

Organic Dried Mango

\$9.99 per pound

reg. 11.99 **You Save \$2**

Grocery & Household

Spectrum - Organic!

Virgin Coconut Oil

Unrefined

\$6.99 14 oz.

reg. 9.99 **You Save \$3**



R.W. Knudsen

Organic Beet Juice

Bottled in glass

\$4.99 32 oz.

reg. 6.99 **You Save \$2**



Goldthread

Plant Based Tonics

Assorted varieties

\$2.79 12 oz.

reg. 3.95 **You Save \$1.16**



Thai Kitchen

Organic Coconut Milk

Unsweetened

\$2.49 13.66 oz.

reg. 3.39 **You Save .90**

Bob's Red Mill - Organic!

Old Fashioned Rolled Oats

Gluten free

\$5.49 22 oz.

reg. 7.45 **You Save \$1.96**



Earth Friendly

ECOS Toilet Cleaner

Free of harsh scents, fumes and vapors

\$3.25 24 oz.

reg. 4.25 **You Save \$1**



Perishables

Cascadian Farm - Organic!

Frozen Fruit

Assorted Berries, Peaches



2 for \$6 8 - 10 oz.

reg. 4.59 each **You Save \$1.59 each**

Luna & Larry's - Organic!

Coconut Bliss

Select varieties

\$4.99 pint

reg. 6.49 **You Save \$1.50**



Bitchin' - This Dip is Nuts!

Sauces & Dips

All varieties

\$4.49 7 - 8 oz.

reg. 6.49 - 6.69 **You Save \$2 - \$2.20**



This Dip is Nuts is Organic!

Nature's Path

Organic Waffles

All varieties

3 for \$6.99 7.4 oz.

reg. 3.89 each **You Save \$1.56 each**



Harmless Harvest

Organic Coconut Water

From young fragrant coconuts

\$2.29 - \$7.99

reg. 3.19 - 10.99 8.75 - 32 oz. **You Save .90 - \$3**



Prices on Specials While Supplies Last

January 16 -31

coop™ deals

Deli/Bakery

Beet & Onion Salad

\$7.49 per pound reg. 8.49

Deli items feature Organic ingredients

Apple Cake

\$7.99 per pound reg. 8.49

Bulk

Mountain High - Organic!

Buckwheat Groats

\$2.99 per pound

reg. 3.25 **You Save .26**

Mountain High - Organic!

Garbanzo Beans

\$1.99 per pound

reg. 2.79 **You Save .80**

Roasted No Salt Cashews

\$12.99 **Organic!** per pound

reg. 14.99 **You Save \$2**

Classic Granola

\$4.49 **Organic!** per pound

reg. 4.99 **You Save .50**

Golden Flax Seeds

\$1.99 **Organic!** per pound

reg. 2.39 **You Save .40**

Grocery & Household

Napa Valley

Organic Olive Oil

Extra virgin

\$9.99 25.4 oz.

reg. 13.99 **You Save \$4**



Hippeas

Organic Chickpea Puffs

Assorted varieties

2 for \$5 4 oz.

reg. 3.35 each **You Save .85 each**



Forager Project

Organic Grain-free Os

Plain, Chocolate - gluten-free cereal

\$4.49 7 - 8 oz

reg. 5.29 **You Save .80**

Gim mee - Organic!

Seaweed Snacks

Assorted varieties

2 for \$3 .35 oz.

reg. 1.99 each **You Save .49 each**



Milkadamia

Macadamia Milk

Assorted varieties

\$3.49 32 oz.

reg. 5.19 each **You Save \$1.70**



Seventh Generation

Dish Liquid

Assorted varieties

\$3.49 25 oz.

reg. 4.85 **You Save \$1.36**



Perishables

Health-Ade

Organic Kombucha

All varieties

2 for \$5 16 oz.

reg. 4.99 each **You Save \$2.49 each**



Rising Moon

Organic Ravioli

All varieties

2 for \$7 8 oz.

reg. 4.99 each **You Save \$1.49**



Rising Moon Gnocchi on Sale, too!

Cascadian Farm

Organic Potatoes

Spud Puppies, French Fries, Hash Browns

2 for \$6 16 oz.

reg. 3.69 each **You Save .69 each**



Straus Family Creamery

Organic Yogurt

All varieties except Greek

\$4.99 32 oz.

reg. 5.59 **You Save .60**



Wildbrine - Raw!

Organic Kraut

All varieties

\$4.99 18 oz.

reg. 6.99 **You Save \$2.50**



Prices on Sales While Supplies Last

Submit Your Email to Any Cashier to Receive Sales, News & Updates