

## May Body Care & Wellness Specials

Pranoram- No Further Discount

### All Pranoram Products 20% Off

Includes essential oils, hydrosols, diffusion oils, and more!

Morocco Method - No Further Discount

### All Morocco Method Products 10% Off

Includes Euro Hair Oil, Blood of the Dragon Styling Gel, Diamond Crystal Mist, shampoos, and more!

Organic Essence- packaged in paper!

### Organic Deodorant 2.2 oz. \$9.79 reg. 11.49

Natural, Lavender, Wood Spice and Lemon Tea Tree varieties.

Sunwarrior - No Further Discount

### All Sunwarrior Products 10% Off

Includes Warrior Blend Protein, Lean Meal Illumin8, Algae Oil, Collagen Building Peptides, and more!

Probulin - No Further Discount

### All Probulin Products 10% Off

Includes Colon Care, Daily Care, Women's Health Probiotics, Daily Digestive Enzymes, and more!

Europharma - No Further Discount

### All Europharma Products 15% Off

Includes Curamin, Curamed, Zinc plus Selenium, and more!

## May Bulk Herbs & Spices Specials

Frontier Co-op

### Applewood Smoked Sea Salt \$16.95 lb. reg. 19.95

This medium-grind flaky sea salt is smoked over true Eastern Washington applewood at low temperatures. Aged applewood is one of the most popular fruit woods used in smoking foods because it yields a dense, fruity-sweet flavor, unlike most other woods. Season barbecued tempeh and vegetables, marinades, brines and chutneys with this richly flavored salt.

## May General Merchandise Specials

Norpro

### BBQ Tongs 18" \$8.45 reg. 9.95

Locking tab pushed down keeps tongs together for easy storage, pull up to open.

Tru Melange

### Evening Peace Candle 8 oz. \$10.95 reg. 11.95

Made from 100% pure beeswax from North American apiaries.

Shoyeido - No Further Discount

### All Shoyeido Incense 10% Off

Includes Peace, Love, Joy, Cherry Blossom, Eternal Treasure, and more!

## Certified Organic Produce Specials

### May 1 - 15

### Cantaloupe

### \$1.15 lb. reg. 2.49



### Strawberries

### \$3.69 lb. reg. 4.39



### Cara Cara

### Oranges \$1.99 lb. reg. 2.29



### May 16 - 31

### Hokto Kinoko

### Brand Mushrooms

### \$2.29 3.5 oz. reg. 2.99



### Anahiem

### Peppers

### \$2.99 lb. reg. 3.59



### Hass Avocado

### 4 count bag

### \$2.99 per bag

reg. 3.75



**Deli/Bakery**

**Raw Taco Salad**

**\$7.49** per pound reg. 8.49

**Deli items feature Organic ingredients**

**Goddess Bars**

**\$9.99** per pound reg. 10.49

**Bulk**

**Grain Millers - Organic!**

**Quick Rolled Oats**

**99¢** per pound

reg. 1.39 **You Save .40**

**Woodstock - Organic!**

**Raw Whole Cashews**

**\$7.99** per pound

reg. 11.99 **You Save \$4**

**Organic Black Beans**

**\$1.99** per pound

reg. 2.39 **You Save .40**

**Organic Mung Beans**

**\$2.29** per pound

reg. 2.59 **You Save .30**

**Coarse Bulgur Wheat**

**\$1.79** per pound

reg. 1.99 **You Save .20**

**Grocery & Household**

**Topo Chico**

**Sparkling Mineral Water**

Bottled in glass!

**4 for \$4** 12 oz.

reg. 1.45 each **You Save .45 each**



**Muir Glen - Organic!**

**Diced Tomatoes**

Salt, No Salt Added varieties

**4 for \$4** 14.5 oz.

reg. 1.79 each **You Save .79 each**



**Chickapea - Organic!**

**Chickpea Lentil Pasta**

Assorted varieties

**2 for \$7** 8 oz.

reg. 4.65 each **You Save \$1.15 each**

**Chickapea**

**Forager Project - Organic!**

**Grain Free Cereal**

Assorted varieties

**\$3.99** 7 - 8 oz.

reg. 5.35 **You Save \$1.36**



**Gimmie - Organic**

**Seaweed Snacks**

Assorted varieties

**2 for \$3** .35 oz.

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



**Seventh Generation**

**Free & Clear Baby Wipes**

Thick and soft for messy messes

**\$2.99** 64 count

reg. 4.45 **You Save \$1.46**



**Perishables**

**Beyond Meat**

**Plant-Based Meat**

Breakfast Sausage Links, Meatballs

**\$4.99 - \$5.99**

reg. 6.79 - 7.69 8.3 - 10 oz. **You Save \$1.80 - \$1.70**

**Straus Family Creamery**

**Organic Yogurt**

All varieties except Greek

**\$4.49** 32 oz.

reg. 5.59 **You Save \$1.10**



**Cascadian Farm - Organic!**

**Frozen Vegetables**

Broccoli, Peas, California Blend, Shelled Edamame

**2 for \$4** 10 oz.

reg. 2.99 each **You Save .99 each**



**Organic Valley - Organic!**

**Shredded Cheese**

3 Cheese Mexican, Mozzarella

**2 for \$7** 6 oz.

reg. 5.25 each **You Save \$1.75 each**



**So Delicious - dairy free!**

**Coconutmilk Yogurt**

All varieties

**3 for \$4.98** 5.3 oz

reg. 1.99 each **You Save .33 each**



**Prices on Specials While Supplies Last**

# May 16 - 31

## coop deals

### Deli/Bakery

**Cilantro Jalapeno Hummus**

**\$7.49** per pound reg. 8.49

**Deli items feature Organic ingredients**

**Lemon Date Bars**

**\$7.99** per pound reg. 8.49

### Bulk

**Mountain High - Organic!**

**Tri Color Quinoa**

**\$2.99** per pound

reg. 3.65 **You Save .66**

**Mountain High**

**Organic Green Lentils**

**\$1.99** per pound

reg. 2.49 **You Save .50**

**Brown Flax Seeds**

**\$1.99** **Organic!** per pound

reg. 2.39 **You Save .40**

**Multi Colored Popcorn**

**\$1.49** **Organic!** per pound

reg. 1.69 **You Save .20**

**Organic Cashews**

**\$12.99** **Dry Roasted No Salt** per pound

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

### Grocery & Household

**Honest Tea - bottled in glass!**

**Organic Tea**

Just Black Tea, Just Green Tea

**4 for \$5** 16 oz.

reg. 1.79 each **You Save .54 each**



**Maya Kaimal**

**Organic Chana**

Assorted varieties

**2 for \$7** 10 oz.

reg. 4.55 each **You Save \$1.05 each**



**Late July - Organic**

**Cantina Dipper Chips**

White Corn, Blue Corn varieties

**2 for \$5** 8 oz.

reg. 3.85 each **You Save \$1.35 each**



**Bionaturae - Organic!**

**Strained Tomatoes**

Packed in glass - crafted in Italy

**2 for \$5** 24 oz.

reg. 3.99 each **You Save \$1.49 each**



**Artisana - Organic!**

**Raw Almond Butter**

Made with California almonds

**\$15.99** 14 oz.

reg. 18.49 **You Save \$2.50**



**Seventh Generation**

**Dish Liquid**

Assorted varieties

**2 for \$5** 19 oz.

reg. 4.35 each **You Save \$1.85 each**



### Perishables

**Alden's**

**Organic Ice Cream**

All varieties

**\$6.99** 1.5 quart

reg. 7.79 **You Save .80**



**Beyond Meat**

**Plant-Based Meat**

Burgers, Hot Italian Sausage, Brat Original

**\$4.99 - \$6.99**

reg. 7.79 - 9.49 8 - 14 oz. **You Save \$2.80 - \$2.50**

**Health-Ade - Organic!**

**Kombucha**

All varieties

**2 for \$5** 16 oz.

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



**Harmless Harvest - Organic!**

**Coconut Water**

From fragrant young coconuts

**\$2.29 - \$7.99**

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

**Lilly's**

**Hummus**

All varieties except Kalamata

**\$2.29** 12 oz.

reg. 3.29 **You Save \$1**



Prices on Sales  
While Supplies Last