

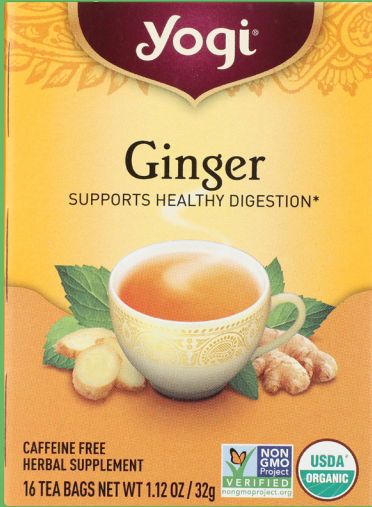
# deals



**Martindale's**  
NATURAL MARKET

October 23–November 29, 2024

Scan to download!



**Yogi Organic Tea**  
selected varieties

**\$3.79**

16 ct



**Alden's Organic Organic Ice Cream**  
selected varieties

**\$8.49**

48 oz

## Serving up deals on holiday desserts

**Farmer's Market Organic Pumpkin**

**\$2.99**

15 oz



**Dandies Vegan Marshmallows**  
selected varieties

**\$3.29**

10 oz



**Wholly Wholesome Gluten Free Pie Shells**

**\$5.79**

2 ct



**Annie's Organic Graham Crackers**  
selected varieties

**2/\$7**

14.4 oz



**If You Care Parchment Baking Paper**

**\$4.49**

70 sqft



**Lily's Chocolate Baking Chips**  
selected varieties

**\$6.29**

9 oz



**Garden of Eatin' Taco Shells**  
selected varieties

**\$3.49**

5.5 oz



**Cascadian Farm Organic Organic Potatoes**  
selected varieties

**2/\$8**

16 oz



**Pacific Foods Organic Broth**  
selected varieties

**\$3.49**

32 oz



**Annie's  
Organic Mac & Cheese**  
selected varieties



**2/\$5**

6 oz

**Lundberg Family Farms  
Wild Blend Rice**



**\$4.79**

1 lb

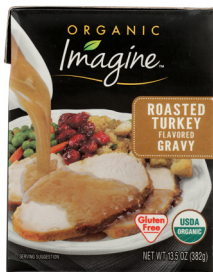
**Muir Glen  
Organic Pasta Sauce**  
selected varieties



**2/\$7**

23.5 oz

**Imagine  
Organic Gravy**  
selected varieties



**\$2.49**

13.5 oz

**Daiya  
Deluxe Mac & Cheese**  
selected varieties



**\$3.79**

10.6 oz

**Mike's Mighty Good  
Craft Ramen**  
selected varieties



**\$1.89**

1.6-2.4 oz

**Ancient Harvest  
Organic Polenta**  
selected varieties



**\$2.99**

18 oz

**Primal Kitchen  
Dressing**  
selected varieties



**\$5.79**

8 oz

**Simply Organic  
Organic Gravy Mix**  
selected varieties



**\$1.29**

0.85 oz

**Maya Kaimal  
Organic Everyday Dal**  
selected varieties



**\$3.49**

10 oz

**Lotus Foods  
Organic Rice Noodles**  
selected varieties



**\$3.29**

8 oz

**Muir Glen  
Organic Tomatoes**  
selected varieties



**2/\$5**

28 oz

**Kettle & Fire  
Broth**  
selected varieties



**\$3.29**

32 oz

**The Ginger People**  
Organic Pickled Sushi Ginger



**\$4<sup>29</sup>**

6.7 oz

**Vegan Rob's Puffs**  
selected varieties



**\$2<sup>99</sup>**

3.5 oz

**Simple Mills**  
Almond Flour Crackers  
selected varieties



**\$3<sup>79</sup>**

4.25 oz

**Theo**  
Organic Chocolate Bar  
selected varieties



**2/\$6**

3 oz

**DIVINA**  
Dolmas Stuffed Grape Leaves



**\$3<sup>29</sup>**

7 oz

**Good Health**  
Avocado Oil Potato Chips  
selected varieties



**2/\$6**

5 oz

**Angie's**  
BoomChickaPop Popcorn  
selected varieties



**2/\$6**

4.4-7 oz

**MadeGood**  
Organic Crispy Squares  
selected varieties



**\$2<sup>79</sup>**

6 ct

**Tony's Chocolonely**  
Chocolate Bar  
selected varieties



**\$3<sup>99</sup>**

6.35 oz

**Late July**  
Organic Tortilla Chips  
selected varieties



**2/\$7**

10.1 oz

**Hippeas**  
Chickpea Puffs  
selected varieties



**\$2<sup>79</sup>**

4 oz

**Back to Nature**  
Organic Crackers  
selected varieties



**2/\$6**

6 oz

**Endangered Species**  
Chocolate Bar  
selected varieties



**2/\$5**

3 oz

**Tate's Bake Shop**  
Cookies  
selected varieties



**\$4<sup>79</sup>**

7 oz



Homemade for the holidays. Celebrate better with Bob's Red Mill baking ingredients.



**Bob's Red Mill Baking Soda**

**\$2<sup>79</sup>**

16 oz



**Bob's Red Mill Organic Flour**  
selected varieties

**\$6<sup>99</sup>**

5 lb



**Bob's Red Mill 1 to 1 Baking Flour**

**\$4<sup>49</sup>**

22 oz

**Newman's Own Sandwich Cremes**  
selected varieties

**\$4<sup>79</sup>**

13 oz



**Panda Licorice**  
selected varieties

**2/\$6**

7 oz



**St. Dalfour French Fruit Spread**  
selected varieties

**\$3<sup>79</sup>**

10 oz



**Once Again Organic Tahini**  
selected varieties

**\$7<sup>49</sup>**

16 oz



**Purely Elizabeth Organic Granola**  
selected varieties

**\$5<sup>29</sup>**

8-12 oz



**Cascadian Farm Organic Organic Cereal**  
selected varieties

**2/\$7**

8.6-15 oz



**Pamela's Pancake & Baking Mix**

**\$7<sup>29</sup>**

24 oz



**Jovial Organic Einkorn Flour**  
selected varieties

**\$6<sup>29</sup>**

32 oz



**Spectrum Organic Shortening**

**\$8<sup>79</sup>**

24 oz



**Let's Do**  
**Organic Coconut Flakes**

**\$2.99**

7 oz



**Peter Rabbit Organics**  
**Organic Baby Food Pouch**

selected varieties

**\$1.69**

4-4.4 oz



**SweetLeaf**  
**Liquid Stevia**

selected varieties

**\$7.29**

2 oz



**Zevia**  
**Zero Calorie Soda**

selected varieties



**\$5.49**

6/12 oz

**Lakewood**  
**Organic Pure Pomegranate Juice**

**\$8.69**

32 oz



**Califia Farms**  
**Better Half Creamer**

**\$2.99**

16.9 oz



**The Coconut Cult**  
**Organic Probiotic Coconut Yogurt**

selected varieties

**\$7.29**

8 oz



**R.W. Knudsen**  
**Organic Tomato Juice**

**2/\$7**

32 oz



**Brown Cow**  
**Cream Top Whole Milk Yogurt**

selected varieties

**\$3.79**

32 oz



**Earth Balance**  
**Organic Vegan Whipped Buttery Spread**

**\$4.29**

13 oz



*Wholesome*

Bake your holiday best with help from Wholesome Organic Fair Trade Sugars. From crop to kitchen, these sugars matter—in the quality of what you make for your loved ones and in how our Fair Trade, sustainably sourced sugars help support farming communities and our planet.



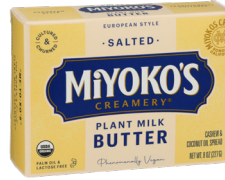
For food enthusiasts eager to explore dairy-free options, Miyoko's offers an organic plant milk creamery, producing exceptional vegan cheese and butter. We inspire you to make food choices that not only taste amazing but also contribute to a better world.



**Miyoko's Organic Vegan Cream Cheese**  
selected varieties

**\$4.29**

8 oz



**Miyoko's Organic Cultured Vegan Butter**  
selected varieties

**\$4.79**

8 oz

**Kerrygold Butter**

selected varieties

**\$4.29**

8 oz



**Green Valley Creamery Organic Lactose Free Sour Cream**



**\$3.49**

12 oz

**Follow Your Heart Dairy-Free Shredded Parmesan**

**\$3.49**

4 oz



**Organic Valley Organic Shredded Cheese**

selected varieties

**\$3.99**

6 oz



**Ithaca Hummus**

selected varieties

**2/\$7**

10 oz



**Bitchin' Sauce Original Bitchin' Sauce**

selected varieties

**\$4.79**

8 oz



**Miso Master Organic White Miso**

**\$5.29**

8 oz



**Woodstock Organic Spinach**



**Bonafide Provisions Organic Bone Broth**

selected varieties

**\$6.99**

24 oz



**Immaculate Organic Flaky Biscuits**

**\$3.99**

16 oz



**\$2.99**

10 oz

**Bach**  
**Rescue Pastilles**  
 selected varieties



**\$8.99**

50 g

**Bluebonnet Nutrition**  
**Liquid Calcium Magnesium Citrate**



**\$15.99**

16 oz

**Gaia Herbs**  
**Oil of Oregano**



**\$18.99**

60 ct

**Biokleen**  
**Bac-Out Stain & Odor Remover**



**\$8.49**

32 oz

**Boiron**  
**Chestal Honey Cough Syrup**



**\$9.79**

6.7 oz

**Garden of Life**  
**Collagen Peptides**



**\$20.99**

280 g

**Natural Factors**  
**DGL 400 mg Chewable**

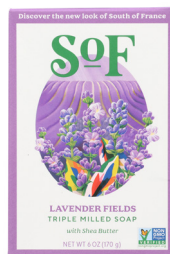


**\$13.99**

90 tab

**South of France**  
**Bar Soap**

selected varieties



**2/\$7**

6 oz

**Mrs. Meyer's Clean Day**  
**Liquid Dish Soap**

selected varieties



**\$3.99**

16 oz

**Sovereign Silver**  
**Bio-Active Silver Hydrosol**



**\$12.99**

2 oz

**Vibrant Health**  
**Green Vibrance**



**\$45.99**

330 g

**Nordic Naturals**  
**Ultimate Omega D-3**



**\$22.99**

60 ct

**ECOS**  
**Dish Soap**

selected varieties



**\$3.49**

25 oz

# Pumpkin Corn Soup

25 MIN • SERVES 4-6 • GLUTEN-FREE, VEGETARIAN

## INGREDIENTS

- 3 tablespoons olive oil
- 1 large yellow onion, diced
- 1 tablespoon minced garlic
- 2 4-ounce cans diced green chiles
- 1 quart vegetable stock
- 1 15-ounce can pumpkin puree
- 1 teaspoon ground cumin
- ½ teaspoon dried thyme
- ½ teaspoon dried savory (optional)
- 2 cups frozen corn
- 1 cup half and half (or alternative)
- 1 large baked potato, peeled and roughly mashed
- 1 tablespoon sriracha hot sauce
- ½ cup cilantro, chopped (optional)
- 1 ½ teaspoons sea salt

## DIRECTIONS

- 1 Heat olive oil in a stock pot over medium-low heat. Add onion and sauté until tender, about 5 minutes.
- 2 Add garlic and cook for 30 seconds then add green chiles and cook for an additional 3 minutes. Stir in vegetable stock, pumpkin puree, cumin, thyme, and savory (if using). Bring to a gentle simmer and cook for 5-10 minutes.
- 3 Stir in corn, half and half, potato, sriracha, cilantro (if using), and sea salt. Cook until corn is warmed through.
- 4 Serve hot with crusty bread.

*Make it plant-based by replacing half and half with a plant-based creamer.*



## Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

**INFRA Deals** are available at participating Independent Natural Food Retailers Association member store locations.

For more information and a complete listing, please visit [www.naturalfoodretailers.com](http://www.naturalfoodretailers.com) or scan this code.

