



JULY SALES

Prices valid June 28th - August 1st

FOOD FOR PEOPLE



COMMUNITY
MARKET

est. 1975



NOT FOR PROFIT



This Dip is Nuts!

\$4⁹⁹



7 oz

Emerald Valley
Salsas

\$3⁴⁹



14 oz

GT's Aqua Kefir

\$2⁴⁹ + CA CRV



16 oz

Alex's Awesome
Sourdough Pesto
Pizza

\$8⁹⁹



11.4 oz

Mountain Valley
Sparkling Waters

\$2⁴⁹ + CA CRV



1L

Late July Chia &
Quinoa Chip

\$3⁹⁹



11 oz

Kettle & Fire Bone
Broth

\$7⁷⁹



16.9 oz

Ancient Organics
Ghee

\$11⁹⁹



8 oz



"We believe that the total sum of our lifestyle is what keeps skin healthy and vibrant. What we put into our bodies and on our bodies determines our overall wellbeing." -Sumbody mission

**20%
Off**

GROCERY & CHILL DEALS



Mama Chia
Beverages **\$2⁴⁹**
+CA CRV



Spero Vegan Cream
Cheese Spreads
\$3⁷⁹

6.5 oz



Field Roast Plant
Based Hot Dogs
\$5⁹⁹



10 oz

If You Care
Aluminum Foil
\$5⁹⁹



50 FT

If You Care Fire
Lighters
\$6⁹⁹



72 CT

Let's Do Organic
Sugar Cones
\$4⁷⁹

4.6 oz



Pescavore Jerky
\$3⁹⁹



1.5 oz

Sierra Nevada Bella
Capra Traditional
Goat Cheese
\$5⁷⁹

6 oz



Beyond Meat Ground
"Beef"
\$9⁴⁹

1 LB



Bubbie's Kosher
Dill Pickles
\$4⁹⁹

16 oz



Hail Merry Meyer
Lemon Cups
\$2²⁹



2 CT

GoMacro Lemon +
Lemon Bar
\$2⁹⁹



2.3 oz

Eden Sea Salt
\$4⁹⁹



14 oz

Benissimo Organic
Avocado
Oil
\$8⁹⁹

8.45 oz



Blue Evolution
Seaweed Pastas
\$3⁷⁹



12 oz



HEALTHY DISCOUNTS IN WELLNESS

LifeSeasons
Relieve-R
\$16⁹⁹



46 veg caps

LifeSeasons
Inflamma-X
\$24⁹⁹



60 veg caps

LifeSeasons
Mobili-T
\$19⁹⁹



120 caps

AmericanHealth
Dynamic Organic
Tart Cherry
\$28⁹⁹



16 fl oz

Herbs Etc.
Chloroxygen
\$11⁹⁹



60 softgels

Solgar Curcumin
\$39⁹⁹



60 liquid softgels

Nutrex
Spirulina
\$11⁹⁹



100 tablets

Solaray Timed
Release Vitamin C
1000mg
\$14⁴⁹



100 veg caps

Solaray Magnesium
Glycinate 400mg
\$11⁴⁹



120 veg caps

Solgar Koji Iron
\$14⁷⁹



60 veg caps

Solgar Menopause
Relief
\$15⁹⁹



30 mini tablets

Malama
Mushrooms Reishi
Cacao Mix
\$21⁹⁹



3.5 oz

Sumbody Collagen
Boosting
Moisturizer
\$19⁹⁹



1 oz

evanhealy
Tinted Oil Serum
Foundation
(all shades)
*Sebastopol only
\$26⁹⁹

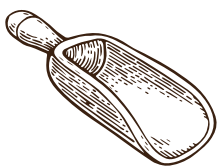


1 fl oz

Life Flo
Magnesium
Flakes
\$17⁴⁹



2.75 lbs



BULK SAVINGS

Reduce your carbon foot print – Shop Bulk!



Taylor Lane Bulk Coffee 20% off per pound!

All Other Bulk Coffee 15% off per pound

Seasonally we will be featuring an Organic Single Origin Coffee from Taylor Lane. This month we have Kintamani.

Shade Grown in the Volcanic soils of Mount Agung in Bali, the beans are naturally sun-dried and medium roasted to preserve the classic Indonesian full body flavor. Particular to the region, the coffee production is organized around "Subak Abian", which refers to the Sustainable Irrigation systems developed by Hindu Priests over 1000 years ago. Subak Abian focuses on the Harmony between the Environment, Humans, and God. The fruity and chocolatey aromas are followed by hints of lush brown sugar, strawberry, hazelnut and mint, with syrupy mouthfeel, for a delicious cup of coffee.

Come try our Kintamani while supplies last! Next season we will have a single Origin from El Salvador, so stay tuned!



**Organic
Hulled
Hemp Seeds**

\$12⁹⁹/lb



**Hummingbird
Sunrise
Paleo Blend
Granola**

\$16⁹⁹/lb



**Gipson's
Golden
Honey**

\$6⁹⁹/lb

ONLY AT OUR SEBASTOPOL LOCATION



*We are proud to
now offer custom
and signature salads.*

Vegan \$9.99/lb

Vegetarian \$11.99/lb

Omni \$13.99/lb

Check out the Deli case for other delicious grab & go items!

PLEASE VISIT OUR WEBSITE CMNATURALFOODS.COM/THE DELI TO SEE OUR FULL MENUS.



BLACK
OAK

COFFEE ROASTERS

THE GARDEN

CAFE & TAPROOM



Happy Hour pricing on beverages with purchase of combo.



Nitro coffee on tap! Featuring rotating coffee companies. Always organic!



Biotic

Biotic Brands are available on tap! Try lime, ginger, beet, turmeric or pineapple! With refreshing and nourishing organic ingredients! Unlike kombucha or water kefir, these organic plant-powered probiotics are fed by sliced carrots or beets, not refined sugar. Cold-pressed juices impart refreshingly real flavors just before bottling. Light, bright and deliciously tart, we've made feeding your microbiome a thirst-quenching pleasure. For best results, enjoy as many as you want.



Put that Spring in your step!

This mindfully sourced mix of herbs and other botanicals made in Sebastopol, great hot or cold with oat milk and honey or sugar free monk fruit sweetener.

ONLY AT OUR SEBASTOPOL LOCATION

6762 Sebastopol Ave.
707.407.4020

Buy 10 & get one free!



Next time you come in for your favorite from The Deli or The Garden, grab a stamp card & start on the road to a FREE one.

The Time is Ripe

Cucumbers

The cucumber is a creeping vine that roots in the ground and grows up trellises or other supporting frames, wrapping around supports with thin, spiraling tendrils. The plant may also sprawl along the ground in lieu of a supporting structure. The vine has large leaves that form a canopy over the fruits.

The fruit of typical cultivars of cucumber is roughly cylindrical, but elongated with tapered ends, and may be as large as 62 centimeters (24 in) long and 10 centimeters (4 in) in diameter.

In botanical terms, the cucumber is classified as a pepo, a type of botanical berry with a hard outer rind and no internal divisions. However, much like tomatoes and squashes, it is often perceived, prepared, and eaten as a vegetable.

Goat Cheese Cucumber Bites

Ingredients

- 1 large cucumber or 4 small
- 5 oz of soft goat cheese or vegan soft cheese
- 1 tsp Herbs de Provence
- 3 T Olive oil

Instructions

- Mix goat cheese or vegan soft cheese with herbs & olive oil
- Peel the cucumber only if the skin is bitter or tough
- Cut into slices
- Smear cheese mix on the top

Eat & enjoy the simple taste of summer.



Zero Waste Action - Sonoma County

**DIY Tools, Skills, Knowledge and
Community Empowerment!**

YOU CAN ASK PEOPLE TO LIVE MORE
ECOLOGICALLY,
BUT IF THEY DON'T KNOW HOW -GOOD
INTENTIONS FIZZLE FAST!

What they need are sustainable skills and tools!

A Sonoma County/California based activist group
initially incorporated as Car-Lite, we promote simple, sustainable practices with significant
consequences.

Their Mission is to motivate individuals, groups, businesses and even whole communities to live
lightly and more efficiently. They do this by focusing on DIY (do-it-yourself) knowledge and skill
development, outreach, education and fun!

Their Vision: Can you imagine communities in which individuals and business make simple
sustainable practices the acceptable norm? Like driving less, walking and biking more, carpooling
and taking public transit, as well as consuming less, sharing, reusing and recycling, buying fresh
and local, growing food and green homes and businesses.

They Can! Their four programs - Car-Lite, Community Bikes, Living-Lite and Zero Waste Sonoma
County aka the Zero Waste Brain Trust, all promote these practices as well as safety, tool sharing
and the development of DIY - Do It Your Self, skills.

*Help us support Zero Waste Action-Sonoma
County Initiatives by donating at the register
at either Community Market location.*



LITE Clothing Swap



**A Ritual For Changing Seasons or
Anytime!**

**Sunday, July 25th 10am-2pm at Santa
Rosa Community Market, patio area**

Time to clean out your closets, drawers and/or storage areas.

Bring your clean gently worn clothes on hangers if possible - especially professional and
dressy clothing. Fold the remainder and pack them up. Bring them on
down & get ready to swap out those items for a new to you look. Find
out more about LITE clothing swaps here: liteinitiatives.org/node/30





PEACETOWN

A BEAUTIFUL PLACE TO BE
MUSIC, ARTS, FOOD AND NATURE

2021 SUMMER CELEBRATION

EVERY WEDNESDAY 4:30-7:30 PM

THE BALOW EVENT CENTER

AND CHECK OUT COMMUNITY MARKET'S LAWN STAGE LINEUP

7/7 Mr. December
7/14 James Patrick Regan
7/21 Kyle Martin & Ben Roots
7/28 The Familiar Strangers
with special guest Joe Craven
8/4 Clementine Darling

8/11 SoloRio
8/18 The Spindles
8/25 Jen Tucker & Kyle Martin
9/1 Stella & Ian Duo
(featuring Stella Heath)
9/8 Black Sheep Brass Band

ALOHA BAY
EMPLOYEE OWNED



BARREL BROTHERS
BREWING COMPANY

OUR MISSION

Community Market is a worker-run, natural foods store. Our mission is to create a healthier and more sustainable community by providing local, organic and socially responsible products and education about nutrition, environmental and consumer issues.



1. We believe natural foods and products directly promote health and wellness.
2. We value organic products and sustainable agricultural practices.
3. We value holistic and natural healing methods.
4. We believe in fair, ethical and environmentally sound business practices.
5. We believe in providing a respectful and supportive work environment.
6. We believe in self-motivation and value personal responsibility.
7. We believe in supporting our local economy, community, and culture.
8. We value excellence in customer service.
9. We value a culturally diverse community.
10. We believe in alternative business models which empower workers to engage with and influence their work place.