



Santa Rosa  
1899 Mendocino Ave.  
(707) 546-1806

# The Red Clover

The Voice of

## COMMUNITY MARKET



Sebastopol  
6762 Sebastopol Ave.  
(707) 407-4020



## Being part of the solution!



**Community Market** is as much driven by a desire to run an equitable, democratic business, as it is driven by our ethics and views around food. From day one in 1975 we've held some sort of collective, alternative business model.

We continually search for sustainable, organic products and information to promote our community's health and wellness. In order to protect our planet's well-being, now and in the future, we strive to provide alternative choices.

Community Market is currently working on a plan to provide compostable bags in the Produce and Bulk Departments as an alternative to plastic. We are also looking into more earth friendly utensils for our Deli and Cafe area. We know that our plans can not be accomplished without the support of our community. We ask you to join us in being part of the solution. Watch for our programs as we work to put them in place.



*It takes a community to make a difference.*

# Community Market supports Non-Profits



## What can you find at the Sebastopol Grange?

Opportunities for community-building and social action, music, food, fun and friendship! Everyone is welcome to attend, participate in activities, or become a member. *It's not just for farmers!*

Since 1898, the Sebastopol Grange has served as a gathering place for our rural community. As relevant now as it was then, our hall is today a bustling hub for local resilience, grassroots activism, homegrown music, public education and good times for all.

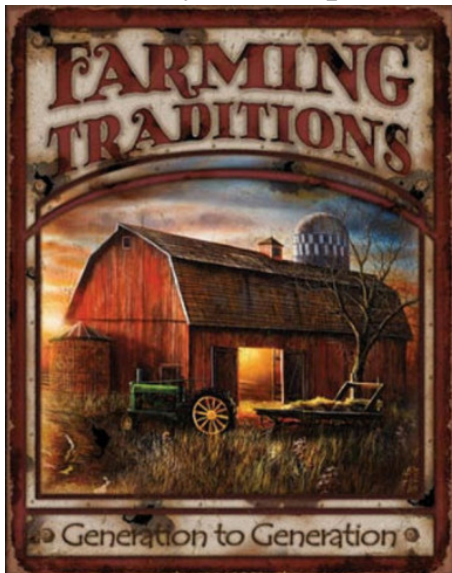
At our general meetings, we enjoy a potluck dinner and some music, and typically have a presentation about a community program or a discussion about a topic of community interest.

Everyone is welcome to apply for membership in the Grange. Each member contributes at their own pace and level.

### The benefits of membership are many:

- Personal fulfillment from making a difference in your community.
- Fun, family-friendly experiences where young and old alike share.
- Discounts on products and services.
- The comfort of knowing that as a Grange member, you are never alone.

**The Grange is a community organization.** It's a place to meet your neighbors and to have community events. It is also a place to discuss issues that affect our community. It's a place to grow & develop.



### We support the right to make our own choices.

We stand behind GMO labeling, the “right to farm”, the “right to choose what we eat”, and we stand firmly against fracking! We endeavor to support the small farmer and the challenges they face.

### We welcome all of our neighbors and friends.

We have had a Grange Renaissance, in Sebastopol & the surrounding areas, in the last 4 years. We've grown from just a handful of active members to almost 200 members today! People drawn to re-connecting and rebuilding community resilience.



Monday  
October 14  
7pm – 9pm



# Community Market supports Non-GMO Month

## *The Non-GMO Project*

<https://www.nongmoproject.org>



A **GMO**, or **genetically modified organism**, is a plant, animal, microorganism or other organism whose genetic makeup has been modified in a laboratory using genetic engineering or transgenic technology. This creates combinations of plant, animal, bacterial and virus genes that do not occur in nature or through traditional crossbreeding methods.

Genetic modification affects many of the products we consume on a daily basis. As the number of GMOs available for commercial use grows every year, the Non-GMO Project works diligently to provide the most accurate, up-to-date standards for non-GMO verification.

In order for a product to be **Non-GMO Project Verified**, its inputs must be evaluated for compliance with their standard, which categorizes inputs into three risk levels:

### **High Risk**

Alfalfa, Canola, Corn (except popcorn), Cotton,  
Papaya, Soy, Sugar beet,  
Yellow summer squash/zucchini,  
Animal products, Potato,  
Microbes & enzymes (e.g. Yeast)  
Meat, Eggs, Milk, Products of  
Apiculture (e.g., Honey), Products of  
Aquaculture (e.g., Fish),  
Gelatin, Hides and Skin

The input is derived from, contains derivatives of, or is produced through a process involving organisms that are known to be genetically modified and commercially available.

### **Low Risk**

Lentils, Spinach,  
Tomatoes, Sesame  
Seeds, Avocados

The input is not derived from, does not contain derivatives of, or is not produced through a process involving organisms that are presently known to be genetically modified and commercially available.

### **Monitored Risk**

Flax, Mustard, Rice,  
Wheat, Apple, Mushroom,  
Orange, Pineapple,  
Camelina (false flax),  
Salmon, Sugarcane,  
Tomato

The Non-GMO Project is currently tracking close to 100 products. Of those, they are monitoring the above, either because they will likely soon be widespread or because of known instances of contamination from GMOs.

## *Shop Organic • Vote Non-GMO*

# Community Market supports Local Vendors



**PROUDBLEND** *is made through combining the*  
**TOP 10 MOST POWERFUL SUPERFOODS!**

ProudBlend mixes 10 natural, organic and non-gmo Superfood ingredients to help build a stronger immune system.

The ingredients are: **Organic Raw Cacao, Organic Chia seeds, Organic Chlorella, Organic Spirulina, Organic Kelp, Organic Hemp Protein, Organic Bee Pollen, Organic Noni fruit, Organic Yacon Root, and Organic Maca.**

*The proportions of these ingredients are proprietary. All flavors are natural and organic.*



We believe that a healthier life starts with the food we eat. We are committed to bringing pure, organic, healthy and delicious food in a practical simple way that will nourish our bodies, contributing to a higher quality of life and preserving our nature.

As a ballet teacher and a mother of a 6 year old child I always try to eat healthy. I started the business because I couldn't find any Superfood blend in the market with the perfect formula , without sugar, grains or preservatives.

For one year I was making ProudBlend formula at home for my family and friends. One day I decided I could make it for everybody, not just us. People who live busy lifestyles but are looking for a practical and healthy way of eating .

10 amazing organic superfoods in the right amount with no fillers, sugar or preservatives.

*"I enjoy working with Community Market because they are supportive to local businesses, have friendly staff and are a truly good food source for the community."*

~ Aline Jalfim, Owner



<https://www.proudlyhealthy.com/proudblend>



# COMMUNITY MARKET

## Monthly Sales

All Sales Valid Oct 1 to Oct 31



Straus Family Creamery Organic Ice Cream

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



16 oz

Three Trees Organic Almondmilk

**\$5<sup>99</sup>**



28 oz

Wildbrine Organic Kimchi

**\$5<sup>49</sup>**



18 oz

Beyond Meat Plant Based Ground

**\$8<sup>99</sup>**



16 oz

R.W. Garcia Organic Corn Chips

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



8.25 oz

Third Street Chai Organic Chai

**\$5<sup>99</sup>**



32 oz

Alter Eco Organic Fair Trade Chocolate

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



2.65 oz

Farmer's Market Organic Pumpkin Puree

**\$1<sup>99</sup>**



15 oz

Booda Organics Booda Butter Coconut Cream Deodorant

**\$6<sup>49</sup>**



2.4 oz

Packaged in Glass!



8.5 oz

Flora Floradix Iron

**\$22<sup>49</sup>**



3 oz

Gaia Herbs Black Elderberry Syrup

**\$13<sup>99</sup>**



# Grocery & Chill Deals

Hilary's Eat Well  
Super Cauliflower  
Burger

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

11 OZ



Rumiano  
Organic Cheese

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

8 OZ



Perfect Bar  
Organic  
Chocolate  
Hazelnut  
Crisp Bar

**\$2<sup>29</sup>**

2.2 OZ



Hail Merry  
Cups

**\$2<sup>19</sup>**

2 count



Koia  
Plant Based  
Protein  
Drink

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

12 OZ



Le Grand  
Garden Pesto

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

5.5 OZ



House Kombucha  
Raw Probiotic  
Kombucha

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

16 OZ



Bitchin'  
Sauces

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

8 OZ



Organic India  
Tulsi Tea

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

18 ct



Guayaki  
Organic  
Loose Leaf  
Yerba Mate

**\$11<sup>99</sup>**

16 OZ



One Degree  
Organics  
Sprouted Oats

**\$4<sup>99</sup>**

24 OZ



California Olive  
Ranch  
Extra  
Virgin  
Olive Oil

**\$8<sup>99</sup>**

16.9 OZ



Bragg  
Organic  
Apple Cider  
Vinegar  
Drinks

**\$1<sup>99</sup>**

16 OZ



Crunchsters  
Sprouted Protein  
Snack

**\$1<sup>39</sup>**

1.3 OZ



GoMacro  
Organic Protein  
Bars

**\$2<sup>19</sup>**

2.5 OZ



Wholesome!  
Delish Fish

**\$3<sup>49</sup>**

6 OZ





# Healthy Discounts in Wellness



Jarrow Formulas  
Methyl B12

**\$7<sup>99</sup>**



Methylcobalamin  
100 ct

MegaFood  
C Defense

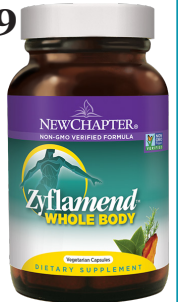
**\$19<sup>99</sup>**



Tangy Citrus  
90 Gummies

New Chapter  
Zyflamend Whole  
Body

**\$29<sup>99</sup>**



60 ct

NOW Foods  
Organic Evening  
Primrose Oil 1000  
mg

**\$16<sup>99</sup>**



90 ct

Oregon's  
Wild Harvest  
Clear  
Passage

**\$17<sup>99</sup>**



2 oz Biodynamic

Solaray  
Magnesium  
Glycinate

**\$13<sup>49</sup>**



120 ct

Solgar  
Full Spectrum  
Curcumin

**\$18<sup>99</sup>**



30 ct

Vibrant Health  
U.T. Biotic

**\$21<sup>99</sup>**



30 ct

Wish Garden  
Deep Stress

**\$14<sup>49</sup>**



2 oz Pump Top

Alaffia  
Everyday  
Coconut  
Cleansing  
Face  
Wash

**6<sup>49</sup>**



12 oz

Alaffia  
Everyday  
Coconut  
Water  
Face  
Toner

**\$6<sup>49</sup>**



12 oz

RE Botanicals  
Organic  
Relief  
Body Oil

**\$18<sup>99</sup>**



10 ml Lavender

Wild Carrot  
Herbals  
Triple Turmeric  
Salve

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



1 oz

Booda Organics  
EcoBalm-Cocoa

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



Biodegradable  
Packaging!  
0.30 oz

NutriBiotic  
Ear Drops

**\$4<sup>99</sup>**



1 oz



# BULK SAVINGS

## *Autumn Savings*

LOVE  
BULK



Organic  
Whole  
Cashews

**\$10.99/lb**



Organic  
Rolled  
Oats

**\$0.99/lb**



Hummingbird  
Organic  
Garbanzo  
Beans

**\$2.19/lb**



Organic  
TriColor  
Quinoa

**\$6.29/lb**



Organic  
Medjool  
Dates

**\$7.49/lb**



Hummingbird  
Organic  
Emmer  
Farro

**\$3.29/lb**



Ginger People  
Ginger  
Chews

**\$6.99/lb**



Sunridge Farms  
Chocolate  
Sundrops

**\$6.99/lb**



Thanksgiving  
Coffee  
*Entire Line*

**10% off  
shelf Price**



**20% off**  
**October**  
**LINE**  
**DRIVES**

Inesscents  
Wild Carrot Herbals  
Mickelberry Gardens



**60+ Senior  
Discount Day**  
**10% off \***  
**Every  
Wednesday**

*\*excluding alcoholic beverages*

**Customer  
Appreciation Day**  
**5% Discount\***  
**Every First  
Saturday**



*\*excluding alcoholic beverages*



# At Our Market



coming soon

## The Garden Cafe and Taproom

*featuring a full espresso bar,  
fresh organic juices and smoothies,  
premium teas and an expanded tap  
selection including cold brew coffee,  
Biotic Beverages and other local ferments.*

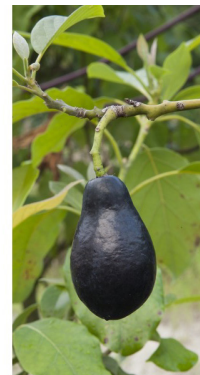
We will also be featuring locally  
made pastries with vegan and  
gluten-free options available.



*At our 100% Organic  
Produce Department*

## Avocado "Mexicola"

An Avocado you  
can eat like an  
apple including  
the peel. *Let it get  
soft first.* It has a  
long skinny seed  
inside that you  
don't eat.



## Shishito Peppers

The shishito has a distinctive  
flavor and appearance all its own.  
The slender finger-sized peppers  
are bright in color (turning red  
when mature), with long creases  
in the body of the fruit. Their  
flavor is lively and sweet (not hot)  
with a hint of smokiness.



Sautéed shishitos are absolutely  
the best thing to nibble on with  
drinks. They can be eaten raw like  
any pepper, but they are more fun  
fire roasted on a grill or panfried.

Sonoma County  
Grown



Wesley's  
Mason Jar  
Gardens

\$11<sup>99</sup>  
ea

*From our very own Geoffrey  
in our Produce Department!*



# Community Market supports Local Farms



Nana Mae's is a local Sonoma County organic dry farm apple grower and producer of the highest quality organic ingredients. They offer us their organic apple juice, applesauce, apple cider vinegar, pear juice, wild blackberry applesauce, and Gravenstein hard apple cider.

Nana Mae's Organics is a family owned farm that grows more than 25 varieties of Heirloom apples on 400 acres in Sonoma County. Paul Kolling is Nana Mae's Grandson and a 4th generation Northern Californian.



Paul has been farming orchards for over thirty years in Sonoma County and has transitioned many from conventionally farmed properties to organically farmed properties.

[www.nanamaes.com/](http://www.nanamaes.com/)



*"Our family and crew work in harmony with the seasons and cultivate orchards while preserving habitat. We volunteer to reforest areas of the county each winter and are active sponsors in the preservation of heritage foods . All 450+ acres are certified organic and our products kosher. Watershed concerns, global warming awareness and carbon footprints are all areas of interest for us at Nana Mae's"*



Gravenstein Apple Juice & Sauce,  
Heirloom Apple Juice & Sauce,  
Bartlett Pear Juice, Blackberry  
Apple Sauce, Apple Cider Vinegars  
and Local Sonoma County Honey  
from the hives on our orchards!



Visit our **100% Organic**  
Produce Department!

# The Time is Ripe

## WINTER SQUASH



### DID YOU KNOW?

Every part of the squash plant can be eaten, including the leaves and tender shoots, which can be cooked in omelets or made into soup.

Winter squash come in many shapes and colors. No two look exactly alike. The different varieties of winter squash may be substituted for each other in your many squash recipes. Winter squash are also packed with antioxidants and vitamins and can be prepared sweet or savory.

*Be creative and try different  
types of winter squash!*

### TO MAKE SQUASH PUREE:

Cut winter squash (any type) in half lengthwise and remove seeds. Place squash, cut side down, in a shallow pan on aluminum foil or Silpat-lined baking sheet.

- **Bake** at 350 degrees F. until squash is soft, approximately 45 to 60 minutes (depending on the size of your squash).
- **Remove** from oven and let cool. When cool, scoop out the cooked flesh/pulp (discarding the shell), place the pulp in a food processor and process until smooth.
- **Measure** out the amount you need for your recipe, and reserve any remaining pulp (either in the refrigerator or freeze) for other uses.

**NOTE:** *This Squash Puree may be substituted in any recipe that calls for pumpkin puree.*





# Community Market supports Local Events

2019  
**Oktoberfest**

FOOD FOR PEOPLE  
COMMUNITY MARKET  
EST. 1975  
NOT FOR PROFIT



**The SebTown Strutters**

**October 11th**  
6:00~7:30PM  
Friday

Beer  
Kvass  
Kombucha  
at the

**THE GARDEN**

6762 Sebastopol Ave.  
Sebastopol, CA  
(707) 407-4020  
[www.cmnnaturalfoods.com](http://www.cmnnaturalfoods.com)

HENHOUSE BREWING COMPANY PRESENTS  
**the Fresh Festival**  
A BEER FESTIVAL  
CELEBRATING THE ART  
OF FRESHNESS!  
CHECK THE DATE!  
SATURDAY OCTOBER 12TH, 2019

OVER 50 BREWERIES & 100 FRESH BEERS!  
PLUS: LIVE MUSIC! GREAT FOOD! ART GALLERY!  
INTERACTIVE BEER FRESHNESS EDUTAINMENT!

**SOMO VILLAGE**

TICKETS AVAILABLE AT: [HENHOUSEBREWING.COM](http://HENHOUSEBREWING.COM)

## Knightlizard Music



**Saturdays • 2PM • Sebastopol Community Market**

Grab some local groceries, watch a rotating crew of **KnightLizard Music's Uncaged Musicians** students perform a variety of musical acts, and help border detainees all in one fell swoop!

Cash donations welcomed as well as online donations to Legal Aid of Sonoma County (<https://legalaidsc.org/donate/>) and RAICES (<https://www.raicestexas.org/donate/>). If you donate online and want to send us a note with your donation amount we would love to add it to our students' running total!



THE SEBASTOPOL FARMERS' MARKET  
presents the  
**ZERO WASTE EVENT**  
at  
Sebastopol Plaza on 6908 Weeks Way

**Guests include:**  
Straus Family Creamery  
Master Gardeners  
Pacific BioChar  
FiberShed  
ToyWorks  
Sebastopol Library  
CAFF/Farmers Guild  
Sonoma Bicycle Coalition  
and many more



Demos  
Raffle  
Music  
Talks

Activities for  
Kids and Adults

Plastic  
River Installation

*We owe it to  
ourselves,  
our planet &  
our community!*

## OCTOBER ZERO WASTE EAT LOCAL CHALLENGE

For One Month Shop Local businesses, farmers' markets and farm stands for produce and locally produced foods. Don't forget to bring reusable bags and containers.



Co-sponsored by  
350 Sonoma  
and Recology  
**350SONOMA**

