



# DECEMBER SALES

Prices valid November 29th - January 2nd

FOOD FOR PEOPLE

COMMUNITY  
MARKET

EST. 1975

NOT FOR PROFIT



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



8 oz

Martinelli's  
Organic Sparkling  
Apple Cider

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

+ CA CRV



25.4 oz

Kite Hill Vegan  
Cream Cheese

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



8 oz

Lakanto Keto  
Brownie Mix

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



9.7 oz

Hu Almond Butter  
Filled Chocolate  
Bar

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



2.1 oz

Straus Mint  
Chocolate Chip Ice  
Cream

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



1 QT

Pacific Foods  
Vegetarian Broths

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



32 oz

De La Calle!  
Assorted Tepache

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

+ CA CRV



12 oz

**gaia** HERBS 25% Off All Products  
in December

Since Gaia Herbs was just a seedling in 1987, we have remained true to our purpose: connecting people, plants, and planet to create healing. We knew then what many are coming to realize now—plants and people evolved together, that we are inextricably linked, and that plants hold the wisdom we need to heal.



Availability may vary by location, while supplies last. No rain checks available.



# GROCERY & CHILL DEALS



If You Care  
Mini Baking Cups

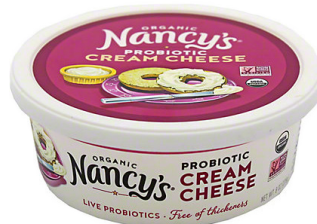
**\$1<sup>29</sup>**



90 ct

Nancy's Cream  
Cheese

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



8 oz

Bionaturae  
Crushed Tomatoes

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



28.2 OZ

Good Pop! Creamy  
Push Pops

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



3 ct

REBBL POP  
Probiotic Tonics

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

+ CA CRV



12 OZ

Numi Drinking  
Chocolate

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



6.3 oz

Starlite Vegan  
Taquitos

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



14 oz

Nutiva Coconut  
Sugar

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



16 oz

Road's End  
Organics Vegan  
Golden Gravy

**\$1<sup>29</sup>**



1 OZ

Organic Valley  
Ricotta Cheese

**\$5<sup>79</sup>**



15 oz

Napa Valley Naturals  
Red & White Wine  
Vinegar

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



12.7 oz

Hail Merry Dark  
Chocolate Tarts

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



3 oz

Bubbies Bread &  
Butter Pickle Chips

**\$6<sup>79</sup>**



33 oz

Mary's Gone Crackers  
Superseed Crackers

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



5.5 oz

Grounded Foods  
Hemp Seed Goat  
Cheese

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



8 oz

Bob's Red Mill  
Almond Flour

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



16 oz



# HEALTHY DISCOUNTS IN WELLNESS

Sappo Hill  
Oatmeal Soap  
**\$1<sup>99</sup>**



3.5 oz

Dr. Bronner's  
Peppermint  
Bar Soap **\$3<sup>99</sup>**



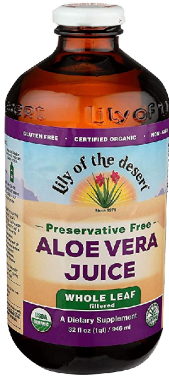
5 oz

Dr. Bronner's  
Peppermint  
Hand  
Sanitizer  
Spray  
**\$3<sup>99</sup>**



1 oz

Lily of the Desert  
Aloe Vera  
Juice  
**\$7<sup>49</sup>**



32 oz

The Humble Co  
Charcoal Mint  
Floss Picks  
**\$3<sup>99</sup>**



50 CT

Griffin Remedy  
Foaming  
Peppermint  
Hand Soap  
**\$5<sup>99</sup>**



8 oz

Griffin Remedy  
Eucalyptus  
Bubble Bear  
**\$10<sup>99</sup>**



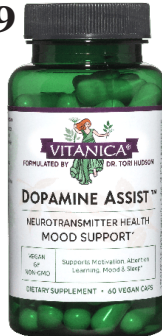
21 oz

Barleans Lignan  
Flax Oil  
**\$9<sup>99</sup>**



8 oz

Vitnica  
Dopamine Assist  
**\$25<sup>99</sup>**



60 ct

Gaia Herbs  
Black Elderberry  
Syrup **\$24<sup>99</sup>**



5.4 oz

Sumbody Collagen  
Boosting Moisturizer  
**\$19<sup>99</sup>**



1 oz

Nordic Naturals  
Algae Omega  
**\$22<sup>99</sup>**



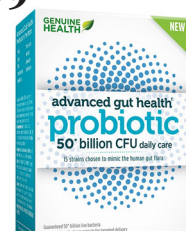
60 ct

Kate's Magik  
Anointing Oils  
**\$14<sup>99</sup>**



15ml each

Genuine Health  
Advanced Gut  
Health Probiotic  
**\$31<sup>99</sup>**



30 ct

Wild Carrot Herbs  
Wild Rose Hydrating  
Eye Cream **\$11<sup>99</sup>**



0.5 oz



# BULK SAVINGS

Save on Holiday Preparation with Bulk!



**Organic  
Black Eyed Peas**

**\$24<sup>99</sup>/lb**



**Organic Cinnamon  
Sticks**

**\$1<sup>15</sup>/oz**



**Organic  
Pecan Pieces**

**\$15<sup>99</sup>/lb**



**Organic Juice  
Sweetened Cranberries**

**\$9<sup>99</sup>/lb**



**Organic  
Roasted Hazelnuts**

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

## Ingredients:

10 Tablespoons (2/3 cup; 145g) unsalted butter, softened to room temperature  
3/4 cup (150g) packed light or dark brown sugar  
2/3 cup (200g) unsulphured molasses  
1 large egg, at room temperature  
1 teaspoon pure vanilla extract  
3 and 1/2 cups (438g) all-purpose flour (spoon & leveled)  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 Tablespoon ground ginger (yes, 1 full table spoon!)  
1 Tablespoon ground cinnamon  
1/2 teaspoon ground allspice  
1/2 teaspoon ground cloves



## GINGERBREAD COOKIES



## Steps:

1. Beat the butter in a large bowl for 1 minute on medium speed until completely smooth and creamy. Add the brown sugar and molasses and beat on medium high speed until combined and creamy-looking. Next, beat in egg and vanilla on high speed for 2 full minutes. Scrape down the sides and bottom of the bowl as needed. The butter may separate; that's ok.
2. In a separate bowl, whisk the flour, baking soda, salt, ginger, cinnamon, allspice, and cloves together until combined. On low speed, slowly mix into the wet ingredients until combined. The cookie dough will be quite thick and slightly sticky. Divide dough in half and place each onto a large piece of plastic wrap. Wrap each up tightly and pat down to create a disc shape. Chill discs for at least 3 hours and up to 3 days. Chilling is mandatory for this cookie dough.
3. Preheat oven to 350°F (177°C). Line 2-3 large baking sheets with parchment paper or silicone baking mats. Set aside.
4. Remove 1 disc of chilled cookie dough and generously flour a work surface, as well as your hands and the rolling pin. Roll out the disc until 1/4-inch thick. Repeat with remaining disc of dough.
5. Bake cookies for about 9-10 minutes. If your cookie cutters are smaller than 4 inches, bake for about 8 minutes. If your cookie cutters are larger than 4 inches, bake for about 11 minutes. Be sure to rotate the pan once during bake time. Keep in mind that the longer the cookies bake, the harder and crunchier they'll be.
6. Allow cookies to cool for 5 minutes on the cookie sheet. Transfer to cooling rack to cool completely. Once completely cool, decorate as desired. Cookies stay fresh covered at room temperature for up to 1 week!



With the holidays upon us, the last thing you need is a case of the sniffles when you're entertaining a crowd. Luckily, nature's pharmacy is full of immune-boosting ingredients to make your winter as healthy (and happy) as can be.

Fresh ginger and turmeric roots are just about the healthiest spices you can find. But as you well know, they can be a bit messy. That's why we've harnessed the health benefits of these wonderful roots in our organic, cold-pressed Ginger Cubes & Turmeric Triangles.

Pre-portioned and frozen, our cold-pressed root juice preserves all of its robust flavor, as well as beneficial enzymes, vitamins, and minerals. Simply pop a cube of ginger into your hot apple cider, or mix some turmeric into Santa's sugar cookies to spice up your holiday classics – and boost your immune system to boot!

We promise: Santa (and your guests) will appreciate it.



Find Kovi Kai Ginger Cubes and Turmeric Triangles in the frozen section!



## Ginger Apple Cider

### Gather this:

- 1 gallon fresh apple juice or apple cider
- 2 Kovi Kai ginger cubes
- 2 whole nutmegs (optional)
- 3-4 cinnamon sticks (optional)
- 20 -25 whole cloves (optional)

### Then do this:

Add all ingredients to a crockpot or a large soup pot. If you're using the spices, wrap them in cheesecloth and tie the bundle with string.

Bring to a boil, then simmer for 1-1½ hours. If you're using a crock-pot, keep the cider warm and a ladle nearby. Allow guests to serve themselves. Replenish with juice/cider as needed.



For more recipes, scan this QR code and download our Kovi Kai recipe booklet for free!





# The Time is Ripe

## Onions



**O**nion (*Allium cepa* L., from Latin *cepa* “onion”), also known as the bulb onion or common onion, is a vegetable that is the most widely cultivated species of the genus *Allium*. The onion plant has a fan of hollow, bluish-green leaves and its bulb at the base of the plant begins to swell when a certain day-length is reached. The bulbs are composed of shortened, compressed, underground stems surrounded by fleshy

modified scale (leaves) that envelop a central bud at the tip of the stem. In the autumn (or in spring, in the case of overwintering onions), the foliage dies down and the outer layers of the bulb become more dry and brittle. The crop is harvested and dried and the onions are ready for use or storage. The crop is prone to attack by a number of pests and diseases, particularly the onion fly, the onion eelworm, and various fungi which can cause rotting. Some varieties of *A. cepa*, such as shallots and potato onions, produce multiple bulbs.

### *Simple French Onion Soup* (serves 4) **Special equipment: oven proof bowls**

*adapted from a recipe by Lori Levin*

- ½ cup unsalted butter or butter substitute
- 2 tablespoons olive oil
- 4 cups thin sliced yellow onions
- 42 ounce (4 cans) beef or beef flavored broth
- 3 tablespoons dry sherry
- 1 teaspoon dried thyme
- 1 pinch salt and pepper to taste
- 4 slices French stale bread
- 4 slices provolone cheese (dairy or non-dairy)
- 2 slices Swiss cheese, diced (dairy or non-dairy)
- ¼ cup grated Parmesan cheese (dairy or non-dairy)

**Step 1** - Melt ‘butter’ with olive oil in an 8 quart stock pot on medium heat. Add onions and continually stir until tender and translucent, being sure not to brown the onions.

**Step 2** - Add sherry to quickly deglaze pan.

**Step 3** - Quickly add broth and thyme. Season with salt and pepper, and simmer for 30 minutes.

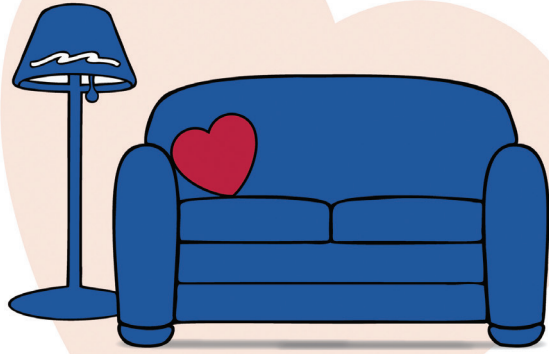
**Step 4** - Heat the oven broiler.

**Step 5** - Transfer soup into oven safe serving bowls and place one slice of bread on top of each (broken into pieces if you prefer).

**Step 6** - Layer each slice of bread with a slice of provolone, 1/2 slice diced Swiss and 1 tablespoon Parmesan cheese.

**Step 7** - Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly.





# The Living Room

**Nurturing resilience, building hope.**

Since 1993 we have been exclusively serving Sonoma County women and their children who are experiencing homelessness or at risk of becoming homeless.

## Our Mission

The mission of The Living Room is to ease adversity, promote stability, and support self-reliance for women and children who are homeless, or at-risk of homelessness, in Sonoma County.

## What We Do

We work within three primary areas, housing, food, and outreach to women and their children.

*Help us support The Living Room by donating at the register at either Community Market location.*



## *Holiday Needs*



Sleeping bags  
Tarps  
Gloves  
Socks (M, L, XL)

Warm hats  
Enclosed walking shoes (new)  
Coats/ Sweatshirts/ Sweat Pants  
Gift cards of all kinds and all amounts

*To donate specific items from the 'Holiday Needs' list call (707) 978-4808*

ONLY AT OUR SEBASTOPOL LOCATION 6762 Sebastopol Ave. 707.407.4020



BLACK  
OAK

COFFEE ROASTERS

THE GARDEN

CAFE & TAPROOM



*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.*



We are excited to  
annouce the return of  
our self service Hot Bar!

View our new menu:  
CMNATURALFOODS.  
COM/THE DELI/  
HOTBAR



Also offering custom and signature sandwiches, daily specials, burritos, salads and more.

PLEASE VISIT OUR WEBSITE [CMNATURALFOODS.COM/THE DELI](http://CMNATURALFOODS.COM/THE DELI) TO SEE OUR FULL MENUS.