



# APRIL SALES

Prices valid March 29th - May 2nd



FOOD FOR PEOPLE

COMMUNITY  
MARKET  
est. 1975



NOT FOR PROFIT

Wildbrine Green  
Saurkraut

\$5<sup>49</sup>



18 oz

Wildwood Savory  
& Teriyaki Baked  
Tofu

\$3<sup>49</sup>



6 oz

GTs Kombuchas

\$2<sup>79</sup> +CRV



16 oz

Cascadian Farms  
Frozen Blueberries

\$12<sup>99</sup>



28 oz

Tasty Bite Bombay  
Potatoes

\$2<sup>79</sup>



10 oz

La Croix Sparkling  
Water 8-Packs

\$3<sup>49</sup> +CRV



8/12 oz

Numi Drinking  
Chocolates

\$6<sup>99</sup>



6.3 oz

ECOS Free & Clear  
Dish Soap

\$3<sup>29</sup>



25 oz



## Wild Carrot Herbals

Line Drive

20% OFF ALL PRODUCTS!!

Learn more about Wild Carrot:

<https://www.wildcarrotherbals.com/>

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

# GROCERY & CHILL DEALS



Bitchin' Sauces  
**\$4<sup>99</sup>**

8 oz

Field Roast Apple  
Maple Sausages

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



9.31 oz

Better Booch  
Kombuchas

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



16 oz

Cascadian Farms  
Organic Hashbrowns

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



16 oz

Chloe's Oat Milk  
Pops

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



4/2.5 oz

Farmhouse Culture  
Caraway Kraut

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



16 oz

Hilary's Veggie  
Burger Patties

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



6.4 oz

REBBL Elixirs

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



12 oz

Organic Valley  
Ghee

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



7.5 oz

C2O Coconut  
Waters

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



17.5 oz

Pacific Foods  
Coconut Milks

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



32 oz

RW Garcia Corn  
Chips

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



8.25 oz

Lorina Sparkling  
Lemonade

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

+CRV



25.4 oz

Alter Eco Chocolate  
Bars

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



2.82 oz

Four Sigmatic  
Adoptogen Coffee

**\$16<sup>49</sup>**



16 oz

If You Care  
Firelighters

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



72 ct





# HEALTHY DISCOUNTS IN WELLNESS

Solgar Full Spectrum Curcumin  
**\$20<sup>99</sup>**

30 ct



Solgar No. 7 Joint Support  
**\$16<sup>79</sup>**

30 ct



Solgar Bilberry Ginkgo, Eyebright Complex with Lutein  
**\$15<sup>49</sup>**

60 ct



Nutrigold Organic & Non-GMO Vegan B-Complex Gold  
**\$23<sup>99</sup>**

60 ct



Nutrigold Organic Ashwaganda Gold  
**\$21<sup>49</sup>**

90 ct



Nutrigold Women's Multivitamin 55+  
**\$37<sup>79</sup>**

90 ct



Nutrigold Men's Multivitamin 55+  
**\$37<sup>79</sup>**

90 ct



evanhealy Balancing Ritual  
**\$29<sup>99</sup>**

4 oz



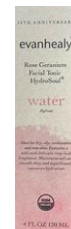
evanhealy Blue Sensitive Face Care Kit  
**\$29<sup>99</sup>**

30 ct



evanhealy Rose Geranium Hydrosol  
**\$23<sup>99</sup>**

4 fl oz



PlantLife Clay Mask Trio Set  
**\$19<sup>99</sup>**

3.75 oz



Wild Carrot Herbals Love in a Mist Facial Toner  
**\$14<sup>99</sup>**

5 fl oz



Wild Carrot Herbals Carrot Seed Oil  
**\$11<sup>99</sup>**

15 ml



Olba's Pastilles  
**\$5<sup>49</sup>**

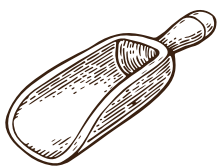
27 Drops



Sunsoil Organic CBD Oil 10mg Chocolate Mint  
**\$25<sup>99</sup>**

2 fl oz





# BULK SAVINGS

*Reduce your carbon foot print - Shop Bulk!*



**Peanut  
Rainbow  
Drops**

**\$8<sup>49</sup>/lb**



**Organic  
Brown  
Sugar**

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



**Organic  
Red  
Lentils**

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



**Organic  
Pine  
Nuts**

**\$31<sup>99</sup>/lb**



**Milk  
Chocolate  
Rainbow  
Drops**

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



**Organic  
Sprouted  
Salted  
Almonds**

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



**Organic  
Barley  
Flakes**

**\$1<sup>49</sup>/lb**



**Organic  
Apple Juice  
Sweetened  
Cranberries**

**\$10<sup>49</sup>/lb**



**Organic  
Short Grain  
Brown Rice**

**\$1<sup>79</sup>/lb**



*ONLY AT OUR SEBASTOPOL LOCATION*



**Proudly offering  
custom and signature  
sandwiches & pizzas  
(whole or by the slice),  
daily hot Grab & Go  
specials, burritos and  
more.**

*PLEASE VISIT OUR WEBSITE [CMNATURALFOODS.COM/THE\\_DELI](http://CMNATURALFOODS.COM/THE_DELI) TO SEE OUR FULL MENUS.*

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



ONLY AT OUR SEBASTOPOL LOCATION

6762 Sebastopol Ave.  
707.407.4020



# THE GARDEN

## CAFE & TAPROOM



# 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 set! Come try Healthy High. 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.

## Soup & Sandwich Combo \$6<sup>99</sup>\*

\*add \$1 for Gluten Free Bread

Happy Hour pricing on beverages with purchase of combo.



Local brews! Check out our selection of 4pk and more! Available to go and can be found in the beer section of the store! Featuring Henhouse, 3 Disciples, Cooperage, Fogbelt, Barrel Brothers and other rotating local breweries.



*Try our nitro coffee on tap! Featuring rotating coffee companies, and always organic!*



Visit our 100% Organic Produce Department!

# The Time is Ripe

## ASPARAGUS



Only young asparagus shoots are commonly eaten: once the buds start to open (“ferning out”), the shoots quickly turn woody. Water makes up 93% of asparagus’s composition. Asparagus is low in food energy and very low in sodium. It is a good source of vitamin B6, calcium, magnesium, and zinc, and a very good source of dietary fibre, protein, beta-carotene, vitamin C, vitamin E, vitamin K, thiamin, riboflavin, rutin, niacin, folic acid, iron, phosphorus, potassium, copper, manganese, and selenium, as well as chromium, a trace mineral that regulates the ability of insulin to transport glucose from the bloodstream into cells. The amino acid asparagine gets its name from asparagus, as the asparagus plant is relatively rich in this compound.

### ROASTED ASPARAGUS

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1½ tablespoons grated Parmesan cheese (Optional)
- 1 clove garlic, minced (Optional)
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon lemon juice (Optional)

Preheat an oven to 425 degrees F (220 degrees C)



Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.

Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.





*The Sonoma County Bicycle Coalition is a non-profit that works to make Sonoma County a great place to ride a bike through advocacy and education.*

The Sonoma County Bike Coalition is your voice at the local, region, state and national level for legislation that funds bicycle infrastructure and improves safety for all riders. They meet regularly with staff to be involved in issues as early as possible. They attend city council meetings in Sonoma County's nine incorporated cities and meetings of the Board of Supervisors to be your voice whenever action is pending on an item that could have an impact on safe cycling. Bike Coalition staff are members of many important committees such as the Sonoma County Transportation Authority Citizens Advisory Committee and the Caltrans District 4 Bicycle Advisory Committee. We also work closely with city and County agencies to identify funding for bicycle paths and trails.



**BIKE TO  
WHEREVER  
DAY 2021**



*Friday, May 21, 2021*

*6:00 AM – 8:00 PM*

*Be sure to check out the recharge station at our Sebastopol store while you're out biking!*

Their goal is to make bicycling an everyday, mainstream activity in communities across Sonoma County. To ensure that bicycling is recognized, accommodated and funded as a legitimate and essential mode of transportation. To help Sonoma County residents embrace a healthy and active lifestyle that includes safe and convenient active transportation options. Hopefully, causing Sonoma County communities to enjoy lower health-care costs, a cleaner environment and more transportation choices. Making Sonoma County a national model for innovative bicycle-friendly transportation facilities and programs.

*Help us support Sonoma County Bicycle Coalition by donating at the register at either Community Market location.*



# EARTH DAY



## CELEBRATION

Sunday, April 18th 11 AM ~ 1 PM

Join us at our Santa Rosa Store  
1899 Mendocino Ave. for  
**Worm Compost demonstration**  
with Ken  
**Upcycling Demonstration**  
with Myranda from  
**Trash Panda Treasures**

GREEN TEAM  
COMMUNITY  
MARKET

*To celebrate the Earth and sustainability, we are taking a day to clean the block, offer sustainability education and join together in a safely distanced outdoor environment*



SANTA ROSA  
1899 Mendocino Ave.  
(707) 546-1806

*Celebrating Earth Day, Every Day, since 1975*

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



SEBASTOPOL  
6762 Sebastopol Ave.  
(707) 407-4020