

November 2019

Worker Run Since 1975

The Red Clover

The Voice of

COMMUNITY
MARKET



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

www.cmnaturalfoods.com

FREE



SEBASTOPOL
6762 Sebastopol Ave.
(707) 407-4020



Six years ago . . .

on November 1st, 2013 Community Market opened the doors on our second location in Sebastopol, California.

It is with deep gratitude that we acknowledge the unflagging support of so many of our customers, who share our passion for organic food and sustainable agriculture, natural healing, ethical business practices and community activism.

As a community, we have faced devastating challenges.

Fires and floods, damage to our homes and businesses. These events have forged bonds and made us more aware than ever of the network of support and community that is always there, holding us up and helping us through. These connections are the treasured gifts that stay with us regardless of outside forces and catastrophic events. We have come together as a community and we are stronger for it.



Serving Sonoma County for nearly 45 years has been a profoundly rewarding journey, and our community has been with us every step of the way. We got this far with you and because of you.

We have watched our community change and grow, all the while living the important values that we all share. You make choices every day about where you spend your time and money.

Thank you for choosing us.

Community Market supports Non-Profits

Coat Drive



NEEDED:

New and gently used coats, sweatshirts, gloves, scarves, hats, boots, shoes, New underwear and socks, blankets and sleeping bags.

Drop off items

in the barrel at either

Community Market
during store hours.

CHA

California Homemakers Association

began in 2000 in Sonoma County as an independent all-volunteer, private self-help membership association built by and for domestic workers, in-home care workers, childcare workers, landscapers, temp and seasonal workers and other low-income service workers. CHA is 100 percent volunteer and refuses government funds, building year round an eleven-point free-of-charge benefit program which includes emergency food, clothing, a preventive medical benefit, legal advice and more to deal with immediate survival needs and built by members with support from local merchants, professionals, students, congregations and other concerned community members. At the same time, CHA members learn the leadership skills necessary to advocate for long-term solutions to eradicate the causes of poverty.

The CHA must expand to be able to run multiple activities at the same time-often organizing supplemental food distributions, conducting free of charge legal advice sessions and teaching classes on leadership skills and community organizing simultaneously-but are hard pressed to accommodate this level of activity in the current office with less than 800 square feet of usable space, hindering their ability to meet the pressing needs of the community. CHA expanded the membership to include fire victims who have lost their homes, or lost their jobs as domestic workers, in-home care workers or other poorly paid seasonal and service workers. As over 7,000 residents have left this area in the last year due to this disaster, including former homeowners who can't afford to rebuild, the consumer base has eroded causing even further job loss.

For entire article see the following website.

<http://www.thecommunityvoice.com/article/CA-Homemaker-Association-needs-volunteers>

CA Homemaker Association needs volunteers

By: Irene Hilsendager • November 9, 2018

Dear Valued Customer,

As **Community Market** strives to be an **earth friendly, green company** and in order to decrease the use of single-use plastic, we are transitioning to compostable bags as the primary option in our produce and bulk departments.



Bee Green

*Thank you
for being part
of the solution!*



10¢/Bag

- Green Compostable
- Plastic Produce/Bulk
- Large Paper Grocery



Free

Produce/Bulk Paper Bags

*We also encourage you to bring
your own favorite bags and containers.*



Individually Priced

- Mesh Bags
- Waterproof Cloth Bags
- Evert Fresh Bags

*that preserve produce up to
5 times longer than plastic*

Community Market supports Local Vendors

Three Sisters Apothecary Line from Soap Cauldron



"Our products are made naturally and packaged environmentally with the smallest carbon footprint possible."

Sonoma County based boutique Soap Cauldron is the home of the Three Sisters Apothecary ~ a line of artisan soaps and skincare handcrafted in small batches in the centuries-old tradition with gourmet oils, butters, essential oils and botanicals. They are also the creators of Soapy Tails an all-natural line for Canine bath and coat care.

Three Sister's Apothecary has been creating artisan soap since 1999. Their hand-crafted bar soaps are made in the time-honored tradition of the first soap guilds of 7th century Europe. They are community based, and family owned and care about transparency and simplicity.

"What began as a mother's love for her child brought us both to a shared love of handcrafted artisan soap. My daughter did not come into this world easily, a delicate preemie, she was born, wrong side up and way too early at 3 pounds. I began making soap and salves for my daughter as I knew that this small and fragile being needed the best care possible."

"When my daughter was three she joined in the process of making soap for family and friends who were so amazed at the quality, they encouraged us to go into business. We named our company Soap Cauldron and launched Three Sisters Apothecary, named after myself and my two sisters. Our company is the creative ground from which all our soap creations originate."



"We love Community Market."

As a natural products industry professional I know how discerning your standards are for the brands you accept and share with your customers. We love the local aspect, the relationship with buyers and the direct connection with consumers who shop at your stores."



COMMUNITY MARKET

Monthly Sales

All Sales Valid November 1 to December 1



Califia
Holiday
Almond
Nog

\$4⁴⁹

48 oz



Tofurky
Vegetarian Feast

\$24⁹⁹



3.5 lb

Woodstock
Organic
Blueberries

\$4⁹⁹

10 oz



Alexandre Family
Farm
Organic A2/A2
Whole Milk Yogurt

\$3⁹⁹

24 oz



Aleia's
Gluten Free
Stuffing Mix

\$3⁹⁹

10 oz



Pacific Foods
Organic Vegetable
Broth

\$2⁹⁹

32 oz



Amphora
Extra Virgin Olive
Oil

\$8⁹⁹

16.9 oz



Martinelli's
Sparkling Apple
Cider

\$4⁴⁹

25.4 oz



Aloha Bay
Chakra
Energy Jar

\$10⁹⁹

Abundance
All Chakra
Energy Jars on Sale!

11 oz



Badger
Argan
Hair Oil

\$15⁴⁹

for Dry, Damaged Hair



2 oz

Bluebonnet
Nutrition
5-HTP
100 mg

\$14⁴⁹

60 ct





Grocery & Chill Deals

Wholly Wholesome
Organic Traditional
Pie Shells

\$5²⁹



14 OZ

Tofurky
Veggie Roast

\$12⁴⁹



26 OZ

Woodstock
Organic
Strawberries

\$4⁷⁹



10 OZ

Kalona Super
Natural
Organic 2%
Buttermilk

\$2⁹⁹



16 OZ

Straus Family
Creamery
Organic Whole
Milk Yogurt

\$4⁴⁹



32 OZ

Wild West
Ferments Organic
Sauerkrauts

\$6⁹⁹



12 OZ

Emerald Valley
Kitchen
Organic Salsas

\$3²⁹



14 OZ

Farmhouse Culture
Organic Gut Shots

\$5⁹⁹



16 OZ

Wholesome!
Organic
Cane Sugar

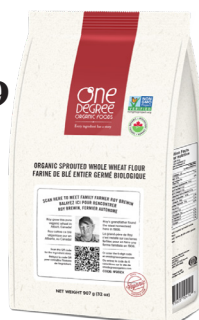
\$2⁹⁹



16 OZ

One Degree
Organic Whole
Wheat
Flour

\$3⁹⁹



32 OZ

Dandies Vanilla
Marshmallows

\$3⁷⁹



10 OZ

Equal Exchange
Organic Whole
Bean Coffee

\$7⁹⁹



12 OZ

Jovial Organic
Beans

\$2⁷⁹



13 OZ

Royal Hawaiian
Macadamia Nuts

\$6⁹⁹



4 OZ

Late July Organic
Crackers

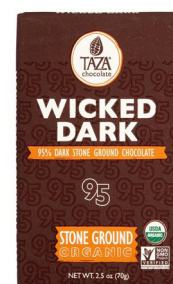
\$2⁷⁹



6 OZ

Taza Chocolate
Organic Stone
Ground Chocloate

\$2⁹⁹



2.5 OZ

Healthy Discounts in Wellness



KAL
Magnesium
Glycinate
400

\$12⁴⁹

60 ct ActivGels



Natural Factors
Betaine HCL
500 mg

\$8⁹⁹

90 ct



PlusCBD Oil
CBD Oil Softgels

\$16⁹⁹

10 ct



Gaia Herbs
Black
Elderberry
Syrup

\$13⁹⁹

3 oz



New Chapter
Probiotic
All-Flora

\$27⁹⁹

30 ct



Host Defense
Reishi

\$14⁴⁹

30 ct



Nordic Naturals
Ultimate
Omega

\$24⁴⁹

60 ct



Mickelberry
Gardens
Fireside
Honey
Tonic

\$12⁴⁹

8 oz



Sunfood
Golden Milk Blend

\$12⁴⁹

6 oz



Nutrigold
Prenatal
Multivitamin

\$27⁴⁹

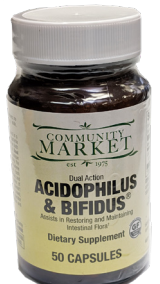
90 ct



Community Market
Acidophilus &
Bifidus Probiotic

\$7⁹⁹

50 ct



Wish Garden
Deep Lung

\$7²⁹

0.66 oz



Wild Carrot
Herbals
Vanilla Skin Cream

\$9⁹⁹

60 ml



Community Market
Head Relief
Essential Oil

\$11⁴⁹

1 oz



PlusCBD Oil
Extra Strength
Balm

\$44⁹⁹

1.3 oz





BULK SAVINGS

November Savings

LOVE
BULK



**Organic
Cranberries**

\$6.99/lb



**International
Harvest
Organic
Pecans**

\$14.95/lb



**Organic
Sugar**

\$1.59/lb



**Organic
Yellow
Popcorn**

\$1.99/lb



**Organic
Roasted
Salted
Mixed Nuts**

\$16.99/lb



**Hummingbird
Organic
Blue
Cornmeal**

\$2.09/lb



**Hummingbird
Organic
Ginger
Squares**

\$6.19/lb



**Lotus Foods
Organic
Wild Rice**

\$8.69/lb



**Guistos
Whole
Wheat
Pastry
Flour**

\$0.99/lb

NOVEMBER LINE DRIVES



MyChelle
DERMACEUTICALS

20% off



WishGarden
HERBAL REMEDIES

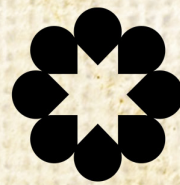
20% off

THE GARDEN



Cafe
& Taproom
COMING SOON!

Full espresso bar featuring
organic coffee
from Black Oak Coffee Roasters
& all 5 flavors of Biotic Beverages
Kvass on draft,
plus local pastries for your delight!



BIOTIC

FOOD FOR PEOPLE

COMMUNITY
MARKET

est. 1975

NOT FOR PROFIT





Victorian Farmstead Meat Company,

Community Market's own butcher, Victorian Farmstead Meat Company, is a small family business located in Sebastopol. They specialize in beef, chicken, lamb, pork and seafood, all sourced as locally as possible and in many cases from folks they have known for years. Many consumers are finding that buying their food from local farmers not only supports their local economy, it also

shrinks their carbon footprint and gives them the comfort of knowing where their food is from and how it is raised. Victorian Farmstead only sells animals raised sustainably and humanely, including how they live and how they are processed. All their animals are raised on pasture, within the confines of what is best for the animal. They work with ranchers from some of the best ranches in the state that they know and trust.

"We are so proud to be able to bring the best meat available in Northern California to our local community." ~ Adam
<https://www.vicfarmmeats.com/>



Adam and Laura Parks

Reserve Your Turkey

Victorian Farmstead features Heritage and Broad Breasted White Turkeys raised by Pitman Family Farms in California.

- Raised free-range with unrestricted access to the outdoors.
- No GMOs. No antibiotics. No hormones.
- Fed on slow-growth vegetarian feed.
- Raised humanely in ways that support natural behavior.
- Raised sustainably, with low impact on the land and environment.

Heritage Turkeys are known for their rich flavor, exceptional dark meat and having a smaller breast than conventional turkeys.

Broad Breasted White Turkeys feature a larger breast and have a milder flavor.

"All of our turkeys come from a mixed stock of heritage breeds, including White Holland, Narragansett, Spanish Black, Bourbon Red and Standard Bronze. At six weeks of age, the birds are allowed unrestricted access to the great outdoors. They are fed a special ration formulated specifically for BN turkeys. Always free of GMOs, antibiotics and hormones, corn is replaced by wheat, and soy is minimized through the use of safflower or sunflower meal."

Our turkeys sell out fast, so be sure to reserve yours soon.

Order Online at [vicfarmmeats.com/turkey-reservation/](https://www.vicfarmmeats.com/turkey-reservation/) or at the Sebastopol CM Butcher Counter and Pick up at Community Market Sebastopol.

Any questions? Feel free to call Adam at 707-332-4605!

Victorian Farmstead Meats is from Sebastopol, Sonoma County, California

Community Market supporting our Community!

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



The Time is Ripe



Bella Ridge

Bella Ridge is a small farm south of Occidental specializing in heirloom apples and a wide range of Asian and European pears. They also grow a variety of berries, other fruit and a wide range of vegetables. They are CCOF certified organic 2 acre Sonoma County Farm whose focus has been preserving apple and pear varieties. They currently have over 50 varieties of apple and 20 varieties of pears.

Ted Richardson, who teaches reading at Salmon Creek Elementary School, began planting his trees just 12 years ago, when he and his wife, Michele Larkin, who teaches Spanish at El Molino High School, moved here from Graton.

"There are seven vineyards on Taylor Lane. We're the only orchard."

Apple Cake

2 eggs	2 teaspoons ground cinnamon
1 cup vegetable oil	1 teaspoon baking soda
2 cups white sugar	1/2 teaspoon salt
2 cups organic	1 teaspoon vanilla extract
all-purpose flour	4 cups diced organic apple without peel



Preheat oven to 350 degrees F (175 degrees C).
Lightly grease and flour one 9x13 inch cake pan.
Beat vegetable oil and eggs until foamy.
Add the sugar, flour, ground cinnamon, baking, soda, salt, and vanilla and mix well. Stir in the diced apples.

Pour batter into prepared pan.
Bake at 350 degrees F (175 degrees C)
for 30 to 40 minutes.

Cool cake in pan for 10 minutes.
Cake needs no frosting.

Option: Dust with powdered sugar

Community Market supports Local Events



19th Annual West County Craft Fair

November 23 & 24
11:00 am - 4:00 pm

Food & Drink *All*
Free **Visual Arts** *Ages*
Music

Sebastopol Grange

6000 Sebastopol Ave.

707-573-6049

GrangeEvent@gmail.com



November 9

5:00 pm - 9:00 pm

KID-FRIENDLY street party hosted by SOFA Santa Rosa Arts District and Out There Santa Rosa. Located near the corner of South A Street and Sebastopol Avenue, the evening includes food trucks, a parade with of rolling sofa "floats," live music, costuming and tomfoolery, open studios and more.

Bike or walk if possible.

Parking is extremely limited.

SOFA Santa Rosa Arts District
312 South A Street, Santa Rosa

Zero Waste Action Sonoma County's 7th Annual

Holiday GiftAway

Sebastopol Grange

December 1st, 1:00 pm - 3:00 pm

No large, heavy or toxic items please.

All adult participants must volunteer or donate \$10.

for more information visit www.liteinitiatives.org/swaps or their Facebook page

