



# MAY SALES

Prices valid May 3rd - May 30th

FOOD FOR PEOPLE



COMMUNITY  
MARKET



est. 1975

NOT FOR PROFIT



Straus Organic  
Sour Cream

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



16 oz

Siete Almond  
Flour Tortillas

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



7 oz

Emerald Valley  
Organic Salsas

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



14 oz

Starlite Vegan  
Rolled Tacos

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



12 oz

Jeff's Garden  
Peperoncini's

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



12 oz

Garden of Eatin'  
Party Size Chips

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



16 oz

Simply Organic  
Assorted Dip  
Mixes

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



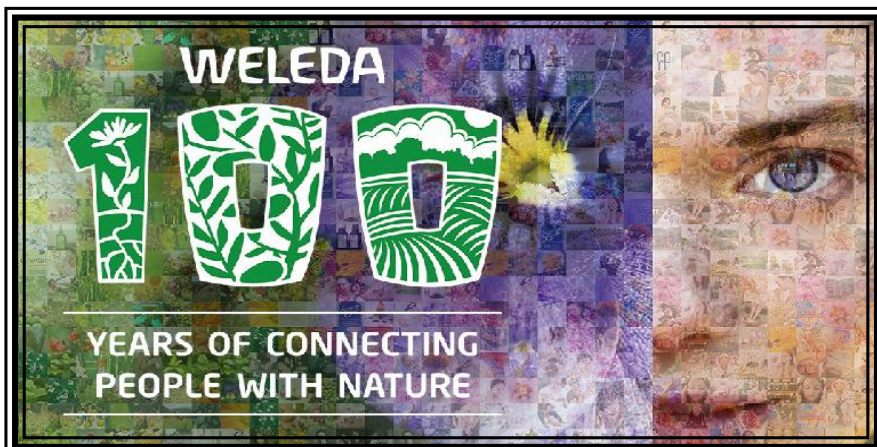
1.1 oz

Simple Mills  
Gluten Free Crackers

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



5.5 oz



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



# GROCERY & CHILL DEALS



Organic Valley  
Beef Hot Dogs  
**\$6<sup>49</sup>**



10 OZ

Lost Coast Roast  
Cold Brew  
Latte

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



10.5 OZ

Primal Kitchen  
Unsweetened  
Ketchup

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



11.3 OZ

Honey Mama's  
Cocoa Truffle Bars

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



2.5 OZ

Coconut Bliss  
Dairy Free Ice Cream

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



16 OZ

California Olive Ranch  
100% California  
Extra Virgin  
Olive Oil

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



16.9 OZ

Cocojune Coconut  
Yogurt

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



4 OZ

R.W. Knudsen  
Orange  
Recharge

**\$2<sup>49</sup>**  
+CRV



32 OZ

GoodPop  
Push Pops

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



9 OZ

Miss Jones  
Cornbread Mix

**\$7<sup>49</sup>**



4.7 OZ

Olipop Probiotic  
Soda

**\$1<sup>79</sup>** +CRV



12 OZ

Watkins Rainbow  
Sprinkles

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



3.4 OZ

Woodstock  
Organic Mayonnaise

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



32 OZ

Peter Rabbit Baby  
Food Pouches

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



4.4 OZ

Wild West Dill Pickles

**\$11<sup>49</sup>**



32 OZ

Tender & True  
Organic Cat Food

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



3 lb



# HEALTHY DISCOUNTS IN WELLNESS

Oregon's Wild  
Harvest Nettle  
**\$14<sup>99</sup>**

90 caps



LifeSeasons  
Digestivi-T  
**\$23<sup>99</sup>**

90 caps



NutriGold  
Magnesium  
**\$15<sup>99</sup>**

120 caps



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

2.5 oz



Solaray Urgent  
Care Probio  
**\$34<sup>99</sup>**

30 caps



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

30 softgels



Oregon's Wild  
Harvest Tonics  
**\$18<sup>49</sup>**

2 fl oz



Weleda Muscle  
Massage Oil  
**\$20<sup>49</sup>**

3.4 fl oz



Weleda Calendula  
Toothpaste  
**\$6<sup>49</sup>**

2.5 fl oz



Weleda Skin Food  
**\$15<sup>79</sup>**

2.5 fl oz



Weleda  
Replenishing  
Cream  
**\$11<sup>99</sup>**

1.7 fl oz



MyChelle Sun  
Spray SPF 30  
**\$15<sup>99</sup>**

6 fl oz



MyChelle Sun  
Shield SPF 28  
**\$15<sup>99</sup>**

2.3 fl oz



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

1 fl oz



Sumbody Intense  
Extracting Mask  
**\$11<sup>99</sup>**

.88 oz







# BULK SAVINGS

*Reduce your carbon foot print - Shop Bulk!*



**Hummingbird  
Organic Sprouted  
Pumpkin Seeds**

**\$14<sup>99</sup>/lb**



**Hummingbird  
Organic  
Pinto Beans**

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



**Tierra Farms  
Organic Apple  
Rings**

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



**Nutritional  
Yeast Flakes**

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



**Hummingbird  
Organic  
Black  
Beans**

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



**Tierra Farms  
Organic  
Everything  
Bagel Cashews**

**\$12<sup>99</sup>/lb**



**Hummingbird  
Organic Sprouted  
Unsalted Almonds**

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



**Tierra Farms  
Organic  
Cocoa Dusted  
Almonds**

**\$15<sup>49</sup>/lb**



**Organic  
White  
Jasmine  
Rice**

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



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

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

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



ONLY AT OUR SEBASTOPOL LOCATION

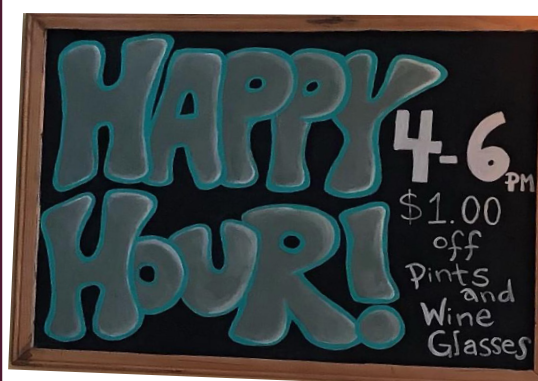
6762 Sebastopol Ave.  
707.407.4020



COFFEE ROASTERS



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.

THE GARDEN CAFE & TAPROOM		
Featuring Black Oak Coffee & Healthy High With Biotic Beverages on draft		
	12 oz	16 oz
Organic Drip Coffee	\$2.50	\$3.00
Pour Over Coffee	\$3.00	\$3.25
Espresso	\$3.00	
Americano	\$3.00	
Macchiato	\$3.25	
Cappuccino	\$3.50	
Latte	\$4.25	\$4.75
Mocha	\$5.00	\$5.75
Hot Cocoa	\$4.00	\$4.50
Healthy High	\$3.00	\$3.50
Matcha Latte	\$4.50	\$5.00
Chai Latte	\$5.00	\$5.75
Yerba Mate	\$1.75	\$2.00
Tea	\$2.00	
Specialty Drinks	12 oz	16 oz
Mexican Mocha	\$5.50	\$6.00
Cardamom Mocha	\$5.50	\$6.00
Oats & Honey Latte	\$5.00	\$5.75
Fancy Iced Coffee	\$5.00	\$5.75
Cold Drinks	16 oz	20 oz
Cold Brew	\$5.00	\$6.00
Iced Coffee	\$2.50	\$3.00
Iced Espresso	\$3.00	\$4.75
Iced Latte	\$4.25	\$5.75
Iced Mocha	\$5.00	\$5.75
Iced Chai	\$5.00	
Kids Drinks	8 oz	\$2.75
Honey Steamer	Vanilla Steamer	
Hot Cocoa	Chocolate Milk	
Extras		
Espresso Shot	\$0.75 Whipped Cream	\$0.50
Flavored Syrup	\$0.75 Chocolate	\$0.75
Breve/Oatmilk	\$0.50 Healthy High	\$1.00



# The Time is Ripe



## STRAWBERRIES



### *The garden strawberry*

is a widely grown hybrid species of the genus *Fragaria*, collectively known as the strawberries, which are cultivated worldwide for their fruit. The fruit is widely appreciated for its characteristic aroma, bright red color, juicy texture, and sweetness.

These potent little packages protect your heart, increase HDL (good) cholesterol, lower your blood pressure, and guard against cancer. Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food.

The peak harvesting season for these red beauties in California runs from April through June.

### *Cheesecake Strawberry Bites*

- 1 lb large strawberries
- 1 (8 ounce) package cream cheese, softened (dairy or dairy free)
- 1/4 to 1/2 cup powdered sugar, honey or agave
- 1 teaspoon vanilla extract or 1/2 t powder
- 1/4 cup graham cracker crumbs

1. Rinse strawberries and cut around the top of the strawberry to remove & hollow out with a paring knife.
2. Mix in a bowl cream cheese, powdered sugar, and vanilla until creamy.
3. Add cream cheese mix to a piping bag or use a small spoon & fill the strawberries with cheesecake mixture.
4. Sprinkle the tops of the filled strawberries with graham cracker crumbs or dip the tops crumbs for added crunch.







*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.

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.*



**BIKE TO  
WHEREVER  
DAY 2021**



*Friday, May 21, 2021*

*Come recharge at our  
Sebastopol store on your  
way to wherever.*

*7:00 AM to 11:00 AM*



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

SEBASTOPOL 6762 Sebastopol Ave. (707) 407-4020

