



JUNE SALES

Prices valid May 31st - June 27th

FOOD FOR PEOPLE



COMMUNITY
MARKET

est. 1975



NOT FOR PROFIT



Wildbrine Vegan
Sour Cream

\$5⁹⁹



8 oz

Cascadian Farm
Frozen Strawberries

\$12⁹⁹



32 oz

Hilary's Veggie
Burger Patties

\$2⁹⁹



6.4 oz

GT's Kombuchas

\$6⁹⁹ +CA CRV



48 oz

Moon Shot
Crackers

\$4⁹⁹



3.2 oz

Artisana Raw
Cashew Butter

\$2⁹⁹



15 oz

Santa Cruz Organics
Lemonades

\$2⁹⁹ +CA CRV



3.5 oz

World Centric
9" Fiber Plates

\$3⁴⁹



4 oz



VITANICA®

Formulated by Dr. Tori Hudson, Naturopathic Physician

**Vitanica was created for one purpose:
Natural Health Care for Women**

Our commitment is to serve women
by providing education, research,
and the finest quality in effective
natural supplements.

20%
Off



GROCERY & CHILL DEALS



Nancy's
Cottage Cheese
\$4⁴⁹

14 oz



Cascadian Farm
Organic Potatoes
\$3⁹⁹

7.1 oz



GoodPop
Orange n' Cream
\$3⁴⁹

16 oz



Rowdy Mermaid
Kombuchas
\$3⁹⁹^{+CA CRV}

16 oz



Wildbrine Vegan
Spinach Dip
\$8⁹⁹

12 oz



Kite Hill
Dairy-Free Cream Cheese
\$2⁷⁹

8 oz



Hail Merry Chocolate
Almond Butter Tart
\$6⁴⁹

16 oz



Straus Whole Milk
Plain Yogurt
\$2⁹⁹

16 oz



C2O Coconut Water
\$1⁹⁹^{+CA CRV}

16.2 oz



Let's Do Gluten-Free
Sugar Cones
\$3⁷⁹

15.5 oz



Nature Nate's
Popped Sorghum
\$4⁹⁹

32 oz



Proud Source
Spring Water
\$2⁴⁹^{+CA CRV}

16 oz



Lesser Evil Paleo
Puffs
\$4⁹⁹

4.5 oz



World Centric
Forks & Spoons
\$2²⁹

24 CT



ECOS Laundry Soap
\$11⁹⁹

16 oz



Organicville BBQ
\$3⁷⁹

10 oz





HEALTHY DISCOUNTS IN WELLNESS

LifeSeasons
Pros-T
\$34⁹⁹



60 softgels

LifeSeasons
Masculini-T
\$31⁹⁹



90 veg caps

LifeSeasons
Nitro-T
\$28⁴⁹



90 veg caps

LifeSeasons
NeuroQ
\$54⁹⁹



60 veg caps

All Good Goop
\$7⁴⁹



1 oz

Solgar Curcumin
\$39⁹⁹



60 liquid softgels

Nutrex
Spirulina
\$11⁹⁹



100 tablets

Vitanica
CandidaStat
\$14⁴⁹



60 vegan caps

Vitanica
ThyroFem
\$15⁹⁹



60 vegan caps

Vitanica
SleepBlend
\$15⁹⁹



60 vegan caps

Vitanica
Dopamine Assist
\$23⁹⁹



60 vegan caps

Barleans
Flax Oil
\$17⁹⁹



16 fl oz

Griffin Remedy
Daily Shampoo
\$6⁹⁹



8 fl oz

Griffin Remedy
Daily Conditioner
\$6⁹⁹



8 oz

Griffin Remedy
Bubble Bears
Bubble Bath
\$10⁹⁹



21 fl oz



BULK SAVINGS

Reduce your carbon foot print - Shop Bulk!



Bulk Coffee is Back!

Whole Bean or Freshly Ground in House
100% Organic Coffee from Local Roasters



**All Bulk Coffees
15% off per pound**

Sebastopol Varieties:

Flying Goat

Bella Rosa

Thanksgiving

Taylor Lane

Santa Rosa Varieties:

Sunshine

Thanksgiving

Taylor Lane



**Organic
Raw Cashew
Pieces**

\$4⁹⁹/lb



**Organic
Turkish
Apricots**

\$3⁹⁹/lb



**Falcon Sunridge
Sunny
Gummies**

(Worms, Slices, Bears)

\$7⁷⁹/lb



**Grandy Organic
Coconola
Granola**

\$9⁹⁹/lb



**Organic
Raw Almonds**
Pasteurized

\$9⁹⁹/lb



**Organic
Raw
Pistachios**

\$10⁴⁹/lb



**Carob
Energiee
Nuggets**

\$5⁴⁹/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 TO SEE OUR FULL MENUS.

ONLY AT OUR SEBASTOPOL LOCATION

6762 Sebastopol Ave.
707.407.4020

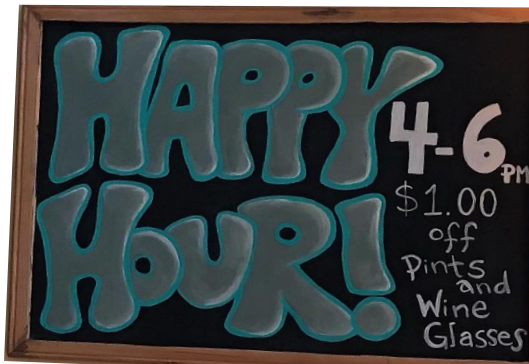
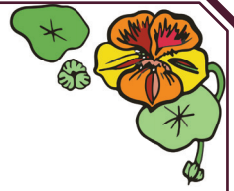


BLACK
OAK

COFFEE ROASTERS

THE GARDEN

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

Visit our 100% Organic Produce Department!

The Time is Ripe



Cherries



A cherry is the fruit of many plants of the genus *Prunus*, and is a fleshy drupe (stone fruit).

Commercial cherries are obtained from cultivars of several species, such as the sweet *Prunus avium* and the sour *Prunus cerasus*. The name 'cherry' also refers to the cherry tree and its wood, and is sometimes applied to almonds and visually similar flowering trees in the genus *Prunus*, as in "ornamental cherry" or "cherry blossom". Wild cherry may refer to any of the cherry species growing outside cultivation, although *Prunus avium* is often referred to specifically by the name "wild cherry" in the British Isles.

Sweet Cherries

Sweet cherries are less physically healthy, providing both fiber and vitamin C but not in quantities as significant (to Daily Value) as with sour cherries. Sour cherries contain high percentages of vitamins A and C and beta carotene.

These types of cherries come from Western Asia and Eastern Europe, but they are now mostly popular in Northern America. The ancestors of most sweet cherries are in fact sour cherries. To this end, Bing cherries are one of the most popular types of sweet cherries out there.

It's indicated that you consume them raw and fresh, after you've made sure you picked the juicy fleshed ones, with shiny skin. A great indicator of their freshness is a bright green stem.





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.



JUNE

1st Annual Sonoma County Pride Flag
Raising – Rosenberg Building
Healdsburg Pride Kickoff

2nd Sonoma County Pride’s “Friends of
Dorothy” Community Conversations

3rd Virtual Social Justice Club for
Teens (ages 13-18)

5th “Beyond The Rainbow” – Drive-
Thru Parade

6th Sonoma County Pride’s Sunday
Friends & Fitness
Santa Rosa GayDar Presents “Tea &
Shade” Drag High Tea

11th LGBTQ+ Q&A Panel

18th Sonoma County Pride’s Ride &
Rise With Pride
Comedian Jason Stuart

19th Sonoma County Pride “Behind
The Curtain” Wizard of Oz, Sing-
Along & Dinner

23rd
Sonoma County Pride’s “Friends of
Dorothy” Community Conversations

24th Documentary Film Discussion Group – El canto del Colibri

27th Drag Me to The River- A Drag Brunch & Benefit for Sonoma County Pride