

Good Thru February 24, 2016



Hampton Creek
Dressing
Just Goddess
12 OZ

\$3.49
SRP 4.69



Barbara's Bakery
Puffins Cereal
Original
10 OZ

\$3.99
SRP 4.99



Bragg
Organic Olive Oil
Extra Virgin
16 FL OZ

\$8.99
SRP 14.99



Kite Hill
Cream Cheese
Alternative

\$5.99
8 OZ SRP 7.99



Crofters
Organic Premium
Spread
Strawberry
16.5 OZ

\$3.99
SRP 5.99



Explore Cuisine
100% Organic
Spaghetti Pasta
Black Bean
8 OZ

\$3.39
SRP 4.89



Annie's Homegrown
Organic Snack Mix
Bunnies
9 OZ

\$4.49
SRP: \$6.49



Kettle Brand
Potato Chips
Salt & Vinegar
5 OZ

2/\$5



San-J
Tamari Soy Sauce
10 FL OZ

\$2.29
SRP: \$3.29

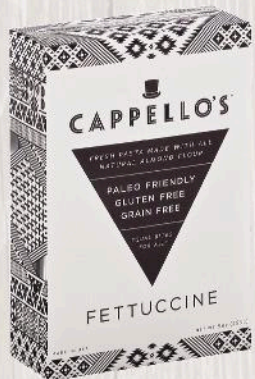
Everything
your heart
desires.



Food For Life Baking Co.
Organic English
Muffin
Sprouted
16 OZ



\$4.79
SRP: \$6.29



Cappello's
Grain Free Pasta
Fettuccine
9 OZ

\$9.49
SRP: \$12.49

Udi's
Pizza
Uncured Pepperoni
10.1 OZ



\$5.99
SRP: \$9.19



**Jeni's Splendid Ice
Creams**
Ice Cream
Dark Chocolate
16 FL OZ
VERMONT ONLY
\$9.99
SRP: \$12.59

Wildwood Natural Foods
Soymilk Creamer
16 FL OZ

\$1.69
SRP 2.39



Upton's Naturals
Jackfruit
Bar-B-Que
10.6 OZ
\$4.69
SRP 5.99

Maria And Ricardo's
8 inch Tortillas
White Flour
8 CT



\$2.99
SRP: \$ 4.19



So Delicious
Coconut Creamer
Original
16 FL OZ

\$2.29
SRP 2.99

Ripple Foods Pbc
Milk
Regular
48 FL OZ



\$4.59
SRP 6.59

In the
Cooler



C2o Pure Coconut Water
NEW!
100% Organic Water
Pure Coconut
16.9 FL OZ

\$3.99
SRP: \$5.79



Daily Greens
NEW!
Organic
Green Juice
Purity
12 FL OZ
Selected
Varieties

\$3.99
SRP: \$6.15

Nasoya Foods
Organic Tofu Vac
Pack
Super Firm
16 OZ



\$2.49
SRP 3.59

Bubbies Of San Francisco
Sauerkraut
25 OZ



\$6.49
SRP: \$8.45

Good Culture
NEW!
Organic Cottage Cheese
Classic
5.3 OZ

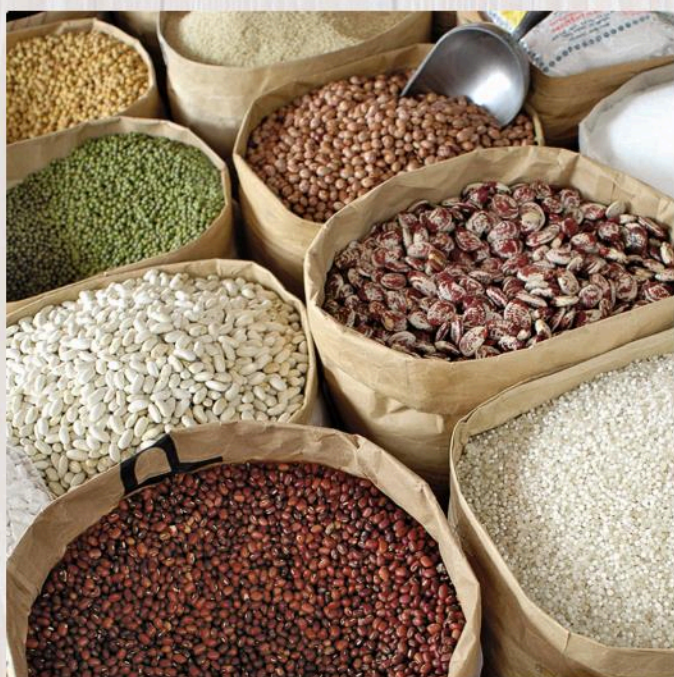


\$2.29
SRP: \$2.89

Hope Hummus
Organic Guacamole
Hot Green Chile
15 OZ



\$6.99
SRP: \$10.09



serves 6-8

Preheat oven to 375 degrees

canola skillet spray

1 cup organic chili beans with jalapeno pepper

1½ cups frozen corn

1 cup red onion, diced

1 cup loosely packed cilantro leaves, chopped or 2 Tbsp. dried

1 Tbsp. red wine vinegar

1 Tbsp. tamari

½ tsp. sea salt

1 tsp. ground cumin

Lightly spray a 10 inch pie pan. Mix the above ingredients together well in a medium sized bowl. Spread evenly in the pie plate.

1 cup cornmeal

1 cup unbleached white flour

2 tsp. baking powder

1 tsp. sea salt

Mix together the dry ingredients.

1 cup soy beverage

¼ cup canola oil

1 Tbsp. maple syrup

Beat the liquid ingredients together and combine with the dry stirring until thoroughly mixed. Pour over bean mixture and bake until brown and dry when a toothpick is inserted. This will take 20 to 30 minutes. Cool 15 minutes before serving.

**Bulk Organic
Flame Raisins**



3.49/lb

SRP: \$4.72

**Bulk 100% Organic
Almonds**



13.69/lb

SRP: \$18.46

**Bulk 100% Organic
Dark Red Kidney Beans**



2.19/lb

SRP: \$3.02

**Bulk 100% Organic
Red Quinoa**



3.29/lb

SRP: \$4.42

**Bulk 100% Organic
Chia Seeds (Black)**



3.29/lb

SRP: \$4.49



Bragg
Liquid Aminos
16 FL OZ

\$3.99
SRP 5.99



Cucina Antica
Pasta Sauce
Tomato Basil
25 OZ

\$5.79

SRP: \$8.69

Doctor Kracker
Organic Crispbread
Klassic 3 Seed
7 OZ

\$2.99
SRP 3.99



Kashi
TLC Soft-Baked
Cereal Bars
Ripe Strawberry
6/1.2 OZ

\$3.99
SRP 5.99



Big Tree Farms
Organic Blonde
Coconut Palm Sugar
16 OZ

\$4.79
SRP 6.99



Green & Black's
Organic Chocolate
Bar
70% Cacao Dark
3.5 OZ

\$2.99
SRP 4.49



Kind
Clusters
Oats & Honey With
Toasted Coconut
11 OZ

\$4.49
SRP 5.99



Celtic Sea Salt
Sea Salt
Fine Ground
.5 LB

\$4.39
SRP 6.39



Guayaki
100% Organic
Traditional Loose
Mate Tea
16 OZ

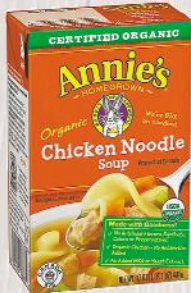
\$10.99
SRP 17.99



Hellmann's
Organic
Mayo
15 FL OZ

\$5.99
SRP 8.99

Annie's Homegrown
Organic Soup
Chicken Noodle
17 OZ



\$3.49
SRP: \$4.79

Kashi
Organic Promise
Cereal
Strawberry Fields
10.3 OZ



\$3.99
SRP: \$6.99

Nature's Path
Organic Mesa
Sunrise
Flakes
10.6 OZ



\$3.99
SRP: \$5.89

Envirokidz
Panda Puffs
Peanut Butter
10.6 OZ



\$3.99
SRP: \$5.89

Poland Spring
Sparkling
Spring Water
Original
33.8 FL OZ



79¢



Montebello
Organic
Semolina
Spaghetti
1 LB
Selected
Varieties

\$2.99
SRP: \$4.79

Lesser Evil
Organic Popcorn
Himalayan Pink
Buddha Bowl
5 OZ



\$2.99
SRP 3.99

Lucini Italia
Pasta Sauce
Spicy Tuscan
25.5 FL OZ



\$6.99
SRP 9.99

Newman's Own
Organics
Organic Spelt
Pretzels
7 OZ



\$2.69
SRP 3.99

Newman's Own
Organics
Organic
Pitted
Prunes
Zip Bag
6 OZ



\$3.99
SRP 5.99



Quantum Research
Elderberry Cough Syrup
 4 FL OZ

\$8.99
 SRP 14.99



Nubian Heritage
Hand Cream
African Black Soap
 4 OZ

\$4.99
 SRP 8.99



Giovanni Hair Care
Products
Shampoo &
Conditioner
Tea Tree Triple Treat
Invigorating
 8.5 FL OZ

\$5.99
 SRP: \$8.95



Eco-Dent
Daily Care Toothpowder
Mint
 2 OZ

\$4.49
 SRP 7.69



Yerba Prima
Colon Care Formula
 12 OZ

\$8.99
 SRP 14.99



Andalou Naturals
Body Lotion
Lavender Thyme
 8 FL OZ

\$5.99
 SRP 8.99





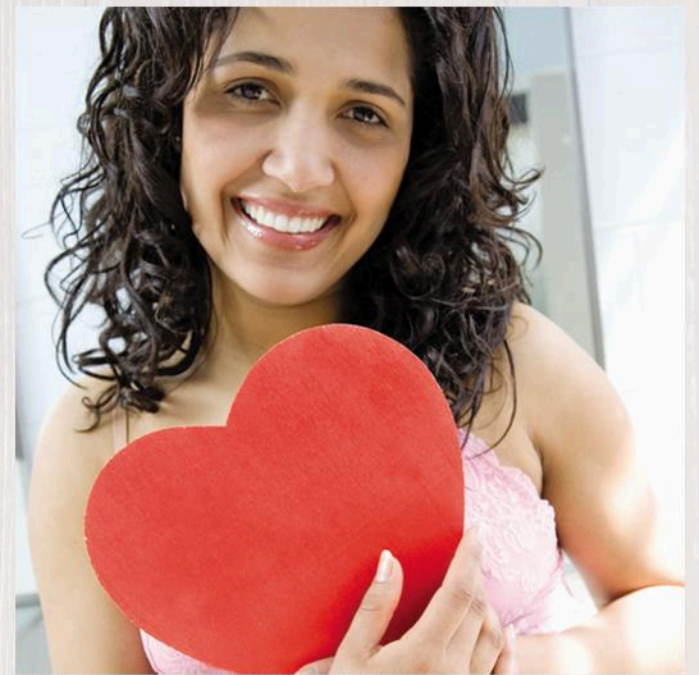
Jeff's Natural
Castelvetro
Olives
7.5 OZ

\$4.29
SRP 6.29



Spectrum Essentials
Organic Premium
Flaxseed
Ground
14 OZ

\$4.99
SRP: \$7.59



Organico Bello
Organic Pasta Sauce
Marinara
25 OZ

\$5.99
SRP 8.69



Lundberg Family Farms
Organic Rice
Short Grain Brown
1 LB

\$3.39
SRP 4.99

February is the month in which we celebrate Valentine's Day—and it's also a time when the American Heart Association encourages us to focus on our own heart health. February is Heart Health Month and an excellent time to reflect on the impact our food choices and lifestyles have on our state of health. Do you follow a heart healthy lifestyle low in fat and cholesterol? Do you get adequate exercise?

From our heart to yours, stop by and save on many foods and supplements this month that can add up to great heart health.



Luke's Organic
Organic Mutigrain Chips
Chai Seed
5 OZ

\$2.69
SRP 3.99



Once Again
Honey Bears
12 OZ

\$4.99
SRP 7.99

Commodities

NATURAL MARKET

www.commoditiesnaturalmarket.com

Open 7 days, 9am-9pm
165 First Ave, NYC
East Village

Open 7 days, 8am-8pm
65 Winooski Falls Way
Winooski, VT

Open 7 days, 8am-7pm
512 Mountain Road
Stowe, VT

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, CURE OR TREAT ANY DISEASE. SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.