

A vibrant, fresh salad is the background of the entire page. It features a mix of green leafy vegetables, including arugula and Swiss chard, topped with sliced strawberries, whole blueberries, raspberries, blackberries, and sliced avocado. Thinly sliced white onions are scattered throughout. The salad is served on a white plate with a decorative pink and green border. The background of the page is a textured blue surface.

*Marlene's*<sup>™</sup>  
— MARKET & DELI —  
shop local, eat organic

# SOUND OUTLOOK

May 2023

Mental health • Women's wellness  
Healing herbs • Edible gardening



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Marlene Beadle, founder of  
Marlene's Market & Deli.

## A Letter From Us

*"The earth laughs in flowers."*

-Ralph Waldo Emerson

This month, Marlene's applauds the MANY women owned and founded brands that grace our shelves in every department. We know firsthand that it takes a lot of effort, passion and good old-fashioned grit to dream up a business and make it thrive. The determination of these like-minded entrepreneurs to bring their high-quality products to market ensures that we have excellent choices available for ourselves, our families, and our community.

May is a time for growth, renewal, and vibrant, natural beauty. Throw your windows open and let in the fresh spring air! If you are fortunate enough to have a little garden space where you live, consider our amazing edible and ornamental plant starts from PlanetWise. These organic starts are from seeds that are acclimated to growing conditions in the Pacific Northwest, so whether or not you have a green thumb, you have the best chance for robust growth this season.

As the weather gets warmer, our produce departments are looking abundant with more and more beautiful offerings pouring in from our local farms. If you're thinking about adding more plants into your diet, now is a great time to do it. We're excited to share this bounty with you as well as excellent sales around the store, so come see us soon!

Be well and take care of each other,

*Lisa*

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# Three Dips Three Ways

Make the most of what's fresh! These three delicious recipes can be used as a dip, dressing or a spread. They go hand-in-hand with all of the wonderful produce rolling out of the fields and onto our shelves this season.

## Pickled Beet & Cherry Peppers

¾ cup	<b>Pacific Pickle Works</b> <b>Unbeetables Pickled Beets</b>
½ cup	<b>Jeff's Garden Hot Cherry Peppers</b>
½ tsp	garlic powder
1 tsp	ground cumin
1 Tbl	fresh mint leaves, chopped (or 1 tsp dried)
1 Tbl	olive oil
2 tsp	lemon juice (or brine from pickled beets)

Combine all ingredients into the bowl of a food processor and pulse until desired consistency is reached.\*

## Herbed Greek Yogurt

1½	cups plain Greek yogurt
2 Tbl	fresh parsley, minced
2 Tbl	fresh dill, minced
2 Tbl	shallots, minced
1 Tbl	apple cider vinegar or white wine vinegar
½ tsp	onion powder
½ tsp	garlic powder
¾ tsp	sea salt
¼ tsp	black pepper, ground

Combine all ingredients in a small bowl and mix well. Chill for 4 hours or more for maximum flavor.\*

## Carrot Tops & Basil Pesto

1 cup	leafy carrot tops, packed
1 cup	basil leaves, packed
2	large garlic cloves
½ cup	pumpkin seeds or cashews
½ tsp	sea salt
¼ tsp	black pepper, ground
¼ cup	olive oil

Place garlic cloves in food processor and run until garlic is completely minced and sticking to the sides of the bowl. Add carrot tops, basil, pumpkin seeds, salt and pepper and pulse until mixture is uniformly minced. Run the food processor on low while slowly pouring in the olive oil in a steady stream. Scrape the sides thoroughly with a rubber spatula and pulse until smooth.\*

\*To make a dressing for salads, whisk in equal parts olive oil, water and apple cider vinegar until desired consistency is reached.





# WISHGARDEN HERBS:

## *Supporting Women & Their Families*

WishGarden Herb's humble beginnings started back in the 70s with naturalist and cultural advocate, Catherine Hunziker.

Before she became a premier formulator and "radical" herbalist, Catherine was an activist. She was an environmental crusader and avid supporter of the women's rights movement and the midwifery resurgence, which involved reclaiming women's health and wellness. For Catherine, part of this movement meant getting back to the land and living a more self-sufficient, natural lifestyle.

Living off the land in the Ozarks, Catherine began learning about medicinal plants from a local herb grower in the community. She eventually moved to Colorado where she continued her plant education, taking classes with local herbalist Feather Jones and learning from herbal renaissance pioneer Michael Moore. Catherine noticed that people were craving natural solutions to everyday health problems, but they didn't have the knowledge to navigate the complex world of herb-supported healthcare. She then developed multi-herb liquid blends designed for efficacy with catchy, condition-specific names in hopes of making Herbalism approachable to a wide - and often skeptical - consumer base.

Originally created by a midwife, WishGarden fundamentally understands the unique needs of women and has developed products for all stages of a woman's life. One of their most popular top selling products, **AFTER EASE**, relaxes the spasming uterus and calms the body in the weeks following childbirth. **MONTHLY RESCUE** is a multi-strategy formula that supports the physical and emotional discomforts associated with menses; while **WISE CHANGES** is a product that supports a woman's hormonal changes as she transitions into menopause.

Decades later, WishGarden is a nationally recognized and distributed, family-run business. They craft their formulas using extensive scientific research and utilizing an effective 3-step extraction process, as well as drawing upon thousands of years of traditional use. An understanding of human physiology, lifestyle, and behavior helps them create products that meet the real needs of modern life. For example, their new formula **CHLOROPHYLL & FRIENDS** makes it easy to get your daily greens. It is a chlorophyll-based, super-charged, multi-herb liquid extract with adaptogenic and nutritive herbs such as nettles, moringa, and holy basil that enhance well-being and vitality by supporting important functions in the body.



**WishGarden is determined to restore Herbalism's rightful place in modern healthcare by making effective herbal remedies accessible to all!**

### In-Store Lecture!

Join the founder of  
Wishgarden Herbs  
for a special  
in-store herb talk.

Wednesday, May 24  
5 pm in Tacoma

Details at [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)



WISHGARDEN  
**Herbal Tinctures**  
Assorted sizes and varieties

**25% off**

In-store prices reflect discount.  
No additional discount at register.





# Happy Cinco de Mayo from Siete

Siete is family-owned and operated by all seven (Siete!) members of the Garza family. Their mission is to inspire inclusivity around the table by sharing delicious Mexican-American food in a variety of dietary offerings. It's their passion to create heritage-inspired foods with **salud y sabor**, "health and flavor," so that everyone can feel welcome in the kitchen and around the table, supported on their journey to health (whatever it looks like!), and enjoy countless meals and snacks with loved ones.

The Siete story began when Co-Founder and President, Veronica Garza, was diagnosed with several health conditions as a teenager, and had to give up some of her favorite foods, like tortillas. Because the Garza family believes **juntos es mejor**, or "together is better," all seven (Siete!) family members joined her and began their journey to health. But giving up certain foods resulted in them feeling less connected to a major part of their Mexican culture: food. The tacos they'd grown up enjoying on tortillas didn't taste the same on lettuce leaves!

Veronica wanted to create a tortilla they could all enjoy without sacrificing health, flavor, or texture. So, with her family's support, she started experimenting with innovative and better-for-you ingredients, like almond flour. She knew she had something really special when her Grandma Campos told her they tasted better than the homemade tortillas she'd been making for years.

Ever since, Siete has been using innovative ingredients—like cassava, almond flour, whole vegetables, organic beans and corn, and real spices—to make heritage-inspired foods that everyone can gather around and enjoy. They're a mission-based company with a passion for sharing real foods, gathering as an authentic community, and making people feel welcome at the table.



## Vegan Cashew Queso!

A Siete family favorite recipe, this queso pairs beautifully with chips or works wonders as a sauce.

1 cup	raw cashews
¾ cup	hot water
½ cup	pickled peppers
1 tsp	pickling liquid
	brine
3 Tbl	nutritional yeast
½ tsp	garlic powder
½ tsp	onion powder
1 tsp	chili powder
¼ tsp	cayenne powder
½ tsp	sea salt
½ tsp	tomato paste
1 Tbl	fire roasted tomatoes, diced
1 Tbl	green chilis, diced



In a high-speed blender, combine all the ingredients above except the fire roasted tomatoes and green chiles.

Blend until completely smooth. Fold in the tomatoes and green chiles.

On a stovetop, heat on low until ready to serve. You can also microwave the queso in a covered heat-safe bowl for about 1 minute, stirring occasionally. For a thinner consistency, add hot water as needed.



**value humility \* foster diversity \* love people always \* share good food!**



# Balance and Comfort for Women Through All Life Stages

by Country Life

Throughout a woman's life, she is subjected to changes in her hormone levels which can lead to uncomfortable and unwanted symptoms. Daily activities can become a challenge sometimes when she is dealing with mood swings, lack of sleep, fatigue, and a host of other discomforts.

Let's look at the four basic stages of a woman's hormone cycle:

## Stage 1: PMS (Premenstrual Syndrome)

This stage can begin when a female first starts menstruation and continue into her 40s. PMS can be mild or robust and symptoms can range from water retention, bloating, moodiness, cramps, and breast tenderness. It's estimated that as many as 3 out of 4 women have experienced some form of PMS. PMS symptoms can be severe enough to disrupt your everyday life.

## Stage 2: Perimenopause

This stage of a woman's cycle begins when hormones start to decrease. PMS symptoms may still be present but additional symptoms like hot flashes, night sweats and nervousness may also appear. These hormone changes can occur as early as a woman's 30s and continue into her 50s. It is not uncommon to have to deal with PMS and perimenopause symptoms at the same time.

## Stage 3: Menopause

Menopause is defined as the 12 months when there is no menstruation. Some of the same symptoms noticed during perimenopause (hot flashes, night sweats) are common during menopause in addition to vaginal dryness and fatigue. There can also be a decrease in libido. Menopause can happen as early as a woman's 40s and as late as her mid-60s.

## Stage 4: Post Menopause

This is month 13 and beyond after the last menstrual cycle. A woman may still be experiencing vaginal dryness, fatigue and decreased libido. The age range for post menopause can vary and the uncomfortable symptoms associated with this hormone change vary widely from woman to woman as well.

The good news is that Country Life has developed a line of products with plant-based ingredients to specifically address some of these challenges. These products are designed to give a woman the flexibility to personalize her supplementation through every stage of her life. Additionally, the products come in a convenient and discreet blister pack making it easy to slip a blister pack sleeve into a purse, brief case or travel bag. Each of the Country Life products not only lists the unique clinically tested ingredients, but also provides information on the symptoms each product was designed to support.



## PMS Rescue™

Country Life's PMS Rescue™ is thoughtfully formulated to include ingredients to provide mental and emotional support during PMS, empowering you to feel your best every day of the month.\*

## Menopause Rescue™

Country Life's Menopause Rescue™ is a multi-symptom formula that combines key clinically tested ingredients to help reduce the major difficult symptoms of menopause.\*

## Libido Rescue™

Healthy hormonal levels are critically important for maintaining energy, vitality, and vigor. Country Life's Libido Rescue™ includes a clinically tested ingredient, Libifem® fenugreek seed extract, to support female sexual health and arousal.\*

## Urinary Tract Care™

Be proactive with Country Life's Urinary Tract Care.™ It is specially formulated with natural whole cranberry fruit to support a healthy urinary tract.\*



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# Signs Your Child May Have a Sleep Related Breathing Disorder

by Dr. Carla Yamashiro

Have you noticed physical changes in your child's breathing? Perhaps they are breathing through their mouth often or their breathing is labored and loud. It's hard to know what to do in these situations and signs and symptoms of sleep related breathing disorders, also known as SRBD, often go unaddressed in children. Kids may even be experiencing negative behavior challenges due to SRBD.

How do we know what to look for? Ask your dentist! The House of Delegates adopted an official policy statement at The American Dental Association in 2017 adopted an official policy that states "Dentists are encouraged to screen patients for SRBD as part of a comprehensive medical and dental history."

## What Do I Look For?

**Sleep apnea** – You may observe your child stops breathing or gasps taking in a breath during sleep. Pediatric sleep apnea is defined by The Mayo Clinic as "a sleep disorder in which your child's breathing is partially or completely blocked repeatedly during sleep. The condition is due to narrowing or blockage of the upper airway during sleep."

**Crowded teeth** – This is when the teeth don't quite grow in properly during childhood development.

The teeth may be bunched together or growing in irregular directions. Crowded and crooked teeth are signs of jaw underdevelopment. Jaw underdevelopment can affect the upper airway structures leading to Sleep Related Breathing Disorders.

**Snoring** – We have probably all heard snoring and probably experienced a few nights of snoring ourselves. Snoring is a sign your child's breathing may be obstructing. Snoring becomes an issue when it is recurrent. It's good to talk to a dentist about snoring no matter what age a patient is.

**Teeth grinding** – Grinding their teeth could be a sign that your child is struggling to breathe. As we move our jaw back and forth, we open our airway allowing us to get more air in. However, this is not a healthy way to breathe and is damaging to our teeth!

**Inability to focus** – A dentist's office isn't always the first place parents consider for help with an issue like a lack of focus in a child. Integrative Biological Dentists are conditioned to look at the broad spectrum of potential causes of issues with children and many parents are happy to discover that they can achieve better focus for their children while working towards a healthy smile.



People are often surprised to find that these issues can be related to sleep related breathing disorders:

- ADD/ADHD
- Academic Challenges
- Arrested Growth
- Underdeveloped Jaw
- Bedwetting
- Chronic Allergies
- Aggressive Behavior
- Depression
- Mouth Breathing
- Nightmares
- Inability to Focus

## How Can My Dentist Help?

If you suspect your child has SRBD, your dentist who is knowledgeable in this area can help. Identification is the first step. A biological dentist can recognize the oral and facial structural signs of SRBD.

While children are still growing, they present us with a unique window of opportunity where we are able to simply guide their oral growth out of the root causes of jaw underdevelopment that leads to the signs and symptoms of SRBD.

*Dr. Carla Yamashiro is a biological dentist practicing holistic dentistry at Ecologic Dentistry in Bonney Lake. To request an appointment or make an inquiry, please call 253.863.7005 or visit us at [ecologicdentistry.com](http://ecologicdentistry.com).*

## Want to Learn More?

*Join us for our FREE online presentation. Call 253.863.7005 or email us at [grow@ecologicdentistry.com](mailto:grow@ecologicdentistry.com) to get on our invitation list. For other inquiries, contact us at [thenaturalchoice@ecologicdentistry.com](mailto:thenaturalchoice@ecologicdentistry.com)*





## PREBIOTICS:

# The Next Big Thing in Gut Health.

You know the importance your gut plays in your overall well-being, and likely take probiotics for support. But what about prebiotics? Keep reading to discover the next big thing in gut health from Solaray.

### A Refresher on Probiotics

Probiotics are living microorganisms naturally found in your body. They're "good" bacteria that have a beneficial effect on your health.

Though probiotics can be found from your head to your toes, the majority are located in your digestive system and are referred to as your gut microbiome. Your gut microbiome is critical to helping your body function as it should—impacting your digestion, immunity, mood, and more.

### What Are Prebiotics?

Probiotics rely on prebiotics to be able to help keep you well.\* Prebiotics are specialized plant compounds that act as a source of food for probiotics so they can thrive. Prebiotics can't be digested, which means they travel all the way to your colon, where they're fermented and used as fuel by probiotics.

As they're broken down, short-chain fatty acids such as butyric acid are created. Butyric acid plays a role in helping strengthen

your intestinal lining.<sup>†</sup> You want a strong lining that allows vitamins and minerals to leave your gut and enter your bloodstream but that keeps potentially harmful compounds out.\*

### Solaray Mycrobio™:

#### Complete Gut Support in 2 Simple Steps\*

As you can see, both prebiotics and probiotics are important for a healthy gut—and one of the best ways to care for your overall wellness is to support your gut health.

With the introduction of their new Mycrobio™ Prebiotic Powder, Solaray's science-backed Mycrobio line now offers comprehensive digestive support.\*

#### 1 Before You Probiotic, Prebiotic.

Solaray's enjoyable, non-gritty Mycrobio Prebiotic Powder—in citrus or unflavored—mixes easily into your beverage of choice so you can feed your probiotics and nourish your gut.\* Each powder features a unique blend of prebiotics with resistant starch, no inulin

or FOS, and is designed to be non-bloating and gentle on the stomach.\* They're expertly formulated to support overall digestive wellness, butyric acid production, and a healthy gut barrier.\* Solaray prebiotics are made with clinically backed ingredients you can count on. These include MyceliaGI®, a proprietary mushroom blend shown to increase butyric acid levels, along with clinically studied MICROBIOMEX® and Potatodaat®.\* They're vegan, gluten-free, made without soy, and keto-friendly.

#### 2 After You Prebiotic, Probiotic.

Solaray Mycrobio Probiotics are designed to help you meet your individual gut health goals and specially crafted with Enteric Shield® for optimal protection of cultures.\* Stomach acid is harsh on probiotic cells, but Enteric Shield VegCaps ensure probiotics arrive safely and alive.\*

Choose your favorite Solaray Mycrobio Prebiotic Powder and from seven targeted Mycrobio Probiotic formulas to create a complete gut routine that's right for you.



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

† As part of a balanced diet and healthy lifestyle.

\* Potatodaat® is a registered trademark of Lodaat, LLC; MICROBIOMEX® trademark is property of BioActor, B.V.; MyceliaGI® is a trademark of Aloha Medicinals.





# Managing Incontinence: What Really Works?

by Terry Lemerond and Michele Olson

Ever plan your route around town based on where you know there's a convenient place to get to a restroom? You are not alone. Urinary incontinence and that constant urge to go are a common issue affecting a quarter to a third of men and women in the U.S. That adds up to millions of Americans. So what's the answer for urinary incontinence that plagues so many people? There is an herbal remedy that has been used for hundreds of years that effectively stops that urgency to go, go, go!

## Not Just One Kind

Not a singular problem, there are several common forms of urinary incontinence. Stress incontinence happens when a person laughs, sneezes, or exercises—all things that can put pressure on the bladder, causing it to leak. Another problem you may have heard about or experienced is “overactive bladder”—the urge to urinate and frequently. This type disturbs everyday activities like traveling and a good night's sleep. People dealing with this issue desperately want it to stop.

## The Herb That Works

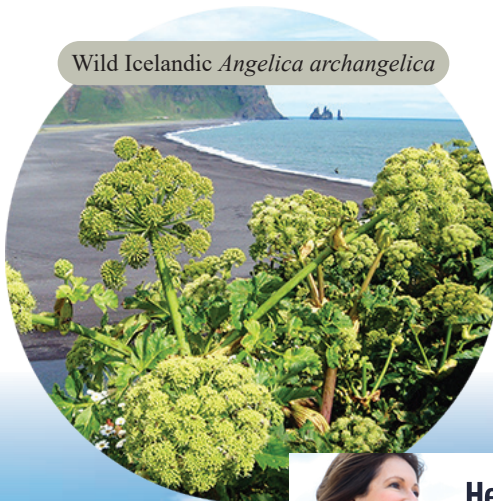
An herb called Icelandic angelica (*Angelica archangelica*) has been shown to effectively reduce urinary urgency. Researchers believe the herb's beneficial compounds become highly concentrated due to the harshness of the climate. Isoquercitrin, one of the prominent active compounds in the herb, inhibits the activity of inflammatory

molecules. Taking angelica in supplement form causes less urinary urgency and greater bladder capacity.

It works for any gender. A published clinical study with men who had reduced bladder capacity found angelica extract improved their ability to hold urine. In addition, their sleep improved three times more than those taking a placebo. For patients with the most frequent bathroom visits at night, the night time waking up for urination was reduced by 50 percent!

The good news for men and women from the study? The results were due to improved bladder strength. More good news? The angelica extract was well tolerated with no side effects. A clinically proven extract of *Angelica archangelica* can be found in supplement form as SagaPro Bladder Health by Terry Naturally, available at both Marlene's locations.

Wild Icelandic *Angelica archangelica*



## A Life Changer

Icelandic angelica is a safe, natural answer to urinary incontinence. Think about the difference it could make in your life. No more wondering where the nearest bathroom is the moment you arrive somewhere. No more continual trips to the bathroom at night when you'd rather be sleeping. No more excessively thinking about your bladder! Focus on the good things in life. Turn from frequent bathroom stops to Angelica archangelica leaf in supplement form, and find out for yourself why this has been a prized botanical in Iceland for over 1,000 years.

*Terry Lemerond is a natural health expert with over 45 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. A much sought-after speaker and accomplished author, Terry shares his wealth of experience and knowledge in health and nutrition through his educational programs, including the Terry Talks Nutrition website, newsletters, podcasts, webinars, and personal speaking engagements. His books include Seven Keys to Vibrant Health and the sequel, Seven Keys to Unlimited Personal Achievement, and his newest publication, 50+ Natural Health Secrets Proven to Change Your Life. His continual dedication, energy, and zeal are part of his on-going mission — to improve the health of America.*

Healthy Bladder Function\*  
**Confidence**  
to be  
on-the-go!  
**20% OFF**

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

**SagaPro Bladder Health**  
Supports Healthy Bladder Strength & Function  
For Men and Women  
60 Capsules  
DIETARY SUPPLEMENT  
VEGAN

**Terry Naturally**  
EuroPharmaUSA.com  
MONEY-BACK GUARANTEE

In-store prices reflect discount. No additional discount at register.



# May Events & Education

Online class registration available at: [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes).

## BEFRIENDING YOUR INNER CRITIC



with Georgie Coote,  
NBC-HWC

**Tuesday, May 9 at 5 pm**

Do you find that you are held back by your inner critic? What is that voice inside your head that fills you with fear and self-doubt?

Wellness Coach Georgie Coote

will give you tools to befriend this part of your mind so you can boldly step into the life you desire and deserve.

## BOUNDARIES FOR OVERALL HEALTH



with Lisha Song, LMHC,  
Intuitive Trauma Therapist,  
and owner of Sacred Healing Place

**Thursday, May 11 at 5 pm**

Leave your guilt at the door!  
Lisha will talk about how  
establishing boundaries is

ESSENTIAL for overall health. Learn to break out of the old paradigm and end conditioning of female submission, suppression, and servitude.

## BIO-WEARABLES FOR MENTAL HEALTH: USING CONTINUOUS GLUCOSE MONITORING TO IMPROVE MOOD DISORDERS



with Kristen Allott, ND

**Tuesday, May 16 at 5 pm**

Glucose is the primary fuel for the brain. Continuous glucose monitors are an emerging tool to improve symptoms of anxiety, depression, ADHD, and fatigue. Join Dr. Allott for more

information about this fascinating tool, and learn how to improve your mood with food in three days!

## DETOXING & THRIVING - MEDICAL THERMOGRAPHY



with Shanna Rivera, CTT and  
Linda Huxtable, ND

**Thursday, May 18 at 5 pm**

Have you received a Medical Thermography screening for optimal health? Our webinar will encourage women to put themselves first for Women's Health Awareness month! We will focus on why it's so important to analyze your health with Medical Thermography, an excellent health screening tool.



## FERMENTED HOT SAUCES



with Courtney Jafferian,  
Owner of SPLAT Hot Sauces

**Saturday, May 20 at noon  
\$25**

Whether you have experience fermenting or no idea where to start, this class will make fermenting an approachable,

fun practice and will help you dive deeper into the world of microbes. We will learn about lacto-fermentation with a focus on hot sauces - Courtney's favorite ferments! Learn techniques and troubleshooting and walk away with 3+ hot sauce recipes that will make your other condiments jealous.

## YOUR MAGICAL PERSONAL ECOSPHERE



with Ryan Bland, DC  
and Functional Medicine  
Practitioner

**Tuesday, May 23 at 5 pm**

You can heal! Dive into the depths of creating a healthy world through radical responsibility and lifestyle modifications. Join Dr.

Bland as he explores holistic options and tools to help you understand how you build or break down your magical, personal ecosphere. Create a better tomorrow with the decisions you make today!

## Special in-store lecture!

### KEEP CALM AND CARRY ON: HERBAL WELLNESS FOR WOMEN



with Catherine Hunziker  
herbalist, educator and  
founder of WishGarden Herbs

**Wednesday, May 24  
at 5 pm in Tacoma**

Midwife-founded, woman-owned  
and family-run since 1979,  
WishGarden Herbs is determined

to restore herbalism's rightful place in modern healthcare by making effective herbal remedies approachable and accessible to all. Join us to learn how expertly crafted herbal formulas can offer gentle and effective support for the unique needs of women in all life stages.

### UNDERSTANDING YOUR ANIMALS: MUTUAL HAPPINESS FOR PEOPLE AND PETS



with Lesia Alexander MA,  
HTACP, Animal Communicator  
and Energy Healer of Heart  
and Soul with Animals

**Thursday, May 25 at 5 pm**

Whether they're certified  
therapy pets or household  
companions, animals help us feel

better. However, when they're stressed, we're stressed. Have your pets close by for this fun and interesting class! Lesia will give you tools to better understand your animals, reduce stress, and discover ways to create a happier and healthier life together.



## QUICK AND DELICIOUS! GLUTEN FREE AND VEGAN MEAL PREP



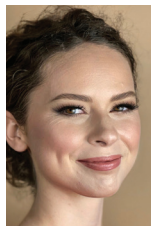
with Chef Tyrone Brown,  
Owner of Soul Ty's Custom  
Catering

**Saturday, May 27 at noon  
\$25**

Prepping healthy meals for your  
busy week sounds like a great  
idea, but many of us become

discouraged with the time and money spent only  
to fall back into less healthy habits. Join Chef Ty  
for excellent tips and tricks to turn out a week's  
worth of delicious meals quickly and easily. All  
ingredients are vegan and gluten free!

## HEALING YOUR RELATIONSHIP WITH FOOD AND BODY



with Michelle Kester, Health  
Coach and Fitness Coach

**Tuesday, May 30 at 5 pm**

Tired of going on short-term  
diets and all-or-nothing cycles?  
Most people look to diets to  
solve their eating problems, but  
true, lasting healing starts on the

inside. Join Health Coach and Personal Trainer,  
Michelle Kester, as she shares how you can break  
free forever from yo-yo dieting, overeating, binge  
eating and body shame by changing the way you  
think!

## WARM SEASON EDIBLE GARDENS



with Laura Matter, Garden  
Hotline Educator

**Saturday, June 3 at 10 am**

It's time for heat-loving crops  
to be planted! Learn how to  
care for plants that desire a little  
more specialized care. Learn  
how to choose which plants

to save to produce seed. Laura will also cover  
what you will want to consider replanting as your  
spring crops are harvested to keep your garden  
full and productive.

# COMMUNITY ARTWORK PROJECT

Hello, artists of the South Puget Sound!

In 2021, we introduced our Community Artwork Project and we are  
looking for artists to showcase.

We use the space in our Tacoma dining room to create a small forum  
for artists to reach a new audience with their work. We rotate works  
on a monthly basis to keep the atmosphere fresh and entertaining!

The artwork should complement the core values of Marlene's Market  
& Deli by contributing to an uplifting, empowering and inclusive  
environment.

We hope to truly represent our community's diversity with a  
special interest in local and emerging artists. If you think your  
artwork would be a good fit, please visit [marlenesmarket-deli.com/  
community-art-project](https://marlenesmarket-deli.com/community-art-project) for an application or email us at: [feedback@  
marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com).

Feel free to reach out with questions!



Mayumi Harris

Laurie Davenport

Annie Sweers

## BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

**Federal Way**  
**2 pm - 4 pm**

Friday, May 5  
Friday, May 19  
Friday, June 2

**Tacoma**  
**2 pm - 4 pm**

Friday, May 12  
Friday, May 26



# WELCOME TO WILE:

## Wellness for Women 40 and Beyond



Midlife should be a peak era of life, with increased knowledge, confidence and power. Yet the conventional medical industry has mostly ignored women in the perimenopause years and after.

That's why we created **Wile**.

Things change for women after 40. Stress often skyrockets as hormones start to shift, and that's long before most of us are thinking seriously about menopause. In fact, many aspects of what we consider "aging" link back to hormones and stress.

**Wile** was formulated with a female naturopathic physician to create a functional, flexible, holistic system to work for women throughout their 40s, 50s and beyond. Made with phytoestrogens and other hormonal-supporting herbs along with adaptogens and mushrooms—there's nothing artificial! These formulations target the effects of hormones and stress, and the interplay between them.

### The Foundation: Perimenopause Support

Over 40? You need this! In fact, all **Wile** products can be used in combination to meet the demands inherent in this life phase.

Perimenopause Support - This unique, daily capsule helps build a healthier baseline with support for three systems:

- **Endocrine** for overall hormonal support
- **Adrenal** for stress resilience and relief
- **Nervous system** for stress and emotional well-being

### These systems affect:

- Healthy sleep, mood and focus, which can shift early on.
- Changing periods & PMS
- Hot flashes and night sweats

### Targeting Specific Challenges

Take back your power with clinically backed, naturopath-formulated wellness:

**40+ PERIOD SUPPORT** - Eases the common but under-discussed issues of more painful periods, junior-high-level PMS, and erratic or heavy flow that can come long before we're thinking "menopause."

**WOMEN'S STRESS** - Hormonal changes can make us more susceptible to stress as well as to brain fog and distraction. This daily support builds resilience and supports mood and focus.

**HOT FLASH** - Reduces the duration, frequency and intensity of hot flashes and night sweats and the stress that comes with them.

### Fast Stress Relief? We've Got You

Designed around the most common stress responses, these tincture formulations are an ally for women who are looking for quick-acting support that are safe to use daily. Unlike gummies or other supplements,

tinctures aren't processed through the stomach and liver, so they act fast. They're great for car, purse, and desk-side.

**UN-ANGER** - for irritability. It's under-discussed, but extremely common as hormones shift. Also great for PMS. Feel grounded, soothed and in control.

**UN-WORRY** - for rumination, worry and spin. This soothes a racing heart and mind. It's also a great sleep aid.

**BURNOUT RELIEF** - for feeling fried, fragile, and over it. This relights the inner spark, turning the lights back on and increasing stress resilience.

And for those who prefer the soothing ritual of a nice, hot beverage:

**CALM & COLLECTED** - This tangy hibiscus drink mixes into hot water or tea to replace jangling nerves or stressy overdrive with focused calm. A great alternative for a mid-day slump, evening alcohol or pre-sleep cup of tea. Replace those drinks that you use to cope in the moment with a healthy, supportive blend that calms, uplifts and nourishes instead.



**Naturopath-Formulated \* 100% Plant-Derived \* Clinically Backed \* Vegan**



# The Story of Trilogy



Pioneers and experts in pure, natural plant oils and clean beauty formulations, our products work in harmony to restore your skin's natural vitality and radiance. Trilogy was founded in 2002 by two New Zealand sisters who discovered the benefits and renewing properties of their first hero product, Certified Organic Rosehip Seed Oil. This golden oil set the tone for creating a simple, easy to use skincare range – everything your skin needs and nothing it doesn't. And Trilogy has been manifesting that vision ever since.

Here at Trilogy, we are guided by four specific principles. We act with **INTEGRITY**, making our clean formulations with pure, active ingredients that are responsibly, sustainably, and ethically sourced. **AUTHENTICITY** is very important, making formulations as natural as possible, using effective, safe ingredients. We take **HONESTY** and transparency very seriously - our products do what they say they will, and we get third-party labs to carry out independent clinical trials to prove it. Taking **RESPONSIBILITY** for our actions is essential, and we work closely with our partners and suppliers to find sustainable solutions, support communities, and back causes we believe in.

In addition to being Certified Carbon Zero (since 2007!), all of our products are either certified organic or natural to USDA, BioGro or NATRUE standards - requiring more rigorous benchmarks to be met, going beyond ingredients and taking into consideration manufacturing processes, sourcing, brand ethics and company policies.

We strive to better understand ourselves, our customers and the world we live in and to help people discover their healthiest skin yet. We believe that you can build a beauty business consciously and transparently and be a force for good in an industry that often does otherwise. We back up our beliefs with steady sustainable changes year after year, working to close the loop as best we can. Recent sustainability initiatives include:

- Converting to PEFC certified cartons (Programme for the Endorsement of Forest Certification) an international sustainable forest management certification.
- Replacing formerly virgin plastic tubes with 60% post-consumer recycled plastic.
- Removing over 91,000 plastic tubes by switching key products to recyclable glass.
- Switching over 208,000 plastic spatulas per year to sustainable and biodegradable bamboo.

Ingredient innovation is a source of pride for us at Trilogy. We focus on exciting new ingredients that serve a purpose for our skin. Our Microbiome Complexion Renew Serum features post biotic technology that cares for the skin's barrier naturally. Our Vitamin C Ceramide Night Cream, which features Ceramide III - sourced from bio-fermented plant material, helps to brighten a dull complexion and support skin hydration\*. The next adventure we are taking is into upcycled ingredients, where we are integrating a unique byproduct of the culinary vanilla industry, VanilleActiv2™, that is found to increase the production of collagen type 1, while providing similar anti-aging results to retinol.^

Inspired by nature, we are driven by our passion to make a positive difference to our customers, celebrating clean natural beauty and allowing your inner glow to become the outer show.

## TERMS

^Based on ingredient manufacturer's in-vitro test comparing base creams vs. 1% VanilleActiv2 cream on a 3D human skin model over a period of 24 hours.

\*Average self-assessment results from 19 volunteers, using Vitamin C Ceramide Night Cream every evening for 4 weeks.

## TRILOGY Skin Care

Assorted sizes and varieties



In-store prices reflect discount. No additional discount at register.

# 20% off



# Suzi's Four Pillars of Skin Care

Harvesting wild elderberry and making healing salves has been a part of Suzi Kelly's family heritage since 1865! The elderberry plant and other wild harvested ingredients were used in the family recipe for a 'cure-all salve' going back several generations.

While growing up, Suzi's mother taught her how to harvest elderberry stems for salve-making. As her great grandfather had taught his children, Suzi's mother showed her how to harvest and

process plant compounds to release their healing components. The resulting salve was used to heal everything from cuts and wounds to burns and infections.

Now a Master Gardener and scientifically trained formulator, Suzi keeps four key benefits (pillars) in mind while creating effective and healing products: moisture, circulation, calming and inflammation.



## MOISTURE

Skin, as the largest organ of the human body, is our first layer of protection from things in our environment like UV radiation, heat, cold and dryness. Suzi's products are formulated to naturally attract moisture to the skin all day long. Moisture helps the skin stay supple, protected and supported and allows for favorable conditions for skin cells to renew themselves. Deeply moisturized skin has a vital, youthful glow which is something we all want!

## CIRCULATION

Suzi's bioactive products are specifically formulated to have a positive impact on the skin and to encourage circulation. Circulation is key to the normal exchange of carbon dioxide and oxygen in the body, and feeds the body with much needed oxygen.

Oxygen is a great healer in the body and it is the secret to healthy skin, muscles and joints. Without excellent circulation, our body cannot heal itself. It cannot even properly address the normal day to day stress that it experiences, and a lack of oxygen may even lead to issues with inflammation, pain and skin conditions.

## CALMING

Our skin is exposed to a variety of internal and external challenges every day. The body will sometimes respond to this by over reacting, a kind of sending in the troops or second line of defense to tackle the perceived "enemy."

When subtle irritation, environmental factors, pollens and stress lead to discomfort, we want to reach for something calming. Suzi's products are calming, with a blend of cucumber, aloe vera, calendula, chamomile, comfrey root and organic lavender to address the skin's overreaction to our environment and to stress.

## INFLAMMATION

Inflammation in the body can be a huge challenge, and is a leading cause of pain and disease. It can be a difficult challenge to manage as it often involves multiple systems and areas of the body. Suzi's products soothe inflammation in the skin and other tissues such as muscles and joints.



Need some support on your journey to healthy, vibrant skin and a more balanced life? Suzi's Lavender is here for you! Just answer a few questions about your lifestyle and goals, and Suzi will give you customized product recommendations: [suzislavender.com/pages/contact](https://suzislavender.com/pages/contact).

**Suzi's Lavender - Relief you can feel instantly!**



# hume

## Adventure inspired. Microbiome approved.

Hume Supernatural's plant-based deodorant is a powerful blend of prebiotics and probiotics, desert botanicals, and mineral-rich ingredients that work with your body — not against it — to support the skin microbiome and prevent odor before it forms.

Hume Supernatural was founded in 2020 by a group of friends who wanted to create a new category of highly effective, clean personal care products that they could feel good about. Something beyond natural — Supernatural.

Made for those who care about what they put on their skin, Hume's award-winning formulas trade the harsh chemicals and aluminum of standard deodorants for probiotic-powered, plant-based ingredients that work with your skin microbiome, not against it.

Hume = U + Me + For all Hum(e)ns. Hume is gender neutral, made for all, and always aluminum free, baking soda free, paraben free, phthalate free, gluten free, cruelty free, and vegan.

### stay dry

A trio of super absorbers anchored by mineral-rich diatomaceous earth, work in harmony to keep you dry without clogging your pits with harmful toxins.

### eliminate odor

We stop odor-causing bacteria in its tracks, unlike others that orchestrate a cover-up.

### microbiome balanced

Our cutting edge deodorizers are powered by probiotics to keep your skin healthy, happy, and smelling like sunshine.

### soothe & hydrate

The good kind of moisture: antioxidant and vitamin-rich ingredients like prickly pear, cactus flower, and coconut keep your pits feeling smooth and soft.

### clean Ingredients

Plant-based, aluminum free and baking soda free formula.



MARLENE'S SOUND OUTLOOK



**HUME  
SUPERNATURAL  
Probiotic  
Deodorant**

Assorted sizes and varieties

**30%  
off**

In-store prices reflect discount. No additional discount at register.

MAY 15



*New!*



**ALL GOOD  
Body Wash  
& Body Lotion**  
Assorted sizes and varieties

**20% off**

In-store prices reflect discount. No additional discount at register.



**SUZI'S LAVENDER  
All Natural  
Skin Care**  
Assorted sizes and varieties

**20% off**

*Gentle yet effective!*

In-store prices reflect discount. No additional discount at register.

*Locally Made!*



**GABRIEL  
COSMETICS  
All Natural  
Skin Care**  
Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**NATURULZ  
All Natural  
Pain Relief  
Creams & Roll On**  
Assorted sizes and varieties

**15% off**

In-store prices reflect discount. No additional discount at register.



**DERMA E  
Skin, Hair  
& Body Care**  
Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**ANDALOU  
Skin, Hair  
& Body Care**  
Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**SOUTH OF FRANCE  
French Milled  
Bar Soap  
& Hand Wash**  
Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**MOON VALLEY  
ORGANICS  
All Natural  
Body Care**  
Assorted sizes and varieties

**20% off**

In-store prices reflect discount. No additional discount at register.





## SOVEREIGN SILVER Immune Support

Assorted sizes and varieties

20% off

In-store prices reflect discount. No additional discount at register.



## THE ORGANIC SKIN CO All Natural Skin Care

Assorted sizes and varieties

15% off

In-store prices reflect discount. No additional discount at register.



## HERITAGE STORE Aura Glow Skin Care

Assorted sizes and varieties

35% off

In-store prices reflect discount. No additional discount at register.



## AURA CACIA Pure Essential Oils & Body Care

Assorted sizes and varieties

30% off

In-store prices reflect discount. No additional discount at register.



## PORTLAND PET Meal Pouches & Treats

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



## DR. BRONNER'S Organic Chocolate Bar

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



## ENDANGERED SPECIES Chocolate Bar

Assorted sizes and varieties



20% off

In-store prices reflect discount. No additional discount at register.



## MUNK PACK Keto Granola Bar

1.23 oz Assorted varieties Reg. \$2.69



1.89

In-store prices reflect discount. No additional discount at register.





## SIETE Chips, Cookies, Beans & Sauces

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



## CHIP MAGNET Salsa

16 oz Assorted varieties Reg. \$6.49

4.99

In-store prices reflect discount. No additional discount at register.



## KETTLE FOODS Potato Chips

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.

## PANDA Licorice

Assorted sizes and varieties



25% off

In-store prices reflect discount. No additional discount at register.



## CHICKAPEA Organic Chickpea Pasta

8 oz Assorted varieties



25% off

In-store prices reflect discount. No additional discount at register.



## WATERLOO Sparkling Water

8-pack Assorted varieties



25% off

In-store prices reflect discount. No additional discount at register.



## SWOON Zero Sugar Lemonade

12 oz Assorted varieties

Reg. \$2.65

1.69

In-store prices reflect discount. No additional discount at register.



## TONY'S Organic Coffee

Assorted sizes and varieties

Local!

20% off

In-store prices reflect discount. No additional discount at register.



Marlene's

MARKET & DELI  
shop local, eat organic



## RIOT ENERGY Organic Energy Drink

16 oz Assorted varieties Reg. \$3.49

In-store prices reflect discount. No additional discount at register.

2<sup>29</sup>



## SEAL THE SEASONS Smoothie Kits and PNW Frozen Fruit

Assorted sizes and varieties

30% off

In-store prices reflect discount. No additional discount at register.



## COSMIC BLISS Organic Plant Based Ice Cream

Assorted sizes and varieties

*Cosmically  
Delicious!*

30% off

In-store prices reflect discount. No additional discount at register.



## VAN'S Gluten Free Frozen Waffles

9 oz Assorted varieties Reg. \$5.39

3<sup>89</sup>

In-store prices reflect discount. No additional discount at register.



## PETIT POT Organic French Dessert

Assorted sizes and varieties

30% off

In-store prices reflect discount. No additional discount at register.



## CALIFIA FARMS Plant Based Coffee Creamer

Assorted sizes and varieties



25% off

In-store prices reflect discount. No additional discount at register.



## NANCY'S Whole Milk & Lowfat Yogurt

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.





## FORAGER PROJECT Organic Probiotic Cashewmilk Yogurt

28 oz Assorted varieties Reg. \$7.59

5<sup>59</sup>

In-store prices reflect discount. No additional discount at register.



## HEALTHFORCE Superfood Supplements

Assorted sizes and varieties

15% off

In-store prices reflect discount. No additional discount at register.



## VITAL PLANET Probiotics

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



## WILE Women's Wellness Supplements

Assorted sizes and varieties

*New!*

20% off

In-store prices reflect discount. No additional discount at register.



## SOLARAY Mycrobome Probiotics & Prebiotics

Assorted sizes and varieties

25% off

In-store prices reflect discount.  
No additional discount at register.





## NATURAL FACTORS Women's Health Essentials

Assorted sizes and varieties

30% off

In-store prices reflect discount. No additional discount at register.



## SUNWARRIOR Protein Powder

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



## FLORA Supplements

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



## HYALOGIC Supplements

Assorted sizes and varieties

25% off

In-store prices reflect discount. No additional discount at register.



## NORTH AMERICAN HERB & SPICE Herbal Supplements

Assorted sizes and varieties

30% off

In-store prices reflect discount. No additional discount at register.



## MEDINATURA Supplements

Assorted sizes  
and varieties

35% off

In-store prices reflect discount. No additional discount at register.



## ION Digestive Support Supplements

Assorted sizes and varieties

20% off

In-store prices reflect discount. No additional discount at register.



## IRWIN NATURALS Supplements

Assorted sizes and varieties

30% off

In-store prices reflect discount. No additional discount at register.





## RIDGECREST HERBALS Supplements

Assorted sizes and varieties

**20% off**

In-store prices reflect discount. No additional discount at register.



## HERBS ETC.

## Allergy Supplements

Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



## DR. MERCOLA Supplements

Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



## BOIRON

## Homeopathic Supplements

Reg. \$14.99

**8<sup>99</sup>**

## Seasonal Bouquets at Marlene's

Celebrate Mom with our beautiful  
floral bouquets - a blooming gift from nature!



**30%  
OFF**

## NEW SOLGAR® PROBIOTICS

OFFER BENEFITS BEYOND DIGESTIVE SUPPORT\*

In-store prices reflect discount. No additional discount at register.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



*New!*

## REDD REMEDIES Women's Health Supplements

Assorted sizes and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



# May Calendar of Events

All May classes will be held online.  
Class registration at:  
[marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm	6
<b>Super Senior Sunday</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above!	<b>Uniform Monday</b> 10% off to all firefighters, police and military!	<b>Befriending Your Inner Critic</b> with Georgie Coote, NBC-HWC 5 pm		<b>Boundaries for Overall Health</b> with Lisha Song, LMHC, Intuitive Trauma Therapist, and owner of Sacred Healing Place 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm	13
7	8	9	10	11	12	
		<b>Bio-Wearables for Mental Health: Using Continuous Glucose Monitoring to Improve Mood Disorders</b> with Kristen Allott, ND 5 pm		<b>Detoxing &amp; Thriving - Medical Thermography</b> with Shanna Rivera, CTT and Linda Huxtable, ND 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm	<b>Fermented Hot Sauces</b> with Courtney Jafferian, Owner of SPLAT Hot Sauces \$25, noon
14	15	16	17	18	19	20
		<b>Your Magical Personal Ecosphere</b> with Ryan Bland, DC and Functional Medicine Practitioner 5 pm	<b>Special In-Store Lecture! Keep Calm and Carry On: Herbal Wellness for Women</b> with Catherine Hunziker of WishGarden Herbs 5 pm Tacoma	<b>Understanding Your Animals: Mutual Happiness for People and Pets</b> with Lesia Alexander MA, HTACP, Animal Communicator and Energy Healer of Heart and Soul with Animals 5 pm	<b>Beer, Wine &amp; Spirits Tasting</b> Tacoma 2 pm - 4 pm	<b>Quick and Delicious! Gluten Free and Vegan Meal Prep</b> with Chef Tyrone Brown, Owner of Soul Ty's Custom Catering \$25, noon
21	22	23	24	25	26	27
		<b>Healing Your Relationship with Food and Body</b> with Michelle Kester, Health Coach and Fitness Coach 5 pm			<b>Beer, Wine &amp; Spirits Tasting</b> Federal Way 2 pm - 4 pm	<b>Warm Season Edible Gardens</b> with Laura Matter, Garden Hotline Educator 10 am
28	29	30	31	June 1	2	3

## BODYWORK SCHEDULE

### TACOMA

Vitamin B and glutathione shots  
with Voda Health

Tuesday, 10 am - 2 pm

401.217.9902

Text "HERE" when you arrive.

You will be notified when it is your turn.

**Iridology & Sclerology** with Nancy Seals

4th Sunday, 11 am - 4 pm

360.556.3556

### FEDERAL WAY

Vitamin B and glutathione shots  
with Voda Health

Wednesday, 11 am - 3 pm

401.217.9902

Text "HERE" when you arrive.

You will be notified when it is your turn.

**Seated Massage** with Erica Seter

Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm

Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

Reservations may be required.





### FEDERAL WAY

2565 S. Gateway Center Place  
253.839.0933

Monday – Saturday 8 am – 8 pm  
Sunday 9 am – 7 pm

#### Deli Hours

Monday – Saturday 8 am – 4 pm  
Sunday 9 am – 4 pm

Grab and go options available until closing.

### TACOMA

2951 S. 38th Street  
253.472.4080

Monday – Saturday 8 am – 8 pm  
Sunday 9 am – 7 pm

#### Deli Hours

Monday – Saturday 8 am – 6 pm  
Sunday 9 am – 6 pm

Grab and go options available until closing.

We value your suggestions and feedback!  
Write to us at: [feedback@marlenesmarket-deli.com](mailto:feedback@marlenesmarket-deli.com)



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- ☐ Please send me Sound Outlook by POST (regular mail) ONLY  
☐ Please send me Sound Outlook by EMAIL ONLY  
☐ Please send me Sound Outlook BY POST AND EMAIL

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

May 2023

If you have already signed up for Sound Outlook, you will continue to receive a free issue in the mail every month. If you have not signed up and would like to receive this free publication regularly, complete this form and return to us, or sign up online at [marlenesmarket-deli.com](http://marlenesmarket-deli.com).

To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!

## Give your garden a leaf up with starts from PlanetWise Plants!

PlanetWise Plants are beautiful, healthy bedding plants grown in a low impact manner for gardeners who care about our environment. It starts with organic potting mix that contains compost with beneficial microorganisms that produce strong root systems, which help our plants thrive. Available varieties are suited to our area and climate. A strong belief in diversity shows in the many heirloom and new varieties offered.

PlanetWise Plants organic and sustainable growing practices also include:

- the use of organic and natural fertilizers and liquid compost
- beneficial insects and biological and botanical pesticides
- energy and water conservation with computerized greenhouse controls

Whether you choose our organically grown vegetable and herb starts or our sustainably grown flowers you can be sure PlanetWise Plants are produced in a way to suit your conscience and green our world.

