



Marlene's™
— NATURAL FOODS & DELI —

SOUND OUTLOOK

April 2025

Creamy Pea & Potato Soup | Earth Day Deals

Organic • Plant-Based • Gluten-Free • Non-GMO • Dairy-Free • Vegan • Locally Sourced
Sustainable • Fair Trade • Ethical Sourcing • Fresh • Eco-Friendly • Whole Ingredients



Welcome spring with this vibrant, creamy pea and potato soup—a perfect blend of fresh peas, tender potatoes, and aromatic herbs. This silky, nutrient-packed soup is light yet comforting, making it an ideal transition from cozy winter meals to bright spring flavors. Garnish with crisp broccolini, toasted almonds, and a drizzle of olive oil for an elegant, nourishing dish.

- 2 Tbs Lassens Organic Olive Oil
- 1 small organic onion, diced
- 2 cloves organic garlic, minced
- 3 medium organic Yukon gold potatoes, peeled & diced
- 4 cups vegetable broth
- 2 cups fresh or frozen organic peas
- ½ tsp salt (adjust to taste)
- ¼ tsp black pepper
- ½ tsp dried thyme or 1 tsp fresh thyme
- ½ cup Lassens Organic Coconut Milk
- Juice of ½ lemon
- Optional toppings: sautéed broccolini, toasted almonds, red pepper flakes, olive oil

Heat olive oil in a large pot over medium heat. Sauté onion until soft, about 3 minutes. Add garlic and cook for another minute.

Add diced potatoes, vegetable broth, salt, pepper, and thyme. Bring to a boil, then reduce heat and simmer for 15 minutes, or until potatoes are fork-tender.

Stir in the peas and cook for 2-3 more minutes until bright green.

Blend the soup using an immersion blender (or carefully in a regular blender) until smooth. Stir in coconut milk or cream and lemon juice. Adjust seasoning if needed.

Serve warm, garnished with sautéed broccolini, toasted almonds, and a drizzle of olive oil.

Enjoy this fresh and creamy spring soup—simple, nourishing, and packed with flavor!



UNLOCK THE POWER OF FERMENTED HERBAL WELLNESS



with Irene Pauline Humpelstetter, Educator for Living Alchemy

Thursday, April 17 at 6 pm PST 4 pm HST Online

Join us for an enlightening session with Living Alchemy, a brand dedicated to harnessing the power of fermentation and whole-food herbs for optimal health. Learn how their unique Kefir-Kombucha fermentation process enhances nutrient absorption, supports gut health, and promotes overall well-being. Discover natural solutions for vitality and balance!

FOODSCAPING: TURN YOUR YARD INTO AN EDIBLE OASIS



with Anna Markee, Owner/Designer of Markee Ecological Garden Design

Tuesday, April 22 at 6 pm PST 4 pm HST Online

Transform your yard into a thriving edible landscape! Just in time for Earth Day, join Anna Markee of Markee Ecological Garden Design to learn how to grow food beautifully in any climate. Get expert design tips, planning and planting strategies, and resources to create a productive, sustainable garden that supports both you and the planet.



COULD A HIDDEN INFECTION BE SABOTAGING YOUR WELL-BEING?



with Ryan Bland, DC

Thursday, April 29 at 6 pm PST 4 pm HST Online

Join Dr. Ryan Bland for an eye-opening discussion on hidden infections—the stealthy culprits behind chronic fatigue, inflammation, and other stubborn health issues. Learn how these infections evade detection, impact overall wellness, and what you can do to uncover and address them naturally. Don't miss this chance to gain insights into holistic strategies for lasting health and vitality!

REGISTER ONLINE!
MARLENESMARKET-DELI.COM/CLASSES



AMERICAN HEALTH & SOLGAR

Collagen Hyaluronic Acid Complex

30 ct.

\$17⁹⁹



Additional items on SALE!

Also on sale: Ester-C 500mg With Citrus Bioflavonoids, 120 ct. **\$14.99**

DESERT ESSENCE

Tea Tree Oil Whitening Plus Toothpaste Cool Mint

6.25 oz.

\$6⁴⁹



Additional items on SALE!

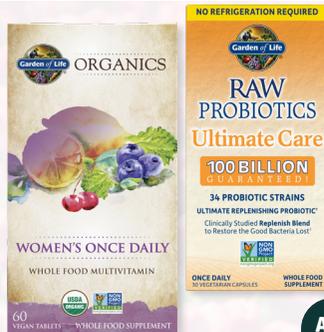
Also on sale: Tea Tree Oil Whitening Plus Mouthwash Cool Mint, 16 oz. **\$7.99**

GARDEN OF LIFE

Organics Women's Once Daily Whole Food Multivitamin

60 ct.

\$39⁹⁹



Additional items on SALE!

Also on sale: Raw Probiotics Ultimate Care 100 Billion, 30 ct. **\$41.99**

GIOVANNI

Biotin & Collagen Strengthening Shampoo

13.5 oz.

\$10⁴⁹



Also on sale: Smoothing Castor Oil Shampoo, 13.5 oz. **\$10.49**

HOST DEFENSE

Mycobotanicals Brain

60 ct.

\$23⁹⁹



LIVING ALCHEMY

Organic Your Flora Probiotic Regensis

60 ct.

\$34⁴⁹



Additional items on SALE!

Also on sale: Organic Fermented Black Garlic Alive Cardiovascular Support, 60 ct. **\$26.99**

MICKELBERRY GARDENS

Throat & Lung Honey Tonic

4 oz.

\$11⁹⁹



Additional items on SALE!

Also on sale: Honey Propolis Soothing Throat Spray, 2 oz. **\$10.99**

NORDIC NATURALS

Ultimate Omega Lemon Flavor

180 ct.

\$56⁹⁹



Additional items on SALE!

Also on sale: Ultimate Omega Lemon Flavor, 120 ct. **\$40.49**

WHITE LEAF PROVISIONS

Pear Banana
Kiwi Baby Food

3.2 oz.

\$1.49



C2O

Original Organic
Coconut Water

16.9 oz.

\$2.49



LAKEWOOD

Organic
Beet Juice

32 oz.

\$5.89

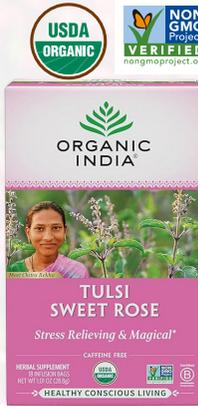


ORGANIC INDIA

Tulsi Sweet Rose
Caffeine-Free Tea

18 bags

\$4.89



POPPI

Strawberry
Lemonade
Prebiotic Soda

4 pk.

\$7.99



ROAR BEVERAGES

Cucumber
Watermelon
Electrolyte
Infusion

18 oz.

\$1.99



SLATE



Mocha Latte
Protein Coffee

11 fl. oz.

\$2.89

STEAZ



Peach Green Tea

16 oz.

\$1.89



VITA COCO



Coconut Water

16.9 oz.

\$2.39

SAMBAZON



Açaí Smoothie
4-Pack

14 oz.

\$5.99



PROUD SOURCE WATER



Rocky Mountain
Spring Water

25.3 oz.

\$2.69

L&A JUICE



100%
Cranberry Juice

1 qt.

\$8.19

SO GOOD SO YOU



Immunity Shot

1.7 oz.

\$2.99

UNITED SODAS OF AMERICA



Young Mango Soda

12 oz.

\$1.89

FOUR SIGMATIC

Organic
Coconut
Vanilla
Creamer

4.23 oz.

\$9⁹⁹



CALIFIA FARMS

Unsweetened
Almond Milk

48 oz.

\$4⁸⁹



HOUSE FOODS

Organic Extra
Firm Tofu

12 oz.

\$3¹⁹



KITE HILL

Plain Dairy-Free
Cream Cheese

8 oz.

\$5⁹⁹



NANCY'S

Whole Milk
Plain Greek
Yogurt

24 oz.

\$6⁹⁹



CASCADIAN FARM

Organic
Cherries

32 oz.

\$13⁷⁹



LITTLE NORTHERN BAKEHOUSE

Gluten-Free
Millet & Chia
Bread

16 oz.

\$5⁴⁹



NOOSA

Blueberry Yoghurt

8 oz.

\$2³⁹



SCHÄR

Gluten-Free
Ciabatta Rolls

3.5 oz.

\$5¹⁹



ANNIE'S NATURALS

Caesar Dressing

8 oz.

\$4⁴⁹



PATAGONIA

Sourdough Sea
Salt Crackers

4.4 oz.

\$4⁸⁹



These crisp, delicious sourdough crackers are perfect for dipping, topping, and pairing with your favorite spreads or snacks. Better yet, they're made with Regenerative Organic Certified wheat from Washington State that helps build healthy soil, healthy ecosystems and healthy communities.



We ♥
EARTH DAY

Week Long Deals
& 3X on Lassens Products

April 21 - 26, 2025

CASCADIAN FARM

Cinnamon
Crunch Cereal

9.2 oz.



\$3.99



LA TOURANGELLE

Extra Virgin Olive Oil

750 ml.



\$18.99



DAVE'S GOURMET

Creamy Jalapeño
Hot Sauce

32 oz.

\$4.99



FELICETTI

Organic
Cavatappi Pasta

16.01 oz.

\$2.99



COMVITA

Honey Multifloral
MGO 50

8.8 oz.

\$11.79



LILY'S SWEETS

Dark Chocolate
Baking Chips
with Stevia

9 oz.

\$7.19



LUNDBERG

Organic White
Jasmine Rice

2 lb.

\$6.99



MILTON'S

Organic Multigrain
Crackers

6 oz.

\$3.49



MUIR GLEN

Organic Whole
Peeled Tomatoes

28 oz.

\$2.79



SCHÄR

Gluten-Free
Table Crackers

7.4 oz.

\$4.99



SIMPLY ORGANIC

Organic Ceylon
Cinnamon

2.1 oz.

\$7.99



NATURE'S PATH

Organic Mesa
Sunrise Cereal

26.4 oz.

\$7.49



ANNIE'S HOMEGROWN

Shells & White
Cheddar Macaroni
& Cheese

6 oz.

\$1.49



ANNIE'S HOMEGROWN

Organic Cheddar
Cheesy Smiles

4 oz.

\$3.89

CHOCXO

Dark Chocolate
Coconut Cups

3.45 oz.



\$5.69

G2G PROTEIN BAR

Peanut Butter
Chocolate Chip

2.47 oz.



\$2.79

BITCHIN' SAUCE

Original
Almond Dip

8 oz.



\$5.19

ITHACA

Classic Hummus

10 oz.



\$3.99

LOVE CORN

Sea Salt
Roasted Corn

4 oz.



\$3.29

PIPCORN

Cheddar
Crunchies

7 oz.



\$3.99



LOTUS FOODS

Millet & Brown
Rice Ramen

10 oz.

\$4.99

GEAR HUGGER

Multipurpose
Lubricant Can

11 oz.

\$8.99

Gear Hugger offers a plant-based, non-toxic multipurpose lubricant that protects, cleans, and reduces friction—eco-friendly performance without harsh chemicals for home, outdoor, and gear maintenance.



THE NEW PRIMAL

Original Beef
Jerky Stick

1 oz.

\$1.69



FULLGREEN

Riced
Cauliflower

7.05 oz.

\$3.19

IF YOU CARE

Parchment
Paper

70 sq. ft.

\$4.99

If You Care creates eco-friendly, high-performance household products with a commitment to sustainability. From compostable bags to unbleached paper, they prioritize minimal waste and maximum responsibility.



SEVENTH GENERATION

Lavender Mint
Dish Liquid

19 oz.

\$3.69

Marlene's™

— NATURAL FOODS & DELI —

FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

Monday - Saturday 8 am - 8 pm
Sunday Closed

Deli Hours

Monday - Saturday 8 am - 8 pm
Sunday Closed

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

Monday - Saturday 8 am - 8 pm
Sunday Closed

Deli Hours

Monday - Saturday 8 am - 8 pm
Sunday Closed

Grab and go options available until closing.



This newsletter is printed on paper made from 100% sustainable fiber with vegetable based inks. Please recycle this newsletter by giving it to a friend!

COMMUNITY PLUS

LOYALTY PROGRAM

Get rewarded for shopping with us!

- Exclusive promotions
- Hassle-free receiptless returns
- 10% off non-promo supplements and body care for seniors
- Earn 1% credit toward future purchases • & more!



Scan to sign up today!

SIMPLE MILLS

Rosemary & Sea Salt Crackers

4.25 oz.

\$5⁶⁹



Simple Mills Rosemary & Sea Salt Crackers are crisp, crunchy, and full of real ingredients like almonds and flaxseeds. Perfect for snacking or pairing!