

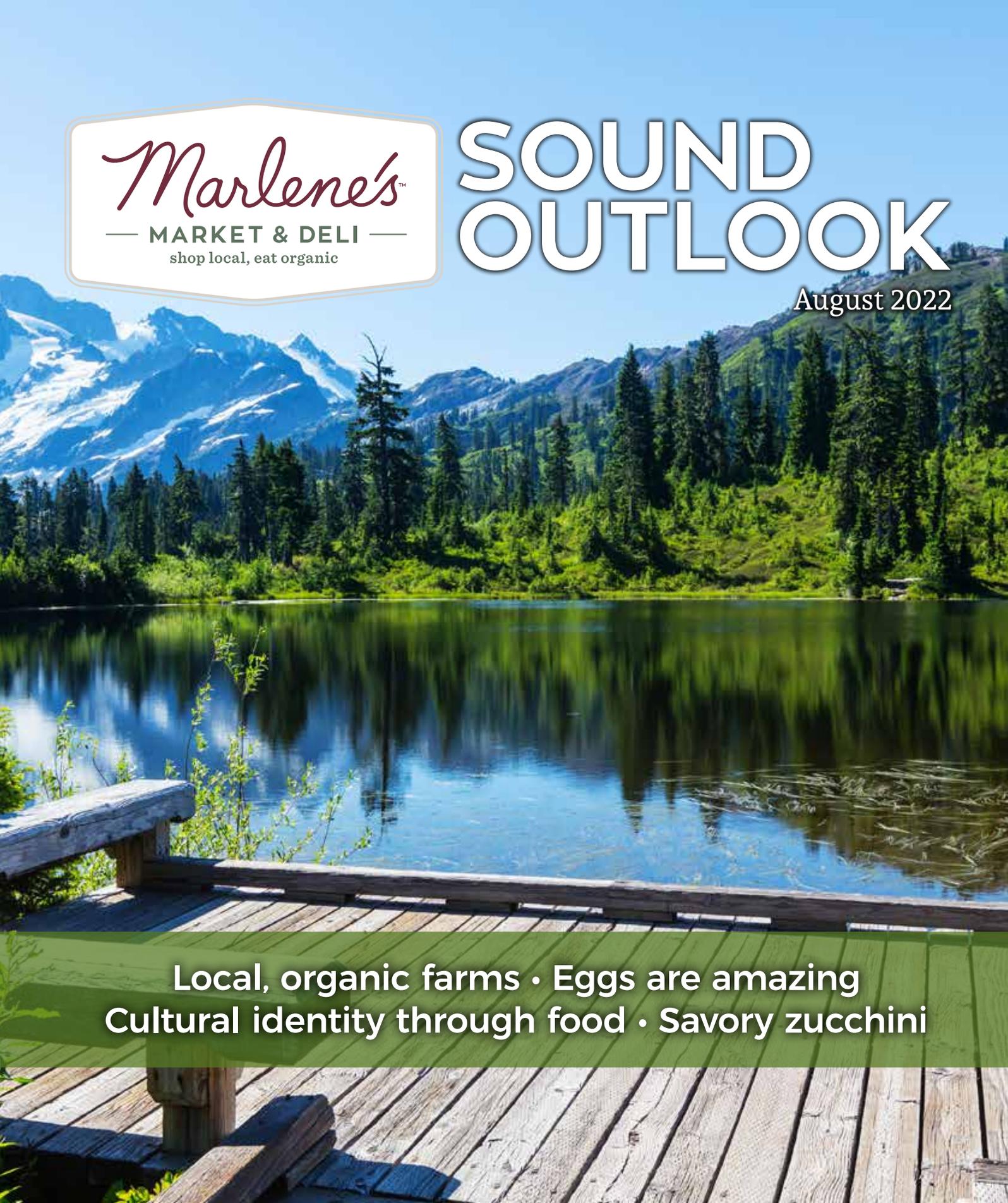
The logo for Marlene's Market & Deli is contained within a white, rounded rectangular frame with a thin gold border. The word "Marlene's" is written in a dark red, cursive script font. Below it, the words "MARKET & DELI" are written in a dark green, sans-serif, all-caps font, flanked by two horizontal lines. At the bottom of the frame, the tagline "shop local, eat organic" is written in a smaller, dark green, sans-serif font.

Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

August 2022

The background of the entire page is a vibrant landscape photograph. In the foreground, a wooden deck with weathered planks and a railing is visible. Beyond the deck is a calm lake that perfectly reflects the surrounding environment. The middle ground is filled with a dense forest of tall, green evergreen trees. In the background, majestic mountains with patches of snow rise against a clear, bright blue sky.

Local, organic farms • Eggs are amazing
Cultural identity through food • Savory zucchini



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A Letter From Us

Greetings to you in the golden month of summer! We may get lucky (as we frequently do in the Puget Sound region) and have one of those glorious, lengthy and mild autumns that gently let go of summer bit by bit. We can hope!

But right now, we're still enjoying our beautiful summer and here at Marlene's we want to spoil you with gorgeous stone fruits, succulent melons and a wonderful bounty of greens and veggies from organic farms around the Pacific Northwest. If you're planning barbecues, outings and get-togethers to squeeze every last bit of summer out of August, we have the very best produce, and we can't wait to share it all with you.

For those with school-age kids, it's time to start preparing them for the classroom! Here are a few things to consider for your checklist:

- Ease back into a sleep schedule
- Have healthy meal and snack options available
- Yearly physical by your healthcare provider
- Supplements for a calm, sharp mind
- Supplements for nutrition and wellness

If you haven't yet explored our gummy and liquid options for kids, we encourage you to visit our supplements section. They're so convenient and pleasant tasting, there's no struggle to get kids to take them. In fact, there's a wide variety of excellent quality liquid and gummy supplements for adults, too. Be sure to remember yourself when you're taking care of everyone else! Marlene would certainly approve. Wink, wink.

Enjoy these days, and we'll see you at Marlene's!

Lisa

Sound Outlook Coordinator | Jeanne Logman | jeanne@marlenesmarket-deli.com
Design | Kobalt Design Group

Education Coordinator | Elizabeth Ashbrook | classhost@marlenesmarket-deli.com
Questions or comments? Contact us at feedback@marlenesmarket-deli.com.

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marlenesmarket-deli.com



Dr. Carla Yamashiro
thenaturalchoice@ecologicdentistry.com

ecologic dentistry
THE NATURAL CHOICE

**Want to breathe, sleep and thrive?
Grow with us!**

email us at grow@ecologicdentistry.com for
your invitation to our free online presentation!

Watermelon and Tomato Salad

A refreshing combination of delicious summer produce and herbs!

Sweet, tangy, cooling and satisfying with a hint of salt, this salad hits all the right notes. The key is to have the sweetest ripe watermelon you can find. You can use any kind of tomato at its peak, but the intense flavors of cherry tomatoes are very reliable here. If you use yellow or orange cherry tomatoes, the colors really pop and become a feast for the eyes as well!

- 5 cups watermelon, cubed
- 1 pint cherry or grape tomatoes, halved
- ½ red onion, quartered and thin-sliced
- ½ cup basil leaves, sliced into ribbons
- ¼ cup mint leaves, sliced into ribbons
- ½ cup feta, crumbled
- 1 lime, juiced and zested
- 4 cups arugula
- Black pepper to taste

In a large bowl, combine watermelon, tomatoes, red onion, basil, mint and feta. Gently toss. Sprinkle lime juice and zest evenly over mixture. Sprinkle arugula over mixture and gently toss until thoroughly combined. Arrange salad on individual plates. Top with cracked black pepper and serve.



Our Top Supplements to Support a Healthy Back-To-School

by Audrey Ross of Country Life

Join Audrey online!
Top 5 Supplements
to Support a Healthy
Back-to-School
Tuesday, August 16 at
5 pm
Details at marlenesmarket-deli.com/classes



Going back to school after the summer break can sometimes be a little stressful. Getting back into that school routine with classes, homework and extra-curricular activities can be an adjustment and sometimes even a challenge. In preparation for that new school year starting, let's think about what can be done to support the body and *Power Your Greatness!*

First and foremost, examine digestive health. Without a properly functioning digestive system, it's hard for the body to absorb and utilize nutrients from even the highest quality food or supplements. There is an amazing researched ingredient, Epicor®¹, a whole food fermentate, that has been shown to increase the levels of butyrate in the gut as well as support a balanced microbiome.* It has also been identified as an immune modulator to support the immune system.* Country Life Vitamins has an exceptional product, **Gut Connection Digestive Balance**, that includes Epicor® 1 as well as the ingredients PreticX™², Benegut®³ and Actazin™⁴, all providing support for the digestive tract.*

Now, with new lessons to learn and needing to stay focused as the school year begins, there are many options to support brain health and short-term memory and recall. Many of us have heard of DHA and how important it is for brain support. In the **Sharp Thought** product there is also an ingredient, Sharp PS® Gold⁵, a conjugated



phosphatidylserine and DHA, that is clinically shown to support memory, faster recall, and increased mental clarity.* The Country Life Dolphin Pals DHA and Sharp Thought products can provide you with these wonderful nutrients for your brain.

Need some energy? Enter **Co-Enzyme B Complex**. Yes, B Vitamins, essential water-soluble nutrients, are important for energy production and a whole lot more.* Co-Enzyme means “body ready” or “metabolically active” allowing the body to utilize this important group of vitamins.* When taking a B complex supplement check to make sure you see all 7 of the coenzyme Bs on the supplement facts panel.

What about a multivitamin? You may strive for a healthy, well-balanced diet, but that doesn't always happen. And you've probably heard that taking a multivitamin is a good idea just to “fill in the gaps” in case some nutrients may be lacking here and there. Taking a multivitamin supplement can help. When selecting your multi you should look for something that would have a food base or be a whole food multi. Getting the right nutrients in the body is important for *Powering Your Greatness!*

Finally, as autumn arrives, and there is less daylight available, considering a **Vitamin D** supplement is a good option. Vitamin D has many functions, including supporting the immune system and brain health.* Most health care providers can check Vitamin D levels with a simple blood test to determine if there's a need for supplementation.



Powering Your Greatness to a Healthy Back-to-School starts with Country Life Vitamins!

1 EpiCor® is a registered trademark of Embria Health Sciences, LLC.

2 PreticX™ is a TM of AIDP Inc.

3 Benegut® is a registered trademark of Vital Solutions GmbH, Germany.

4 Actazin™ is a trademark of Anagenix Ltd.

5 Sharp PS® is a registered trademark of Frutarom.

*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.

Eggs:

Nature's Perfect Food Is Hard to Beat

by Jeanne Logman, CNT



After experiencing a really negative rap in the 1970s, eggs are now viewed as a nutritional tour de force. Rich in protein, healthy fats, growth factors and nutrients, a 2-ounce egg has the ideal composition to convert a single cell into an entire chick in about three weeks!

But What About Cholesterol?

Years ago, the cholesterol content of eggs seemed to be a concern for people with heart disease or those who risked developing it. It is now understood that people with genetic disorders like hypercholesterolemia may need to minimize or avoid consuming eggs, but for others, eggs have little to no effect on cholesterol levels. In fact, omega-3 rich pastured eggs can be helpful to actually reduce potentially harmful LDL levels and raise beneficial HDL levels. The amount of choline and lecithin in the egg helps to break down fats and convert them to useful fuel for tissue-building and energy.

Don't Skip the Yolk!

Many people have had the idea hammered into their minds that egg whites are good, egg yolks are bad. Please make peace with idea of keeping those yolks!

While there's nothing the matter with egg whites, they are almost strictly protein with few other nutrients. The beauty of the egg resides in its vibrant, nutrient-dense yolk and it is an essential component of what makes it such an excellent food. Whole eggs are the best eggs for flavor and nourishment.

What's in an Egg?

The single average Grade A egg contains:

6 grams of protein

5 grams of healthy fats

126 mg choline

77 calories

vitamin B2 - 15% of the RDA

vitamin B5 - 7% of the RDA

vitamin B12 - 9% of the RDA

folate - 5% of the RDA

vitamin A - 6% of the RDA

phosphorous - 9% of the RDA

selenium - 22% of the RDA

a significant amount of vitamin D, vitamin E, vitamin K, vitamin B6, calcium and zinc



That's a lot to cluck about.

And there's more: eggs are one of the highest-quality, but least expensive, animal proteins you can purchase. The next time you're at Marlene's, look for pastured, free range and organically fed eggs from happy hens. Pick up a dozen and let's get cracking!



Locally Raised!
Certified Humane!



WILCOX FAMILY
FARMS
Pasture Raised
Omega-3
Brown Eggs

Dozen
Reg. \$6.89

\$5⁴⁹

GATHERING AROUND THE IMMIGRANT'S TABLE

by Celiane Widmer-Limes, author of *The Immigrant's Table: Women's Stories and Recipes*

"I also miss the mountains and rivers of my childhood. I miss my old friends. So, I return now and then, when I cannot still the longing of my heart. The funny thing is, the moment I am in one country, I am homesick for the other."

I remember reading these lines from Allen Say's "Grandfather's Journey" picture book. It defined how I felt as a foreign-born person in America, being in one country while longing for the other.

These are the roots of the idea for my book "The Immigrant's Table."

I began to think about the ways in which my heritage is reflected in my cooking. I grew up in Switzerland, and the way I prepare meals – even something as simple as a daily lunch – differs from traditional American families as a result of my country of origin, my travels and experiences. I wondered about the lives of other women who were born abroad. When they came here, did their cooking evolve? Was food a way to maintain their cultural heritage or to adapt to a new place? How did they feed their own families? How did they adjust to this new culture?

Home cooking plays a distinct role in our cultural identity. I chose to focus on food as a way to explore how it brings people together while still representing our individual families, traditions and cultures. Even when people adopt new customs, languages, clothing or habits, many keep their culinary tastes and preferences and pass them on to their children.

I often spoke about my idea to my husband. In 2015, he offered me a small voice recorder for Christmas. It gave me the initial courage to approach Donna, the first woman whose story I share in my book. I knew she was planning to return to Australia after living in the United States for 35 years, so I took the opportunity to interview her.



Join Celiane and
guest online!
**The Immigrant's Table: A
Cultural Culinary Experience**
Saturday, August 20
at noon
\$25
Details at
[marlenesmarket-deli.com/
classes](http://marlenesmarket-deli.com/classes).

Soon after, I began to reach out to friends, acquaintances and neighbors. Then I asked my husband's coworkers, parents from my sons' soccer teams, people I met in grocery stores, restaurants, various shops or other public places. I started to get comfortable telling total strangers about my project and asking if they were interested in participating. I was rejected so many times that it was no longer a big deal!

In total, 27 women shared their stories and recipes with me. Like me, they were born outside of the United States. Each chapter begins with a narrative of their early lives and the culinary traditions of their home countries. They described their transition to living in America, from their reasons for coming to their first impressions of this country and now their current perspectives. *The Immigrant's Table* reveals who they have become through their individual journeys.

I hope my book will spark conversations and help bring people together. It highlights the importance of community and connection by exploring our diversity and heritage. I have listened, laughed and been moved to tears, but most of all I have been humbled and inspired by these women. I want people to know about them, their struggles and their victories. These women have different stories, but all of them are overcomers, all of them are generous and strong.

Celiane Widmer-Limes has spent her whole life fascinated by other cultures' histories and culinary traditions. She grew up in Switzerland and has traveled extensively through Europe, Southeast Asia, Eastern Africa and South America. She resides in Washington State with her husband and three sons.

August Events & Education

All August classes will be held online. Register at: marlenesmarket-deli.com/classes

DEHYDRATION NATION: TOP TIPS ON HOW TO HYDRATE



with Lisa Shank, Symphony Natural Health Educator
Thursday, August 4 at 5 pm

It has been estimated that 75% of Americans are chronically dehydrated. Since our bodies are 60-70% water, going too low can have health consequences.

In this webinar, you will learn the science of hydration and ways to help your body to function optimally through water and balanced salts. Join Lisa as she discusses practical tips, the role of minerals, pH, time of day to drink the water, how much to drink, and more!

FERMENTED HOT SAUCES



with Courtney Jafferian, Owner of SPLAT Hot Sauces
Saturday, August 6 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.

UNDERSTANDING YOUR ANIMALS



with Lesia Alexander, Animal Communicator
Thursday, August 9 at 5 pm

Do you wonder what your pets are thinking? Do you wish you could if they understand you? Discover tips and techniques to support the relationship

you have with your pets. Learn new ways to understand your animals and experience new ways of relating to them. Have your pet or photo of them handy.

PERFECT PIEROGI



with Gracie Schatz, Founder of HOW Cooking School
Saturday, August 13 at 2 pm \$25

Pierogi are a Central and Eastern European dumpling and a comfort food. Gracie will teach you two savory varieties: a classic potato and dill filling and a winter squash and caraway pierogi.

MARLENE'S SOUND OUTLOOK

Topped with sour cream and caramelized onions, these little pockets of joy are deeply satisfying, easy to make and they freeze incredibly well!

TOP 5 SUPPLEMENTS TO SUPPORT A HEALTHY BACK-TO-SCHOOL



with Audrey Ross, Country Life Educator
Tuesday, August 16 at 5 pm

Learn about 5 key areas of supplementation that are important for supporting your children's health and well-being as you prepare for the new school year. Join Audrey as she discusses digestive health, brain health, maintaining energy throughout the day, and the role of multivitamins and vitamin D.

THE IMMIGRANT'S TABLE - A CULTURAL CULINARY EXPERIENCE



with Céliane Widmer-Limes, author and Midori Tan
Saturday, August 20 at noon \$25

Meet some of the women featured in the "Immigrant's Table, Stories and Recipes" and learn about their culinary heritage. Your registration fee also includes a copy of Céliane's book! Céliane will prepare Bircher Muesli, a traditional Swiss dish of oats, milk, fruits and nuts often served for breakfast.

Midori will prepare Chirashizushi a classic Japanese dish with vinegar rice known as scattered sushi. A bright and colorful dish eaten on special occasions.

*All proceeds will be donated to Elizabeth Gregory Home 501(c) 3 nonprofit organization.

It will be a delicious way to explore the world and support your community!

SIMPLE, SENSATIONAL SAUERKRAUT & OTHER FERMENTED VEGETABLES



with Cathy Raymer, Holistic Health Coach and Chef
Tuesday, August 23 at 2 pm \$25

After the growing season has finished, fermentation is an age-old tradition used around the world for preserving. Not only does this method extend the life of food, it can actually maximize its digestibility and nourishment! This

class is for anyone, whether you are a first-time sauerkraut maker or a seasoned fermenter. Cathy will cover the basics and then encourage you creatively with a variety of vegetables, herbs and spices to create delicious combinations. Support great gut health with excellent flavors!

EARLY BIRD FARM: HAPPY HENS MAKE GREAT EGGS



with Rawley Johnson, Farmer and Co-owner of Early Bird Farm
Thursday, August 25 at 5 pm

Rawley Johnson grows 2 acres of vegetables and raises 500 egg laying hens on his small farm in the Puyallup valley. Come learn how he integrates pastured poultry into his vegetable operation to naturally improve soil fertility for the crops and to produce some of the most delicious eggs you'll find anywhere.

SUMMER CUISINE: VEGAN BARBECUE



with Tyrone Brown, Chef and Owner of Soul Ty's Custom Catering
Saturday, August 27 at noon \$25

Summer time is the perfect time for some good vegan eats! Join Chef Tyrone, as we whip up a Classic Summer BBQ Spread that is both gluten free and vegan, without missing any vital steps that retain flavor or nutritional value! Learn to create dishes with Chef Tyrone's guidance that will have all your backyard-get-together guests second guessing and coming back for more.

REDCOAT GOATS FARM



with Sandra Wooff, Co-owner of Redcoat Goats
Tuesday, August 30 at 3 pm

Goat milk is widely known as less allergenic and quicker and easier to digest than cow milk, not containing the complex proteins that stimulate an allergic reaction. But it takes the right conditions, the right goats, a lot of love, and hard work to get the best-tasting and most nourishing milk!

Join British dairy farmer, Sandra, as she tells her fascinating journey to becoming a provider of organic, raw, wholesome grade 'A' goat milk to our community.

Zucchini Avalanche? Go Beyond Dessert Breads!

There are many wonderful zucchini bread recipes out there, but people often find themselves a little fatigued with the same sweet baked goods by late summer. If you have grown (or inherited) a bumper crop and have no new ideas about what to do with it all, we're here to help with some savory recipe ideas! Let's get cooking:

Zucchini Skillet Frittata

Easy! Delicious! It's a meal all by itself!

- 2 tsp olive oil
- 2 green onions, white and green parts diced
- 3 large eggs
- 2 cups grated zucchini
- 1 tsp dried thyme
- ½ tsp sea salt
- Freshly cracked black pepper
- marinara sauce, sour cream or plain yogurt (optional, but so good!)

In a medium bowl, whisk eggs, dried thyme and sea salt.

Wash hands thoroughly. Over a small bowl, gather grated zucchini into your palms and slowly squeeze juice into bowl. Press 2-3 times until no more juice can be extracted with your hands. Set juice aside for another use, or drink right on the spot!

Drop shredded zucchini, green onions, thyme and black pepper into egg mixture and stir until well mixed.

Heat oil in a large skillet over medium. Pour half of the zucchini-egg mixture onto skillet and spread evenly with a spatula. When bottom has browned slightly and edges are dry, reduce heat to medium-low and flip frittata in pan. Cook through. Serve hot with marinara and plain yogurt or sour cream.



Sautéed Zucchini

When prepared as a sauté, zucchini has the texture of mushrooms and absorbs the flavors of any fresh or dried herbs you may have on hand. Give this quick and tasty side dish a try and you may find yourself with a new favorite accompaniment to summer meals!

- 1 Tbl olive oil
- 4 cups zucchini, halved, seeded, and chopped into square-inch chunks
- ½ tsp boullion
- 1 Tbl fresh parsley, minced
- 1 Tbl fresh herb of choice, (basil, tarragon, chives or dill are excellent)
- sea salt to taste

Heat oil in a large skillet over medium-high. Add zucchini and boullion, stirring occasionally about 4-6 minutes, until crisp-tender. Remove from heat and sprinkle with fresh herbs. Taste and add sea salt if desired. Serve warm.



Zucchini Enchilada Boats

Looking for a rib-sticking main dish? We've got you covered! For those days you're crunched for time, these yummy, hearty boats can be assembled, covered and refrigerated up to two days before cooking.

- | | | | |
|---------|--|--------|---|
| 2-3 | medium zucchini, ends trimmed, cut lengthwise | ½ of a | 1.4 oz package of Garden of Eatin' Taco Seasoning Mix |
| 1-2 Tbl | olive oil | ½ of a | 16 oz jar of Sweet Creek Enchilada Sauce |
| ½ | medium yellow onion, diced | 1 cup | shredded cheese |
| 1 | red bell pepper, diced | 2 Tbl | black olive rings |
| 2 cups | cooked cubed chicken, ground beef or plant-based grounds | ½ cup | cilantro leaves, chopped, divided |
| ½ cup | sour cream | | |

Preheat oven to 350°. Scoop out centers of zucchini halves leaving a ¼-inch wall in each. In a lightly oiled 8x8 or 9x9 square pan, arrange zucchini 'boats', leaving a little space between them.

Heat 1 Tbl olive oil in a large skillet over medium. Add onion and bell pepper, cooking until soft and beginning to brown, about 5-7 minutes. Reduce heat to low. Stir in cooked chicken, sour cream, taco seasoning, ½ cup enchilada sauce, black olive rings and ¼ cup cilantro. Stir until well combined.

Spoon mixture into zucchini boats (overflow is fine!). Pour ⅔ cup of enchilada sauce over boats. Top with cheese. Loosely cover and bake 30 minutes. Uncover and bake 10 more minutes. Let cool 5 minutes before serving.



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Cosmetics, Nail Polish & Skin Care
 Assorted sizes and varieties

20% off

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



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All Natural Body Care with Shea Butter
 Assorted sizes and varieties

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Cosmetics & Skin Care for Adults & Children
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 16 oz.
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**THE SEAWEED
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Assorted varieties
12 oz.

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**CHARLOTTE'S WEB
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**GLO
Bamboo Pads
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Assorted sizes
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In-store prices reflect discount. No additional discount at register.



**FLO
Bamboo Pads
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Tampons**

Assorted sizes
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off**



**SUKIN
Hair, Skin &
Body Care**

Assorted sizes
and varieties

**30%
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In-store prices reflect discount. No additional discount at register.

Non-GMO Project Verified!



**DAIYA
Gluten Free
& Dairy Free
Pizza**

Assorted sizes
and varieties

**20%
off**

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



**VAN'S
Frozen
Waffles**

Assorted varieties
4 oz.

**20%
off**

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



**GOODPOP
Organic
Freezer Pops**

Assorted sizes
and varieties

**25%
off**

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



Marlene's
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**CASCADIAN FARM
 Cereal, Granola
 & Bars**
 Assorted sizes
 and varieties

2 \$7
 for

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



**KASHI
 Cereal**
 Assorted sizes
 and varieties

\$3.99



**GOMACRO
 Organic
 Macro Bar**
 2.3 oz.
 Reg. \$3.19

\$2.29



**RAWKIN RAW
 Organic
 Truffles &
 Macaroons**
 Assorted sizes
 and varieties

25% off

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



**LATE JULY
 Tortilla Chips**
 Assorted varieties
 14.7 oz
 Reg. \$5.69

\$3.99



**HIPPEAS
 Chickpea Tortilla
 Chips & Puffs**
 Assorted sizes
 and varieties

25% off

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

Allergen Friendly!



**EVERY BODY EAT
 Snack Thins**
 Assorted varieties
 4 oz
 Reg. \$6.39

\$4.99

Non-GMO Project Verified!



**LOUISVILLE
 Vegan Jerky**
 Assorted varieties
 3 oz
 Reg. \$7.99

\$5.79

Plant Based!



**PIGOUT
Pigless Pork
Rinds**

3.5 oz.
Reg. \$4.25

\$2⁹⁹



**ARTISANA
Organic Raw
Almond Butter**

14 oz.
Reg. \$24.99

\$17⁸⁹



**PIZZA GIRL
Organic Pasta
Sauce**

24 oz.
Reg. \$12.29

\$7⁷⁹



**ANNIE'S
Macaroni &
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Assorted sizes
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**CANYON BAKEHOUSE
Gluten Free
Bread, Bagels &
Rolls**

Assorted sizes
and varieties

**25%
off**

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



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Dairy Free
Cheeses &
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Assorted sizes
and varieties

**25%
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FOODS
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64 oz.

**25%
off**

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



Marlene's
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VINA
Organic Prebiotic Soda
Assorted varieties
12 oz.

25% off

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



CHAMELEON COLD BREW
Organic Cold Brew & Cold Brew Concentrate
Assorted sizes and varieties

30% off

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



RISHI TEA
Bulk Tea or Tea Bags
Assorted sizes and varieties

25% off

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



New at Marlene's!

EMERALD LABS
Supplements
Assorted sizes and varieties

25% off

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



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Fermented Supplements
Assorted sizes and varieties

25% off

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



BOIRON
Topical Gel or Cream Value Pack
2.5 oz./80 pellets
Reg. \$16.59

\$10⁹⁹



KLEAN KANTEEN
Stainless Steel Containers & Straws
Assorted sizes and varieties

20% off

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



BARLEAN'S
Supplements
Assorted sizes and varieties

25% off

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



**SYMPHONY
Himalaya Salt
Products**

Assorted sizes
and varieties

**20%
off**

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**NORDIC NATURALS
Supplements**

Assorted sizes
and varieties

**25%
off**

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

WellBetX® Berberine
For blood sugar and beyond!

Supports gut, immune, cardiovascular,
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This product is not intended to diagnose, treat, cure, or prevent any disease.



**SOLARAY
Supplements**

Assorted sizes
and varieties

**30%
off**



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



**ENZYMEDICA
Supplements**

Assorted sizes
and varieties

**25%
off**

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



**CV SCIENCES
PlusCBD
Supplements**

Assorted sizes
and varieties

**25%
off**

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



**VITAL PLANET
Supplements**

Assorted sizes
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August Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Dehydration Nation: Top Tips on How to Hydrate with Lisa Shank, Symphony Natural Health Educator 5 pm, Online	Beer & Wine Tasting Federal Way 2 pm - 4 pm	Fermented Hot Sauces with Courtney Jafferian, Owner of SPLAT Hot Sauces Noon, Online \$25
	1	2	3	4	5	6
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!	Uniform Monday! 10% off to all firefighters, police, and military!	Understanding Your Animals with Lesia Alexander, Animal Communicator 5 pm, Online		Full Moon	Beer & Wine Tasting Tacoma 2 pm - 4 pm	Perfect Pierogi with Gracie Schatz, Founder of HOW Cooking School 2pm, Online \$25
7	8	9	10	11	12	13
		Top 5 Supplements to Support a Healthy Back-to-School with Audrey Ross, Country Life Educator 5 pm, Online			Beer & Wine Tasting Federal Way 2 pm - 4 pm	The Immigrant's Table: A Cultural Culinary Experience with Céline Widmer-Limes, author and Midori Tan Noon, Online \$25
14	15	16	17	18	19	20
		Simple Sensational Sauerkraut & Other Fermented Vegetables with Cathy Raymer, Holistic Health Coach and Chef 2 pm, Online \$25		Early Bird Farm: Happy Hens Make Great Eggs with Rawley Johnson, Farmer and Co-owner of Earlybird Farms 5 pm, Online		Summer Cuisine: Vegan Barbecue with Tyrone Brown, Chef and Owner of Soul Ty's Custom Catering Noon, Online \$25
21	22	23	24	25	26	27
		Redcoat Goats Farm with Sandra Wooff, Co-owner of Redcoat Goats 3 pm, Online				
28	29	30	31			

Diabetes and Insulin Resistance: Tackling the Root Cause



Diabetes is a condition that stems from one BIG problem. Your body can't hear the signals that insulin is putting out. So how do you improve how the body hears?

Join us for an online group class 4:30-6:00 pm PST on Tuesday, September 13, 20, 27, October 4, 11.

More info at drdanlukaczer.com/about-3
For questions: info@drdanlukaczer.com or 253.319.1900

BODYWORK SCHEDULE

TACOMA

Vitamin B and glutathione shots
with Voda Health
Tuesday, 10 am - 2 pm
253.225.6679

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
253.225.6679

Seated Massage with Erica Seter
Tuesday, 11 am - 2 pm
Thursday, 2 pm - 6 pm
Friday, 2 pm - 7 pm
Saturday, 2 pm - 7 pm

Reservations may be required.



FEDERAL WAY

2565 S. Gateway Center Place
Federal Way 98003
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
Tacoma 98409
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



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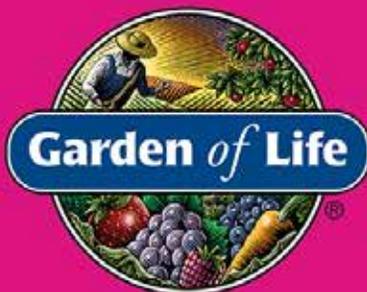
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AUGUST 2022

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