

Marlene's[™]

— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

January 2024

Fresh start • Ayurvedic gut health
Upcycled body care • Nourishing wellness

- 3 Resolution Roasted Vegetable Soup
- 4 Painterland Sisters Organic Skyr Yogurt
- 5 The Golden Gift from New Zealand
- 6 Holistic Approaches for High Uric Acid Levels, Joint Issues and Nerve Health
- 7 What is Collagen and Why is it Important?
- 8-9 Planting Seeds of Good Gut Health
- 10-11 Events & Education
- 12 Pink Potion Latte with Beet Root and Rose
- 13 UpCircle: Skin Care Serious About Carbon Neutrality and Sustainability
- 14-22 In-Store Sales
- 23 January Calendar of Events



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

A Letter From Us

The magic in new beginnings is the most powerful of them all.

-Josiyah Martin, American author

2024 has arrived!

I find it so interesting how much energy and hope we invest at this time of year. We could start fresh on any day in any season, but here we are in the darkest part of winter trying to summon the best of ourselves to make all kinds of changes.

There is something magical about it, though. You can almost feel the electricity of millions of people putting their minds to the task ahead—dreaming, puzzling, planning, organizing and then putting that resolution into action. There seems to be a wonderful little bolt of inspiration and a special boost of energy available to us if we just start now.

For those who choose to take this opportunity, congratulations! I admire your grit and wish you great success. At Marlene's, January is all about fresh starts and aiming for the next level. We would love to help you find the tools you need to keep inspired on your health and wellness journey! Whether your resolutions are quiet and subtle or ambitious and earthshaking, we're here to celebrate the pursuit of those goals. Keep aiming high, and we'll keep bringing you the best of what the natural foods industry has to offer.

We're looking forward to a wonderful new year!

Lisa

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Resolution

Roasted Vegetable Soup

If you're looking for some healthy ways to launch your New Year, this satisfying soup is loaded with flavor, deeply nourishing, and skinny in the calorie department! Feel free to add or swap other veggies you may have on hand, it's a great way to clean out the fridge and honor that resolution to maximize your nutrient intake. One brilliant way to kick off 2024!

- 2 Tbl olive oil
- 1 large red or yellow onion, roughly chopped
- 3 carrots, sliced into ¼ inch rounds
- 2 celery stalks, cut into ¼ inch slices
- 2 cups green cabbage, roughly chopped
- 1 cup cauliflower florets, cut into bite-sized pieces
- 2 tsp Italian herb seasoning
- 6 garlic cloves, roughly chopped
- 1 zucchini, sliced into ¼ inch rounds and quartered
- 1 red bell pepper, roughly chopped
- 6 cups water or vegetable broth
- 3 tsp **Better Than Bouillon® Seasoned Vegetable Base** or 1 tsp sea salt
- 1 14.5 oz can **Muir Glen™ Organic No Salt Added Fire Roasted Diced Tomatoes**
- 1 small lemon, juice and zest
- 1 Tbl **Bragg® Apple Cider Vinegar**

1. Preheat oven to 375°.
2. Line a high-rimmed baking sheet with parchment paper. Place onion, carrots, celery, cabbage and cauliflower in a single layer and drizzle evenly with olive oil. Roast for 10 minutes. While vegetables are roasting, bring 6 cups of water to a boil in a large pot. Dissolve vegetable base or sea salt in the hot water, reduce heat to lowest setting and cover.
3. Remove baking sheet from oven and add Italian seasoning, garlic, zucchini and bell pepper. Give everything a good stir and spread evenly across the baking sheet. Return to oven for an additional 10-15 minutes or just until vegetables have softened and edges are browning.
4. Pour roasted vegetables into soup pot and add tomatoes, vinegar, lemon juice and zest. Simmer for about 5 minutes. Taste and add salt if desired.



PAINTERLAND SISTERS: ORGANIC YOGURT

Painterland Sisters is an organic, lactose-free skyr yogurt brand that was founded by sisters Stephanie and Hayley Painter. Their mission is to connect consumers to the source of their food and to restore the health of the land, communities, and people. Painterland Sisters is a family-owned and operated farm that practices regenerative farming. This means that they use natural methods to improve the health of the soil and to grow nutrient-rich food.

OUR YOGURT

Skyr, a traditional Icelandic yogurt dating back to the era of the Norwegian Vikings, is renowned for its thicker, smoother consistency and heightened nutrient density, requiring 4 cups of milk to craft a single cup of this cherished delicacy.

Sporting an impressive protein content of up to 21 grams, this whole milk yogurt with double cream maintains its velvety smoothness sans any added protein powder. Its natural, lower real sugar content, is free of non-nutritive additives like stevia or monk fruit. Infused with billions of probiotics, including BB12, and boasting a lactose-free status, it caters to the 65% of Americans experiencing lactose sensitivity, offering them a genuine dairy product to relish once more

OUR PROCESS

Painterland Sisters uses ultra-filtration to make their skyr yogurt. This process is gentler on the milk than other methods, which means that more of the nutrients and proteins are preserved. Painterland Sisters skyr yogurt is also lactose-free because lactase is added. This enzyme breaks down the lactose in the milk, so that people with lactose intolerance can enjoy the yogurt without experiencing any discomfort.

REGENERATIVE FARMING

Painterland Sisters practices regenerative farming, which is a method of farming that improves the health of the soil. Regenerative farming practices include using cover crops, rotational grazing, and composting. These practices help to improve soil quality, increase biodiversity, and reduce erosion.

OUR MISSION AND VISION

Painterland Sisters is on a mission to connect consumers to the source of their food and to restore the health of the land, communities, and people. They are also committed to transparency and sharing their restorative farming practices. Their vision is to create an engaged and empowered community around sustainable agriculture and its positive impacts on our health and Mother Earth for generations to come.

Learn more at painterlandsisters.com or follow @painterlandsisters on Instagram!



THE GOLDEN GIFT FROM NEW ZEALAND

by Melora

Mānuka has soared in popularity over the past decade, underscoring the importance of sustainable practices within the industry. Melora® Mānuka Honey and Melora® Mānuka Honey & Oil Skincare were born when a Māori landowner asked our founder, then-retired industry pioneer Phil McCaskey, to help bring ethics and transparency to what many deemed the 'New Zealand gold rush'. We continue to set the bar (and raise it, too!) to deliver products that are good for you, good for the environment, and good for local communities. We hope to inspire others to do the same.

Why is Mānuka so popular?

Mānuka is nature's most powerful super plant! First discovered by the ancient Māori, Mānuka is highly prized for its medicinal properties. The resurgence of natural wellness in today's culture has put a global spotlight on this potent healer, a native New Zealand bush plant that flourishes when left to grow wild in the island country's remote coastal regions. Mānuka honey has gained the most notoriety, though Mānuka oil and hydrosol contain the same antimicrobial, anti-inflammatory, and antioxidant properties. We use all three premium-grade ingredients in our full range skincare line.

What does sustainability look like in the Mānuka industry?

Mānuka has deep local and cultural roots. Sustainability goes beyond eco-friendly packaging – though that's part of it. A commitment to sustainability must include a commitment to the land, the bees, the surrounding communities, and the people involved in cultivation, production and distribution.

Commitment to the land.

We manage all aspects of our harvest activities to minimize our environmental footprint. Mānuka oil is steam distilled from the leaf and twig in a chemical-free, no waste process using pure New Zealand spring water. We use a portable processing system for remote locations to minimize our use of fossil fuels.

We nurture new plants with residual mulch and raw seaweed, engage in wetland restoration and erosion preventions, and we plant and care for more than 9 million trees through our annual planting program!

Commitment to the bees.

We own all our own hives, each monitored daily by our beekeepers to ensure the wellbeing of the bees. Our hives are strategically placed to minimize the distance bees must travel to collect Mānuka flower nectar.

MARLENE'S SOUND OUTLOOK

We are a Trees for Bees Campaign New Zealand sponsor, promoting and organizing smart planting for healthy bees.

Commitment to the community.

We maintain fair share agreements with all our local landowners and beekeepers, using a fair share benchmark that is 25%-35% above industry standard! We partner with the Māori Land Trust to provide education, training, and employment opportunities to the local communities, enabling native people to maintain control of their land.

Mānuka has been a source of health and wellness for centuries and we want it to be around for centuries to come. Together, we can build an exciting future for all of us!



Holistic Approaches for High Uric Acid Levels, Joint Issues and Nerve Health

by Redd Remedies

High uric acid levels can lead to far more than just having gout. Gout affects only 3.9% of people, but it is estimated that 21% of people have high uric acid and zero symptoms. So why be concerned if you don't have gout? High uric acid is also tied to 39% of all cardiovascular disease and an incredible 90% of people with high blood pressure also have high uric acid. Healthy joints that flex and move are essential for health. Fortunately, there are effective natural remedies available such as NEM (Natural Eggshell Membrane), tart cherry, couch grass, boerhavia, and ginger root.

Understanding the Link

Elevated uric acid levels in the blood can crystallize and deposit in joints, causing inflammation and pain. This condition, known as gout, often affects the joints, especially the big toe. However, it can also impact other joints, leading to discomfort and reduced mobility. Moreover, high uric acid levels may contribute to nerve damage, worsening the overall health picture.

Herbs for Managing High Uric Acid Levels

Tart Cherry Tart cherries contain compounds including quercetin that slow the production of uric acid levels and reduce inflammation. Combining quercetin, a natural bioflavonoid with tart cherry improves the effectiveness of maintaining healthy uric acid levels.

Couch Grass A nourishing herb, couch grass "feeds" the kidneys which are responsible for flushing out excess uric acid from the body through increased urine production. This may help prevent the crystallization of uric acid in the joints, reducing the risk of gout attacks.

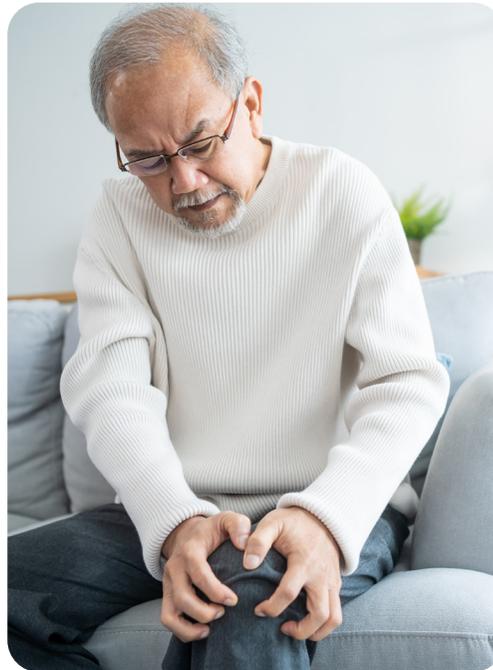
Boerhavia Also known as Punarnava, boerhavia is a kidney nourishing herb that has been traditionally used in Ayurveda for its anti-inflammatory properties. It assists the kidneys in maintaining balanced uric acid levels and reduces inflammation associated with high uric acid, providing relief from joint pain.

Natural Eggshell Membrane (NEM) for Joint Health

NEM is a potent natural ingredient derived from eggshells that has shown promise in supporting joint health. Rich in glucosamine, chondroitin, hyaluronic acid and 3 types of collagen, NEM provides the essential building blocks for joint structure and function. Research shows that NEM can help reduce joint pain, improve flexibility, and maintain healthy cartilage, making this whole food supplement a valuable addition to holistic joint care.

Ginger Root for Overall Well-Being

Ginger root, with its anti-inflammatory and antioxidant properties, can be a valuable addition to a holistic approach for managing joint issues and high uric acid levels. It may help alleviate pain, reduce inflammation, and contribute to overall joint health.



Incorporating Natural Remedies into Daily Life

To harness the benefits of these natural ingredients, consider incorporating them into your daily routine. This may include consuming NEM supplements for joint health, incorporating tart cherry and quercetin into your diet, and using herbs like couch grass, boerhavia, and ginger. There are natural supplement formulas that contain these ingredients and can be found right here at Marlene's Market & Deli.

As we now know, high uric acid levels can pose challenges beyond our joints, impacting cardiovascular health and overall well-being. Embracing a holistic approach that includes natural ingredients like NEM for joints and herbs such as tart cherry, couch grass, boerhavia, and ginger root for managing uric acid levels can offer a comprehensive solution. By integrating these natural remedies into your lifestyle, you may find relief from joint discomfort and support your overall health and mobility.

REDD REMEDIES
Supplements

Assorted sizes and varieties

January 1 - 31, 2023

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

25%
off

Targeted Supplements.
Effective Results.



Master Herbalist
Formulated

6 JANUARY

MARLENE'S SOUND OUTLOOK

What is Collagen and Why is it Important?

by Annie Martin for Primal Kitchen

Collagen is all the rage these days. From bone broths and bars to supplements and protein powders, it seems like every wellness brand and organic grocery store has released a new line of ‘collagen-dense’ products. Collagen is more than just a trend or food fad, though—it’s one of the most abundant and beneficial proteins in the human body.

As one of the main structural proteins in our bodies’ connective tissues, collagen acts as an impact on just about every component of wellness and is a primary building block to health. In addition to optimizing digestion and strengthening bones, it plays a key role in improving hair health, revitalizing weak or aging nails and skin, and reducing harmful inflammation (which can ease joint pain). No wonder it comprises roughly a quarter of our whole-body protein content!

Unfortunately, our bodies produce less collagen as time passes—contributing to wrinkles, joint pain, gut inflammation, and other painful and degenerative components of aging. That’s where nutrition comes in. To account for this reduction of naturally occurring collagen in our systems and combat the wear-and-tear of life, there’s no better solution than simple, high-quality food. Here’s a breakdown of the best (and tastiest!) foods out there for collagen intake and improved bodily wellness.



MARLENE'S SOUND OUTLOOK

Collagen Protein Powder

Collagen protein powder is another easy way to consume more collagen without disrupting your on-the-go life. Like other protein powders, these supplements are extremely soluble and are an easy add-in to everything from smoothies, coffee brews, desserts, soups, or just an old-fashioned glass of cold water. Whatever your preferred means of consumption is, this versatile source of collagen seamlessly mixes with anything and everything.

Bone Broth

An age-old tool to improve and support a healthy immune system, bone broth is a nutrient-dense liquid derived from animal bones. During hours of simmering at low heat, the bones (typically from cows, chickens, and turkeys) are incrementally broken down to release minerals, vital nutrients, and collagen. The result is a beverage/cooking stock that’s relatively flavorless, meaning it can be easily manipulated for your palate’s preferences. Whatever your method of consumption is, bone broth is an easy launchpad for boosting your daily collagen intake.

Leafy Greens

It’s no secret: Green vegetables are some of the most nutrient-dense foods on the planet. But did you know they can be a powerful way to prevent collagen breakdown? It’s true! Because all green plant foods (for example, lettuce, broccoli, kale, green beans, and arugula) contain chlorophyll—which is a natural precursor to collagen in the skin—consuming them has been shown to provide a strong antioxidant-rich defense against UV damage and premature aging. An easy way to protect your skin and prevent wrinkles!

Eggs

Believe it or not, chicken eggs contain collagen in both the eggshell membrane and the yolk. They’re also rich in sulfur, which is a trace mineral required for collagen production. Whether you’re scrambling, frying, or boiling them, an egg-based meal is an easy way to create a collagen-rich breakfast.

Annie Martin works to spread the word about the power of food for Primal Kitchen, makers of primal-inspired salad dressings and condiments full of healthful, natural fats, superfoods, antioxidant-rich, high-ORAC-scoring herbs and spices—with no offensive, synthetic vegetable and seed oils and no artificial colors, flavors or fillers!

JANUARY 7

planting seeds of good gut health

by ruved



Have you ever noticed the many references to guts in our language? ‘I’ve got a gut feeling,’ ‘He doesn’t have the guts,’ a ‘gut check’ moment, ‘guts and glory.’ As it turns out, there are several good reasons the gut gets so much attention: it’s the source of our ‘second brain’ (the neural network in the intestines), and the home of one of the most powerful sources of information in the body, the intestinal bacteria. Health starts and ends in the gut, and we are going to look at how it all works together with tools to help support resilient mood, immune, and nervous system health.

Many are surprised to learn that over 90% of serotonin (the ‘feel-good’ neurotransmitter) in the body is actually produced in the intestines. Gut bacteria produce other neurotransmitters such as GABA, dopamine, and acetylcholine, which are key for the regulation of mood, motivation, and focus. GABA has a calming influence upon the nervous system, helping us manage feelings of overwhelm and anxiety.

Our bodies rely on the good health of the vagus nerve because it is used as the main communicator between the gut and the brain. Good gut bacteria found in our intestines benefits the quality of information that is sent up the vagus nerve to the brain, contributing to better health. The gut is also an important control center for the immune system because it relies on the vagus nerve

to serve as the connection between the food we eat and how it affects the health of the nervous and immune systems.

Short-chain fatty acids (SCFAs) are made by gut microbes by digesting fiber from foods and herbs. They are the main nutrient source for the cells lining the colon, providing a strong barrier that helps keep out harmful substances, bacteria and viruses. Prebiotics (non-digestible parts of food, like fiber) derived from healthy foods such as veggies and fruits, beans, and whole grains feed the beneficial bacteria in the intestines.

Poor Soil, Sad Garden

Diets high in sugars, refined carbohydrates, and unhealthy fats encourage the overgrowth of harmful bacteria in the gut. Antibiotics also wipe out good flora, leaving the intestines vulnerable to imbalances that account for the GI woes that often follow their use (diarrhea, gas, cramping, oh dear!) An overabundance of bad microbes can lead to a compromised intestinal lining (aka leaky gut), which is linked with higher markers of inflammation and allergies. Eating the whole foods your body needs will produce those important neurotransmitters and keep your intestines healthy.

Let’s explore some user-friendly ways to get and keep your gut (and the rest of you!) happy.

Keeping Your Microbiome Nourished

First, let’s get clear on what whole, unrefined foods provide, which is crucial for healthy intestines: fiber. Great sources of prebiotic (indigestible) fiber are Jerusalem artichokes, and the herbs chicory, dandelion, and burdock (look for these in some coffee substitute blends). You can also supplement your diet with powdered flax meal, oat bran, acacia, or psyllium. If that’s your pick, be sure to drink more water to help it along, as you won’t be getting the liquids provided by fresh fruits and veggies. You want the fiber to do its work of feeding the good microbes and creating bulk in your intestines, not slowing things down in the bathroom.

Probiotics have been recognized as supplement ‘superstars’, for good reason. Studies have shown positive results in helping people with mood disorders, possibly through helping to balance or increase the production of neurochemicals. Science is continuing to discover the many ways probiotics help the brain and entire nervous system.

Beneficial strains of acidophilus and bifidobacteria, taken either in supplement form or eaten as fermented foods, work with our native flora to create a healthy microbiome (microbes that live in and on

our bodies). Fermented foods include yogurt (opt for the less sweet varieties), kefir, sauerkraut, kimchi, miso, and tempeh. If you go with supplemental probiotics, make sure you choose one that can survive the acidic stomach environment (like human-derived strains, in spore form), so your gut can get the maximum benefit.

Herbal Gut Allies

A tasty way of improving gut health is consuming foods and herbs that are high in micronutrients known as polyphenols. Polyphenols provide antioxidants to the body, as well as acting as prebiotics (food) for the good gut bacteria. Foods high in polyphenols include brightly colored fruits and vegetables: berries, grapes, apples, and dark leafy greens. Other rich sources are cacao (dark chocolate!), red wine, beans, and herbs such as green and black teas, peppermint, and cloves.

One of the most powerful polyphenol-rich herbal supplements is the Ayurvedic three-fruit blend triphala, which has been successfully used to improve gut health for thousands of years. Composed of amla, haritaki, and bahera, triphala has been used to promote efficient digestion, elimination, and optimal absorption of nutrients. These herbs work together to promote protective mucus secretion in the GI tract, and to help imbalances of elimination. As a potent source of prebiotics, triphala has been shown to promote the growth of good bacteria, while inhibiting the growth of bad microbes.

A Day in The Life of a Balanced You

Here is a ‘buffet’ of gut-happy choices to pick and choose from. Incorporating even one or two into your daily routine will go a long way to keeping your digestion, immune and nervous systems balanced and resilient.

Morning Routine

- On waking, splash your face with cold water (activates vagus nerve)
- Do some stretches or yoga postures,

breathing deeply from the belly (vagus health)

- Meditate (start with 10 minutes, and work to increase it gradually)
- Eat breakfast: opt for high fiber foods like oatmeal, with add-ins like ground flax, chia seeds and berries (fiber and polyphenols)
- Take triphala and probiotic supplements
- Have a snack: yogurt or kefir with some fruit on the side (probiotics, fiber, and polyphenols)

Afternoon and Evening Routine

- Eat lunch: load up on the veggies!
- Hum or sing on the way home from work (activates vagus)
- Add a side of kimchi or sauerkraut (probiotics) to your dinner
- Before bed, think/journal about what you are grateful for while breathing deeply (tones vagus)

Last But Not Least: Sleep!

Practice good sleep hygiene: avoid caffeine and stimulants 4-6 hours before bed, shut down screens, and keep the bedroom dark and cool. Get at least 7 hours of restful sleep to help your body do the repairs it needs and reset your nervous system.

Happy Gut, Happy Life

Keep your gut bacteria well-fed with fiber, beneficial flora, and potent herbal allies like triphala, and you will keep your ‘second brain’ producing a healthy balance of neurochemicals critical to mental wellness. Boost vagus nerve health with deep breathing and yoga, and send positive, calming messages to the brain. With a healthy microbiome, you will enjoy peaceful digestion, stronger immune function, and balanced moods.



January Events & Education

Online class registration available at: marlenesmarket-deli.com/classes.

EMPOWERING SELF-DISCOVERY: THE ART OF JOURNALING



with Ashley Looker, Empowerment and Journal Coach

Thursday, January 4 at 5 pm ONLINE

There are a couple reasons we don't accomplish the ambitious goals we set for ourselves, 1) they are unrealistic and unsustainable, or 2) we don't have a clear intention or "why" behind the goal. This year, commit to setting inspiring goals you're destined to achieve! In this class you will learn how to set sustainable goals, achieve them, and most importantly, get clear on how you want to feel in 2024. You will leave feeling inspired and empowered to reach your goals in 2024! Bring your journal and pen.

GROW YOUR OWN WINTER MICROGREENS



With Laura Matter, Garden Hotline Educator

Saturday January 6 at 10 am ONLINE

Learn how to select the perfect seeds, containers, and growing mediums to kickstart your microgreen garden. From sunflower to broccoli, uncover the secrets to cultivating these tiny powerhouses efficiently – even in the winter! Discover the benefits, harvesting techniques, and simple care tips to nurture these greens in any space.

CRAFTING INTENTIONS WITH PURSE-ONALIZED MINDFUL ART



with Dianne Aoki, Local Artist and Owner of Studio Aoki

Saturday, January 6 from 12 pm - 3 pm \$45 IN TACOMA

In this workshop, participants will PURSEonalize their canvas bags with personal intentions, affirmations, and positive energy through the power of art. This creative and mindful experience is designed to help you tap into your inner artist, promote self-awareness, and reduce stress while producing a beautiful, functional piece of art. Please pre-register.



REVITALIZE YOUR DIGESTIVE WELLBEING! AN INTRODUCTION TO CLEANSING



with Jennea Wood, ND and Heidi Ochsner, RD from Tummy Temple

Tuesday, January 9 at 7 pm ONLINE

Embark on an evening of enlightenment, information, and inspiration with digestive health experts Jennea Wood and Heidi Ochsner! Discover the intricate workings of our body's detoxification and elimination organs, alongside strategies to bolster their support. Gain insights into cleansing-friendly foods, effective at-home self-care therapies, and identify dietary and environmental sources of toxicity. Explore diverse therapies that aid in a proper cleansing process and uncover the supplement support crucial for effective cleansing.



HOW TO BREAK FREE FROM NIGHTTIME SNACKING



with Lisa Shook, Certified 5-PATH® Hypnotist and 7th Path Self-Hypnosis® Teacher, Owner Kinetic Healing Connection.

Thursday, January 11 at 5 pm ONLINE

Do you find yourself wandering in the kitchen looking for food even though you are not hungry? Master Mindful Eating to conquer your nighttime snacking habits. Learn how hypnosis can reshape your relationship with food, aid in healthy eating patterns, weight loss, and wellness goals. Identify snacking triggers and craft stress and boredom coping strategies sans snacks!

SHAMANIC SOUND BATH



with Francesca Siena, RF, Reiki Master Teacher, Cranial and Sound Practitioner, founder of Artemisia Healing Arts in Tacoma

Saturday, January 13 at 9 am FREE IN TACOMA

Feeling stuck and unresolved about a chronic issue, perhaps unable to move past it? There's a subtle, non-verbal way of breaking through resistance with sound and vibration. Experience the depth of connecting to the center of your being, where infinite resources are accessible and available. All you need is a yoga mat, a blanket and pillow for the journey to begin. Age limit is 13 and older, space is limited. Please pre-register.



SUPER SENIOR SUNDAY Sunday, January 7

10% off all purchases and free 8 oz. carrot juice for those 65 and above!

UNIFORM MONDAY Monday, January 8

10% off to all firefighters, police and military!



NEW YEAR, BETTER SELF



with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor

Tuesday, January 16 at 5 pm ONLINE

Embrace the New Year with revitalized intentions and optimal digestion. Explore the ancient wisdom of Ayurveda, renowned for its cleansing protocols that detoxify and restore digestive balance. Uncover the transformative potential of a concise yet impactful cleanse, harnessing renewed energy and vitality as you kickstart the New Year.

A JOYFUL TRANSFORMATION IN 2024



with Denise Frakes, Home and Life Coach, Facilitator for PSAC

**Thursday, January 18 at 5 pm
FREE IN FEDERAL WAY**



Ready to spark joy in 2024? Join us for a socially charged gathering of inspiration and motivation! Ask yourself: What do you want for your life, home and community? What do you crave? What would you like to reduce or eliminate? Pop

in for our in-person conversation about how to make sustainable, enjoyable, and energized change, and be prepared to dream big! Bring a notebook to capture the magic.

DUMPLING DELIGHTS



with Julia Bang, Chef

Saturday, January 20 at 12 pm \$25 ONLINE

Join Chef Julia Bang to unlock the culinary secrets of crafting authentic Chinese dumplings. This online cooking class will cover the nuances of dough preparation, explore diverse filling variations, and show you how to master the precise folding techniques for these savory treats.

HOLISTIC APPROACHES FOR HIGH URIC ACID LEVELS & JOINT ISSUES



with Dan Chapman CEO & Founder of Redd Remedies

Tuesday, January 23 at 5 pm ONLINE

Join the CEO & Founder of Redd Remedies to explore the connection between high uric acid levels and joints, focusing on the natural remedies such as NEM (Natural Eggshell Membrane), tart cherry, couch grass, boerhavia and ginger root. Start the year by learning how best to take care

of your joints with healthy uric acid levels.



UNVEILING THE POWER OF DETOX

with Ryan Bland, DC, functional medicine practitioner

Thursday, January 25 at 5 pm ONLINE

Take your detox protocol to the next level with Dr. Ryan Bland, a leading functional medicine practitioner. Explore effective strategies to cleanse your body, eliminate toxins, and restore balance for optimal health. Discover how targeted nutrients and tailored practices can optimize your

detox journey, fostering a joyful and healthful cleansing process.

DETOX : JUICE REVIVAL



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

Saturday, January 27 at 12 pm \$25 ONLINE

Join Chef Tyrone for an online class, that will illustrate the art of crafting rejuvenating juice blends with detoxifying ingredients. Acquire invaluable insights supported by real-life success stories that can empower you to enhance your well-being right from your kitchen. Embrace a healthier lifestyle with firsthand wisdom and practical culinary expertise.

BARLEAN'S GUIDE TO CLEANSING, ENERGY, AND VITALITY

with Julie Hawkes, Barlean's Educator

**Tuesday, January 30 at 5 pm
FREE IN FEDERAL WAY**



This New Year, resolve to feel your best! Let Barlean's guide you towards improved health. Our interactive class reveals the benefits of supplements that eliminate toxins, boost energy, and support immunity and vitality. Learn how cleansing and nutrition optimization transforms your body, promoting healing. Join us to elevate your health!

BEER, WINE & SPIRITS TASTING SCHEDULE

21+ WITH ID

**Federal Way
2 pm - 4 pm**

Friday, January 12
Friday, January 26

**Tacoma
2 pm - 4 pm**

Friday, January 5
Friday, January 19

WE'RE HIRING!

We're looking for enthusiastic, friendly people with excellent customer service and an interest in the natural food industry.

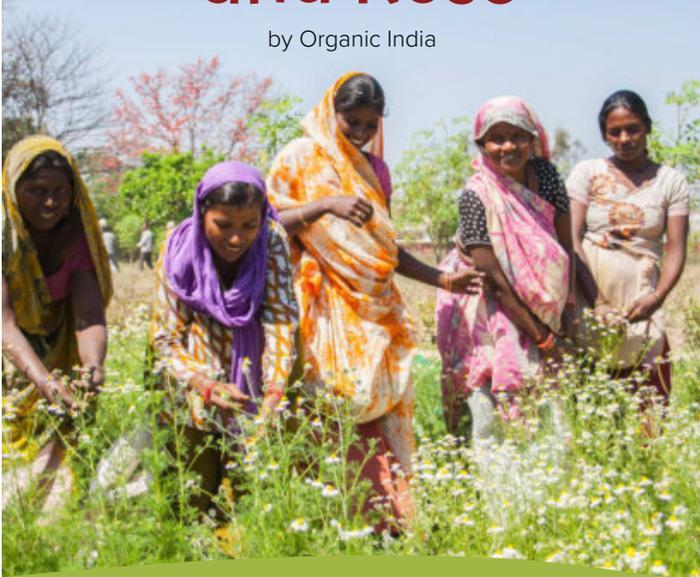
Apply online at:

MARLENESMARKET-DELI.COM/CAREERS

or stop in for a paper application!

Pink Potion Latte with Beet Root and Rose

by Organic India



The sacred adaptogenic herb Tulsi has been celebrated in India for over 5,000 years for its role in supporting whole body wellness. What better partner for Tulsi, “Queen of Herbs”, than the iconic Rose, also known as “the queen of flowers”?

Representative throughout history of love, royalty, beauty, sensuality and power, the alluring rose is much more than a pretty face. Containing a broad variety of active plant compounds that support diverse aspects of physical, mental, and emotional wellbeing, rose tea has been used in Ayurvedic and other cultural traditions as a nourishing elixir.

Beet root is a superfood, not just a source of beauty. Its robust color reflects the rich abundance of the antioxidants and nutrients it contains. Incorporating beet powder into the drink elevates it to a delicious anti-inflammatory tonic that supports digestion, heart health, endurance and energy.

Both our **Tulsi Sweet Rose** and **Tulsi Cinnamon Rose** offer a harmonious blend of blossoms and herbs that will soothe and captivate your senses. Lift the loveliness and nutritional properties even further with vibrant beet root powder and frothy, steamed plant milk. Our **Tulsi Cinnamon Rose** tea will lend a slightly more spicy flavor, while our original **Tulsi Sweet Rose** will deliver a more delicate taste dancing with floral fragrance. Whichever brew or method you choose, you will be rewarded with delight. Sit back, breathe, and enjoy the enchanting and uplifting mystique of this potion!

(Serves 2)

- 1 cup boiling water
- 4 **ORGANIC INDIA** Tulsi Sweet Rose or Tulsi Cinnamon Rose tea bags
- 2 Tbl beet root powder
- 1 Tbl maple syrup
- 1 tsp vanilla extract
- 2 ½ cups unsweetened plant milk

In a small saucepan or teapot steep tea bags in the boiled water for approximately 5 minutes.

In a small saucepan, warm the milk to just simmering. Bring to a low simmer, then use a handheld frother or whisk to create a light foam.

Divide beet root powder, maple syrup, and vanilla evenly into two serving mugs. Pour half of the tea concentrate into each mug and stir to dissolve the beet powder.

Pour the warmed milk over the tea, reserving some of the foam. Use a spoon to top with the frothed milk. Garnish each mug if desired with a sprinkling of beet root powder and crushed rose petals.



UpCircle

Skin Care That's Serious About Carbon Neutrality and Sustainability

Our story started with the idea of giving used coffee grounds a new lease of life. We've now transformed more than 450 tons into our sustainable skincare.

But why stop there? Our palm oil-free soaps are made with residual chai spices left over after making chai syrups. Nothing is safe from being UpCircled – only our imagination can limit us! Next up, we're saving flower petals from florists and wedding venues.

We provide innovative products to our customers and actively contribute to a less wasteful world. Our team is committed to the creation and execution of our products, and we are proud to have a supportive company culture that values diversity and collaboration. We care about our community and strive to build trust and mutual respect to create an ethos of honesty.

OUR MISSION

The circular economy sits at the heart of what we do – we even named ourselves after it! UpCircle also hints at 'upcycling', the process of making something better from things that already exist. Our ultimate mission is to leave the world better than we found it by transforming ingredients that would otherwise be discarded into natural, organic beauty products – better for you, better for the world.

OUR VISION

We strive to be a beauty brand that encourages and inspires people to make the right choices for themselves and the planet. We believe that providing competitively priced, high performing products from upcycled ingredients demonstrates that the beauty industry CAN be less wasteful. UpCircle products are all inclusive - we are body positive, gender neutral, represent all ages and encourage diversity. Our vision encompasses passion for sustainable beauty and always will. We stand for authentic, real beauty in its many forms.

MARLENE'S SOUND OUTLOOK

OUR ROOTS

We're a family run company founded by brother and sister Anna and Will. Our founders were in their early 20s when they launched the brand and believe in making products that they would've bought at that age. Price point shouldn't be a barrier to planet-friendly purchasing and sustainability should not be an elite privilege. Ethical, sustainable, Fair Trade ingredients cost more, but we're committed to remaining a brand accessible for all.

OUR APPROACH

At UpCircle we focus on positive change so that we can all make a difference in small steps. Our aim is to reduce waste in a variety of industries, and we are proud to support low-income workers around the world where we can. At UpCircle we believe that it is our responsibility to ensure that we are keeping ourselves informed of the latest innovations so that our products are the best that they can be! We like sharing our ideas with our community of UpCirclers, we like asking our audience questions and value their insights, we like being held accountable, we like discussion – we pride ourselves on transparency.

OUR PHILANTHROPY

It's important to us that we give back. Last year we made donations to several charities, and this year we will continue to do so. We encourage participation from our team and community to ensure we give to those our UpCirclers care about most. We've made donations to Refuge, a domestic abuse charity, to Save Elephant Foundation, helping captive elephants at risk from the lack of income for their owners, and to The Stephen Lawrence Charitable Trust, who tackle inequality in all forms. We also donate products to countries in need and to thank frontline workers.



When you support UpCircle, you support zero-waste innovation!



JANUARY 13



MELORA
Pure Manuka Honey & Body Care with Manuka Honey
 Assorted sizes and varieties

30% off

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



UPCIRCLE
Clean & Sustainable Skin Care
 Assorted sizes and varieties

100% Vegan!
20% off

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



MYCHELLE
Natural Skin Care
 Assorted sizes and varieties

EWG Verified!
30% off

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



HERBATINT
Permanent Hair Color
 Assorted sizes and varieties

No Alcohol, Parabens or Ammonia!
20% off

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



CARBONAUT
Low Carb Bread & Bagels
 Assorted sizes and varieties



30% off

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



Marlene's
— MARKET & DELI —
shop local, eat organic



**PERFECT BAR
Organic Nut Butter
Protein Bars**

Assorted sizes and varieties
Women Owned!

25% off

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



**PAINTERLAND
SISTERS
Organic Skyr Yogurt**

5 oz Assorted varieties

Women Owned!

25% off

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

Body Care and Perishable also on sale in January!

Andalou
Desert Essence
Earth Science
Forces Of Nature
Giovanni
Mad Hippie
Natracare

Seaweed Bath Company
Sky Organics
Sukin
The Humble Company
The Organic Skin Company

Applegate
Bellwether Farms
Bizzy Cold Brew
Brown Cow
Califia Farms
Earth Balance
Forager Project
Franklin Farms
Goldthread

Grandy Organics
GT's
Hodo Foods
House Foods
KeVita
Kite Hill
Mamma Chia
Maria and Ricardo's
Mother Raw

Nancy's
Norr Organic
Olipop
Once Upon a Farm
Organic Valley
Ozery Bakery
Petit Pot
Pop & Bottle
Rowdy Mermaid

Siggi's
Stonyfield
The Coconut Cult
Tofurky
Uncle Matt's
Vive Organic
Zen



**LITTLE NORTHERN
BAKEHOUSE**

Gluten Free Bread

Assorted sizes and varieties



**100%
Plant Based!**

30% off

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



SILVER HILLS SPROUTED BAKERY Organic Sprouted Breads & Bagels

Assorted sizes and varieties



30% off

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



DAIYA FOODS Plant Based Cheese

Assorted sizes and varieties



25% off

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



BITCHIN' SAUCE Almond Based Dip & Spread

Assorted sizes and varieties



25% off

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



GOOD BELLY Organic Probiotic Juices & Shots

Assorted sizes and varieties

25% off

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



SO GOOD SO YOU Organic Probiotic Wellness Shots

1.7 oz Assorted varieties

Women Owned!

30% off

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



Marlene's

MARKET & DELI
shop local, eat organic

Women Owned!



REMEDY ORGANICS
Organic Plant Based
Protein Drinks

12 oz. Assorted varieties

25% off

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



EVOLUTION FRESH
Organic Cold
Pressed Juice

15.2 oz. Assorted varieties

30% off

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



FORAGE
KOMBUCHA
Organic Kombucha

12 oz. Assorted varieties

25% off

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



DE LA CALLE!
Organic
Fermented
Tapache

12 oz. Assorted varieties

25% off

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



CALIFIA FARMS
Plant Based Milk
& Creamer

Assorted sizes and varieties

25% off

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



HEALTH-ADE
Organic
Kombucha

48 oz. Assorted varieties

25% off

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



NUTPODS
Dairy Free Creamer

Assorted sizes and varieties



20% off

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



LATE JULY
Tortilla Chips
Assorted sizes and varieties

25% off

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



SIMPLE MILLS
Gluten Free Crackers
Assorted sizes and varieties

25% off

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



4505 MEATS
Chicharrones & Cracklins
Assorted sizes and varieties

25% off

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



SIETE
Tortillas, Sauces, Beans & Seasonings
Assorted sizes and varieties

Gluten Free!
30% off

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



Low Sugar!

RIP VAN WAFELS
Wafel & Wafer Snacks
Assorted sizes and varieties

25% off

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



KASHI
Cereal
Assorted sizes and varieties

35% off

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



NAVITAS
Organic Superfood Snacks & Powders
Assorted sizes and varieties

25% off

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



BORN SIMPLE
Organic Pasta Sauce & Broth Concentrate
Assorted sizes and varieties

25% off

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



**YELLOWBIRD
Hot Sauce**

9.8 oz. Assorted varieties
Reg. \$7.89



5⁶⁹

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



**SWEET LEAF
Stevia Sweeteners**

Assorted sizes and varieties



30% off

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



**R.W. KNUDSEN
Just Juice**

32 oz. Assorted varieties



25% off

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



**LAKESWOOD
Organic Pure
Juice**

32 oz. Assorted varieties

25% off

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



**POPPI
Prebiotic Soda**

12 oz. Assorted varieties
Reg. \$2.99



1⁹⁹

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



**WATERLOO
Sparkling Water**

12 oz. / 8 pack Assorted varieties
Reg. \$6.39

4⁵⁹

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



**MAMMOTH
CREAMERIES
Keto Frozen
Custard**

PINT Assorted varieties
Reg. \$9.89

6²⁹

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



**HERBS ETC.
Herbal Supplements**

Assorted sizes and varieties

25% off

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



**PRIMAL KITCHEN
Supplements & Foods**

Assorted sizes and varieties

30% off

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



**WILE
Women's
Supplements**

Assorted sizes and varieties
*Women Owned &
Formulated!*

20% off

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



**VITONICA
Supplements**

Assorted sizes and varieties

*Local, Women Owned
& Formulated!*

20% off

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



**WISHGARDEN
Supplements**

Assorted sizes and varieties

Women Owned!

20% off

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



**CARLSON
Supplements**

Assorted sizes and varieties

30% off

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

Looking for a
**clean, third-party
certified protein
powder?**

**CHOOSE
NATURAL FACTORS!**

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



30% OFF



**SOVEREIGN SILVER
Colloidal Mineral
Supplements**

Assorted sizes and varieties

20% off

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



Marlene's
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Flora Iron™
with B-Vitamin Complex

Supports healthy iron and energy levels*
Supports healthy red blood cell production*
Easily Absorbed + Non-constipating + Vegan + Yeast & Gluten-Free

Liquid Formula
Dietary Supplement

15 FL. OZ. (443 mL)

FLORA
Ferritin+™
Plant-based Ferritin Iron

Supports energy & mental clarity*
Helps maintain healthy iron levels*
Highly absorbable
One capsule per day
Non-constipating
Vegan + Gluten-free

Doctor Developed
Dietary Supplement

30 Individual Softgels
Super Capsules

FLORA
Supplements
Assorted sizes and varieties

Local Company!

25% off

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

BOIRON
Homeopathic Supplements
Assorted sizes and varieties

BOIRON
Homeopathic Supplements
Assorted sizes and varieties

25% off

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

OLLOIS
Homeopathic Medicines
Assorted sizes and varieties

OLLOIS
Homeopathic Medicines
Assorted sizes and varieties

30% off

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

DR. MERCOLA
Supplements
Assorted sizes and varieties

DR. MERCOLA
Supplements
Assorted sizes and varieties

25% off

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



GARDEN OF LIFE
Supplements
Assorted sizes and varieties

GARDEN OF LIFE
Supplements
Assorted sizes and varieties

30% off

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

VITAL PLANET
Supplements
Assorted sizes and varieties

VITAL PLANET
Supplements
Assorted sizes and varieties

20% off

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

ORGANIC INDIA
Teas & Supplements
Assorted sizes and varieties

ORGANIC INDIA
Teas & Supplements
Assorted sizes and varieties

20% off

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

100% Vegan!



BODYHEALTH Supplements

Assorted sizes and varieties

20% off

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

COUNTRY LIFE Supplements

Assorted sizes and varieties



25% off

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



SOURCE NATURALS & PLANETARY HERBALS Supplements

Assorted sizes and varieties

30% off

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



EMERALD LABS Supplements

Assorted sizes and varieties

25% off

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



HEALTHFORCE Nutritional Supplements

Assorted sizes and varieties

20% off

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



MICKELBERRY GARDENS Honey & Herbal Supplements

Assorted sizes and varieties

25% off

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



MARLENE'S Weight Management & Cleanse Supplements

Assorted sizes and varieties

25% off

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

Also on sale in January!

- | | | |
|-------------------|--------------------|------------------|
| Ancient Nutrition | Irwin Naturals | NOW |
| Bala Enzymes | Lakewood | Nutiva |
| Barlean's | Aloe Vera | Om Mushroom |
| BioSil | Lily of the Desert | Orgain |
| Crystal Star | Living Alchemy | Prince of Peace |
| Four Sigmatic | Manitoba Harvest | Quantum Health |
| HerbPharm | Medinatura | Ridgecrest Herbs |
| Himalaya | Nordic Naturals | Sunwarrior |

January

Calendar of Events

Class registration at:
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>Happy New Year!</i> (both stores closed)</p> <p>1</p>	2	3	<p>Empowering Self-Discovery: The Art Of Journaling with Ashley Looker, Empowerment and Journal Coach Online 5 pm</p> <p>4</p>	<p>Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm</p> <p>5</p>	<p>Grow Your Own Winter Microgreens with Laura Matter, Garden Hotline Educator 10 am - Online</p> <hr/> <p>In-Store Event! Crafting Intentions with Purse-Onalized Mindful Art with Dianne Aoki, Local Artist & Owner of Studio Aoki Tacoma 12 - 3 pm \$45</p> <p>6</p>
<p>Super Senior Sunday 10% off all purchases and free 8 oz. carrot juice for those 65 and above!</p> <p>7</p>	<p>Uniform Monday 10% off to all firefighters, police and military!</p> <p>8</p>	<p>Revitalize Your Digestive Wellbeing! An Introduction to Cleansing with Jennea Wood, ND and Heidi Ochsner, RD from Tummy Temple Online 7 pm</p> <p>9</p>	10	<p>How to Break Free from Nighttime Snacking with Lisa Shook, Kinetic Healing Connection. Online 5 pm</p> <p>11</p>	<p>Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm</p> <p>12</p>	<p>In-Store Event! Shamanic Sound Bath with Francesca Siena, Reiki Master Teacher and Sound Practitioner Tacoma 9 am</p> <p>13</p>
14	<p>Martin Luther King Jr. Day (both stores open)</p> <p>15</p>	<p>New Year, Better Self with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor Online 5 pm</p> <p>16</p>	17	<p>In-Store Event! A Joyful Transformation in 2024 with Denise Frakes Federal Way, 5 pm</p> <p>18</p>	<p>Beer, Wine & Spirits Tasting Tacoma 2 pm - 4 pm</p> <p>19</p>	<p>Dumpling Delights with Julia Bang, Chef Online 12 pm \$25</p> <p>20</p>
21	22	<p>Holistic Approaches for High Uric Acid Levels & Joint Issues with Dan Chapman, CEO & Founder of Redd Remedies Online, 5 pm</p> <p>23</p>	24	<p>Unveiling the Power of Detox with Ryan Bland, DC, functional medicine practitioner Online 5 pm</p> <p>25</p>	<p>Beer, Wine & Spirits Tasting Federal Way 2 pm - 4 pm</p> <p>26</p>	<p>Detox : Juice Revival with Chef Tyrone Brown, Owner of Soul Ty's Custom Catering Online 12 pm \$25</p> <p>27</p>
28	29	<p>In-Store Event! Barlean's Guide to Cleansing, Energy, and Vitality with Julie Hawkes, Barlean's Educator Federal Way, 5 pm</p> <p>30</p>	31			

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



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JANUARY 2024

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Gluten Free & Allergen Friendly Month!

STOP IN DURING FEBRUARY TO ENJOY SAMPLES, SAVINGS AND GIFT BASKET GIVEAWAYS!