

Marlene's[™]

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

November 2021

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A Letter From Us

Happy November!

We hope you enjoy the mouth-watering recipes we've put together for you in this edition! All of the ingredients you see in our November recipes can be purchased at Marlene's. This is the season we celebrate with hearty, home-cooked meals and delicious baked goods, so be sure to explore our bulk department and refresh your spices, herbs and baking ingredients.

This month, we are also celebrating the holiday season with wholesome holiday meal options, gift basket giveaways and delicious ways to stay well this winter! Stop by today to enter our drawings.

We are so thankful to be a part of your holidays.

P.S.

As we look toward 2022, we are asking Sound Outlook readers to consider switching to the email edition of Sound Outlook. If you already receive a printed copy and would like to switch to the email edition of Sound Outlook (and save \$5 off your next \$25 purchase), there is a coupon on the back page of this issue. Check the email box, fill in your email address and redeem the coupon next time you shop.

If you would like to stay on our physical mailing list, please check the print edition option and return the form to the store. If we don't hear from you, December will be the last mailed print edition that you receive.

Lisa



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Holiday Open House

This November, we are celebrating the holiday season with wholesome holiday meal options, gift basket giveaways and delicious ways to stay well this winter!



Thanksgiving Entrée Options



Finding the right main dish for your Thanksgiving feast is easy at Marlene's. From ethically raised and harvested meats to delicious vegetarian and vegan options, you'll be pleased to find everything you need in one place! Remember to tour our produce section for fresh, organic sweet potatoes and yams, Brussels sprouts, greens beans, and anything else to make your table complete.

The Traditional Turkey

Palouse Pastured Poultry, is a small, family-owned farm in Eastern Washington. Their turkeys are pasture-raised and fed corn free, soy free, antibiotic free and GMO-free feed, all grown and ground on the farm. Palouse's birds have access to grass and sunflower fields, plenty of sunshine, artesian well water and nutritious bugs around the farm.



Vegetarian Feasts

The famous **Tofurky Vegetarian Feast** with their flavorful wild rice and bread crumb stuffing, tempting brownie dessert, and Wishstix is a Pacific Northwest-crafted favorite since 1995! Also available: Roast & Gravy combo and stand-alone Roasts or Gravy packages. Always non-GMO!



The **Tofurky Ham Roast** with Extra Special Beer Glaze is a tender, plant-based ham with a smoky flavor and a sweet and tangy glaze. Made with Hopworks Urban Brewery's Velvet ESB, this is an all ages, vegetarian holiday treat that is perfect for roasting and serving with your favorite vegetables and stuffing.



A Pacific Northwest favorite, **Field Roast** will be making an appearance this year too! Look for **Celebration Roast with Porcini Mushroom Gravy**, as well as the pastry-wrapped **Hazelnut Cranberry Roast en Croute!**



The Traditional Turkey

Diestel Free Range Turkeys are all-natural, slow-grown birds that are given plenty of time and space to develop naturally, resulting in a juicy, tender turkey with the Diestel signature old-fashioned flavor. These birds are never given antibiotics, hormones or artificial growth stimulants. Look for **Free Range, Organic** and **Heirloom varieties**.

Diestel Free Range Antibiotic Free - 3.99 lb

Diestel Free Range Organic - 5.69 lb

Diestel (FR) Organic Heirloom - 5.99 lb

Diestel Whole Oven Roasted

Palouse Pasture Raised (WA born and raised) - 6.99 lb

Gourmet Options

Beeler's uncured and fully-cooked hams are raised on a vegetarian diet with no animal byproducts, antibiotics or growth hormones. Hams are sold fresh with no nitrites or nitrates. We also feature premium, grass-fed beef locally sourced from **Heritage Meats, Skagit River Ranch** and **Wild Idea Bison**.



Find a variety of cuts from grass-finished to organic.



November Events & Education

All November classes will be held online. Register at: marlenesmarketdeli.com/classes

THAI CUISINE: THE BASICS OF RED CURRY



with **Julia Bang, Founder and Chef at EAst Kitchen**
\$15
Saturday, November 6, noon

Join Julia as she shares the fundamentals of delicious red curry from start to finish!

Using rehydrated, dried red chilis and signature spices, students will be able to taste how individual ingredients in Thai red curry paste harmonize to create a special kind of magic. Learn three different ways to consume red curry, and leave with the confidence to make these recipes in the comfort of your own kitchen!

There will be a bonus Prawn Toast recipe included!
Please pre-register.

SUPPLEMENTS FOR HEALTHY AGING



with **Glen Depke, Traditional Naturopath, Dr. Mercola Brand Educator**
Tuesday, November 9, 5pm

Examine some of Dr. Mercola's exciting new formulations for healthy cellular aging, brain and

cognition, cardiovascular function and weight management. Also, learn about fermented supplements and the powerful, widespread benefits of molecular hydrogen!

BAKING FOR THE HOLIDAYS WITH BULK FOODS



with **Stacy Kraker and Hummingbird Wholesale Staff**
Thursday, November 11, 5pm

Breakfast scones, cookies, simple savory nut mixes and more! Learn how to bake

delightful treats, using organic ingredients from the bulk department. You will walk away with tips and tricks, and a few new recipes to share with your friends and family this season.

CREATIVE HOLIDAY COOKING



with **Abbie Cates, Founder of KnifeForkSpoon**
Saturday, November 13, noon

The holidays are near, bring on the kitchen cheer!

Is this the the most stressful meal of the year?

Holiday meals should be fun and rewarding, and sometimes that means straying from the traditional big birds and roasts. In this class, Abbie will embrace joy and creativity as she shares some of her favorite recipes and prepares each dish during class. Think stuffed chicken, pre-cut slabs of ham, and side dishes with a twist, but none of the stress!

REJUVENATE YOUR BODY NATURALLY WITH DETOX SUPPORT



with **Ryan Bland, DC, Functional Medicine Practitioner**
Tuesday, November 16, 5pm

The human body naturally does a fantastic job eliminating harmful toxins,

but sometimes we could use a little help. Learn how to eliminate, prevent or adapt to pervasive stressors that we are exposed to in our food, air and environment. Dr. Bland will provide a fresh look at clearing the way for great health!

INSTANT ENERGY BOOST WITH PRANIC HEALING



with **Eduardo Sztokbant, Associate Pranic Healer**
Thursday, November 18, 5pm

Increase inner peace, maximize your healing potential and disconnect from energy drains! Join Eduardo

for a dive into the world of advanced, no-touch Pranic Healing. He'll cover the basics of energetic anatomy, give a guided meditation and teach you to conduct a powerful "body scan" for an instant boost. Create personal peace, stillness and bliss to improve your life and the lives of those around you!

MEDICARE 101



with **Kate Esparza-Guerrero**
Saturday, November 20, noon

Join Kate online to learn how to navigate Medicare options for the 2022 Annual Enrollment Period, Oct. 15th - Dec. 7th.

One on one phone appointments are also available. Please call 253.216.8823 to schedule some time with Kate.



Dr. Carla Yamashiro
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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!

The Importance of Testing and Balancing pH

by Positive Power Nutrition

It's been said that 90% of ongoing disease is related to an imbalanced pH. The term pH refers to the acid/alkaline balance of fluids. Having the correct pH in the clear fluids of the human body is vital.

Clear fluids of the body make up approximately 55% of the fluids in humans. These include fluids in the lymph system, intracellular fluids (or fluids inside each of the trillions of human cells), fluids to cushion your organs, surround your heart, and fill your joints. ALL of those clear fluids can easily be tested using a fasting saliva test to see if they are in the ideal range of 7.1 to 7.5 pH.



Is checking pH really important?

Yes! While some people may recognize if their pH is too acidic or too alkaline, the majority of individuals are unable to gauge the pH their clear fluids just going by how they feel.

When should I test my saliva?

The best time to test pH is first thing in the morning before eating, drinking or brushing one's teeth. Upon awaking, the body has had a period of fasting where neither food nor drink will throw off the pH. Toothpaste, drinks, and chewing gum can also alter the results.

How often should saliva be tested?

Weekly testing is easy and more convenient than testing daily. An easy way to remember to test your saliva is to put out your pH test strips the night before testing.

What's the best water for pH balancing?

Drinking plenty of pure, clean water (distilled or reverse osmosis) daily makes a BIG difference with pH balancing. It takes electrical energy for the body to release oxygen and hydrogen from your daily water intake, as needed for pH balance. The body uses those oxygen and hydrogen molecules to normalize the pH of all the clear fluids.



Energizing your water with the right supplement can help many people achieve pH balance within 4 to 10 weeks.

Drinking alkaline water is another way to push the body into a more alkaline range. This method should be used sparingly, as the stomach needs to be acidic to properly digest foods and break down nutrients for assimilation. What helps to achieve pH balance faster?

Enjoy plenty of fresh organic fruits and vegetables, fresh air, sunshine, healthy physical activity, and restful sleep. Deep breathing can also improve relaxation which benefits the pH balance of the body very quickly.

Is there anything I should avoid to help with pH balance?

Yes, here's a list of things you may want to reduce or avoid that cause ongoing acidity in the human body: coffee, tobacco, alcohol, black tea, carbonated beverages, refined sugar (white table sugar, artificial sugars, high fructose corn syrup), and unresolved stress. If you aren't getting into the good pH range, you may need to adjust a few habits.

For some people, testing their pH is a reason to celebrate because they have hit their target. Others may feel hopeless because their pH isn't close to where they want it to be. The body is an amazing creation that can balance itself – given the right nutrients and energy. Don't give up! Ask for help and let us know if you want to get there but aren't yet. You can achieve pH balance and reap the benefits balance brings!

Positive Power Nutrition seeks to empower every person to reach the level of health and wellness they desire, by providing the most powerful products, resources, and education.



RECLAIM YOUR RADIANCE: Nourishing Ingredients to Feed Your Winter Skin & Hair

by Badger

From the time we were children, we learned the importance of eating healthy foods and how a balanced diet and drinking plenty of water could profoundly impact our overall health.

But what about our skin? It's our body's largest organ, protecting us 24/7. We can "feed" our skin the same high-quality ingredients, including nutritious, organic plant oils that leave us feeling and looking good from the inside out.

This winter, give your skin some extra love and care by "feeding it" ingredients that are clean, nourishing, and wholesome. Here are a few of our favorites:

BAOBAB

The oil pressed from baobab seeds is rich in vitamins A, D, E, F, as well as omega-3 and omega-6 essential fatty acids. These polyunsaturated fatty acids are a critical component for maintaining good health, both inside and out. On the skin, they act to preserve and maintain the integrity of the skin barrier, which can help protect against dryness and premature aging.



We love it in: Shampoo Bar

Be kind to yourself and the planet with our super-concentrated, biodegradable Shampoo Bar. This mild, gentle, low-lather cleanser is formulated to leave your hair feeling

clean and healthy! Plant-based and triple-milled, it's free of any harsh detergents, with organic jojoba and baobab oils to naturally condition hair.

JOJOBA

We love this ingredient so much that it can be found in 32 of Badger's products! Although the term oil is used to describe it, jojoba is actually a liquid plant wax or ester derived from a desert shrub. Almost chemically identical to sebum (the oil our skin naturally produces), jojoba has a balancing effect, helping to regulate your skin's natural oil production and let your natural beauty shine through. Jojoba also contains a bounty of naturally occurring, skin-nourishing vitamins: A, B, C, E, and K.



We love it in: Jojoba Hair Oil for Dry Scalp

A dry scalp needs extra hydration to heal, so we created a synergistic blend of plant oils to deeply moisturize, while soothing dry scalp and improving hair texture. Jojoba oil conditions hair and scalp and balances oil production.

POMEGRANATE

Pomegranate seed oil is well known for its high concentration of polyphenolic compounds, which can help protect the skin from internal and external sources of oxidative stress. Pomegranate oil is a good source of essential fatty acids, phenolic compounds, and phytosterols and contains >60% unsaturated fatty acids, including linoleic acid (omega-6) and oleic acid.



We love it in: Rose Face Oil

We formulated this antioxidant-rich, certified organic blend of plant oils to restore, nourish, and protect delicate or dry skin. Along with jojoba, baobab, and pomegranate oils, the uplifting floral blend features Damascus Rose, a concentrated extract of rose blossoms handpicked at dawn and steam distilled the very same day.

CASTOR

Castor oil has many benefits when used topically. Cold-pressed from the seeds of the castor bean plant, its unique blend of fatty acids (high in ricinoleic acid) makes it intensely moisturizing and calming. Castor oil is an excellent humectant, helping to lock in moisture. And while it's heavier and slower to absorb than many vegetable oils, it's non-comedogenic (won't clog pores) and acts as a great skin softener.



We love it in: Rose Cleansing Oil

Inspired by thousands of years of skin care tradition, our Rose Face Cleansing Oil provides a gentle, soothing cleanse for dry or delicate skin. Castor and apricot lift impurities while olive, sunflower, and jojoba replenish essential vitamins, fatty acids, and lipids. It clears away makeup and impurities—leaving your skin feeling clean, balanced, and nourished!

Keep your natural beauty glowing this winter with some of the most nourishing oils nature has to offer. Trust us when we say your skin will thank you for loving it so darn well!



IMMUNE SUPPORT IS NOW YEAR-ROUND. ARE YOU COVERED?

by Chris Terrell for Natural Path Silver Wings

The way we look at our health, and especially how we support and build a healthy immune system, has changed dramatically in recent times. We're now searching for new, effective and safe solutions to protect ourselves and boost our immune function all year long.

Thankfully, we're fortunate to have many natural immune wellness options available. Green tea, for example, is rich in polyphenols, especially catechins, which are potent antioxidants. Vitamin C is another powerful antioxidant and is also commonly used along with zinc to help fight off common colds and flu.

Oregano oil and elderberry are also very popular supplements for boosting the immune system. Rosemary also has high levels of antioxidants, while thyme has demonstrated antimicrobial activity.

Then there's colloidal silver, which has been gaining huge popularity for helping to protect immune system function. It's safe, effective and all-natural.

WHAT IS COLLOIDAL SILVER?

Silver has been safeguarding human health for over 2,400 years. The ancient Greeks, Phoenicians, Egyptians and Romans all recognized silver's purifying benefits. During the 14th and 15th centuries, silver was used

to treat wounds and infections. In modern times, NASA and the International Space Station have been using silver for purification purposes.

Modern colloidal silver is made of ultra-fine particles of silver (also known as nanoparticles) suspended in pharmaceutical grade deionized water. When shopping for colloidal silver, you'll see the designation "PPM" (parts per million) on the label. This refers to the number of particles per serving of the supplement. The higher the PPM number—the greater the concentration of the silver—the higher immune support you'll get.

WHY SHOULD YOU CONSIDER TAKING COLLOIDAL SILVER SUPPLEMENTS?

Colloidal silver supplements are great for year-round immune system support. Colloidal silver is gluten-free, allergen-free, non-GMO and doesn't contain any preservatives or additives. The liquid supplements are safe for the entire family and pets.

Natural Path Silver Wings offers a comprehensive line of colloidal silver products with strengths between 50PPM and 500PPM (parts per million). The 50PPM strength is an ideal daily immune support maintenance dose. The 250PPM strength is recommended for use while traveling, when you are around a lot of people or have been in contact with



someone with compromised immune system. The 500PPM supplement is the highest strength.

Silver Wings also offers colloidal silver with oregano and echinacea and even a colloidal silver with olive leaf blend for added immune support. To further ensure quality, all the supplements have been verified by qualified independent third-party laboratories.

BOTTOM LINE

Our everyday approach to being safe and healthy has changed our lives and may remain with us for many more months. As our health care needs change, so can the ways of safeguarding ourselves. Colloidal silver supplements can provide broad-spectrum immune support all year, for all your family.

Chris Terrell is a Registered Dietitian, Masters in Sports Nutrition and Scientific Advisor for Natural Path Silver Wings.

Sources: Axe J. Oregano oil benefits for infections, fungus & even the common cold. Dr Axe 2018 Sep 26
Yang JH et al. Antibiotic-induced changes to the host metabolic environment inhibit drug efficacy and alter immune function. Cell Host & Microbe 2017 22(6): 757-65

A Skeptic's Journey to Pranic Healing

by Eduardo Sztokbant, Pranic Healer

I discovered Pranic Healing by chance, more than nine years ago in Brazil, where I'm originally from.

As a successful software engineer for about two decades, I had always been very skeptical about anything that was not palpable or fully endorsed by western science.

After stumbling upon an article featuring a Harvard study on the benefits of meditation, I decided I had to give it a try. So I reached out to this genius childhood friend of mine who simply told me to take a *Pranic Healing Level 1* class, and so my journey began.

I registered without thinking and barely read what the class was about, so I had no idea what to expect of this weekend-long workshop. Perhaps some new age, hand-holding, "let's get together and feel all right" kind of thing? It couldn't be farther from that!

In a Pranic Healing class the human energy anatomy is taught very methodically and with a high level of detail.

We learn about the 11 major chakras (energy centers), their physical and psychological functions, plus practical and powerful no-touch hand movements to remove energy blockages and improve the quality of the energy flowing through a person's body. Ultimately, a Pranic Healing session can lead to an accelerated rate of self-healing, substantially improving the quality of one's health, both physically and emotionally.

As cool as this may sound, my engineer's mind instantly rejected it all. I even considered not returning for the second day of class, but there was something inside telling me to "finish what I had started". Besides, on the second day we would learn the Meditation on Twin Hearts, my main goal from the very beginning.

After the class I was still unconvinced, but my friend then encouraged me to validate by myself what I had just learned. His challenge: practice that meditation on a daily basis for about 1-2 months and make my own conclusion, for "disbelieving things without experimenting" is just as unscientific as "believing things blindly".

It didn't take long for the benefits to start to show. In just a few weeks of practice, I had an outstanding experience that is, very hard to put down in words: I felt an amazing sensation originating from my crown and flowing down through my whole body – I later learned that's what is called "bliss" in some traditions.

In addition to this fantastic episode, I started to notice an increasing sense of inner peace and emotional resiliency, making a positive impact to most of my activities and relationships. It was clear the meditation was somehow rewiring my brain. When there was no more doubt that these teachings were "the real deal", I contacted the local Pranic Healing center and signed up for all the classes they offered. I had to see how deep the rabbit hole would take me! The rest is history...

Today, these teachings continue to permeate my life on all levels, helping me become the best version of myself I've ever been, with more intelligence, loving-kindness, and willpower. Out of gratitude to Master Choa Kok Sui, it is my greatest pleasure – and moral duty – to share Pranic Healing!

I'm currently an *Associate Pranic Healer* and have my private practice. I also help organize events in the Seattle area, like introductory classes and meditation nights.

If you want to learn more about Pranic Healing or about my journey, don't hesitate to reach out at pranamatters.com

I'll be happy to help you realize by yourself how these amazing teachings can improve your life to levels you had never imagined before!



Join Eduardo online!
**Instant Energy Boost
with Pranic Healing**
Thursday, November 18
at 5 pm -
Register at:
marlenesmarket-deli.com/classes

BLACK SEED 101: AN INCREDIBLE SUPERFOOD FOR ALL

by North American Herb & Spice

WHAT IS BLACK SEED?

Black Seed (*Nigella sativa*) is an annual plant in the Buttercup family (Ranunculaceae), also known as Black Cumin Seed. *Nigella sativa* is a small flowering shrub with purplish-blue or white-tinged flowers and narrow, threadlike leaves. The shrub produces fruits that contain tiny seeds. The Black Seed plant grows best in northern Africa, Turkey, and the Middle East. It thrives in this region of the world, as the seeds can maintain their vitality in extreme temperatures and sun exposure. Black Seed is one of the greatest allies for immune, digestion, and heart support, second only to the **Oreganol P-73** formula.* When both agents are combined, few natural substances can match that combination's potential for total body wellness.

Since the 1960s, there have been over 1,000 clinical studies on the therapeutic benefits of Black Seeds.

EXTENSIVE HEALTH BENEFITS

Black Seed and its expressed oil have a unique phytochemical profile and offer multiple benefits by supporting the function of vital systems and organs.* It has traditionally been used to maintain a healthy immune response and supports the cardiovascular system, digestion, glycemic response, and respiratory system health.* It also supports metabolic processes and detox responses of the liver, gallbladder, colon, and kidneys! In addition to this extensive list, Black Seed supports cognitive function and the body's healthy response to inflammation. It also earns respect for its nourishment to our skin, hair, and nails. By now, you can begin to understand why *Nigella sativa* is a tremendous asset and earns its place close to the top of all known superfoods.

WHY CHOOSE NORTH AMERICAN HERB & SPICE?

Since 1997, NAHS has consistently sourced 100% Turkish Black Seed, the highest quality and potency we have found. This premium aromatic oil is always freshly cold-pressed on site immediately after harvest. This practice enables us to keep all the beneficial

properties and delightful aroma intact so that you can enjoy the best possible nutrition and results.

We present our customers with several options for consumption based upon your body's specific needs. For example, those who prefer soft gels can consume Black Seed with significant digestion support from fennel, cumin, and wild oregano spices. 100% Black Seed oil is available for those who want to experience the pure form and topical application. Bio-available **AbsorbMax TQ** drops are available for those on the go. The portable 2oz size is useful for travel and the added yacon lends a bonus pre-biotic digestion response. Our **Cardio Power Plus** 8 oz oil is a one-of-a-kind heart formula that combines Black Seed with pomegranate and muscadine grape, known for its potent antioxidant resveratrol. You won't find these mighty formulations anywhere else!

NAHS always goes the extra mile to ensure quality for our customers. For example, we do not allow any imported raw materials to be subjected to radiation treatments. The resulting product is a pure, fresh, highly aromatic Turkish Black Seed oil. We noticed from the beginning how good the taste was and how much better we felt compared to other sources we've tried. We've consistently advocated for premium Black Seed since 1997 and have always employed rigorous quality testing standards from seed to bottle. We take standards to a higher level at our company

by enhancing strength with powerful wild spice oils, grapes, and other fruits. Since these seeds are so broadly beneficial to a variety of people, we provide many options for our customers to explore with several formulations to choose from. The final profile of antioxidants, flavonoids, vitamins, minerals, and polyphenols supplied in these cutting-edge formulas are greater than amounts provided from Black Seed alone. You haven't experienced what Black Seed can do for you until you try North American Herb & Spice!



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



Seasonal Sips

Buttery Honey-Almond Chai

- 4 chai tea bags
- 3 cups water
- 1 cup almond milk
- 2-3 Tbl honey
- 1 Tbl ghee or coconut oil
- pinch of sea salt

In a large saucepan, bring 3 cups of water to a boil. Add chai tea bags, cover and steep for 10 minutes. Discard tea bags. Stir in almond milk, honey, ghee and salt. Heat over low until just simmering. Divide into 4 cups.



Apple-Pumpkin Cider and Spice

Made with luscious pumpkin and tons of spices, this cider is filled to the brim with fabulous fall flavor! This recipe is thicker than traditional cider since it's made with pumpkin puree. For a thinner beverage, add more apple cider or water while you prepare it.

- 5 cups apple cider
- 2 cinnamon sticks
- 15 oz can of Farmer's Market organic pumpkin
- ½ cup rum (optional)
- 3 tsp pumpkin spice
- Whipped topping (optional)
- 2 whole star anise

Makes about 6 servings.

In a large saucepan or soup pot mix together apple cider, pumpkin puree, pumpkin spice, star anise and cinnamon sticks. Bring mixture just to a boil then immediately reduce to low. Gently simmer about 15 minutes.

Remove cinnamon sticks. Stir in rum. Portion into heat proof glasses or mugs and top with whipped cream.



Ruby Red Rosemary Honey Spritzer

by GloryBee

Sweetened with honey and made with real grapefruit juice, this ruby red rosemary spritzer is the perfect non-alcoholic drink to get a jump start on your healthy living New Year's Resolutions. Cheers!

- ½ cup GloryBee Raw Honey
- 4 sprigs of rosemary
- 1 ½ cups ruby red grapefruit juice

Crushed ice

Soda water or sparkling water

Grapefruit slices and rosemary sprigs to garnish

Combine honey and four rosemary sprigs in a small saucepan. Gently heat over low heat until the honey begins to bubble, about 5 minutes. Remove honey from heat and let rosemary steep for an additional 5-10 minutes.

Fill glasses with ice. Once honey has cooled a bit, remove rosemary sprigs and transfer honey to a cocktail shaker. Add grapefruit juice and shake until combined.

Divide grapefruit and honey mix between the glasses and top each with soda water. Garnish with fresh rosemary sprigs and grapefruit slices.



Decadent Eggnog

- 2 cups milk
- ½ tsp vanilla
- ½ tsp cinnamon
- 3 whole cloves
- 5 egg yolks
- ½ cup sugar
- ½ cup Sun Rum Silver by Sun Liquor (optional, but highly recommended!)
- 2 cups half and half
- 1 tsp cinnamon
- ¼ tsp nutmeg

Combine milk, cloves, vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes, slowly bringing milk mixture to a simmer. Remove pan from heat.

In a large bowl, whisk egg yolks until they are smooth and lighter. Add sugar and whisk together until fluffy. Whisk hot milk mixture slowly into the eggs. Pour mixture into saucepan. Cook over medium heat, stirring constantly for about 3 minutes, or until mixture is thickening and pudding-like bits begin to congeal on the spoon or whisk. Do not allow mixture to boil. Remove cloves, and let cool for about 1 hour.

Stir in rum, half and half, vanilla and nutmeg. Refrigerate for 8 hours, or up to 3 days, before serving.



Scrumptious Sides

Roasted Broccoli with Cheezy Vegan Seasoning

by Primal Kitchen

One of the best ways to coax flavor out of broccoli: Roast it. Roasting broccoli in the oven until it's fork-tender with lightly caramelized, crisped edges transforms raw broccoli into a side or main dish you'll want to make again and again. Vegan cheese sauce complements this powerhouse veggie perfectly! All it takes is a baking sheet, avocado or olive oil, seasonings, and broccoli.

- 1 lb broccoli florets
- 2 Tbl Primal Kitchen Avocado Oil
- 4 cloves garlic, minced
- 3 Tbl nutritional yeast
- Juice from ½ lemon
- 1 small lemon, thinly sliced into rounds
- Salt and pepper to taste

Preheat oven to 375°F.

Break crowns of broccoli into florets, then slice the florets in half vertically. Place the broccoli florets on a large baking sheet and toss with avocado oil, garlic, 2 Tbl of nutritional yeast, lemon juice, and salt and pepper.

Place the lemon slices on top of the broccoli florets. Roast the broccoli for 15 minutes.

Remove from oven and add the remaining 1 Tbl of nutritional yeast. Toss to combine. Roast the broccoli for an additional 10 minutes or until tender and golden.



Roasted Vegetables with Fire Roasted Tomato Vinaigrette

This zesty, fire roasted tomato vinaigrette perfectly accents the flavors of roasted herbed vegetables! Brightens up the table and balances out heavier holiday side dishes.

DRESSING:

- 1 can (14.5 oz) Muir Glen™ organic fire roasted diced tomatoes, undrained
- 2 cloves garlic, chopped
- 2 Tbl red wine vinegar
- 2 Tbl balsamic vinegar
- 2 tsp chopped fresh thyme leaves
- ½ tsp kosher or fine sea salt
- ¼ tsp crushed red pepper flakes
- ¾ cup olive oil

VEGETABLES:

- 12 carrots, about 6-inches long, peeled
- 2 yellow summer squash or zucchini, cut on bias ½-inch thick
- 1 cup radishes, quartered
- 1 red bell pepper, cut into 2-inch wide planks
- ½ red onion, cut into 6 wedges
- 1 Tbl olive oil
- 2 tsp chopped fresh thyme leaves
- 2 tsp chopped fresh rosemary leaves
- ½ tsp sea salt

Heat oven to 450°F. Spray 18x13-inch rimmed baking sheet with cooking spray.

In large bowl, toss vegetables ingredients; place on baking sheet. Roast 20 to 22 minutes or until carrots are crisp-tender. Arrange on platter; top with additional fresh thyme leaves.

Meanwhile, place all dressing ingredients except oil in blender. Cover and puree until smooth. With blender running on low speed, slowly add ¾ cup olive oil; blend until mixture is combined. Serve with warm vegetables.

Leftover dressing is perfect on grain salads, fish or chicken and can be stored in the refrigerator up to 3 days.



Artisan Stuffing Recipe

by The Essential Baking Company

1 lb of one of our artisan loaves cut it into 1-inch cubes

2 Tbl extra virgin olive oil

8 oz pancetta or sausage diced and cooked (can also be left out to make vegetarian/vegan)

2 onions, diced

4 cloves garlic

4 celery stalks, diced

2 carrots, diced

1 Tbl rosemary

2 Tbl chopped fresh thyme

2 Tbl chopped fresh sage

¼ cup flat leaf parsley

4 cups vegetable or chicken broth

2 eggs, whisked (can also be left out to make vegan)

Salt and pepper to taste

Preheat oven to 325°.

Spread bread cubes evenly across a baking sheet. Toast for 30 minutes, or until crisp and lightly browned on the outside. Set aside. Raise oven temperature to 350°.

In a saucepan or cast-iron skillet, add 1 Tbl extra virgin olive oil over medium heat. If using meat, add now. Cook and then set aside in a large separate bowl.

In the same saucepan or skillet, add onions, garlic, celery, carrots, spinach, rosemary, thyme, sage and parsley. Cook until vegetables are softened.

In the large bowl, toss well to coat and combine the meat (if using), sautéed vegetables, bread pieces, broth and eggs; add more broth if needed to moisten the bread.

Add salt and pepper.

Transfer mixture to baking dish that's been brushed with olive oil. Lightly press mixture and cover with foil.

Bake for 30 minutes. Uncover and bake 10 minutes longer or until the top is crisp and golden brown.





Honey-Glazed Roast Chicken

by GloryBee

Needing a smaller centerpiece this holiday? Our recipe breaks everything down into just a few simple steps for a delicious roast chicken dinner. This classic comfort meal might become a new favorite!

Delectable Main Dishes

- One 4 to 5-pound chicken, giblets removed
- 1 Tbl fresh thyme leaves
- 1 Tbl minced fresh rosemary
- 2½ tsp fine sea salt, divided
- 1½ tsp black pepper, divided
- 1 lb small red potatoes
- 1 lb carrots, cut into 1" lengths
- 1 large onion, cut into ¾" wedges
- 2 Tbl olive oil
- ⅓ cup GloryBee® Clover Blossom Honey

One day before you plan to roast the chicken, place chicken on a rack set over a baking sheet and pat dry. In a small bowl mix together thyme, rosemary, 2 teaspoons salt, and 1 teaspoon pepper. Rub chicken all over with herb and salt mixture, and refrigerate, uncovered at least 4 or up to 24 hours.

Preheat oven to 425°.

In a large baking pan, toss potatoes, carrots, and onion with oil and remaining ½ teaspoon salt and ½ teaspoon pepper. Place chicken, breast-side up, on top of vegetables.

Roast covered for 1 hour 15 minutes or until golden brown and the internal temperature of the thickest part of the thigh registers about 150°. Remove chicken from the oven, brush all over with honey, and return to the oven uncovered. Roast until deeply browned, about 15 minutes more.

Remove chicken from the oven and let rest, loosely tented with foil, for 15 minutes. Carve and serve.

Hearty Sweet Potato and Chickpea Curry

by Muir Glen

Whether you're looking for a vegetarian recipe or just something addictively delicious to make for dinner, this coconut and tomato stew, redolent of ginger, garlic and onions and warm spices and garnished with a shower of herbs and crunchy toasted cashews, will certainly fit the bill.

- ¼ cup olive oil
- 1 cup chopped onions
- 2 Tbl grated ginger
- 5 cloves garlic, finely chopped
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp salt
- ½ tsp ground cumin
- ½ tsp pepper
- ¼ tsp cayenne pepper
- 2 cans (15 oz each) chickpeas, drained, rinsed
- 2 cans (14 oz) unsweetened coconut milk
- 1 can (28 oz) Muir Glen™ organic fire roasted diced tomatoes, undrained
- 1 lb sweet potatoes, cut into 1-inch pieces (about 3 cups)
- 1 bag (5 oz) baby spinach
- ½ cup fresh mint leaves, chopped
- ½ cup fresh cilantro leaves, chopped
- ½ cup chopped roasted cashews
- 2 red Fresno or jalapeño chiles, thinly sliced (optional)

In 5-quart Dutch oven or heavy pot, heat oil over medium-high heat. Add onions, ginger and garlic. Cook 4 to 5 minutes, stirring frequently, until softened and beginning to brown. Add coriander, turmeric, salt, cumin, pepper and cayenne. Cook and stir 30 seconds. Add chickpeas; cook and stir 5 to 6 minutes or until chickpeas begin to brown. Add coconut milk, tomatoes and sweet potatoes; heat to boiling. Reduce heat to medium-low; cover and simmer 25 to 30 minutes, stirring occasionally, until sweet potatoes are tender. Add spinach; stir 1 to 2 minutes or until wilted.

Divide among serving bowls; garnish with mint, cilantro, cashews and chiles.



Almond Baklava

by National Honey Board

A classic sweet pastry with honey and nuts and crispy, thin puff pastry dough. Traditional baklava uses pistachios, but you can substitute whatever nut you prefer.

½ lb sheets filo dough, thawed

2 cups almonds, ground

¾ cup sugar

1 tsp lemon zest

¾ tsp cinnamon

1 cup unsalted butter, melted

sliced almonds for garnish

¼ cup sugar

¼ cup water

1 cup GloryBee Organic Raw Clover Blossom honey

1 Tbl rose water

Preheat oven to 325°F.

In a medium bowl combine ground almonds, sugar, lemon zest, and cinnamon. Generously butter an 8- to 9-inch-square pan.

Carefully fold 2 sheets of filo to fit pan; place in pan one at a time, brushing each with butter. Sprinkle about 3 Tbl of the almond mixture over top sheet. Fold 1 sheet of filo to fit pan; brush with butter. Sprinkle evenly with another 3 Tbl almond mixture.



Sweet Treats

Continue to add layers, using 1 folded sheet of filo, a generous brushing of butter, and 3 to 4 Tbl almond mixture for each, until nut mixture is used up (there should be about 10 nut-filled layers).

Fold remaining 2 to 3 sheets of filo to fit pan. Place on top, brushing each, with butter before adding the next.

With a very sharp knife, carefully cut diagonally across pan to make small diamond shapes--about 1½ inches on a side--cutting all the way to bottom of pan. Pour on any remaining butter. Bake until golden brown (about 45 minutes).

Pour warm Honey and Rose Water Syrup* over top.

Decorate each piece with an almond slice. Cool before serving.

*For Honey and Rose Water Syrup (last four ingredients):

Combine sugar and the water in a ½-quart saucepan; bring to a boil, stirring. Mix in honey and cook until syrup boils again. Remove from heat; mix in rose water.

Thumbprint Jammers

A scrumptious, rustic holiday cookie that everyone seems to love! By swapping a couple of ingredients, these can easily be made gluten free and vegan. Use your favorite fruit jam, or a combination of jams or preserves for this classic holiday favorite.

1 cup almond meal

½ cup rolled oats (gluten free oats for gluten free cookies)

¼ cup coconut flour

1 tsp baking powder

½ tsp sea salt

⅓ cup sugar

⅓ cup butter (or coconut oil for vegan cookies), melted

2 Tbl maple syrup

1 tsp vanilla extract

½ tsp almond extract

About ⅓ cup fruit jam or preserves

Preheat oven to 350°.

Use a non-stick baking sheet or line a baking sheet with parchment paper. In a medium bowl, whisk together almond meal, oats, coconut flour, baking powder, salt and sugar until evenly mixed. Pour in butter, maple syrup, vanilla and almond extract and mix well.

Squeeze together a couple of teaspoons of the mixture to form a 1-inch diameter ball with your hands. If mixture is too crumbly, add a little more maple syrup until you have the right texture.

Gently press dough ball onto baking sheet to flatten slightly. Press the center gently with your thumb to form a jam well.

Bake for 7 minutes. Remove cookies from the oven and fill the middles with jam. Bake additional 5 minutes, until edges are golden. Cool 5 minutes on baking rack. Makes approximately 16 cookies.



Nourishing Turkey Stock

- 1 large stock pot
- 1 roasted turkey carcass
- 4 celery stalks, cut into chunks
- 3 carrots, cut into chunks
- 2 yellow onions, quartered
- 1 bunch of parsley
- 6 garlic cloves, smashed and unpeeled
- 1 tsp black pepper
- 3 bay leaves
- 3 sprigs of thyme or rosemary



Carefully break turkey carcass into pieces just large enough to fit comfortably in stock pot.

Add the rest of the ingredients on top of the turkey. Fill the stock pot with water until ingredients are just covered, about 8 cups.

Cover and bring to a boil. Reduce heat to medium low and simmer about two hours.

Spoon any foam or fat from the surface. Remove large solids with tongs or a slotted spoon and discard. Pour stock carefully through a strainer into a large pot. Allow to cool about 15 minutes.

Portion into containers for storing in the refrigerator up to 3 days or freeze for up to 3 months.

Makes about 4 quarts.

Curried Turkey Salad

- ½ cup mayonnaise
- 2 Tbl cranberry relish or jelly
- 1 Tbl mild yellow curry powder
- ½ tsp black pepper, freshly ground
- 2 Tbl shallot or red onion, finely diced
- 3 cups roasted turkey, chopped
- 2 celery stalks, diced
- ½ cup toasted pecans or walnuts, diced
- ¼ cup dried cranberries or diced apple
- sea salt



In a medium mixing bowl, whisk together mayonnaise, cranberry relish, curry powder black pepper and shallot until well blended. Fold in turkey, celery, pecans and dried cranberries. Season to taste with sea salt.

Wonderful as a sandwich filling or served over mixed greens!

What to Do with That Leftover Turkey



Creamy Turkey & Wild Rice Soup

- 1 cup uncooked wild rice
- 2 Tbl olive oil
- 1 medium yellow onion, diced
- 2 celery stalks, diced
- 2 large carrots, sliced into rounds
- 8 ounces fresh crimini mushrooms, sliced
- ⅓ cup flour
- 6 cups turkey stock, divided
- 2 cups water
- ¼ cup fresh parsley, chopped
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- ½ tsp dried thyme
- ½ tsp dried sage
- 4 cups cooked and coarsely shredded turkey
- 2 cups full-fat coconut milk

In a large pot, bring 4 cups of turkey stock and 2 cups of water to a boil. Rinse wild rice with a mesh strainer and add to pot. Reduce heat to low and simmer covered about 50 minutes, until some rice grains are bursting open and curling.

In a large dutch oven or stock pot, heat olive oil over medium. Add the onion, celery, carrots and mushrooms. Sauté until the onion has softened.

Sprinkle the flour over the sauteed vegetables and stir in, cooking for 1 minute. Slowly add the remaining 2 cups of turkey stock, stirring constantly. Increase the heat to medium-high until the mixture comes to a low boil. Pour in wild rice and stock mixture.

Reduce heat to medium low and add the parsley, salt, pepper, thyme, sage and turkey. Simmer for 20 minutes.

Add coconut milk and cook another 3-5 minutes until hot, but not boiling. Taste and adjust seasonings accordingly. Enjoy!

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Savory Buckwheat Crepes

by Organic Valley

Buckwheat flour is naturally gluten-free and is packed with fiber and protein—a fantastic way to start your day! Depending on how you like to eat your crepes, you can fold them into a wrap or eat them open-faced.

For the crepes:

- 3 large eggs
- 1 cup milk
- 2 Tbl Organic Valley Unsalted Butter, melted
- ½ cup water
- 1 cup buckwheat flour
- ½ tsp salt

Toppings:

- Sauteed greens (spinach, kale, or chard)
- Bacon, cooked and crumbled
- Eggs, fried or scrambled
- Organic Valley Cheddar Cheese
- Sour cream or yogurt
- Fresh chives, diced

In a blender or large mixing bowl, add the eggs, milk, melted butter, and water. Blend on high for 30 seconds or whisk until thoroughly combined. Add the buckwheat flour and salt and mix for an additional 30 to 60 seconds. The batter should be the consistency of heavy cream; if necessary, add more milk to thin or flour to thicken.

On the stovetop, heat an 8-inch crepe pan or nonstick skillet over medium-high heat. Grease the pan with butter or cooking spray and pour ¼ cup batter into the pan. Quickly swirl the batter around in a circle, spreading it evenly to the edge of the pan in a thin, even layer. Let the first side cook for 30 to 60 seconds or until the edges of the crepe begin to lift away from the pan and the underside begins to brown slightly.

Using a metal spatula, flip the crepe over and cook for an additional 30 to 60 seconds until the second side is lightly browned. Remove to a plate and continue making crepes until the batter is gone, greasing the pan after every third or fourth crepe (batter should make 8 to 10). Keep the finished crepes warm by stacking them and covering with a clean kitchen towel.

Place one crepe on your plate and add a layer of sautéed greens, then a sprinkle of bacon crumbles, an egg or two, shredded cheddar cheese, sour cream and a sprinkle of fresh chives. Serve warm.



November

Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Thai Cuisine: The Basics of Red Curry with Julia Bang, Founder of EAsT Kitchen \$15 Noon, Online
	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!	Supplements for Healthy Aging with Glen Depke, ND, Dr. Mercola Brand Educator 5 pm, Online		Baking for the Holidays with Bulk Foods with Stacy Kraker and Hummingbird Wholesale Staff 5 pm, Online		Creative Holiday Cooking with Abbie Cates, Founder of KnifeForkSpoon Noon, Online
7	8	9	10	11	12	13
		Rejuvenate Your Body Naturally with Detox Support with Ryan Bland, DC, Functional Medicine Practitioner 5 pm, Online		Instant Energy Boost with Pranic Healing with Eduardo Sztokbant, Associate Pranic Healing 5 pm, Online	Full Moon	Medicare 101 with Kate Esparza-Guerrero Noon, Online
14	15	16	17	18	19	20
				Thanksgiving Day (Both locations closed)		
21	22	23	24	25	26	27
				Upcoming Holiday Hours Christmas Eve - 8 am to 4 pm Christmas Day - Closed New Year's Eve - 8 am to 6 pm New Year's Day - Closed		
28	29	30				



Bodywork Schedule

BODYWORK SCHEDULE

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with Voda Health
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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
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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.



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We value your suggestions and feedback! Write to us at:
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