

Marlene's[™]

— MARKET & DELI —

shop local, eat organic

SOUND OUTLOOK

November 2022

Our recipe issue • Ready-made entrees
Fiber and digestion • More absorbable multivitis

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A Letter From Us

In November, the smell of food is different.
 It is an orange smell, a squash and pumpkin smell.
 It tastes like cinnamon and can fill up a house in the morning,
 pulling everyone from bed.
 Food is better in November than any other time of the year.

- Cynthia Rylant, American author

Happy November to all!

We hope you try a few (or many) of the recipes we've put together for you for the season. All the ingredients you see in our November recipes can be purchased at Marlene's, and we have plenty of options for you to use substitutes and swap some ingredients for special diets and allergies. Find ways to celebrate that work for you!

Don't miss our wholesome holiday meal options in our grocery department. And since this is also the season of hearty, home-cooked meals and delicious baked goods, be sure to explore our bulk department and refresh your spices, herbs and baking ingredients. Are your teas, coffee and cold-weather beverages well-stocked? Now is the time to fill the pantry with nourishing things that give us warmth and comfort.

Thank you so much for allowing us to be a part of your holidays!

Lisa



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

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marlenesmarket-deli.com



THANKSGIVING TO-GO at Marlene's

Place your order in-store or give us a call:
Federal Way - 253.839.0933
Tacoma - 253.472.4080

Traditional

Dinner for Two

Turkey breast, cranberry orange chutney, classic gravy, smashed potatoes, green bean casserole, sourdough stuffing, pumpkin pie. Sorry, no substitutions.

45.99

Gluten Free

Dinner for Two

Turkey breast, cranberry orange chutney, gravy, smashed potatoes roasted vegetables, cornbread stuffing, gluten free pumpkin pie. Sorry, no substitutions.

45.99

Roasted Turkey Dinner

(feeds 10-12)

229.99

Dinners come with your choice of three side dishes, cranberry orange chutney, gravy and your choice of pie.

Side Dishes

- Smashed Potatoes (gf)
- Vegan Mashed Potatoes (gf)
- Cornbread Stuffing (gf)
- Sourdough Stuffing
- Cranberry Wild Rice Salad (gf)
- Green Bean Casserole
- Broccoli Cranberry Salad
- Pear and Greens Salad (gf)

Pies

Most can be made gluten free!

- | | |
|--------------|------------------|
| Apple | Key Lime** |
| Pumpkin | Lemon Sour Cream |
| Triple Berry | Black Bottom** |
| Blackberry | Chocolate Cream |
| Blueberry | Coconut Cream |
| Raspberry | Banana Cream |
| Peach | Peanut Butter** |

** not available in gluten free

We will begin to take orders on Tuesday, 10/25. Orders are while supplies last and we sell out very quickly.

Orders available for pick up after 10:00 a.m on Tuesday, 11/22 or Wednesday, 11/23. Sorry, no exceptions.



Lovingly prepared local pasture-raised chickens make a gorgeous centerpiece meal if you are cooking for fewer people! Check out **Bright Ide Acres** and **Oak Meadows Farm** for western Washington born and raised chicken!

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 everything else to make your table complete.

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

Diester 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 Diester signature old-fashioned flavor. These birds are never given antibiotics, hormones or artificial growth stimulants. Look for **Free Range, Organic** and **Heirloom varieties**.

Diester Free Range Antibiotic Free - 3.99 lb
Diester Free Range Organic - 5.79 lb
Diester (FR) Organic Heirloom - 5.99 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 **Skagit River Ranch** and **Wild Idea Bison**. Find a variety of cuts from grass-finished to organic.



FIBER: The Fourth Macronutrient

by Dr. Adrienne Wilen

Usually when people track their macronutrients, they focus on fats, carbohydrates, and protein, but another macro that factors into a healthy diet is fiber.

Fiber plays a major role in digestive health. It fuels the intestinal cells, helps digestion keep moving to prevent diarrhea and constipation, feeds the microbiome of the gut, and also helps with excretion. Soluble fiber, the type that turns to a gel when mixed with water, can bind cholesterol, hormones, and toxins in the intestines and keeps them moving through the tract until they are excreted in the stool.

Whole foods are full of naturally occurring fiber, which is basically just structures that are resistant to our digestive enzymes. The term 'whole foods' applies to fruits, vegetables, legumes, whole grains with minimal processing, and animal products with minimal processing. Whole grains, beans, fruits, and vegetables are all close to the state they were harvested in, which means they still contain all of the vitamins, minerals, fiber, and essential nutrients our bodies can utilize.

Soluble fiber dissolves in water to form a gel which slows digestion leading to more stable blood sugar. This type of fiber also binds unwanted fats and cholesterol to help move them through until excretion. Additionally, your gut bacteria use soluble fiber as a food source in the large intestine.

Insoluble fiber draws water into your digestive tract and adds bulk to stool, allowing it to pass more easily through the intestine, helping to prevent constipation.

The national fiber recommendation for men is 30g and for women is 25g. Most people think salad is enough fiber, but did you know 1 cup of shredded lettuce only has 1/2 gram of fiber? On the other hand, 1 cup of broccoli has 5g of fiber, and 1 cup of beans has an amazing 30g of fiber! If you are aiming for 30g per day and eat three meals per day, a good rule of thumb would be 10g per meal.

Prebiotics are compounds that, when fermented in the gut, produce specific changes in bacterial composition or activity, and support the growth of our normal commensal bacteria. These compounds are mostly carbohydrates that we cannot digest due to a lack of the proper enzymes, aka fiber! In general, fruits, vegetables, beans, and whole grains like wheat, oats, and barley are all good sources of prebiotic fibers.

One of my favorite recipes that helps fulfill the daily recommended fiber goal is the following skillet. This dish is a savory blend of white beans, garlic, sun dried tomatoes, and kale, sautéed in avocado oil. One serving has 16.5g of fiber, 21g of protein, and tastes delicious!

Dr. Adrienne Wilen is a Naturopathic Physician practicing at Federal Way Naturopathy and creator of Biomi, a 10-week program helping people resolve common digestive complaints. Learn more at MyBiomi.com.

Join Dr. Wilen online!
**Fiber: The Fourth
Macronutrient**
Thursday, November 10
at 2 pm
Details at
marlenesmarket-deli.com/classes

Sun Dried Tomato, Kale, and White Bean Skillet

(serves 4)

Two	15 oz cans of white beans, drained and rinsed
3 oz	sun dried tomatoes in oil
1 Tbl	apple cider vinegar
1 Tbl	avocado oil
2 cloves	garlic, minced
6 oz	fresh, chopped kale
½ tsp	dried basil
¼ tsp	salt
Pepper	to taste
1 pinch	crushed red pepper flakes

Roughly chop the sun dried tomatoes.

In a small bowl, combine apple cider vinegar, 2 tablespoons of oil from the sun dried tomatoes, and spices.

Saute the garlic in avocado oil over medium heat for 1 minute.

Add kale and 2 tablespoons of water to the garlic and cook until wilted.

Add the drained beans and chopped sun dried tomatoes, cook until beans are heated through.

Drizzle the dressing over the skillet and stir to combine.

Serve warm.



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, nonGMO 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



November Events & Education

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

MEDICARE 101



with Kate Esparza-Guerrero
Thursday, November 3 at 5 pm

Do you have Medicare questions you need answered? Whether you are turning 65 or getting ready to retire, attend this class to become better informed! Join Kate online to learn how to navigate Medicare options for the 2022 Annual Enrollment Period, October 15th - December 7th.

UNDERSTANDING YOUR ANIMALS



with Lesia Alexander, Animal Communicator
Tuesday, November 8 at 5 pm

Do you wonder what your pets are thinking? Do you wish you could if they understand you? Discover tips and techniques to support the relationship you have with your pets. Learn new ways to understand your animals and experience new ways of relating to them. Have your pet or photo of them handy.

FIBER: THE FOURTH MACRONUTRIENT



Adrienne Wilen, ND
Thursday, November 10 at 2 pm

Usually when people track macronutrients, they focus on fats, carbohydrates, and protein, but another macro that factors into a healthy diet is fiber! Fiber plays a major role in digestive health, as well as immune health and cardiovascular health. Come learn about how increasing

your fiber can improve overall wellbeing!

MINDING YOUR DIGESTION TO MEND YOUR MIND



with Julia Craven, Enzymedica Educator
Thursday, November 10 at 5 pm

Many of us have heard of the gut/brain connection, however most of us don't understand how to access and nourish this connection in a way we'll really feel. Join Julia to learn how to build the digestive system to regulate stress responses and enhance bioavailability. Help your system

make the most of stress soothers such as magnesium, Omega 3s and vitamin D, and learn what roles these and other vital nutrients play in the gut/brain connection.

BEER, WINE OR SPIRITS TASTING FREE 21+ WITH ID

Tacoma Location
2 pm - 4 pm

Friday, November 4
Friday, November 18

Federal Way Location
2 pm - 4 pm

Friday, November 11

COMFORT FOODS THAT ARE ACTUALLY GOOD FOR YOU



with Jeanne Logman, CNT and Elizabeth Ashbrook CNT, CFT
Saturday, November 12 at noon \$25

Spruce up your winter meal rotation with deeply nourishing recipes focused on seasonal, plant-based ingredients and great, cozy feelings. Recipes written and prepared by Certified Nutritional Therapists. Get a spoonful of comfort foods... that are actually good for you!

SUPPORTING A HEALTHY STRESS RESPONSE



with Glen Depke, Dr. Mercola Educator
Tuesday, November 15 at 5 pm

You may be dealing with significant stress on a regular basis, and the reality for most is that you cannot simply remove the stress from your life. What can you do? Fortunately, there are many ways to support yourself naturally. With this training, Glen will teach you how to use simple lifestyle tips and supplements to support your body's natural stress response.

STRESSBUSTER WORKSHOP FOR EVERYONE



with Lisa Shook, Certified Master Hypnotist and Founder of Stressless Prosperity Institute
Thursday, November 17 at 5 pm

With so many things to do and your attention being pulled in many directions, it can be hard enough to get moments of peace. You can change this! Imagine yourself with mental clarity, more energy and a calm mind as Lisa provides you with valuable tools you can practice in your daily life that won't take a lot of time. Join this workshop and learn new and useful ways to view stress!

GLUTEN FREE & VEGAN HOLIDAY COOKING



with Chef Tyrone Brown, Owner of Tasteful Joy
Saturday, November 19 at noon - \$25

Are you out of fresh ideas for gluten free and vegan foods? Make holiday cooking your all-time favorite once again! Chef Brown is on a mission to create and share delicious, healthful foods for every day and every occasion. You don't have to miss out or compromise! With just a little pre-planning and a few staple goods, you'll be on your way to a great celebration this holiday season.

A MORE ABSORBABLE MULTIVITAMIN.



Bryce Canyon, Utah
Shot on 16mm film



Are You Getting Enough Nutrients?

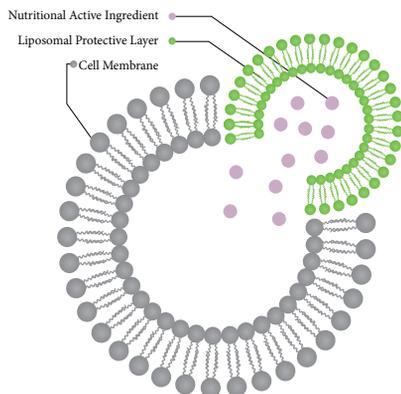
It is true that we oftentimes absorb far fewer nutrients than we realize. According to Pamela M. Peeke, MD, Head of the Solaray Science Advisory Team and named one of America's top physicians by the Consumers' Research Council of America, "Even the most purposeful, curated, 'healthy' food diets will have naturally occurring nutritional gaps."

Why Take a Multivitamin? People take multivitamins because they want to make sure they are getting the nutrients that may be lacking in their diet. The number one determinant for purchasing a multivitamin is efficacy.¹ Are you absorbing your nutrients? Research shows around 90% of Americans fall short of essential nutrients in their diets. In fact, it can be hard for the body to absorb even some nutrients found in traditional vitamins.

Multivitamins have remained relatively unchanged since they were introduced more than 50 years ago, offering the same benefits—as well as the same drawbacks—decade after decade. Knowing that more than 70% of supplementers take a multivitamin regularly, Solaray® introduced a revolutionary new line of Liposomal Multivitamins.²

What Are Liposomes? Liposomes are small bubbles composed of the same fats that make up human cells (Solaray uses liposomes made from non-GMO sunflowers). Specifically, they contain a phospholipid bilayer with an aqueous (water) core. It is precisely this unique structure that makes them so beneficial for supplements: Liposomes can be loaded with both water-soluble and fat-soluble vitamins—as well as minerals, herbs, and other nutrients—which are fully encased and protected in the liposome. The barrier is key, because when the liposome is consumed, it is believed to help the ingredients contained within it survive the digestive process to reach and be absorbed by cells.³

How Can a Liposome Enhance Absorption?* With traditional supplements, there is a concern that nutrients may not make it past the harsh environment of the gut to become bioavailable to the small intestines. But since liposomes encase and safeguard nutrients from stomach acid and enzymes,



when taken in supplement form, it makes them an effective vessel for nutrient delivery.* Because they are similar to human cells, liposomes can efficiently bind with them and release the nutrients directly where they are needed.

Indeed, research shows enhanced absorption rates with liposomal delivery: In studies with Vitamin C specifically, liposomal Vitamin C has been demonstrated to be three times more bioavailable than forms offered by traditional USP Vitamin C tablets.^{3*} Liposomes' protective barrier also helps the nutrients act gently on the digestive system.

What's Different About Solaray's Liposomal Multivitamins? Instead of delivering liposomes in the traditional liquid format, Solaray's advanced, pioneering process dehydrates them into a powder—without heat or chemicals. Research shows this approach not only continues to protect the nutrients, but it also makes them more stable and enhances their absorption rates.^{3,4*} What's more, dehydrated liposomes can be put into convenient capsules. Solaray is the first supplement company to deliver true liposomal nutrients in this way.

Solaray Liposomal Multivitamins are crafted to offer superior absorption and bioavailability while being gentle on the digestive system.[†] This means your body gets more of the nutritional support it needs and that you expect from your supplement—and you get a multi you can truly feel comfortable taking.* Choose from Universal, Women's, Women's 50+ and Men's and find the formula that's right for you. **Absorb More. Live Brighter.**

1. Solaray internal consumer research – validated for date: 5/15/2022.

2. SPINS. Data from: Natural Products Enhanced 52WE. 2021. Deposited 10/03/2021.

3. Based on clinical studies on Vitamin C by Cellg8®; see cellg8.com for more information.

*Based on clinical studies on vitamin C and B12 by Cellg8® (a registered trademark of CELLg8®).

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

4. John Kraft et al. "Emerging Research and Clinical Development Trends of Liposome and Lipid Nanoparticle Drug Delivery Systems," Journal of Pharmaceutical Sciences 103, no. 1 (2014): 29–52. <https://onlinelibrary.wiley.com/doi/abs/10.1002/jps.23773>.



RAMONA IS ON A MISSION TO DEMOCRATIZE FINE WINE

Jordan Knows Wine. Jordan Salcito is an award-winning sommelier turned entrepreneur, having overseen the beverage programs for David Chang’s Momofuku restaurants. Prior to that, she worked as a sommelier at Eleven Madison Park and passed the Master Sommelier “Blind Tasting” exam on her first try.

Jordan has worked at some of the world’s best wineries and has been recognized by the James Beard Foundation, TODAY Show, New York Times and WSJ to name a few.

Why Spritz and not wine? In Italy, the spritz is a regional take on the aperitif, where each village seems to have its own favorite recipe. Not merely an ideal combination of bubbles and bitterness in a low-alcohol package, the spritz helps one appreciate both the evolution of Italian cocktail culture, and the importance of ritual and leisure to Italian life.

RAMONA is a spritz in spirit. An update of the Italian classic, founded by a sommelier, that begins with our own expertise and first love: fine wine.



ORGANIC AMARINO

Ingredients: Organic Italian white wine, bitter orange, botanicals, organic fruit & vegetable extract (for color), CO2
Tasting Notes: A bitter Italian aperitivo in a can (“amaro” = bitter, “ino” = a little bit)
Pairings: Marcona almonds, olives, anchovies, aperitivo hour, Saturday afternoons
ABV: 5%
Nutrition Info: 90 cal / 5.7g carbs / 5.7g sugar per 8.4 oz. can



ORGANIC DRY RUBY GRAPEFRUIT

Ingredients: Organic Sicilian Zibibbo* grapes, ruby grapefruit extract, citric acid, CO2
Tasting Notes: Light & citrusy, grapefruit pith, stone fruit, and lime blossom
Pairings: Last Zoom call of the day, delivery sushi, your current fad diet, crudité
ABV: 5%
Nutrition Info: 90 cal / 5.7g carbs / 5.7g sugar per 8.4 oz. can



ORGANIC RUBY GRAPEFRUIT

Ingredients: Organic Sicilian Zibibbo* grapes, ruby grapefruit extract, citric acid, CO2
Tasting Notes: Bright & balanced, fresh ruby grapefruit, grapefruit pith, stone fruit, and lime blossom
Pairings: Summer afternoons, Korean fried chicken, taco night, dumplings
ABV: 7%
Nutrition Info: 110 cal / 10g carbs per 8.4 oz. can



ORGANIC BLOOD ORANGE

Ingredients: Organic Sicilian Zibibbo* grapes, organic Sicilian blood orange juice, citric acid, and CO2
Tasting Notes: Juicy & structured, fresh blood orange juice, crushed raspberries, and hibiscus
Pairings: Autumn picnics, barbecue chicken, pulled pork sandwiches, pizza, sweet potato fries
ABV: 7%
Nutrition Info: 110 cal / 10g carbs per 8.4 oz. can



ORGANIC MEYER LEMON

Ingredients: Organic Sicilian Zibibbo* grapes, organic Sicilian lemon juice, citric acid, and CO2
Tasting Notes: Zippy & refreshing, freshly squeezed lemon, citrus zest and cactus flower
Pairings: Boating adventures, fritto misto, panzanella salad, lobster rolls, mixed nuts
ABV: 7%
Nutrition Info: 110 cal / 10g carbs per 8.4 oz. can



ORGANIC DRY SPARKLING ROSÉ

Grape Varietals: Organic Montepulciano and Sangiovese grapes grown in Abruzzo
Tasting Notes: Dry & layered, tart cherries, cherry blossom, red apple, and limestone
Pairings: Long walks on the beach, french fries, oysters, chicken wings
ABV: 12%
Nutrition Info: 125 cal / 1g carbs / 1g sugar per 8.4 oz. can

Scrumptious Starts



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:

Sautéed 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.

Apple Carrot Breakfast Muffins

by GloryBee

Just the right amount of sweetness, heartiness, flavor and fiber to kick off your busy autumn mornings! These yummy muffins freeze beautifully so make an extra batch to have on hand.

1½ cups all-purpose flour
1 cup whole wheat flour
2 tsp baking powder
1 tsp cinnamon
½ tsp ginger
½ tsp fine sea salt
1¾ cups milk or nondairy milk
½ cup sugar
¼ cup coconut oil, melted
1 egg
1 medium tart apple, cored and grated (about 1 cup)
1 large carrot, grated (about 1 cup)
½ cup raisins

Preheat oven to 375°. Spray 2 standard 12-cup muffin tins with cooking spray or line with paper muffin liners.

In a medium bowl whisk flour, whole wheat flour, baking powder, cinnamon, ginger, and salt. In a large bowl whisk milk, sugar, oil, and egg. Stir in apple, carrot, and raisins, then dry ingredients and mix until combined.

Divide batter between 15 muffin cups (or bake in 2 batches if you only have 1 muffin tin) and bake until browned and set, 20-25 minutes. Let cool in pan for 5 minutes, then transfer to a rack to cool completely.

Optional icing:

In a small bowl, combine ½ cup confectioner's sugar with 1 tablespoon milk or lemon juice and ¼ teaspoon of vanilla. Mix with a fork until glossy and uniform. Drizzle over muffins.



Tangerine, Fennel and Beetroot Salad

Fresh and fabulous, this nourishing side salad will liven up your main meal with its earthy, bright and tangy flavors!

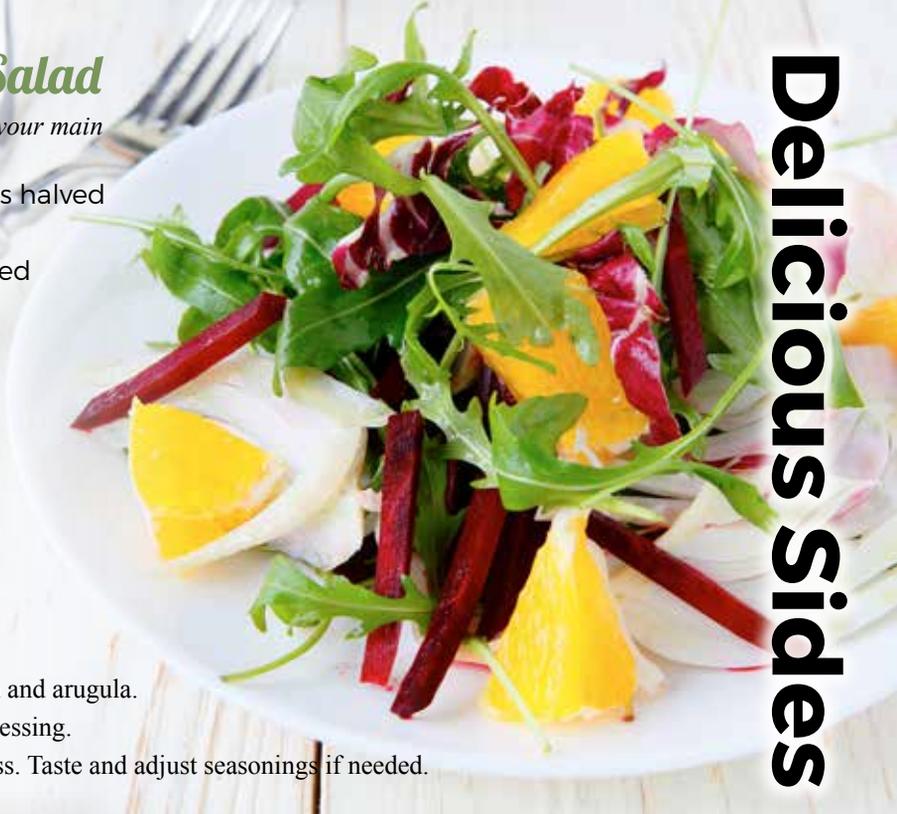
- 4 small tangerines, peeled and segments halved
- 1 fennel bulb, cored and thin sliced
- 2 cups beetroots, steamed or roasted and sliced into bite-sized pieces
- ½ red onion, thin sliced
- 2 cups arugula or other greens
- 2 Tbl olive oil
- 1 Tbl sherry vinegar or red wine vinegar
- 2 tsp lemon or lime juice
- 1 Tbl maple syrup
- ½ tsp sea salt
- ½ tsp black pepper

In a large bowl, combine tangerines, fennel, beets, red onion and arugula.

In a small bowl, whisk together remaining ingredients for dressing.

When ready to serve, pour dressing over salad and gently toss. Taste and adjust seasonings if needed.

Serves 4.



Jalapeño Cheddar Cornbread

Cozy up to your favorite chili with the perfect cold-weather accompaniment!

- ¼ cup butter, melted
- 1 ½ cups flour
- 2 cups cornmeal
- ¼ cup brown sugar, packed
- 3 tsp baking powder
- 1 tsp baking soda
- 1 ½ tsp kosher salt
- 2 cups sharp cheddar, shredded
- 4 scallions, diced
- 3 jalapeños seeded and diced (more if you like zing!)
- 2 cups plain Greek yogurt
- ½ cup vegetable oil
- 4 large eggs at room temperature



Preheat oven to 350 F.

In a large bowl, whisk together flour, cornmeal, brown sugar, baking powder, baking soda and salt. Add the shredded cheddar, scallions and jalapeños.

Add melted butter to an 11x17 baking dish. Turn the dish so that the butter coats the entire bottom of the pan, as well as the sides.

In a medium bowl, whisk the eggs. Add yogurt and oil and whisk until combined. Pour the mixture into the dry ingredients and mix just until no dry spots remain. Pour the batter into the buttered baking dish and allow to sit for 15 minutes. Transfer to oven and bake until golden brown and a skewer inserted into the center comes out clean, about 35-40 minutes.

MARLENE'S SOUND OUTLOOK

Lebanese Style Green Beans

by Muir Glen

Looking for a light and nutritious alternative to the traditionally heavy green bean casserole? You don't have to sacrifice flavor with this delicious dish!

- 2 Tbl olive oil, divided
- 2 cloves garlic, minced
- 1 pound green beans
- 1 14.5-oz can of **Muir Glen Organic Stewed Tomatoes**
- 6 shallots, thinly sliced
- 1 cup of vegetable oil
- Salt and pepper, to taste

Prepare the crispy shallot topping by heating vegetable oil in a pan on medium heat.

Cook the shallots, stirring occasionally.

Once the shallots are golden brown, use a slotted spoon to remove them from the oil and allow them to drain on paper towels.

Blanch the green beans in boiling water for 2 minutes, then drain.

In a large pan, heat the olive oil on medium heat.

Add the garlic and cook until fragrant, about 1 minute.

Add the green beans and sauté for 2 minutes until cooked through.

Add the can of stewed tomatoes and simmer for 5 minutes.

Right before serving, top with the crispy shallots.



Baked Ziti with DelGrosso's Marinara Pasta Sauce

Serves: 8

- 1 lb ziti or penne pasta
- 1 lb sweet Italian sausage
- 1 lb ricotta cheese
- 1 egg
- 1 tsp salt
- ½ tsp pepper
- 2 Tbsp fresh basil, chopped
- 2 Tbsp fresh parsley, chopped
- 1 cup shredded mozzarella
- ½ cup grated Parmesan cheese
- 1 jar **DelGrosso's Marinara Pasta Sauce**
- ½ cup heavy cream or coconut cream

Pre-heat oven to 350 degrees. Cook ziti according to package directions. Cook sausage in a skillet on medium heat until no longer pink. Pour sauce in a small pot, add cream, and heat on medium-low heat, stirring frequently. In a bowl, mix together ricotta, egg, salt, pepper, basil, parsley, mozzarella, and Parmesan cheese until well-blended. Drain ziti and pour back into pot. Add sausage, cheese mixture, and sauce to the ziti and mix through. Pour everything in a baking dish and bake covered for 50-60 minutes. Serve with your favorite salad. Baked ziti has all the ingredients of lasagna without the extra work. For a vegetarian option, omit the sausage. Try a variety of vegetables such as pepper, onions, and mushrooms. To reheat the next day, add extra sauce as the pasta will absorb the sauce.



DelGrosso Foods:

Love, Heritage, Family, and the Sauce of Life!

DelGrosso Foods is the oldest family-owned producer of pasta sauce in America, starting from the original recipe of Marianna Pulcino, who immigrated to America in 1911. She established Mom's Café on Walton Avenue in Altoona, Pennsylvania and began serving her old-world recipes to the delight of hungry patrons.

In 1936, Marianna's daughter Mafalda was waiting tables at the cafe when Ferdinand DelGrosso, a handsome young railroader, walked through the door and sat at her table. They fell in love instantly. "Fred" and "Murf," as they are affectionately known, would later be married, and in 1943, they bought a small restaurant on 17th Street and called it DelGrosso's Cafe. With the help of Marianna's original sauce recipe, the restaurant soon became famous for the "best spaghetti dinner in town."

The idea to commercially manufacture pasta sauce took root when Fred noticed restaurant customers offering to pay extra to take home a small portion of the sauce. Fred immediately saw the potential to market and sell their quality Italian sauces, and in 1946 he sold DelGrosso's Cafe and bought nearby Bland's Amusement Park.



In 1951, Fred built a small cooking room behind Bland's Park containing four 20-gallon, gas-fired, hand-stirred kettles and an automatic can sealer. The sauce was still poured one can at a time by family members using potholders, and then each can was labeled by hand. This process literally took hours, but the DelGrosso family was proud of its products and wanted to establish a tradition to pass on to the next generation.

In 1979, DelGrosso Foods moved into a new state-of-the-art production facility across the road from Bland's Park. Through numerous expansions and upgrades over the decades, the family has maintained the quality and authenticity of each and every jar that comes off the production line.

In late 2000, the DelGrosso Family put their name on their beloved amusement park and has since been known as DelGrosso's Amusement Park.

The DelGrosso story is quintessentially American and represents the hopes and dreams of family members spanning several generations.

Now in its third generation, DelGrosso Foods has taken its place among the most highly regarded producers of fine sauces anywhere. Still owned and operated by their seven sons & daughters, it continues as the oldest major family-owned manufacturer of pasta sauce in the United States and as the proud stewards of "The Finest Sauce Made."



Gluten Free Caramel Apple Spice Cake

Sticky! Goopy! Easy! Heavenly!

- 4-5 large apples, cored and diced into ½-inch pieces
- 1 Tbl lemon juice
- ½ cup brown sugar, packed
- ¼ cup granulated sugar
- 1 Tbl cornstarch
- 1 tsp ground cinnamon
- ¼ tsp nutmeg, ground or freshly grated
- ¼ tsp salt
- 1 tsp vanilla
- ½ cup **Vegan** or **Sea Salt Hot Cakes Caramel Sauce**
- 2 cups **Namaste Gluten Free Spice Cake Mix**
- ½ cup salted butter, melted
- ½ cup coarsely chopped walnuts

In a medium bowl, sprinkle apples with lemon juice.

In a large saucepan over medium heat, combine brown sugar, sugar and cornstarch and stir to blend.

Add apples, cinnamon, nutmeg, and salt. Bring mixture to a simmer while stirring constantly.

Reduce heat to low and continue cooking, frequently stirring, for about 20 to 30 minutes, or until apples are tender and mixture is quite thick. Stir in vanilla.

Preheat oven to 350°. Lightly grease a 9x13-inch baking pan with cooking oil or spray.

Spread apple mixture in an even layer on the bottom of the pan. Drizzle caramel sauce evenly over apples. Sprinkle cake mix evenly over apples and caramel. Drizzle melted butter evenly over cake mix. Sprinkle evenly with chopped walnuts.

Bake in the preheated oven until cake is golden brown and the filling is bubbling through to the top, 50 to 55 minutes. Let cool at least 15 minutes. Serve warm or at room temperature.

Whipped cream or vanilla ice cream and a drizzle of caramel sauce makes a great accompaniment!



Sweet Treats

Glazed Lemon and Cardamom Pear Bread

- ½ cup vegetable oil, plus oil for greasing pans
- 1 cup freshly pureed ripe pears (about 2 medium-size, peeled and cored)
- ½ cup diced ripe pear (about 1 medium-size, peeled and cored)
- 1 egg, slightly beaten
- Zest of 1 large lemon (about 2 teaspoons of grated lemon peel)
- ¼ cup milk or plant milk
- 2 ½ cups all-purpose flour
- ½ cup granulated sugar
- 1 Tbl baking powder
- 1 tsp salt
- 1 tsp freshly ground cardamom seeds
- ½ cup chopped pecans

Lemon Cardamom Glaze:

- 1 cup confectioners' sugar
- 1 Tbl fresh lemon juice
- ½ tsp freshly ground cardamom seeds
- Pinch of salt
- 1 to 2 Tbl cream, milk or plant milk
- 1 tsp butter, softened

Preheat oven to 350°. Grease one 9 1/2-by-5 1/2-inch loaf pan or three 5 1/4-by-3 1/2-inch loaf pans.

In a mixing bowl, stir together the flour, sugar, baking powder, salt and cardamom seeds. In a small bowl, combine the oil, pear puree, egg, lemon zest and milk. Fold in the wet mixture just until the dry ingredients are moistened. Stir in the nuts and diced pear. Spoon the dough into the prepared pan or pans. Bake 55 to 60 minutes for a large loaf or 35 to 45 minutes for smaller loaves, or until they test done. Allow to cool 10 minutes before carefully turning the bread out to cool completely on a rack (about 1 hour).

Stir together the glaze ingredients. Spoon the glaze over the cooled bread.

Seasonal Sips



Apple Spice Mule

1 ½ ounces **Sun Liquor Vodka**

1 ½ ounces apple cider or mulled cider

½ ounce freshly squeezed lime juice

3 to 4 ounces **Reed's Ginger Beer**

Apple slice, for garnish

Cinnamon stick, for garnish

In a cocktail shaker filled with ice, pour the vodka, apple cider, and lime juice. Shake well. Strain into a copper mug filled with fresh ice. Top with ginger beer. Garnish with an apple slice and cinnamon stick. Serve and enjoy.

Creamy Vegan Eggnog

A plant-based twist on a traditional holiday favorite: Eggnog! This recipe features Three Trees Vanilla Bean Almond milk with real, Madagascar vanilla beans that pair perfectly with the warm spices and cool, coconut flavors. This rich and creamy drink can be enjoyed fireside with the family or with a splash of bourbon for a fun, festive evening.

10 half-cup servings

3 cups **Three Trees Vanilla Bean Almond Milk**

1 14-oz can coconut cream

4-6 Tbsp maple syrup, plus more to taste

1 tsp pure vanilla extract

1 tsp ground cinnamon

1 tsp ground nutmeg

½ tsp ground cardamom (optional)

Add all the ingredients listed above to your blender and blend on high until completely smooth.

Pour mixture into a saucepan and heat on low, stirring constantly until it reaches a simmer. The texture will thicken substantially during this step.

Either strain the mixture, or blend with an immersion blender directly in the pot to remove any lumps that have formed while heating.

Pour into a jar and store in the fridge for a few hours until completely cold.

For serving, give it a good shake and pour into glasses. Enjoy cold, over ice, or heat up and serve it hot. For extra decadence, top with coconut whipped cream, or simply top with a sprinkle of nutmeg and/or cinnamon.

Optionally, you can mix in 1/2 - 1 ounce bourbon per cup



Fire Roasted Bloody Mary

Who doesn't love a Bloody Mary? This brunch cocktail favorite gets a boost from fire roasted tomatoes, adding extra savory notes to the classic.

1 cup fire roasted tomato water (drained from 28 oz can whole or diced **Muir Glen Fire Roasted Tomatoes**)

½ cup vodka

juice of ½ lemon

1 Tbsp pickle brine

1 tsp prepared horseradish

1 tsp **Bragg Liquid Aminos**

3-5 dashes hot sauce

pinch kosher or sea salt

pinch freshly ground black pepper

garnish with lemon wedge, pickles, cherry tomato, celery stick

Combine all the ingredients in a cocktail shaker filled with ice.

Shake well and strain into two highball glasses or mason jars.

Garnish as desired!

Recipe may be quadrupled to make a pitcher of Bloody Marys for company. Serve over ice instead of shaking. Other garnishes are lime wedges, pickled okra, green beans or carrots, fresh celery sticks or daikon radish spears. Get creative! Let your guests choose their own.



No Bake Candied Yam Cheesecake

- 16 oz cream cheese, room temperature
- ½ cup sugar
- ½ cup light brown sugar
- 2 cups candied yam casserole, mashed
- 2 tsp vanilla
- 1 ½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp coriander
- ¼ tsp ginger
- 2 cups heavy whipping cream
- 1 graham cracker crust

Cream together, cream cheese and sugars. Pour in vanilla, spices, and candied yams and mix until well combined. In a large bowl, beat the heavy whipping cream until stiff peaks form. Gently fold in the cream cheese mixture until smooth. Pour batter into the crust. Spread evenly and smooth top. Chill 3 hours or up to 12 hours before serving.



Ideas for Leftovers

Stuffing Muffins

- 4 cups of prepared stuffing
- 1 cup ground sausage, browned and drained
- ½ cup dried cranberries or your choice of dried fruit
- ½ cup crushed pecans, almonds or walnuts
- 2 Tbl fresh sage, finely chopped
- 3 eggs
- ¼ cup stock, vegetable or chicken
- 2 Tbl olive oil (for greasing the muffin pan)

Preheat oven to 350°. Place stuffing in a bowl, add sausage mixture, cranberries, nuts and sage and gently toss. Whisk eggs together with ¼ cup stock in a small bowl. Stir egg mixture into stuffing mixture, gently coating it. If mix seems too dry, add a little more stock a tablespoon at a time until it is moist. Let stand 5 minutes. Pack the stuffing into well-greased muffin cups and bake for 20-25 minutes, until golden. Gently loosen the muffins from the pan. Serve warm. Makes about 8-10 muffins.



Thanksgiving Shepherd's Pie

There's a whole new meal you can make with your Thanksgiving leftovers! This recipe is versatile and will work with a variety of leftovers. Feel free to swap and substitute if you have more of one thing and less of another. If you enjoyed your original Thanksgiving meal, it's hard to go wrong with leftovers!

- 1 cup gravy
- 1 cup vegetable or chicken stock
- 1 Tbl soy sauce, **Bragg Liquid Aminos** or coconut aminos
- 3 cups mixed vegetables, diced (Brussels sprouts, green beans, sautéed mushrooms, corn, carrots and peas work well)
- 1 lb chopped turkey
- 2 tsp minced rosemary
- 1 tsp crushed thyme leaves
- 3 to 4 cups of mashed potatoes (or mashed potatoes and mashed sweet potatoes combined)

Black pepper

Olive oil

Preheat oven to 350°. Lightly coat an 11x17 baking dish with olive oil. In a large bowl, combine gravy, soy sauce and stock. Add mixed vegetables, turkey, rosemary and thyme and stir until just mixed. Spread mixture evenly in greased dish. Sprinkle with black pepper to taste.

Top mixture with mashed potatoes, carefully spreading them evenly over turkey mixture. Cover dish with foil and bake for 25 minutes. Remove foil and bake 10 more minutes, until shepherds pie is bubbling and potatoes begin to brown. Serve with additional gravy and cranberry sauce. Enjoy!



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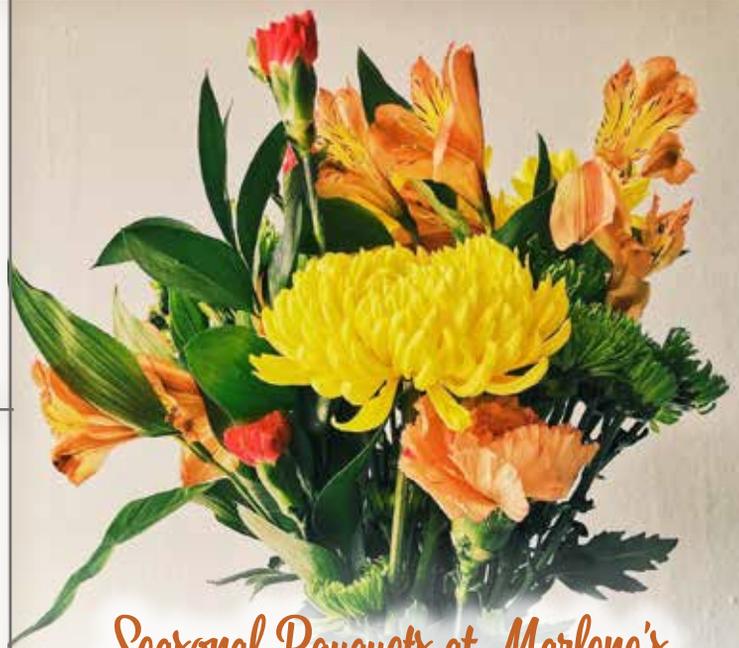
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November

Calendar of Events

Class Registration at
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Medicare 101 with Kate Esparza-Guerrero 5 pm, Online		
		1	2	3	4	5
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		Understanding Your Animals with Lesia Alexander, Animal Communicator 5 pm, Online		Fiber: The Fourth Macronutrient with Adrienne Wilen, ND 2 pm, Online Minding Your Digestion to Mend Your Mind with Julia Craven, Enzymedica Educator 5 pm, Online	Veteran's Day Beer & Wine Tasting Tacoma 2 pm - 4 pm	Comfort Foods That are Actually Good for You with Jeanne Logman, CNT and Elizabeth Ashbrook, CNT, CFT \$25 Noon, Online
6	7	8	9	10	11	12
	Uniform Monday! 10% off to all firefighters, police, and military!	Supporting a Healthy Stress Response with Glen Depke, Mercola Educator and Traditional Naturopath 5 pm, Online		Stressbuster Workshop for Everyone with Lisa Shook, Certified Master Hypnotist and Founder of Stressless Prosperity Institute 5 pm, Online	Beer & Wine Tasting Federal Way 2 pm - 4 pm	Gluten Free and Vegan Holiday Cooking with Chef Tyrone Brown, Owner of Tasteful Joy \$25 Noon, Online
13	14	15	16	17	18	19
				Thanksgiving Day (Both locations closed)	Native Heritage Day	
20	21	22	23	24	25	26
					Beer & Wine Tasting Federal Way 2 pm - 4 pm	
27	28	29	30			

BODYWORK SCHEDULE

TACOMA

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

Iridology & Sclerology
with Nancy Seals
4th Sunday, 11 am - 4 pm
360.556.3556

FEDERAL WAY

Vitamin B and glutathione shots with
Voda Health
Wednesday, 11 am - 3 pm
253.225.6679

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

Reservations may be required.



FEDERAL WAY

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Federal Way 98003
253.839.0933

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Sunday 9 am - 7 pm

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Sunday 9 am - 4 pm

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Christmas Day Closed
New Year's Eve 8 - 6 pm
New Year's Day Closed