

Featured Store Specials

MAY 16 – MAY 29

look for more store specials throughout the store



BBQ Crowd Pleaser: Grilled Melon

Skewer chunks of melon, grill and finish with a drizzle of honey and a dash of cayenne.

Principle Six
co-operative trade movement



Hoch Orchard La Crescent, MN

Besides 50 varieties of apples, Harry and Jackie Hoch grow grapes, plums, apricots, cherries and berries near La Crescent, Minn. Not only is Hoch certified organic, they are also domestic fair-trade certified.

Organic Raspberry Jelly, 1/2 pint
\$2.49
Reg. \$3.49

co-op owned small producer local

Meat & Seafood

KADEJAN
Chicken Drumsticks
\$1.99/lb
Reg. \$2.59

PASTURES-A-PLENTY
Pork Sandwich Steak
\$5.99/lb
Reg. \$6.99

GRASS RUN FARM
Hanger Steak
\$8.99/lb
Reg. \$10.99

HILL & VALE
Porterhouse & T-Bone Steaks
\$13.99/lb
Reg. \$15.79-\$15.99

THE LAMB SHOPPE
Lamb Shoulder Steak
\$8.99/lb
Reg. \$9.99

FARM RAISED OREGON
Steelhead
\$12.99/lb
Reg. \$13.99

Cheese

FRANCE
St. Angel
\$14.79/lb
Reg. \$16.99

FRANCE
Roquefort
\$19.99/lb
Reg. \$23.99

RED BARN
Heritage Reserve Cheddar
\$9.49/lb
Reg. \$10.99



ORGANIC
Muskmelon
\$1.29/lb
Reg. \$1.79



ORGANIC
Organic Broccoli
\$1.69/lb
Reg. \$1.99



FOREST
Dried Mushroom Stir Fry Blend, 1 oz.
\$4.99
Reg. \$5.99



ORGANIC
Baby Carrots, 1 lb. bag
\$1.69
Reg. \$1.99



Member Deals

*Produce member deals are subject to market availability and may not be available for all flyer dates.



SALAD GIRL
Organic Honey Ginger
Dressing, 8 oz.
\$4.99
Reg. \$5.99



ORGANIC
Blueberries, 6 oz.
\$3.99
Reg. \$4.99



ORGANIC
Cauliflower
\$1.99/lb
Reg. \$2.49



LOCAL ORGANIC
Green-top Radish
\$2.49
Reg. \$2.99

Grocery

SAHALE
Seasoned
Nut Snacks
\$3.79
Reg. \$4.79

ALO
Aloe Juice
Beverages
\$1.39
Reg. \$1.99

NEWMAN'S
Microwave
Popcorn
\$2.99
Reg. \$3.59

IMMACULATE BAKING CO.
Refrigerated
Cinnamon Rolls
\$3.99
Reg. \$4.99

DIVINA
Grape leaves
\$2.79
Reg. \$3.99

NATURALLY FRESH
Fridge Crystal
\$3.49
Reg. \$4.19

ANNIE'S
Mac & Cheese,
Family Size
\$2.79
Reg. \$3.39

ANNIE'S CRACKERS
Bunny Graham
Friends
\$3.49
Reg. \$4.29

ANNIE'S
Organic Shells & White
Cheddar, Family Size
\$3.39
Reg. \$4.19

Wellness

BACH
Rescue
Remedy 0.7oz
\$15.49
Reg. \$19.59

UAS LABS
Probiotics
30% off

EUROPHARMA
Curamin 60
capsules
\$32.29
Reg. \$37.99

EUROPHARMA
Curamin 120
capsules
\$54.99
Reg. \$64.99

KYOLIC
Liquid Garlic
2oz
\$12.99
Reg. \$16.49

BARAKA
Sinus Care
Products
20% off

NELSON'S
HOMEOPATHIC
Natural Care
Creams
\$4.79
Reg. \$6.29

DESERT ESSENCE
Lip Balm
\$1.79
Reg. \$2.39

CLEANWELL
Sanitizing Sprays and Wipes
35% off

Cheese

FRANCE
Abbaye de
Belloc
\$19.29/lb
Reg. \$22.59

SAXON CREAMERY
Pastures
Cheddar
\$14.59/lb
Reg. \$16.59

FRANCE
Fromager D'Affinois
with Garlic&Herbs
\$12.59/lb
Reg. \$14.99

**Become a
member-
owner today!**

Take advantage of
benefits, such as discounts
on classes and shopping
trips, and access to these
member specials. Offering
three payment options.
Visit Customer Service for
details.