



*EXTENDED SHOPPING HOURS FOR THANKSGIVING:
OPEN UNTIL 9 PM ON 11/19 & 11/20. CLOSED ON THANKSGIVING.

NOVEMBER SALES

2018

42 FOREST AVE, GLEN COVE, NY 11542 • 516.676.7895 • RISINGTIDEMARKET.COM



\$3⁴⁹

Organic Valley
ORGANIC CREAM CHEESE
8 oz



2/\$4

Eden
ORGANIC BEANS
(SELECTED VARIETIES)
15 oz



2/\$5

Farmer's Market
ORGANIC PUMPKIN
15 oz



\$2⁹⁹

Late July
ORGANIC CRACKERS
6 oz



5/\$5

Muir Glen
ORGANIC TOMATOES
(SELECTED VARIETIES)
14.5 oz



2/\$5

Pacific
ORGANIC VEGETABLE BROTH
32 oz



\$6⁹⁹

Alden's
ORGANIC ICE CREAM
(SELECTED VARIETIES)
48 oz



\$6⁹⁹

Organic Valley
ORGANIC GHEE
7.5 oz



\$3⁴⁹

So Delicious
COCO WHIP
3.49 oz



\$3⁹⁹

Wholly Wholesome
ORGANIC PIE SHELL
(SELECTED VARIETIES)
14 oz



5/\$5

Annie's Homegrown
ORGANIC CLASSIC MAC & CHEESE
6 oz



2/\$5

Imagine
ORGANIC BROTH
(SELECTED VARIETIES)
32 oz



\$5⁹⁹

EPIC
BONE BROTH
14 oz



2/\$5

Immaculate Baking
ORGANIC CRESCENT ROLLS
8 oz

STORE HOURS:
MON-FRI: 8:30AM - 8 PM
SAT: 8:30 AM - 7 PM
SUN: 9 AM - 6 PM

@risingtidemarket
 @RisingTideNaturalMarket

NOVEMBER 2018



\$13⁹⁹
Spectrum
**ORGANIC
EXTRA VIRGIN
MEDITERRANEAN
OLIVE OIL**
1 lt



\$4⁴⁹
Maya Kaimal
**INDIAN
SIMMER
SAUCE**
12.5 oz



2/\$6
Jackson's Honest
POTATO CHIPS
5 oz



5/\$5
SeaSnax
**ORGANIC
GRAB & GO
SEAWEED SNACK
(SELECTED VARIETIES)**
.18 oz



2/\$4
Wild Planet
**WILD SARDINES
(SELECTED VARIETIES)**
4.4 oz



\$3⁹⁹
Garden Of Eatin'
**BLUE CORN
TORTILLA CHIPS**
16 oz



2/\$5
Beanfields
BEAN CHIPS
5.5 oz



2/\$4
Way Better Snacks
**TORTILLA
CHIPS**
5.5 oz



\$4⁴⁹
Redmond
**REAL SALT
SHAKER**
10 oz



\$7⁹⁹
Bonafide Provisions
**ORGANIC
BONE BROTH**
24 oz



\$3⁹⁹
The Ginger People
**ORGANIC
GINGER JUICE**
5 oz



\$3⁹⁹
Organic Valley
**ORGANIC
SOUR CREAM**
16 oz



\$3⁴⁹
Daiya
**DAIRY FREE
CHEESE STYLE
SHREDS**
8 oz



\$3⁹⁹
Lundberg Family Farms
**SPROUTED
SHORT GRAIN
BROWN RICE**
1 lb



\$2⁴⁹
Mediterranean Organic
**ORGANIC
CAPERS**
3.5 oz



2/\$5
Cascadian Farm Organic
**ORGANIC
POTATOES
(SELECTED VARIETIES)**
16 oz



\$13⁹⁹
Tofurky
**PLANT-BASED
ROAST & WILD
RICE STUFFING**
26 oz



\$4⁹⁹
Field Roast
**CELEBRATION
ROAST**
1 lb

NOVEMBER 2018



COOK WITH STONYFIELD THIS

Holiday Season



THIS THANKSGIVING, THE BEST SOUS CHEF IN THE KITCHEN WILL BE A QUART OF YOGURT. SUBSTITUTE STONYFIELD ORGANIC WHOLE MILK IN ANY RECIPE THAT CALLS FOR OIL, MAYO OR SOUR CREAM! TRY IT FOR YOURSELF WITH OUR FAVORITE GREEN BEAN CASSEROLE.

FOR THIS RECIPE AND MORE VISIT WWW.STONYFIELD.COM/RECIPE



©2018 STONYFIELD FARM INC.



2/\$7

Stonyfield ORGANIC WHOLE MILK YOGURT

32 oz



\$3⁹⁹

Applegate Farms **BREAKFAST SAUSAGE** (SELECTED VARIETIES)
7 oz



\$6⁹⁹

Miyoko's Creamery **ORGANIC VEGAN GARLIC HERB CHEESE WHEEL**
6.5 oz



\$9⁹⁹

Napa Valley Naturals **ORGANIC COLD PRESSED EXTRA VIRGIN OLIVE OIL**
25.4 oz



\$5⁴⁹

Rudi's Bakery **ORGANIC 100% MULTIGRAIN BREAD**
22 oz



\$5⁹⁹

Against The Grain Gourmet **GLUTEN FREE SESAME BAGELS**
14 oz

NOVEMBER DEMOS

COME IN AND SAMPLE SOME OF OUR FAVORITE GROCERY AND DELI ITEMS. ALL DEMOS ARE 11 A.M.-2 P.M.

NOVEMBER 1

THANKSGIVING

NOVEMBER 7

BARNANA PLANTAIN CHIPS

NOVEMBER 12

THANKSGIVING

NOVEMBER 15

THANKSGIVING

NOVEMBER 26

WAY BETTER CHIPS

NOVEMBER 28

JACKSON'S HONEST CHIPS



\$5⁹⁹

Pamela's
**BAKING &
PANCAKE MIX**
24 oz



\$3⁹⁹

Earth Balance
**VEGAN BUTTERY
STICKS**
16 oz



\$3⁹⁹

Nature's Path
**ORGANIC
HOT OATMEAL
(SELECTED VARIETIES)**
14 oz



\$1⁹⁹

So Delicious
**COCONUT MILK
CREAMER**
16 oz



\$2⁹⁹

Let's Do...Organic
**ORGANIC
COCONUT
FLAKES**
7 oz



\$4⁹⁹

One Degree Organics
**ORGANIC
SPROUTED BROWN
RICE CACAO
CRISPS**
10 oz



\$3⁹⁹

Silk
**ALMOND
MILK**
64 oz



\$3⁴⁹

Woodstock
**ORGANIC
MANGOES**
10 oz



\$3⁶⁹

BarkThins
**SNACKING
CHOCOLATE
(SELECTED VARIETIES)**
4.7 oz



3/\$5

Theo
**ORGANIC
CHOCOLATE BAR
(SELECTED VARIETIES)**
3 oz



\$4⁹⁹

Halo Top Creamery
ICE CREAM
1 pt



\$4⁹⁹

Enjoy Life Foods
**BAKING
CHOCOLATE**
9-10 oz



Bob's Red Mill
To Your Good Health®
Bob Moore

HOLIDAY BAKING

is in the bag
with Bob's

NEW
Resealable Packaging
AVAILABLE NOW

Find holiday recipes and more at BOBSREDMILL.COM



\$1.99

Bob's Red Mill
BAKING SODA

16 oz



2/\$6

Green & Black's
ORGANIC CHOCOLATE BAR

3.5 oz



\$3.99

Frontier
ORGANIC GROUND CINNAMON

1.9 oz



\$2.99

Wholesome
ORGANIC CANE SUGAR

1 lb



\$2.69

GT's
ORGANIC ENLIGHTENED KOMBUCHA (SELECTED VARIETIES)

16 oz



2/\$3

Mountain Valley
SPRING WATER

1 lt



2/\$5

KeVita
ORGANIC SPARKLING PROBIOTIC DRINK

15 oz



\$6.99

Navitas
ORGANIC CACAO POWDER

8 oz



2/\$7

Traditional Medicinals
ORGANIC TEA (SELECTED VARIETIES)

16 ct



\$5⁴⁹

Lakewood
**ORGANIC
CARROT JUICE**
32 oz



\$4⁹⁹

GT's
COCOYO
8 oz



\$7⁹⁹

Nutiva
**ORGANIC
COCONUT MANNA**
15 oz



\$19⁹⁹

Natural Factors
**WELLBETX
BERBERINE 500MG**
60 cap



\$5⁹⁹

Giovanni
**2CHIC ULTRA-MOIST
SHAMPOO &
CONDITIONER**
8.5 oz



\$14⁹⁹

Mineral Fusion
**VOLUMIZING
MASCARA**
.57 oz



\$3⁹⁹

Mrs. Meyers Clean Day
**LIQUID DISH SOAP
(SELECTED VARIETIES)**
16 oz



\$4⁹⁹

Ecover
**DISHWASHER
TABLETS**
25 ct



\$6⁹⁹

Life-Flo
**PURE MAGNESIUM
OIL**
8 oz



\$11⁹⁹

Bluebonnet Nutrition
**LIQUID CALCIUM
MAGNESIUM
CITRATE
(SELECTED VARIETIES)**
16 oz



\$19⁹⁹

New Chapter
**WHOLEMEGA
WHOLE FISH OIL**
60 cap



\$8⁹⁹

Hyland's
CALMS FORTÉ
100 tab



\$9⁹⁹

Natural Factors
**DGL 400 MG
CHEWABLE**
90 tab



\$12⁹⁹

Mega Food
**BLOOD
BUILDER**
30 cap

CHARITY OF THE MONTH

THE NORTH SHORE SHELTERING PROGRAM

HOUSED IN THE FIRST PRESBYTERIAN CHURCH OF GLEN COVE FROM THE END OF NOVEMBER THROUGH THE END OF MARCH, THE NORTH SHORE SHELTERING PROGRAM PROVIDES HOMELESS MEN WITH FOOD AND SHELTER EVERY EVENING FROM 6 P.M. TO 6 A.M. MEN CAN BE SEEN BY A NURSE, HAVE A HOT, NUTRITIOUS SUPPER, SLEEP IN NEW SLEEPING BAGS, WATCH TELEVISION, READ, TALK WITH COUNSELORS, AND HAVE ACCESS TO A SHOWER. THE MISSION IS SIMPLE AND ONE WE ARE PROUD TO SUPPORT: NO MAN WILL EVER FREEZE TO DEATH ON THE STREETS OF GLEN COVE.



BRUSSELS SPROUTS ARE A FIXTURE ON MANY A THANKSGIVING TABLE...AND FOR GOOD REASON! PART OF THE BRASSICA FAMILY (THINK: CABBAGE, BROCCOLI, CAULIFLOWER), THESE TINY LITTLE CABBAGES ARE NUTRITION POWERHOUSES WITH ANTI-CANCER PROPERTIES AND TONS OF PROTEIN, FIBER, AND VITAMINS (MORE VIT C THAN AN ORANGE!). YOU CAN DRESS THEM UP MANY WAYS—ROAST, STEAM, SLICE THIN FOR HASH, ETC. WE LIKE THIS ZESTY, HEALTHY RECIPE FROM FOOD & WINE.

SPICY-AND-GARLICKY BRUSSELS SPROUTS

30 MINS COOKING TIME, SERVES 12

INGREDIENTS:

3 lbs	⋮	BRUSSELS SPROUTS, HALVED	1 tsp	⋮	CRUSHED RED PEPPER
6 tbs	⋮	VEGETABLE OIL		⋮	SALT
4	⋮	LARGE GARLIC CLOVES, SMASHED		⋮	

DIRECTIONS:

- BRING A LARGE POT OF SALTED WATER TO A BOIL. ADD THE BRUSSELS SPROUTS AND COOK UNTIL BRIGHT GREEN, 2 MINUTES. DRAIN WELL AND PAT DRY.
- IN A LARGE, DEEP SKILLET, HEAT 3 TBS OF THE OIL UNTIL SHIMMERING. ADD HALF OF THE GARLIC AND HALF OF THE BRUSSELS SPROUTS AND COOK OVER HIGH HEAT UNDISTURBED FOR 1 MINUTE. ADD HALF OF THE CRUSHED RED PEPPER, SEASON WITH SALT AND COOK OVER MODERATE HEAT, STIRRING A FEW TIMES, UNTIL THE BRUSSELS SPROUTS ARE BROWNEED AND TENDER, ABOUT 3 MINUTES. TRANSFER TO A SERVING BOWL. REPEAT WITH THE REMAINING OIL, GARLIC, BRUSSELS SPROUTS AND CRUSHED RED PEPPER. SERVE WARM.



JOIN THE+ EVOLUTION™

Hemp-derived cannabidiol (CBD) has been recognized for its benefits on human health and is capable of affecting nearly every biological process via the endocannabinoid system. Our PlusCBD Oil™ products contain a biochemical matrix of phytocannabinoids including CBD, in addition to naturally-occurring fatty acids, terpenes, plant sterols, and vitamin E.

#1 SELLING HEMP CBD PRODUCTS*
 *ACCORDING TO SPINS SCAN DATA
 A CV SCIENCES BRAND

PlusCBD Oil™ GOLD FORMULA

A great option for those looking for high-intensity support.



PLUS
+CBD Oil™
 HEMP-DERIVED CBD OIL



\$19⁹⁹

PlusCBD Oil
CBD OIL SPRAY
100 MG
 100 mg



\$3⁹⁹
 Desert Essence
DEODORANT
 2.5 oz



\$9⁹⁹
 Boiron
SINUSALIA
 60 tab



\$19⁹⁹
 Garden of Life
MY KIND ORGANICS
WOMAN'S ONCE
DAILY MULTI
 30 tab



\$11⁹⁹
 Nature's Way
UMCKA COLD CARE
CHERRY SYRUP
 4 oz



\$17⁹⁹
 Jarrow Formulas
BONE-UP
 240 cap