



**2X monthly!**

# RT DEALS

September 10–September 23, 2025



**Kettle  
Potato Chips**  
selected varieties

**\$3<sup>49</sup>**

5 oz



**Bragg  
Organic Apple  
Cider Vinegar**

**\$3<sup>99</sup>**

16 oz

**Stock up and stay hydrated!**

**GT's  
Alive Ancient Mushroom Elixir**  
selected varieties

**2/\$7**

16 oz



**Zevia  
Zero Sugar Soda**  
selected varieties

**\$6<sup>99</sup>**

6/12 oz



**Alexia  
Crispy Waffle Cut  
Potatoes With Sea Salt**

**\$5<sup>99</sup>**

15 oz



**Green Valley  
Organic Lactose Free  
Cream Cheese**

**\$4<sup>49</sup>**

8 oz



**Nuts for Cheese  
Organic Dairy-Free Cheese**  
selected varieties

**\$6<sup>49</sup>**

4.2 oz



**Bionaturae  
Organic Sourdough Fusilli  
Pasta**

**\$2<sup>99</sup>**

12 oz



**Chocolove  
Chocolate Bar**  
selected varieties

**\$3<sup>49</sup>**

3.2 oz



**GoodPop  
Organic Dairy-Free  
Frozen Pops**  
selected varieties

**\$4<sup>99</sup>**

10 oz



**Cosmic Bliss  
Organic Dairy-Free Frozen Dessert**  
selected varieties

**\$6<sup>99</sup>**

14 oz



Look for new deals on **September 24!**



Siete is a Mexican-American food brand, rooted in family, that creates delicious, heritage-inspired foods for more people to enjoy—like Grain Free Mexican Wedding Cookies! Bite-sized, crunchy, and sweet, they're just the thing for lunch box packing and midday snacking.



**Siete Seasoning**  
selected varieties

**2/\$5**  
1-1.31 oz



**Siete Tortilla Chips**  
selected varieties

**\$4.99**  
5 oz



**Siete Grain Free Cookies**  
selected varieties

**\$3.99**  
4.5 oz

**Mike's Mighty Good Craft Ramen**  
selected varieties

**2/\$4**  
1.6-1.9 oz



**Good Health Kettle Style Potato Chips**  
selected varieties

**2/\$6**  
5 oz



**RW Garcia Organic Corn Chips**  
selected varieties

**2/\$5**  
7.5-8.25 oz



## Chicken Nachos

20 MIN • SERVES 4

### INGREDIENTS

- |   |   |
|---|---|
| 1 pound ground chicken                      | ½ cup thinly sliced red onion             |
| 1 packet <b>Siete</b> taco seasoning        | 1 small jalapeno, thinly sliced           |
| 1 5-7.5 oz bag <b>Siete</b> tortilla chips  | 8-12 ounces shredded Mexican blend cheese |
| 2 large Roma tomatoes, seeded and chopped   | ½ cup cilantro leaves                     |
| 1 15 oz can pinto beans, rinsed and drained | ½ cup sour cream                          |
|   | ½ cup salsa                               |

### DIRECTIONS

- 1 Cook ground chicken by following the spice packet instructions.
- 2 To assemble nachos, place tortillas chips on a baking sheet then evenly distribute cooked chicken, tomatoes, beans, red onion, jalapeno, and cheese.
- 3 Bake for 15 minutes at 375°F or until heated through and cheese has melted.
- 4 Garnish nachos with cilantro and serve with sour cream and salsa.





**Capello's**  
**Five Cheese Ravioli**



**\$7<sup>99</sup>**

9.9 oz

**Alter Eco**  
**Organic Chocolate Bar**

selected varieties

**\$3<sup>99</sup>**

2.65–2.82 oz



**Coombs Family Farms**  
**Organic Grade A Amber Maple Syrup**



**\$12<sup>99</sup>**

12 oz

**Earthbound Farm**  
**Organic Kale**



**\$2<sup>99</sup>**

8 oz

**Fruit Bliss**  
**Organic Tart Cherries**



**\$4<sup>99</sup>**

5 oz

**PUR**  
**Gum**

selected varieties



**2/\$3**

9 ct

**Ice Cream for Bears**  
**Vanilla Bean Ice Cream**



**\$6<sup>99</sup>**

14 fl oz



**Shop Smart. Eat Clean.**  
**Choose Organic.**

*Shop organic this September and celebrate  
the power of clean, conscious food!*

Whether you're shopping for produce, pantry  
staples, or personal care, going organic is a simple  
way to protect your health, nourish your family,  
and support a more sustainable food system.

# Miso Corn Chowder

40 MIN • SERVES 4 • PLANT-BASED

## INGREDIENTS

2 tablespoons olive oil  
 ½ small yellow onion or 1 large shallot, minced  
 12 ounces red potatoes, ½" cubes  
 3–4 ears corn on the cob or 10 ounces frozen corn  
 3 cups miso broth\*  
 ½ cup canned coconut milk\*  
 ½ teaspoon sea salt  
 ¼ teaspoon coarse ground black pepper  
 Salt and pepper to taste  
 Sliced chives or green onions, optional  
 Toasted sesame oil, optional

## DIRECTIONS

- 1 Remove corn kernels from cobs and set aside.
- 2 In a stock pot, heat oil over medium heat. Add onion and sauté for 3–5 minutes or until translucent.
- 3 Add potatoes, corn kernels, cobs, and miso broth. Cover and bring to a gentle simmer. Cook until potatoes are tender. Remove cobs and discard.
- 4 Stir in cream, salt, and black pepper. Carefully blend the soup to the desired texture in the pot with an immersion blender.
- 5 Serve garnished with chives and a light drizzle of toasted sesame oil.

\*If you cannot find miso broth, use vegetable broth or water with 2–3 tablespoons of miso. You can also use heavy cream in equal amounts for a vegetarian version.



**Rishi Tea**  
**Black Lemon Sparkling**  
**Botanicals**

**2/\$6**

12 oz



**Tate's Bake Shop**  
**Chocolate Chip Cookies**

**\$4.99**

7 oz



**White Leaf Provisions**  
**Organic Baby Food**  
**Apple, Sweet Potato, & Red Beet**

**2/\$5**

3.17 oz



**Native Forest**  
**Organic Coconut Milk**  
 selected varieties



**\$2.99**

13.5 oz

**Oatly**  
**Oatmilk**  
 selected varieties

**\$4.99**

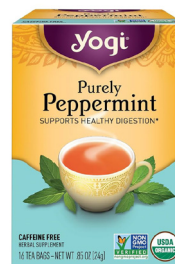
64 oz



**Yogi**  
**Organic Purely Peppermint**  
**Tea**

**\$3.99**

16 ct



**Organic Valley**  
**Organic Sliced Cheese**  
 selected varieties



**\$4.99**

6 oz



South of France  
Lemon Verbena Hand Wash

\$349

8 oz



Vibrant Health  
Green Vibrance 30 Day Supply

\$4999

330 g



Herbatint  
5n Light Chestnut

\$1399

4.56 oz



Yerba Prima  
Psyllium Husks  
Vegetarian Capsules



\$1499

180 cap



ACURE  
Ultra Hydrating  
Shampoo

\$799

8 oz



ACURE  
Brightening  
Facial Scrub

\$799

4 oz

ACURE®

Acure products are created with purpose. Each and every formula is developed to target specific concerns or goals. Our products go through rigorous clinical testing to ensure they make a difference.

PlusCBD  
Reserve Collection Peach Gummies  
25mg CBD 2.5mg THC

\$4799

30 ct



Bluebonnet  
Glucosamine Chondroitin Sulfate

\$5999

120 ct



Bluebonnet  
Magnesium Citrate

\$999

60 ct



derma e  
Vitamin C  
Concentrated Serum

\$1899

2 oz



The Grandpa Soap Co  
Pine Tar Bar Soap



\$349

3.25 oz

# Apple Butter

1 HR 45 MIN • MAKES APPROX. 3 ½ CUPS • PLANT-BASED

## INGREDIENTS

- 4 pounds of assorted apples
- 3 ½ cups water
- 1 ½ cups cane sugar
- 1 teaspoon apple or pumpkin pie spice

## DIRECTIONS

- 1 Peel, core, and cut apples into quarters then place in a saucepan and add water. Bring to a boil, then reduce heat to low and cover. Gently simmer for approximately 30 minutes or until apples are soft. Stir occasionally with a wooden spoon to help the apples break down.
- 2 Carefully place cooked apples in a blender and blend until very smooth, about 1 minute. Return apples to a clean saucepan and add sugar and pumpkin pie spice.
- 3 Bring blended apples to a simmer and cook for 40–50 minutes, stirring frequently to prevent sticking.
- 4 Cool and test the consistency. It should be spreadable and stay on the end of a knife. If it doesn't, heat again and cook for 10 more minutes. Store in a clean jar in the refrigerator.



## Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

## Charity Of The Month: The Glen Cove Youth Bureau

Founded in 1981, the City of Glen Cove's Youth Bureau has provided programming for the community's children. From dynamic opportunities like internships and summer employment, to afterschool programs and summer camps, this organization understands that every child deserves a safe environment outside of school.





# RT VALUES

WHERE OUR VALUES MEET YOURS

Change the way you shop at Rising Tide with our RT Values program. Sensational prices on essential high-quality, organic and certified non-GMO products you use every day!



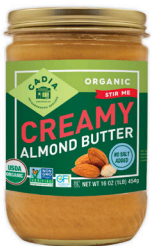
**\$2<sup>29</sup>**  
**ORGANIC BROTHS**  
32 oz



**\$5<sup>99</sup>**  
**ORGANIC CHIA SEEDS**  
12 oz



**\$1<sup>29</sup>**  
**ORGANIC BEANS**  
16 oz



**\$12<sup>99</sup>**  
**ORGANIC ALMOND BUTTER**  
16 oz



**\$5<sup>99</sup>**  
**ORGANIC PEANUT BUTTER**  
16 oz



**\$6<sup>99</sup>**  
**ORGANIC WILDFLOWER HONEY**  
16 oz



starting at  
**\$3<sup>99</sup>**  
**ORGANIC JELLY & PRESERVES**  
11 oz



starting at  
**\$3<sup>69</sup>**  
**ORGANIC FROZEN FRUIT**  
10 oz



**\$3<sup>99</sup>**  
**ORGANIC FROZEN VEGETABLES**  
16 oz



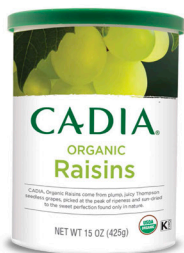
starting at  
**\$5<sup>29</sup>**  
**ORGANIC RICE**  
32 oz



**\$7<sup>29</sup>**  
**ORGANIC UNREFINED COCONUT OIL**  
14 oz



starting at  
**\$2<sup>49</sup>**  
**ORGANIC CONDIMENTS**  
8-24 oz



**\$5<sup>79</sup>**

**ORGANIC  
RAISINS**

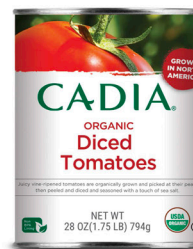
16 oz



**\$3<sup>49</sup>**

**ORGANIC  
PASTA SAUCES**

25 oz



**\$2<sup>79</sup>**

**ORGANIC  
CANNED  
TOMATOES**

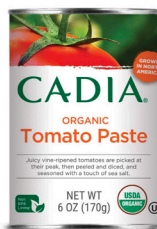
28 oz



**\$1<sup>79</sup>**

**ORGANIC  
CANNED  
TOMATOES**

14.5 oz



**\$1<sup>29</sup>**

**ORGANIC  
TOMATO PASTE**

6 oz



**\$1<sup>79</sup>**

**ORGANIC  
TOMATO SAUCE**

15 oz



**\$8<sup>99</sup>**

**ORGANIC  
MEDITERRANEAN  
EXTRA VIRGIN  
OLIVE OIL**

500 ml



**\$1<sup>99</sup>**

**ORGANIC  
PASTAS**

16 oz



**\$3<sup>49</sup>**

**ORGANIC  
DRY BEANS**

16 oz



**\$3<sup>99</sup>**

**LIQUID DISH  
SOAP**

25 oz



**\$7<sup>29</sup>**

**FABRIC  
SOFTENER**

50 oz



**\$11<sup>99</sup>**

**LAUNDRY  
DETERGENT**

100 oz



**\$2<sup>19</sup>**

**PAPER TOWEL**

1 roll



**\$1<sup>59</sup>**

**FACIAL TISSUE**

1 box



**\$8<sup>99</sup>**

**BATH TISSUE**

12 pack

**...AND MANY MORE!**