



OCTOBER SALES 2021

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



\$4⁴⁹

Justin's
**ORGANIC MINI
PEANUT BUTTER CUPS**
4.7 oz



2/\$4

GoMacro
**ORGANIC
MACROBAR**
(SELECTED VARIETIES)
2-2.4 oz



\$4⁴⁹

Crofter's Organic
**ORGANIC PREMIUM
FAMILY SIZED
FRUIT SPREAD**
(SELECTED VARIETIES)
16.5 oz



2/\$6

Cascadian Farm Organic
**ORGANIC
CEREAL**
(SELECTED VARIETIES)
2-2.4 oz



2/\$5

Farmer's Market
**ORGANIC
PUMPKIN**
15 oz



\$9⁹⁹

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



2/\$6

GT's
**ORGANIC SYNERGY
RAW KOMBUCHA**
(SELECTED VARIETIES)
16 oz



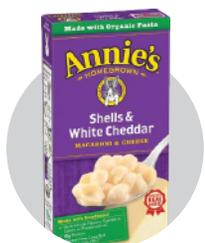
\$4⁹⁹

So Delicious
**ORGANIC
COCONUTMILK**
(SELECTED VARIETIES)
64 oz



2/\$6

Angie's
**BOOMCHICKAPOP
POPCORN**
(SELECTED VARIETIES)
4.4-7 oz



5/\$5

Annie's
MAC & CHEESE
5.25-6 oz



2/\$6

Ancient Harvest
**ORGANIC
POLENTA**
18 oz

STORE HOURS

MONDAY-SATURDAY

8:00AM - 7:00PM

SUNDAY

8:00AM-6:00PM

@risingtidemarket

@RisingTideNaturalMarket

ONLINE SHOPPING IS HERE! VISIT: [RISINGTIDEMARKET.COM/RISING-TIDE-ONLINE-SHOPPING/](https://www.risingtidemarket.com/rising-tide-online-shopping/)



AT AMY'S WE LOVE TO COOK FOR YOU. FOR US, THAT MEANS CAREFULLY SOURCING HIGH QUALITY, ORGANIC INGREDIENTS AND SPENDING COUNTLESS HOURS IN OUR KITCHENS SO THAT YOU CAN ENJOY AUTHENTIC, GREAT-TASTING FOOD IN MINUTES.



\$7⁹⁹

Amy's
PIZZA
(SELECTED VARIETIES)
10.2-14 oz



2/\$6

Amy's
ORGANIC CHILI
(SELECTED VARIETIES)
14.7 oz



2/\$6

Amy's
ORGANIC SOUP
(SELECTED VARIETIES)
14-14.7 oz



\$3⁹⁹

Quinn
**PEANUT BUTTER
FILLED PRETZEL
NUGGETS**
6.5-7 oz



2/\$6

Annie's
ORGANIC CRACKERS
(SELECTED VARIETIES)
7.5 oz



2/\$6

Annie's
**ORGANIC
FRUIT SNACKS**
(SELECTED VARIETIES)
4 oz



\$4⁹⁹

Purely Elizabeth
GRANOLA
(SELECTED VARIETIES)
24 oz



\$4⁴⁹

Bob's Red Mill
**GLUTEN FREE
MUESLI**
18 oz



4/\$5

Larabar
FRUIT & NUT BAR
(SELECTED VARIETIES)
1.6-1.8 oz



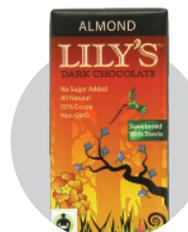
\$3⁹⁹

Hu
**CHOCOLATE
BAR**
2.1 oz



2/\$6

Alter Eco
**ORGANIC
CHOCOLATE BAR**
(SELECTED VARIETIES)
2.65-2.82 oz



2/\$6

Lily's
CHOCOLATE BAR
(SELECTED VARIETIES)
2.8-3 oz



2/\$5

Endangered Species
CHOCOLATE BAR
(SELECTED VARIETIES)
3 oz



\$5.99

Equal Exchange
ORGANIC BAKING COCOA
8 oz



CRISPY CARAMEL CHOCOLATE TREAT

3 T butter
10 oz marshmallows
6 c crispy rice cereal

6 oz caramels
2 T milk
2 oz chocolate

1. Heat butter until melted, add marshmallows and continue to heat and stir until mixture is well blended. Add cereal and mix until combined. Press onto bottom of parchment-lined 9 x 13" pan sprayed with cooking spray.
2. Heat caramel, milk and chocolate until melted, stirring frequently until combined. Drizzle mixture over top of bars. Cool before cutting to serve and enjoy!



\$11.99

Spectrum
ORGANIC EXTRA VIRGIN OLIVE OIL
25.4 oz



2/\$6

Bragg
ORGANIC APPLE CIDER VINEGAR
16 oz



\$5.99

Kettle & Fire
BONE BROTH
(SELECTED VARIETIES)
16.9 oz



AT SIMPLE MILLS, WE STRIVE TO MAKE HEALTHFUL CHOICES EASY BY OFFERING FOOD THAT TASTES GREAT IN THE MOMENT AND NOURISHES YOUR BODY FOR THE LONG-TERM. OUR BAKING MIXES & FROSTINGS USE ONLY SIMPLE, PURPOSEFUL INGREDIENTS, AND NOTHING ARTIFICIAL EVER.



\$4.49

Simple Mills
ORGANIC FROSTING
10 oz



\$6.99

Simple Mills
ALMOND FLOUR BAKING MIX
(SELECTED VARIETIES)
9-12.9 oz



2/\$6

Imagine
ORGANIC BROTH
(SELECTED VARIETIES)
32 oz



2/\$3

Honest Tea
ORGANIC ICED TEA
(SELECTED VARIETIES)
16 oz



2/\$4

The Mountain Valley
SPRING WATER
1 lt



\$5⁹⁹

Lakewood
ORGANIC PURE PINEAPPLE JUICE
32 oz



2/\$3

C20
COCONUT WATER
(SELECTED VARIETIES)
17.5 oz



2/\$5

Nutpods
DAIRY-FREE CREAMER
(SELECTED VARIETIES)
11.2 oz



2/\$5

So Delicious
ORGANIC COCONUTMILK CREAMER
(SELECTED VARIETIES)
16 oz



\$3⁹⁹

Oatly
OATMILK
64 oz



\$3⁹⁹

Ripple
PLANT-BASED MILK
(SELECTED VARIETIES)
48 oz



2/\$6

Califia Farms
BETTER HALF CREAMER
(SELECTED VARIETIES)
16.9 oz



2/\$6

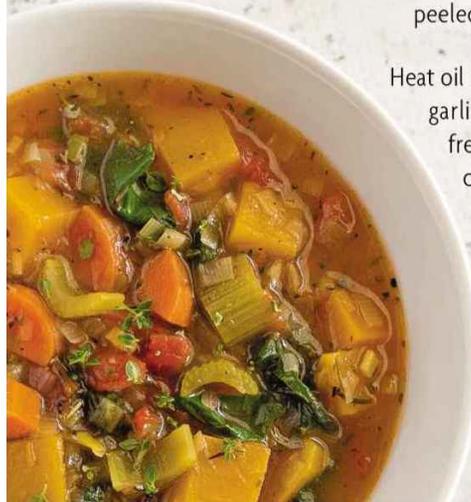
Vive Organic
ORGANIC FUNCTIONAL SHOT
(SELECTED VARIETIES)
2 oz

Winter Squash & Chard Soup

¼ c olive oil
1 large leek, halved & sliced
2 tsp salt (divided)
4 garlic cloves, minced

2 medium carrots, diced
3 ribs celery, diced
4 tsp Herbs de Provence
2 lb winter squash,
peeled & cubed

15 oz can diced tomatoes
6 c vegetable broth
1 T sriracha
1 bunch chard,
stemmed & chopped



Heat oil in a large stockpot over medium heat. Add leek, garlic, and ½ teaspoon salt, and cook, stirring frequently until softened, 3 minutes. Add carrots, celery and Herbs de Provence. Cover and cook, removing lid to stir often until the vegetables are starting to soften, 5 minutes. Add squash, tomatoes, broth, sriracha, and remaining salt and bring to a gentle simmer. Cook until the squash is tender, but not falling apart, about 15 minutes. Add chard and continue to cook until chard has wilted, 2 minutes. Adjust seasoning to taste. Serve warm and enjoy!



\$5⁹⁹

Uncle Matt's Organic
ORGANIC ORANGE JUICE
(SELECTED VARIETIES)

52 oz



\$3⁹⁹

Stonyfield
ORGANIC YOGURT
(SELECTED VARIETIES)

32 oz



2/\$3

Siggis
ICELANDIC STYLE YOGURT
(SELECTED VARIETIES)

4-5.3 oz



\$5⁹⁹

Redwood Hill Farm
PLAIN GOAT MILK KEFIR

32 oz



\$4⁴⁹

Organic Valley
ORGANIC SHREDDED CHEESE
(SELECTED VARIETIES)

6 oz

SPICY PUMPKIN APPLE PUNCH

- | | |
|-----------------|-------------------------|
| 1 c water | 5 c apple cider |
| 1 c brown sugar | 28 oz can pumpkin purée |
| ½ tsp cinnamon | 2 c club soda |
| ½ tsp anise | cranberries for garnish |

1. Combine water, brown sugar, cinnamon, and anise in a small saucepan. Cook over medium heat until the brown sugar is dissolved, stirring frequently. Remove from heat and set aside to cool.
2. In a large punch bowl, combine apple cider, orange juice, and pumpkin purée. Whisk until the pumpkin is smooth and all ingredients are well combined.
3. Add the prepared syrup and club soda and gently stir to combine.
4. Wet the rims of the glasses and press into brown sugar to coat.
5. Garnish with cranberries and enjoy!



\$4⁹⁹

Field Roast
CHAO SLICES

7 oz

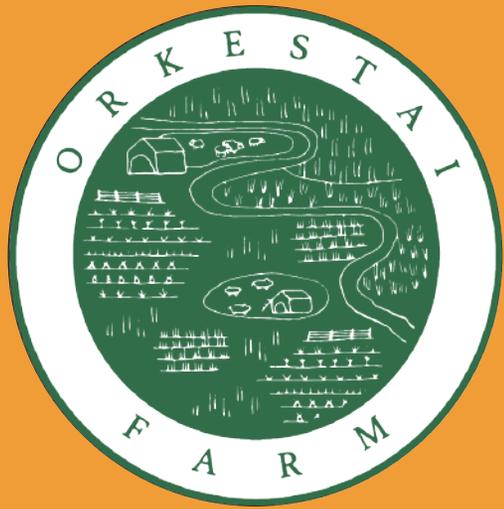


2/\$6

Annie's
BUNNY GRAHAM CRACKERS

14.4 oz

CHARITY OF THE MONTH



ORKESTAI FARM

Orkestai Farm is a regenerative, pesticide and herbicide free vegetable farm located at the planting fields in Oyster Bay, providing hands-on education in sustainable farming for teens and adults of all skill levels in addition to workshops in the Arts. Its educational programs foster healthy living, social engagement, creativity, and more from the community at large, including those with developmental and emotional needs. Members learn to grow food and feel empowered and confident about who they are and what they can achieve.



2/\$4
Perfect Bar
PROTEIN BAR
(SELECTED VARIETIES)
2.2-2.5 oz



\$4⁹⁹
Udi's Gluten Free
SANDWICH BREAD
12 oz



\$4⁹⁹
Canyon Bakehouse
GLUTEN-FREE BREAD
(SELECTED VARIETIES)
18 oz



\$7⁹⁹
Siete
GRAIN FREE TORTILLAS
8 ct



\$4⁴⁹
Sunshine Plant-Based Foods
ORGANIC GARDEN HERB PLANT BURGERS
8 oz



\$3⁹⁹
Gardein
MEATLESS MEAT
(SELECTED VARIETIES)
8.1-14.1 oz



\$5⁹⁹
Sambazon
ORGANIC SUPERFRUIT PACKS
(SELECTED VARIETIES)
4/100 g



\$4⁹⁹
Seventh Generation
DISHWASHER DETERGENT GEL
42 oz



\$11⁹⁹
Ecos
LAUNDRY DETERGENT
(SELECTED VARIETIES)
100 oz

MegaFood®



\$22⁹⁹ - \$39⁹⁹

Megafood
MULTIVITAMINS



\$8⁹⁹

Wedderspoon
**MANUKA HONEY
LOZENGES**
4 oz



\$3⁹⁹

Traditional Medicinals
TEAS
16 ct



\$7⁹⁹

Nature's Answer
**PERIOBRITE
MOUTHWASH**
6 oz



\$5⁹⁹

Desert Essence
**SHAMPOO AND
CONDITIONERS**
8 oz

LITTLE LABELS  BIG IMPACT

Accountability in food production and labeling is critical. Shoppers want verification that what they're buying is good for people and planet. Support brands working towards a more sustainable future and try something new!

Look for brands that boast the Fairtrade, MSC, or Non-GMO Project Verified labels throughout the month.



 @MSCBlueFish www.msc.org

 @fairtrademarkus www.fairtradeamerica.org

 @nongmoproject www.nongmoproject.org

OCTOBER 2021

SMOOTHIE OF THE MONTH



PUMPKIN PIE

ENJOY THE FLAVOR OF A FAVORITE TRADITIONAL DESSERT ON THE GO WITH OUR RICH, NUTRITIOUS AND DELICIOUS PUMPKIN PIE SMOOTHIE. THIS PERFECT COMBO OF FALL FLAVORS WILL SERIOUSLY UP YOUR PUMPKIN SPICE GAME.

MADE WITH ORGANIC INGREDIENTS:

- OAT MILK
- BANANA
- PUMPKIN PUREE
- AGAVE SYRUP
- PUMPKIN PIE SPICE



LOCAL DELIVERY NOW AVAILABLE

PLACE YOUR ORDER
ONLINE TODAY!



WWW.RISINGTIDEMARKET.COM