

# INDEPENDENT Choice™

December 2017

Organic Valley  
Organic Cream Cheese Bar

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



Good Health  
Avocado Oil Potato Chips

**2/\$5**  
5 oz



Earth Balance  
Organic Vegan Buttery Spread

**\$3<sup>29</sup>**  
13-15 oz



Annie's Homegrown  
Organic Mac & Cheese

**2/\$3**  
6 oz



Muir Glen  
Organic Pasta Sauce

**2/\$6**  
25.5 oz



San Pellegrino  
Sparkling Water

**2/\$3**  
750 ml



Imagine  
Organic Vegetarian No-Chicken Broth

**\$2<sup>89</sup>**  
32 oz



Pacific  
Organic Creamy Soup

**\$3<sup>29</sup>**  
32 oz



Late July  
Organic Multigrain Tortilla Chips

**2/\$5**  
5.5-6 oz



Mary's Gone Crackers  
Organic Original Crackers

**\$3<sup>69</sup>**  
6.5 oz



## Did you know...

Kissing under the mistletoe is thought to spring from Frigga, the Norse goddess of love, who was associated with the plant.

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of December.

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# CHEESY CAULIFLOWER & FIRE ROASTED TOMATO GRATIN

## INGREDIENTS

- 1 head (2 lb) cauliflower, cut into large florets
- 4 TB butter
- 3 TB all-purpose flour
- 1 cup hot milk
- 1 cup hot heavy whipping cream
- 3/4 cup freshly shredded Gruyère cheese
- 2/3 cup freshly shredded Parmesan cheese
- 1 tsp sea salt or kosher salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp grated nutmeg
- 1 can (28 oz) Muir Glen™ organic fire roasted whole tomatoes, drained
- 1 clove garlic, finely chopped
- 1 cup fresh bread crumbs
- 1 TB finely chopped Italian (flat-leaf) parsley

## INSTRUCTIONS

Prep Time: 45 Min • Total Time: 1 Hr 45 Min

1. In 5- to 6-quart saucepan, cook cauliflower florets in boiling salted water 3 to 4 minutes or until tender but still firm. Drain.
2. Heat oven to 375°F. Spray 2 1/3- to 3-quart baking dish with cooking spray. In 3-quart saucepan, heat 2 tablespoons of the butter over medium-low heat. Add flour; stir constantly with wooden spoon 2 minutes. Slowly pour hot milk and cream into butter-flour mixture, beating with whisk until smooth; increase heat to medium. Heat to boiling, beating constantly with whisk about 1 minute or until thickened. Remove from heat; beat in Gruyère cheese and 1/3 cup of the Parmesan cheese. When melted, add 3/4 teaspoon of the salt, the pepper and nutmeg. Stir to combine.
3. Add drained cauliflower to sauce; gently stir to coat cauliflower. Pour into baking dish. Bake 15 minutes.
4. Meanwhile, chop drained tomatoes into 1/2-inch pieces. Drain chopped tomatoes again to remove as much excess liquid as possible. In medium bowl, mix tomatoes, garlic and remaining 1/4 teaspoon salt.
5. Remove cauliflower from oven; scatter chopped tomatoes on top. Bake 10 minutes.
6. In 8-inch skillet, heat remaining 2 tablespoons butter over medium heat. Add bread crumbs; cook and stir until lightly browned. Transfer to medium bowl; add parsley and remaining 1/3 cup Parmesan cheese. Sprinkle over top of tomatoes. Bake about 5 minutes or until top is golden brown. Let stand 15 minutes before serving.



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Muir Glen  
Organic Tomatoes  
(selected varieties)

**2/\$4**

28 oz



California Olive Ranch  
Everyday Extra Virgin  
Olive Oil

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

16.9 oz



Daiya  
Dairy Free Shreds

**\$3<sup>19</sup>**

8 oz



Lundberg Family Farms  
Organic Thin  
Stackers

**\$2<sup>29</sup>**

5.9 oz



Wild Planet  
Wild Albacore Tuna

**\$3<sup>19</sup>**

5 oz



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Kettle  
Organic Potato  
Chips

**2/\$5**

5 oz



Udi's  
Gluten Free Pizza

**\$4<sup>79</sup>**

10-11 oz



Julie's Organic  
Organic Ice Cream  
Sandwiches

**\$4<sup>29</sup>**

6 ct



Glutino  
Gluten Free Crackers

**\$2<sup>69</sup>**

4.4 oz



Food Should Taste Good  
Tortilla Chips

**2/\$4**

4.5-5.5 oz



Q Drinks  
Tonic Water

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

750 ml



Siggi's  
Icelandic Non-fat  
Yogurt

**4/\$5**

5.3 oz



Brown Cow  
Cream Top Yogurt

**79¢**

5.3 oz



So Delicious  
CoconutMilk Yogurt

**\$4<sup>69</sup>**

24 oz.



# 5 SIMPLE STEPS TO FESTIVE BIRDSEED COOKIES

1. Sprinkle 1 packet of gelatin into 1/4 cup of water. Let sit for about 1 minute.
2. Microwave the mixture for 30 seconds. Stir carefully.
3. Add the birdseed to the gelatin mixture and stir to combine.
4. Place the mixture in muffin pan or in a cookie cutter to shape the cookie.
5. Once shaped, make a hole in the cookie and insert the string. Allow to dry overnight and hang on a nearby tree branch.

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# Holiday Hot Cocoa

## Ingredients

### Honey Graham Marshmallows

- 2 tsp (1 standard packet) powdered gelatin
- 1/3 cup cold water (for gelatin blooming)
- 1/4 cup water (for syrup)
- 1/4 cup **Wholesome!** organic cane sugar
- 1/2 cup organic local honey
- 1 vanilla bean, scraped (or 1 1/2 tsp pure vanilla extract)
- 1/2 tsp **Simply Organic** ground cinnamon
- 1 TB confectioners' sugar (plus more for dusting)
- 4 whole **Annie's Organic Honey Graham Crackers**, crushed

### Hot Cocoa

- 2 cups organic whole milk
- 2 cups organic 2% milk
- 8 oz **Sunspire** bittersweet chocolate chips
- 4 oz **Sunspire** milk chocolate chips
- Small pinch of kosher salt
- 1/2 tsp **Simply Organic** ground cinnamon
- Marshmallow scraps (melted in)
- 2 whole **Annie's Homegrown Honey Graham Crackers**, crushed

## Instructions

1. To make Honey Graham Marshmallows, lightly spray an 8-inch pan with cooking spray, or brush with oil and set aside.
2. Bloom gelatin in 1/3 cup cold water for 10 minutes.
3. Heat remaining 1/4 cup water with cane sugar & honey and bring to a boil for 1 minute. Add to bloomed gelatin and stir until well mixed.
4. Beat combined mixture with an electric mixer until lightened in color and voluminous. Mix in the vanilla bean (or extract) and cinnamon.
5. Sprinkle the bottom of the greased pan with graham cracker crumbs and top with marshmallow.
6. To finish, dust with powdered sugar and allow to set for several hours (or overnight) before cutting.
7. For the hot cocoa, lace the whole milk in a saucepan with the chocolate & whisk over medium-low heat until the chocolate is melted.
8. Add remaining milk and warm throughout. Add salt, cinnamon and marshmallow scraps. Using an emersion blender (or transfer to a blender before too warm and then rewarm in the pot) blend until smooth.
9. Serve in graham cracker-rimmed mugs with honey graham marshmallows and enjoy!



Annie's Homegrown  
Organic  
Graham Crackers

**\$3<sup>29</sup>**  
14.4 oz



Simply Organic  
Organic Ground  
Cinnamon

**\$3<sup>79</sup>**  
2.45 oz



Wholesome!  
Organic  
Brown Sugar

**\$3<sup>69</sup>**  
24 oz



Sunspire  
Organic Chocolate Chips

**\$4<sup>29</sup>**  
9 oz



Alter Eco  
Organic Chocolate  
Bar

**2/\$6**  
2.65-2.82 oz



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Chocolove  
Chocolate Bar

\$2<sup>19</sup>  
2.8-3.2 oz



OCHO Candy  
Organic Candy Bar

2/\$3  
1.5 oz



Lakewood  
Organic Pure Beet  
Juice

\$4<sup>79</sup>  
32 oz



Immaculate  
Organic Cinnamon Rolls

2/\$6  
8 ct



Yogi  
Tea

\$2<sup>99</sup>  
16 ct



Organic Valley  
Organic Half & Half

\$3<sup>29</sup>  
quart



Yogi

Feel Good, Be Good,  
Do Good.

With every ingredient we source, and every cup of tea we make, we strive to support quality, sustainability, and social responsibility on a local, national, and global level.

Recently, Yogi partnered with our cardamom supplier in Honduras to build a bridge in their remote community, allowing the village children to attend school during the rainy season.

Now Yogi is working with this community to build a new school, expanding the school capacity by 100 students.



Learn about our efforts to do good at [yogiprducts.com/doing-good](http://yogiprducts.com/doing-good)

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Natural Vitality  
Calm

**\$14<sup>79</sup>**  
8 oz



MegaFood  
Multi For Women  
55+

**\$21<sup>99</sup>**  
60 tab



Garden Of Life  
mykind Organics  
Multi Gummies

**\$24<sup>99</sup>**  
120 ct



Dr. Bronner's  
Organic Coconut  
Oil

**\$7<sup>79</sup>**  
14 oz



Vibrant Health  
Green Vibrance

**\$37<sup>99</sup>**  
12.8 oz



Nature's Way  
Umcka® Cold Care  
Syrup

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



PUR  
Chewing Gum

**99¢**  
9 ct



Jarrow Formulas  
Saccharomyces  
Boulardii + MOS

**\$17<sup>99</sup>**  
90 ct



Boiron  
Oscillococcinum

**\$17<sup>99</sup>**  
12 ct



**SELLING SILVER #1 IN THE U.S.**

**SOVEREIGN SILVER**  
SAFE. PURE. EFFECTIVE.™

**THE SCIENCE OF SILVER**

Silver has been used for centuries to safeguard human health and is found in whole grains, water and mammalian milk, all part of our natural diet. Since 1999, families around the globe have relied on Sovereign Silver Bio-Active Silver Hydrosol,™ for the safest\*, purest, and most effective\* form of silver ever developed for Immune Support\*.

Sovereign Silver's First Aid Gel is the only topical homeopathic preparation to harness the revolutionary power of silver, and is used for fast healing of minor cuts, scrapes, burns, bites, bruises and skin infections without odor, stinging or greasy residue.

Sovereign Silver is vegan. It is also allergen-, gluten-, and GMO-free.

\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

**SovereignSilver.com (Toll Free) 1-888-328-8840**

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Natural Factors  
Organic Oil Of  
Oregano

**\$15<sup>99</sup>**  
1 oz



Sovereign Silver  
Bio-Active Silver  
Hydrosol

**\$19<sup>19</sup>**  
4 oz



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Oregon's Wild Harvest  
Turmeric

**\$19<sup>99</sup>**  
60 ct



Aura Cacia  
Peppermint  
Essential Oil

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



DERMA E  
Anti-Wrinkle Renewal  
Cream

**\$9<sup>99</sup>**  
4 oz



Andalou Naturals  
Argan Oil & Shea  
Shampoo & Conditioner  
**\$6<sup>29</sup>**  
11.5 oz



ShiKai  
Moisturizing  
Shower Gel

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



Acure  
Ultra-Hydrating  
Lotion

**\$6<sup>29</sup>**  
8 oz



Dr. Bronner's  
Organic Castile Bar Soap

**\$3<sup>29</sup>**  
5 oz



Nubian Heritage  
African Black Bar Soap

**\$3<sup>29</sup>**  
5 oz



Weleda  
Skin Food

**\$12<sup>49</sup>**  
2.5 oz

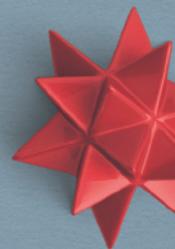


# ACURE

*We are a family owned  
and operated company*

founded on sustainable principles  
to provide the highest quality  
natural and organic personal care.

Our products are created with great care  
and are a reflection of our values. They are  
free from animal testing, parabens, sulfates,  
phthalates, harmful preservatives  
and artificial colors.



“Holiday gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect.” ~Oren Arnold



**Independent Choice™** specials are available at members of the Independent Natural Food Retailers Association store locations:

**CONNECTICUT**

Chamomille Natural Foods  
58-60 Newtown Rd, Danbury  
It's Only Natural Market  
575 Main St, Middletown  
Nature's Temptations  
32 Prospect St, Ridgefield  
New Morning Market  
129 Main St, Woodbury  
Super Natural Market & Deli  
430 N Main St, Bristol

**DELAWARE**

Harvest Market  
7417 Lancaster Pk, Hockessin

**DISTRICT OF COLUMBIA**

Yes! Organic Market  
2123 14th St NW, Washington  
1825 Columbia Rd NW, Washington  
3809 12th St NE, Washington  
3425 Connecticut Ave NW, Washington  
4100 Georgia Ave NW, Washington  
410 8th St SE, Washington

**MAINE**

Bath Natural Market  
36 Centre St, Bath  
Lois' Natural Marketplace  
152 US Rte 1, Scarborough  
47 India St, Portland  
Morning Glory Natural Foods  
60 Maine St, Brunswick  
New Morning Natural Foods  
3 York St, Kennebunk  
230 Main St, Biddeford  
Royal River Natural Foods  
443 US Rte 1, Freeport  
Uncle Dean's Good Groceries  
80 Grove St, Waterville

**MARYLAND**

Chestertown Natural Foods  
303 Cannon St, Chestertown  
Dawson's Market  
255 N Washington St, Rockville  
David's Natural Market  
5410 Lynx Ln, Columbia  
1523E Rock Spring Rd, Forest Hill  
871 Annapolis Rd, Gambrills  
The Good Earth  
Natural Foods Company  
41675 Park Ave, Leonardtown  
Yes! Organic Market  
5331 Baltimore Ave, Hyattsville

**MASSACHUSETTS**

The Alternative Market  
33 N Washington St, N Attleboro  
Cambridge Natural Foods  
23 White St, Cambridge  
Organic Market  
1218 Main St, Chatham  
640 Main St, Dennisport  
31 Market St, Mashpee  
City Feed & Supply  
672 Centre St, Jamaica Plain  
66A Boylston St, Jamaica Plain  
Common Crow Natural Market  
200 Eastern Ave, Gloucester  
Cornucopia Foods  
150 Main St Ste 8, Northampton  
Debra's Natural Gourmet  
98 Commonwealth Ave, Concord  
Down to Earth Natural Foods  
751 Kempton St, New Bedford  
The Good Seed Natural Food Market  
138 Central Ave, Seekonk  
Guido's Fresh Marketplace  
1020 S St, Pittsfield  
760 S Main St, Great Barrington

**MASSACHUSETTS**

Nantucket Greengrocer  
8C Amelia Dr, Nantucket  
The Natural Grocer  
334 High St, Newburyport  
Roots Natural Foods  
100 Crawford St, Leominster

**NEW HAMPSHIRE**

Maggie's Market  
14 Main St, Peterborough  
Nature's Green Grocer  
374 Union St, Peterborough  
Portsmouth Health Food Center  
151 Congress St, Portsmouth

**NEW JERSEY**

A1 Nutrition Store  
210 Main Ave, Passaic  
Back to Nature Health Food Store  
231 Rte 206 S, Chester  
Basil Bandwagon Natural Market  
38 Old Hwy 22, Clinton  
276 US Hwy 202/31, Flemington  
Big Bear Natural Foods  
239 N Union St, Lambertville  
21 Arctic Pkwy, Ewing  
9 Rte 31, Pennington  
Dean's Natural Food Market  
1119 Hwy 35, Ocean  
490 Broad St, S Shrewsbury  
25 Mountainview Blvd, Basking Ridge  
270 Rte 206, Chester  
Green Acres Health Food Store  
1297 Centennial Ave, Piscataway  
Green Life Market  
1388 Rte 23 N, Butler  
238 Newton Sparta Rd, Newton  
66 Morris St, Morristown  
Green Street Market  
3156 Rte 9 S, Rio Grande

**Healthfair Natural & Organic Market**

625 Branch Ave, Little Silver  
Healthway Natural Foods  
35 Riveredge Rd, Tenafly  
Healthy Thymes Market  
265 Rte 94, Vernon  
Nature's Corner Natural Market  
2407 State Rte 71, Spring Lake Heights  
Nature's Nutrition  
383 Brick Blvd, Brick  
Nature's Pavilion  
564 Rte 23 N, Pompton Plains  
Pangaea Naturals  
657 E Bay Ave, Manahawkin  
Whole Earth Center  
360 Nassau St, Princeton

**NEW YORK**

A Matter of Health  
138 Rockland Plaza, Nanuet  
1347 1st Ave, New York  
1478 1st Ave, New York  
275 S Central Ave, Hartsdale  
Cornucopia Natural Foods  
39 N Main St, Sayville  
Down to Earth Whole Foods  
305 Grant Ave, Endicott  
Downtown Natural Market  
1701 Church Ave, Brooklyn  
51 Willoughby St, Brooklyn  
8401 37th Ave, Jackson Heights  
285 Broadway St, Brooklyn  
Food For Health  
1653 3rd Ave, New York  
Four Seasons Natural Foods  
120 Henry St, Saratoga Springs  
Good 'N Natural  
2173 White Plains Rd, Bronx  
Green Earth Health Market  
4 Market St, Oneonta  
Green Planet Grocery  
18 E Cayuga St, Oswego  
3514 W Genesee St, Syracuse  
6195 Rte 31, Cicero  
Hart's Local Grocers  
10 Winthrop St, Rochester  
Hawthorne Valley Farmstore  
327 Rte 21C, Ghent  
Health Beat Natural Foods  
214 Main St, Johnson City  
Health & Harmony  
470 Hudson St, New York  
Jason's Market  
1019 Ft Salonga Rd, Northport  
Jandi's Natural Market  
3000 Long Beach Rd, Oceanside  
Katerskill Farm Natural Storehouse  
173 Healy Blvd, Hudson  
3 Blvd Ave, Catskill  
LifeThyme Natural Market  
410 6th Ave, New York  
The Local Food Market  
37 N Main St, Cortland  
8 Clinton St, Tully  
Lori's Natural Food Center  
900 Jefferson Rd, Rochester  
Mother Earth's Storehouse  
300 Kings Mall Ct, Kingston  
1955 S Rd, Poughkeepsie  
249 Main St, Saugerties  
Oh My Goodness Health Food Store  
1 N Main St, Homer  
Nature's Pantry  
1545 Rte 52, Fishkill  
436 Bloomington Grove Tpk,  
New Windsor

**Rising Tide**

42 Forest Ave, Glen Cove  
Sunflower Natural Foods Market  
75 Mill Hill Rd, Woodstock  
24 Garden St, Rhinebeck  
Uncle Sam's Good Natural Products  
77 4th St, Troy  
644 Loudon Rd, Latham

**PENNSYLVANIA**

Big Bear Natural Foods  
1246 E Lincoln Hwy, Langhorne  
925 Old Lincoln Hwy, Morrisville  
Bloom Naturally  
307 Columbia Blvd, Bloomsburg  
118 Walnut St, Danville  
Earthlight Natural Foods  
933 Ann St, Stroudsburg  
Everything Natural  
426 S State St, Clarks Summit  
Everything Natural Under the Sun  
3415 Pleasant Valley Blvd, Altoona  
Frey's Better Foods  
1575 Main St, Hellertown  
The Healthy Grocer  
3800 Trindle Rd, Camp Hill  
Leg Up Farmers Market  
3100 N George St, York  
Martindale's Natural Market  
1172 Baltimore Pk, Springfield  
Nature's Harvest  
101 E Moreland Rd, Willow Grove  
Kimberton Whole Foods  
2140 Kimberton Rd, Kimberton  
150 E PA Ave, Downingtown  
1139 Ben Franklin Hwy E, Douglassville  
239 Durham Rd, Ottsville  
429 E King Rd, Malvern  
Lemon Street Market  
241 W Lemon St, Lancaster  
Nature's Pantry  
2331 Commercial Blvd, State College  
Organnons Natural Market  
591 Durham Rd, Wrightstown

**RHODE ISLAND**

The Green Grocer  
934 E Main Rd, Portsmouth

**VERMONT**

Natural Provisions  
537 Railroad St, St Johnsbury  
Natural Provisions Market  
329 Harvest Ln St 100, Williston

**VIRGINIA**

Better Thymes Natural Foods  
417 S St, Front Royal  
Ellwood Thompson's  
4 N Thompson St, Richmond  
Good Foods Grocery  
3062 Stony Pt Rd, Richmond  
Health Trail Natural Foods  
10848 Warwick Blvd, Newport News  
4858 G Washington Mem Hwy, Hayes  
HealthNut Nutrition  
1701 Enterprise Dr, Lynchburg  
Organic Food Depot  
4301 Commuter Dr, Virginia Beach  
1912 Granby St, Norfolk  
Rebecca's Natural Foods  
1141 Emmet St, Charlottesville

**WEST VIRGINIA**

Community Garden Market  
148 N Washington St, Berkeley Springs