



# AUGUST SALES

## 2018

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



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

Organic Valley  
**ORGANIC  
SHREDDED CHEESE  
(SELECTED VARIETIES)**

6 oz



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

One Degree Organics  
**ORGANIC  
SPROUTED BROWN  
RICE CRISPS  
CEREAL**

8-10 oz



**2/\$4**

GoMacro  
**ORGANIC  
MACRO BAR**  
2-2.5 oz



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

Late July  
**ORGANIC  
BITE SIZE  
SANDWICH  
CRACKERS**

5 oz



**2/\$5**

Hilary's  
**ORGANIC  
VEGGIE BURGER**

6.4 oz



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

GT'S  
**ORGANIC  
ENLIGHTENED  
KOMBUCHA**

16 oz



**2/\$4**

Peeled Snacks  
**ORGANIC  
PEAS PLEASE  
BAKED SNACKS**

3.3 oz



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

Follow Your Heart  
**SOY-FREE  
VEGENAISE**

16 oz



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

Lakewood  
**ORGANIC PURE  
PINEAPPLE JUICE**

32 oz



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

Lundberg Family Farms  
**ORGANIC  
RICE CAKES  
(SELECTED VARIETIES)**

8.5-10 oz



**4/\$5**

Justin's  
**ALMOND BUTTER  
SQUEEZE**

1.15 oz



**2/\$4**

Perfect Bar  
**BAR**  
2.5 oz



**5/\$5**

Annie's Homegrown  
**CLASSIC  
MAC & CHEESE**

6 oz



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

Spectrum  
**ORGANIC  
UNREFINED EXTRA  
VIRGIN OLIVE OIL**

25.4 oz

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

@risingtidemarket  
 @RisingTideNaturalMarket

**GOODNESS GIVES BACK**

**CLIP BOX TOPS FOR LOCAL SCHOOLS**  
EARN CASH FOR CLASSROOMS

Only NTFE registered schools can redeem box tops. Limit \$20,000 per school per year for non-NTFE redeemed through the clip program. See [www.boxtopstoeconomic.com](http://www.boxtopstoeconomic.com) for program details.

More than 20 years of helping schools earn over \$668 million!

**BOX TOPS FOR EDUCATION!**

Our school has a garden where our class plants flowers and veggies. Our teacher says the Box Tops we clip help the plants in our garden grow. I can't wait to feed a carrot to our bunny!

**Annie's HOME GROWN**

**Cascadian Farm ORGANIC**  
FOUNDED IN BEACON VALLEY, WA  
SINCE 1975



**2/\$6**  
Annie's Homegrown  
**ORGANIC**  
**FRUIT SNACKS**  
(SELECTED VARIETIES)  
4 oz

**2/\$5**  
Amy's  
**BURRITO**  
(SELECTED VARIETIES)  
5.5-6 oz

**\$3<sup>99</sup>**  
Udi's Gluten Free  
**GLUTEN FREE**  
**MULTIGRAIN**  
**BREAD**  
25.4 oz

**\$3<sup>99</sup>**  
Maya Kaimal  
**INDIAN**  
**SIMMER SAUCE**  
(SELECTED VARIETIES)  
12.5 oz

**\$3<sup>99</sup>**  
Gardein  
**CRISPY**  
**TENDERS**  
9 oz

**\$3<sup>49</sup>**  
Wild Planet  
**WILD**  
**ALBACORE TUNA**  
5 oz

**\$7<sup>49</sup>**  
Primal Kitchen  
**MAYO WITH**  
**AVOCADO OIL**  
12 oz

**5/\$5**  
Koyo  
**RAMEN**  
(SELECTED VARIETIES)  
2.1 oz

**2/\$5**  
Good Health  
**AVOCADO OIL**  
**POTATO CHIPS**  
5 oz

**\$2<sup>99</sup>**  
Farmhouse Culture  
**ORGANIC**  
**KRAUT KRISPS**  
5 oz



**\$2<sup>99</sup>**  
 Happy Baby  
**ORGANIC  
 SUPERFOOD  
 PUFFS**  
 (SELECTED VARIETIES)  
 2.1 oz



**2/\$3**  
 Munk Pack  
**OATMEAL FRUIT  
 SQUEEZE**  
 4.2 oz



**5/\$5**  
 Brown Cow  
**CREAM TOP  
 WHOLE MILK  
 YOGURT**  
 5.3 oz



**2/\$1**  
 Stretch Island  
**FRUIT  
 LEATHER**  
 .5 oz



**\$2<sup>99</sup>**  
 Barbara's  
**PUFFINS  
 CEREAL**  
 10-11 oz



**\$3<sup>49</sup>**  
 Cascadian Farm Organic  
**ORGANIC  
 CEREAL**  
 (SELECTED VARIETIES)  
 8.6-16 oz



**\$3<sup>99</sup>**  
 Santa Cruz Organic  
**ORGANIC  
 APPLE SAUCE**  
 6/4 oz



**2/\$5**  
 Terra Chips  
**SWEET POTATO  
 CHIPS**  
 (SELECTED VARIETIES)  
 4 oz



**\$3<sup>99</sup>**  
 Siete  
**GRAIN FREE  
 TORTILLA CHIPS**  
 5 oz



**2/\$5**  
 Late July  
**CLASICO  
 TORTILLA CHIPS**  
 (SELECTED VARIETIES)  
 5.5 oz



**\$7<sup>49</sup>**  
 Bonafide Provisions  
**BONE BROTH**  
 710 ml



**\$4<sup>99</sup>**  
 Glutino  
**GLUTEN FREE  
 PRETZELS**  
 14.1 oz



**2/\$5**  
 Garden of Eatin'  
**ORGANIC  
 RED HOT BLUES**  
 8.1 oz



**\$3<sup>49</sup>**  
 Hail Merry  
**TART**  
 3 oz



**2/\$5**  
 KeVita  
**ORGANIC  
 SPARKLING  
 PROBIOTIC DRINK**  
 (SELECTED VARIETIES)  
 15.2 oz



**\$3<sup>49</sup>**  
 Vita Coco  
**PURE  
 COCONUT  
 WATER**  
 1 lt



**\$2<sup>99</sup>**  
 MI-DEL  
**GINGER  
 SNAPS**  
 10 oz



**5/\$5**  
 Clif Bar  
**ENERGY  
 BAR**  
 2.4 oz

## AUGUST DEMOS

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

AUGUST 3	FARMHOUSE CULTURE KRAUT KRISPS
AUGUST 10	SIMPLE MILLS SOFT BAKED COOKIES
AUGUST 13	SIMPLE MILLS CRACKERS WITH ITHACA HUMMUS
AUGUST 17	GARDEN OF EATIN' CHIPS AND DELI DIPS
AUGUST 20	SIETE CHIPS AND DELI DIP
AUGUST 24	KMAMA SAUCE WITH WHITE RICE
AUGUST 27	EDEN KRAUTS



**\$1<sup>99</sup>**  
Taste Nirvana  
**COCONUT WATER**  
(SELECTED VARIETIES)  
8 oz



**4/\$5**  
Honest Tea  
**ORGANIC ICED TEA**  
(SELECTED VARIETIES)  
16 oz



**\$1<sup>29</sup>**  
Eternal  
**NATURALLY ALKALINE WATER**  
1lt



**2/\$5**  
Guayaki  
**ORGANIC YERBA MATE**  
15.5 oz



**2/\$4**  
Essentia  
**ALKALINE WATER**  
1lt



**\$4<sup>99</sup>**  
Coconut Bliss  
**ORGANIC FROZEN DESSERT BARS**  
(SELECTED VARIETIES)  
3/3 oz



**\$6<sup>99</sup>**  
Julie's Organic  
**ORGANIC ICE CREAM SANDWICHES**  
(SELECTED VARIETIES)  
6-8 ct



**\$3<sup>99</sup>**  
Santa Cruz  
**ORGANIC FRUIT SPREADS**  
9.5 oz



**\$3<sup>99</sup>**  
Yum Earth  
**LICORICE**  
5 oz



**\$3<sup>49</sup>**  
Rhythm Superfood  
**BEET CHIPS**  
1.4 oz



**\$3<sup>49</sup>**  
Rhythm Superfood  
**CARROT CHIPS**  
1.4 oz



**\$3<sup>29</sup>**  
Lesser Evil  
**POPCORN**  
5 oz

# PICK A PLUM

GORGEOUS PURPLE PLUMS ARE MORE THAN JUST SUMMER BEAUTIES; THEY'RE BURSTING WITH CANCER-FIGHTING ANTHOCYANINS, GREAT FOR CONSTIPATION/DIGESTION AND CONTAIN 113 MG OF POTASSIUM, USEFUL FOR MANAGING HIGH BLOOD PRESSURE AND REDUCING RISK OF STROKE. THE CHINESE CONSIDER PLUMS A SOURCE OF GOOD FORTUNE; ONE TASTE OF THE PLUM TORTE DESCRIBED BELOW AND YOU'LL KNOW WHY.



## PLUM TORTE

THE NEW YORK TIMES TRIED TO RETIRE THIS RECIPE AFTER SEVEN CONSECUTIVE YEARS IN PRINT, BUT AFTER COUNTLESS REQUESTS, THEY NOW RUN IT EVERY YEAR. THE PERFECT LATE SUMMER DESSERT, IT CALLS FOR PLUMS (WONDERFUL THIS TIME OF YEAR) BUT PLUMS CAN EASILY BE SWAPPED FOR OTHER STONE FRUITS OR BERRIES OR A COMBO OF BOTH. IF YOU MAKE IT ONCE, YOU'LL MAKE IT AGAIN.

### INGREDIENTS:

<b>3/4 - 1 cup</b>	SUGAR	<b>2</b>	EGGS
<b>1/2 cup</b>	UNSALTED BUTTER, SOFTENED	<b>24 halves</b>	PITTED PURPLE PLUMS
<b>1 cup</b>	UNBLEACHED FLOUR, SIFTED		PINCH OF SALT (OPTIONAL)
<b>1 tsp</b>	BAKING POWDER		SUGAR, LEMON JUICE AND CINNAMON, FOR TOPPING

### PREPARATION:

HEAT OVEN TO 350 DEGREES. CREAM THE SUGAR AND BUTTER IN A BOWL. ADD THE FLOUR, BAKING POWDER, SALT AND EGGS AND BEAT WELL. SPOON THE BATTER INTO A SPRINGFORM PAN OF 8, 9 OR 10 INCHES. PLACE THE PLUM HALVES SKIN SIDE UP ON TOP OF THE BATTER. SPRINKLE LIGHTLY WITH SUGAR AND LEMON JUICE, DEPENDING ON THE SWEETNESS OF THE FRUIT. SPRINKLE WITH ABOUT 1 TEASPOON OF CINNAMON, DEPENDING ON HOW MUCH YOU LIKE CINNAMON.

BAKE 1 HOUR, APPROXIMATELY. REMOVE AND COOL; REFRIGERATE, FREEZE. OR COOL TO LUKEWARM AND SERVE PLAIN OR WITH WHIPPED CREAM. (TO SERVE A TORTE THAT WAS FROZEN, DEFROST AND REHEAT IT BRIEFLY AT 300 DEGREES.)



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

Watermelon Water  
**PLAIN**  
355 ml



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

Newman's Own  
**RAISINS 6 PK**  
1.5 oz



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

Nativa  
**BUTTER  
COCONUT  
OIL**  
14 oz



**2/\$3**

Annie Chun's  
**SEAWEED  
SNACKS**  
.35 oz



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

La Tortilla Factory  
**CORN  
TORTILLAS**  
11.57 oz



**2/\$5**

Once Upon a Farm  
**POUCHES**  
3.2 oz



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

So Delicious  
**ALMOND  
CASHEW  
MILK**  
1.4 l



**\$2<sup>49</sup>**

Nut Pod  
**DAIRY FREE  
CREAMERS**  
11.2 oz



**2/\$4**

Santa Cruz  
**LEMONADE**  
32 oz



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

Quinn  
**PRETZEL  
STICKS**  
7 oz



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

Everyone  
**FACE CLEANSER**  
8 oz



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

Everyone  
**LAVENDER  
HAND SANITIZER  
GEL**  
2 oz



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

Nature's Gate  
**SEAWEED  
BODY SCRUB**  
8 oz



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

Essential Oxygen  
**FOOD GRADE  
HYDROGEN  
PEROXIDE**  
16 oz



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

Aura Cacia  
**LAVENDER  
ESSENTIAL OIL**  
.5 oz



**\$7<sup>49</sup>**

Wedderspoon  
**HONEY DROPS  
(ALL VARIETIES)**  
4 oz



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

Mineral Fusion  
**NAIL POLISH**  
.33 oz



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

Mrs. Meyers  
**HAND SOAP**  
12.5 oz



**\$17<sup>49</sup>**

Nature's Way  
**PRIMADOPHILUS  
BIFIDUS**

90 vcap



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

Desert Essence  
**TEA TREE OIL**

1 oz



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

MegaFood  
**GUMMIES  
(ALL VARIETIES)**



**30% OFF**

Whole Earth and Sea  
**MULTI VITAMINS**



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

Seventh Generation  
**DISH LIQUID**

25 oz



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

Mrs. Meyer's Clean Day  
**DISH SOAP**

16 oz



**\$27<sup>99</sup>**

New Chapter  
**ZYFLAMEND™  
WHOLE BODY**

60 cap



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

MegaFood  
**TURMERIC STRENGTH  
FOR WHOLE BODY**

60 cap



**\$2<sup>49</sup>**

Castor & Pollux  
**ORGANIC ORGANIX  
BUTCHER &  
BUSHEL DOG FOOD**

12.7 oz



**\$5<sup>49</sup>**

Nature's Gate  
**SHAMPOO &  
CONDITIONER  
(SELECTED VARIETIES)**

18 oz



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

ACURE  
**MEGA MOISTURE  
SHAMPOO &  
CONDITIONER**

12 oz



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

EO  
**EVERYONE SOAP**

32 oz



**\$7<sup>49</sup>**

Thayers  
**WITCH HAZEL  
(SELECTED VARIETIES)**

12 oz



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

Andalou Naturals  
**ARGAN OIL &  
SHEA MOISTURE  
RICH SHAMPOO  
& CONDITIONER**

11.5 oz

## CHARITY OF THE MONTH

### GLEN COVE YOUTH BUREAU: FILL-A-BOOKBAG DRIVE

SINCE 1981, THE BUREAU IS DEDICATED TO PROVIDING A SAFE AND WELCOMING ENVIRONMENT TO ALLOW ALL YOUTH, ALL FAMILIES, AND THE ENTIRE COMMUNITY TO ACHIEVE ITS POTENTIAL. THIS MONTH, WE'RE HAPPY TO SUPPORT THE BUREAU'S FILL-A-BOOKBAG DRIVE, HELPING THEM TO RAISE FUNDS FOR BACK-TO-SCHOOL SUPPLIES FOR 300 CHILDREN, K-12, WHO WOULD NOT OTHERWISE HAVE THE TOOLS NEEDED FOR A SUCCESSFUL ACADEMIC YEAR. THANK YOU FOR HELPING US TO HELP THESE STUDENTS, AND FOR MAKING A VERY REAL DIFFERENCE IN OUR COMMUNITY!

**WE WILL BE COLLECTING SCHOOL SUPPLIES HERE AT THE STORE ALL MONTH. ASK CASHIERS FOR A LIST OF NEEDED ITEMS.**



**\$4<sup>99</sup>**  
 Dr. Bronner's  
**TOOTHPASTE**  
 (ALL VARIETIES)  
 5 oz



**\$2<sup>49</sup>**  
 CleanWell  
**NATURAL HAND**  
**SANTITIZER WIPES**  
 10 ct



**\$9<sup>99</sup>**  
 Boiron  
**ARNICARE GEL**  
 2.6 oz



**\$7<sup>99</sup>**  
 Hyland's  
**COLD 'N COUGH**  
**4 KIDS**  
 4 oz



**\$24<sup>99</sup>**  
 Garden of Life  
**MYKIND ORGANICS**  
**KIDS MULTI GUMMY**  
 120 ct



**\$5<sup>49</sup>**  
 Desert Essence  
**TOOTHPASTE**  
 (SELECTED VARIETIES)  
 6.25 oz



**\$27<sup>99</sup>**  
 Tera's whey  
**ORGANIC**  
**WHEY PROTEIN**  
 12 oz



**\$29<sup>99</sup>**  
 PlantFusion  
**COMPLETE**  
**PLANT PROTEIN**  
 (SELECTED VARIETIES)  
 1 lb



**\$17<sup>99</sup>**  
 Natural Vitality  
**NATURAL CALM**  
 (SELECTED VARIETIES)  
 8 oz



**\$20<sup>99</sup>**  
 Natural Factors  
**STRESS RELAX**  
**PHARMA GABA**  
**100 MG CHEWABLE**  
 60 tab



**\$19<sup>99</sup>**  
 Nordic Naturals  
**NORDIC**  
**BERRIES**  
 120 ct



**\$9<sup>99</sup>**  
 Natural Factors  
**DGL 400MG**  
**CHEWABLE**  
 90 ct

# JOIN OUR TEAM

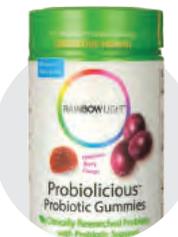


IF YOU WANT TO WORK IN A FUN, HEALTHY ENVIRONMENT, LOOK NO FURTHER THAN YOUR NEIGHBORHOOD NATURAL FOODS STORE. RISING TIDE IS HIRING CASHIERS, DELI AND STOCK PERSONNEL TO WORK DAYTIME HOURS WITH A GREAT TEAM. IF YOU'RE AN OUTGOING, HARD-WORKING "PEOPLE PERSON", PLEASE FILL OUT OUR ONLINE APPLICATION AND WE'LL GET IN TOUCH...WE CAN'T WAIT TO MEET YOU.

[WWW.RISINGTIDEMARKET.COM/JOIN-OUR-TEAM/](http://WWW.RISINGTIDEMARKET.COM/JOIN-OUR-TEAM/)



**\$15<sup>99</sup>**  
 MegaFood  
**BALANCED**  
**B COMPLEX**  
 30 tab



**\$17<sup>99</sup>**  
 Rainbow Light  
**PROBIOTICIOUS**  
**GUMMY**  
 50 ct