

## Traditional Medicinals Organic Throat Coat

**\$3<sup>59</sup>**  
16 ct



## Annie's Naturals Organic Dressing

**2/\$6**  
8 oz



## Simple Mills Almond Flour Crackers

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



## Amy's Organic Lentil Soup

**2/\$5**  
14.5 oz



## Pacific Organic Free Range Chicken Broth

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



## Organic Valley Organic Cream Cheese

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



## Ancient Harvest Organic Supergrain Pasta

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



## Muir Glen Organic Tomatoes (selected varieties)

**4/\$5**  
14.5 oz



## Annie's Homegrown Cheddar Bunnies

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



## Better Than Bouillon Organic Base

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



## Did you know...

Corned beef derives its name from the large-grained rock salt, or corns, used to cure the meat.



Annie's Homegrown  
Organic Shells & Cheese  
(selected varieties)

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



Napa Valley Naturals  
Organic Cold Pressed  
Extra Virgin Olive Oil

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



Hail Merry  
Tart

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



Lundberg Family Farms  
Wild Blend Rice

**\$3<sup>69</sup>**  
1 lb



Spectrum  
Organic Refined  
Canola Oil

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



Maple Hill Creamery  
Organic Cream On Top Yogurt  
(selected varieties)

**5/\$5**  
6 oz



Koyo  
Ramen  
(selected varieties)

**79¢**  
2.1 oz



Annie's Homegrown  
Organic Snack Mix  
(selected varieties)

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



Miyoko's Creamery  
Organic Double Cream  
Vegan Cheese

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



Tofurky  
Veggie Roast

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



Beanfields  
Bean & Rice  
Chips

**2/\$5**  
5.5 oz



Organic Valley  
Organic Feta Cheese

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



Crown Prince Natural  
Skinless & Boneless  
Sardines in Olive Oil

**\$2<sup>39</sup>**  
3.75 oz



Late July  
Organic Cantina  
Dippers

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



Westbrae  
Organic Beans  
(selected varieties)

**\$1<sup>49</sup>**  
15 oz



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 March.

Create a sustainable  
future, one bite at a  
time.

**GOOD  
FROM THE  
GROUND UP**



## ORGANIC FARMING FOR HEALTHY SOIL & PLANET

AT CASCADIAN FARM, WE'RE  
DEDICATED TO PRODUCING FOOD  
YOU CAN FEEL GOOD ABOUT  
EATING. AND IT ALL STARTS WITH  
THE SOIL WE GROW IN.

TAKING CARE OF THE  
SOIL YIELDS REAL WORLD  
RESULTS WE'D LOVE TO SHARE.  
VISIT [CASCADIANFARM.COM](http://CASCADIANFARM.COM)  
TO LEARN MORE.

Late July  
Organic Multigrain  
Tortilla Chips

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



Crunchmaster  
Multi-Seed Crackers  
(selected varieties)

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



Cascadian Farm Organic  
Organic Potatoes

**2/\$5**  
16 oz



Alden's Organic  
Organic Ice Cream  
(selected varieties)

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



Honest Tea  
Organic Iced Tea

**4/\$5**  
16 oz



Organic Valley  
Organic Mozzarella  
Stringles

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



Justin's  
Almond Butter

**\$8<sup>49</sup>**  
16 oz



KIND  
Clusters  
(selected varieties)

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



California Olive Ranch  
Everyday Extra Virgin  
Olive Oil

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



Spectrum  
Organic Unrefined  
Olive Oil

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



Nature's Path  
Organic Hot Oatmeal  
(selected varieties)

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



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Cascadian Farm Organic  
Organic Cinnamon  
Crunch Cereal

**2/\$6**

9.2 oz



Almond Breeze  
Almondmilk  
(selected varieties)

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

64 oz



Uncle Matt's  
Organic Orange Juice  
(selected varieties)

**\$5<sup>69</sup>**

59 oz



Nature's Path  
Organic Crunchy Maple  
Sunrise Cereal

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

10.6 oz



Enjoy Life Foods  
Semi-Sweet Chocolate  
Mini Chips

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

10 oz



## BANANA YOGURT OVERNIGHT OATS

Serves 2

1 cup rolled oats  
1 teaspoon chia seeds  
¼ teaspoon ground cinnamon  
1 ½ cups milk  
½ cup yogurt  
1 large banana  
honey, to taste

1. Combine oats, chia seeds and cinnamon in a sealable container.
2. To this mixture, add milk and yogurt. Stir to combine.
3. Cover and place in the refrigerator for 8 hours or overnight.

To Serve: Stir mixture and place in two cereal bowls. Top with sliced banana and drizzle with honey.



Pamela's Products  
Baking & Pancake  
Mix

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

24 oz



Wholesome!  
Organic Light Brown  
Sugar

**\$3<sup>59</sup>**

24 oz



Immaculate Baking  
Organic Cinnamon Rolls

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

17.5 oz



Simply Organic  
Organic Ground  
Cinnamon

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

2.45 oz



So Delicious  
Coconut Creamer

**\$1<sup>89</sup>**

16 oz



Brown Cow  
Cream Top Whole Milk  
Yogurt

**5/\$4**

5.3 oz



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KeVita  
Organic Master Brew  
Kombucha

**2/\$5**

15.2 oz



Larabar  
Fruit & Nut Bar  
(selected varieties)

**5/\$5**

1.7 oz



Against The Grain Gourmet  
Original Baguettes

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

24 oz



The Ginger People  
Organic Ginger Juice

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

5 oz



Clif Bar  
Builder's Bar

**5/\$5**

2.4 oz



Montebello  
Organic Artisan Pasta

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

1 lb



R.W. Knudsen  
Just Cranberry Juice

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

32 oz



tera'swhey  
Organic Whey Protein

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

12 oz



Health Valley Organic  
Organic Soup  
(selected varieties)

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

15 oz



Q Drinks  
Tonic Water

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

750 ml



Annie's Homegrown  
Organic Fruit Snacks

**2/\$6**

4 oz



Lakewood  
Organic Pure Beet Juice

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

32 oz



Zevia  
Zero Calorie Soda

**2/\$7**

6/12 oz



Watusee Foods  
Popped Chickpeatos

**\$2<sup>39</sup>**

4 oz



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Xlear  
Nasal Spray

**\$8<sup>49</sup>**  
1.5 oz



Bach  
Rescue Pastilles

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



MegaFood  
Blood Builder

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



Boiron  
Sabadil

**\$8<sup>49</sup>**  
60 tab



Nutrition Now  
PB 8® Pro-Biotic

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



Renew Life  
Ultimate Flora Probiotic  
50 Billion

**\$29<sup>99</sup>**  
30 cap



American Health  
Ester-C® 500 mg

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



Amazing Grass  
Green SuperFood Original

**\$20<sup>99</sup>**  
8.5 oz



Organic India  
Organic Whole Husk  
Psyllium

**\$10<sup>79</sup>**  
12 oz



Natural Factors  
Suntheanine

**\$18<sup>99</sup>**  
60 tab



Hyland's  
Calms Forté

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



## Regenerative Organic Agriculture

- ✦ REGENERATES SOIL HEALTH AND FERTILITY
- ✦ IMPROVING WATER CYCLES AND SEQUESTERING CARBON
- ✦ RESTORING VIBRANT HEALTH TO THE ENVIRONMENT

**ORGANIC INDIA™**

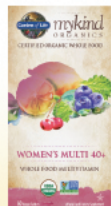
Certified  
 **organicindia.com**  
Corporation

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Garden of Life  
myKind Organics Multi

**\$35<sup>99</sup>**  
60 tab



EO  
Everyone Soap

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



Biokleen  
Bac-Out Stain &  
Odor Eliminator

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



Nature's Way  
Activated Charcoal

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



Desert Essence  
Organic Coconut  
Conditioner

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



ECOS  
Dishmate

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



New Chapter  
Zyflamend™ Whole  
Body

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



Andalou Naturals  
Argan & Shea Moisture  
Rich Shampoo

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



ecover  
Toilet Cleaner

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



Topricin  
Pain Relief Cream

**\$10<sup>49</sup>**  
2 oz



Giovanni  
2chic Ultra-Moist  
Shampoo

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



KISS MY FACE  
Liquid Rock  
Deodorant

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



Lily of the Desert  
Aloe Vera Gelly

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



DERMA E  
Firming DMAE  
Moisturizer

**\$16<sup>99</sup>**  
2 oz



Alaffia  
EveryDay Shea  
Body Wash

**\$9<sup>49</sup>**  
32 oz



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"May you always have... Walls for the winds, A roof for the rain, Tea beside the fire, Laughter to cheer you, Those you love near you, And all your heart might desire." ~Irish Blessing



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 N, Woodbury

#### 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 Street, 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  
Community Garden Market  
12824 Lanes Run Rd, Big Pool  
Dawson's Market  
255 N Washington St, Rockville  
David's Natural Market  
5410 Lynx Ln, Columbia  
1523 E Rock Spring Rd, Forest Hill  
871 Annapolis Rd, Gambrills  
Roots Market  
16800 Georgia Ave, Olney  
5805 Clarksville Square Dr, Clarksville  
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

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  
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  
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  
Jandi's Natural Market  
3000 Long Beach Rd, Oceanside  
Kaaterskill 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  
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  
The Local Food Market  
8 Clinton St, Tully  
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  
Sonnewald Natural Foods  
4796 Lehman Rd, Spring Grove

#### 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  
207 South Princess St, Shepherdstown  
Good Natured Market  
& Vegetarian Cafe  
209 S Raleigh St, Martinsburg