



# JUNE SALES

## 2018

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



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

Eden  
**ORGANIC  
BLACK BEANS**  
15 oz



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

Mary's Gone Crackers  
**ORGANIC  
ORIGINAL SEED  
CRACKERS**  
6.5 oz



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

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



**4/\$5**

Honest Tea  
**ORGANIC  
ICED TEA**  
16 oz



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

Julie's Organic  
**ORGANIC  
ICE CREAM  
SANDWICHES  
(SELECTED VARIETIES)**  
6-8 ct



**2/\$5**

Garden of Eatin'  
**RED HOT  
BLUES**  
8.1 oz



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

Spectrum  
**ORGANIC  
UNREFINED  
EXTRA VIRGIN  
OLIVE OIL**  
25.4 oz



**2/\$6**

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



**4/\$5**

Muir Glen  
**ORGANIC  
CANNED TOMATOES  
(SELECTED VARIETIES)**  
14.5 oz



**2/\$4**

Food Should Taste Good  
**TORTILLA  
CHIPS**  
5.5 oz



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

Organic Valley  
**ORGANIC  
HALF & HALF**  
32 oz



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

Califia Farms  
**BETTER HALF  
CREAMER  
(SELECTED VARIETIES)**  
16.9 oz



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

Maple Hill  
**ORGANIC 100%  
GRASSFED KEFIR  
(SELECTED VARIETIES)**  
32 oz



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

Redwood Hill Farm  
**PLAIN CULTURED  
GOAT MILK KEFIR**  
32 oz

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

@risingtidemarket  
 @RisingTideNaturalMarket



PRIMAL KITCHEN™

# HOLD THE CANOLA

BESTSELLING MAYO & RANCH DRESSING

DAIRY-FREE & GLUTEN-FREE ↗



Made with 100% Pure Avocado Oil



CAGE FREE EGGS



SUGAR FREE



SOY & CANOLA FREE



CERTIFIED PALEO



GLUTEN FREE



WHOLE 30 approved



KETO



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

### Primal Kitchen MAYO WITH AVOCADO OIL

12 oz



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

Hail Merry  
DARK CHOCOLATE MERRY BITES  
3.5oz



## 2/\$5

Terra Chips  
SWEET POTATO CHIPS  
(SELECTED VARIETIES)  
5.5-6 oz



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

Canyon Bakehouse  
GLUTEN FREE BREAD  
(SELECTED VARIETIES)  
18 oz



## 2/\$4

Essentia  
ALKALINE WATER  
1.5 lt



## 2/\$6

Late July  
ORGANIC CANTINA DIPPERS  
8 oz

To get to the  
*Cream*  
**TOP,**  
you just have to  
**DIG IN.**



Our original cream top yogurt is the perfect mix of smooth, rich, indulgent flavor and the wholesome goodness that comes from quality ingredients, like milk from happy cows.

BrownCow.com

@browncowyogurt



**.89¢**

Brown Cow  
**CREAM TOP  
WHOLE MILK  
YOGURT**

5.3 oz



**2/\$4**

ProBar  
**BASE 20G  
PROTEIN BAR**  
16 oz



For over 80 years, **June** has been celebrated as **National Dairy Month**, and for good reason. Dairy products including ice cream, milk, cheese and yogurt are produced throughout the US. According to the International Dairy Foods Association, the dairy industry employs over 975,000 people and provides over \$39 billion in wages nationally. That's worth celebrating!



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

R.W. Knudsen  
**ORGANIC  
CRANBERRY  
POMEGRANATE  
JUICE**  
32 oz



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

Barbara's  
**SHREDDED  
WHEAT CEREAL**  
13 oz

# JUNE DEMOS

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

JUNE 4	RHYTHM SUPERFOODS CARROT CHIPS
JUNE 8	RHYTHM SUPERFOODS BEET CHIPS
JUNE 13 & 18	LATE JULY CHIPS AND DELI DIP
JUNE 20	TERRA PLANTAIN CHIPS
JUNE 22 & 25	FOOD SHOULD TASTE GOOD CHIPS & DELI DIP
JUNE 27	MARY'S GONE CRACKERS WITH CHEESE
JUNE 30	MARY'S GONE CRACKERS WITH DELI DIP



Made in Ireland with milk from grass-fed cows,  
it's a taste that says a thousand words.

[KerrygoldUSA.com](http://KerrygoldUSA.com)



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

Kerrygold  
**PURE IRISH BUTTER**  
**(SELECTED VARIETIES)**

8 oz



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

Organic Valley  
**ORGANIC MOZZARELLA STRINGLES**  
6 oz



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

So Delicious  
**COCONUT MILK BARS**  
**(SELECTED VARIETIES)**  
4 ct

# THE PERFECT PEACH

WHEN LOOKING FOR A FILLING, HIGH-FIBER SNACK THAT PACKS A NUTRITIONAL BANG, LOOK NO FURTHER THAN A LOVELY SUMMER PEACH. AN AVERAGE PEACH HAS JUST UNDER 60 CALORIES, 3G OF FIBER (GOOD FOR DIGESTION), AND ANTIOXIDANTS (ESPECIALLY VITAMIN A AND C) TO SPARE. PLUS, PEACHES ARE REVERED IN CHINA AS A SYMBOL OF LONGEVITY AND IMMORTALITY...THEY'RE CLEARLY ON TO SOMETHING!



IN THIS BON APPETIT RECIPE, JUICY PEACHES MARRY LUSCIOUS CHERRIES IN A COLD SOUP THAT JUST SPELLS SUMMER.

## CHILLED TOMATO AND STONE FRUIT SOUP

**INGREDIENTS:** Makes 6 Servings

Recipe courtesy of *Bon Appetit*

- 2 lbs** : BEEFSTEAK TOMATOES (ABOUT 4), QUARTERED
- 1** : LARGE ENGLISH HOTHOUSE CUCUMBER, PEELED, SEEDED, CUT INTO PIECES
- 1** : LARGE RIPE PEACH, PEELED, HALVED
- 1/2** : JALAPENO, SEEDED (OR W/ SEED FOR SPICIER SOUP), CHOPPED
- 1/2** : GARLIC CLOVE

- 1 cup** : FRESH (OR FROZEN, THAWED) CHERRIES (ABOUT 8 OZ), PITTED
- 2 tbs** : (OR MORE) WHITE BALSAMIC OR SHERRY VINEGAR
- 1/4 cup** : EXTRA-VIRGIN OLIVE OIL PLUS MORE
- 1 1/2 tsp** : KOSHER SALT PLUS MORE
- : FRESHLY GROUND BLACK PEPPER
- : FLAKY SEA SALT (SUCH AS MALDON)

**PREPARATION:**

PULSE TOMATOES IN A BLENDER UNTIL FINELY CHOPPED AND TRANSFER TO A LARGE BOWL. PULSE CUCUMBER, PEACH, JALAPEÑO, GARLIC, AND CHERRIES IN BLENDER UNTIL FINELY CHOPPED AND ADD TO BOWL WITH TOMATOES. MIX IN VINEGAR, 1/4 CUP OIL, 1 1/2 TEASPOON KOSHER SALT, AND 1 CUP COLD WATER; SEASON WITH PEPPER. COVER AND LET SIT AT ROOM TEMPERATURE 1 HOUR, OR CHILL AT LEAST 12 HOURS. SEASON SOUP WITH KOSHER SALT, PEPPER, AND MORE OIL AND VINEGAR, IF DESIRED. SERVE SOUP DRIZZLED WITH OIL AND SEASONED WITH SEA SALT AND PEPPER. COVER AND CHILL. SOUP CAN BE MADE 2 DAYS AHEAD.

# KEVITA®

ALIVE LIKE YOU™

KeVita® is a leader in fermented probiotic and kombucha beverages with three refreshingly accessible product lines –

- Sparkling Probiotic Drink
- Master Brew Kombucha®
- Apple Cider Vinegar Tonic

– with billions of live probiotics in every bottle.



2/\$5

KeVita  
**ORGANIC  
SPARKLING  
PROBIOTIC DRINK**

15.2 oz



\$4<sup>99</sup>

Q Drinks  
**TONIC  
WATER**  
750 ml



\$6<sup>99</sup>

Redmond  
**REAL SALT  
POUCH**  
26 oz



2/\$5

Late July  
**CLASICO  
TORTILLA CHIPS**  
5.5 oz



\$13<sup>59</sup>

Fire Cider  
**ORGANIC  
APPLE CIDER  
VINEGAR TONIC**  
8 oz



.79¢

Spry  
**CHEWING  
GUM**  
10 ct



\$29<sup>99</sup>

Renew Life  
**ULTIMATE FLORA  
EXTRA CARE  
PROBIOTIC  
50 BILLION**  
30 cap



\$15<sup>99</sup>

MegaFood  
**DAILY  
TURMERIC**  
59.1 g



\$5<sup>99</sup>

Manitoba Harvest  
**HEMP HEARTS**  
8 oz



**\$17<sup>99</sup>**  
 PlusCBD Oil  
**CBD OIL  
 SPRAY 100 MG**  
 1 oz



**\$27<sup>99</sup>**  
 New Chapter  
**PROSTATE 5LX™**  
 60 cap



**\$11<sup>99</sup>**  
 Herbs, Etc  
**ALCOHOL FREE  
 CHLOROXYGEN**  
 1 oz



**\$17<sup>99</sup>**  
 Jarro Formulas  
**JARRO-DOPHILUS  
 EPS 5 BILLION**  
 60 vcap



**\$5<sup>49</sup>**  
 Boiron  
**ARNICA  
 MONTANA 30 C**  
 80 ct



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



**\$4<sup>99</sup>**  
 Ecover  
**DISHWASHER  
 TABLETS**  
 25 ct



**\$7<sup>59</sup>**  
 Radius  
**ORIGINAL  
 LEFT & RIGHT  
 TOOTHBRUSH**



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



**\$4<sup>99</sup>**  
 Heritage Store  
**ROSEWATER  
 SRPAY WITH  
 ATOMIZER**  
 4 oz



**\$4<sup>49</sup>**  
 Tom's of Maine  
**LONG LASTING  
 DEODORANT**  
 2.25 oz



**\$5<sup>49</sup>**  
 Every Man Jack  
**DEODORANT  
 (SELECTED VARIETIES)**  
 3 oz

# CHARITY OF THE MONTH

## ORKESTAI FARM

THIS NONPROFIT ECOLOGICAL FARM BASED IN OYSTER BAY, NY EXPLORES THE RELATIONSHIPS BETWEEN ABILITY, ECOLOGY, AGRICULTURE AND ART. ITS INNOVATIVE CCA (COMMUNITY CULTIVATED AGRICULTURE) PROGRAM FOSTERS HEALTHY LIVING, SOCIAL ENGAGEMENT, CREATIVITY AND MORE FOR THE COMMUNITY AT LARGE, INCLUDING THOSE WITH DEVELOPMENTAL AND EMOTIONAL NEEDS.



\$36<sup>99</sup>

Terry Naturally  
**CURAMIN EXTRA STRENGTH**  
60 tab



**CURAMIN EXTRA STRENGTH**

COMBINES SUPER PAIN-FIGHTER CURCUMIN AND ANTI-INFLAMMATORY BOSWELLIA WITH DLPA AND NATTOKINASE. THE RESULT? SAFE, EFFECTIVE, NON-ADDICTIVE, NATURAL PAIN RELIEF.



\$2<sup>69</sup>

ECOS  
**DISHMATE DISH SOAP**  
25 oz



\$4<sup>79</sup>

Crystal  
**BODY DEODORANT STICK**  
4.25 oz



\$8<sup>49</sup>

Dr. Bronner's  
**PURE-CASTILE LIQUID SOAP**  
16 oz



\$7<sup>99</sup>

Quantum Health  
**BUZZ AWAY EXTREME SPRAY**  
4 oz



# 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/)