



AUGUST SALES

2018

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



\$3⁹⁹
Organic Valley
**ORGANIC
SHREDDED CHEESE
(SELECTED VARIETIES)**
6 oz



\$4⁴⁹
One Degree Organics
**ORGANIC
SPROUTED BROWN
RICE CRISPS
CEREAL**
8-10 oz



2/\$4
GoMacro
**ORGANIC
MACRO BAR**
2-2.5 oz



\$3⁴⁹
Late July
**ORGANIC
BITE SIZE
SANDWICH
CRACKERS**
5 oz



2/\$5
Hilary's
**ORGANIC
VEGGIE BURGER**
6.4 oz



\$2⁶⁹
GT'S
**ORGANIC
ENLIGHTENED
KOMBUCHA**
16 oz



2/\$4
Peeled Snacks
**ORGANIC
PEAS PLEASE
BAKED SNACKS**
3.3 oz



\$4⁹⁹
Follow Your Heart
**SOY-FREE
VEGENAISE**
16 oz



\$5⁹⁹
Lakewood
**ORGANIC PURE
PINEAPPLE JUICE**
32 oz



\$2⁹⁹
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



\$11⁹⁹
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 87FE registered schools can redeem box tops. Limit \$20,000 per school per year. For box tops redeemed through the clip program. See www.boxtopstoschools.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 SEAGIT VALLEY, WA
SINCE 1972



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



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



\$3⁹⁹
Udi's Gluten Free
GLUTEN FREE
MULTIGRAIN
BREAD
25.4 oz



\$3⁹⁹
Maya Kaimal
INDIAN
SIMMER SAUCE
(SELECTED VARIETIES)
12.5 oz



\$3⁹⁹
Gardein
CRISPY
TENDERS
9 oz



\$3⁴⁹
Wild Planet
WILD
ALBACORE TUNA
5 oz



\$7⁴⁹
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



\$2⁹⁹
Farmhouse Culture
ORGANIC
KRAUT KRISPS
5 oz



\$2⁹⁹
 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



\$2⁹⁹
 Barbara's
**PUFFINS
 CEREAL**
 10-11 oz



\$3⁴⁹
 Cascadian Farm Organic
**ORGANIC
 CEREAL**
 (SELECTED VARIETIES)
 8.6-16 oz



\$3⁹⁹
 Santa Cruz Organic
**ORGANIC
 APPLE SAUCE**
 6/4 oz



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



\$3⁹⁹
 Siete
**GRAIN FREE
 TORTILLA CHIPS**
 5 oz



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



\$7⁴⁹
 Bonafide Provisions
BONE BROTH
 710 ml



\$4⁹⁹
 Glutino
**GLUTEN FREE
 PRETZELS**
 14.1 oz



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



\$3⁴⁹
 Hail Merry
TART
 3 oz



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



\$3⁴⁹
 Vita Coco
**PURE
 COCONUT
 WATER**
 1 lt



\$2⁹⁹
 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



\$1⁹⁹
Taste Nirvana
COCONUT WATER
(SELECTED VARIETIES)
8 oz



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



\$1²⁹
Eternal
NATURALLY ALKALINE WATER
1lt



2/\$5
Guayaki
ORGANIC YERBA MATE
15.5 oz



2/\$4
Essentia
ALKALINE WATER
1lt



\$4⁹⁹
Coconut Bliss
ORGANIC FROZEN DESSERT BARS
(SELECTED VARIETIES)
3/3 oz



\$6⁹⁹
Julie's Organic
ORGANIC ICE CREAM SANDWICHES
(SELECTED VARIETIES)
6-8 ct



\$3⁹⁹
Santa Cruz
ORGANIC FRUIT SPREADS
9.5 oz



\$3⁹⁹
Yum Earth
LICORICE
5 oz



\$3⁴⁹
Rhythm Superfood
BEEF CHIPS
1.4 oz



\$3⁴⁹
Rhythm Superfood
CARROT CHIPS
1.4 oz



\$3²⁹
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, CALLS FOR PLUMS (WONDERFUL THIS TIME OF YEAR) BUT CAN EASILY BE SWAPPED FOR OTHER STONE FRUITS OR BERRIES OR A COMBO OF BOTH. WE PROMISE, IF YOU MAKE IT ONCE, YOU'LL MAKE IT AGAIN.

INGREDIENTS:

3/4 - 1 cup : SUGAR	2 : EGGS
1/2 cup : UNSALTED BUTTER, SOFTENED	24 halves : PITTED PURPLE PLUMS
1 cup : UNBLEACHED FLOUR, SIFTED	: PINCH OF SALT (OPTIONAL)
1 tsp : 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.)



\$3⁹⁹

Watermelon Water
PLAIN
355 ml



\$3⁹⁹

Newman's Own
RAISINS 6 PK
1.5 oz



\$7⁹⁹

Nutiva
**BUTTER
COCONUT
OIL**
14 oz



2/\$3

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



\$2⁹⁹

La Tortilla Factory
**CORN
TORTILLAS**
11.57 oz



2/\$5

Once Upon a Farm
POUCHES
3.2 oz



\$3⁹⁹

So Delicious
**ALMOND
CASHEW
MILK**
1.4 l



\$2⁴⁹

Nut Pod
**DAIRY FREE
CREAMERS**
11.2 oz



2/\$4

Santa Cruz
LEMONADE
32 oz



\$2⁹⁹

Quinn
**PRETZEL
STICKS**
7 oz



\$6²⁹

Everyone
FACE CLEANSER
8 oz



\$2⁹⁹

Everyone
**LAVENDER
HAND SANITIZER
GEL**
2 oz



\$5⁹⁹

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



\$5⁹⁹

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



\$9⁹⁹

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



\$7⁴⁹

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



\$5⁹⁹

Mineral Fusion
NAIL POLISH
.33 oz



\$3⁷⁹

Mrs. Meyers
HAND SOAP
12.5 oz



\$17⁴⁹

Natural Way
**PRIMADOPHILUS
BIFIDUS**

90 vcap



\$9⁹⁹

Desert Essence
TEA TREE OIL

1 oz



\$15⁹⁹

MegaFood
**GUMMIES
(ALL VARIETIES)**



30% OFF

Whole Earth and Sea
MULTI VITAMINS



\$2⁹⁹

Seventh Generation
DISH LIQUID

25 oz



\$3⁴⁹

Mrs. Meyer's Clean Day
DISH SOAP

16 oz



\$27⁹⁹

New Chapter
**ZYFLAMEND™
WHOLE BODY**

60 cap



\$24⁹⁹

MegaFood
**TURMERIC STRENGTH
FOR WHOLE BODY**

60 cap



\$2⁴⁹

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

12.7 oz



\$5⁴⁹

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

18 oz



\$6⁴⁹

ACURE
**MEGA MOISTURE
SHAMPOO &
CONDITIONER**

12 oz



\$6⁹⁹

EO
EVERYONE SOAP

32 oz



\$7⁴⁹

Thayers
**WITCH HAZEL
(SELECTED VARIETIES)**

12 oz



\$6⁴⁹

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.



\$4⁹⁹
 Dr. Bronner's
TOOTHPASTE
 (ALL VARIETIES)
 5 oz



\$2⁴⁹
 CleanWell
NATURAL HAND
SANTITIZER WIPES
 10 ct



\$9⁹⁹
 Boiron
ARNICARE GEL
 2.6 oz



\$7⁹⁹
 Hyland's
COLD 'N COUGH
4 KIDS
 4 oz



\$24⁹⁹
 Garden of Life
MYKIND ORGANICS
KIDS MULTI GUMMY
 120 ct



\$5⁴⁹
 Desert Essence
TOOTHPASTE
 (SELECTED VARIETIES)
 6.25 oz



\$27⁹⁹
 Tera'swhey
ORGANIC
WHEY PROTEIN
 12 oz



\$29⁹⁹
 PlantFusion
COMPLETE
PLANT PROTEIN
 (SELECTED VARIETIES)
 1 lb



\$17⁹⁹
 Natural Vitality
NATURAL CALM
 (SELECTED VARIETIES)
 8 oz



\$20⁹⁹
 Natural Factors
STRESS RELAX
PHARMA GABA
100 MG CHEWABLE
 60 tab



\$19⁹⁹
 Nordic Naturals
NORDIC
BERRIES
 120 ct



\$9⁹⁹
 Natural Factors
DGL 400MG
CHEWABLE
 90 ct

JOIN OUR TEAM

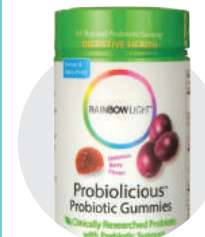


IF YOU WANT TO WORK IN A FUN, HEALTHY ENVIRONMENT, LOOK NO FURTHER THAN YOUR NEIGHBORHOOD NATURAL FOODS STORE. RISING TIDE IS HIRING CASHIERS, DELI AND STOCK PERSONNEL TO WORK DAYTIME HOURS WITH A GREAT TEAM. IF YOU'RE AN OUTGOING, HARD-WORKING "PEOPLE PERSON", PLEASE FILL OUT OUR ONLINE APPLICATION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

WWW.RISINGTIDEMARKET.COM/JOIN-OUR-TEAM/



\$15⁹⁹
 MegaFood
BALANCED
B COMPLEX
 30 tab



\$17⁹⁹
 Rainbow Light
PROBIOTICIOUS
GUMMY
 50 ct