



\* JULY FOURTH HOURS: 8:30 AM - 4 PM

# JULY SALES

## 2018

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



2/\$4

Endangered Species  
**CHOCOLATE BAR**  
(SELECTED VARIETIES)

3 oz



2/\$4

Santa Cruz Organic  
**ORGANIC LEMONADE**  
(SELECTED VARIETIES)

32 oz



\$3<sup>99</sup>

Annie's Homegrown  
**ORGANIC GRAHAM CRACKERS**

14.4 oz



\$4<sup>49</sup>

Harmless Harvest  
**ORGANIC HARMLESS COCONUT WATER**

16 oz



\$7<sup>49</sup>

Alden's Organic  
**ORGANIC ICE CREAM**  
(SELECTED VARIETIES)

48 ct



2/\$5

Beanfields  
**BEAN CHIPS**

5.5 oz



\$3<sup>49</sup>

So Delicious  
**ORGANIC COCONUT MILK**

64 oz



\$3<sup>49</sup>

Alexia  
**ORGANIC FRIES**  
(SELECTED VARIETIES)

15-16 oz



\$3<sup>99</sup>

Sunshine Burgers  
**ORGANIC BURGERS**  
(SELECTED VARIETIES)

3/2.67 oz



\$9<sup>99</sup>

Napa Valley Naturals  
**ORGANIC EXTRA VIRGIN OLIVE OIL**

25.4 oz



\$6<sup>99</sup>

Once Again Nut Butter  
**ORGANIC TAHINI**

16 oz



\$5<sup>99</sup>

Organic Valley  
**ORGANIC RICOTTA CHEESE**

15 oz



\$4<sup>99</sup>

Field Roast  
**SAUSAGE**

12.95 oz



2/\$5

Muir Glen  
**ORGANIC PASTA SAUCE**  
(SELECTED VARIETIES)

25.5 oz

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

@risingtidemarket  
 @RisingTideNaturalMarket

# LATE JULY SNACKS

**CHIPS THE WHOLE FAMILY WILL ENJOY!**



**2/\$6**

Late July  
**ORGANIC RESTAURANT STYLE TORTILLA CHIPS**

10-11 oz



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

Organicville  
**ORGANIC SRIRACHA SAUCE**  
18.5 oz



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

Spectrum  
**ORGANIC EXTRA VIRGIN MEDITERRANEAN OLIVE OIL (SELECTED VARIETIES)**  
1 lt



**2/\$6**

Jackson's Honest  
**CHIPS (SELECTED VARIETIES)**  
5-5.5 oz



**2/\$5**

Kettle  
**POTATO CHIPS (SELECTED VARIETIES)**  
5 oz



**4/\$5**

Vermont  
**SMOKE & CURE MEAT STICK**  
1 oz



**2/\$3**  
KIND  
**NUTS & SPICES  
BAR**  
1.4 oz



**\$8<sup>49</sup>**  
GT'S  
**ORGANIC  
ENLIGHTENED  
KOMBUCHA  
(SELECTED VARIETIES)**  
48 oz



**2/\$4**  
**EPIC  
MEAT  
BAR**  
1.3-1.5 oz



**\$4<sup>99</sup>**  
Bragg  
**ORGANIC  
SALAD DRESSING  
(SELECTED VARIETIES)**  
12 oz



**2/\$5**  
KeVita  
**ORGANIC  
MASTER BREW  
KOMBUCHA**  
15.2 oz



**\$2<sup>99</sup>**  
Go Veggie  
**VEGAN GRATED  
PARMESAN  
STYLE TOPPING**  
4 oz



**2/\$6**  
Annie's Naturals  
**ORGANIC  
DRESSING  
(SELECTED VARIETIES)**  
8 oz



**2/\$7**  
Zevia  
**ZERO CALORIE  
SODA**  
6/12 oz



**2/\$4**  
Barbara's  
**CHEESE PUFFS**  
5.5-7 oz



**\$6<sup>99</sup>**  
R.W. Knudsen  
**ORGANIC  
JUST TART  
CHERRY JUICE**  
32 oz



**2/\$7**  
Garden of Eatin'  
**BLUE CORN  
TORTILLA CHIPS**  
16 oz



**2/\$5**  
Lundberg Family Farms  
**ORGANIC  
THIN STACKERS  
(SELECTED VARIETIES)**  
5.9 oz



**\$5<sup>99</sup>**  
Green Valley Organics  
**ORGANIC  
LOWFAT KEFIR  
(SELECTED VARIETIES)**  
32 oz



**\$5<sup>49</sup>**  
Sambazon  
**ORGANIC AÇAÍ  
SUPERFRUIT  
PACKS**  
4/100 g



**\$6<sup>49</sup>**  
Redwood Hill Farm  
**GOAT MILK  
YOGURT  
(SELECTED VARIETIES)**  
32 oz



**\$2<sup>99</sup>**  
Organic Valley  
**ORGANIC  
CREAM CHEESE  
(SELECTED VARIETIES)**  
8 oz



**2/\$3**  
San Pellegrino  
**SPARKLING  
WATER**  
750 ml



**2/\$4**  
Chocolove  
**CHOCOLATE  
BAR**  
3.2 oz

# JULY DEMOS

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

JULY 2	LATE JULY CHIPS AND SALSA
JULY 4	LATE JULY CHIPS AND DELI DIP
JULY 9	FIONA'S GRANOLA
JULY 12	GAIA GOLDEN MILK
JULY 16	WAY BETTER CHIPS AND DELI DIP
JULY 20	RAINBOW LIGHT GUMMIES
JULY 23	BEANFIELDS CHIPS AND DELI DIP
JULY 26	BARBARA'S CHEESE PUFFS
JULY 30	SUNTHEANINE NATURAL FACTORS



**\$3<sup>49</sup>**  
 Hope  
**ORGANIC HUMMUS**  
 8 oz



**\$2<sup>99</sup>**  
 Annie's Naturals  
**ORGANIC KETCHUP**  
 24 oz



**2/\$5**  
 Way Better Snacks  
**TORTILLA CHIPS**  
 (SELECTED VARIETIES)  
 5.5 oz



**\$5<sup>49</sup>**  
 Applegate  
**ORGANIC UNCURED BEEF HOT DOGS**  
 14 oz



**\$4<sup>99</sup>**  
 Rudi's Organic Bakery  
**ORGANIC 100% WHOLE WHEAT BREAD**  
 22 oz



**\$4<sup>99</sup>**  
 Red Duck  
**KETCHUP**  
 14 oz



**\$5<sup>49</sup>**  
 Tofurky  
**SAUSAGE**  
 14 oz



**\$5<sup>49</sup>**  
 Beyond Meat  
**BEAST BURGER**  
 8 oz



**\$3<sup>99</sup>**  
 Slim Twin  
**ORGANIC ICE CREAM**  
 1 pint



**\$5<sup>49</sup>**  
 Spectrum  
**ORGANIC MAYONNAISE WITH OLIVE OIL**  
 12 oz



**\$3<sup>49</sup>**  
 Organic Valley  
**GRASSMILK HALF & HALF**  
 16 oz



**\$3<sup>49</sup>**  
 Alexia  
**SWEET POTATO FRIES**  
 15 oz



# CONQUER THIRST NATURALLY

Not all coconut waters are created equal. Fresh from inland coconut groves of Thailand, C20 Pure Coconut Water fuses a unique, full-flavor profile with all of the naturally occurring electrolytes sweet mother nature has to offer.

find out more at:

[drinkc2o.com](http://drinkc2o.com)



2/\$3

C20  
**COCONUT WATER**

17.5 oz



\$4<sup>99</sup>

Halo Top  
**ICE CREAM**  
1 pint



\$3<sup>49</sup>

Late July  
**SALSA**  
15.5 oz



5/\$5

Clif Bar  
**ORGANIC BARS**  
1.76 oz



2/\$6

Health-Ade  
**ORGANIC KOMBUCHA**  
(SELECTED VARIETIES)  
16 oz



\$2<sup>49</sup>

Orgain  
**ORGANIC VEGAN SHAKE**  
11 oz



2/\$4

RXBAR  
**PROTEIN BAR**  
(SELECTED VARIETIES)  
1.83 oz



4/\$5

Health Warrior  
**CHIA BAR**  
(SELECTED VARIETIES)  
.88 oz



\$5<sup>99</sup>

Foodstirs  
**ORGANIC BAKING MIXES**  
14.5-17.9 oz



5/\$5

Larabar  
**FRUIT & NUT BAR**  
(SELECTED VARIETIES)  
1.7 oz



\$12<sup>59</sup>

Badger  
**SUNSCREEN**  
(SELECTED VARIETIES)  
2.9 oz



\$25<sup>99</sup>

Bluebonnet  
**WHEY PROTEIN ISOLATE**  
1 lb



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



**\$14<sup>99</sup>**  
 Jarrows  
**HYALURONIC ACID**  
 60 cap



**\$5<sup>99</sup>**  
 Giovanni  
**2CHIC ULTRA-SLEEK SHAMPOO**  
 8.5 oz



**\$38<sup>99</sup>**  
 Vega  
**SPORT PERFORMANCE PROTEIN**  
 28.3-29.5 oz



**2/\$4**  
 The Ginger People  
**GIN GINS® GINER CANDY (SELECTED VARIETIES)**  
 3 oz



**\$19<sup>99</sup>**  
 Natural Factors  
**WELLBETX® BERBERINE 500MG**  
 60 tab



**\$27<sup>99</sup>**  
 New Chapter  
**ZYFLAMEND™ WHOLE BODY**  
 60 cap



**\$24<sup>99</sup>**  
 MegaFood  
**TURMERIC STRENGTH FOR WHOLE BODY**  
 60 cap



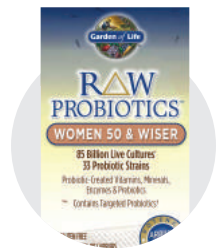
**\$34<sup>99</sup>**  
 Amazing Grass  
**ORGANIC WHEAT GRASS**  
 17 oz



**\$12<sup>99</sup>**  
 NeoCell  
**SUPER COLLAGEN**  
 7 oz



**\$15<sup>99</sup>**  
 Gaia Herbs  
**GOLDEN MILK**  
 3.7 oz



**\$38<sup>99</sup>**  
 Garden of Life  
**RAW PROBIOTIC WOMEN 50 & WISER**  
 90 tab



**\$22<sup>99</sup>**  
 Natural Factors  
**STRESS RELAX® TRANQUIL SLEEP CHEWABLE**  
 60 tab



**\$12<sup>99</sup>**  
 Mineral Fusion  
**VOLUMIZING MASCARA**  
 .57 oz

## CHARITY OF THE MONTH

### COVE ANIMAL RESCUE

THIS NOT-FOR-PROFIT ANIMAL SHELTER SUPPORTS THE ANIMALS OF GLEN COVE AND THE SURROUNDING AREA.

#### ITS MISSION:

TO INCREASE THE ADOPTABILITY OF HOMELESS DOGS AND CATS THROUGH TRAINING, SOCIALIZATION AND IMPROVED SURROUNDINGS LIKE THEIR CAGE-FREE CAT WING. IF YOU ARE INTERESTED IN A FURRY NEW FRIEND, VISIT THEM AT 40 SHORE ROAD IN GLEN COVE.



# QUICK & EASY SPICY SQUASH REFRIGERATOR PICKLES

**INGREDIENTS:** yield: 6 cups

Courtesy of [afarmgirldabbles.com](http://afarmgirldabbles.com)

- |  |   |
|--|---|
| <b>9</b> : SPRIGS FRESH CILANTRO         | <b>1 1/2 lb</b> : YELLOW SQUASH AND ZUCCHINI, SLICED INTO THIN ROUNDS |
| <b>3</b> : LARGE CLOVES GARLIC, HALVED   | <b>1/3 cup</b> : THINLY SLICED SWEET ONION                            |
| <b>3 tsp</b> : MIXED PEPPERCORNS         | <b>1 1/4 cup</b> : APPLE CIDER VINEGAR                                |
| <b>1 1/2 tsp</b> : CORIANDER SEEDS       | <b>1 1/4 cup</b> : WATER  |
| <b>3 tsp</b> : CRUSHED RED PEPPER FLAKES | <b>2 tsp</b> : KOSHER SALT  |
|  | <b>2 1/2 tbs</b> : HONEY  |

## DIRECTIONS:

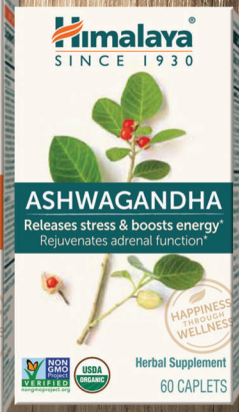
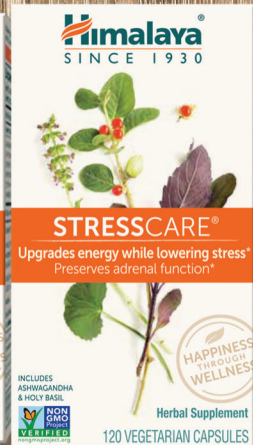
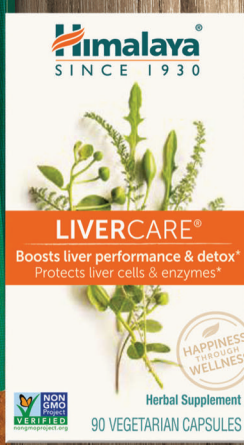
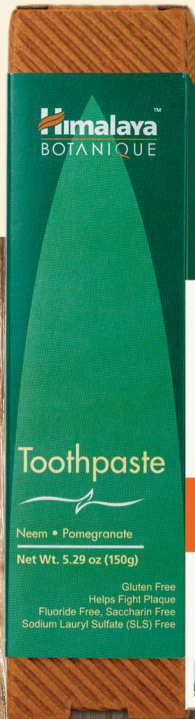
IN A LARGE GLASS JAR OR BOWL THAT HOLDS ABOUT 2 QUARTS, ADD THE CILANTRO, GARLIC, PEPPERCORNS, CORIANDER, RED PEPPER FLAKES, ZUCCHINI, AND ONION. SET ASIDE.

IN A SMALL SAUCEPAN OVER MEDIUM-HIGH HEAT, BRING VINEGAR, WATER, SALT, AND HONEY TO A BOIL. POUR HOT MIXTURE OVER CONTENTS IN THE JAR, PRESSING DOWN ON THE VEGETABLES SO THAT BRINE COVERS THEM COMPLETELY. LET COOL ON THE COUNTER TO ROOM TEMPERATURE. COVER AND REFRIGERATE FOR AT LEAST 4 HOURS, OR 2 DAYS FOR MAXIMUM FLAVOR. KEEPS IN REFRIGERATOR FOR 2 MONTHS.



MAKING the **WORLD**  
well **ONE PERSON** at a time

Since 1930, Himalaya has crafted herbal supplements believing your wellness begins from the ground up. Himalaya's herbs and formulas provides solutions for stress, energy, and digestion, products for a sharp mind and clean body, products to rejuvenate and suport women. Himalaya offers clinically-studied answers, bringing you wellness from seed to self.



\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, CURE, OR PREVENT ANY DISEASE.



**\$14<sup>99</sup>**

Himalaya  
**ORGANIC  
ASHWAGANDHA**  
60 cap



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

Boiron  
**ARNICARE GEL**  
1.5 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/**



**\$7<sup>59</sup>**

Schmidt's  
**NATURAL  
DEODORANT  
STICK**  
(SELECTED VARIETIES)  
3.25 oz



**\$9<sup>79</sup>**

ECOS  
**ECOS LAUNDRY  
DETERGENT**  
(SELECTED VARIETIES)  
100 oz