



*STORE CLOSSES AT 6 PM ON CHRISTMAS EVE
CLOSED ON CHRISTMAS

DECEMBER SALES

2018

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



\$3⁹⁹

Mary's Gone Crackers
**ORGANIC
ORIGINAL SEED
CRACKERS**
5.5-6.5 oz



\$8⁹⁹

Dr. Bronner's
**ORGANIC VIRGIN
COCONUT OIL**
14 oz



2/\$5

Terra Chips
**SWEET POTATO
CHIPS**
(SELECTED VARIETIES)
5.75-6 oz



\$3⁹⁹

Wholesome!
**ORGANIC
BROWN SUGAR**
24 oz



\$3⁴⁹

Immaculate Baking
**ORGANIC
CINNAMON
ROLLS**
17.5 oz



2/\$5

Late July
**ORGANIC
MULTIGRAIN
TORTILLA CHIPS**
5.5-6 oz



\$3⁹⁹

Simply Organic
**ORGANIC
GROUND
CINNAMON**
2.45 oz



\$4⁹⁹

Enjoy Life Foods
**BAKING
CHOCOLATE**
9-10 oz



2/\$5

Alter Eco
**ORGANIC
CHOCOLATE
BAR**
2.65-2.82 oz



\$1⁹⁹

Bob's Red Mill
**GARBANZO
BEAN FLOUR**
16 oz



2/\$5

Imagine
ORGANIC BROTH
(SELECTED VARIETIES)
6 oz



2/\$5

Muir Glen
**ORGANIC
TOMATOES**
28 oz



\$8⁹⁹

California Olive Ranch
**EVERYDAY
EXTRA VIRGIN
OLIVE OIL**
16.9 oz



\$2⁹⁹

Go Veggie
**VEGAN GRATED
PARMESAN STYLE
TOPPING**
4 oz

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

@risingtidemarket
 @RisingTideNaturalMarket

DECEMBER 2018

Lakewood
ORGANIC

Our story...



Lakewood is an Independent Family Juice Company providing a full range of Fresh Pressed, Pure Organic and Premium juice products to the natural food community. Since 1935, our 4th generation business continues to thrive as we fulfill our mission to deliver the highest quality products available with respect to the environment and the health of your family. We take great pride in being a responsible steward of the Lakewood brand, and hold true to the mission of providing real nutrition with a purpose, just as nature intended!



*Lakewood is proud to partner with
INFRA in support of a healthy
and sustainable Earth.*

ORGANIC



\$5⁹⁹

Lakewood
**ORGANIC
PURE ALOE
JUICE**

32 oz



\$4⁹⁹

Q Drinks
TONIC WATER
750 ml



2/\$5

Lundberg Family Farms
RICE CHIPS
(SELECTED VARIETIES)
6 oz



4/\$5

Honest Tea
**ORGANIC
ICED TEA**
16 oz



\$11⁹⁹

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



2/\$6

Muir Glen
**ORGANIC
PASTA SAUCE**
25.2 oz

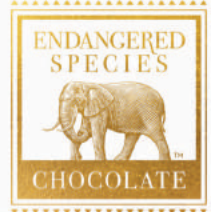
DECEMBER 2018



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IT'S THE SEASON TO ENJOY LIFE'S SWEET MOMENTS.

Wishing you a holiday filled with peace, joy and delightful shared memories.



chocolatebar.com



GREAT STOCKING STUFFER!

2/\$4

Endangered Species
CHOCOLATE BAR
(SELECTED VARIETIES)

3 oz



GREAT STOCKING STUFFER!

2/\$6

YumEarth
ORGANIC LICORICE
5 oz



\$4⁹⁹

Sunspire
ORGANIC CHOCOLATE CHIPS
9 oz



GREAT STOCKING STUFFER!

4/\$5

Vermont Smoke & Cure
MEAT STICK
(SELECTED VARIETIES)
1 oz



2/\$5

Kettle
ORGANIC POTATO CHIPS
5 oz



\$3⁹⁹

Annie's Homegrown
ORGANIC GRAHAM CRACKERS
14.1 oz



GREAT STOCKING STUFFER!

2/\$5

Chocolove
CHOCOLATE BAR
(SELECTED VARIETIES)
2.9-3.2 oz



\$4⁹⁹

Woodstock
ORGANIC KOSHER SLICED DILL PICKLES
24 oz



2/\$3

San Pellegrino
SPARKLING WATER
750 ml

DECEMBER 2018

DECEMBER DEMOS

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

DECEMBER 3 : YUM EARTH LICORICE

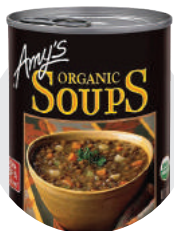
DECEMBER 7 : TERRA PLANTAIN CHIPS

DECEMBER 12 : YUM EARTH LICORICE

DECEMBER 17 : EQUAL EXCHANGE HOT COCOA

DECEMBER 21 : WEDDERSPOON APPLE CIDER VINEGAR

DECEMBER 28 : WEDDERSPOON APPLE CIDER VINEGAR



2/\$6

Amy's
ORGANIC SOUP
(SELECTED VARIETIES)
14.1-14.5 oz



2/\$5

Good Health
AVOCADO OIL POTATO CHIPS
5 oz



2/\$5

Hilary's
ORGANIC VEGGIE BURGER
6.4 oz



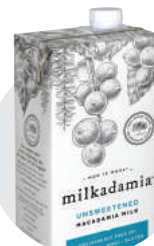
\$7⁹⁹

Kicking Horse Coffee
ORGANIC COFFEE
(SELECTED VARIETIES)
10 oz



\$2⁹⁹

Happy Baby
ORGANIC SUPERFOOD PUFFS
2.1 oz



\$3⁹⁹

Milkdamia
MACADAMIA MILK
(SELECTED VARIETIES)
32 oz



2/\$6

Health-Ade
ORGANIC KOMBUCHA
16 oz



2/\$3

Daiya
DAIRY-FREE GREEK YOGURT ALTERNATIVE
5.3 oz



\$5⁴⁹

Coconut Bliss
ORGANIC NON-DAIRY FROZEN DESSERT
1 pt



5/\$5

Brown Cow
CREAM TOP WHOLE MILK YOGURT
5-5.3 oz



\$4⁴⁹

Pacific
BONE BROTH BASED SOUPS
17 oz



GREAT STOCKING STUFFER!

\$3⁹⁹

Pur
GUM
2.72 oz

DECEMBER 2018

Yogi®

SUPPORT HEALTH & WELLNESS during cold weather season.

Yogi has been creating deliciously purposeful teas since 1984. Based on a proven knowledge of Ayurveda, the ancient holistic healing system of India, the Yogi collection combines over 100 exotic spices and botanicals from around the globe to create over 50 varieties of teas, rich in both flavor and healthful purpose. All Yogi teas are made with organic ingredients, most of which are certified organic.

Feel Good. Be Good. Do Good.



Learn more about Yogi's line of cold weather teas at yogiproduts.com



GREAT
STOCKING
STUFFER!



2/\$6

Yogi
TEA

16 ct



GREAT
STOCKING
STUFFER!



2/\$3

Justin's
PEANUT
BUTTER CUPS
1.4 oz



\$6⁹⁹

Alive & Well
PROBIOTIC
OLIVES
12.5 oz



\$7⁹⁹

Nuco
COCONUT
WRAPS
2.47 oz



\$8⁹⁹

Coast to Coast
TRAIL MIXES
7 oz



2/\$4

Roar
BEVERAGES
16.9 oz



\$11⁴⁹

NeoCell
SUPER COLLAGEN
7 oz



\$20⁹⁹

Oregon's Wild Harvest
TURMERIC
60 ct



\$6⁴⁹

Mineral Fusion
NAIL POLISH
REMOVER
6 oz

DECEMBER 2018



100% cold pressed

\$6²⁹

Acure
**ORGANIC
MOROCCAN
ARGAN OIL**

1 oz



\$10⁹⁹

ShiKai
**BORAGE THERAPY
ORIGINAL FORMULA
LOTION**

8 oz



\$6²⁹

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

11.5 oz



\$3²⁹

Dr. Bronner's
**ORGANIC
PURE-CASTILE
BAR SOAP**

5 oz

ACURE®

**WELCOME TO
SKIN WELLNESS**



100% VEGAN. 0% PRETENTIOUS.

Paraben free, Sulfate free, Mineral oil free, Petrolatum free, Silicone free, Cruelty free

CHARITY OF THE MONTH

**ISLAND HARVEST
WEEKEND BACKPACK
FEEDING PROGRAM**

FOUNDED IN 1992, ISLAND HARVEST IS LONG ISLAND'S LARGEST HUNGER RELIEF ORGANIZATION, AND PLAYS A VITAL ROLE IN COUNTERING THE SHARPLY RISING PROBLEM OF HUNGER RIGHT HERE ON LONG ISLAND. THROUGH ITS WEEKEND BACKPACK FEEDING PROGRAM, FOUNDED IN 2006, ISLAND HARVEST PROVIDES 62,500+ PACKS OF NUTRITIOUS FOOD TO SCHOOL CHILDREN WHO MAY NOT OTHERWISE RECEIVE SOLID MEALS ON WEEKENDS.



ORANGE CRANBERRY MUFFINS

HOLIDAYS AND CRANBERRIES GO HAND IN HAND. THE RUBY RED BERRIES ARE SURPRISINGLY VERSATILE, AND THEIR DISTINCT TANGY TARTNESS (EASILY SWEETENED!) MAKES A GREAT FOIL TO ALL THINGS FRUITY. CHECK OUT THIS RECIPE FOR ORANGE CRANBERRY MUFFINS—PERFECT TO ACCOMPANY A HOLIDAY DINNER, OR TO ENJOY WITH YOUR MORNING COFFEE THE NEXT DAY.

INGREDIENTS:

STREUSEL:

1 -1/2 tbs : BROWN SUGAR
 1-1/2 tbs : GRANULATED SUGAR
 1/4 tsp : ORANGE ZEST
 1/8 tsp : SALT
 2 tbs : BUTTER, MELTED
 6 tbs : ALL-PURPOSE FLOUR

MUFFINS:

2 cups : ALL-PURPOSE FLOUR
 1 cup : GRANULATED SUGAR
 1-1/2 tsp : BAKING POWDER
 1/2 tsp : BAKING SODA
 1 tsp : SALT

1/4 cup : BUTTER, CUT INTO CHUNKS
 1 : LARGE EGG
 3/4 cup : ORANGE JUICE
 1-1/2 cups : FRESH CRANBERRIES, WHOLE OR CHOPPED

DIRECTIONS:

PREHEAT THE OVEN TO 350° F AND PLACE MUFFIN PAPERS IN A MUFFIN PAN.

FOR STREUSEL: IN A SMALL BOWL, STIR TOGETHER THE BROWN SUGAR, GRANULATED SUGAR, ORANGE ZEST, SALT, AND MELTED BUTTER. ADD THE FLOUR AND STIR UNTIL THE FLOUR CREATES A PASTE WITH THE BUTTER AND SUGARS. SET ASIDE.

FOR MUFFINS: IN A LARGE MIXING BOWL, COMBINE THE FLOUR, SUGAR, BAKING POWDER, BAKING SODA, AND SALT. MIX WELL.

IN A SMALL BOWL, WHISK TOGETHER EGG AND ORANGE JUICE. POUR THE JUICE MIXTURE INTO THE BOWL WITH THE DRY INGREDIENTS. STIR JUST UNTIL THE MIXTURE HAS MOISTENED. DON'T OVERSTIR. ADD CRANBERRIES AND FOLD THEM INTO BATTER. SCOOP BATTER EVENLY BETWEEN 12 MUFFIN CUPS, THEN TOP WITH A GENEROUS SPRINKLE OF THE STREUSEL TOPPING. BAKE FOR 30 MINUTES, OR UNTIL MUFFINS ARE GOLDEN BROWN ON TOP. ALLOW MUFFINS TO COOL BEFORE REMOVING FROM PAN. SERVE.

Courtesy of www.thanksgiving.com

Quantum[®] HEALTH

Science-based Products Inspired by Nature

For over 35 years, Quantum Health has led the natural products industry in developing supplements and personal care products that truly work. As an independent, family owned company, we source only the highest quality, research-supported ingredients to ensure product effectiveness.

For all of your immune support needs, you can rely on Quantum Health.

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quantumhealth.com



\$1⁷⁹

Quantum Health
**THERAZINC
ELDERBERRY
LOZENGES**

14 ct



\$27⁹⁹

Garden of Life
**RAW ORGANIC
PROTEIN
POWDER**
568-664 g



\$15⁹⁹

Jarrow Formulas
**JARRO-
DOPHILUS EPS
5 BILLION**
60 vegetable cap



2/\$6

ECOS
DISHMATE
25 oz



\$4⁹⁹

Numi
**ORGANIC
TEA
(SELECTED VARIETIES)**
16-18 ct



\$17⁹⁹

Boiron
OSCILLOCOCCINUM
12 ct



\$5⁴⁹

Badger
BADGER BALM
2 oz



\$12⁴⁹

Weleda
SKIN FOOD
2.5 oz



\$11⁹⁹

Derma E
**ANTI-WRINKLE
RENEWAL CREAM**
4 oz



\$22⁹⁹

Natural Factors
**STRESS-RELAX
TRANQUIL SLEEP
CHEWABLES**
60 tab