



NOVEMBER SALES 2021

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



2/\$7
Organic Valley
**ORGANIC
CREAM CHEESE**
8 oz



\$4⁹⁹
Earth Balance
**ORGANIC
VEGAN WHIPPED
BUTTERY SPREAD**
13 oz



\$3⁹⁹
Pacific Foods
**ORGANIC BROTH
(SELECTED VARIETIES)**
32 oz



2/\$6
Back to Nature
**CRACKERS
(SELECTED VARIETIES)**
4-8.5 oz



\$3⁹⁹
Dandies
**VEGAN
MARSHMALLOWS**
10 oz



\$4⁴⁹
Enjoy Life Foods
**CHOCOLATE CHIPS
(SELECTED VARIETIES)**
9-10 oz



\$5⁴⁹
Wholly Wholesome
**GLUTEN FREE
PIE SHELLS**
2 pk



\$3⁹⁹
Yogi
**TEA
(SELECTED VARIETIES)**
16 ct



\$8⁹⁹
Lakewood
**ORGANIC PURE
CRANBERRY JUICE**
32 oz



\$3⁹⁹
Milkadamia
**MACADAMIA
MILK**
32 oz

STORE HOURS

MONDAY-SATURDAY

8:00AM - 7:00PM

SUNDAY

8:00AM-6:00PM

EXTENDED HOURS

WEDNESDAY, NOV. 24TH

7:00AM-7:00PM

**CLOSED
THANKSGIVING DAY**

@risingtidemarket

@RisingTideNaturalMarket

ONLINE SHOPPING IS HERE! VISIT: [RISINGTIDEMARKET.COM/RISING-TIDE-ONLINE-SHOPPING/](https://www.risingtidemarket.com/rising-tide-online-shopping/)



2/\$7

Maya Kaimal
**ORGANIC
EVERYDAY DAL**
10 oz



\$3⁹⁹

Jovial
**ORGANIC
GLUTEN FREE EGG
TAGLIATELLE PASTA**
9 oz



\$6⁹⁹

Primal Kitchen
**NO-DAIRY
ALFREDO
PASTA SAUCE**
16 oz



\$5⁹⁹

Rao's Homemade
**PASTA SAUCE
(SELECTED VARIETIES)**
24 oz



\$7⁹⁹

California Olive Ranch
**EXTRA VIRGIN
OLIVE OIL
(SELECTED VARIETIES)**
16.9 oz



\$9⁹⁹

Nutiva
**ORGANIC
COCONUT
MANNA**
15 oz



\$6⁴⁹

Spectrum
**ORGANIC
DISTILLED
WHITE VINEGAR**
32 oz



\$3⁹⁹

Wholesome
**ORGANIC
POWDERED
CONFECTIONERS
SUGAR**
1 lb



\$6⁹⁹

Navitas
**ORGANIC
CACAO POWDER**
8 oz

Homestyle Poultry Gravy



- 1 stick unsalted butter
- ½ c all-purpose flour
- 4 c chicken stock
- 1 sprig fresh thyme
- 4 fresh sage leaves
- 1 small spring rosemary
- 1 bay leaf
- ¼ c heavy cream
- 2 tsp sea salt
- 1 tsp ground black pepper

In a 2-quart saucepan, melt butter over medium-low heat. Whisk flour into melted butter and cook, stirring constantly until light golden in color, approximately 3–5 minutes. Gradually whisk in stock. Add herbs. Bring gravy to a simmer. Reduce heat to low and cook, stirring, until thick enough to coat the back of a spoon, 10–15 minutes. Remove bay leaf, sage leaves, and herb stems. Stir in heavy cream, and season with salt and black pepper.



FOUNDED IN 1978, BOB'S RED MILL NATURAL FOODS IS A 100% EMPLOYEE-OWNED COMPANY SPECIALIZING IN WHOLE GRAIN, ORGANIC, NON-GMO AND GLUTEN FREE FOODS. NOW HOLIDAY BAKING IS EASIER THAN EVER: EXPLORE THEIR DIVERSE LINE OF HIGH-QUALITY FLOURS, OATS, SEEDS, BAKING MIXES, WHOLE GRAINS AND MORE



\$7⁹⁹
Bob's Red Mill
**SUPER-FINE
ALMOND FLOUR**
16 oz



\$6⁹⁹
Bob's Red Mill
**ORGANIC
UNBLEACHED WHITE
ALL-PURPOSE FLOUR**
5 lb



\$3⁹⁹
Bob's Red Mill
**ORGANIC
COCONUT FLOUR**
16 oz



\$3⁹⁹
Simply Organic
**ORGANIC
CINNAMON**
2.45 oz



2/\$4
Hain
**IODIZED
SEA SALT**
21 oz



\$3⁹⁹
Birch Benders
**PANCAKE &
WAFFLE MIX
(SELECTED VARIETIES)**
10-16 oz



\$4⁴⁹
Arrowhead Mills
**PANCAKE &
WAFFLE MIX
(SELECTED VARIETIES)**
26 oz



2/\$5
Farmer's Market
**ORGANIC
PUMPKIN
PIE MIX**
15 oz



\$6⁹⁹
SweetLeaf
**LIQUID STEVIA
SWEET DROPS
(SELECTED VARIETIES)**
2 oz



2/\$7
Barnana
**ORGANIC
PLANTAIN CHIPS
(SELECTED VARIETIES)**
5 oz



2/\$5
Theo
**ORGANIC
CHOCOLATE BAR
(SELECTED VARIETIES)**
3 oz



2/\$7
Panda
**LICORICE
(SELECTED VARIETIES)**
7 oz



5/\$5

Topo Chico
**SPARKLING
MINERAL WATER**
(SELECTED VARIETIES)
12 oz



\$4.99

Nixie
**ORGANIC
SPARKLING WATER**
(SELECTED VARIETIES)
8 ct



\$3.99

Silk
ALMONDMILK
(SELECTED VARIETIES)
54 oz

Smart Shopping for the Holidays

Make A List

As you're putting together your menu for family gatherings and celebrations, gather recipes and put together a shopping list. This way, you'll know exactly what you need before you begin shopping. Even better, if you have time, do a quick inventory of your pantry to see how much of your everyday basic ingredients are on hand. With a shopping list that includes pantry basics and everything for holiday specific recipes, you can avoid unnecessary purchases and the dreaded realization that you are missing a key ingredient.

Shop Early

Many key items for your favorite holiday dishes are shelf stable or have a shelf-life of one to two weeks. That widens the window for your grocery shopping and can help you beat the crowds this holiday season! Beyond fresh bread and delicate salad greens or herbs, there are many ingredients you can pick up in the weeks leading up to the big day.



\$6.99

Wallaby
**ORGANIC
AUSSIE GREEK
STYLE YOGURT**
32 oz



\$4.49

Violife
JUST LIKE FETA
8.1 oz



\$5.49

Organic Valley
ORGANIC CHEESE
(SELECTED VARIETIES)
8 oz



2/\$7

Vital Farms
**PASTURE-RAISED
BUTTER**
8 oz



\$4.99

Miso Master
**ORGANIC
MELLOW
WHITE MISO**
8 oz



\$3.99

Ithaca
HUMMUS
(SELECTED VARIETIES)
10 oz

CALIFIA FARMS®



\$3⁹⁹
 Califia Farms
OAT BARISTA BLEND
 32 oz



\$3⁹⁹
 Califia Farms
PLANT BASED MILK
 (SELECTED VARIETIES)
 48 oz

HERE AT CALIFIA FARMS
 (PRONOUNCED CAL-UH-FEE-AH)
 WE MAKE A WIDE VARIETY OF
 PLANT-BASED DAIRY PRODUCTS THAT
 ARE OH SO EASY TO LOVE, WITHOUT
 SACRIFICING FLAVOR OR VERSATILITY
 YOU DESERVE. WHATEVER YOU'RE
 MAKING THIS HOLIDAY SEASON, MAKE
 IT DELICIOUS WITH CALIFIA FARMS.



2/\$5
 Immaculate
ORGANIC CRESCENT ROLLS
 8 oz



\$3⁹⁹
 Lightlife
ORGANIC SMOKY TEMPEH STRIPS
 6 oz



\$6⁹⁹
 Alden's Organic
ORGANIC ICE CREAM
 (SELECTED VARIETIES)
 48 oz



2/\$5
 Cascadian Farm Organic
ORGANIC POTATOES
 (SELECTED VARIETIES)
 12-16 oz



\$7⁹⁹
 Beyond Meat
BEYOND BEEF
 16 oz



\$7⁹⁹
 Bonafide Provisions
BONE BROTH
 24 oz



2/\$6
 Kevita
ASSORTED KOMBUCHAS
 15.2 oz



2/\$4
 Olipop
SPARKLING TONICS
 12 oz



2/\$5
 Cadia
CANNED PUMPKIN
 15 oz

CHARITY OF THE MONTH

NORTH SHORE SHELTERING PROGRAM



Twenty-four years ago, two homeless men—in separate incidents—froze to death in Glen Cove. It was this double tragedy that brought religious and community leaders together to found the North Shore Sheltering Program. The mission of the program has been simple and one we are very proud to support: No man will ever freeze to death again on the streets of Glen Cove.

As with last year during the quarantine, NSSP will identify those men that can be helped this season. They will continue to find them shelter or provide local shelter with available funds. No one who seeks help will be left without assistance.



\$6⁹⁹

Cadia
**ORGANIC
MAPLE SYRUP**
12 oz



\$4⁹⁹

Jojo's
**LOW SUGAR
CHOCOLATE
BITES**
3.9 oz



2/\$5

Rumford
**BAKING
POWDER**
8.1 oz



\$4⁴⁹

Siete
**GRAIN FREE
TORTILLA
CHIPS**
5 oz



\$4⁹⁹

Zevia
**6 PACK
SODAS**
6/12 oz



\$3⁹⁹

Wild Planet
**CANNED
TUNA**
5 oz



2/\$5

Cadia
**CANNED
OLIVES**
6 oz



2/\$5

Cadia
**ORGANIC
CRANBERRY
SAUCE**
14 oz



\$4⁹⁹

Ecover
**DISHWASHER
TABLETS**
25 ct



2/\$7

Mrs. Meyer's Clean Day
**LIQUID
DISH SOAP**
(SELECTED VARIETIES)
16 oz



\$4⁴⁹

If You Care
**PARCHMENT
BAKING PAPER**
70 sq ft



\$3⁹⁹

Everyone
HAND SOAP
12.75 oz



\$6⁹⁹

Everyone
SOAP
32 oz



\$19⁹⁹

Bluebonnet
**VITAMIN D₃
2000 IU**
180 ct



\$16⁹⁹

Bluebonnet
**ZINC
PICOLINATE
50 MG**
100 ct



\$39⁹⁹

Healthforce
VITAMIN C CAPS
240 ct

LATTICE APPLE PIE

Crust:

- 2½ c all-purpose flour
- 1 T sugar
- ¾ tsp sea salt
- 1 stick unsalted butter, cubed

- ½ c shortening or lard
- 8-10 T ice water

Filling:

- 2½ lb Granny Smith apples
- 2 T minced fresh ginger
- 1 T lemon juice

- ⅓ c cane sugar
- ⅓ c light brown sugar
- 2 T all-purpose flour
- ¼ tsp ground nutmeg
- ¼ c whole milk
- 2 T cane sugar



1. Mix flour, sugar, and salt in a food processor. Add butter and shortening and pulse until mixture resembles a coarse meal. Add water and process until clumps form.
2. Place mixture onto a flat worksurface and gather into a ball; divide into two pieces. Form dough into flat 6" disks and wrap in plastic. Chill one hour.
3. Preheat oven to 375° F. Peel, core, and slice apples. Place apples in a large bowl, toss with fresh ginger and lemon juice. Whisk together sugars and nutmeg then stir into apples.
4. Roll out one disk of dough on a lightly floured surface to an 11" or 12" circle and line a 9" pie pan, trimming edges to half an inch.
5. Fill pie shell with apple mixture. Roll out the second disk into a 12" circle. Cut into twelve 1" strips. Arrange six strips across pie and weave six strips crosswise to form lattice pattern. Trim strips to meet crust layer and fold over edge, crimping to seal edges.
6. Brush crust with milk and sprinkle with sugar. Place pie on a baking sheet and bake in oven for 60-70 minutes or until crust is golden brown and filling is bubbling around the edges. Cool for 1 hour before serving.

NOVEMBER 2021

SMOOTHIE OF THE MONTH



APPLE PIE

OUR APPLE PIE SMOOTHIE TASTES JUST LIKE THE REAL DEAL - FILLED WITH FIBER AND ANTIOXIDANTS, YOU'LL FALL IN LOVE WITH THE APPEALING APPLE FLAVOR, AND THE ABUNDANCE OF HEALTHFUL, WHOLESOME INGREDIENTS.

MADE WITH ORGANIC INGREDIENTS:

- ALMOND MILK
- BANANA
- RED APPLE
- AGAVE SYRUP
- CINNAMON
- GROUND GINGER



LOCAL DELIVERY NOW AVAILABLE

PLACE YOUR ORDER ONLINE TODAY!



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