



2X monthly!

RT DEALS

November 12–December 2, 2025



**Lundberg Family Farms
Wild Blend
Gourmet Rice**

\$4⁹⁹
1 lb



**Farmer's Market
Organic Puree**
selected varieties

\$3⁴⁹
15 oz

Give thanks for great deals!

**Dandies
Vegan Marshmallows**
selected varieties

\$3⁹⁹
10 oz



**Wholly Wholesome
Organic Traditional Pie Shells**
selected varieties

\$7⁹⁹
2 pk



**Wholesome Sweeteners
Organic Powdered Sugar**

\$4⁴⁹
1 lb



**Immaculate Baking Company
Organic Flaky Biscuits**

\$5⁹⁹
16 oz



**Cascadian Farm
Organic Cereal**
selected varieties

\$3⁹⁹
12 oz



**Brown Cow
Cream Top Whole Milk Yogurt**
selected varieties

5/\$5
5.3 oz



**Bragg
Organic Apple Cider
Vinegar**

\$5⁹⁹
32 oz



**Kerrygold
Butter**
selected varieties

\$5⁹⁹
8 oz



**Spectrum Culinary
Organic Shortening**

\$9⁹⁹
24 oz



Look for new deals on **December 03!**

Beef Gnocchi

40 MIN • SERVES 4 • TRADITIONAL

INGREDIENTS

- | | |
|---------------------------------------|---|
| 2 tablespoons olive oil | ¼ teaspoon crushed red pepper (optional) |
| 1 small white onion, minced | 1 14.5-ounce can fire roasted diced tomatoes with green chilies |
| 1 pound ground beef | 1 ½ cups chicken broth |
| 3 large garlic cloves, minced | 1 pound premade gnocchi |
| 2 teaspoons dried basil | ½–¾ cup cream |
| 1 ½ teaspoons dried oregano | ½ cup grated parmesan, for serving |
| ¾ teaspoon sea salt | |
| ¼ teaspoon coarse ground black pepper | |

DIRECTIONS

- 1 In a large skillet, sauté onion in olive oil over medium-low heat until transparent, approximately 3 minutes.
- 2 Add ground beef and cook until browned. Drain excess fat and stir in garlic, basil, oregano, salt, pepper, crushed red pepper, diced tomatoes, and chicken broth. Bring to a simmer and cook for 10 minutes.
- 3 Meanwhile, prepare gnocchi based on the package instructions.
- 4 Add cream to sauce and cook for an additional 3 minutes or until desired thickness is achieved.
- 5 Stir in cooked gnocchi and serve with parmesan.



Muir Glen Organic Tomatoes

selected varieties

2/\$5

28 oz



Muir Glen Organic Pasta Sauce

selected varieties

\$3⁴⁹

23.5 oz



Kettle & Fire Broth

selected varieties

\$3⁹⁹

32 oz



PRIMAL KITCHEN

Crafted with real ingredients like California grown tomatoes and pure, rigorously tested Avocado Oil, Primal Kitchen brings convenient, crave-worthy taste the whole family loves without added sugars or canola oil.



Primal Kitchen Pasta Sauce

selected varieties

\$7⁹⁹

24 oz



Primal Kitchen Avocado Oil

\$13⁴⁹

16.9 oz

Pacific Foods Organic Broth

selected varieties

\$5⁴⁹

32 oz



Dr. Bronner's Regenerative Organic Coconut Oil

\$8⁹⁹

14 oz



Divina
Dolmas Stuffed Grape Leaves

\$3.99

7 oz



Purely Elizabeth
Organic Original Oatmeal

\$3.99

10 oz



Boulder Canyon
Potato Chips
selected varieties

\$3.99

6 oz



Simple Mills
Organic Seed Flour Crackers
selected varieties

\$3.99

4.25 oz



With pure, organic ingredients you can trust, Simply Organic® helps you flavor every moment. From festive favorites like Roasted Turkey Gravy Mix to everyday classics like French Onion Dip Mix, we're here for every dish and every moment that matters.



Simply Organic
Organic Gravy Mix
selected varieties

\$1.99

0.85 oz



Simply Organic
Organic Dip Mix
selected varieties

\$1.99

1.1 oz

Annie's
Organic Graham Crackers
selected varieties

\$3.99

14.4 oz



Back to Nature is remaking your favorite snacks super tasty with honest-to-goodness ingredients. Simple joys, no regrets, happy days.



Back to Nature
Crackers
selected varieties

\$3.49

4-7 oz



Back to Nature
Cookies
selected varieties

\$4.49

7.5-9 oz

Tate's Bake Shop
Cookies
selected varieties

\$4.99

5.5-7 oz



Alter Eco
Organic Chocolate Bar
selected varieties

\$4.99

2.82 oz





Whatever the baking need, Bob's Red Mill has the perfect flour for every occasion. High-quality baking flours have been our hallmark since 1978.



Bob's Red Mill Organic Flour
selected varieties

\$7⁹⁹

5 lb



Bob's Red Mill Almond Flour
selected varieties

\$9⁹⁹

16 oz

Enjoy Life Foods Chocolate Chips
selected varieties

\$6⁴⁹

9 oz



Let's Do Organic Organic Cornstarch
selected varieties

\$2⁹⁹

6 oz



Once Again Organic Tahini

\$8⁹⁹

16 oz



The Natural Holiday Choice!

If You Care natural kitchen products are carefully and deliberately crafted to give you the highest quality for the holidays while providing the least environmental impact and the lightest carbon footprint possible.



If You Care Large Baking Cups

2/\$4

60 ct



If You Care Parchment Baking Paper
70 sqft

\$5⁹⁹



If You Care 100% Recycled Aluminum Foil
50 sqft

\$6⁹⁹

Savory Onion and Squash Scones

45 MIN • MAKES 12 • VEGETARIAN

INGREDIENTS

3 cups all-purpose flour
 ¾ cup shredded asiago cheese
 1 tablespoon cane sugar
 1 tablespoon baking powder
 1 teaspoon sea salt
 1 stick unsalted butter, cold
 1 cup buttermilk, plus 2 tablespoons
 ½ cup squash puree
 1 large egg
 4 tablespoons chopped chives

DIRECTIONS

- 1 Preheat oven to 350°F. Combine flour, cheese, sugar, baking powder, and sea salt in a large mixing bowl.
- 2 In a separate bowl, whisk together 1 cup buttermilk, squash puree, egg, and chives.
- 3 Cut butter into the dry mixture until it resembles coarse cornmeal. Stir in wet ingredients until just combined.
- 4 Turn dough onto a lightly floured surface, divide into two pieces and form each into 6-inch disks.
- 5 Cut each disk into 6 wedges and place on a baking sheet lined with parchment. Brush scone tops with remaining buttermilk, and bake for 25 minutes or until edges are starting to turn golden.



R.W. Knudsen Juice Blend

selected varieties

\$4.99

32 oz



San Pellegrino Sparkling Water

2/\$5

750 ml



Health-Ade Organic Kombucha

selected varieties

\$3.49

16 oz



For plant-curious foodies seeking delicious and kinder food choices, Miyoko's Creamery is an organic plant milk creamery that crafts the world's finest vegan cheese & butter, empowering them to choose good food that nurtures good in our world.



Miyoko's Kitchen Organic Cultured Vegan Butter

selected varieties

\$5.99

8 oz



Miyoko's Kitchen Organic Plant Milk Cream Cheese

selected varieties

\$4.49

8 oz

Zevia Zero Sugar Soda

selected varieties

\$6.49

6/12 oz



Elmhurst Plant Based Milk

selected varieties

\$5.99

32 oz





Aim to Please Cheese.

From fancy charcuterie to Friday night pizza, our cheeses never disappoint.

They're made from organic pasture-raised milk, with no antibiotics or GMOs. So, whatever the occasion, our cheeses are always here to make a delicious impression.



Organic Valley Organic Shredded Cheese

selected varieties

\$4.99

6 oz



Organic Valley Organic Feta Cheese

\$5.99

8 oz

Green Valley Organic Lactose Free Sour Cream

\$4.99

12 oz



Treeline Cashew Cheese selected varieties

\$6.99

6 oz



Daiya Dairy-Free Slices selected varieties

\$4.99

7.8 oz



O'Doughs Bagel Thins selected varieties

\$4.99

10.6 oz



Cascadian Farm Organic Potatoes selected varieties

\$3.99

16 oz



Alden's Organic Ice Cream selected varieties

\$9.99

48 oz



Rishi Tea Organic Everyday Matcha

\$10.99

30 g



Tom's of Maine Wild Lavender Deodorant Stick

\$10.99

3.25 oz



Nature's Answer Perio-Wash, A/F, Cinnamon

\$9.99

16 oz



Charcuterie Board

25 MIN • TRADITIONAL

CHEESES

- Select a mixture of soft, semi-soft, firm and hard cheeses

CURED MEATS

- Cured meats work great. Select salami, prosciutto, calabrese, etc.

CRACKERS AND BREADS

- Various crackers (plain, seeded, fruit studded)
- Breads such as baguettes or sourdough

DIRECTIONS

- 1 On a large platter, cutting board, or even directly on a butcher paper wrapped table, display the charcuterie board elements. Slice cheeses and meats if they don't come presliced.
- 2 Shingle them so guests can pick them up one at a time. Arrange all the meats and cheeses, keeping them separated by type.
- 3 Then, mix the breads, crackers, and fruit into the remaining space. Feel free to put the salty, briny elements into small bowls to place around the board. Don't forget small tongs or knives and small plates to make it easy to serve.

FRUITS AND NUTS

- Popular Fresh Fruit: Red and green grapes, apples, figs
- Popular Dried: apricots, figs

SALTY, BRINY ELEMENTS

- Olives, cornichons, pickled vegetables, caperberries

SPREADS

- Complementary jams, preserves, or marmalade
- Savory spreads and pates



Cranberry Apple Punch

3 MIN (SINGLE) 12 MIN (PARTY SIZE) • GLUTEN-FREE, PLANT-BASED

SERVES 1

2 ounces apple cider
¾ ounce no added sugar cranberry juice
2 ounces ginger beer
1 ounce bourbon (optional)
Garnishes: apple slices, cranberries,
and cinnamon sticks

SERVES 32 (PARTY SIZE)

64 ounces (2-32 oz bottles)
24 ounces (3 cups)
67.6 ounces (4-16.9 oz bottles)
32 ounces (4 cups)

SINGLE SERVING

- 1 Place all ingredients in a tumbler then fill with ice and stir.
- 2 Garnish glass with apples slices, a few cranberries and a cinnamon stick.

FOR A CROWD

Scale the recipe to make as many servings as desired and serve in a punch bowl. To keep it chilled, make ice cubes with apple cider, or fill a bundt pan with cider to make an ice ring. Place all ingredients in the punch bowl then float the ice ring on top. Garnish with apple slices, cranberries, and cinnamon sticks.



Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

Charity Of The Month: North Shore Soup Kitchen

Since 1989, North Shore Soup Kitchen has been providing meals and groceries to the food-insecure. Led by volunteers, this nonprofit is needed now more than ever. Although the food pantry is a large part of the service North Shore Soup Kitchen provides, they do so much more. Visitors can receive things like clothing donations and guidance around available social services. If you're interested in donating, they are always in need of staples like rice, pasta, peanut butter, and jelly. They are also in need of volunteers, so if you're looking for a way to give back this Thanksgiving season, why not give them a call?