Independent Choice™

November 2017

Farmers Market
Organic Pumpkin

2/$4

15 oz

Pacific
Organic Free Range
Chicken Broth

$3.19

32 oz

Frontier
Organic Ground
Cinnamon

$3.69

1.9 oz

Organic Valley
Organic Raw Sharp
Cheddar Cheese

$4.99

8 oz

Field Roast
Celebration Roast

$4.99

1 lb

Alden's
Organic Ice Cream

$5.79

48 oz

Back To Nature
Organic Crackers

$2.69

6 oz

Muir Glen
Organic Tomatoes
(selected varieties)

5/$5

14.5 oz

So Delicious
Coco Whip

$2.99

9 oz

Napa Valley Naturals
Organic Cold Pressed
Extra Virgin Olive Oil

$9.99

25.4 oz

Did you know...

Only male turkeys, called toms, gobble. Females, called hens, cackle.

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of November.

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Tofurky
Vegetarian Roast

$11.49
26 oz

Cascadian Farm Organic
Organic Potatoes

2/$5
16 oz

Imagine
Organic Free Range
Chicken Broth

2/$5
32 oz

Hilary's
Organic
Veggie Burger

2/$5
6.4 oz

Annie's Naturals
Organic Dressing

$2.99
8 oz

Epic
Bone Broth

$4.79
14 oz

Gardein
Crispy Tenders

$3.49
9 oz

Bonafide Provisions
Organic Chicken
Bone Broth

$5.79
24 oz

Madhava
Organic
Coconut Sugar

$4.49
16 oz

Cranberry Apple Sparkler

R.W. KNUDSEN

Ingredients
1 cup R.W. Knudsen Family® Just Cranberry™ Juice
1 (25.4 oz.) R.W. Knudsen Family® Sparkling Organic Apple Juice chilled

Directions
POUR cranberry juice into mini ice cube tray. Freeze. POUR sparkling apple juice into glasses. Add juice cubes.

With 'Family' in our name and a heritage of making juices since 1961, we're a brand you and your family can trust year after year with your holiday traditions.

The Non-GMO Project Verification Mark is a registered trademark of the Non-GMO Project.

Green & Black's
Organic
Chocolate Bar

$2.79
3.5 oz

R.W. Knudsen
Organic Just Tart
Cherry Juice

$6.19
32 oz

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Alive & Well
Organic Probiotic Olives

$5.99
12.5 oz

Bubbies
Kosher Dill Pickles

$5.99
33 oz

PROBIOTIC PARTY TIME. Alive & Well Olives with live active cultures from Greece are grown on small family farms and village co-ops following the centuries old traditions of organic agriculture. Enjoy a delicious holiday season with a probiotic boost. AliveandWellOlives.com

Immaculate Baking
Crescent Rolls

2/$5
8 oz

Mediterranean Organic
Organic Capers

$2.39
3.5 oz

Wild Planet
Wild Sardines

$1.89
4.375 oz

Green Valley Organics
Organic Lactose Free
Cream Cheese

$2.99
8 oz

Better Than Bouillon
Organic Chicken Base

$3.69
8 oz

Crunchmaster
Multi-Seed
Crackers

2/$4
4.5 oz

The Ginger People
Organic Ginger Juice

$3.49
5 oz

The Greek Gods
Yogurt

$2.99
24 oz

Amy's
Organic Soup

2/$5
14.5 oz

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Cranberry-Apple Streusel Pie

Ingredients:
6 large Granny Smith apples
2/3 cup **Wholesome!** granular sugar
1 medium orange, zested & juiced
4 teaspoons cornstarch
1 1/2 tablespoons lemon juice
1 cup frozen whole cranberries
1 frozen pie shell, thawed **Wholly Wholesome**

Streusel Topping:
2/3 cup **Bob's Red Mill** all-purpose flour
1/4 cup **Wholesome!** sugar
6 tablespoons **Organic Valley** unsalted butter, cold

Instructions:
1. Preheat oven to 350°F.
2. Peel, core and chop apples into 1/2 inch pieces then place in a saucepan with sugar, orange zest, orange juice, starch and lemon juice.
3. Heat apples over medium heat and cook until almost tender. Add cranberries.
4. Continue to cook until apples are soft. Spread mixture on a baking sheet to cool completely.
5. Meanwhile, in a bowl, combine flour and sugar for the streusel. Using a pastry blender, cut in the butter until fine crumbs form. Keep chilled until ready to bake pie.
6. Fill thawed pie shell with cooled filling then crumble on streusel.
7. Place on a cookie sheet and bake for 40 minutes or until fruit is bubbling and streusel is golden.

Wholly Wholesome Gluten Free Pie Shells

$4.29
14.9 oz

Organic Valley Organic Cultured Butter

$4.99
1 lb

Wholesome! Organic Molasses

$3.99
16 oz

Organic Valley Organic Whipping Cream

$2.99
16 oz

Woodstock Organic Wild Blueberries

$3.79
10 oz

Enjoy Life Semi-Sweet Chocolate Chips

$3.99
10 oz

Let's Do...Organic Organic Coconut Flakes

$2.49
7 oz

Bob's Red Mill Almond Meal Flour

$8.49
16 oz

Navitas Organic Cacao Powder

$5.99
8 oz

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Earth Balance
Vegan
Buttery Sticks

$3.19
16 oz

Coconut Bliss
Organic
Frozen Dessert

$4.49
1 pt

SeaSnax
Organic Grab&Go Roasted
Seaweed Snack

89¢
.18 oz

Cranberry Trivia to Impress Your Friends this Season!

Everyone knows about cranberries, right? There's the juice, the sauce, the bog - but how much do you really know? Did you know that cranberries do not grow in water? You may ask, "Then why all the images of growers in hip waders standing in a pool of little red fruit?" Answer: each cranberry holds a tiny pocket of air that causes it to float. In a process called "Wet Harvesting," the bog is flooded so the buoyant berries can be gathered with ease. If you hunger for more cran facts, read on!

- Native Americans were well acquainted with the refreshingly tart berry long before the Pilgrims arrived in 1620 and inspired a cranberry filled Thanksgiving tradition. Cranberries were used by tribes as food, fabric dye, poultices, and medicines.
- Various names for the cranberry can be found in different Native American languages, but it wasn't until German and Dutch settlers decided the vine blossom resembled the head of a marsh bird that "crane berry" was adopted into the English language.
- The first recorded cultivation of cranberries was in Dennis, MA in 1816. Together with Wisconsin, New Jersey, Oregon, and Washington, Massachusetts still ranks in the top five cranberry producing states.
- According to the Agricultural Marketing Resource Center, Americans consume approximately 400 million pounds of cranberries every year - 20% of which, about 80 million pounds, are gobbled up the week of Thanksgiving.
- Cranberries have proven to be a difficult crop to farm organically. The damp, marshy conditions make fighting fungi, pests, and weeds a daunting task. Researchers and growers are developing organic methods and experimenting with fresh ideas, but the progress is slow.

Now you can amaze your friends with your cran-braininess. Ok, just one more fun fact: a ripe cranberry will bounce. In fact, one way to tell if a cranberry is ripe is to drop it. If it bounces, it's good to eat (but please don't drop them in the aisles.)

Enjoy the Holiday Season!

Late July
Organic Crackers

$2.69
6 oz

Annie's Homegrown
Organic Bunny
Snack Mix

$3.49
9 oz

Lundberg Family Farms
Rice Chips

2/$5
6 oz

Theo
Organic Dark
Chocolate Bar

$2.29
3 oz

Skinnypop
Popcorn

$2.19
4.4 oz

Jackson's Honest
Potato Chips

2/$6
5 oz

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Stonyfield Organic Whole Milk Yogurt

$2.99
32 oz

Maple Hill Creamery Organic Kefir

$4.49
32 oz

Amazing Grass Wheat Grass

$17.99
8.5 oz

Pamela's Cornbread & Muffin Mix

$3.79
12 oz

R.W. Knudsen Simply Nutritious Morning Blend

$2.69
32 oz

Plantfusion Complete Plant Protein

$23.99
1 lb

Green Onion & Sour Cream Cornbread

Ingredients:

- 1 bag **Pamela's Cornbread & Muffin Mix**
- 1/2 cup sugar
- 8 tablespoons butter (1 stick), melted
- 2 eggs, large
- 1 cup water or milk
- 1 cup sour cream
- 1 cup chopped green onions
- 1/2 teaspoon black pepper

Instructions:

1. Preheat oven to 375°F.
2. Melt butter. In medium bowl, combine Cornbread & Muffin Mix, sugar, melted butter, eggs and water. Mix in sour cream, green onions, and black pepper.
3. Pour into greased 8 inch square pan and bake in the middle of the oven for 35-45 minutes or until a toothpick comes out clean. To make muffins, spray tins or papers well with non-stick spray, fill to top, and bake 20 to 25 minutes.
4. To re-heat cornbread, wrap in paper towels and re-heat in microwave, or wrap in foil and re-heat in oven.

©Pamela's Products, Inc.

Nature's Path Organic Hot Maple Nut Oatmeal

$3.19
14 oz

Mountain Valley Spring Water

$2.19
1 lt

One Degree Organics Organic Brown Rice Cacao Crisps

$3.79
10 oz

Lakewood Organic Pure Pineapple

$5.29
32 oz

Barbara's Shredded Wheat Cereal

2/$6
13 oz

Santa Cruz Organic Organic Apple Sauce

$3.29
23 oz

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America's first **Non-GMO Project Verified** herbal tea company is now offering Non-GMO Project Verified tea bags and strings.

Traditional Medicinals wellness teas

NON GMO Project VERIFIED nongmoproject.org

Traditional Medicinals
Organic Peppermint Tea

$3.49
16 ct

So Delicious
Coconut Creamer

$1.69
16 oz

MegaFood
Balanced B Complex

$12.99
30 tab

Farmhouse Culture
Gut Shots

$4.79
16 oz

Garden of Life
Sport Protein

$38.99
840 g

Mrs. Meyer's
Clean Day
Dish Soap

$3.29
16 oz

Bluebonnet Nutrition
Liquid Calcium
Magnesium Citrate

$9.99
16 oz

Kal
Magnesium
Glycinate 400

$9.99
90 tab

Better Life
Sage & Citrus
All-Purpose Cleaner

$3.99
32 oz

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BADGER®

Certified Organic & 100% Natural Body Care

Made From Fresh, Whole Botanicals Brimming With Life Force.

Badger
Baby Sunscreen
Cream

$10.99
2.9 oz

MyChelle
Sun Shield Spray
Spf 30

$13.99
6 oz

Jarrow Formulas
Bone-Up

$17.99
240 cap

Nature's Plus
Source Of Life®
Animal Parade®

$9.99
90 ct

Rainbow Light
Women's One
Multivitamin

$21.99
90 tab

Hyland's
Calms Forté

$6.99
100 tab

Natural Factors
Tranquil Sleep

$22.99
60 cap

Boiron
Coldcalm

$8.49
60 tab

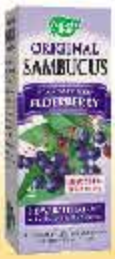
New Chapter
Zyflamend™
Whole Body

$43.99
120 cap

Nutrition Now
Vegetarian
Pb 8® Pro-Biotic

$9.29
60 ct

Nature's Way
Sambucus Syrup



$11.99
4 oz

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Radius
Source Toothbrush

$6.49
1 ct

Kiss My Face
Olive Oil Bar Soap

$2.79
8 oz

Giovanni
2chic Ultra
Sleek Shampoo

$5.99
8.5 oz

Desert Essence
Tea Tree Oil
Dental Floss

$2.49
50 yd

Alaffia
Everyday Coconut
Body Lotion

$9.99
32 oz

Acure
Repairing Shampoo
& Conditioner

$6.29
8 oz

Nature's Answer
Perio-Brite
Mouthwash

$6.99
16 oz

Every Man Jack
Deodorant

$4.99
3 oz

Xlear
Nasal Spray

$10.99
1.5 oz

ACURE

Truly natural performance-driven hair care available at an affordable price.

Our ultra-hydrating shampoo & conditioner provides moisture to dry and damaged hair, leaving it soft, manageable and ready to rock with organic argan oil, argan extract, CoQ10, organic sea buckthorn oil and organic pumpkin seed oil.

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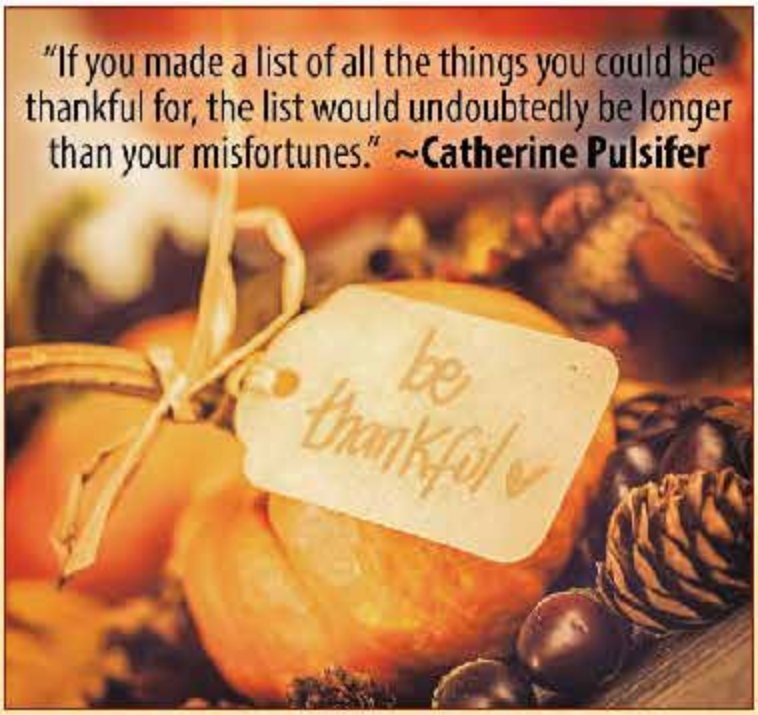

Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

ALABAMA
Manna Grocery & Deli
2300 McFarland Blvd E, Tuscaloosa

ARKANSAS
Health Food Garden
2621 W Main, Russellville
Nature's Wonders
910 Hwy 62 65 N, Harrison
The Truck Patch
Natural Market
1602 Hwy 62E, Mountain Home
506 Southwest Dr, Jonesboro

ILLINOIS
Choices Natural Market
6718 Broadcast Pkwy, Loves Park
Cornucopia
Natural Food & Fine Cheese
89 Seminary St, Galesburg
Green Earth Grocery
441 S Buchanan St, Edwardsville
Heritage Health Foods
4121 W 183rd St, Country Club Hills
Heritage Natural Foods
1317 6th Ave, Moline
Kankakee Natural Foods
1035 Mullligan Dr, Bradley
Local Foods
1427 W Willow, Chicago
Naturally Organic Grocery
112 W Main St, Rockton
Polson's Natural Foods
960 Main St, Antioch
Southtown Health Foods
2100 W 95th St, Chicago
Strawberry Fields
306 W Springfield Ave, Urbana
Sunrise Health Foods
17650 Torrence Ave, Lansing
3203 Vollmer Rd, Flossmoor

INDIANA
Cathy's Natural Market
1315 North Cass St, Wabash
Down to Earth Natural Foods
14678 SR 23 E, Grainger
Georgetown Market
4375 Georgetown Rd, Indianapolis
The Good Earth
Natural Food Co
6350 Guilford Ave, Indianapolis
Natural Choices
for Healthful Living
1825 Central Ave, Columbus
Nature's Cupboard
757 Indian Boundary Rd, Chesterton
340 Dunes Plaza, Michigan City
Rainbow Blossom
3003 Charlestown Crossing Way, New Albany
Sunrise Health Foods
1708 E Lincolnway, Valparaiso
The Sunspot Natural Market
3717 S Reed Rd, Kokomo
500 W Sagamore Pkwy, West Lafayette
Tyner Pond Farm Market
120 S Audubon Rd, Indianapolis

IOWA
Campbell's Nutrition
4060 University Ave, Des Moines
2749 100th St, Urbandale
Everybody's Whole Foods Store
501 N 2nd St, Fairfield
Heritage Natural Foods
3875 Elmore Ave, Davenport

KANSAS
Country Kupboard
15750 SW 150th St, Rose Hill

KENTUCKY
Happy Meadow Natural Foods
286 Glades Rd, Berea
Rainbow Blossom
3738 Lexington Rd, Louisville
3608 Springhurst Blvd, Louisville
12232 Shelbyville Rd, Louisville
3046 Bardstown Rd, Louisville

MICHIGAN
Better Health Market
2420 E Stadium, Ann Arbor
42875 Grand River, Novi
10792 Belleville Rd, Belleville
2053 S Telegraph, Bloomfield Hills
1330 N Telegraph Rd, Dearborn
305 N Clipper St, Lansing
19850 Mack Ave, Grosse Pointe Woods
20432 Farmington Rd, Livonia
44627 W Ann Arbor Rd, Plymouth
17606 W 13 Mile Rd, Beverly Hills
33452 Van Dyke, Sterling Heights
17825 Eureka Rd, Southgate
6235 W Saginaw, Lansing
14105 Hall Rd, Shelby Township
Natural Health Center
4610 W Main St, Kalamazoo

MISSOURI
Clovers Natural Market
2012 E Broadway, Columbia
Mama Jean's Natural Market
3503 E Sunshine, Springfield
1727 S Campbell Ave, Springfield
1110 E Republic Rd, Springfield
MJ's Market & Deli
900 E Battlefield, Springfield
Natural Health Organic Foods
135 S Broadview St, Cape Girardeau
Nature's Own
Health Food Market
4301 Main St, Kansas City
Suzanne's Natural Foods
3106 S Connecticut, Joplin

OHIO
Raisin Rack
Natural Food Market
4629 Cleveland Ave NW, Canton
2545 Schrock Rd, Westerville
Troyer's Country Market
5901 CR 77, Millersburg

OKLAHOMA
Native Roots Market
131 NE 2nd St, Oklahoma City

PENNSYLVANIA
Nature's Way Market
796 Highland Ave, Greensburg

TEXAS
Fresh Plus
1221 W Lynn St, Austin
408 E 43rd St, Austin
2917 W Anderson Ln, Austin
2401 San Gabriel, Austin

WEST VIRGINIA
Mother Earth Foods
1638 19th St, Parkersburg

WISCONSIN
The Free Market
734 W Wisconsin Ave, Appleton
Good Harvest Market
2205 Silvernail Rd, Pewaukee
The Grainery
127 3rd St, Baraboo
Greens N Grains
7821 Hwy 42, Egg Harbor
Village Market
806 S Main St, Fond du Lac

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