DECEMBER SALES

Prices valid November 28th – December 31st

FOOD FOR PEOPLE
COMMUNITY MARKET
est. 1975
NOT FOR PROFIT

Alex's Awsome Sourdough
$10.49

12 oz

Field Roast Plant Based Mini Corn Dogs
$7.79

10 oz

Hope Organic Hummus
$4.79

15 oz

Cosmic Bliss
$7.99

14 oz

Madhava Light Agave Nectar
$3.99

11.75 oz

Mary's Gone Crackers
$3.49

6.5 oz

Miss Jones Baking Company
$6.49

6.5 oz

Artisana Nut Butters
$15.99

14 oz

20% OFF ALL PRODUCTS FROM THESE GREAT BRANDS

klean kanteen®

GoodLight™

sumbody

**Availability may vary by location, while supplies last. No rain checks available.*

Grocery & Chill Deals

Wild Tonic
$2.29
+ CA CRV

12 oz

Bubbies Pickles
$6.99

33 oz

Wildwood Tofu
$2.99

14 oz

Nelly's Organic Candy Bars
$2.49

1.6 oz

Organic Valley Ricotta Cheese
$6.99

15 oz

Miyokos Organic Liquid Pizza Mozzarella
$5.79

16 oz

Wholly Wholesome Pie Shells
$7.29

14.9 oz

Starlite Cuisine
$8.99

12 oz

Bionaturae Pasta Regular & Gluten Free
$3.29

12 oz

Rice Dream Classic Original
$3.79

32 oz

Traditional Medicinals Tea
$4.49

16 ct.

Watkins Rainbow Decorating Sugar
$4.99

4.6 oz

Enjoy Life Baking Chips
$5.99

10 oz

If You Care 100% Recyled Aluminum Foil
$5.00

100 ft

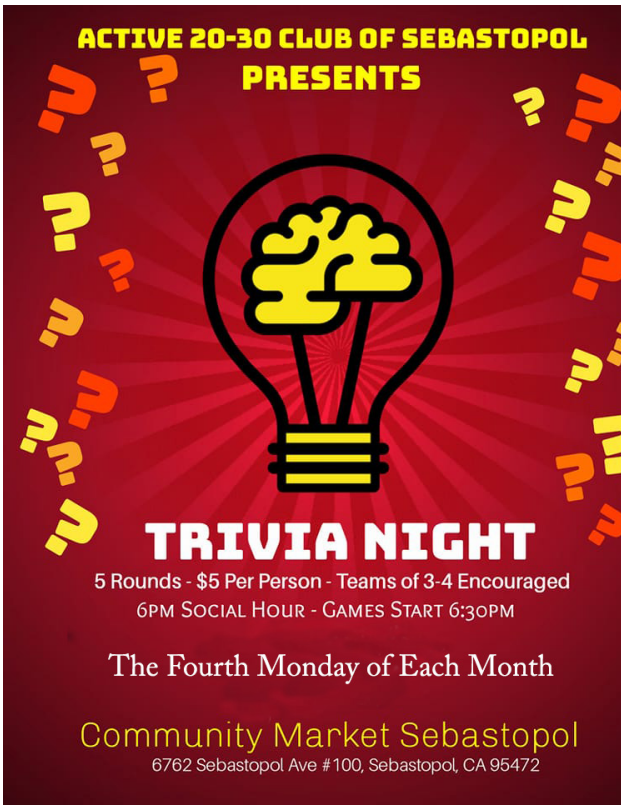
Renewal Mill 1 to 1 Gluten Free Baking Flour
$5.29

22 oz

Alter Eco Chocolate Bars Various Flavors
$3.29

2.82 oz

Events With Our Community



Healthy Discounts in Wellness

Nordic Naturals Zero Sugar Melatonin Gummies
$17.99

60 ct

Ancient Nutrition VegetarianCollagen
$29.99

9.9 oz

CV Sciences CBD+ Calm Gummies 10mg
$28.99

30 ct

Humble Deodorant
$7.29

2.5 oz

MadHippie
20% off all cosmetics

Inesscents Cream Coco Butter
$13.49

4 oz

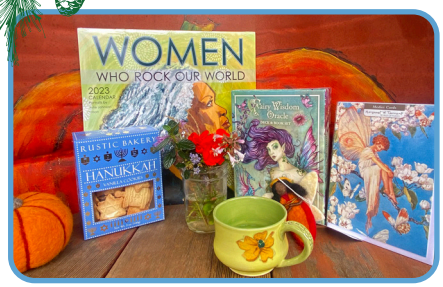
Host Defense
$22.99

60 ct

Aloha Bay Coconut Tapers
$1.59

each

Great Gifts For The Holiday Season at Community Market!



Tey - Art Socks

Nippon Kodo Incense Sets

Mara Mugs

Andes Hats

OM Gemstone Lotus Tea Light Holder

Bulk Savings

New Everyday Low Prices (EDLP) on all gravity & scoop bin items & over 75 products

EDLP savings on your holiday baking needs

Organic Crystallized Ginger
$5.46/lb new EDLP
PRICE CUT BY OVER $3.00/lb

Date Pieces dusted with Organic Oat Flour
$3.23/lb new EDLP
PRICE CUT BY OVER $1.00/lb

Himalayan Pink Salt, Fine
$1.39/lb new EDLP

Organic Whole Grain Spelt Flour
$1.53/lb new EDLP

Wheat Free 1 to 1 Flour Mix
$1.78/lb new EDLP
PRICE CUT BY OVER $1.00/lb

Organic Unbleached Bakers Flour
98¢/lb new EDLP
NOW LESS THAN $1.00/lb

Organic Whole Wheat Pastry Flour
85¢/lb new EDLP
NOW LESS THAN $1.00/lb

Organic Walnuts
$4.86/lb new EDLP
PRICE CUT BY OVER $3.00/lb

Organic Flame Raisins
$1.69/lb new EDLP

Super Simple Holiday Cookies

Ingedients

- 3/4 cup plus 2 tablespoons butter or non-dairy butter, softened
- 1/4 cup sugar
- 2 cups all-purpose flour
- Rainbow Decorating Sugar (see page 2)

Directions

1. Preheat oven to 350°. In a large bowl, cream butter and sugar. Gradually beat in flour (dough will be crumbly). Shape into a ball.
2. On a lightly floured surface, press dough to 1/2-in. thickness. Cut with a floured 1-in. diamond-shaped cookie cutter. Place 1 in. apart on ungreased baking sheets. Rainbow Decorating Sugar. Bake 12-15 minutes or until firm. Cool on pans 2 minutes. Remove to wire racks to cool.

Greenacre Homes & School

Residential • Educational • Vocational

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CHANGE FOR CHANGE
NOT FOR PROFIT

Founded in 1975, Greenacre Homes and School (Greenacres) is one of the most comprehensive and innovative agencies of its kind in Sonoma County providing trauma informed care with a strengths based, culturally relevant approach for boys and young men ages 6 to 20. Greenacres provides a specialized environment dedicated to healing the effects of trauma and loss, stabilizing behaviors, and readying children and non-minor dependents to step down to family based care within six months of intake. Located 55 miles north of San Francisco in Sebastopol, CA., Greenacres integrated services includes (4) four CCR/CCL licensed short-term residential therapeutic programs (STRTPs), a year-round non-public school, and a vocational training/life skills program currently serving students from 24 school districts from throughout Northern California.

Mission: Greenacre Homes & School's mission is to develop abilities, healthy relationships in boys and young men, and to transition them back to family based care.

Philosophy: Greenacre Homes & School's vision is to provide trauma informed care with a strengths based, culturally relevant approach for ambulatory children/nonminor dependents ages 6-21. Greenacre Homes & School believes children/nonminor dependents are fundamentally resilient, capable, and relational.

Purpose: Greenacre Homes & School provides a therapeutic environment dedicated to healing the effects of trauma and loss, stabilizing behaviors, and readying children/nonminor dependents to step down to family based care within six months of intake.

Let your cashier know you want to donate at the register or give here

YOUR DONATION MAKES A DIFFERENCE!
FOR JUST $30 YOU CAN HELP FEED A FAMILY OF 4 THIS SEASON.

CM

THIS "ESSENTIALS" BAG INCLUDES:

Food For Thought
healing with food+love

1 LB ORGANIC BROWN BASMATI RICE
1 - 32 OZ CARTON ORGANIC VEGETABLE BROTH
1 - 15 OZ CAN ORGANIC PINTO BEANS
1 - 15 OZ CAN ORGANIC BLACK BEANS
2 - 5 OZ CANS SKIPJACK TUNA
1 - 500 ML ORGANIC EXTRA VIRGIN OLIVE OIL

EVERYONE FROM COMMUNITY MARKET AND FOOD FOR THOUGHT THANKS YOU FOR YOUR GENEROUS DONATION.

PLU #8071

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Visit our 100% Organic Produce Department!

The Time is Ripe

Winter Squash

is an annual fruit representing several squash species within the genus Cucurbita. Late-growing, less symmetrical, odd-shaped, rough or warty varieties, small to medium in size, but with long-keeping qualities and hard rinds, are usually called winter squash. They differ from summer squash in that they are harvested and eaten in the mature stage when their seeds within have matured fully and their skin has hardened into a tough rind. At this stage, most varieties of this vegetable can be stored for use during the winter. Winter squash is generally cooked before being eaten, and the skin or rind is not usually eaten as it is with summer squash.

Potato & Pumpkin Gratin

Recipe by Kim's Cooking Now

INGREDIENTS

- 8 ounces baby yellow potatoes
- 8 ounces pie pumpkin
- 1 teaspoon butter*
- 1 ½ cups shredded Gruyere cheese*
- ½ teaspoon dried thyme
- salt and ground black pepper to taste
- 1 cup half-and-half
- oiled aluminum foil

DIRECTIONS

1. Preheat the oven to 375 degrees F (190 degrees C). Grease a 1-quart casserole dish.
2. Slice the potatoes and pumpkin with a mandolin into 1/8-inch thick slices, using the mandolin's 3-millimeter setting.
3. Place 1/2 of the pumpkin slices on the bottom of the prepared casserole dish. Season with salt and pepper, add 1/4 of the thyme, and 1/4 of the Gruyere cheese. Layer 1/2 of the potato slices on top, season with salt and pepper, add 1/4 of the thyme, and 1/4 of the Gruyere. Repeat pumpkin layer and potato layer each one more time, using up remaining seasoning and Gruyere.
4. Pour half and half evenly over the top and cover with oiled aluminum foil.
5. Bake in the preheated oven for 45 minutes. Remove the foil and continue to bake another 15 minutes, or until potatoes are tender and top is nicely browned. Remove from oven and let sit for 15 minutes before serving.

**Make it vegan by switching out the butter & Gryere cheese for you favoroite vegan varieties!*

Only at our Sebastopol location

THE GARDEN

TAPROOM & ESPRESSO BAR

HAPPY HOUR
4PM - 6PM
$1 off pints & glasses of wine

Community Market
Open Mic
Comedy | Music | Poetry
Sundays 5pm- 9pm | Sign-up 4:30pm
At Sebastopol CM ~ Mel Memorial Stage

There's something for everyone in The Garden!

A full service espresso bar and taproom. Boasting 20 rotating taps featuring local breweries and cidermakers, local and regional organic wines & locally crafted non-alcoholic probiotic ferments & kombuchas.

BLACK OAK COFFEE ROASTERS

healthy high

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Come explore our delicous hotbar selection today.

View our menus:
CMNATURALFOODS.COM/THE DELI

Offering custom and signature sandwiches, daily specials, burritos, salads, hot bar & more.

Now our gluten free customers can enjoy Mama Mel's Bread for their sandwiches.

ARTISAN MAMA MEL'S BREAD GLUTEN-FREE WHOLE-GRAIN

Only at our Sebastopol location 6762 Sebastopol Ave. 707.407.4020

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