

FOOD FOR PEOPLE

COMMUNITY MARKET

est. 1975

NOT FOR PROFIT

SANTA ROSA
1899 Mendocino Ave.
(707) 546-1806
8am - 8pm daily



SEBASTOPOL
6762 Sebastopol Ave.
(707) 407-4020
8am - 9 pm daily



MAY SALES

prices valid 4/27 - 5/31/2026

Umyum
Plant-Based Cheese
Za'atar
4.23 OZ

\$5.99



Rawkin Raw
Organic Blonde
Superfood Macaroon
2 OZ

\$3.49



Good Karma
Flaxmilk + Protein
Unsweetened
64 FL OZ

\$4.99



Actual Veggies
Mushroom Quinoa
Veggie Burger
4/3 OZ

\$7.49



Garden Of Eatin'
Yellow Corn Taco Shells
Made With Organic
Ingredients
5.5 OZ

\$4.99



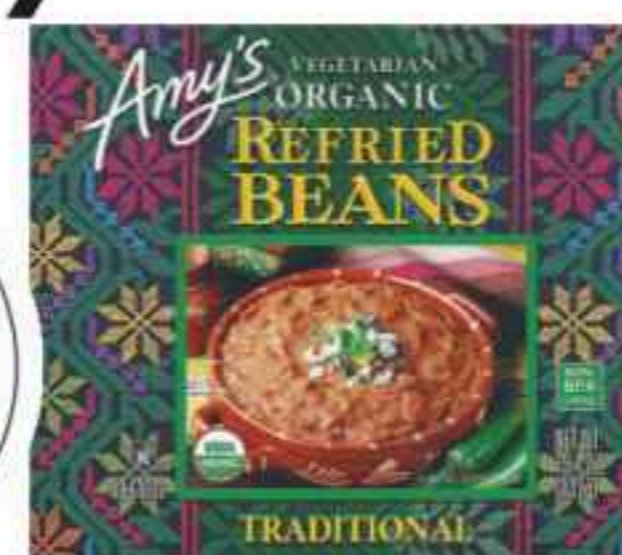
Fillo's
Salsa Roja Tamale
4 OZ

\$2.79



Amy's
Organic Refried Beans
Traditional
15.4 OZ

\$4.99



Hatch Chile
Chili
Mild Diced Green
4 OZ

\$2.29



Chandrika
Bar Soap
Sandal
75 GM

\$2.49



Prince Of Peace
American Ginseng with
Royal Jelly & Bee
Pollen
10/10 CC

\$6.49



Eco-Dent
MouthCare Rinse
Sparkling Clean Mint
8 FL OZ

\$10.49



Humble Brands
Palo Santo &
Frankincense
2.5 OZ

\$9.79



all items not available at both locations



goatlandia
farm animal sanctuary

Helping animals, people, and the planet



RESCUE. EMPOWER. EDUCATE. INSPIRE.

We believe in a world where compassion leads the way for animals, people, and the earth we all share. We rescue farm animals in need, educate on the impact of our choices, and empower people to live more sustainably through connection, community, and seriously good plant-based food.

Our mission is to help animals, people, and the planet—with a whole lot of heart (and fun) along the way.

Through rescue, education, and plant-based advocacy, we believe kindness can transform lives. Together, we're building a future where animals are respected, people feel empowered, and compassion leads the way.



**Donate to Goatlandia
here or at the register**

GROCERY & CHILL DEALS

Alden's Organic
Organic Ice Cream
Vanilla Bean
48 FL OZ

\$13.79



ORGANIC

Vista Hermosa
Flour Tortillas
7 inches
12 OZ

\$4.99



Bubbies
Kosher Dill Pickles
Spicy
33 OZ

\$8.79



Umyum
Plant-Based Butter
Classic
7.1 OZ

\$4.79



VEGAN

Starlite Cuisine
Chicken Style Taquitos
14 OZ

\$9.79



VEGAN

Perfect Bar
Organic Protein Bar
Dark Chocolate Peanut
Butter
2.3 OZ

\$2.79

ORGANIC



Alvarado St. Bakery
Sprouted Wheat
Multigrain Bread
Made with Organic Ing
24 OZ

\$5.99



Applegate Farms
Beef Corn Dogs
10 OZ

\$10.49



GLUTEN FREE

Westsoy
Organic Original
Soy milk
32 FL OZ

\$4.99

ORGANIC



C2o
Original Coconut
Water
33.80 FL OZ

\$5.99

ORGANIC



Waterloo
Watermelon Sparkling
Water
12 pk

\$7.99

+CA CRV



Captain Bootyhead
Spinach & Kale Puffs
4 OZ

\$5.29



Simply Gum
Spearmint
15 CT

\$2.99



Bob's Red Mill
Organic Flaxseeds
Brown
13 OZ

\$3.49

ORGANIC



O'food
Sweet Potato Glass
Noodles
3.5 oz

\$2.49



Wild Planet
Tuna & Quinoa Salad
5.6 oz

\$5.46








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EVENTS

MAY 2026



THURSDAY
MAY 14 TH
7AM - 10AM
SEBATOPOL

MORNING ENERGIZER STATION  **BAY AREA**
BIKE TO WHEREVER DAYS 2026 
 Stop by Community Market at the Barlow for snacks, swag and good vibes on Bike to Work Day. 

FRIDAY
MAY 15TH
CM CLOSING EARLY

 **BOTH STORES CLOSING AT 7 PM**

SUNDAY
MAY 17TH
10AM - 5PM

MATSURI!
JAPANESE ARTS FESTIVAL
JULIARD PARK, SANTA ROSA

SATURDAY
MAY 23RD
11AM - 2:30PM
SEBATOPOL

 **clothing swap**
 SEBATOPOL COMMUNITY MARKET
 6762 SEBATOPOL AVE., SEBATOPOL

THURSDAY,
MAY 28
12PM - 2 PM
SEBATOPOL

 **HOME SCHOOL YOUTH CRAFTS & GOODS FAIRE**
 FIND MORE DETAILS AT CMNATURALFOODS.COM/EVENTS

TUESDAYS
5:30 PM
SEBATOPOL

 **STITCH N B*TCH NIGHT**

WEDNESDAYS & SUNDAYS

SENIOR DISCOUNT 10% OFF ALL DAY 

HEALTHY DISCOUNTS IN WELLNESS

Gear Hugger
Multi Purpose
Lunricant
3 OZ

\$6.99



Humble Brands
Moroccan Rose
Deodorant
2.5 OZ

\$9.79



Sebastopol only

Biosil
Collagen Generator
Liquid Drops
1 oz

\$31.99



Tiger Balm
Pain Relieving
Ointment
Extra Strength
18 GRM

\$6.99



Phillip Adam
Orange-Vanilla Shampoo
or Conditioner
12 FL OZ

\$17.99

each



Lily Of The Desert
Organic Aloe Vera Juice
Inner Fillet
32 FL OZ

\$8.49

May not be
available in
Sebastopol



Shikai Products
CBD Mentholated
Cream - 375mg
3 FL OZ

\$23.99



Sovereign Silver
Bio-Active Hydorsal
Spray
1 oz

\$15.99



Swiss Kriss
Herbal Laxative Tabs
250 TAB

\$17.99



Lily Of The Desert
Aloe Vera Gelly
12 oz

\$8.79

12 oz

\$4.49

4 oz



Om
100% Organic Lion's
Mane Mushroom
Powder
3.5 OZ

\$20.49



XO!
Condoms
Hi-Sensation or Ultra Thin
6 ct

\$8.49

per box



Humble Brands
Bergamont Ginger
Deodorant
2.5 OZ

\$9.79



Yerba Prima
Psyllium Whole Husks
Colon Cleanser
12 OZ

\$17.49



Sovereign Silver
First Aid Topical
Healing Gel
1 oz

\$15.99



Eco-Dent
Gentle Floss
Mint
100 YD

\$4.79



Santa Rosa



Friday - 5/1/2026
 3:30 pm to 6:30 pm

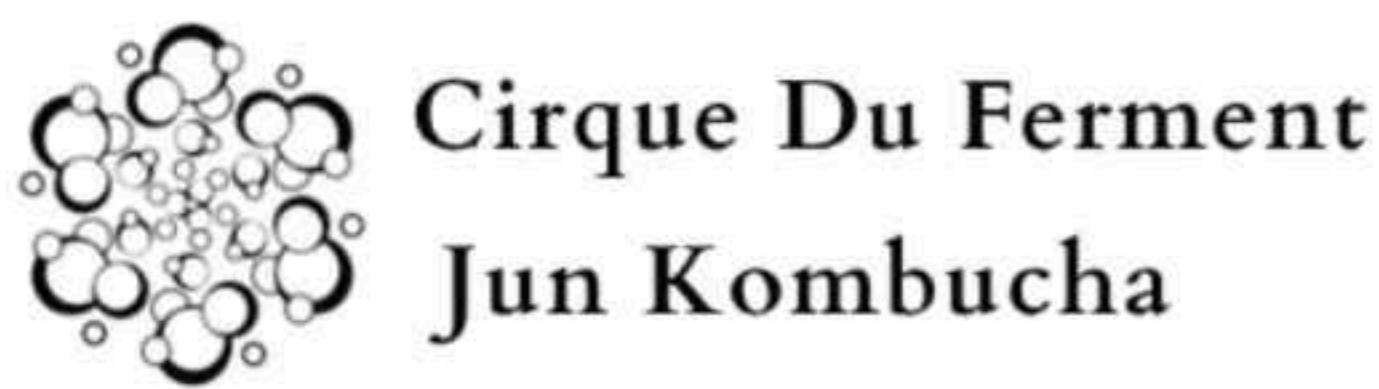


Friday - 5/08/2026
 4:30 pm to 7:30 pm



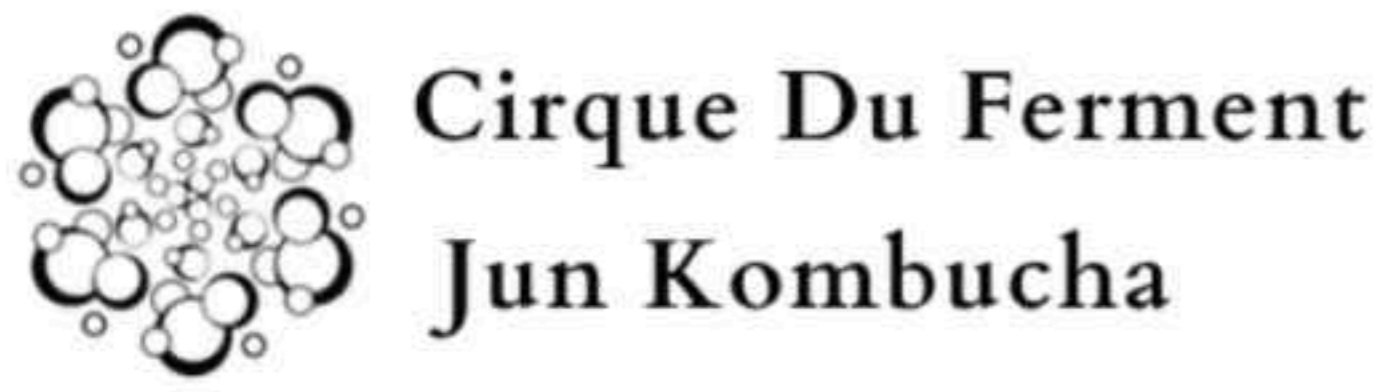
Friday - 5/15/2026
 4:30 pm to 7:30 pm

Tuesday - 5/19/2026
 3:00 pm to 6:00 pm



Cirque Du Ferment
 Jun Kombucha

Come taste 5 flavors
 Friday - 5/8/2026
 11:30 am to 2:30 pm



Cirque Du Ferment
 Jun Kombucha

Come taste 5 flavors
 Friday - 5/20/2026
 11:30 am to 1:30 pm



Sebastopol



Wednesday - 5/6/2026
 12:00 pm to 3:00 pm

Lala's Jam - five flavors
 5/07/2026
 11:30 am to 1:30 pm



Cayenne Warming Blend
 Tuesday - 5/12/2026
 12:30 pm to 2:30 pm



Cirque Du Ferment
 Jun Kombucha

Come taste 5 flavors
 Monday - 5/18/2026
 11:30 am to 1:30 pm



Lala's foods, salads & dips -
 Wednesday - 5/27/2026
 12:00 pm to 2:00 pm



Sunday - 5/31/2026
 4:30 pm to 7:30 pm



GROCERY & CHILL DEALS

Cappello's
Buttermilk Biscuits
12.1 OZ

\$7.79



Painterland Sisters
Plain Skyr
5.3 OZ

\$2.79



Nasoya Foods
Thai Veggie Dumplings
9 oz

\$5.29



El Burrito
Organic Soyrito
12 OZ

\$4.79



Jonny Pops
Cotton Candy
Popsicles
14.8 oz

\$6.99



Ithaca Hummus
Hummus
Lemon Garlic
10 OZ

\$4.79



Miso Mayo
Original Miso Mayo
9 OZ

\$6.79



Henry & Lisa Natural Seafood
Wild Alaskan Fish
Nuggets
12 OZ

\$12.99



Serenity Kids
Chicken, Pea & Carrot
3.5 OZ

\$2.99



Peter Rabbit Organics
Organic Fruit Puree
Pouch
Strawberry & Banana
4 OZ

\$1.99



Freestyle
Diapers, size 4
24 CT
all sizes on sale

\$12.79



Ark Naturals
Neem Protect
Shampoo
8 FL OZ

\$7.99



Portland Pet Food Company
Salmon & Pumpkin
Cat Food
2.6 OZ

\$3.49



Ecos
All-Purpose Cleaner
Orange Plus
22 FL OZ

\$4.99



World Centric
Assorted Bamboo
Cutlery
24 CT

\$2.49



Melitta
#2 Bamboo Coffee
Filters
80 CT
#4 filters also on sale

\$5.79





MAY 2026 EVENTS

learn more & register for classes at sebarts.org/monthly-calendar



Jizo Peace Project: Clay Gathering
Friday, May 1
1:30 PM - 4:00 PM



**Pt. 3: Finding One's Voice Through Art -
A Second Life in Ceramics with Ping Zhong**
Saturday, May 2
10:00 AM - 11:00 AM



Pop-Up Mother's Day Cards
Sunday, May 3
1:00 PM - 4:00 PM



FREE: Developing Your Brand
Thursday, May 7
10:00 AM - 12:00 PM



Colored Pencil with Nina Antze
Tuesday, May 12
10:00 AM - 1:00 PM



Abstract Collage Minis - Create A Series
Sunday, May 17
11:00 AM - 3:00 PM



Unlocking the Power of Your iPhone Camera
Sunday, May 17
12:00 PM - 4:00 PM



Intro to Peaceful Pottery
Wednesday, May 20
6:00 PM - 8:30 PM



Intro to Wheel Throwing with Naomi & Jack
Thursday, May 21
2:00 PM - 5:00 PM



Ultra Textural Weaving on a Unique Substrate
Saturday, May 23
10:00 AM - 3:00 PM



Plein Air Watercolors at Ragle
Saturday, May 30
10:00 AM - 1:00 PM



SEBASTOPOL CENTER FOR THE ARTS PRESENTS YOUTH SUMMER ART CAMP

JUNE 22-AUGUST 7, 2026

**REGISTER NOW!
CLASSES START IN JUNE &
FILL EARLY**

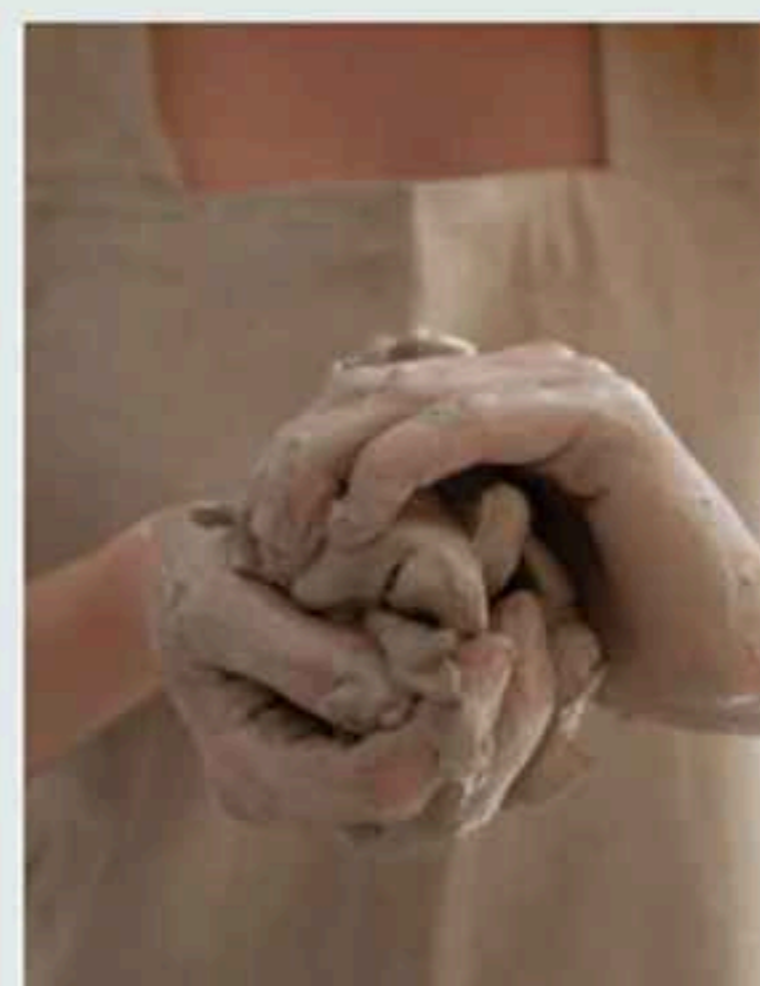
WEEKLY EVENTS & CLASSES



**Come Sing with the
Sebastopol Community
Harmonia!**
Monday evenings
6:30 PM - 8:00 PM
Please RSVP



**Observational Drawing
3-Week Course**
May 6 - 20
Starts: Wednesday
05/06
6:00 PM - 9:00 PM



**Hand-building
Wednesdays**
May 6 - 20
Starts: Wednesday
05/06
1:30 PM - 4:00 PM



Brown Butter Couscous With Spring Vegetables



By: EmilyC (food52.com)

SERVINGS: 4

INGREDIENTS

- 5 tablespoon **Strauss** organic butter, divided
- 1 cup instant couscous
- 1/2 cup **Cadia** frozen peas
- 2 teaspoon sumac, divided, plus more to taste (see note)
- 1 pinch kosher salt, plus more to taste
- 1 pinch freshly ground black pepper, plus more to taste
- 1 bunch radishes, trimmed (see author note)
- 4 cups baby spinach or arugula
- 1/3 cup sliced almonds
- 2 tablespoon dried cranberries
- 2 ounce crumbled feta
- 1 small lemon, for juicing

DIRECTIONS

To make brown-butter couscous:

1. In a medium saucepan with a lid, melt 3 tablespoons butter over medium heat and cook until it turns brown and smells nutty, about 3 minutes.
2. Add instant couscous, 1 teaspoon sumac, and 1/2 teaspoon salt, stirring to coat the couscous in the brown butter, then add 1 1/4 cups water and bring to a boil.
3. Add the frozen peas. Take off heat and let stand, covered, for 5 minutes (or according to package directions).
4. Remove the lid and fluff with a fork.

To Finish:

Toss the couscous with the spring vegetables in the skillet (off the heat), and add a few squeezes of lemon juice. Adjust seasoning and acidity to taste. Let cool for a few minutes, then add the feta and shaved radishes, and sprinkle with a little more sumac, if desired. Serve warm or at room temperature.

To make spring vegetables:

1. Thinly slice two large radishes and set aside (they'll get added raw at the end).
2. Cut the remaining radishes lengthwise into 1/2-inch wedges. In a 12-inch skillet, melt 2 tablespoons butter.
3. Add the radishes to the pan, tossing to coat in the butter, and season with 1 teaspoon sumac, salt, and pepper.
4. Cook, without moving them, for 3 to 4 minutes, or until lightly caramelized on the first side, then stir and continue cooking about 3 minutes longer until tender and caramelized. In the last few minutes of cooking time, add almonds and currants, stirring until they're lightly toasted, then add the spinach, stirring until slightly wilted, about 10 to 15 seconds.

**Most of the spices, herbs & seasonings you need can be found in our bulk department.*

Find all the seasonal produce you'll need for this recipe and more in our 100% Organic Produce Department.

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THE DELI

COOKING UP THE BEST FOR YOU 7
DAYS A WEEK - 8 AM TO 6 PM

The Deli offers custom & signature sandwiches, wraps, salads, daily specials, a delicious rotating hot-bar, quick grab & go options, meat & cheese by the pound.

Call our deli to find out what we're serving today:
(707) 407-4020

Signature Sandwiches

The Barlow \$12.99
Honey maple ham, cream cheese, sliced apple, arugula, honey mustard, on a sweet french roll

Red Clover Reuben \$12.99
(HOT)
Pastrami, swiss, sauerkraut, 1000 island, on rye bread

Talking Turkey \$12.99
Thick sliced turkey, brie, cranberry apple chutney, arugula, dijonaise, on marbled rye bread

Deli Classic \$12.99
Honey maple ham, salami, provolone, pepperoncini, tomato, red onion, lettuce, mayo, pesto vinaigrette, on a sweet french roll

The Market Club \$12.99
(TOASTED)
Chicken, bacon, cheddar cheese, tomato, red onion, vegan avocado ranch, lettuce, on sliced sourdough

The Phoenix \$12.99
(HOT)
Roasted chicken, pepper jack cheese, shaved red onion, pesto, sriracha mayo, on ciabatta

French Dip \$12.99
(HOT)
Roast beef, swiss cheese, agave and horseradish sour cream aioli, on a sourdough roll. Served with a side of Au Jus (organic chicken stock, rosemary, salt, black pepper)

'Bahmb' Mi (V) \$11.99
Teriyaki tofu, carrot, daikon, pickled onion, cucumber, cilantro, jalapeno, sriracha mayo, on a sourdough roll

BLT \$12.49
(TOASTED)
Thick cut peppered bacon, tomatoes, lettuce, dijonaise, on sliced sourdough

Vegan BLT \$12.49
(TOASTED)
Crispy plant-based bacon, tomatoes, lettuce, dijonaise, on sliced sourdough

Green Goddess (V) \$11.99
Herbed tofu, avocado, cucumber, radish, local micro-greens, goddess dressing, on sliced whole wheat

Sweet & Simple \$4.99
Sun butter, banana, honey, on sliced whole wheat





SEBASTOPOL COMMUNITY MARKET'S
TAPROOM & ESPRESSO BAR

THE GARDEN



OPEN DAILY 8 AM - 9 PM - LAST CALL 8:30PM!
HAPPY HOUR 4PM - 6 PM - \$1 OFF PINTS & GLASSES OF WINE

SPRING SPECIALS

GINGER-PEACH ITALIAN SODA
ONE SIZE.....20 OZ.....\$4.75

WHITE CHOCOLATE MOCHA
12 OZ.....\$6.00.....16 OZ.....\$7.00

BUTTERSCOTCH-CINNAMON MATCHA LATTE
12 OZ.....\$6.00.....16 OZ.....\$7.00

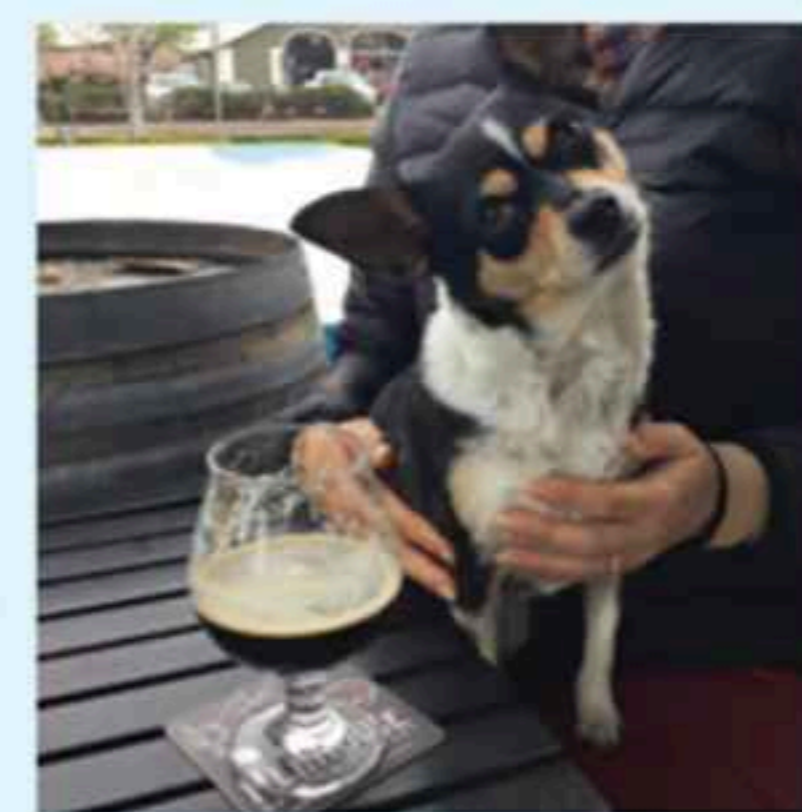
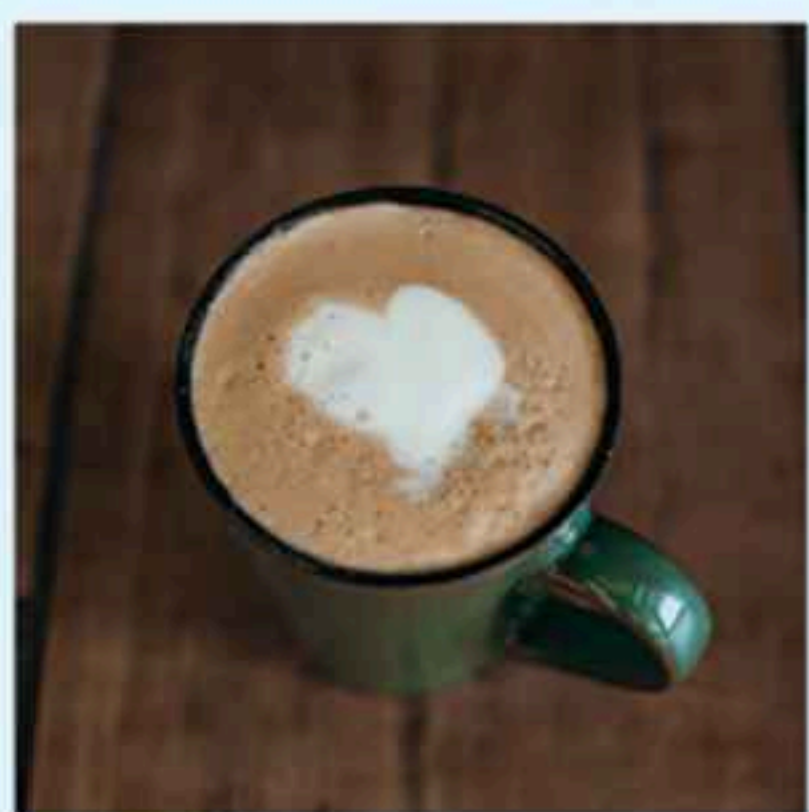
FLOWER-POWER MOCHA
ESPRESSO, MILK, CHOCOLATE, ROSE, ORANGE BLOSSOM, SIMPLE SYRUP
12 OZ.....\$6.00.....16 OZ.....\$7.00

HONEY LAVENDAR LATTE
12 OZ....\$6.00.....16 OZ.....\$7.00

NEW! HOUSE MADE ORGANIC COLD BREW COFFEE
12 OZ.....\$5.....16 OZ.....\$6.....20 OZ\$7

NEW! ORGANIC SYRUP FLAVORS TO SPRUCE UP DRINKS!

- lavender
- vanilla-rose
- butterscotch
- white chocolate
- cinnamon
- strawberry
- orange-blossom
- ginger
- maple
- almond
- hazelnut
- vanilla
- coconut



Follow the Garden Taproom and Espresso Bar on Instagram for more specials and events happening at CM!



51



ANNIVERSARY PARTY

Celebrating 51 years of community

JUNE 14

3:00-8:00 PM

Black Sheep Brass Band 3:00-5:00 PM

A Sonoma County brass band bringing New Orleans jazz and NorCal Funk together in a bold, horn-driven sound.



80s Costume Contest

5:15 PM

Mercy & The Heartbeats 6:00-8:00 PM

Big energy, powerhouse vocals led by a dynamic front duo, backed by elite veteran musicians. Bringing non-stop dance music from every era. Polished, electrifying, & impossible to ignore.



On the Mel Minton Memorial Stage

