

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 - 9:30pm daily

January Sales

January 1st - 28th

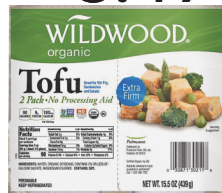


Miso Master
Organic Miso - Chickpea
16 OZ **\$10.99**



Wildwood Natural Foods
Organic Tofu Twin
Pack - Extra Firm
15.5 OZ

\$3.49



Applegate Farms
Black Forest Ham
Sliced, Antibiotic Free
7 OZ

\$5.99



Zen
Organic Almondmilk
Pudding - Chocolate
4/3.5 OZ

\$5.29



Eden Foods
Organic Black Eyed
Peas
15 OZ **\$2.99**



Imagine Foods
Organic Broth
No Chicken
32 FL OZ **\$4.49**



Four Sigmatic
Adaptogen Ground
Coffee
12 OZ **\$17.49**



If You Care
100% Biomass
Firelighters
72 CT **\$7.49**



Ancient Nutrition
Multi Collagen
Protein



\$28.99

8.6 oz

\$45.99

16 oz

Pranarom
\$5.49
Sweet Orange E.O.
1 oz



\$14.49

Car Diffusion



Barlean's
Omega-3
16 oz

\$35.99



Himalaya
Koflet Lozenge
20 lozenge

\$5.79

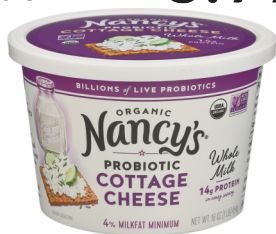


*Availability may vary by location, while supplies last. No rain checks available.



GROCERY & CHILL DEALS

Nancy's
Organic Probiotic
Cottage Cheese
Whole Milk 16 OZ **\$5.99**



Wholly Wholesome
Gluten Free
Brownies - Fudge
7 OZ **\$3.99**



Dr. Praeger's
Breaded Chick'n
9.5 OZ **\$6.99**



Evive
Sapphire Smoothie
Cubes 10.58 OZ **\$6.99**



Little Northern Bakehouse
Gluten Bread
Seeds & Grains 17 OZ **\$6.29**



Upton's Naturals
Seitan - Traditional
8 OZ **\$5.29**



Evolution Fresh
Organic Cold-Pressed
Juice - Orange 59 FL OZ **\$8.49**



De La Calle
Original 12 FL OZ **\$2.49**
+CA CRV



Organic India
Organic Tulsi Tea
Masala Chai 18 BAG **\$4.99**



Notmilk
Whole Plain 4 pack
4/8 FL OZ **\$6.29**



Cascadian Farm
Organic Cereal
Cinnamon Crunch 9.2 OZ **\$4.99**



Navitas Organics
Power Snacks
Cacao Goji Snack 8 OZ **\$9.99**



Gimme Seaweed Snacks
Organic Seaweed
Snack - Teriyaki 0.35 OZ **\$1.99**



Bachan's
Japanese BBQ Sauce
Miso 17 FL OZ **\$8.49**



Teeccino
Organic Herbal Tea
French Roast 10 BAG **\$4.49**



Mamma Chia
Organic Chia Squeeze
Strawberry Banana 3.5 OZ **\$1.79**



EVENTS WITH OUR COMMUNITY

KARAOKE

Fridays
6-8pm

THE GARDEN
TAPROOM & ESPRESSO BAR

COMMUNITY
MARKET
est. 1975



Fermentation Series

At Santa Rosa Community Market

demonstrations:

1/10 Miso



2/7 Shio Koji
(natural "umami" seasoning)



3/20 Natto
(fermented soy beans)



(Wednesdays 1-4 pm)

For additional info contact:
miho@cmnaturalfoods.com



Ferment Field
Santa Rosa, CA



STAY DRY FOR LESS
WITH
10% OFF



ALL RAIN
BOOTS AND
UMBRELLAS



HEALTHY DISCOUNTS IN WELLNESS

Youtheory
Resveratrol
160 tablets

\$15.49



Nordic Naturals
Cod Liver Oil+D
8 oz

\$25.79



Wild Carrot Harvest
Baby Chest Rub
1 fl oz

\$9.49



Yerba Prima
Colon Care Formula
12 oz & 180 caps

\$14.79



MegaFood
Relax & Calm Magnesium
50 servings

\$21.49



Auomere
Exfoliating Body Bar
4.23 oz

\$4.79



New Chapter
Mind Force Lion's Mane
60 caps

\$29.99



Yerba Prima
Skin Brush - Tampico

\$13.99



Sunwarrior
Lean Superfood Shake
Chocolate
20 servings

\$34.49



Auomere
Mouthwash - Neem &
Peelu
16 FL OZ

\$11.49



Natural Stacks
Neuro Fuel
45 CT

\$25.79



Mickelberry Gardens
Elderberry Honey Tonic
8 oz

\$19.99



Sprout Living
Epic Protein
Green Kingdom
2 LB

\$53.99



Wiley's Finest Fish Oil
Peak EPA & Prenatal
DHA
60 SGEL

\$19.99



Vitanica
CandidaStat
60 caps

\$17.99



Wild Carrot Herbs
Firefly Sparkle Lotion
200 mL

\$18.79



TLC

Child & Family Services



Donate
directly
here



Join us in supporting TLC
by donating at the register.

- Make a difference in the lives of others.
- Have a positive impact on the community.
- TLC helps youth and families during their most difficult times.

TLC Child and Family Services is a 501(c)(3) non-profit agency serving our community's most vulnerable youth and children, including youth in foster care, LBGTQ+, BIPOC, homeless, and transition-age youth.

TLC is dedicated to providing a variety of expertly structured environments so youth and families can realize a richer life experience, discover hidden potential, and develop character and self-identity that supports them to thrive – all while having a positive impact on the community.

TLC has been entrusted by the Sonoma County Children's Village Legacy Fund to provide funds for orthodontic and dental care to foster youth who would otherwise not have access to these critical services.

THE GARDEN

TAPROOM & ESPRESSO BAR

There's something for everyone in The Garden!

Biotic

**BLACK
OAK**
COFFEE ROASTERS



Located inside of
Sebastopol Community
Market, The Garden is 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.

HAPPY
HOUR

4PM - 6PM

\$1 off pints &
glasses of
wine

Community Market
Open Mic

Comedy ♦ Music ♦ Poetry

At Sebastopol CM's Mel Minton Memorial Stage

Sundays 5:30 pm - 9 pm

Sign-up 5 pm

THE GARDEN

TAPROOM & ESPRESSO BAR

*Come hang with us!
Enjoy delicious beverages & yummy food!*



GROCERY & CHILL DEALS

Violife
Cheddar Cheese
Shreds
8 OZ

\$4.99



Forager Project
Organic
Cashewmilk Yogurt
Unsweetened Plain
24 OZ

\$5.99



Hail Merry
Meyer Lemon Cups
1.5 OZ

\$2.99



Gardein
Plant-Based Mini
Cr'b Cakes
8.8 OZ

\$5.99



Biotic Brands
Kvass - Ginger
Probiotic Refresher
15.2 FL OZ

\$3.29
+CA CRV



Canyon Bakehouse
Heritage Style Bread
Whole Grain
24 OZ

\$8.99



Treeline
Plant Based Goat
Cheese - Garlic Basil
4 OZ

\$4.29



Dalci
Brownie
Dark Chocolate
1.6 OZ

\$2.79



Coombs Family Farms
Organic Maple Sugar
6 OZ

\$6.49



One Degree Organic Foods
Rolled Oats - Sprouted
24 OZ

\$6.79



Pocono
100% Organic Cereal
Cream Of Buckwheat
13 OZ

\$5.79



Laird Superfood
Protein Bar
Peanut Butter Chocolate
Chip
1.6 OZ

\$2.29



Pacific Foods
Soup - Organci Chicken
Noodle with Bone Broth
17 OZ

\$4.49



Tasty Bite
Heat & Eat Indian
Entree - Channa Masala
10 OZ

\$3.99



Nora Snacks
TEMPURA, SPICY
1.6 OZ

\$2.99



Biobag
Kitchen Food Scrap
Bags - Tall - 12 CT

\$4.99



The Time is Ripe

seasonal produce, seasonal recipes

Find your star ingredient in our 100% Organic Produce Department!

Oranges

An orange is a fruit of various citrus species in the family Rutaceae (see list of plants known as orange); it primarily refers to *Citrus × sinensis*, which is also called sweet orange, to distinguish it from the related *Citrus × aurantium*, referred to as bitter orange. The orange is a hybrid between pomelo (*Citrus maxima*) and mandarin (*Citrus reticulata*).

Orange flesh is 87% water, 12% carbohydrates, 1% protein, and contains negligible fat. As a 100 gram reference amount, orange flesh provides 47 calories, and is a rich source of vitamin C, providing 64% of the Daily Value. The vitamin C content depends on the cultivar and the production mode. Fruits produced in organic farming have higher levels of vitamin C than oranges from conventional farming. Oranges contain diverse phytochemicals, including carotenoids (beta-carotene, lutein and beta-cryptoxanthin), flavonoids (e.g. naringenin) and numerous volatile organic compounds producing orange aroma, including aldehydes, esters, terpenes, alcohols, and ketones. Orange juice contains only about one-fifth the citric acid of lime or lemon juice (which contain about 47 g/L).



Upside-Down Orange Caramel Pecan French Toast Bake

INGREDIENTS

For the caramel:

- 2/3 cup packed brown sugar (or coconut sugar)
- 1/3 cup butter, melted
- 1/2 cup chopped pecans

For the french toast:

- 1 1/4 cup fresh orange juice
- 1 1/4 cup unsweetened almond milk
- 2 tablespoons brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons pure vanilla extract
- 6 large eggs
- 1 teaspoon orange zest
- 1 pound/loaf day old french bread/baguette, cut into 1-inch cubes

For the topping

- 1/4 cup packed brown sugar or coconut sugar, for sprinkling

DIRECTIONS

1. Spray a 13x9-inch baking dish or 2 quart casserole dish with nonstick cooking spray.
2. Combine melted butter and brown sugar in a medium bowl, pour the mixture into prepared baking dish, be sure to spread out evenly towards the sides. Sprinkle with chopped pecans. Place cubed bread evenly over the pecan mixture.
3. In a large bowl, whisk together orange juice, almond milk, brown sugar, cinnamon, vanilla, eggs and orange zest. Pour egg mixture over the bread, making sure to soak each cube. If there are some dry pieces, simply push them down a bit to soak up some of the egg mixture. Cover and refrigerate at least 4 hours, but preferably overnight.
4. Preheat oven to 350 degrees F. Sprinkle 1/4 cup brown sugar on top of the bread. Bake for 45 minutes-1 hour or until the top of the french toast bake is golden brown. Cool for 5 minutes then cut into 8 servings.
5. When you plate, flip each piece upside-down so the caramel and pecans are on top. Serve with fresh berries, yogurt, powdered sugar, or maple syrup. Enjoy!

ONLY AT OUR SEBASTOPOL LOCATION

6762 Sebastopol Ave. 707.407.4020



Offering custom & signature sandwiches, wraps, salads, daily specials, a delicious hotbar & anytime grab & go

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

CMNATURALFOODS.COM/THE DELI

MONDAY Kale Grilled Veggies Green Beans Turkey Meatballs with Tomato Sauce Lemon Chicken Rice and Beans Tomato Arugula Quinoa Smash Potatoes Chimi Tofu Tendies	TUESDAY Kale Grilled Veggies Tofu Fajita Chilaquiles Chicken Fajita Spanish Rice Beans Chips Chicken veg enchilada Pork	WEDNESDAY Kale Grilled Veggies Green Beans Collards BBQ Chicken Rice and Beans Trinity Quinoa Smash Potatoes Mac and Cheese Fried Chicken
THURSDAY Kale Grilled Veggies Chimichurri Tofu Turkey Meatballs with Tomato Sauce Lemon Chicken Rice and Beans Tomato Arugula Quinoa Creamed Spinach Arancini Tendies	FRIDAY Kale Grilled Veggies Jerk Tofu Ital Stew Jerk Chicken Brown Rice Black Beans Curry Sweet Potatoes Johnny Cakes Caribbean Beef Stew	SATURDAY Kale Grilled Veggies Tempeh Steak Meatloaf Pot Roast Rice and Beans Lemon Quinoa Gravy Mash Potatoes Tendies
SUNDAY Kale Grilled Veggies Tempeh Steak Pork Wings Rice and Beans Creamed Spinach Tots Chips Tendies	Available Daily: Kale, Grilled Veggies, Beans & Rice Breakfast: Organic Oatmeal With all the Fixins • Oven Baked French Toast Home Fried Potatoes • Shakshuka • House Made Pork Sausage Frittata of the Day • Tofu 'Eggs' • Organic Rice and Beans Warm Corn Tortillas Soups Always On - Changing Daily	

