

FOOD FOR PEOPLE



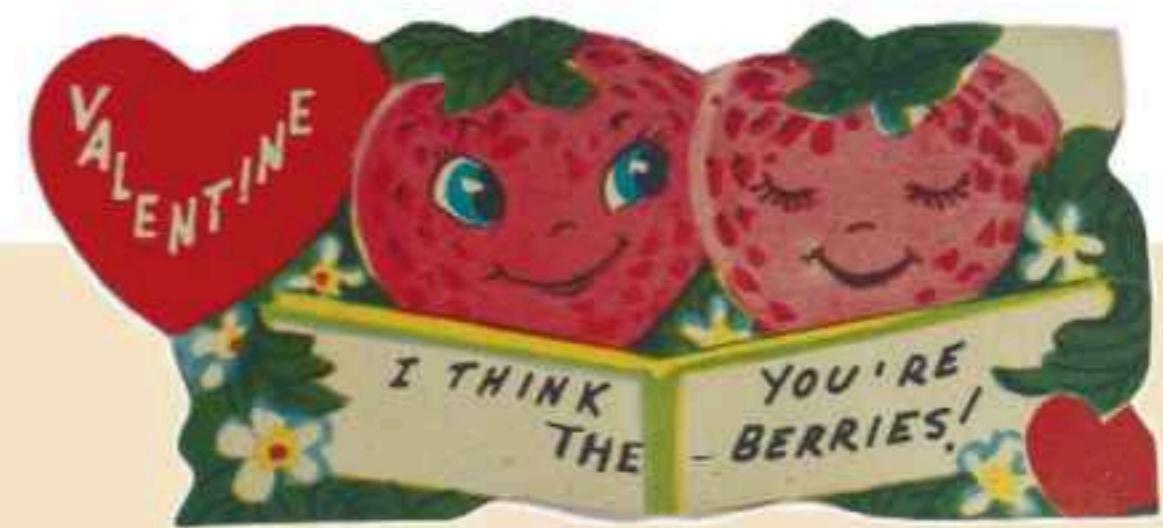
SANTA ROSA
1899 Mendocino Ave.
(707) 546-1806
8am - 8pm daily



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



NOT FOR PROFIT



February Sales

Prices Good 2/2/2026 - 3/1/2026

Bakerly
Hot Dog Buns
The Brioche
9.50 OZ

\$5.99



Tofurky
Meatless Beer Brats
14 OZ

\$7.49



Starlite Cuisine
Taquitos Potato Jalapeno
14 OZ

\$9.79



Wholly Wholesome
Gluten Free Brownies
Fudge
7 OZ

\$4.79



Endangered Species
Chocolate
All Flavors
3 OZ

\$4.99



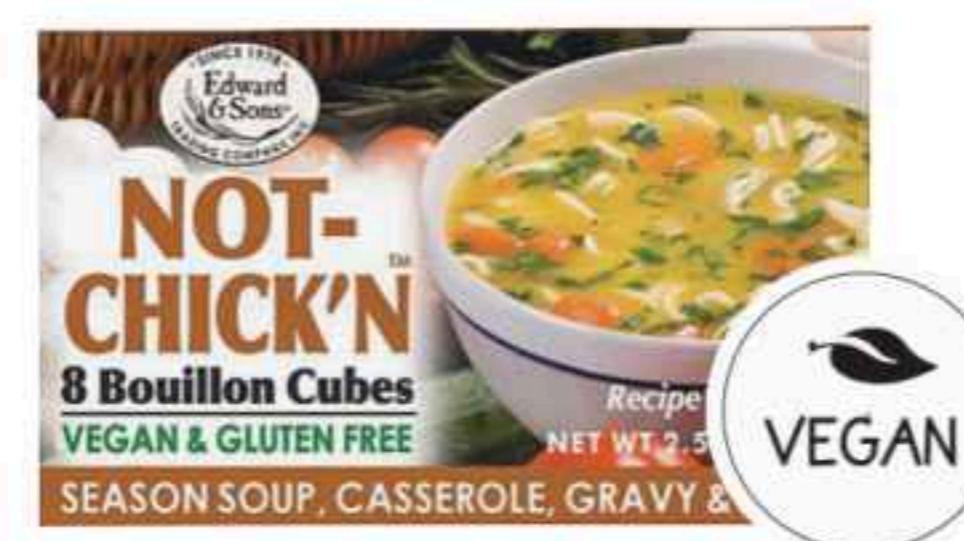
Streits
Kosher Salt Grinder
12.7 oz

\$9.99



Edward & Sons
Bouillon Cubes
Not-Chick'n
2.5 OZ

\$2.99



Bionaturae
Whole Peeled
Tomatoes
28.2 oz

\$4.49



evenhealy
Balancing Ritual - Rose
Face Care Kit

\$27.79

In Store Demos
Sep 2/11 & SR 2/15



Sunbeam
Valentine Candles
Small & Large

\$22.49

large



\$8.99
small

Mickelberry Gardens
Elderberry Honey Tonic
4 & 8 oz

\$11.29

4 oz



\$19.99
8oz

Inesscents
Plant Bath Trio Gift Set
3 x 3.5oz

\$27.99





West County Health Centers

Caring for our Communities

For over 50 years, West County Health Centers has been serving our diverse communities throughout western Sonoma County, regardless of their ability to pay. With a passion for providing trusted, relational, equitable care, West County Health Centers serves thousands of patients, including some of our most vulnerable and underserved individuals, seniors, working families, children, and those experiencing homelessness.

"It is more important to know what sort of patient has a disease than what sort of disease a patient has." William Osler

Donations support a wide range of services, including primary medical and dental care, mental health and addiction services, prenatal and obstetrical services, school-based youth services, and supportive services for patients managing chronic illnesses like HIV/AIDS.

Support community needs: Your gift can help fund critical projects such as rebuilding the Forestville Wellness Center, damaged in a fire in 2020, and can help them continue services like free application assistance for health insurance programs like Medi-Cal and Covered California.



Donate to West County Health Centers here or at the register



GROCERY & CHILL DEALS

Food For Life

Organic Sprouted
Corn Tortillas
10 OZ

\$3.99



ORGANIC

El Burrito

Organic Soyrizo
Meatless Soy Chorizo
12 OZ

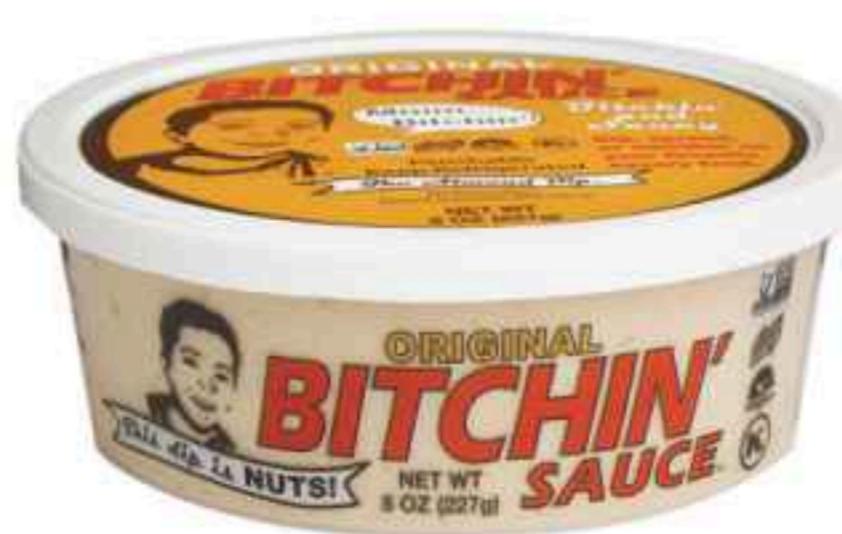
\$4.99



Bitchin'

Sauce, Original
8 OZ

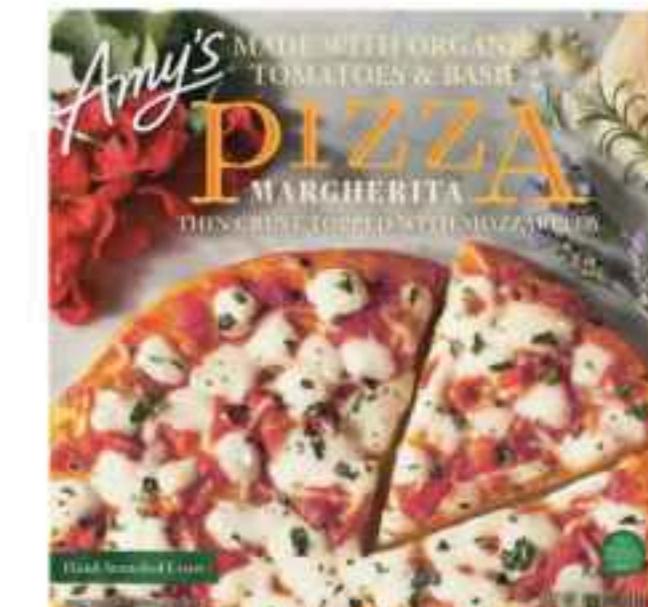
\$4.29



Amy's

Margherita Pizza
Made with Organic
Ingredients
13 OZ

\$11.99



Koia

Plant Protein Drink
Cacao Bean
12 FL OZ

\$3.99
+ CA CRV



Perfect Bar

Organic Protein Bar
Peanut Butter
2.5 OZ

\$2.79



Nasoya Foods

Thai Veggie Dumplings
9 oz

\$5.29



Nuts For Cheese

Un-brie-lievable
4.23 OZ

\$7.29



Chickapea Pasta

Spirals
8 OZ

\$4.79



GLUTEN FREE

Food Earth

Lentil Curry w/Rice
10.58 OZ

\$5.79



Maine Coast

100% Organic Kelp
Granules Seasoning
1.5 OZ

\$5.49



Pamela's

Gluten Free Cookies
Mission Fig Figgies &
Jammies
9 OZ

\$5.99



Nick's Sticks

Grass-Fed Beef Sticks
1.7 OZ

\$3.49



Made In Nature

Apple Slices
3 OZ

\$4.99



Teeccino

Herbal Coffee
Java
11 OZ

\$12.99



Organic India

Organic Tulsi Tea
Honey Chamomile
18 BAG

\$5.79



ORGANIC



EVENTS

FEBRUARY 2026



STITCH N B*TCH NIGHT

Sebastopol Community Market

TUEDAYS 5:30 PM

Bring your knitting, crochet, or any craft project and hang out with fellow makers.

No experience needed, just come and craft with us!

SEBASTOPOL COMMUNITY MARKET'S
TAPROOM & ESPRESSO BAR

THE GARDEN

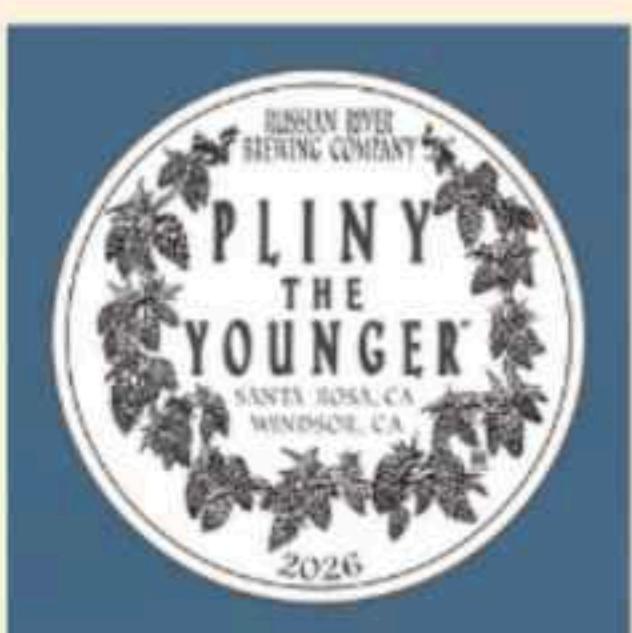


IT'S BIG CHICKEN & PLINY THE YOUNGER RELEASE MONTH, AND WE ARE TAPPING BOTH OF THEM IN THE GARDEN!

We don't have exact dates yet, so come check in throughout the month of February or look for clues on our social media! Don't miss this! Both of these beers will go fast, and we have a limited amount. Pliny the Younger is a super special event and people from all over the world go to their brewery and wait in line for hours to try it. Big Chicken is an annual beer release that takes everything Henhouse has learned about brewing in the last 365 days, and makes a killer, super duper fresh IPA!

Big Chicken - Henhouse Brewing - 10%+ Double IPA

"A once-a-year experiment in freshness and a study in hop excess, we take everything that we've learned about making hoppy beer over the last year, and brew an over-the-top Double IPA. Then we keg and can an entire batch of Big Chicken the day it's done! We keg and deliver the same day, calling it our ZERO DAY IPA. Big Chicken is an opportunity for HenHouse to do something no one else can, while simultaneously getting the beer-drinking public super-hyped on the freshest beer possible!"



Pliny the Younger - Russian River Brewing Co - 10.25% Triple IPA

"Pliny the Younger is a remarkably dry and balanced IPA for the amount of malt used in this recipe. Loaded with hop aroma and flavor, each year's brew is balanced with malt and a lingering dry and bitter finish. We brewed Younger for the first time in 2005 as a winter seasonal release, building upon the Pliny the Elder recipe while pushing the envelope with malt, hops and alcohol just to see how far we could go. Fun fact: Younger has always been at least double dry-hopped (many years even quadruple dry-hopped!) long before DDH became a "thing"! Our 2026 Pliny the Younger features the following hops: Simcoe, Amarillo, Tangier, Citra, Mosaic, Nectarin, Warrior."

Senior Discount Day
WEDNESDAYS & SUNDAYS ALL DAY

**10%
OFF**

alcohol excluded



HEALTHY DISCOUNTS IN WELLNESS

Kyolic
Cholesterol
Lecithin Formula 104
100 CAP

\$14.99



Kate's Magik
Ritual Bath
Love & Passion
8.5 oz

\$13.99



Boiron
Camilia Teething Relief
30 DOSE

\$13.79



Pranarom
Wellness Blends
0.17oz

\$12.49

Immunity Boost

\$13.99

Stress Recovery



Preserve
Adult
Toothbrush
Ultra Soft, Soft,
Med

\$3.49
each



Quantum Health
Elderberry Extract
Immune Support
2oz

\$19.99



Parissa
Wax Strips - Face & Lip
20 CT

\$9.99



Herbs Etc.
Kava Calm
1 oz



Kiss My Face
4 in 1 Moisture
Shave
Fragrance Free
11 OZ

\$10.49



Nutrex Hawaii
Spirulina Tabs
200 TAB

\$21.99



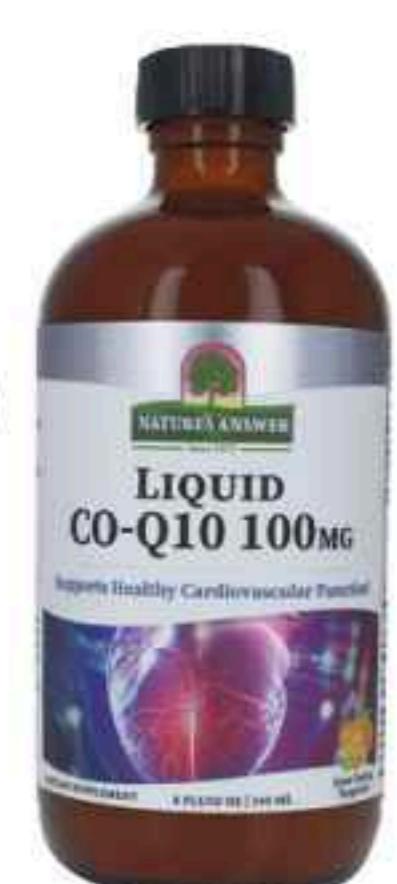
Giovanni Hair Care Products
Bamboo Hair Brushes

\$9.49
each



Nature's Answer
Liquid CO-Q10 100MG
8 FL OZ

\$21.99



Eau Thermale Jonzac
Organic Dermo-
Cleansing Gel
Rehydrate
6.76 FL OZ

\$15.99



Mickelberry Gardens
Throat & Lung Honey
Tonic

\$11.99

4oz



\$19.99
8oz

Redmond Clay
Earthpaste Amazingly
Natural Toothpaste
Lemon Twist
4 OZ

\$9.49



Emerald Labs
Bergamot+ *with Amla,
Camu Camu, and
Pomegranate Extract
60 vcap

\$25.99





FEBRUARY 2026 EVENTS

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



Pop-Up Valentines Day Cards

Thursday, February 5
5:30 PM - 7:30 PM



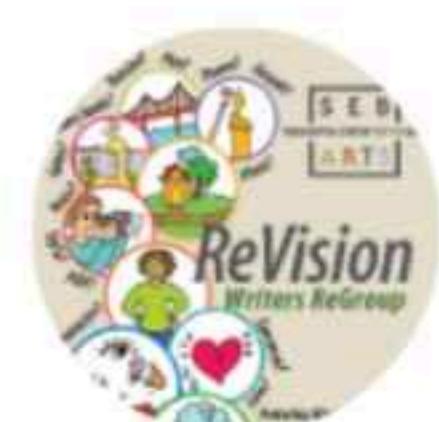
Paint Your Pet in Watercolor:
SebArts & Humane Society of
Sonoma County
Saturday, February 21
1:00 PM - 4:00 PM



Rumi's Caravan
Saturday, February 7
7:00 PM - 8:00 PM



ReVision: Writers ReGroup
Sunday, February 22
1:00 PM - 3:30 PM



Printing with Wayne! Panel Discussion
Sunday, February 8
1:00 PM - 3:00 PM



Film Screening of "The Collector"
with Filmmaker Olympia Stone
Saturday, February 28
3:00 PM - 5:00 PM

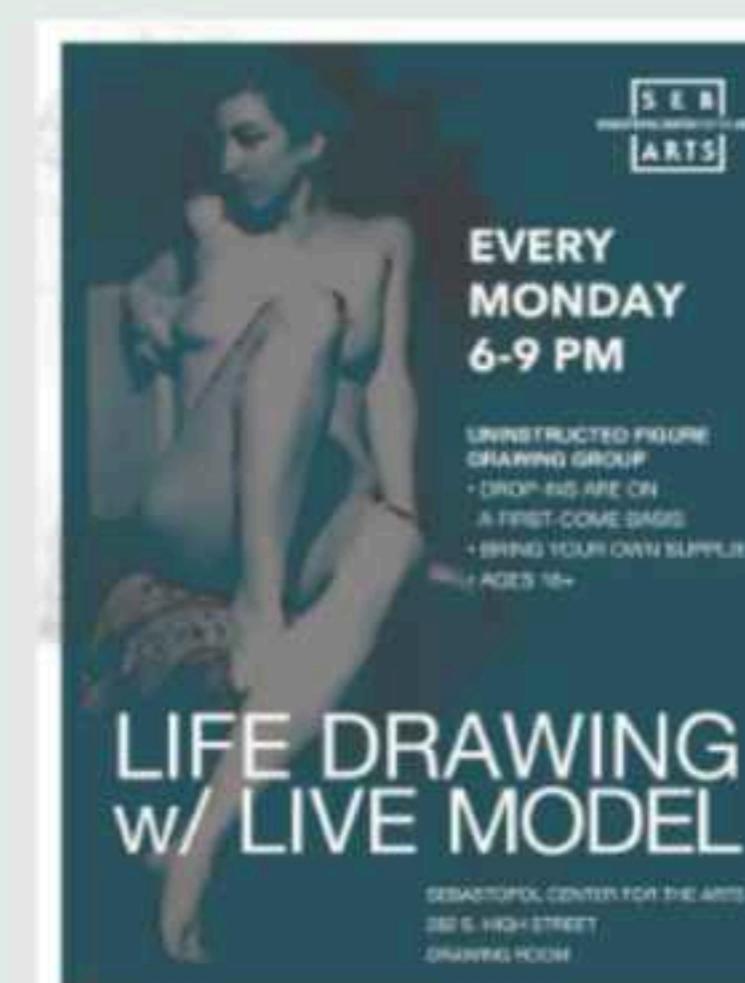


Abstract Collage Minis - Create A Series
Sunday, February 8
11:00 AM - 3:00 PM



WEEKLY EVENTS & CLASSES

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



Feb Session: Life
Drawing Meet-Up
Mondays
February 2 - 23
Starts: Monday 02/02
6:00 PM - 9:00 PM

Poetic Medicine
Tuesday, February 10
4:00 PM - 5:30 PM



Hand-building
Wednesdays
February 11 - 25
Starts: Wednesday
02/11
1:30 PM - 4:00 PM

Friend or Flame:
Speed-Dating + Friending Event
Thursday, February 12
4:00 PM - 6:00 PM



Intro to Wheel Throwing
Fridays
February 27 - April 03
Starts: Friday 02/27
5:00 PM - 7:30 PM

Hot Flash 2
Saturday, February 14
5:00 PM - 8:00 PM

Fran Claggett-Holland Book Launch:
AT DUSK
Sunday, February 15
1:30 PM - 3:00 PM



GROCERY & CHILL DEALS

Melt
Organic Salted Butter Sticks
16 OZ
\$5.99



Sown
Vanilla Oat Creamer
32 FL OZ

\$5.99



Green Valley Creamery
Lactose Free Cheddar Block
8 OZ

\$4.99



Evolution Fresh
Organic Cold-Pressed Juice
Orange
59 FL OZ
\$10.79
+ CA CRV



Hail Merry
Miracle Tart
Meyer Lemon
3 OZ

\$4.99



Farmhouse Culture
Organic Gut Shots
Golden Turmeric
16 FL OZ

\$5.99



Field Roast
Plant-Based Sausages
Smoked Apple & Sage
12.95 OZ

\$6.79



Ithaca Hummus
Hummus
Lemon Garlic
10 OZ

\$4.79



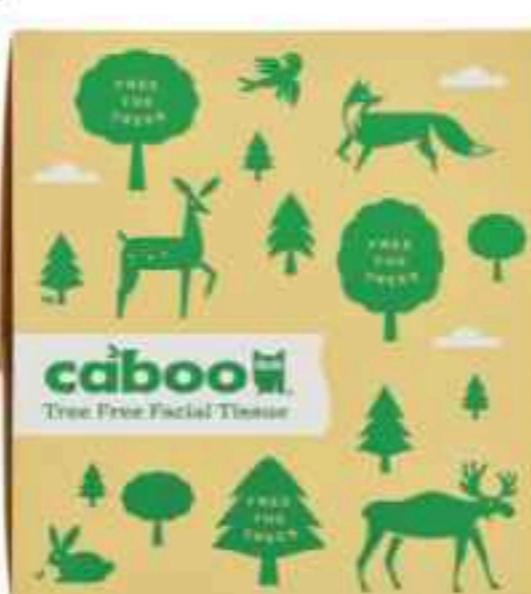
World Centric
Bamboo Cutlery Set
Assorted
24 CT

\$2.49



Caboo
Facial Tissue 60ct - 3ply
1 CT

\$3.29



Melitta
Bamboo Filter, #4
80 CT

\$5.79



Coco Clean
Laundry Max Powder
Free & Clear
11.6 OZ

\$8.49



Seventh Generation
All Purpose Cleaner
23 FZ

\$5.99



Winnie Lou The Canine Co
Mint Dog Treats
4 OZ

\$6.99



Ark Naturals
Neem Protect Shampoo
8 FL OZ

\$7.99



Portland Pet Food Company
Salmon & Rice Dog Meal
9 OZ

\$6.99



FEBRUARY IS NATIONAL CHOCOLATE MONTH



Celebration of Chocolate Month is specially dedicated to celebrating the tasty goodness that is chocolate. Chocolate is nearly as old as time, as the earliest known history of it took the form of a drink consumed by the Mayans.

The Mayans revered cacao as a divine gift, using it in sacred rituals, as currency (cacao beans), and in important ceremonies like baptisms and weddings, often preparing it as a bitter, spiced drink called xocolatl, consumed hot or cold and mixed with chili, vanilla, or maize. It symbolized life, fertility, and the gods, appearing in art and burials, and was central to Mayan culture as a prestige item and an offering.

The Mayans also traded it to the Aztecs who also revered cacao as a divine gift. Using it in a similar way to the Mayans, prepared from ground beans with water, chili, and spices, it was consumed cold for energy and prestige and served at ceremonies, while cacao beans themselves were a major economic commodity and also as valuable currency.

Most of the chocolate consumed today is in the form of sweet chocolate, which is a combination of cocoa solids, cocoa butter or added vegetable oils, and sugar. The milk chocolate variation also contains milk powder or other forms of milk such as condensed milk.

To date, the largest producer of cocoa, the main ingredient in the production of chocolate, is West Africa, with Ghana and the Ivory Coast being responsible for 70% of the entire world's cocoa production output.



Chocolate Mole Sauce

by Lindsay Cotter



FOOD FOR PEOPLE
COMMUNITY
MARKET
EST. 1975
NOT JUST ANGELIC

YEILD: 2 CUPS

INGREDIENTS

- 4 teaspoon Spectrum Olive Oil
- 4 garlic cloves (2 teaspoon, minced)
- 1 cup white onion, chopped
- 4 tablespoon Spicely Chili Powder*
- $\frac{1}{2}$ teaspoon Spicely Cinnamon*
- 4 teaspoon Spicely Cumin*
- 2 teaspoon Spicely Dried Oregano*
- Pinch of Spicely Ground Cloves*
- 2 chipotle peppers in adobo sauce
- 3 to 1 $\frac{3}{4}$ cups of Edward & Sons "Not Chicken" Bouillon (Sale \$2.99 - 2.5 oz) – less broth creates a thicker sauce.
- 4 tablespoon fresh ground creamy almond or peanut butter from our bulk section
- 2 ounce Endanger Species Dark Chocolate (Sale \$4.99 - 3 oz)
- 2 tablespoon Equal Exchange Unsweetened Cocoa Powder
- Streits Kosher Salt (Sale \$9.99 - 12.7 oz)*

DIRECTIONS

1. Heat the olive oil in a medium saucepot, and add the garlic and onion sauteing on medium heat for about 2 minutes or until it is fragrant.
2. Add the spices – chili powder, cinnamon, cumin, oregano, cloves, and chipotle (optional). Mix them all together, and cook for an additional 1 to 2 minutes.
3. Remove the pot from the heat, and add the broth, stirring to combine.
4. Carefully, transfer the sauce to a high-speed blender. Or, use an Immersion Blender to blend the ingredients until smooth.
5. Transfer the mixture back to the pot, and add almond butter, chocolate, cocoa powder, and sea salt. Return the heat to medium-high, and bring the sauce to bubbling before reducing the heat back to low. Let it simmer for 15-20 minutes.
6. Use as a simmer sauce for veggies, tofu or meat, as a topping or dip.

**Check out our bulk department for many of your spice & seasoning needs.*

EQUAL EXCHANGE

FAIRLY TRADED



Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through our success, the contribution of worker co-operatives and Fair Trade to a more equitable, democratic and sustainable world.

Our History

Equal Exchange started with an idea: what if food could be traded in a way that is honest and fair, a way that empowers both farmers and consumers? Our founders - Rink Dickinson, Jonathan Rosenthal and Michael Rozyne - asked this question as they envisioned a trade model that values each part of the supply chain. They decided to take a big risk and started importing fairly traded coffee from Nicaragua in 1986, despite a US embargo against the Sandinista government. A new business was born from this bold act of solidarity with Latin American farmers and Equal Exchange grew from there.



Small Farmer Grown

We've been a proud supporter of authentic fair trade since day one, and to us that means knowing and working directly with the farmers who produce our food. We partner with farmer cooperatives who are democratically organized, sharing resources and decision-making among their members. Collectively, they gain crucial market access and decide how to invest fair trade and organic premiums in their communities. We now source from over 40 small farmer organizations around the world. Our longstanding relationships allow us to secure the best crops, while continuing to develop innovative programs in collaboration with the co-ops, from crop diversification to quality trainings to women's leadership development.

Co-op Owned

We expect no less from ourselves than we ask of our farmer partners. For that reason we have chosen to organize ourselves as a worker co-op, an alternative business model based on democratic principles. Each worker-owner gets one vote, has access to shared financial information, and invests an equal share in the business. In contrast to the national trend of growing income inequality, we have a 5:1 top-to-bottom pay ratio, plus excess profit distribution shared equally among worker-owners at the end of each year. We also have a "Never Sell Out" clause in our by-laws ensuring that in the event of a sale, all net proceeds would be donated to another alternative trade company.



EQUAL EXCHANGE FEBRUARY PROMOTIONAL PRICING - SELECTION MAY VARY

Whole Bean & Ground Coffee

\$13.99



Boxed Teas

\$4.99



Chocolate Bars

\$4.99





OPEN DAILY
8 AM - 9 PM
LAST CALL 8:30PM!



HAPPY HOUR
4PM - 6 PM
\$1 OFF PINTS &
GLASSES OF WINE

ESPRESSO BAR SPECIALS

12 OZ \$6 & 16 OZ \$7



SACRED MUSHROOMS CACAO MOCHA

Containing a blend of 14 Sacred Mushrooms.

Ginger & Sea Salt or Cayenne Cinnamon, Espresso and choice of milk

Love this special! Find Sacred Mushrooms Cacao in our grocery department.



JUST MY CHAI

Sweet Masala Chai Latte, dark chocolate, choice of milk, topped with whipped cream



KASHMIRI SWEET GREEN TEA CHAI LATTE

Green tea, cardamom, bitter almond, saffron, and ginger, organic cane sugar sweetened, choice of milk

LOVE POTION MOCHA

Dark chocolate mocha, house-made vanilla-rose simple syrup, choice of milk & whipped cream, topped with rose petals

FLOWER POWER TEA LATTE

Earl gray tea, house-made orange blossom simple syrup, choice of milk, topped with rose petals



TAPROOM SPECIALS



\$7 - 12 OZ MIMOSAS

Organic Bubbles with a splash of organic OJ

EVERY SUNDAY 8 AM - 12 PM

\$6 PINTS OF OLD CAZ

One Way West Coast IPA
ALL DAY EVERYDAY



BEER & WINE DEPARTMENT SPECIALS

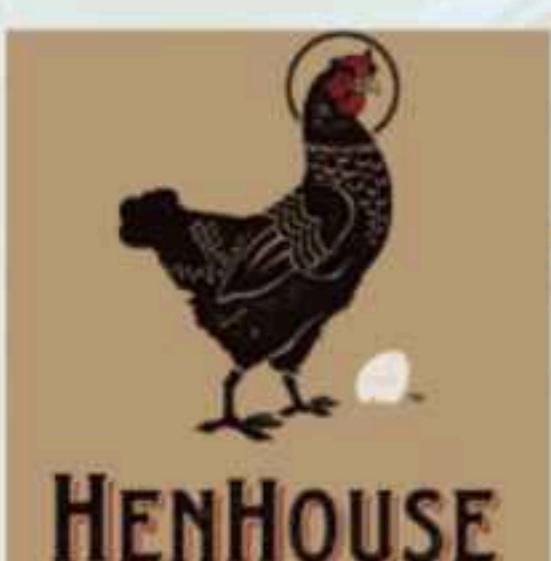


GOWANS CIDER GIFT BOXES \$39.99 - REG \$49.99 WHILE SUPPLIES LAST!

Each box contains 3 (Rose, Heirloom, & Spiced) certified organic, sustainably farmed cider made from California apples.



a lovely Valentine's Day gift



GET \$5 BACK ON ANY 2 HENHOUSE 6 PACKS

Send them your receipt, via the QR code found on our shelf tag, and get a \$5 rebate!



FOOD FOR PEOPLE



COOKING UP THE BEST FOR YOU 7 DAYS A WEEK FROM 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.

ROTATING HOT BAR MENU (LUNCH/DINNER)

Our hot bar features a rotating selection of freshly made dishes prepared with care by our deli team. Everything is made from scratch with quality ingredients, and ALL produce is organic.

You'll find a mix of hearty vegan and vegetarian entrées, savory chicken or turkey dishes, and wholesome sides like soups, curries, rice, and roasted vegetables.

Selections change daily based on availability.

Please call our deli to find out what we're serving today, (707) 407-4020



RICE & BEANS • STEAMED CARROTS AND BROCCOLI • COCONUT RICE • BBQ PORK • KUNG PAO TOFU
POTATOES, PEAS, CARROTS & GREEN BEAN CURRY • BOK CHOI • QUINOA TRINITY • GARLIC LOVERS PASTA
STEAMED CARROTS AND BROCCOLI

RICE & BEANS • CAULIFLOWER • CHICKEN ENCHILADAS • CARNITAS • CHICKEN FAJITAS • CHIPS
TOFU FAJITAS • SPANISH RICE • TEMPEH ASADA • PICO DE GALLO • GUACAMOLE • KALE WITH GARLIC

RICE & BEANS • PAPRIKA OR TERIYAKI CHICKEN THIGHS • LASAGNA • SMASHED POTATOES • CHOW MEIN
BREADED CHICKEN TENDIES • TURKEY MEATBALLS • PEAS & CARROTS • ISLAND TOFU • CHICKPEA STEW

RICE & BEANS • GINGER GARLIC TAMARI BOK CHOI • COCONUT RICE • STEAMED CARROTS • INDIAN TOFU
TURKEY MEAT BALLS • LEMON GRASS CHICKEN • POTATOES GRATIN • SPINACH TEMPEH • LASAGNA

RICE & BEANS • THAI CURRY CHICKEN BREAST • HERB CAULIFLOWER RICE • ZUCCHINI • BOK CHOI
CARIBBEAN BEEF STEW • ITALI STEW • JERK TOFU • JERK CHICKEN • HUSH PUPPIES

RICE & BEANS • MAC AND CHEESE • KALE WITH GARLIC • CREAMED SPINACH • STIR FRY • POT ROAST
THAI COCONUT BASIL POLENTA • FRIED CHICKEN OR TERIYAKI CHICKEN THIGHS
OLIVE OIL MASHED POTATOES

RICE & BEANS • KALE WITH GARLIC • BRUSSEL SPROUTS • TEMPEH STEAK WITH MARINADE • MEATLOAF
MAC AND CHEESE OR QUINOA • OLIVE OIL MASHED POTATOES • BROCCOLINI • MUSHROOM GRAVY
BREADED CHICKEN TENDIES

FOOD FOR PEOPLE



New Butcher Shop Hours 9:00 AM – 5:00 PM