

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



April Sales

4/1/2024 - 4/28/2024

Elemental
Dark Chocolate
1.8 OZ



\$2.79

Abbots Butcher
Chopped Chick'n
10 oz

\$7.49



Mamma Chia
Organic Blackberry
Hibiscus
10 FL OZ



\$2.99
+CA CRV

Alden's Organic
Organic Ice Cream Bar
Vanilla Fudge
12 OZ

\$6.49



Grandy Organics
Organic Coconola
Coconut Granola
Original
9 OZ



\$8.49

Wella Bar
N'Oats
Cranberry Pecan Grain
Free Cereal
1.6 OZ



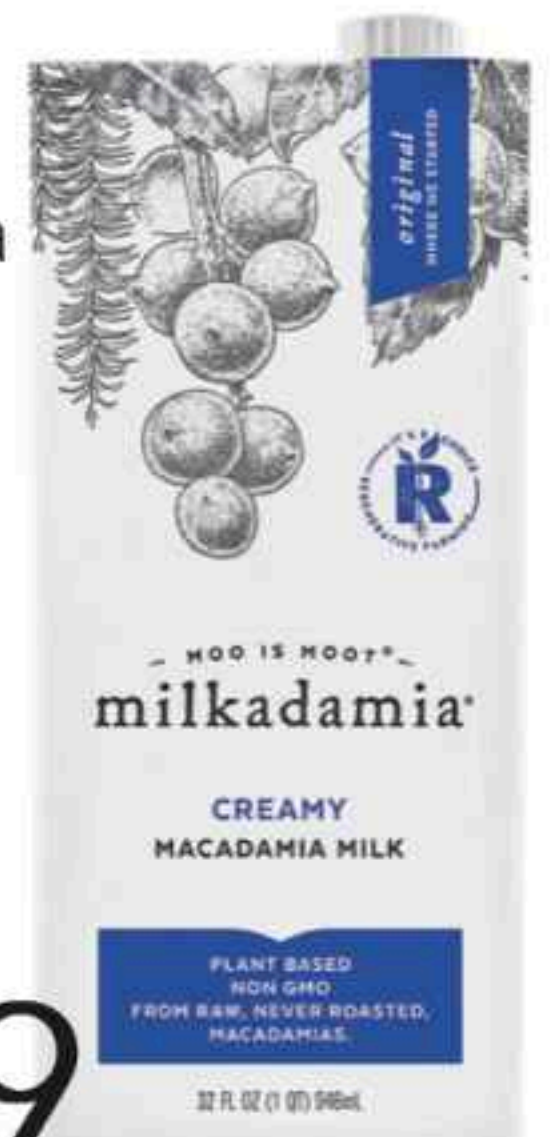
\$2.49

Laird Superfood
Superfood Creamer
Original
8 OZ

\$8.79



Milkadamia
Nut Milk
Macadamia
32 FL OZ



\$5.49

Klean Kanteen
Mother's Day
Collection



20% off

Kuli Kuli
100% Organic Moringa
Vegetable Powder
Green Superfood
7.4 OZ



\$16.79

Dr. Bronner's
Castile Soap
32 FL OZ



\$13.99

Xlear
Nasal Spray
.75 FL OZ



\$10.29

1.5 oz

\$5.79

0.75 oz

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



GROCERY & CHILL DEALS

Wildwood Natural Foods
Organic Sprouted
Tofu
Firm
14 OZ

\$3.29



Cascadian Farm
Organic Frozen
Potatoes
Hash Browns
16 OZ

\$5.49



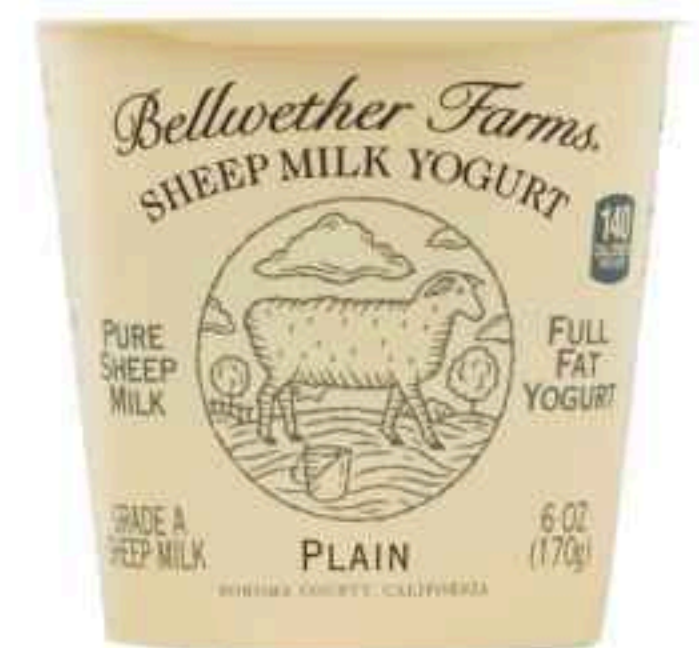
New Barn
Organic Almond Milk
Unsweetened
32 FL OZ

\$5.79



Bellwether Farms
Plain Sheep Milk Yogurt
6 OZ

\$2.79



Siete
Grain Free Tortillas
Almond Flour
7 OZ

\$8.49



Lumen
Immunity Shot
Ginger Turmeric
1.8 FL OZ

\$3.29



Hilary's Eat Well
Organic Veggie
Burgers
World's Best
10 OZ

\$4.99



Ithaca Hummus
Hummus
Lemon Garlic
10 OZ

\$4.49



Pamela's
Figgies & Jammies
Cookies
Raspberry & Fig
9 OZ

\$5.79



C2o
Pure Coconut Water
17.5 FL OZ

\$2.49
+CA CRV



Tarazi
Falafel mix
10 OZ

\$5.29



Westbrae Natural
Organic Beans
Lentil
15 OZ

\$3.29



Louisville Vegan Jerky
Vegan Jerky
Smoky Carolina BBQ
3 OZ

\$6.29



Cascadian Farm
Organic Cereal
Cinnamon Crunch
9.2 OZ

\$4.99



Artisana
Organic Nut Butter
Raw Almond
14 OZ

\$18.99



Element
Organic Dipped Rice
Cakes
Dark Chocolate
3.5 OZ

\$4.29



EVENTS WITH OUR COMMUNITY

COMMUNITY MARKET
Zero Waste Action - Sonoma County

Clothing Swap

Saturday
April 20th, 2024
11 - 2:30pm

6762 SEBASTOPOL AVENUE



GREEN TEAM COMMUNITY MARKET
reduce reuse recycle

Please bring clean, gently used clothes.

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!

ALL AGES WELCOME!

SEBASTOPOL

DJ NIGHT




AT COMMUNITY MARKET
THURSDAYS 5-8PM

6762 SEBASTOPOL AVE

THE GARDEN
TAPROOM & ESPRESSO BAR

Stitch 'n B*tch



THE GARDEN
TAPROOM & ESPRESSO BAR

Community Market Sebastopol
Tuesdays 5:30-7:30



KARAOKE



FRIDAYS
6:00 - 8:00PM

THE GARDEN
TAPROOM & ESPRESSO BAR

FREE SESSIONS!

ENERGY ENHANCEMENT SYSTEM will be at
SOFT MEDICINE
APRIL 4-18

Sponsored by
Community
Market

Empower the Body's
Self-Healing Mechanism

Support Cellular Rejuvenation

Our Guests Experience Healings
They Never Thought Possible



INFO >
EnergyWaveCenter.com

HEALTHY DISCOUNTS IN WELLNESS

Tints of Nature
Hair Lightener Kit
4.4 FL OZ

\$23.99



Reboost-Medinatura
Cold & Flu Tablets
Zinc +10 Lemon
60 TAB

\$14.29



Ginger People
Rescue Ginger Shot
Lemon & Cayenne
2 FL OZ

\$2.99



Forces Of Nature
Migraine & Nerve Pain
4 ML

\$8.99



Sukin
Cleansing Oil
4.23 oz

\$10.49



Lily Of The Desert
Whole Leaf Preservative
Free Aloe Vera Juice
16 FL OZ

\$10.49



NatruCare
Organic Cotton
Tampons
10

\$3.79



Good Day Chocolate
Sleep Supplement
Candy Coated Chocolate
.99 OZ

\$2.99



T-Relief-Medinatura
Pain Relief Cream
Extra Strength
3 OZ

\$15.29



Quantum Health
TheraZinc Throat
Spray
2 oz

\$8.49



Earth Science
Natural Deodorant
Herbal Scented
2.45 OZ

\$6.49



Bulletproof
XCT OIL
16 FL OZ

\$15.99



Mongo Kiss
Mongo Kiss Lip
Balm Peppermint
.25 OZ

\$2.79



Forces Of Nature
Organic Allergy
Medicine
Maximum Strength
10 ML

\$11.99



Similasan
Removal Kit
Ear Wax
1 KIT

\$7.29



Gear Hugger
Gear Hugger Multi-
Purpose Lubricant
3 OZ

\$7.29





Peacetown is a 501(c)3 nonprofit corporation created to promote peace, educate in the ways of peace, raise funds for peaceful events, and build a community of peace activists.

Peacetown's mission is to promote and encourage peace in the individual, the community and the world. Peacetown does this through events (such as their free Peacetown Summer Concert Series), classes to support and grow peace, and community gatherings. They aim to raise funds for the Peacetown Trust Fund to support peace projects throughout the world.



Give at the register at any Community Market location or donate directly here



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

Hotbar available daily for \$11.99/lb.

Always offering a great selection including a vegetarian or vegan & meat main, soups, beans & rice as well as kale.

Breakfast hotbar available 8 am - 12 pm daily.

ONLY AT OUR SEBASTOPOL LOCATION
6762 Sebastopol Ave. 707.407.4020

CMNATURALFOODS.COM/THE DELI



GROCERY & CHILL DEALS

Koia
Plant Protein Drink
Cacao Bean
12 FL OZ

\$3.79
+ CA CRV

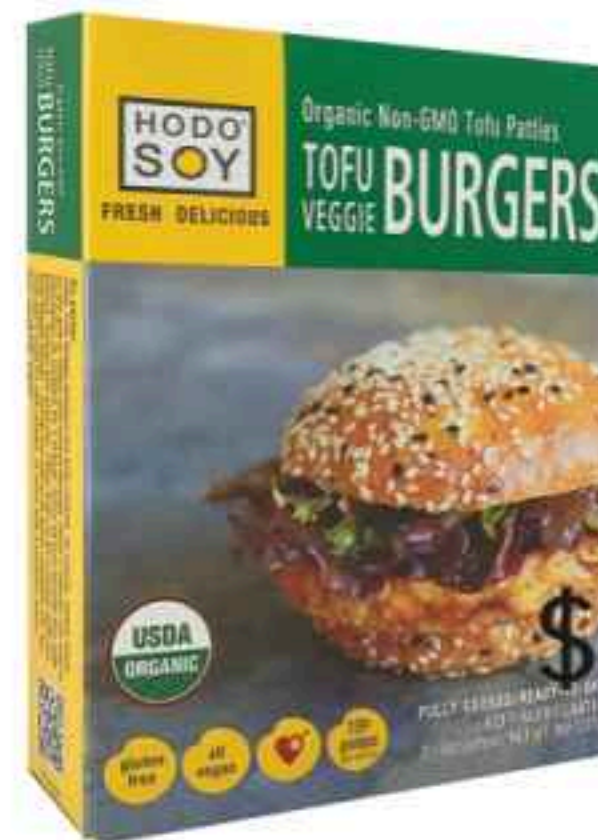


Against The Grain
Gourmet Food
Pita Bread
Original Lebanese
Style
13.8 OZ

\$7.79



Hodo Foods
Tofu Burger
2/4 OZ



\$6.79

Little Northern Bakehouse
Gluten Free Bread
Millet & Chia
16 OZ

\$6.29



Suja
Organic Juice
Mighty Dozen
12 FL OZ

\$3.79
+ CA CRV



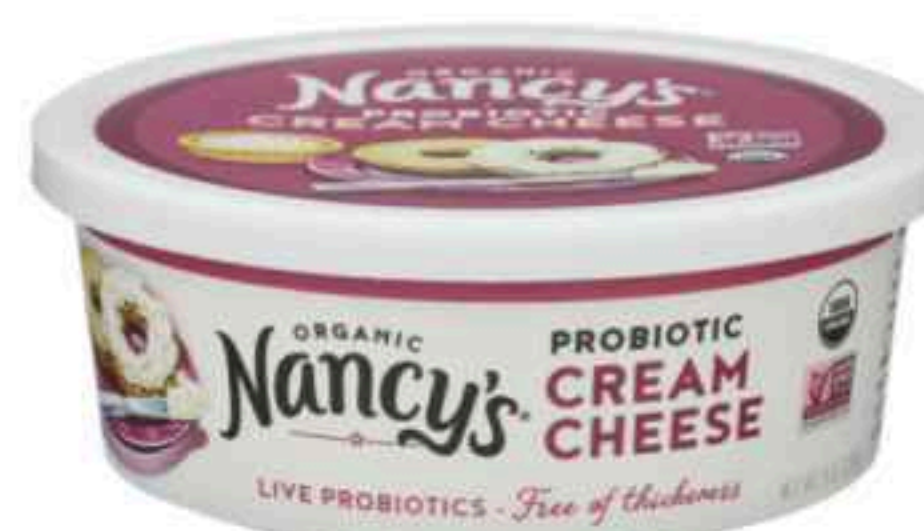
Bitchin'
Sauce
Original
8 OZ

\$5.49



Nancy's
Organic Probiotic
Cream Cheese
8 OZ

\$4.29



Evive
Smoothie Cubes
Sapphire
10.58 OZ

\$6.79



Repurpose
100% Compostable
Cold Cups
20 CT

\$5.99



Caboo
WIPES, BAMBOO, PET
70 CT

\$9.79



Green 2
90ct Ultra Soft Facial
Tissue

\$1.99



If You Care
Unbleached
Cheesecloth
2 YD

\$3.49



Biobag
Kitchen Food Scrap
Bags
Tall
12 CT

\$5.29



Citra-Solv
Valencia Orange
Multi-Purpose Spray
22 FL OZ

\$6.49



Nellie's
Laundry Soda
3.3 LBS

\$19.99



Seventh Generation
Chlorine Free Bleach
Free & Clear
64 FL OZ

\$5.99



The Time is Ripe

seasonal produce, seasonal recipes

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

Turnips Wild forms of the turnip and its relatives, the mustards and radishes, are found over western Asia and Europe. Starting as early as 2000 BC, related oilseed subspecies of *Brassica rapa* like *oleifera* may have been domesticated several times from the Mediterranean to India, though these are not the same turnips cultivated for its roots. Furthermore, estimates of domestication dates are limited to linguistic analyses of plant names. Edible turnips were possibly first cultivated in northern Europe, and were an important food in the Hellenistic and Roman world. The turnip eventually spread east to China, and reached Japan by 700 AD. Turnips were an important crop in the cuisine of pre-Civil War America. They were grown for their greens as well as the roots, and could yield edible greens within a few weeks of planting, making them a staple of new plantations still in the process of becoming productive. They could be planted as late as the fall and still provide newly arrived settlers with a source of food.



Balsamic Roasted Turnips with Spring Onion

INGREDIENTS

- 1.5 lbs turnips 3-4 Medium Turnips/ 3 inch wide, Washed, stems trimmed and peeled as you like (Cut into 1/2 inch x 1/2 inch sticks- lengthwise)
- 1 onion small bunch of spring onions sliced thin
- 2 Tbsp Balsamic Vinegar
- 1.5 tbsp olive oil

Spices

- 1 tsp granulated garlic
- 3/4 tsp sea salt
- 1 tsp black pepper
- 1 tsp smoked paprika

Top Before Roasting

DIRECTIONS

1. Oven Roasting
2. Preheat Oven to 450 degrees.
3. Grab a 9 x13 inch baking dish. I like to use a glass Pyrex dish for easy cleaning.
4. Add turnips, onion, olive oil and balsamic to the dish and give it a stir.
5. Add the spices: garlic powder, salt, pepper and smoked paprika. Give it a stir to coat everything.
6. Top with cold butter, dispersed evenly.
7. Roast for 25-30 mins uncovered, stirring halfway through. It's done once it's golden and kind of caramelized looking. Can test with a sharp knife as well. Adjust salt and pepper to your liking and enjoy!!

THE GARDEN

TAPROOM & ESPRESSO BAR

located inside Community Market in Sebastopol

20 rotating taps featuring local brews!

Cider · Kombucha · Kvass

Locally Made Pastries

Organic Espresso · Premium Tea · Matcha

Open Mic Every Sunday!

**BLACK
OAK**

COFFEE ROASTERS

Biotic



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



Small Pie Pizza Co.



PIZZA AVAILABLE 4-8PM DAILY

\$11 Pint & Slice Happy Hour Special 4-6pm

Made Using Ingredients From Community Market!

No Substitutions

Classic Cheese

Grande Mozzarella, Grande Parmesan, Red Sauce

Spicy Tomato Pie

Organic Tomato Sauce Crushed Calabrian Chiles, Garlic Oil, Capers

Extra Pepp

Thinly Sliced Molinari Pepperoni, Mozzarella, Parmesan, Red Sauce

The Green Light

Arugula, Green Onion, Caper, Mozzarella, Garlic Oil

Dreamy Mushroom

Mycopia Trumpet Royale Mushrooms, Shallot, Garlic, Thyme Parsley, Mozzarella, Strauss Cream Sauce

The Europizza

Woodlands Smoked Kielbasa Sausage, Geyserville Gourmet Saurkraut, Creamy Whole Grain Mustard Sauce, Mozzarella, Smoked Paprika

THE GARDEN

TAPROOM & ESPRESSO BAR