



# APRIL SALES

Prices valid April 1st - April 30th



FOOD FOR PEOPLE

## COMMUNITY MARKET

est. 1975

NOT FOR PROFIT



Equal Exchange  
Dark Hot Chocolate  
**\$7.49**



12 OZ

Just Frozen Plant  
Based Egg **\$3.79**



12 OZ

Plant Snacks Vegan  
Chips **\$3.29**



5 OZ

Biotic Organic  
Kvass **\$2.79**  
+ CA CRV



15.2 OZ

Evive Smoothie  
Cubes **\$5.99**



10.58 OZ

Sweet Creek Foods  
Organic Fruit Spread **\$5.49**



10 OZ

Califia Farms  
Vanilla Almond  
Milk **\$3.99**



48 OZ

Manischewitz  
Potato Pancake  
Mix **\$3.29**



6 OZ

## Dr. Bronner's Pure Castille Soap \$14.99 All April!



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



# GROCERY & CHILL DEALS



Miyoko's Vegan  
Cheese Wheel

**\$7<sup>99</sup>**

6.5 oz

Brami Snacking  
Lupini Beans

**\$4<sup>29</sup>**



5.3 oz

Hilary's Vegan  
Burger Patties

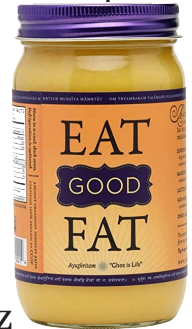
**\$3<sup>29</sup>**



6.4 oz

Ancient Organics  
Ghee

**\$16<sup>49</sup>**



16 oz

If You Care  
Household Gloves

**\$3<sup>79</sup>**



1 pair

REBBL Pop Probiotic  
Tonic

**\$1<sup>79</sup>** + CA CRV



12 oz

The GFB Gluten-  
Free Snack Bites

**\$4<sup>49</sup>**



4 oz

Wholly Wholesome  
Organic Pie Shells

**\$5<sup>49</sup>**



14 oz

Lightlife Vegan  
Smart Dogs

**\$3<sup>79</sup>**



13.5 oz

Wholesome Organic  
Brown Sugar

**\$4<sup>99</sup>**



24 oz

Cascadian Farms  
Riced Cauliflower

**\$3<sup>79</sup>**



12 oz

TruRoots Organic  
Sprouted Green  
Lentils

**\$4<sup>99</sup>**



10 oz

Equal Exchange  
Organic Coffee

**\$8<sup>99</sup>**



12 oz

Forager Cashewmilk  
Yogurt

**\$4<sup>79</sup>**



24 oz

One Degree Organic  
Cereal

**\$4<sup>49</sup>**



10 oz

Rumiano Organic  
Cheese Blocks

**\$4<sup>79</sup>**



8 oz





## EVENTS WITH OUR COMMUNITY

# Homemade Natto Demonstration

Nattō, is a traditional Japanese food made from whole soybeans that have been fermented with *Bacillus subtilis* var. natto

*Sunday, May 1st 11am to 1pm*  
*at Santa Rosa Community Market*



Contact: [tomoe@fermentfield.com](mailto:tomoe@fermentfield.com) for more information



**TO UKRAINE WITH LOVE**  
a fundraiser for humanitarian aid for the people of Ukraine  
**SUNDAY, MAY 1, 2022**  
**AT COMMUNITY MARKET, SEBASTOPOL**  
**12:00 TO 4:00 PM**  
**Admission is Free**  
Performances by  
Zoloti Maky - Ukrainian-American Dance Ensemble  
Sonoma County Taiko Drummers  
Peacetown All-Stars Dance Party  
Love Choir Beatles Sing Along  
Sponsors & Partners  
Mr. Music  
Sebastopol Center for the Arts  
Sebastopol World Friends  
Ukrainian American Coordinating Council



**COMMUNITY MARKET**  
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NOT FOR PROFIT



**Live Music Lantern's**  
**Thursday Kids Jam**  
Weather permitting  
Monthly Kids Jam  
Every Second  
Thursday  
1:15-3:00 pm  
**April 14th &**  
**May 12th**  
**June 2nd**  
Join us for an outdoor kids concert  
led by Sebastian St. James.  
**Sebastopol Community Market's**  
**Mel Minton Memorial Stage**  
6762 Sebastopol Ave. (707) 407-4020







# HEALTHY DISCOUNTS IN WELLNESS

Lakewood Whole Leaf Aloe

**\$8<sup>49</sup>**



32 oz

ShiKai Borage Shampoo & Conditioner

**\$9<sup>99</sup>**



8 oz

Similasan Dry Eye Drops

**\$11<sup>99</sup>**



0.33 oz

Genuine Health Unflavored Collagen

**\$18<sup>99</sup>**



9.88 oz

Griffin Remedy Omega-3 Body Lotion

**\$11<sup>99</sup>**



8 oz

Nordic Naturals Ultimate Omega

**\$33<sup>99</sup>**



4 oz

SmartyPants Women's Multivitamin

**\$29<sup>99</sup>**



120 ct

Sprout Living Sunflower Seed Protein Packet

**\$2<sup>99</sup>**



35 g

Xlear Nasal Spray

**\$5<sup>49</sup>**



.75 oz

LifeSeasons Adrenal-T Adrenal Support

**\$27<sup>99</sup>**



60 ct

Wild Carrot Herbals Love in a Mist Facial Toner

**\$17<sup>99</sup>**



5 oz

Andalou Daily Defense Lotion SPF 18

**\$13<sup>99</sup>**



2.7 oz

The Humble Co. Toothpaste Tabs

**\$6<sup>49</sup>**



60 ct

Bach Pet Rescue Remedy

**\$16<sup>99</sup>**



10 ml

Sukin Super Greens Moisturizer and Facial Scrub

**\$9<sup>99</sup> each**



4.23 oz





# BULK SAVINGS



**Bulk Snacks on the Go!**



Since 2005, Pure Bliss Organics has been making Paleo, traditional, and no sugar granola, real food bars and snack bites, and gourmet nut blends. These products are all gluten free, certified organic, naturally non-GMO, and most are vegan!

## Or Make Your Own Custom Granola Bites!

These chewy peanut butter trail mix bars are filled with healthful, wholesome ingredients like almonds, oats, nut butter, and raisins. Add chocolate chips for delicious flavor and pop them into the refrigerator to set. They're no bake, easy, and totally customizable based on what you have or like. Recipe and Photo by Sally McKenney

- 2/3 cup (about 95g) whole almonds
- 2/3 cup (about 95g) whole cashews
- 1 and 1/2 cups (120g) old-fashioned whole rolled oats or quick oats, divided
- 1/3 cup (32g) ground flax
- 1/3 cup (40g) dried cranberries
- 1/3 cup (50g) raisins
- 1/2 cup (120g) honey (or maple syrup or brown rice syrup)
- 3/4 cup (185g) creamy or crunchy peanut butter
- 2 Tablespoons (30ml) coconut oil
- 1/3 cup (60g) mini chocolate chips



1. Line the bottom and sides of an 8-inch or 9-inch square baking pan with parchment paper, leaving an overhang on the sides to lift the bars out (makes cutting easier!). Set aside.
2. Pulse the almonds, cashews, and 1/2 cup (40g) oats in a food processor about 10x or until lightly chopped. (Without pulsing these ingredients, the bars will fall apart.)
3. Pour pulsed mixture into a large bowl. Stir in remaining oats, the ground flax, cranberries, and raisins until combined. Set aside.
4. In a medium pan over medium heat or in a microwave-safe bowl, melt the peanut butter, honey, and coconut oil together. Stir to combine, then pour over the dry ingredients. Add the chocolate chips, then stir to combine everything.
5. Transfer mixture to prepared pan. Using the back of a flat spatula, press the mixture tightly and firmly down into the pan. Make sure it's compact, which helps guarantee the bars will hold their shape.
6. Place bars into the refrigerator to set up for at least 1 hour and up to 2 days.  
Cut into rectangle or square bars. Cover and store the bars for up to 1 week at room temperature or for up to 2 weeks in the refrigerator.





## *Our mission*

Neighborhood Garden Initiative exists to bring function, purpose, and beauty to the land we occupy, educate families on the importance of food sovereignty, and lend a helping hand to all in need. Our goals are to put a garden in every home, share our knowledge and bounties with one another, and continue to help put the food system back into the hands of the people.

## *NGI's Three Pillars*

Our organization exists to bring function, purpose, and beauty to the land we occupy. That means respecting the boundaries and space of the families we serve, and creating sustainable food systems they can rely on.

We believe in the modernization of home gardening and the importance of educating the public on food sovereignty and its effect on our local environment and economic systems.

We exist to share our knowledge and bounties with one another, and cultivate love, peace, and happiness within our community.



*Help us support Neighborhood Garden Initiative by donating at the register at either Community Market location.*



We are excited to  
annouce the return of  
our self service Hot Bar!

View our new menu:  
CMNATURALFOODS.  
COM/THE DELI/  
HOTBAR



Also offering custom and signature sandwiches, daily specials, burritos, salads and more.

*PLEASE VISIT OUR WEBSITE [CMNATURALFOODS.COM/THE DELI](http://CMNATURALFOODS.COM/THE DELI) TO SEE OUR FULL MENUS.*

*ONLY AT OUR SEBASTOPOL LOCATION* 6762 Sebastopol Ave. 707.407.4020



# The Time is Ripe

**R**adishes are an edible root vegetable of the family Brassicaceae that was domesticated in Asia prior to Roman times.

Radishes are grown and consumed throughout the world, being mostly eaten raw as a crunchy salad vegetable with a pungent flavor. There are numerous varieties, varying in size, flavor, color, and length of time they take to mature. Radishes owe their sharp flavor to the various chemical compounds produced by the plants, including glucosinolate, myrosinase, and isothiocyanate. The most commonly eaten portion is the napiform or fusiform taproot, although the entire plant is edible and the tops can be used as a leaf vegetable. The seed can also be sprouted and eaten raw in a similar way to a mung bean.

The root of the radish is usually eaten raw, although they can be steamed, braised, roasted or... The raw flesh has a crisp texture and a pungent, peppery flavor, caused by glucosinolates and the enzyme myrosinase, which combine when chewed to form allyl isothiocyanates, also present in mustard, horseradish, and wasabi.

Radish greens are usually discarded, but are edible and nutritious, and can be prepared in a variety of ways. The leaves are sometimes used in recipes, like potato soup or as a sauteed side dish.



## Brown butter basted radishes

By Barney Desmazery

Serves: 4

### INGREDIENTS

6 T butter  
2 bunches radish, trimmed of their leaves  
Juice ½ lemon

- Fry the radishes, turning them every few mins and adding small knobs of the remaining butter as they cook, for 10 mins until they're glazed and have softened and wrinkled. Turn the heat up to maximum, add the lemon juice, let it sizzle for 1 min, then remove the pan from the heat. Season with sea salt and serve.

### DIRECTIONS

- Put half the butter in a heavy-based frying pan that will fit all the radishes snugly. Heat the butter until it's just foaming and starting to turn a nut-brown, then add the radishes and turn to coat in the butter.



# THE GARDEN

## CAFE & TAPROOM

ONLY AT OUR SEBASTOPOL LOCATION

*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.



COFFEE ROASTERS



### Biotic

*Biotic Brands are available on tap! Try lime, ginger, beet, turmeric or pineapple! With refreshing and nourishing organic ingredients! Unlike kombucha or water kefir, these organic plant-powered probiotics are fed by sliced carrots or beets, not refined sugar. Cold-pressed juices impart refreshingly real flavors just before bottling.*

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



*Nitro coffee on tap! Featuring rotating coffee companies. Always organic!*



### Community Market Weekly Open Mic



### Music | Poetry | Comedy

**When?** Sundays, 5pm-9pm

~ **Sign-up at 4:30pm**

**Where?** Sebastopol Community Market  
~ **Mel's Memorial Stage**

Enjoy our taproom, hot-bar, espresso bar & natural foods selection!

**Contact Kevin:**

**Phone:** 707-849-9977

**E-mail:** [vhrox5150@gmail.com](mailto:vhrox5150@gmail.com)