

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



April Sales

Prices Good 3/30 - 4/26

Big Mountain Foods
Mushroom Busters
Lion's Mane
8.46 OZ

\$6.99



Wildwood Natural Foods
Organic Tofu Twin Pack
Extra Firm
15.5 OZ

\$3.79



Harmless Harvest
Organic Coconut Water
32 FL OZ

\$10.29
+CA CRV



Alden's Organic
Organic Ice Cream
Sandwiches
Chocolate Chip
4/3.5 OZ

\$6.99



Essentia Water
Electrolyte Enhanced
Water
1.5 LTR

\$2.99
+CA CRV



Smartsweets
Sweet Fish
1.8 OZ

\$3.49



Pans Mushroom Jerky
Original
2.2 OZ

\$6.99



Humble Potato Chips
Organic Potato Chips
The Original
5 OZ

\$4.49



Melora
Manuka Honey Body
Lotion
7 oz

\$11.99



Laird Superfood
Performance
Mushrooms
3.17 oz

\$17.49



The Humble Co.
Kids Floss Picks
50 CT

\$3.99



Lily Of The Desert
Stomach Formula Shot
Fresh Mint
2 FL OZ

\$1.99





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

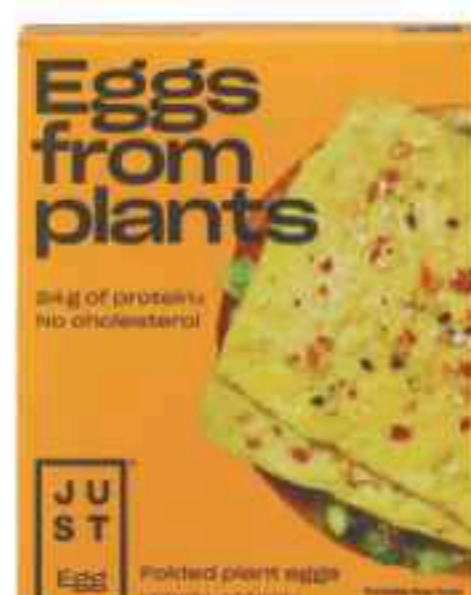
Beyond Meat
Breakfast Sausages
7.4 OZ

\$5.99



Just
Folded Plant Eggs
8 OZ

\$6.99



Food For Life
Ezekiel 4:9 Pocket
Bread
10 OZ

\$4.29



Wholly Wholesome
Gluten Free Brownies
Fudge
7 OZ

\$4.49



Immaculate Baking
Organic Biscuit
Dough
16 OZ

\$4.99

ORGANIC



Lightlife Foods
Organic Tempeh Strips
Original
8 OZ

\$4.99



Forage Kombucha
Peach
12 FL OZ

\$2.49

+CA CRV



Violife
Colby Jack
8 OZ

\$4.99



Renewal Mill
Dark Chocolate
Brownie Mix
18 OZ

\$9.79



Hebel & Co.
Vanilla Halva
8 oz

\$12.99



C2o
Pure Coconut Water
17.5 FL OZ

\$2.79

+CA CRV



Mamma Chia
Organic Chia Squeeze
Strawberry Banana
3.5 OZ

\$1.99



Bob's Red Mill
Poletna
24 OZ

\$4.49

ORGANIC



Pamela's
Baking & Pancake Mix
24 OZ

\$9.29



Fruit Bliss
Tart Cherries
4 oz

\$6.99



Annie's Homegrown
Organic Cheese Puffs
Cheddar Cheesy Smiles
4 OZ

\$4.99

ORGANIC





EVENTS

APRIL 2026



THURSDAY
APRIL 23
12 - 2 PM



KIDS IN BUSINESS!
 Homeschoolers sell what they have made on the grass at Sebastopol Community Market.

**FRIDAY,
 SATURDAY &
 SUNDAY**
APRIL 24 - 26



APPLE BLOSSOM FESTIVAL

PRE-PARTY
 Friday night 6PM - 9 PM at Ives Park

PARADE
 Saturday morning from 10 AM - NOON

FESTIVAL
 Saturday 11:00 AM - 6:00 PM
 Sunday 11:00 AM - 6:00 PM

TUESDAYS
5:30 PM



**WEDNESDAYS
 & SUNDAYS**

SENIOR DISCOUNT
10% OFF ALL DAY



HEALTHY DISCOUNTS IN WELLNESS

Ketone-Iq
Classic Shot
2 oz

\$4.99



Preserve
Toothbrush in
Travel Case
Soft

\$3.79
each



Bach
Sleep Rescue Aid
Spray
20 ML

\$20.49



Desert Essence
100% Australian Tea
Tree Oil
1 FL OZ

\$11.99



Forces Of Nature
Organic Advanced Scar
Control
4 ML

\$11.99



Atrantil
Digestive Health
Bloating/Abdominal Relief
20 CAP

\$14.99



Melora
Manuka Honey and Oil
Face Wash

\$11.99



Kuli Kuli
100% Organic
Moringa Powder
7.4 OZ

\$17.49



Sunfood
Organic Supergreens
& Protein
8 OZ

\$15.49



Dauids
Whitening Toothpaste
Peppermint
1.75 OZ

\$7.79



Lakewood
Organic Pure Aloe
Juice
32 FL OZ

\$8.99



Everyone
Hand Sanitizer Spray
Coconut + Lemon
2 FL OZ

\$2.99



Forces Of Nature
Organic Allergy
Medicine
Maximum Strength
10 ML

\$11.79



Sunfood
Organic Golden Milk
Super Blend
6 OZ

\$12.49



Liquid I.V.
Hydration Multiplier
Drink Mix
Lemon Lime
.56 OZ

\$2.49

0.56 oz

\$22.99

15 ct



Good Day Chocolate
Sleep Supplement
Candy Coated Chocolate
.99 OZ

\$3.79





APRIL 2026 EVENTS

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



Observational Drawing 3-Week Course

Wednesday, April 1 - 15
6:00 PM - 3:00 PM



Apple Blossom Festival

Saturday, April 25 - Sunday, April 26
10:00 AM - 5:00 PM



Ceramic Garden Poles

Thursdays, April 2 - May 14
10:00 AM - 4:00 PM



Clay Exploration Evenings: Lvl 2

Thursday, April 30
6:00 PM - 8:30 PM



Eco Petals: Crafting a Recycled Bouquet

Thursday, April 2
6:00 PM - 9:00 PM



Jizo Peace Project: Clay Gathering

Friday, April 3
1:30 PM - 1:00 PM



Pt 1: Modifying Thrown Forms

Focusing on Teapot Making with Ping Zhong
Saturday, April 4
10:00 AM - 11:00 AM



Collage on Panel from Start to Finish

Saturday, April 4
11:00 AM - 3:00 PM



Spring Botanicals in Watercolor

Saturday, March 21
10:00 AM - 4:00 PM



Experimental Paper Sculpture

Saturday, April 18 - 19
10:00 AM - 4:00 PM



Pt 2: Glaze as a Completion of Form with Ping Zhong

Saturday, April 18
10:00 AM - 11:00 AM



Paper Lanterns Workshop

Sunday, April 19
1:00 PM - 4:00 PM



Favorite Poems with Poet Laureate, Dave Seter

Sunday, April 19
3:00 PM - 5:00 PM



APRIL 09-12
SEBASTOPOL DOCUMENTARY FILM FESTIVAL 2026
SEB ARTS

TICKETS & PASSES
SEBDOCS.ORG



Sebastopol Documentary Film Festival Opening Night

Lens of Power Award & Harlan County Film Screening

Thursday, April 9
5:00 PM - 9:00 PM



Sebastopol Documentary Film Festival Closing Night Party And Film Screening

Peter Asher: Everywhere Man

Sunday, April 12
3:30 PM - 9:00 PM

GROCERY & CHILL DEALS

Abbot Butcher
Plant Based Chopped
Chick'n
10 OZ

\$7.49



Jeesauce
Original Sauce
9 FL OZ

\$6.49



Mamma Chia
Blackberry Hibiscus
10 FL OZ

\$2.99
+CA CRV



Nancy's
Organic Probiotic
Cream Cheese
8 OZ

\$4.99



Rebbl
Organic Super Herb
Elixir
Reishi Chocolate
12 FL OZ

\$4.29
+CA CRV



Little Northern Bakehouse
Slice Bread Loaf
White Wide
20 OZ

\$6.29



Van Leeuwen Ice Cream
French Ice Cream
Honeycomb
14 FL OZ

\$8.29



Kalona Super Natural
French Onion Dip
12 OZ

\$4.49



Caboo
Tree Free Toilet
Paper
4 PACK

\$5.99



Green 2
90ct Ultra Soft Facial
Tissue
each

\$2.29



Rebel Green
Fruit & Veggie Wash
Refill
34 FL OZ

\$8.79



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

\$6.99



Seventh Generation
Disinfecting Wipes
Lemongrass Citrus
70 CT

\$8.79



If You Care
Automatic Dishwasher
Free & Clear
40 CT

\$10.79



Ecos
Hypoallergenic Laundry
Detergent
Lemongrass
100 FL OZ

\$18.49



Biobag
Pet Waste Bags
50 CT

\$5.49

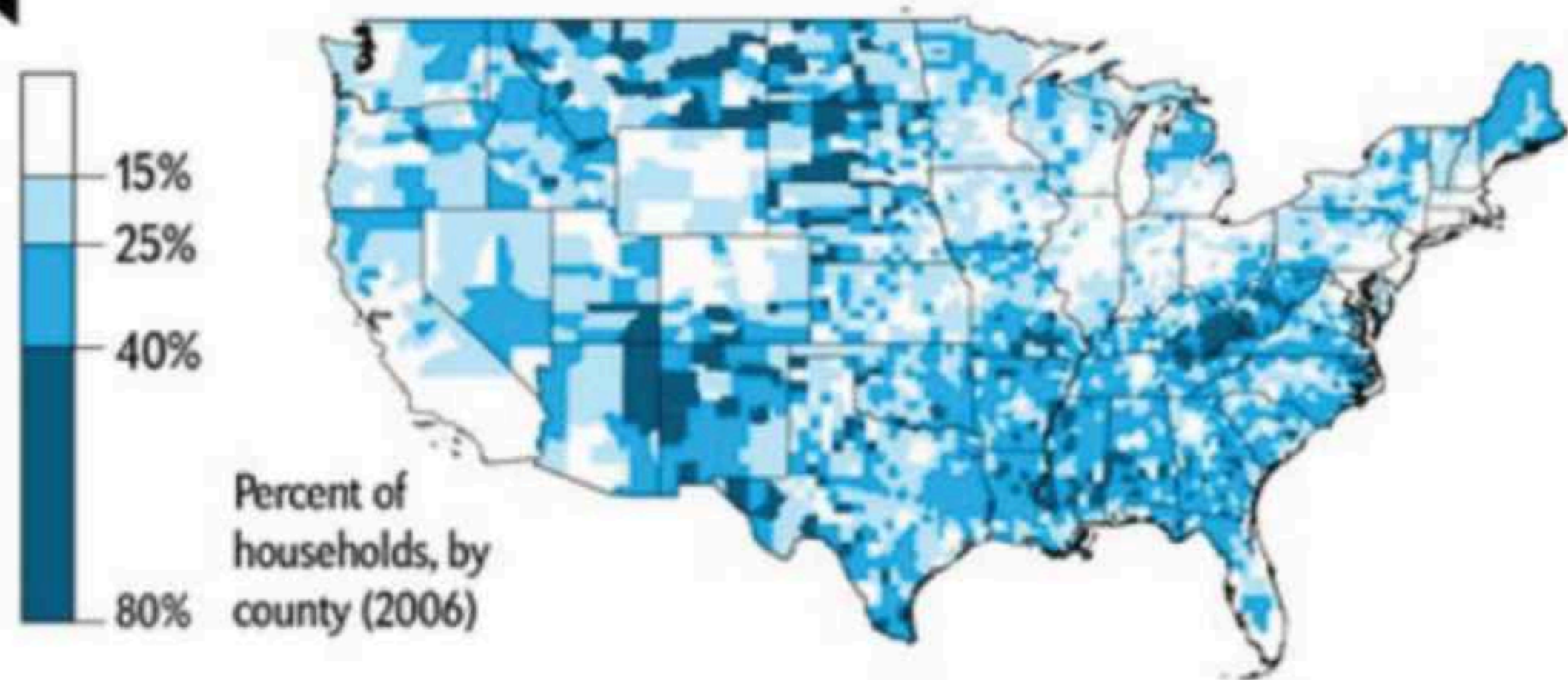


FOOD INSECURITY IN AMERICA

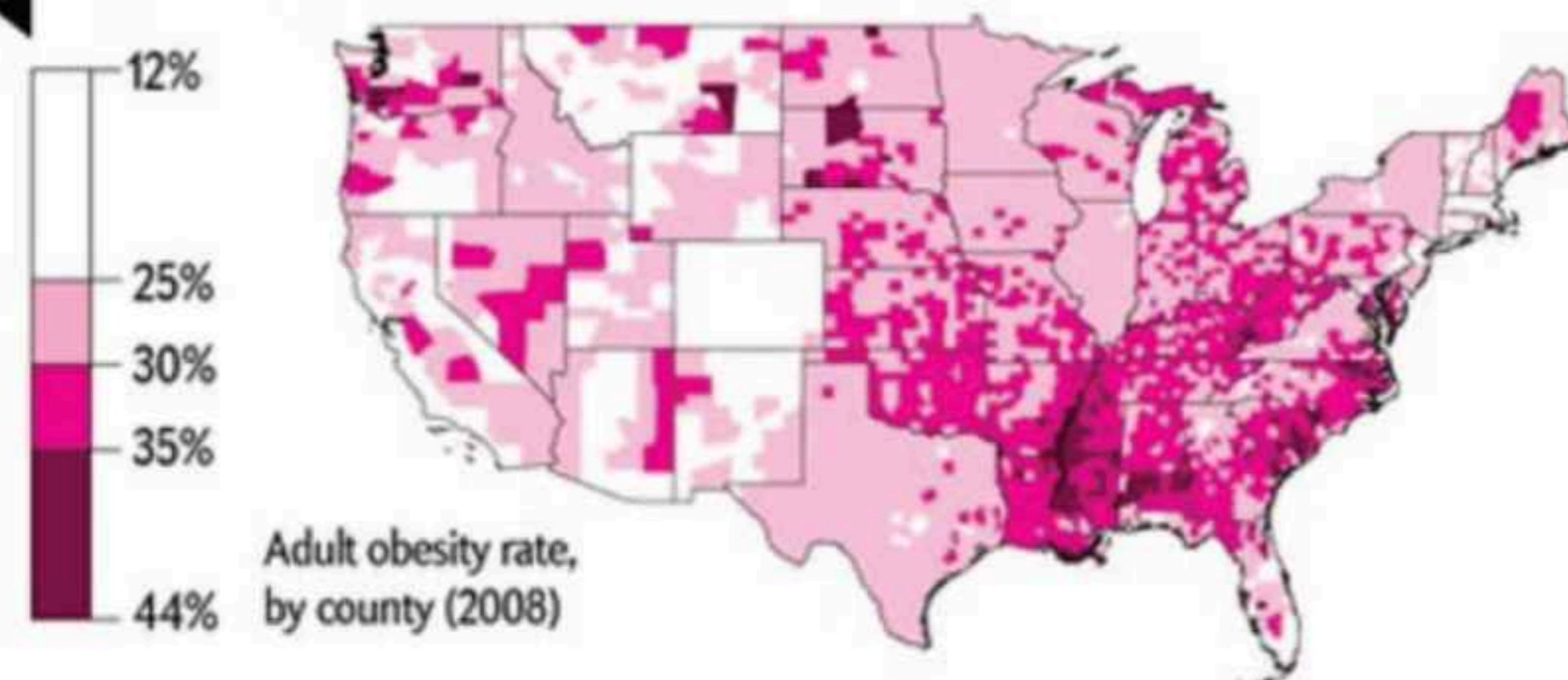
Food security in the U.S. remains a significant challenge, with about 1 in 7 households (13.7%) experiencing food insecurity based in data from 2024, affecting over 47 million Americans, including more children and single-female-headed households, driven by high costs, stagnant wages, and insufficient resources, with disproportionate impacts on Black and Latinx communities and persistent issues in urban, rural, and Southern regions despite overall abundance.



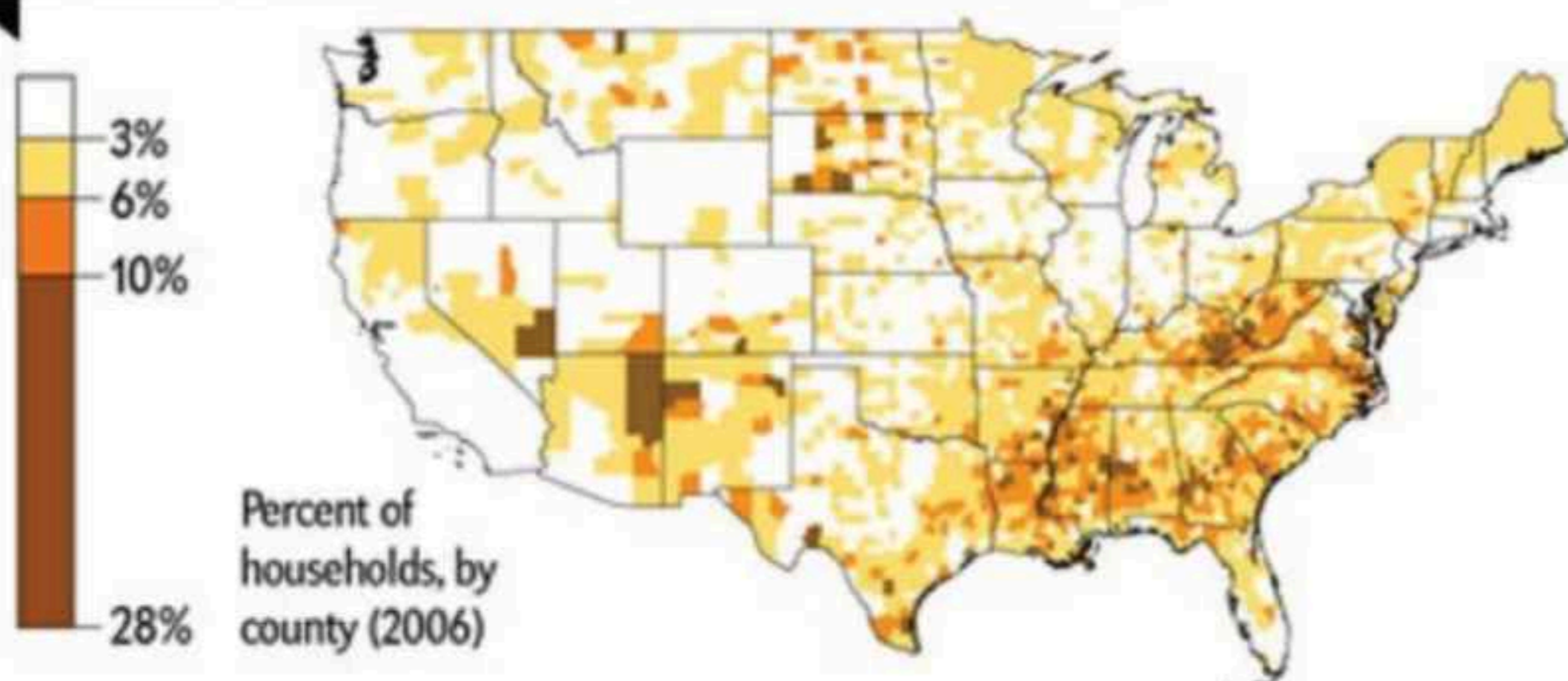
Low-Income Households (more than 1 mile from a grocery)



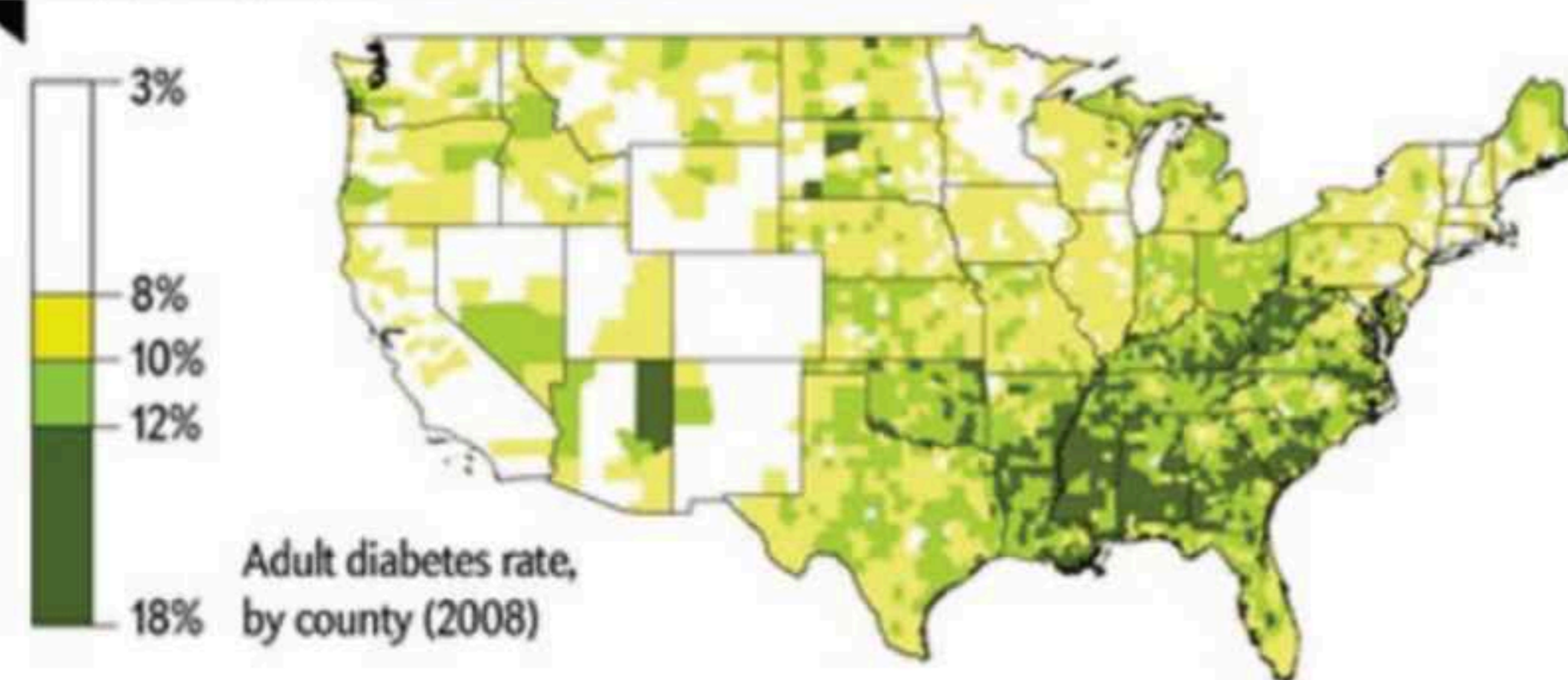
Health Indicator: Obesity



Car-Free Households (more than 1 mile from a grocery)



Health Indicator: Diabetes



Key Statistics & Trends (2024 Data)

- 13.7% of U.S. households faced food insecurity, meaning inconsistent access to enough food for a healthy life.
- 14.1 million children lived in food-insecure households, a slight rise from 2023.

Demographics:

- Rates were over double for Black (24.4%) and significantly higher for Latinx (20.2%) households compared to White, non-Latinx households (10.1%).
- Single-parent households led by women saw a high rate of 36.8%.
- Highest rates were in the South (15.0%), with urban (16.0%) and rural (15.9%) areas struggling more than suburbs (11.9%).

Underlying Causes

- Rising food prices, stagnant wages, job losses, and insufficient income leave many unable to afford groceries.
- Lack of transportation, limited access to supermarkets (especially in low-income areas), and systemic barriers perpetuate hunger.
- The expiration of pandemic-era benefits contributed to the recent rise in food hardship.

Impact & Outlook

- Food insecurity is linked to negative health outcomes, affecting children's development, education, and future opportunities.
- Food banks and pantries are seeing more demand, with over 50 million people seeking help.
- Despite a generally safe food supply, millions lack access, highlighting deep-seated issues of poverty and inequality.



Spring Frittata with Asparagus & Spring Onions



SERVINGS: 4

INGREDIENTS

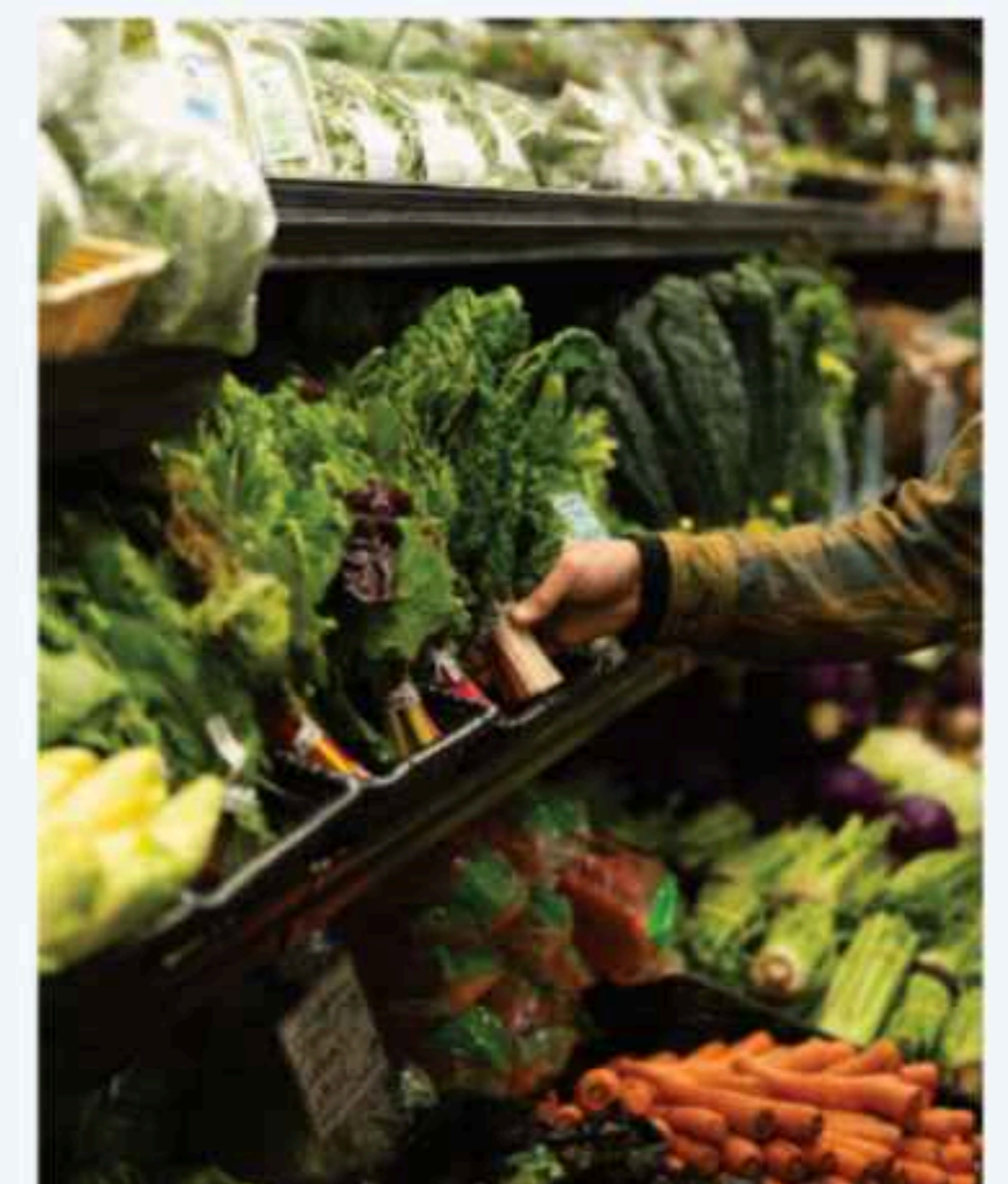
- 1 tablespoon **Extra-virgin Olive Oil - Cobram Estate EVOO (ON SALE \$13.99)** or **Unsalted Butter - Moinear Unsalted Butter (ON SALE \$4.99)**
- ½ pound thin fresh asparagus spears, trimmed, cut into 1/2-inch pieces
- ¼ cup spring onions, trimmed to fit pan & sliced length wise into fourths
- 3 Tablespoons chopped fresh dill*
- ¼ cup **Sierra Nevada Cheese Co. Sharp Cheddar (ON SALE \$5.79)** shredded or **Follow Your Heart Dairy Free Cheddar Shreds (\$4.99)**
- 8 - 10 **Judy's Large Brown Eggs, beaten (1 doz \$5.99)** or 16 oz of **Just Liquid Vegan eggs**
- **Kosher Salt - Baleine Kosher Sea Salt (\$6.99)** & pepper*

**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.

DIRECTIONS

1. Preheat oven to 375 F
2. Melt butter or heat oil in 10-inch oven safe skillet over medium heat, making sure it is well coated in oil.
3. Add asparagus & onions; cook 6 minutes or until crisp-tender, stirring occasionally.
4. Wisk eggs with dill, salt & pepper to taste
5. Pour eggs over vegetables; sprinkle with cheese, bake until eggs are cooked through and fluffy/golden brown – about 10 - 12 minutes.
6. Cut into wedges to serve.



TASTY SAMPLING

APRIL 2026



Santa Rosa

Sebastopol

Pure Organics - Blueberry Granola

Friday - 4/3/2026
 11:30am to 2:30pm



Grainsong - Challah Bread
 Wednesday - 4/1/2026

Estimated Time - 11:30am to 2:30pm



Santa Rosa Healing Homes Granola - served with accompaniments

Tuesday - 4/7/2026
 11:30am to 1pm



Pure Organics - Blueberry Granola

Thursday - 4/2/2026
 11:30am to 2:30pm



Santa Rosa Healing Homes Granola - Blueberry

Tuesday - 4/7/2026
 11:30am to 1pm



Northbound Coffee - Mexico/Mainline

Wednesday - 4/8/2026
 11:30am to 1pm



Rawma - Walnut Fig

Friday - 4/10/2026
 11:30am to 2:30am



Rawma - Walnut Fig

Monday - 4/13/2026
 11:30am to 2:30am



HostDefense - Mocha

Friday - 4/23/2026
 11:30am to 1:30am



Y.S Eco Bee Frams

Royal Jelly
 Tuesday - 4/21/2026

11:30am to 1:30am



Lala's Jam - five flavors

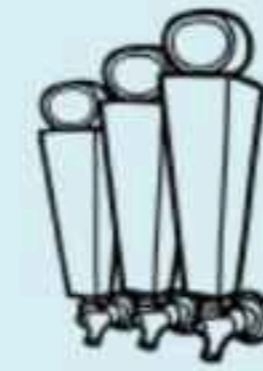
5/30/2026
 11am to 2pm



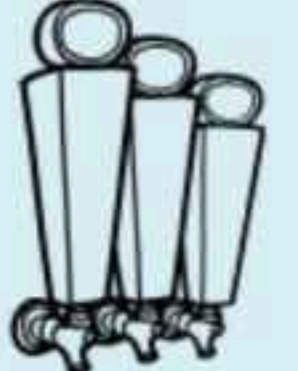
SEBASTOPOL COMMUNITY MARKET'S
TAPROOM & ESPRESSO BAR

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

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



20 ROTATING TAPS



SPRING SPECIALS

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

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

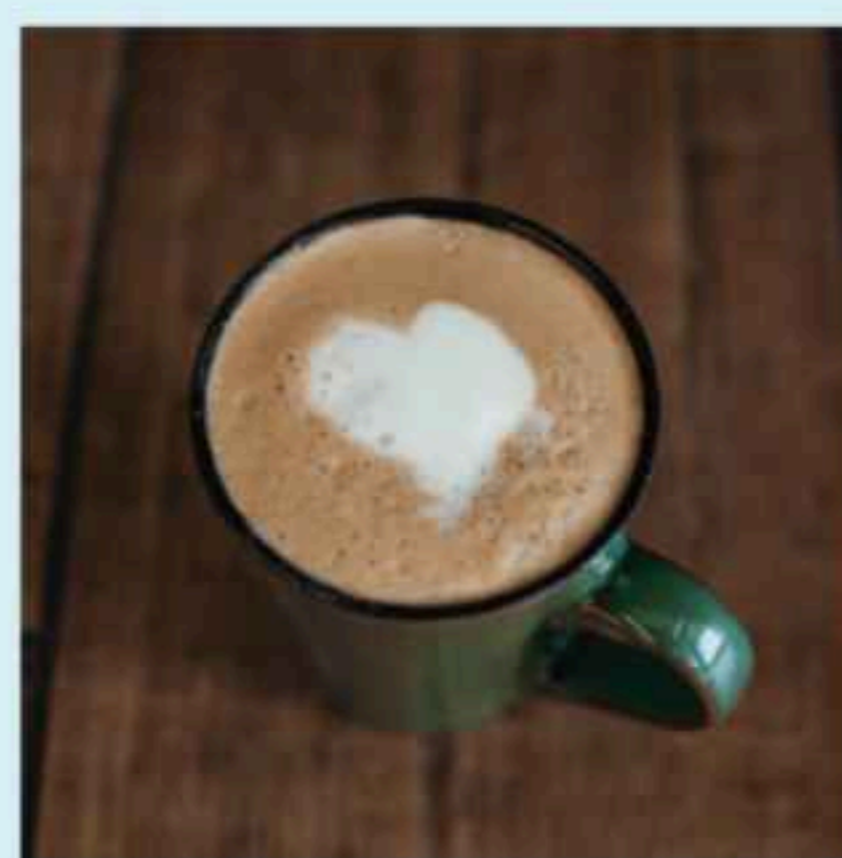
BUTTERSCOTCH-CINNAMON

MATCHA LATTE.....12 OZ.....\$6.00.....16 OZ.....\$7.00

FLOWER-POWER MOCHA.....12 OZ.....\$6.00.....16 OZ.....\$7.00

espresso, milk, chocolate, rose, orange blossom, simple syrup

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



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

FOOD FOR PEOPLE

COMMUNITY
MARKET
est. 1975
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 \$12.49

Honey maple ham, goat cheese, sliced apple, arugula, dijon mustard, on a sweet french roll

The Phoenix \$11.49 (Hot)

Roasted chicken, pepper jack cheese, shaved red onion, pesto, sriacha mayo, on ciabatta

Red Clover Reuben \$11.99 (Hot)

Pastrami, swiss sauerkraut, 1000 island, on rye bread

TALKING TURKEY \$11.99

Thick sliced turkey, brie, cranberry apple chutney, arugula, dijonaise, on rye bread

THE MARKET CLUB \$12.49 (TOASTED)

Chicken, bacon, cheddar cheese, vegan avocado ranch, lettuce, tomato, red onion, on sliced sourdough

DELI CLASSIC \$12.99

Honey maple ham, salami, provolone, pepperoncini, lettuce, tomato, red onion, mayo, pesto vinaigrette, on a sweet french roll

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)

BLT \$10.99 (Toasted)

Thick cut peppered bacon, lettuce, tomatoes, dijonaise, on sliced sourdough

'BAHMB' MI (V) \$9.99

Teriyaki tofu, carrot, daikon, pickled onion, cucumber, cilantro, jalapeno, sriacha mayo, on a sourdough roll

GREEN GODDESS (V) \$9.99

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

