

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



March Sales

Prices Valid 3/2/2026 - 3/29/2026

Miso Master
Organic Miso
Mellow White
8 OZ

\$6.99



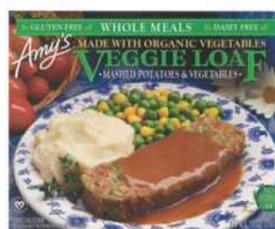
Lumen
Immune Support Shot
1.8 FL OZ

\$2.99



Amy's
Veggie Loaf Meal
with Mashed Potatoes &
Vegetables
10 OZ

\$8.29



Oatly
Full Fat Oat Milk
64 FL OZ

\$4.79



Bragg
Liquid Aminos
16 FL OZ

\$5.79



Ginger People
Crystallized Ginger
3.5 OZ

\$3.49



Philosopher Foods
Gut Nuts
Fermented Cashews
3 OZ

\$5.49



Essentia Water
Ionized Alkaline Water
pH 9.5
1 LTR

\$2.49
+CA CRV



Phillip Adam
Shampoo
Apple Cider Vinegar
12 FL OZ

\$17.49
each



Quantum Health
SuperLysine+ Liquid
Extract
Immune Support
2 FL OZ

\$17.99



Sai Baba
Incense
Sai Baba Champa
100 GRM

\$13.49



Humble Brands
Humble Brands CBD
Deodorant
2.5 OZ

\$12.99





West County
Health Centers
Caring for our Communities

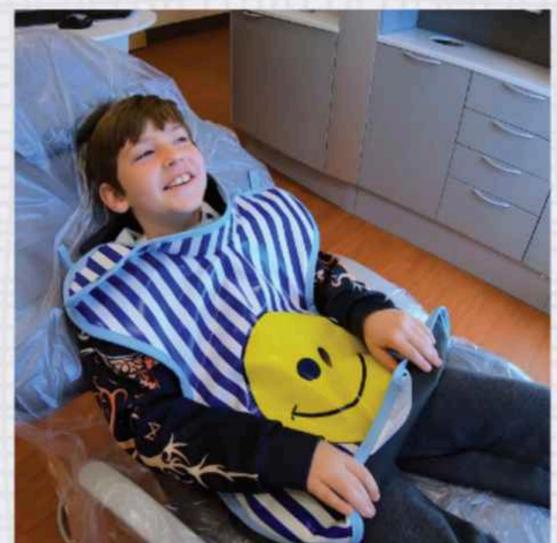


For over 50 years, West County Health Centers has been serving our diverse communities throughout western Sonoma County, regardless of their ability to pay. With a passion for providing trusted, relational, equitable care, West County Health Centers serves thousands of patients, including some of our 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

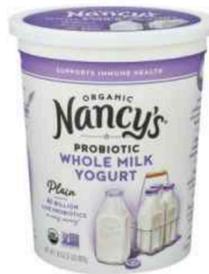
Bubbies
Horseradish
Prepared
8.5 OZ

\$3.99



Nancy's
Organic Whole Milk
Probiotic Yogurt
Plain
32 FL OZ

\$5.49



Daring
Plant Chicken Pieces
Cajun
8 OZ

\$6.79



Three Trees
Organic Almond Milk
Unsweetened Original
28 FL OZ

\$6.99



Buen Natural
Tamale
Red Chili Vegetable
18 OZ

\$9.99



Food For Life
Organic Ezekiel 4:9
English Muffins
Sprouted Grain
16 OZ

\$4.99



Organic Valley
Organic Sliced Baby
Swiss
6 OZ

\$5.49



Brew Dr. Kombucha
Organic Kombucha
Strawberry Fields
14 FL OZ

\$2.79
+CA CRV



Red Star
Red Star
Active Dry yeast
.75 OZ

\$2.79



Eden Foods
French Sea Salt
14 OZ

\$7.29



Organicville
Organic Yellow Mustard
12 OZ

\$3.99

Only available
at our
Sebastopol
location



Golden Farms
Crispy Onions
Gluten Free
8 OZ

\$6.49



Chosen Foods
Avocado Oil Spray
100% Pure
4.7 FL OZ

\$7.99



Olyra
Coco Hazelnut
Breakfast Sandwich
5.3 OZ

\$4.99

Only available
at our
Sebastopol
location



**Cascade Mountain Spring
Water**
28 FL OZ

\$2.79
+CA CRV



Sky Valley
Sriracha Sauce
18.5 FL OZ

\$7.99





FOOD FOR PEOPLE
COMMUNITY MARKET
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 NOT FOR PROFIT

EVENTS

MARCH 2026



FRIDAY
MARCH 6
12 PM - 4 PM



Demo at our Sebastopol Store-
 Debuting a new product & a
 variety of other tasting
 experiences.

SATURDAY,
MARCH 21
3 PM - 6 PM



CHEESE CRAWL AT THE BARLOW
 VIP Early Entry 3:00-6:00 PM
 General Admission 4:00-6:00 PM.
 Tickets on sale now!

SATURDAY
MARCH 21
11 AM - 2:30 PM

SANTA ROSA COMMUNITY MARKET
CLOTHING SWAP



THURSDAY,
MARCH 26



HOME SCHOOL YOUTH CRAFTS & GOODS FAIRE

FIND MORE DETAILS AT
CMNATURALFOODS.COM/EVENTS

TUESDAYS
5:30 PM



STITCH N B*TCH NIGHT



WEDNESDAYS
& SUNDAYS

SENIOR DISCOUNT
10% OFF ALL DAY



HEALTHY DISCOUNTS IN WELLNESS

Auromere
Ayurvedic Herbal
Toothpaste
Mint-Free
4.16 OZ

\$9.79



Hyland's
Calms Forte Tablets
Sleep Aid
100 TAB

\$11.99



Giovanni Hair Care Products
Giovanni L.A. Hold Hair
Spritz
5 FL OZ

\$8.99



Nature's Answer
Mullein-X Cough Syrup
PM Nighttime Formula
4 FL OZ

\$18.99



Only available
at our Santa
Rosa only

Nature's Answer
Liquid Vitamin B
Complex
8 FL OZ

\$13.99



Only available at
our Santa Rosa
lotion

Light Mountain
Organic Hair Color &
Conditioner
Black
4 OZ

\$7.99



Health Plus
Colon Cleanse
200 CAP

\$23.49



Only available
at our Santa
Rosa lotion

Good Clean Love
Personal Lubricant
Almost Naked
4 OZ

\$15.99



Flo
Eco-Applicator
14 CT

\$10.99



Only available
at our Santa
Rosa lotion

Quantum Health
Organic Cough Relief
Lozenges
Bing Cherry
18 CT

\$5.79



Humble Brands
Palo Santo & Frankincense
2.5 OZ

\$9.79



Sovereign Silver
Throat Spray
1 OZ

\$17.99



Yerba Prima
Psyllium Whole Husks
Colon Cleanser
12 OZ

\$16.99



Tea Tree Therapy
Antibacterial Liquid
Soap with Tea Tree Oil
8 FL OZ

\$6.79

Only
available at
our Santa
Rosa lotion

Lily Of The Desert
Organic Aloe Vera
Juice - Inner Fillet
1 GAL

\$26.99



Neemauro Naturals
Neem Topical Oil
1 FL OZ

\$11.49

May only be
available at
our Santa Rosa
location





MARCH 2026 EVENTS

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



Collage Your Story with Catherine Cruz
Sunday, March 1
11:00 AM - 3:00 PM



**Wabi Sabi Ink Painting:
Finding Beauty in Imperfection**
Sunday, March 29
10:00 AM - 4:00 PM



Clay Exploration Evenings: Lvl 2
Thursday, March 12
6:00 PM - 8:30 PM



Bauhaus to Pond Farm: a Legacy on Film
Friday, March 13
6:00 PM - 9:00 PM



Book Arts Opening Reception
Sunday, March 15
2:00 PM - 4:00 PM



Floor Loom Weaving: Exploring Lace Weave
Thursday, March 19
9:40 AM - 12:30 PM



Spring Bloom Watercolors
Saturday, March 21
10:00 AM - 4:00 PM



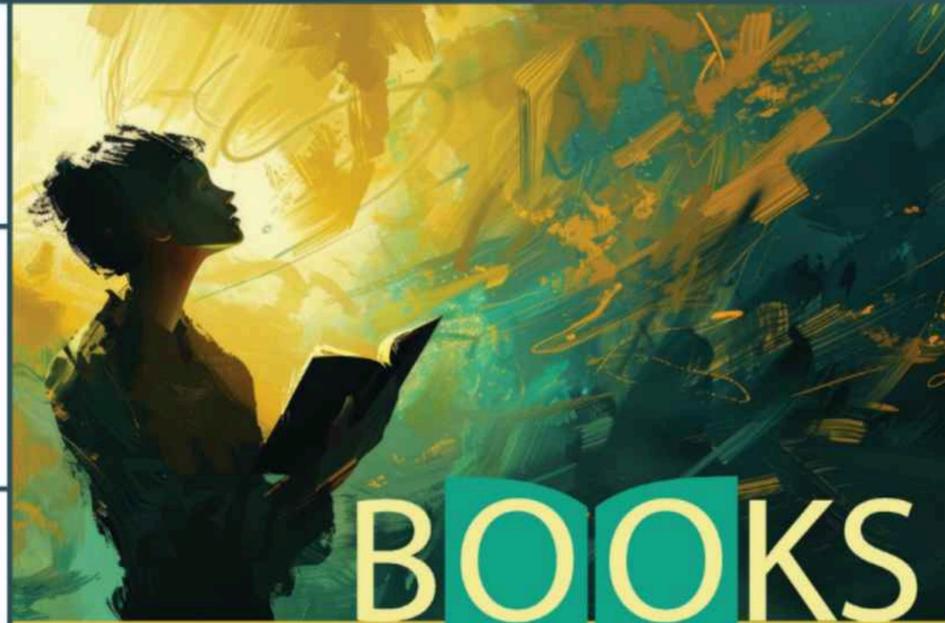
Upcycled Journal Workshop
Thursday, March 26
6:00 PM - 9:00 PM



Explore Gel Plate Printing
Saturday, March 28
11:00 AM - 3:00 PM



**Distant Voices:
An Introduction to Asemic Writing**
Saturday, March 28
10:00 AM - 4:00 PM



BOOKS AT THE SOURCE

SATURDAY,
MARCH 14, 2026
10AM-6PM

Literary Arts Summit
Presented by Sebastopol Center for the Arts

Promo code: **SEBMEMB10**
10% OFF

GET INSPIRED + CONNECTED!

Experience Literary talent of the North Bay through a full day of workshops, panels, readings, networking, and more!
Including breakfast, lunch + early access to our Book Arts Exhibition

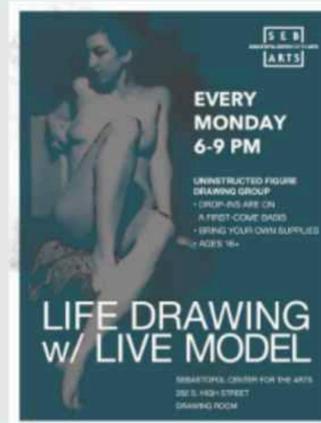


282 S. High St., Sebastopol
SebArts.org/literary-arts

LITQUAKE



WEEKLY EVENTS & CLASSES



March Session:
Life Drawing Meet-Up Mondays
March 2 - 30
Starts: Monday 03/02
6:00 PM - 9:00 PM



Hand-building Wednesdays
March 11 - 25
Starts: Wednesday 03/11
1:30 PM - 4:00 PM

GROCERY & CHILL DEALS

Norr Organic
Whole Milk Skyr Yogurt
16 FL OZ

\$4.79



Atoria's Family Bakery
Taditional Lavash
10 OZ

\$3.29



Cosmic Bliss
Chocolate Walnut Brownie
14 FL OZ

\$7.49



Gardein
Plant-Based Crispy
Tenders - Seven Grain
9 OZ

\$6.49



Truly Grass Fed
Creamy Unsalted
Butter
8 OZ

\$4.99



Foodies Vegan
Original Pumfu
8 OZ

\$5.99



Elemental
Dark Chocolate + Peanut
Butter
1.8 oz

\$3.29



Beyond Meat
Beyond Sausages
Hot Italian
14 OZ

\$10.99



Annie's Homegrown
Organic Mac & Cheese
Shells & Real Aged
Cheddar
6 OZ

\$3.79



Miss Jones Baking Co
Chocolate Chip
Cookie Mix
13 OZ

\$6.99



Vegobears
Santa Monica Gummy
Bears
4 OZ

\$4.79



Bob's Red Mill
Organic Rolled Oats
Quick Cooking
28 OZ

\$8.99



If You Care
Parchment Baking
Paper
70 SQ FT

\$6.99



Rebel Green
Super Deluxe Dish
Soap
Lavender & Grapefruit
16 FL OZ

\$5.29



Full Circle Wool
Wool Dish Sponge
2 pk

\$8.49



Dr. Bronner's
Biodegradable
Cleaner
Sals Suds
32 FL OZ

\$14.99





Vegan Corned Jackfruit for St. Patrick's Day

by Sarah De la Cruz

Prep Time: 15 minutes - Cook Time: 45 minutes - Brining: 1 day

vegan, soy free, gluten free, nut free



INGREDIENTS

For the Brine:

- 2 cups water
- 1 Tablespoon **Eden Foods Sea Salt**
- 2 Tablespoons brown or coconut sugar*
- 1/2 teaspoon cinnamon*
- 1 teaspoon prepared **Organicville Yellow Mustard**
- 1 teaspoon black peppercorns*
- 8 whole cloves*
- 8 whole allspice berries*
- 12 whole juniper berries*
- 2 bay leaves*
- 1/2 teaspoon ground ginger*
- 1 Tablespoon red wine vinegar

For the Jackfruit:

- 20 ounce **YOUNG** jackfruit in brine
- 1/4 teaspoon smoked paprika optional, for color and smokey flavor*

For the Roasted Vegetables:

- 1 head green cabbage
- 6 large carrots
- 2-3 pounds Yukon Gold or Red Potatoes
- 1 Tablespoon olive oil
- salt and pepper to taste*

DIRECTIONS

For the Brine:

1. Place all of the brine ingredients into a small pan on the stove. Bring to a boil and turn off the heat. While the brine sets, begin to work on the jackfruit.

For the Jackfruit:

1. Open and drain the packages or cans of jackfruit. Using your fingers, shred the triangular shaped jackfruit into meaty shreds, discarding the harder point of each wedge as well as any pods, if present.
2. Place the shreds into a container with a lid, and pour the brine overtop. Allow to brine in the refrigerator overnight.
3. The next day drain the jackfruit. Heat a skillet (I like my cast iron) and drizzle a little olive oil on it. Add the jackfruit shreds. Sprinkle with paprika and toss to incorporate. Heat through, allowing the shreds to brown and crisp very slightly. Remove from pan and serve. I like to serve my corned jackfruit with roasted vegetables, see below.

For the Roasted Vegetables:

1. Preheat oven to 400°.
2. Slice the cabbage from top to stem into large discs, about 1/2" thick, discarding core. Carefully lay them onto a parchment lined baking sheet. Drizzle with olive oil, salt and pepper.
3. Peel and slice carrots on the diagonal, about 1/4" thick. Dice potatoes into 1" cubes. Toss with olive oil, salt and pepper, and spread out on a parchment lined baking sheet.
4. Roast both pans of veggies for about 45 minutes, carefully flipping the cabbage discs half way through, and tossing the potatoes and carrots.
5. Serve with corned jackfruit.

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



SANTA ROSA COMMUNITY MARKET
CLOTHING SWAP
1899 Mendocino Ave. Santa Rosa

SATURDAY, MARCH 21ST
11:00 AM - 2:30 PM weather-permitting

- Bring your clean, gently used clothes or just come browse
- No money needed, everyone is welcome to shop
- Clothing drop-offs close at 1:00 pm



WINE COUNTRY
COLBERT GROUP





Food For Thought
Food Drive



BUY A BAG. GIVE A BAG.

Nourish Someone in Our Community.

Food For Thought + Community Market **FOOD DRIVE**

Starting Wednesday, March 25

at Community Market's Sebastopol & Santa Rosa locations

Food For Thought



healing with
food+love

One Bag at a Time

READY-TO-GO DONATION BAGS AVAILABLE IN-STORE

Simply add a pre-packed bag of nutritious groceries to your purchase— and we'll deliver it to a neighbor living with a serious medical condition in Sonoma County.

- No extra shopping,
- No guesswork,
- Just meaningful impact.

WHY IT MATTERS

Food For Thought provides life-sustaining groceries, meals, and loving support— free of charge— to people facing serious medical challenges.

Your donated bag helps ensure someone receives healthy, **medically tailored food** they can count on each week.

YOU HAVE RIGHTS

All people in the U.S., whether citizen or non-citizen, have certain rights under the U.S. Constitution and other laws.

- You have the right to refuse consent for immigration or the police to search yourself, your car or your home.
- You have the right to remain silent. If you want to exercise that right, you should say it out loud.
- If you are not a U.S. citizen, you have the right to call the consulate of your home country. Immigration and policed must let your consulate visit or speak with you.
- You have the right to speak to an attorney before answering any questions. You may say, "I will remain silent until I speak to an attorney."
- You do not have to sign anything that you do not understand.
- You have the right to a copy of all your immigration papers.

**This is not intended as legal advice.*

✂-----
Cut out these cards & keep them with you, use them as a reminder of your rights. Or stay silent - hand them to law enforcement.

- ✂-----
- Elijo ejercer mis derechos legales.
 - Permanecere en silencio y me niego a responder a sus preguntas.
 - No consientio que me registren a mi, mis pertenencias o mi propiedad.
 - Si me detienen, tengo derecho a ponerme en contacto con un abogado inmediatamente.
 - Me niego a firmar nada sin el asesoramiento de un abogado.

- ✂-----
- 我选择行使我的合法权利。
 - 我将保持沉默，拒绝回答你的问题。
 - 我不同意搜查我的身体、我的物品或我的财产。
 - 如果我被拘留，我有权立即联系律师。
 - 在没有律师的建议下，我拒绝签署任何文件。

- ✂-----
- Tôi chọn thực hiện các quyền hợp pháp của mình.
 - Tôi sẽ giữ im lặng và từ chối trả lời các câu hỏi của các ông/bà.
 - Tôi không đồng ý cho phép khám xét bản thân, đồ đạc hoặc tài sản của tôi.
 - Nếu tôi bị giam giữ, tôi có quyền liên hệ với luật sư ngay lập tức.
 - Tôi từ chối ký bất cứ thứ gì mà không có sự tư vấn của luật sư.

- ✂-----
- 私は法的権利を行使することを選択します。
 - 私は黙秘権を行使し、あなたの質問には一切お答えしません。
 - 私自身、私の所持品、または私の財産の捜索には同意しません。
 - もし拘束された場合、私は直ちに弁護士に連絡する権利があります。
 - 弁護士の助言なしには、いかなる書類にも署名しません。

- ✂-----
- I choose to exercise my legal rights.
 - I will remain silent, and I refuse to answer your questions.
 - I do not consent to a search of myself, my belongings, or my property.
 - If I am detained, I have the right to contact an attorney immediately.
 - I refuse to sign anything without advice from an attorney.



SEBASTOPOL COMMUNITY MARKET'S
TAPROOM & ESPRESSO BAR

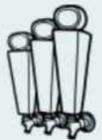


THE GARDEN



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

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



20 ROTATING TAPS



POT PIE SPECIAL \$14.00

Choose a meat or vegetarian pie served with a choice of an 8oz cup soup of the day or mixed baby greens and Italian Vinaigrette



GLUTEN FREE BLUEBERRY COCONUT BARS \$7.00

VEGAN GLUTEN FREE BROWNIE \$7.00



COFFEE ROASTERS



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

FOOD FOR PEOPLE



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

NEW TO THE DELI



SANDWICH & SLICES

- COLLARD WRAPS
- VEGAN BACON FOR VEGAN BLT'S
- SLICED HICKORY SMOKED TOFU RY



NACHOS

- VEGETARIAN
- SHREDDED CHICKEN
- CARNITAS



THE HOT BAR

- SZECHUAN PORK WITH DRY FRIED GREEN BEANS

