

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



FOOD FOR PEOPLE

# COMMUNITY MARKET

est. 1975

NOT FOR PROFIT



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



## January Sales

Good Thru 12/29/2025 - 2/1/2026

**House Foods**  
Miso Ramen Kit  
6.7 OZ

**\$6.99**



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

**\$6.79**



**Nasoya Foods**  
Egg Roll Wraps  
16 OZ

**\$3.99**



**Malk**  
Vanilla Oat Milk  
28 FL OZ

**\$6.79**



**Waterloo**  
Black Cherry Sparkling  
Water  
8/12 FL OZ

**\$8.99**

+CA CRV



**Lundberg Family Farms**  
Organic Rice Cake  
Minis  
Sea Salt  
5 OZ

**\$5.49**



**Aloha**  
Peanut Butter Cups  
Protein Bar  
1.98 OZ

**\$3.49**



**Rw Knudsen Family**  
Mixed Berry Recharge  
32 FL OZ

**\$3.99**

+CA CRV



**Tiger Balm**  
Pain Relieving  
Ointment  
18 GRM

**\$7.99**

Extra Strength



**\$8.99**

Ultra Strength

**MegaFood**  
One Daily  
60 tablets

**\$29.99**



ALL MEGAFOOD  
MULTIVITAMINS  
30% OFF

**Gear Hugger**  
Multi purpose  
Lubricant  
3 OZ

**\$7.79**



**Himalaya**  
Anti-cavity Toothpaste  
with Floride  
4 oz

**\$7.99**





Since 1987, the Redwood Empire Food Bank has provided food and nourishment to those facing hunger—serving more than 142,000 children, families, and seniors in Sonoma, Lake, Mendocino, Humboldt, and Del Norte Counties. With over 300 direct service distributions and 130 partnerships with local human service organizations, all residents facing food insecurity have regular access to weekly and monthly food distribution sites across the five counties.

RWEFB provides monthly food distributions through three hunger-relief initiatives:

- Every Child, Every Day: Four robust programs ensure a healthy start in life for our littlest neighbors in need, providing food to 48,000 at-risk children.
- Senior Security: Our Senior Basket program provides food to 15,600 low-income seniors, giving them the nutritional stability and resources they need to lead healthy, independent lives.
- Neighborhood Hunger Network: We provide groceries to anyone in need through a variety of programs that improve the health and well-being of 142,000 individuals in our community.

**This month, your spare change can help sustain a vital resource that help to feed our community.**



**SCAN TO DONATE**





# GROCERY & CHILL DEALS

**Bizzy**  
Organic Cold Brew  
Coffee  
Espresso Blend  
48 OZ

**\$7.79**



**Jeesauce**  
Cilantro Lime Dip  
9 FL OZ

**\$7.99**



**Lightlife Foods**  
Organic Tempeh Strips  
Smoky Bacon  
6 OZ

**\$6.79**



**Just**  
Liquid Egg Replacer  
16 oz

**\$9.49**



**Elemental**  
Spirulina Cacao  
Superfood Bar  
1.8 oz

**\$3.79**



**De La Calle**  
Hibiscus Tapache  
12 oz

**\$2.99**  
+CA CRV



**Le Grand**  
Garden Pesto  
5.5 OZ

**\$8.99**



**Pickled Planet**  
Raw Beet Kraut  
16 OZ

**\$8.99**



**Kettle And Fire**  
Lemongrass & Ginger  
Bone Broth  
16.9 FL OZ

**\$8.99**



**Amy's**  
Low Fat No Chicken  
Noodle Soup  
14.1 OZ

**\$6.49**



**Laird Superfood**  
Superfood Mocha  
Creamer  
8 OZ

**\$10.49**



**Bob's Red Mill**  
Organic Rolled Oats  
Old Fashioned  
32 OZ

**\$10.99**



**Brad's Plant Based**  
Organic Crunchy  
Kale  
Original  
2 OZ

**\$7.49**



**Eden Foods**  
Organic Black Eyed  
Peas  
15 OZ

**\$4.29**



**St Dalfour**  
Red Raspberry Spread  
10 OZ

**\$6.79**



**Lakanto**  
Monkfruit 1:1 Sugar  
Substitute  
16 OZ

**\$12.99**





## LOCAL AGENCIES OFFERING HELP FINDING FOOD & HOT MEALS

### 2-1-1 Sonoma County

Referrals to food programs, plus help to apply for CalFresh.  
Dial 2-1-1 or (800) 325-9604  
[211sonoma.org/food/](http://211sonoma.org/food/)

### Catholic Charities

Referrals to rural food sites, food pantries, plus help to apply for CalFresh.  
(707) 528-8712  
[srcharities.org](http://srcharities.org)

### Council on Aging

Meal programs for seniors 60+ and their caregivers.  
(707) 525-0383  
[councilonaging.com](http://councilonaging.com)

### Petaluma Bounty

Food resource guide to Petaluma-area programs in English and Spanish.  
(707) 775-3663  
[Petaluma Bounty.org](http://PetalumaBounty.org)

### Petaluma People Services Center

Meal programs that assist seniors 60+ and their caregivers.  
(707) 765-8488  
[petalumapeople.org](http://petalumapeople.org)

### Redwood Empire Food Bank

Find food distributions sites near you, Food Connections Market, emergency food boxes, senior baskets, diapers, and help to apply for CalFresh.  
Open Monday-Friday.  
(707) 523-7903  
[refb.org](http://refb.org)

### St. Vincent de Paul

Referrals to church-based food programs, including the free lunch site in Santa Rosa.  
(707) 584-1579  
[svdp-sonoma.org](http://svdp-sonoma.org)

### Sonoma County WIC

Women, Infant Children Program, Department of Health Services  
A program for pregnant women and children to age five who are low-income, plus help to apply for CalFresh.  
(707) 565-6590



# HEALTHY DISCOUNTS IN WELLNESS

**Dr. Shen's**  
Coldstop - Yin Chi  
15 TAB

**\$8.99**



**Light Mountain**  
Organic Hair Color &  
Conditioner  
Red  
4 OZ

**\$7.99**



**Beekeeper's Naturals**  
Nasal Spray Plus  
Propoli  
1 oz

**\$12.99**



**Himalaya**  
Whitening Hydroxyapatite  
Toothpaste  
Mint  
4 oz

**\$10.49**



**MegaFood**  
Sea Moss Complex  
120 ct

**\$22.99**



**Natural Stacks**  
Magtech  
90 ct

**\$33.99**



**All Terrain**  
Ditch The Itch  
Soap & Cream  
4 oz & 2 oz

**\$11.49**

**\$8.79**  
cream  
soap



**Jarrow Formulas**  
Yum-Yum Dophilus  
60 chew tabs

**\$12.99**



**Chandrika**  
Bar Soap  
Sandal  
75 GM

**\$1.99**



**Ancient Nutrition**  
Creatine + Collagen  
5.8 oz

**\$25.49**



**Rael Inc**  
HEATING PATCH  
3 CT

**\$8.49**



**The Humble Co.**  
Floss Picks  
Charcoal Infused  
50 CT

**\$3.99**



**Barlean's**  
Flax Oil Vegan  
Softgels  
100 ct

**\$17.99**



**Ketone-IQ**  
Classic Shot  
2 oz

**\$5.99**



**Great Lakes Wellness**  
Collagen  
Bovine & Marine  
8 oz

**\$26.49**

marine

**\$29.49**

bovine



**The Humble Co.**  
Kids Floss Picks  
Mint  
50 CT

**\$3.99**



# JANUARY 2026 EVENTS

learn more & register for classes at  
[sebarts.org/monthly-calendar](http://sebarts.org/monthly-calendar)



**Floor Loom Weaving:**  
**Exploring Pattern with TWILLS!**  
Thursday, January 8  
9:30 AM - 12:30 PM



**Colored Pencil with Nina Antze**  
Tuesday, January 13  
10:00 AM - 1:00 PM



**Poetic Medicine**  
Tuesday, January 13  
4:00 PM - 5:30 PM



**Songs for Creative Revolution**  
Sunday, January 18  
3:00 PM - 5:00 PM



**Garden Poles**  
Thursday, January 22  
2:00 PM - 5:00 PM



**SRS Youth Symphony Concerto**  
Friday, January 23  
6:00 PM - 8:00 PM



**Wayne Thiebaud: The Whole Story**  
Thursday, January 29  
5:00 PM - 6:15 PM



**Film Screening:**  
**I Know Catherine, The Log Lady**  
Friday, January 30  
5:30 PM - 8:00 PM



**Printmaking: Copper Plate Drypoint & Monotype Techniques**  
Saturday, January 31 &  
Sunday February 1  
10:00 AM - 2:30 PM



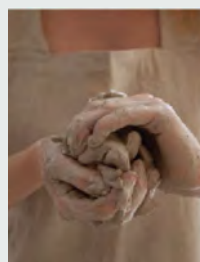
## WEEKLY EVENTS & CLASSES



**Jan Session:**  
**Life Drawing Meet-Up**  
Monday, January 5 - 26  
Starts: Monday 11/3  
6:00 PM - 9:00 PM



**Intro to Wheel Throwing:**  
Fridays, January 9 - Feb 13  
Starts: Friday 01/09  
5:00 PM - 7:30 PM



**Hand-building Wednesdays**  
January 14 - 28  
Starts: Wednesday 01/14  
1:30 PM - 4:00 PM



**Intro to Peaceful Pottery**  
January 21 - Feb 25  
Starts: Wednesday 01/21  
6:00 PM - 8:30 PM



# THE GARDEN EVENTS

TAPROOM & ESPRESSO BAR JANUARY 2026



SUNDAYS  
**5 PM**

**CANCELED**  
**OPEN MIC NIGHT**



TUESDAYS  
**5:30 PM**

**STITCH & B\*TCH**



WEDNESDAYS  
& SUNDAYS  
**ALL DAY**

**SENIOR DISCOUNT**



FRIDAYS  
**6 PM**

**CANCELED**  
**KARAOKE NIGHT**



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**COMMUNITY  
MARKET**  
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# GROCERY & CHILL DEALS

## Evolution Fresh

Fruit Juice  
Watermelon, Limon  
15.2 FL OZ

**\$5.99**  
+CA CRV



## Miso Master

Organic Miso  
Sweet White  
16 OZ

**\$15.49**



## Rebbl

Organic Plant Protein  
Elixir  
Dark Chocolate  
12 FL OZ

**\$4.99**  
+CA CRV



## Tofurky

Plant-Based Deli Slices  
Peppered  
5.5 OZ

**\$6.49**



## Treeline

Cashew Sour Cream  
7.5 OZ

**\$4.99**



## Vive Organic

Organic Immunity  
Boost Shot  
Original Ginger & Turmeric  
2 FL OZ

**\$3.49**  
+CA CRV



## Lifeway

Probugs Kids Kefir  
Pouch  
3.5 FL OZ

**\$1.99**



## Once Upon A Farm

Organic Fruit & Veggie  
Blend  
Green Kale & Apples  
3.2 OZ

**\$3.79**



## Tim Tam Tummy

Kids Mango Kombucha  
4/222 ML

**\$7.99**



## White Leaf Provisions

Pear Blueberry & Oat  
Baby Food  
3.17 OZ

**\$2.49**



## Serenity Kids

Chicken, Peas &  
Carrots  
3.5 OZ

**\$3.99**



## Freestyle

Baby Diapers  
size 4  
24 CT

**\$15.29**



## Bambo Nature

Baby Wipes  
64 CT

**\$3.29**



## Seventh Generation

Bath Tissue  
4/240 CT

**\$6.79**



## Coco Clean

Laundry Max Powder  
11.6 OZ

**\$10.49**



## If You Care

Paper Bags  
Snack & Sandwich  
48 CT

**\$7.49**





# Winter's Bounty

## *The Power of Eating with the Seasons*



Winter may seem like a time of scarcity, but in truth, it offers an abundance of vibrant, nutrient-rich produce that nourishes both body and spirit. Eating seasonally—choosing foods naturally harvested at their peak—connects us more deeply to the rhythms of nature, supports local farmers, and enhances the flavor and nutritional value of what we eat. Winter's harvest brings a vibrant mix of greens, citrus, and colorful fruits that nourish body and soul while supporting our local farmers and sustainable food systems.

**Leafy Greens** such as kale, collards, Swiss chard, and spinach thrive in cool temperatures, developing a sweetness that milder seasons can't match. These greens are loaded with vitamins A, C, and K, iron, and calcium—powerful allies for immunity and bone health. Their versatility in soups, sautés, and salads makes them a cornerstone of winter wellness.

**Brassicas**, a family that includes broccoli, cauliflower, Brussels sprouts, and cabbage, are the true workhorses of winter. Cold weather brings out their natural sugars, creating depth of flavor when roasted or sautéed. Rich in fiber, antioxidants, and compounds that support detoxification, brassicas are celebrated for their role in reducing inflammation and supporting long-term health.

**Citrus fruits** like oranges, grapefruits, mandarins, lemons, and limes—bring a burst of sunshine to the darker months. In winter, they're at their juiciest and most flavorful. Their high vitamin C content boosts immune function, while their bright acidity elevates both sweet and savory dishes. Local or regional varieties can offer surprising diversity and freshness.

**Pomegranates**, with their jewel-like seeds, symbolize vitality in the heart of winter. Packed with antioxidants, fiber, and vitamin C, they help fight oxidative stress and promote heart health. Their tart-sweet flavor adds color and texture to salads, yogurt bowls, and grain dishes, making every bite a celebration of the season.

### **Celebrate the Season with Us**

Eating with the seasons isn't just delicious — it's smart. Seasonal produce is fresher, more affordable, and better for the planet. Stop by Community Market this winter and explore nature's best cold-weather bounty. Your body (and your taste buds) will thank you!



# Pumpkin Carrot Soup

from *Califia Farms* by Lindsey Baruch, @lindseyeatsla



SERVINGS: 4

## INGREDIENTS

- 1 teaspoon coconut oil
- 2 cups butternut squash
- 1/2 cup **Califia Farms Unsweetened Almondmilk**
- 1/2 white onion, chopped
- 2 garlic cloves, minced
- 3 carrots, roughly chopped
- 1/2 cup canned pumpkin
- 1/2 teaspoon curry powder
- 4 cups vegetable stock
- 1 thumb ginger
- 1 cup full fat canned coconut milk
- 1/8th teaspoon chili powder
- 1 stick lemongrass
- Salt and pepper to taste

## DIRECTIONS

1. In a dutch oven or deep pot, add your coconut oil on low. Then, add your onions, garlic, ginger, and lemongrass, allowing it to sweat for 1-2 minutes on medium-high.
2. Add in your butternut squash, carrots, curry powder, and chili powder. Mix well.
3. Add your pumpkin puree, your stock, and seasoning and mix well.
4. Let the soup simmer until all the vegetables are fork tender. Then, blend with an immersion blender or in a blender with the fill cap removed to let steam out while blending.
5. Once fully blended and smooth, add our **Unsweetend Almondmilk** and your can of coconut milk.
6. Adjust salt to taste and serve!



# SACRED MUSHROOMS CACAO

LOVINGLY MADE IN HUMBOLT CA



*Feel supported in a deep way.  
Take a breath &  
receive this grounding sacred earth medicine.*



Blended with 5 of the most well known & studied ancient medicinal mushrooms - steam processed mycelia & fruiting bodies, organic Fair Trade regeneratively grown cacao & the highest quality spices - creating a sacred cup to nourish & ground you.



Lion's Mane Cordyceps Turkey Tail Reishi Mesima

**Sacred Mushrooms Cacao is available at both our locations!**

PRESENTED BY THE SEBASTOPOLE COMMUNITY CULTURAL CENTER'S YOUTH PROGRAMS



## THE FAMILY RAVE

SUNDAY, JANUARY 4  
2 PM - 4 PM

LIVE DJs  
KIDS FREE  
ADULTS \$5

- JOIN US FOR ANOTHER HIGH-ENERGY AFTERNOON AT THE FAMILY RAVE—A VIBRANT, ALL-AGES DANCE PARTY WHERE PARENTS CAN RELIVE THEIR RAVE DAYS AND KIDS CAN JOIN IN ON THE FUN!
- COME DRESSED TO SHINE—NEON, SPARKLES, AND GLOW STICKS ENCOURAGED!
- RIGHT SELECTION OF REFRESHMENTS WILL BE AVAILABLE FOR PURCHASE.

390 MORRIS ST. (SEBASTOPOLE COMMUNITY CULTURAL CENTER'S MAIN HALL)





SEBASTOPOL COMMUNITY MARKET'S  
TAPROOM & ESPRESSO BAR

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

# THE GARDEN



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



## 20 ROTATING TAPS

It's Alive Kombucha	Local Brewery
Boochcraft	Russian River
Cider	Henhouse
Moonlight	Cooperage
Sours	Stouts



## 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.



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