

SANTA ROSA
1899 Mendocino Ave.
(707) 546-1806
8 am - 7 pm daily



FOOD FOR PEOPLE

COMMUNITY MARKET

est. 1975



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



NOT FOR PROFIT

October Sales 09/28 - 11/01

all items are not available at all locations

Amy's
Organic Chili
All varieties
14.7 OZ

\$5.49



Abbot's Butcher
Meet Alternative
Chorizo, Chopped Chick'n',
Italian Sausage
10 OZ

\$6.99



R. W. Garcia
Organic Corn Chips
Yellow, Chili Cheese, BBQ
8.25 OZ

\$4.79



Honey Mama's
Chocolate Fudge Bar
Chocolate Cake, Thin Mint,
Peanut Butter Cup, Salted
Almond
2.5 OZ

\$4.79



Annie's Homegrown
Macaroni & Cheese
All 6 OZ Varieties

2/\$6



Remedy Organics
Select Flavors
12 FL OZ

\$4.29

+CA CRV



Almond Breeze
Almond Milk
Unsweetened Vanilla
and Coconut
32 FL OZ

\$2.79



Little Northern Bakehouse
Bread
Sprouted 7 Grain, Chai Millet,
Seed & Grain, Cinnamon
Raisin
17 OZ

\$5.49



Davids
Toothpastes
4 OZ - 5.25 OZ

\$6.99



Eco-Dent
Gentle Floss
Mint
100 YD

\$4.99



Natracare
Make Up Whipes
Sensitive Skin
20 CT

\$7.99



Desert Essence
Tea Tree Oil
100% Pure Australian
0.5 FL OZ

\$7.49





REDWOOD EMPIRE FOOD BANK

In 2025, the Redwood Empire Food Bank distributed \$75.6 million worth of healthy groceries to residents across Sonoma, Lake, Mendocino, Humboldt, and Del Norte counties—enough food to provide over 25.2 million meals to our neighbors in need.

How The Redwood Empire Food Bank Ends Hunger

The Redwood Empire Food Bank provides over 300 monthly food distributions through three hunger-relief initiatives:

- Every Child, Every Day: Four robust programs ensure a healthy start in life for 40,000 at-risk children by providing consistent access to nutritious food.
- Senior Security: Our Senior Basket program provides food to 15,000 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 135,000 individuals in our community.



The Scope of Need

Each year, the Redwood Empire Food Bank serves over 135,000 unique individuals—and about 57,000 people each month. The difference between monthly and annual figures reflects the diverse and dynamic nature of food insecurity, as individuals may seek assistance for varying durations throughout the year based on their changing circumstances and needs.



SCAN TO DONATE

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

GROCERY & CHILL DEALS

Umyum
Plant-Based Butter
Garlic, Herb, Truffle
7.1 OZ

\$4.99



The Coconut Cult
Cultured Coconut
Yogurt
Plain, Strawberry,
Chocolate
8 FL OZ

\$7.99



Bizzy
Organic Cold Brew
Coffee
Medium Roast, Breakfast,
Espresso
48 FL OZ

\$5.99

+CA CRV



Upton's Naturals
Seitan
Bacon, Chorizo, Original
5 OZ

\$4.79



Alden's Organic
Organic Ice Cream
Sandwiches & Bars
14 FL OZ

\$5.99



Miltons
Cauliflower Crust Pizzas
Select Varieties
11 OZ

\$10.49



Chickapea Pasta
Organic Pasta
Spirals, Shells, Penne,
Spaghetti
8 OZ

\$4.49



El Burrito
Organic Soyrito
Meatless Soy Chorizo
12 OZ

\$4.99



Alvarado St. Bakery
Sprouted sliced
Breads & Bagels
24 OZ

\$5.79



Organic India
Organic Tulsi Teas
18 BAG

\$4.99



One Degree Organic Foods
Organic Gluten Free
Cereals
8 OZ

\$5.79



Napa Valley Naturals
Organic Extra Virgin
Olive Oil
25.4 FL OZ

\$24.49



Food For Life
Organic Ezekiel 4:9
Cereal
Original, Golden Flax
16 OZ

\$7.49



Justin's
Organic Mini Peanut
Butter Cups
Dark & Milk Chocolate
4.7 OZ

\$6.49



Perfect Bar
Organic Protein Bars
2.5 OZ

\$2.49



Chocolove
Chocolate Bars
3.2 OZ

\$3.99



EVENTS

OCTOBER 2026



MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

OCTOBER'S EVENTS:



10% off All Month for College Students
Santa Rosa Community Market



Oktoberfest
with the SebTown Strutters, 4:30 - 6:00 pm
Sebastopol Community Market's The Garden



Costume & Clothing Swap, 11 am - 2:30 pm
Sebastopol Community Market



WEEKLY EVENTS:

Wednesdays & Sundays
SENIOR DISCOUNT
10% off all day



STITCH N B*TCH
NIGHT 5:30 pm, Tuesdays



Thurs

Chair Massage with Scott Patton, 2:30 pm - 6:30 pm
Thursdays at Sebastopol Community Market



HEALTHY DISCOUNTS IN WELLNESS

Crystal
Mineral Roll-On
Deodorant
Lavender & White Tea,
Coco Vanilla
2.25 FL OZ

\$4.99



Forces Of Nature
Rollers
Anti-Itch, Migraine
4 ML

\$8.49



Lily Of The Desert
Organic Aloe Vera
Gel
Whole Leaf
32 FL OZ

\$8.49



Quantum Health
SuperLysine+
Cold Sore Treatment
7 GRM

\$10.99



Liquid I.V.
Hydration Multiplier
Drink Mix
Lemon Lime, Passion
Fruit, Strawberry
0.56 OZ

\$2.29



Melora
Lozenges
Strawberry Elder, Lemon
2.1 OZ

\$7.49



Desert Essence
Activated Charcoal
Toothpaste
Fresh Mint
6.25 OZ

\$6.49



Eco-Dent
Ultimate Essential
MouthCare Rinse
Spicy-Cool Cinnamon,
Mint
8 FL OZ

\$9.79



Forces Of Nature
Organic Allergy
Medicine
Maximum
Strength
10 ML



\$10.79

Bach
Stress Rescue Pastilles
Cranberry, Black Current,
Orange
50 GRM

\$10.99



Sunfood
Organic Supergreens &
Protein
8 OZ



\$12.99

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

\$1.79

SANTA ROSA
ONLY



Ancient Secrets
Nasal Spray
Breathe Again
3.38 FL OZ

\$10.49



Laird Superfood
Performance
Mushrooms
3.17 oz **\$15.99**



Sovereign Silver
First Aid Topical
Healing Gel
1 oz

\$14.79



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

\$7.79



TASTY SAMPLING OCTOBER 2026



stay up-to-date on our store's sampling here

SANTA ROSA



Galaxy Pasquier Desserts

Macarons

Wednesday, 10/07. 11:00 am - 1:00 pm



SEBASTOPOL



Honey Mama's
Chocolate Bars

Wednesday, 10/07, 11:00 am - 1:00 pm

SALE



Hummingbird Wholesale & Commuintuy Market Deli

Organic Walnuts & House-Made Egg Salad
Wednesday, 10/14. 11:30 pm - 1:30 pm



Alvarado St. & Nancy's

Sprouted bagels & Probiotic Cream Cheese

Monday, 10/12

11:00 am - 1:00 pm



Edward & Sons with
Petaluma Creamery

Brown rice snaps & cheddar

Friday, 10/16, 11:30am - 1:30 pm



GM Garden Cafe & Blue Lotus Chai

Carrot & Cashew Salad

Masala Chai Latte

Tuesday, 10/13, 11:00 am - 1:00 pm



cocojune

Cocojune & CM

Specialty In-House Granola, Dried Mango & CocoJune Yogurt

Wednesday, 10/21. 11:30 pm - 1:30 pm



Dark Chocolate Peanut Butter
Almonds and Super Dark Sea Salt
Almonds

Friday, 10/23, 11:00 am - 1:00 pm



Milkish & CM

Watermelon Milk & Cereal

Wednesday, 10/28, 11:00 am - 1:00 pm



SEBASTOPOL



Community Market Deli

Thai Tofu Bowls

Thursday, 10/01, 11:00 am - 1:00 pm

Chimichurri Tofu Bowl

Monday, 10/05, 11:00 am - 1:00 pm

House-Made Hummus with organic veggies

Thursday, 10/08, 11:30 pm - 1:30 pm

Kale Salad

Monday, 10/12, 11:30 pm - 1:00 pm

Beet Pecan Salad

Monday, 10/19, 11:30 pm - 1:30 pm



Rustic Bakery & Organic Valley

Cream cheese & crackers
with cappers

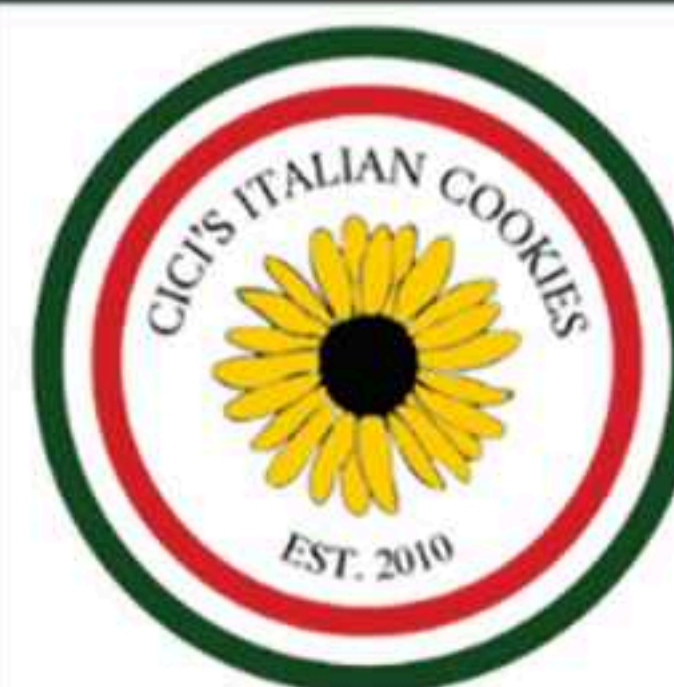
Thursday, 10/15, 11:00 am - 1:00 pm



Alvarado St., Organic Valley & CM Produce Department

Sprouted bread, raw cheese, organic
olives & celery

Monday, 10/12, 11:30 am - 1:30 pm



CiCi's Homemade Italian Cookies

Ginger Molasses Cookies

Thursday, 10/22, 11:30am - 1:30 pm

Lemon Cookies

Tuesday, 10/27, 11:00am - 1:00 pm



Crispy Dunes Cookies

Monday, 10/26, 11:30am - 1:30 pm



Mary's Gone Crackers & Rumiano

Rumiano Havarti Cheese on Mary's
Gone Crackers

Thursday, 10/29, 11:30 am - 1:30 pm



GROCERY & CHILL DEALS

Once Upon A Farm
Organic Fruit & Veggie
Pouches
Select Varieties
3.2 OZ

2/\$5
SEB ONLY



Sweet Loren's
Vegan Ready to bake
cookies & brownies
12 OZ

\$6.49
SEB ONLY



Kite Hill
Plant-Based Greek
Yogurt
Select Varieties
5.3 OZ

\$1.99



Perfect Bar
Organic Protein Bar
Select Varieties
2.5 OZ

\$2.49



Actual Veggies
Dinosaur Nuggets
Sweet Potato & Carrot
8 OZ

\$5.99



Lightlife Foods
Organic Tempeh Strips
Smoky Bacon
6 OZ

\$5.49



Traditional Medicinals
Herbal Teas
16 BAG

\$5.79



Forage Kombucha
Kombucha
Select Varieties
12 FL OZ

\$2.49
+CA CRV
SEB ONLY



Sunbutter
Organic Sunbutter
16 OZ

\$9.49



Safe Catch
Elite Wild Tuna Pouch
Select Varieties
3 OZ

\$2.99



Tinkyada
Organic Brown Rice
Pasta
Select Varieties
12 OZ

\$4.79



Recess
Sparkling Mood
Select Varieties
12 FL OZ

\$3.49
+CA CRV



Rebel Green
Dish Soap & Cleaner
Select Varieties
16 FL OZ

\$5.49



Westbrae Natural
Organic Canned Beans
Select Varieties
15 OZ

\$2.99



Pacific Foods
Canned Soups
Select Varieties
16.3 OZ

\$4.49



Nixie Sparkling Water
Organic Sparkling
Waters
8/12 FL OZ

2/\$12
+CA CRV





OCTOBER 2026 EVENTS



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



FREE: Marketing and Sales Workshop
Thursday, October 1
10:00 AM - 2:00 PM



Autumn Gold: Watercolor Basics
Saturday, October 3
10:00 AM - 4:00 PM



Poetic Medicine
Tuesday, October 6
4:00 PM - 5:30 PM



Artist Residency Exhibit and Reception
Li Zhanyang - Ceramics Resident
Tuesday, October 6
4:30 PM - 6:30 PM



October Advanced Colored Pencil with Nina
Tuesday, October 13
10:00 AM - 1:00 PM



Upcycled Journal Workshop
Wednesday, October 21
6:00 PM - 9:00 PM



FREE: Social Media Mastery Workshop
Thursday, October 22
12:00 PM - 2:00 PM



October Writers Salon
Thursday, October 22
3:00 PM - 5:30 PM



Ultra Textural Weaving on a Unique Substrate with Vicki Assegued
Sunday, October 25
10:00 AM - 3:00 PM



Poetry Lives
Tuesday, October 27
6:00 PM - 9:00 PM

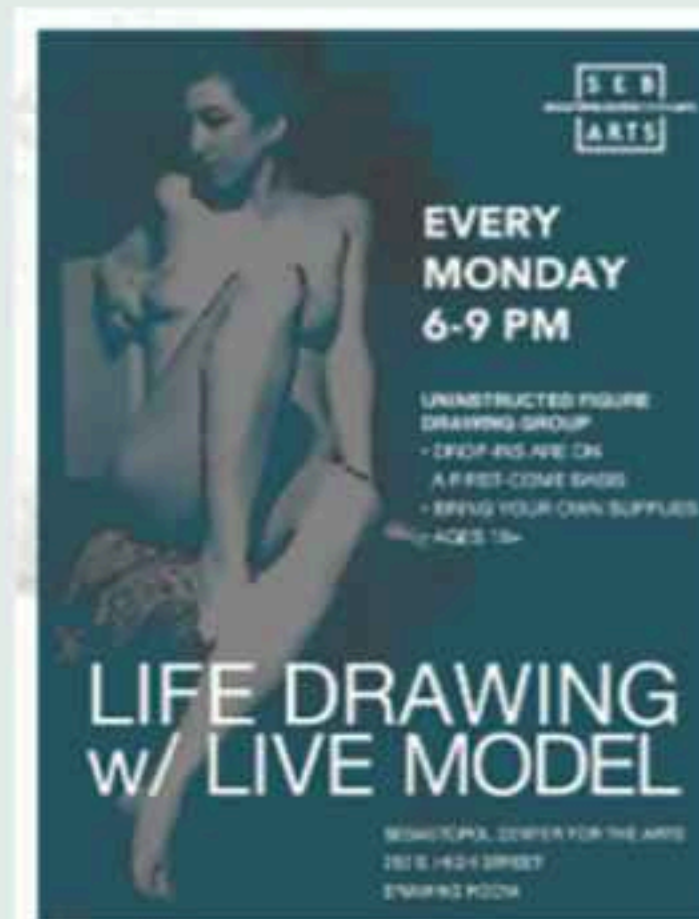


SONGS FOR CREATIVE REVOLUTION SUNDAY, OCTOBER 11TH, 5-7PM



Art Trails 2026
Open Studio Weekends
Saturday & Sunday
October 10, 11 &
October 17, 18

SERIES - OCTOBER



Life Drawing Meet-Up
Mondays, October 5 - 26
6:00 PM - 9:00 PM



SebTown Clay Club:
Afterschool Wednesdays
1:00 PM - 4:30 PM



JANE GOODALL'S CAULIFLOWER PUMPKIN SEED TACOS

By Jane Goodall



Yield: 8 tacos

INGREDIENTS

- 1 cup raw pumpkin seeds - Bulk Hummingbird
- 2 cups cauliflower florets
- 2 roma tomatoes, chopped
- 1 large jalapeño chili, seeded
- 3 cloves garlic, chopped
- 1 tablespoon olive oil - Bulk Hummingbird
- ½ teaspoon dried sage - Spicley Organic
- ½ teaspoon chipotle powder - Spicley Organic
- 1 tablespoon tamari - San-J Organic Tamari
- Sea salt, to taste - Bulk Celtic Grea Sea Salt
- 8 corn tortillas - Vista Hermosa Corn Tortillas
- 1 ripe avocado, pitted, peeled, and cubed
- Juice of ½ lime
- Hot Sause (optional) - Chili Gods Hot Sauce



HUMMINGBIRD WHOLESALE
Nourishment with **INTEGRITY**

DIRECTIONS

1. **Process the filling mix:** Pulse the pumpkin seeds, cauliflower florets, chopped tomatoes, seeded jalapeño, and garlic in a food processor until finely chopped and well combined (do not over-blend into a paste).
2. **Season and cook:** Heat the olive oil in a skillet over medium heat. Add the cauliflower-pumpkin seed mixture, dried sage, chipotle powder, tamari, and a pinch of sea salt. Cook, stirring often, for about 8 to 10 minutes until the vegetables are tender and the flavors meld.
3. **Warm the tortillas:** Warm the corn tortillas in a dry skillet or over an open flame until soft and pliable.
4. **Assemble and serve:** Spoon the warm filling into the corn tortillas. Top with cubed avocado, a squeeze of fresh lime juice, and hot sauce if desired.



SEBASTOPOL COMMUNITY MARKET'S TAPROOM & ESPRESSO BAR

THE GARDEN



EAT,
Drink
AND BE
SCARY

beer & candy pairings



PALE LAGER &
SOUR CANDY



IPA &
FRUIT CANDY



DARK ALE &
CARAMELS



STOUT &
CHOCOLATE BARS



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

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



OKTOBERFEST
WITH
SEB TOWN STRUTTERS

FRIDAY, OCTOBER 2ND
4:30 - 6:00 PM



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



FOOD FOR PEOPLE



THE DELI

COOKING UP THE BEST FOR YOU
7 DAYS A WEEK – 8 AM TO 6 PM

The Deli offers custom & signature sandwiches, wraps, house-made: salads, daily specials, a delicious rotating hot-bar, fresh salad bar, quick grab & go options, sliced meat & cheese by the pound.



OCTOBER SPECIALS

Urban Remedy Mocktails

Margarita Mocktail 12oz \$6.99

Passionfruit Margarita Mocktail 12oz \$6.99

Street Corn Salad

3 Bean Salad: Green beans, Kidney beans
and Garbanzo Beans (V)

Call our deli to find out what we're serving today: (707) 407-4020

Did You Know?!

Any plastic that can't hold its own shape
goes in the trash/landfill.



SEBASTOPOL COMMUNITY MARKET

COSTUME & CLOTHING SWAP



GREEN TEAM
COMMUNITY
MARKET

Sunday, October 11th
11 AM - 2:30 PM

Sebastopol Community Market
6762 Sebastopol Ave.

- 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



Repair Station

FREE
on-site repairs

Darning
Buttons
Patches
Small fixes

During the event



North Bay
Zero Waste Week

October 10-17, 2026

FOOD FOR PEOPLE

COMMUNITY
MARKET
est. 1975

NOT FOR PROFIT



ONLY AT
Santa Rosa Community Market
10% Student Discount
Fall Fest Savings

Show a current student ID & a state-issued ID and receive 10% off your purchases for the entire month of October.

BONUS!

Sign up to receive our monthly sales flyer and be entered to win a delicious Budget Bundle Meal Basket.