

To support our community during the government shutdown SNAP & EBT cardholders will receive a 10% Discount on Tuesdays and Thursdays in November. Just need to show your card at checkout to get the discount.

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

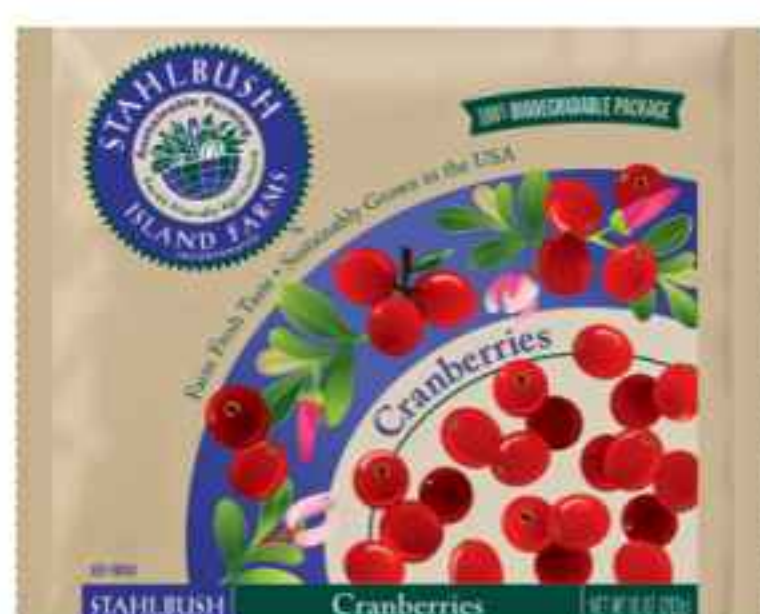


November Sales

Prices valid 11/03 - 11/30

Stahlbush Island Farms
Whole Cranberries
10 OZ

\$5.29



Field Roast
Plant-Based Roast
Celebration
2 LB

\$25.99



Califia Farms
Dairy Free Heavy Whip
16.9 FL OZ

\$5.49



Melt
Organic Salted Butter
Sticks
16 OZ

\$6.49



If You Care
Baking Paper Loaf
Pan
4 CT

\$8.99



Artisana
Raw Organic Pecan
Butter
8 OZ

\$15.49



Imagine Foods
Organic Chicken Broth
Free Range Low Sodium
32 FL OZ

\$4.79



De Nigris
Organic Balsamic
Glaze
8.5 FL OZ

\$8.99



All Good
Goop Balm
1 oz

\$9.49



Pranarom
Aromaforce Purifying
Sprays
5 fl oz

\$11.49



Natural Stacks
MagZen Gummies
30ct

\$15.49



Evanhealy
Sonoma Rose Petal
Hydrosol
4 oz

\$35.99



Burbank Heights Market Day



Every Friday morning for the past 17 years, the community room at Burbank Heights and Orchards Senior Housing has transformed into "Market Day," a warm and welcoming space filled with fresh produce, friendly faces, and connection.

Market Day serves around 200 residents, many of whom do not drive and would otherwise struggle to access affordable, wholesome food. The produce is sold at wholesale prices, and the market is run almost entirely by resident volunteers. For many, it is more than groceries, it is a weekly gathering that keeps neighbors connected and cared for.

Earlier this summer, Market Day lost its longtime sponsor, putting the program's future in jeopardy. Resident volunteers and local supporters have stepped in to keep it going, but funding is still needed to cover weekly costs like produce, supplies, and basic expenses.

This month, your spare change can help sustain a vital resource that feeds both body and spirit. You can round up or make a direct donation at the register.

Other ways to donate:

Make checks payable to Burbank Heights and Orchards Senior Produce Market. You can:

- Mail your check to: Burbank Heights and Orchards Senior Produce Market c/o Judy Morgan 7777 Bodega Avenue, #A1 Sebastopol, CA 95472
- Deliver your check to: Sebastopol Branch of Redwood Credit Union

For questions or to get involved, email Judith Morgan at jem1943@icloud.com.



GROCERY & CHILL DEALS

Violife
Parmesan Wedge
5.3 OZ

\$5.99



Little Sesame
Herby Jalapeno
Hummus
8 OZ

\$4.49



Bhakti Chai
Chai Tea Concentrate
32 FL OZ

\$8.99



Lightlife Foods
Organic Smoky
Bacon Tempeh Strips
6 OZ

\$5.29



Cascadian Farm
Organic Frozen Hash
Brown Potatoes
16 OZ

\$5.49



Brown Cow
Cream Top Whole Milk
Yogurt
32 OZ

\$4.79



Nancy's
Organic Probiotic
Cream Cheese
8 OZ

\$4.99



Bonafide Provisions
Beef Bone Broth
24 FL OZ

\$9.79



If You Care
Natural Cooking
Twine
200 FT

\$4.49



If You Care
Baking Cups
100% Unbleached Large
60 CT

\$2.79



Wholesome
Organic Cane Sugar
Regenerative
26 OZ

\$5.99



Pacific Foods
Cream of Mushroom
Soup
10.5 OZ

\$3.49



Kettle And Fire
Vegetable Broth
32 OZ

\$4.49



Jovial
Cassava Elbow Pasta
8 OZ

\$4.79



Edward & Sons
Organic Panko
10.5 OZ

\$6.49



Back To Nature
Garlic & Herb
5 OZ

\$4.29





SEBASTOPOL
SUNDAY,
NOVEMBER 16TH

12:15 - 3:15 PM

DEMOS

evanhealy

the skin breathes



SANTA ROSA
WEDNESDAY,
NOVEMBER 19TH

SUNDAYS
5 PM

OPEN MIC NIGHT



TUESDAYS
5:30 PM

STITCH & B*TCH



WEDNESDAYS
& SUNDAYS
ALL DAY

SENIOR DISCOUNT



FRIDAYS
6 PM

KARAOKE NIGHT



HEALTHY DISCOUNTS IN WELLNESS

Dr. Bronner's
Lavender Castile
Soap
8 FL OZ

\$6.79



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

\$19.99



Wild Carrot Herbals
Paper Tube Lip
Balms

\$7.79
each



Sovereign Silver
Sinus Relief Nasal Spray
2 fl oz

\$14.49



Kate's Magik
Anointing Oils
15 oz

\$14.79



Flora
Flax Oil
32 oz

\$31.99



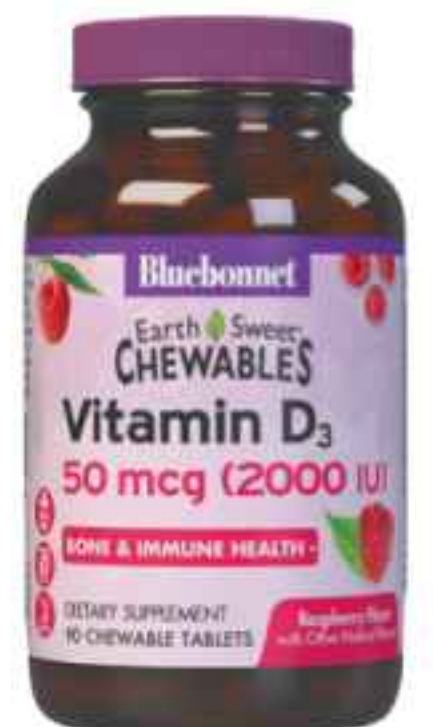
evanhealy
Blue Chamomile
Moisturizer
1.4 oz

\$48.49



Bluebonnet
Earth Sweet Chewables
Vit D3 50 mcg (2000 IU),
Raspberry
90 ct

\$13.79



Sumbody
Deep Sea
Decongestant Mask
0.7 oz

\$19.49



Nutribiotic
Throat Spray
4 oz

\$7.79



Inesscents
Organic Castor Oil
4 oz & 8 oz

\$8.49
4 oz

\$13.99 8 oz



Jarrow Formulas
Theanine Gummies
60 Gummies

\$21.49



Tints of Nature
Permanent Hair Dye
4N Natural Medium
Brown
4.4 FL OZ

\$17.99



Barlean's
Fori-Flax Flax Meal
16 oz

\$10.49



Inesscents
CBD Bath Soak
3.5 oz

\$9.49



Gear Hugger
Multipurpose Plant
Based Lubricant
3 OZ

\$7.49



Savoring the Season:

A Guide to Fall's Bounty

with Community Market



As the leaves turn and the air grows crisp, fall offers more than just scenic beauty—it brings a rich harvest of nourishing, seasonal produce that supports both our health and our local food systems. Eating with the seasons isn't just good for the planet—it's a delicious way to reconnect with nature's rhythms.

Local Favorites to Look For:

- Apples – Packed with fiber and antioxidants, apples are a fall staple. Enjoy them fresh, baked, or simmered with cinnamon for a cozy treat.
- Winter Squash (Butternut, Acorn, Delicata) – These hearty vegetables are rich in vitamins A and C and lend themselves beautifully to soups, roasts, and grain bowls.
- Kale & Collards – After the first frost, these leafy greens become sweeter and even more nutritious. Steam, sauté, or blend them into a green smoothie.
- Root Vegetables (Carrots, Beets, Parsnips, Turnips) – These grounding foods are full of minerals and earthy flavor. Roast them with olive oil and herbs for an easy, comforting dish.
- Pears – Often overlooked, pears are anti-inflammatory, fiber-rich, and divine when paired with nuts or a bit of local goat cheese.

Why Eat Seasonally?

Seasonal produce is fresher, more flavorful, and retains more nutrients. It also supports regional farmers and reduces the carbon footprint of your food. By choosing local, organic options when possible, we nourish both our bodies and our communities.

Swing by our Santa Rosa or Sebastopol location this week—we're stocked with the best of the fall harvest, all sourced with care. Whether you're cooking for one or preparing a plant-based feast, our team is here to help you make the most of this abundant season.



Immune Boosting Green Soup

Original Author Simply Vegan Blog



serves 2

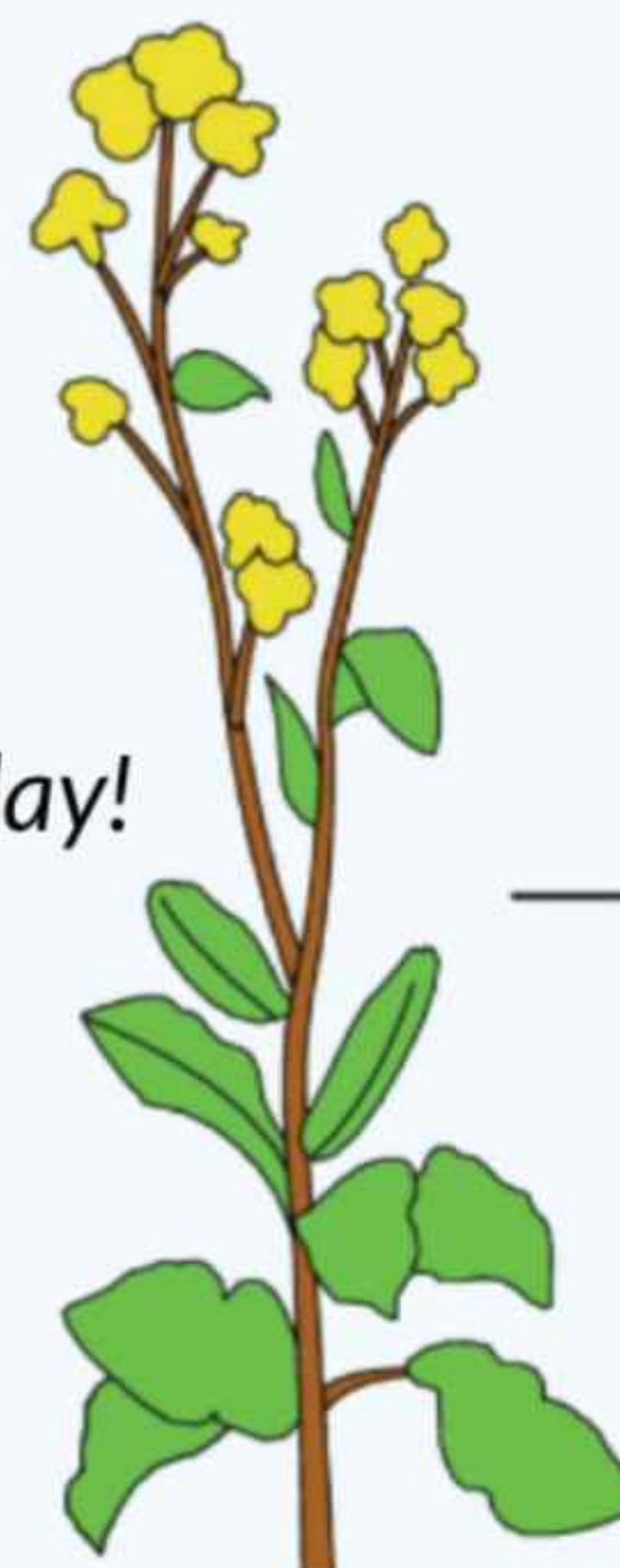
INGREDIENTS

- 2 cloves of garlic
- ½ chopped onion
- ½ chopped leek
- ½ cup frozen peas
- 1-inch piece of fresh ginger
- ½ head of broccoli florets, chopped
- 3 handfuls of fresh kale or spinach
- 1 14-ounce can coconut milk
- 3 cups water or vegetable broth
- ⅛ teaspoon cayenne powder
- 1 teaspoon sea salt
- Ground black pepper to taste
- 4 tablespoon nutritional yeast
- The juice of half a lemon

DIRECTIONS

1. Place all the ingredients in a pot, except the nutritional yeast and the lemon juice.
2. Bring the soup to a boil and then cook over medium-high heat for 10 minutes.
3. Pour the soup into a blender, add the yeast and the juice and blend until smooth.
4. Serve the soup in a bowl and add your favorite toppings...pumpkin seeds, chia seeds, almond flakes...

Brassica oleracea (wild cabbage)
and the great veggies we eat today!



Wild cabbage



White cabbage



Kale



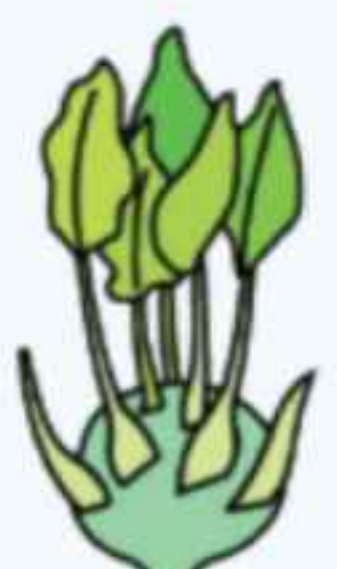
Brussels sprouts



Broccoli



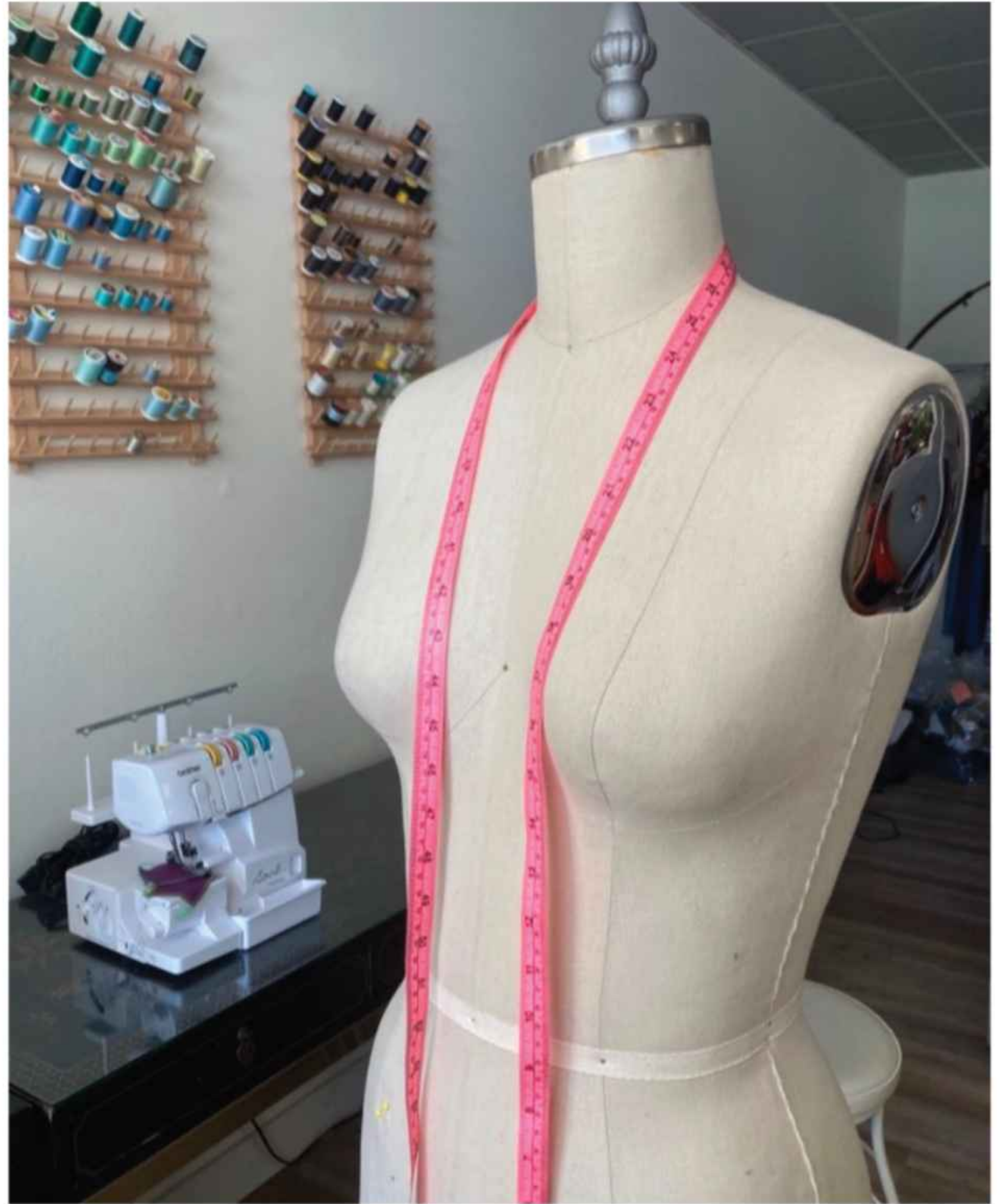
Cauliflower



Kohlrabi

Partner Spotlight

Launch Recycled Clothing



What they do

Quality pre-loved clothing. Alterations, repairs, and custom sewing.

At the swaps

FREE on-site repairs

Darning • Buttons • Patches • Small fixes

Visit the studio

971 Gravenstein Hwy S, Sebastopol

Hours: Wednesday to Saturday 11am to 7pm;

Sunday 11am to 5pm

(707) 829-3312

launchrecycledclothing.com



website



@LAUNCHRECYCLEDCLTHING

GROCERY & CHILL DEALS

Jeesauce

Sauce
Sun Dried Tomato &
Basil
9 FL OZ

\$6.99



Nuts For Cheese

Cranberry Pink
Peppercorn
4.2 oz

\$7.29



Blake's All Natural
Chicken Pot Pie
8 OZ

\$6.49



Kalona Super Natural
2% Buttermilk
16 FL OZ

\$3.49



Petitpot

Chocolate Pudding
4 - 8 oz

\$5.29



Wild Tonic

Raspberry Kombucha
12 FL OZ

\$3.79
+ CA CRV



Sown

Vanilla Creamer
32 FL OZ

\$6.29



Forager Project

Strawberry Banana
Yogurt Pouch
3.2 FL OZ

\$2.49



If You Care

Parchment Roasting
Bags
Non-Stick, Extra Large
2 CT

\$9.79



Seventh Generation
Free & Clear Auto
Dish Gel
42 FL OZ

\$8.29



Patience Fruit & Co
Peach Flavored Sour
Cranberries
2.12 oz

\$3.29



Saltverk
Flaky Sea Salt
3.17 OZ

\$9.99



Bob's Red Mill

Gluten Free 1 to 1
Baking Flour
44 OZ

\$9.49



Sunsweet Naturals
100% Organic Prunes
7 OZ

\$6.99



Let's Do Organic
Caramelised Condensed
Coconut Milk
7.4 oz

\$3.99



La Tourangelle
Fruity Extra Virgin
Olive Oil
25.4 FL OZ

\$23.79





NOVEMBER 2025 EVENTS

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



Create A Winter Succulent Wreath with UC Master Gardeners

Saturday, November 1
10:00 AM - 12:00 PM



Poetic Medicine: November Session

Tuesday, November 4
4:00 PM - 5:30 PM



Watercolor Paper Arts: Perched Owl, Leaf Garland & Advent Calendars (ages 6 - 12)

Wednesday, November 5
4:00 PM - 6:00 PM



Autumn Watercolors

Wednesdays, November 5 - 19
10:00 AM - 12:00 PM



Songs of Self, Spirit, and Society: SebArts' Community Harmonia

Friday, November 7
7:00 PM - 8:00 PM



Fantasy/Abstract Acrylic Painting from Imagination, Dreams, & Spirit

Saturday, November 8
1:00 PM - 4:00 PM



Architecture in Harmony with Nature: Lecture on the Chinese Garden

Saturday, November 8
3:00 PM - 4:00 PM



Collage Your Story with Catherine Cruz

Sunday, November 9
11:00 AM - 3:00 PM



HOT FLASH: Dance Party

Sunday, November 9
5:00 PM - 8:00 PM



Ceramics Sculpture: Wild Wind Chimes & Bamboo Clay Mobiles (ages 6 - 12)

Thursday, November 13 &
November 20
4:00 PM - 6:00 PM



Colored Pencil with Nina Antze

Tuesday, November 11
10:00 AM - 1:00 PM



Create A Winter Succulent Wreath with UC Master Gardeners

Saturday, November 15
10:00 AM - 12:00 PM



NEW! ReVision: Writers ReGroup

Sunday, November 16
1:00 PM - 3:30 PM



WEEKLY EVENTS



Nov Session: Life Drawing Meet-Up

Monday, November 3 - 24
Starts: Monday 11/3
6:00 PM - 9:00 PM



Hand-building Wednesdays

November 5 - 19
Starts: Wednesday 11/5
1:30 PM - 4:00 PM

20 rotating taps
featuring local breweries
and cider-makers, local
& organic wines &
locally crafted
non-alcoholic probiotic
ferments & kombuchas.



*There's something for
everyone at The Garden at
Community Market!*



Rotating Taps



It's Alive Kombucha

Local Brewery

Boochcraft

Russian River

Cider

Henhouse

Moonlight

Cooperage

Sours

Stouts



COFFEE ROASTERS





PRE-ORDER YOUR HOLIDAY MAIN COURSE

Fresh from Our Kitchen. Ready to Enjoy.

Preorders for Turkey & Vegan Mains
open Nov 1 • Cutoff Nov 16

Order at the Sebastopol Deli or call (707) 407-4020



Diestel Turkey **\$59.99**

Our chefs start with a whole Diestel Turkey, brining the breasts in buttermilk and roasting them until golden and juicy, and cooking the herb-brined dark meat low and slow until it's perfectly tender. Each order includes all the white and dark meat from one whole turkey, Serves 6-8.



Vegan Main **\$39.99**

We start with a whole head of cauliflower, seasoned with fresh herbs, roasted garlic, and citrus, and slow-roasted until tender and golden. It's served with four stuffed acorn squash halves filled with our autumn wild rice pilaf and topped with a fresh pecan gremolata. Vegan and gluten-free. Serves 4-6.



Skip the stress and fill your table with freshly made sides from our kitchen! Find a delicious selection of seasonal favorites in our Grab & Go case starting November 17th.

Roasted Roots – Green Bean Almondine Candied Delicata
Squash – Stuffing Mashed Potatoes – Candied Yams
Sides available at both Sebastopol & Santa Rosa locations.
Vegan & Gluten-Free Options Available