



MOTHER NATURE'S MARKET & *Deli*

June 2016

SALES

ORGANIC STRAWBERRIES

Strawberries topped this year's list of fruits and vegetables most contaminated with pesticides. According to Environmental Working Group there are 300 pounds of pesticides applied to each acre of conventional strawberries. If you're concerned about pesticides, consider buying organic. Try them in this delicious, healthy recipe (see page 3).



2/8⁰⁰

DEEBEE'S TEA POPS ASSORTED



4⁸⁹
/4 Pack

FIASCO GELATO ASSORTED



7⁷⁴
ea.

LET'S DO ORGANIC ICE CREAM CONES



4⁷⁷
/12 Pack

DRY SODA SPARKLING BEVERAGE ASSORTED



2/5⁰⁰

PRAIRIE NATURALS BIG SKY SHAMPOO CONDITIONER



BUY 1 GET 1 FREE

While Supplies Last. No rainchecks. Restrictions may apply.

**OPEN
9-10**

7 Days a Week

Be Healthy, Go Natural

COOK ST. VILLAGE
www.mothernaturesbc.ca

250-590-7390

GROCERY SALES

ANNIE'S HOMEGROWN
BUNNY GRAHAMS
ASSORTED



4⁵⁴
ea.

BARBARA'S BAKERY
CHEESE PUFFS
ASSORTED



3⁴⁴
ea.

BOULDER CANYON
POTATO CHIPS
SELECTED VARIETIES



2/^{6⁰⁰}

SEATTLE
CHOCOLATE
BARS
ASSORTED



2/^{7⁰⁰}

NUTIVA
ORGANIC
VIRGIN
COCONUT OIL
445ML



1¹⁸⁷
/445 ml

SO DELICIOUS
COCONUT YOGURT
ASSORTED



4⁴⁴
/454 g

STAHLBUSH
FROZEN FRUIT
ASSORTED



5⁶⁴
ea.

CAVEMAN
BBQ SAUCES
ASSORTED



7⁶⁴
/375 ml

SOLAR RAW
KALE CHIPS
ASSORTED



7⁵⁴
/100 g

PLUM-M-GOOD
ORGANIC
RICE
THINS
ASSORTED



2/^{5⁰⁰}

QUE PASA
SALSA
ASSORTED



3⁹⁹
/420 ml

TASTE NIRVANA
COCONUT WATER



3⁹⁹
/700 ml

TASTY BITE
ASSORTED ENTREES



2/^{4⁰⁰}

SEVENTH GENERATION
NATURAL DISH SOAP
ASSORTED



3⁴⁷
/739 ml

NATURE'S PATH
ECO PACK
CEREAL
ASSORTED



7⁹⁴
/750-907 g

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LOCAL HAS A NAME MOTHER NATURE'S

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DELI

STRAWBERRY SPINACH SALAD



849
ea.

HONEY SMOKED TURKEY



299
/100 g

QUINOA CAKES



199
ea.

FARMCREST CHICKEN



10% OFF

SHROPSHIRE BLUE CHEESE



489
/100 g

GOOD BITE ORGANIC BARS ASSORTED



319
ea.

WENDEL'S COOKIES ASSORTED



949
/310 g

SALES

Recipes

STRAWBERRY SPINACH SALAD

Organic Spinach 80G
Organic Strawberries 25G (sliced thin)
Boiled Eggs 1 (sliced thin)
Organic Coconut Chips 10G
Organic Red Onions 25G (sliced thin)

STRAWBERRY VINAIGRETTE

Vegenaise 125 ML
Organic Apple Cider Vinegar 1TS
Organic Strawberry Puree 1TBS
Organic Agave 1TS
Salt & Pepper to taste
Blend everything and VOILA!



Farmcrest Foods is a third generation family farm that supplies quality chicken products to fellow British Columbians. Their Specialty Chicken is fed a non-GMO all vegetable diet, is not fed antibiotic or animal by-product and is free run.



PRODUCE

SUN TRIO SALAD BLENDS



699
ea.

ORGANIC ROMA TOMATOES



189
lb

ORGANIC STRAWBERRIES



2/800

ORGANIC RED GRAPES



499
lb

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ORGANIC HAS A NAME
MOTHER NATURE'S

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HEALTHY LIVING SALES



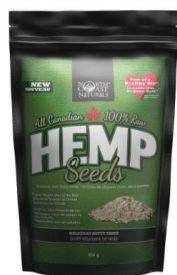
HARMONIC ARTS
5 MUSHROOM
DRINKING
CHOCOLATE

17⁴⁹
/150 g

BADGER
NATURAL
& ORGANIC
SUNSCREEN
ASSORTED



18⁸⁹
/87 ml



NORTH COAST NATURALS
RAW HEMP
SEEDS

13⁹⁹
/454 g

GARDEN OF LIFE
RAW FIT
NATURAL



41⁹⁹
/205 g

The Best Tasting
Greens Just
Got Tastier.
#LiveYounger



PROGRESSIVE VEGGIEGREENS
PINEAPPLE
COCONUT

34⁹⁹
/254 g



NEW ROOTS
STRONG
BONES

22⁹⁹
/90 cp

MEGAFOOD
FREE BLOOD BUILDER (30TB)
WITH THE PURCHASE OF
BLOOD BUILDER
(60TB)



44⁹⁹
/60 tb



PURICA
EFFERVESCENT
MAGNESIUM
GLYCINE

32⁹⁹
/300 g

While Supplies Last. No rainchecks. Restrictions may apply.

SANTEVIA
ALKALINE WATER PITCHER
NEW EVERYDAY PRICE

1,250 GLASSES, OR
APPROXIMATELY
2 MONTHS FOR
FILTER LIFE



49⁹⁹
ea.

SANTEVIA
Mineralized Alkaline Water

Delicious Santevia chilled water during the summer months in your fridge, at home or at work. Ready to hydrate you with filtered and mineralized water. Anytime.

Our beautiful Santevia Alkaline Water Pitcher not only filters your water, mineralizes and alkalizes it in a hand held pitcher. Fits in your refrigerator. Cost effective mineral water containing calcium and magnesium plus trace minerals essential to help you balance your body pH.

Independently tested

Eliminates over 8,300 single use plastic bottles every year.

- ✓ Reduces chlorine taste and odour
- ✓ Reduces heavy metals, industrial chemicals and agricultural contaminants
- ✓ 100% BPA-free
- ✓ Double the filter life of most pitchers (1,250 glasses or approximately 2 months)
- ✓ Increases water to alkaline pH 9+

HEALTHY LIVING HAS A NAME
MOTHER NATURE'S

COOK ST. VILLAGE
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