



"Supporting local, we're all in it together"

Your Friendly Whole Foods Store

221 Locust Street • Redding CA 96001

530-244-9600

Store hours: 7 am - 9 pm every day

www.orchardnutrition.com

**Good From July 1, 2018
Thru July 31, 2018.
While Supplies Last,
Limited to Stock on Hand.**



Ah!Laska
Organic Chocolate
Syrup
Non-Dairy
22 FL OZ

\$4.49

A favorite for people both with and without food sensitivities who want a delicious chocolate treat.



Annie Chun's
Seaweed Snacks
Wasabi
.35 OZ

\$1.25

Discover a delicious new snack that's bursting with flavor.



Barbara's Bakery
Cereal
Morning Original Oat
Crunch
14 OZ

\$3.29

Super crunchy and toasty-tasting whole grain oats and wheat. High in fiber.



Biotta
Organic Juice
Sauerkraut
16.9 FL OZ

\$5.29



Flow
100% Natural
Canadian Spring Water
1 L

\$1.49

Try this refreshing spring water containing electrolytes and an alkaline pH of 8.1 to keep acid levels in line.



Monk Fruit In The Raw
Zero Calorie Sweetener
Packets
40 PKT

\$3.19

One packet fits in the sweetness of about two teaspoons of sugar, use in tea or coffee.



Napa Valley Naturals
Organic Extra Virgin Olive
Oil
16.9 FL OZ

\$7.99

This oil has a delicious, medium bodied flavor that goes well with any type of food.



Paleo Ranch
Uncured Bacon
Jerky
Smoky Barbecue
Flavor
1.5 OZ

\$4.49

Carefully smoked and created with flavor from only the finest ingredients.



Nunaturals
Pure Extract
Monk Fruit
.71 OZ

\$18.99



Miso Master
Organic Red Miso
Traditional
8 OZ

Aged naturally without temperature control for up to two years in giant four-ton cypress, redwood, or fir vats.

\$4.99



Good Belly
Protein Drink
Triple Berry
12.7 FL OZ

\$2.49



Wildwood Natural Foods
Organic High Protein Tofu
Super Firm
16 OZ

\$2.79

The Only Tofu made with Sprouted Soybeans for Enhanced Nutrition & Easy Digestion.



Silk
Almond Milk
Selected Flavors on Sale!
64 FL OZ

\$3.99



Harmless Harvest
Organic Coconut
Water
8.75 FL OZ

\$2.49



Harmless Harvest
Organic Coconut
Water
16 FL OZ

\$3.99

A refreshing and organic coconut water made from sustainable practices.



Kevita
Organic Master Brew Kombucha
Selected Flavors on Sale!
15.2 FL OZ

\$2.49



Harmless Harvest
Organic Coconut
Water
32 FL OZ

\$8.49



Rudi's Organic Bakery

Organic Bread
Spelt
20 OZ

\$4.49

This versatile sandwich bread has a sweet, nutty flavor sure to please everyone.



Rudi's Organic Bakery

Organic Bread
Ancient Grain Spelt
20 OZ

\$4.99



Rudi's Gluten Free Bakery

Sandwich Bread
Selected Flavors on Sale!
18 OZ

\$4.99



Enlightened Ice Cream

Ice Cream
Selected Flavors on Sale!

16 FL OZ
\$4.99



Halo Purely For Pets
Indoor Canned Cat Food
Turkey & Giblets Pate
Recipe
5.5 OZ

\$1.79



Caboo
Baby Wipes
Bamboo
72 CT

Extra gentle baby wipes made from sustainable bamboo and are compostable in as fast as 28 days.

\$4.99



Country Save
Oxygen Powered Bleach
2.5 LB

\$4.49



Woodstock
All Natural Charcoal
Lump Hardwood
8.8 LB

\$8.99

No coal, no fillers, no chemicals means you'll enjoy the true flavors of your barbecue favorites.



Quinoa Salad

Ingredients

Salad

- 1 cup uncooked quinoa
- 8 ounces fresh cherry tomatoes, halved
- 1 large cucumber, chopped
- 1/4 cup red onion, finely chopped
- 5 ounces fresh spinach, roughly chopped
- 2 large ripe avocados, pit removed and chopped
- 1/4 of 1 bunch fresh cilantro, optional and to taste
- 1/3 cup Feta Cheese, optional and to taste

Dressing

- 4 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard, do not use regular mustard
- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1/2 cup olive oil
- 1 lemon (2-3 tablespoons fresh lemon juice)
- Salt and pepper

Cook the quinoa according to package directions. Fluff and set aside to cool.

Meanwhile, prep the dressing. Whisk the red wine vinegar, Dijon mustard, oregano, garlic, 1/2 teaspoon salt (or to taste), and 1/4 teaspoon pepper (or to taste) together in a small bowl. Slowly add in the olive oil into the vinegar mixture while whisking briskly. Whisk in the lemon juice. Pour into a jar and store in the fridge while prepping the vegetables.

Prep the veggies: Halve the cherry tomatoes, chop the cucumber (peel if desired, we leave the peel on), finely chop a quarter of a red onion, roughly chop fresh spinach, remove the pits and chop the avocados. Finely chop the cilantro if desired.

In a large bowl, add in all the prepped veggies and quinoa. Remove the dressing from the fridge and shake it well and then pour over the salad*. Toss the salad and then top with feta cheese if desired. Enjoy immediately.

**Bulk
Organic**
White Quinoa



2.19lb

**Bulk
Organic**
Red Quinoa



2.49lb

**Bulk
Organic**
Multi Colored Popcorn



1.29lb



**Bulk
Organic**
Great Northern Beans



1.89lb

**Bulk
Organic**
Almonds



10.19lb



Epic
Bar's
Selected Flavors
on Sale!

1.3-1.5 OZ

\$2.49



Clif Bar
Energy Bar
Selected Flavors on
Sale!

2.4 OZ

\$1.49



Lundberg Family Farms
Organic Thin Stackers
Selected Flavors on
Sale!

5.9 OZ

\$2.49



Larabar
Original Fruit & Nut
Bar
Selected Flavors
on Sale!

1.6-1.7 OZ

\$1.25



Natierra
100% Organic
Selected Flavors on Sale!

Freeze-Dried Fruit.

1.2-2.5 OZ

\$4.99



Late July Snacks
Organic Thick and Chunky
Salsa
Selected Flavors on Sale!

15.5 OZ

\$3.29



Wild Planet
Organic Canned Chicken
Breast Roasted

Regular and NS.

5 OZ

\$3.79



Aunt Patty's
Organic Coconut Creamed
13 FL OZ

\$6.49



Kettle Brand
 Potato Chips
Selected Flavors on Sale!
 5 OZ
\$2.49



Ips Perfect Pop
 Protein Popcorn
Selected Flavors on Sale!
 5 OZ
\$2.99



Food Should Taste Good
 Tortilla Chips
Selected Flavors on Sale!
 5.5 OZ
\$1.99



Garden Of Eatin'
 Tortilla Chips
Selected Flavors on Sale!
 16 OZ
\$3.49



Beanfields
 Bean Chips
Selected Flavors on Sale!
 5.5 OZ
\$2.49



Bare Fruit
 100% Organic Apple Chips
Selected Flavors on Sale!
 3 OZ
\$4.49



Annie's Homegrown
 Organic Bunny Tail Puffs
Selected Flavors on Sale!
 4.3 OZ
\$3.49



Angie's Kettle Corn
 Boomchickapop Popcorn
Selected Flavors on Sale!
 4.8oz
\$2.49



Blk Beverages
Mineral Water
Selected Flavors on Sale!
16.9 FL OZ

\$1.99



Mountain Valley
Spring
Sparkling Water/Spring
Water
.5 LTR

\$1.25



Blk Beverages
Alkaline Fulvic Trace Mineral
Infused Water
16.9 FL OZ

\$1.79

BLK is a delicious beverage without any sugar, carbs or calories.



Verday
Chlorophyll Water
Selected Flavors on Sale!
16 FL OZ

\$2.99



Blue Sky
Organic Soda
Selected Flavors on
Sale!
6/12 FL OZ

\$3.99



Mountain Valley
Spring
Spring Water/Sparkling
Water
1 LTR

\$1.99



Sambazon
Organic Amazon Energy Drink
Selected Flavors on Sale!
12 FL OZ

\$1.99



Zola
Organic Hydrating Energy Drink
Selected Flavors on Sale!
12 FL OZ

\$1.99



Avalon Organic
Thickening
Shampoo
Biotin B-
Complex
14 FL OZ

\$8.99

Provides vital nourishment with gentle plant-based shampoo.



Avalon Organic
Thickening
Conditioner
Biotin B-
Complex
14 FL OZ

\$8.99

A conditioners that strengthen strands and provide critical moisture to restore natural elasticity.



Andalou Naturals
Style Spray
Full Volume
Lavender &
Biotin
8.2 FL OZ

\$6.99

Lavender gently refreshes, stimulating follicles and circulation. Biotin B-complex infuses essential protein for thicker, fuller strands, improved strength, texture and manageability for maximum volume and silky sheen.



Andalou Naturals
Hair Spray
Perfect Hold
Sunflower &
Citrus
8.2 FL OZ

\$6.99

Medium hold formula for flexible style and healthy shine. Controls static, and shields against humidity, frizz and flyaways. Color Safe.



Andalou Naturals
Styling Cream
Smooth Hold,
Argan &
Sweet Orange
6.8 FL OZ

\$6.99

Renew and regenerate cell turnover, and support dermal structure while strengthening immunity.



Quantum Research
Sting Soothe
1 OZ

\$4.99

Apply directly to bite for rapid relief. Aloe Vera, Vitamin E, Tea Tree Oil, Camphor and more make this convenient, one ounce bottle a must for every outdoors-person.



Quantum Research
Buzz Away
Towelettes
12 CT

\$6.49

Convenient, portable and easy-to-apply. Perfect for kids. Best of all - uses the natural Buzz Away formula - proven to work for over 2 hours in scientific studies.



Quantum Research
Itch-Nix
4 OZ

\$4.99

Don't scratch! Get cool, soothing relief from poison oak and poison ivy. Contains B Vitamins, Camphor, Echinacea, Calendula extract and more.



Quantum Research
Buzz Away
Extreme
Natural Insect
Repellent
4 FL OZ

\$7.49

This is the formula to use in tick-infested woods - or any time you need maximum protection.



Quantum Research
Buzz Away
Extreme Spray
8 FL OZ

\$12.49

An effective chemical free way to repel mosquitoes, ticks, flies, gnats and no see ums.



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THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, CURE OR TREAT ANY DISEASE. SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.