JAN. ANNIVERSARY SALE

FEB. SOLARAY

MAR. TCHO CHOCOLATE

**Pilgrim's Market**
Est. 1999

**20th Annual Anniversary Sale**

**Saturday, Jan. 18th, 2020**

LARGEST SALE OF THE YEAR!
20% OFF ENTIRE STORE!

**TIMED RELEASE VITAMIN C 1000MG**
250 cap
**SRP $17.80**
**$17.80**

50% OFF!

**Milk Chocolate Bar, Mokaccino**
Plus Select Varieties
2.5 oz
**Reg. $3.69**
**$1.99**

50% OFF!
**ORGANIC FOODS POP QUIZ**

**Question-1**
How many pesticides were found on convention-al (non-organic) grapes by the USDA Pesticide Data Program?

- 12
- 26
- 56
- 41

**Question-2**
Who is most at risk for pesticide exposure?

- Adults
- Teenagers
- Men
- Babies

**Question-3**
True or False: Genetically Engineered Corn is patented as a pesticide?

**Question-4**
True or False: Is Organic certified food more nutritious?

**Question-5**
True or False: The United States leads the world in food safety from chemicals.

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**ANSWERS**

**Answer-1**
56

**Answer-2**
BABIES - Toxins circulate longer in babies’ bodies, boosting exposure to four times that of adults.

**Answer-3**
TRUE - The Environmental Protection Agency regulates GM corn as a pesticide. In order to avoid eating a patented pesticide, it is of utmost importance that you choose organic corn.

**Answer-4**
TRUE - Two Meta Analysis’ published in the British Journal of Medicine in 2014 and 2016 detailed some highlights; The studies report that organic dairy and meat contain about 50 percent more omega-3 fatty acids, which are linked to reductions in cardiovascular disease, improved neurological development and function, and better immune function. They also report that that organic crops — ranging from carrots and broccoli to apples and blueberries — have substantially higher concentrations of a range of antioxidants that are linked to a variety of benefits, including anti-inflammatory effects. Many more examples exist.

**Answer-5**
FALSE – Just recently, in December 2019, 28 countries in The European Union confirmed it will ban the use of the pesticide chlorpyrifos on food crops early next year, citing the risk of brain damage to children, and even damage to DNA, while in the U.S. the EPA scuttled a proposed ban. An analysis, reported in sciencenews.org, reveals that the United States widely uses several chemicals that are banned or being phased out in the European Union, Brazil and China — three of the world’s other leading pesticide users. One Study estimated that, of the 544 million kilograms of pesticides used in the U.S. in 2016, 176 million kilograms comprised chemicals banned in the EU, Brazil and China.

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**Publication Information**

design@pilgrimsmarket.com

(208) 676-9730 ext.122

**Art Credits**

Employee sketches and seasonal illustrations are the sole works of local artist team GriffWillow.
When I was asked to visit and write about a local organic vegetable farm in North Idaho in the middle of November, I anticipated an anticlimactic agricultural experience as the growing season had been over for months. I checked out Moose Meadow Farm’s website and was intrigued when they stated that they grow year-round. I loaded up my two sons and we headed north to Clark Fork, ID on a stunningly scenic drive. As soon as there was a turn out, I was compelled to pull over and take in the scenery of the vast Missoula flood plains carved out from the ancient glacial floods. As I took in this open wetland, I could visualize the cataclysmic events of glacial ice dams rupturing and causing turbulent waters to carve out and channel the Clark Fork River. These massive floods swept in huge deposits of mineral rich settlement that built up the fertile soil that Moose Meadow Organics gets to work with. We followed the Clark Fork River for a short stint to turn left before a bridge on a dirt road that leads right into the heart of the mountainous valley. I knew that we had arrived at the right place when I saw multiple greenhouses, hoop houses and a young couple working the fields. Katherine and Spencer greeted us with smiles and welcomed us right into their growing operation. The first greenhouse we peeked in looked like a Persian carpet of living purple and green delicacies. It was massive and impressive. My favorite greenhouse, and the coziest of all, was the microgreen nursery. Nasturtium flowers line the north-facing wall, and there were beds upon beds of sweet and tasty microgreens! I thought about how delectable and vital these microgreens will be to a North Idahoan enduring winter, when fresh greens are few and far between. I asked if I could sample some of the delicate sprouts, and I have to say that they are, hands down, the tastiest microgreens I have ever tasted! It must have something to do with the mineral rich soil, the stewardship and care of these young farmers, and the relationship that they have with the land. Small family farms like these are a huge asset to our community, and are a vital part to the regeneration of our food production and sustainable agriculture. Katherine and Spencer live the life of their dreams – being stewards of the land and working in harmony with nature rather than against it. Their ethos stated on their website, “Our number-one goal is to grow and sell the tastiest, healthiest, freshest produce money can buy all year long. To meet that goal, we have established a few guiding principles. After initial ground prep, we do not till the soil at all. We aim for biodiversity, astute observation, and thoughtful practices to keep pests, diseases and weeds to a minimum.” Moose Meadow Farms is an inspiration to the farming community, as they are on their successful third year of growing organic produce without the use of chemicals and fertilizers.

You’re probably wondering how on earth they are able to grow year round in north Idaho. They explain, “There are four main principles to follow when growing food in the winter in northern climates. They are light, timing, double covers, and variety selection. By paying attention to these factors and principles, we are able to extend the harvest season on many crops and extend the growing season on others.” It is truly amazing to see their principles play out successfully each year. Pilgrim’s Market proudly carries Moose Meadow Organics year round. Consuming locally-grown super greens is a tasty way to stay healthy during this winter and by doing so you are supporting local agriculture which ultimately makes a difference to our food system. This is true wisdom of our ancestors, you reap what you sow!
Dr. Toby Hallowitz

The dark, cold days of winter usher in the challenges of managing and defending against the common cold, flu and other infections. In addition to the mainstays of taking vitamin D3, elderberry and echinacea, there are many other ways to boost your immune system and feel better faster. Pilgrim’s market offers a number of products under their brand label which I have found can be quite helpful.

I often lecture at the Pilgrim’s education center on the benefits of Black Seed (Nigella Sativa) oil. Taking 1 TBS daily increases your immune system for cold and flu prevention, while 2 tsp three times a day can be quite helpful when fighting an infection. Research has shown it to be very effective against viruses, bacteria and yeast, including Candida. Researchers are finding it to be even helpful again HIV infection and MRSA. I like to recommend my patients gargle with it for sore throats before swallowing, as it is very anti-inflammatory and helps the oral mucosa heal faster. There are a lot of great uses for Black Seed Oil, so to learn more, please come to my next lecture.

Pilgrim’s makes a delicious chicken bone broth soup, not only good for your soul, but helps boost your immune system. Chicken soup contains vitamins A and C, magnesium, phosphorus, gelatin and antioxidants, which are known to build a strong immune system and fight off viruses. The protein from chicken provides amino acids that are used to build antibodies to fight infection. Gelatin in bone broths contains “conditional” amino acids called arginine, glycine, glutamine and proline, which are incredibly powerful for your immune system and decrease inflammation. Research has shown that broth can decrease the duration and intensity of colds and flu by inhibiting the migration of white blood cells across the mucous membrane which reduces congestion and eases cold symptoms. Chicken soup also contains cysteine, a natural amino acid that helps thin the mucus in your lungs, making it less sticky and easier to expel thus decreasing the length of a cold.

The probiotics found in Pilgrim’s brand Cultured Mama’s Kraut and fermented vegetables are high in good bacteria that help you digest nutrients, detoxify your colon and give your immune system a boost and reduce your risk of infections like the common cold. The bacteria that live in your gut have a significant impact on your immune system. In a systematic review article in 2014, researchers concluded that the effect of probiotics, specifically Lactobacillus and Bifidobacterium strains, on the duration of acute respiratory infections in otherwise healthy children and adults was reduced. Similarly, Cultured Mama’s Fire Tonic, in addition to the probiotics in the apple cider vinegar has the added effect of acetic acid and the hot spice in the tonic that can trigger a sudden release of watery fluids in your mouth, throat, and lungs that will thin down respiratory mucus so you can easily expel it.

When you or your family members are sick, you can also count on the Pilgrim’s market deli to provide healthy nourishment, including their convenient hot soups using bone broth, coconut waters and Lyte Balance Electrolytes to prevent dehydration and fresh pressed immune boosting juice. I personally know the staff in the supplement section and trust them to help assist you with you and your family’s cold and flu needs.

-Dr. Toby K. Hallowitz, ND, MSOM, LAC
Coeur d’Alene Acupuncture and Holistic Healing
WWW.CDAHEALING.COM

Dr. Toby focuses on evidence-based clinical naturopathic medicine, treatments are patient oriented, rather than disease centered, and are individually tailored to each patient’s unique condition.
## January: Cancer Prevention Month

### Combo Deal!
**15% off**
Pilgrim’s Market Salsa Fresca

With purchase of Pilgrim’s Market Guacamole

### Cultured Mama Living Foods

- **15% off all month!**
  - House Made
  - Organic Ingredients
  - Combat Free Radicals
  - Boost Immune System

### Boneless Chicken Thighs
All-Natural Value Pack

- $1.99/lb

### Keto Fat Bombs
Pilgrim’s Bakehouse

- 10% off

### Smoked Salmon
Wild Sockeye, Processed In-House

- $9.99/lb

### Morning Glory Muffins
Pilgrim’s Bakehouse, Reg. & G/F

- 10% off

### New Year’s Cleanse Special

- **Organic Lemons** 20% Off!
  - Jan. 1-15

- **Packaged Salads** 10% Off!
  - Organic Girl® Brand
  - Jan. 16-31

### Boar’s Head® Bacon
Fresh in the Meat Dept.

- $7.29/ea

### Fire Tonic

- **15% off all month!**

- House Made

- Organic Ingredients

- Combat Free Radicals

- Boost Immune System

### Beat the Winter Blues!

- House Plants & Foliage
- Available in the Gift Dept.

### Discounts on supplement and beauty care items are taken off Manufacturer’s Suggested Retail Price. Sale is limited to on-hand quantities. Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Prices effective 1/1/2020 – 1/31/2020, unless otherwise stated.
**JANUARY: CANCER PREVENTION MONTH**

**ANNIE CHUN’S**
Peanut Sesame Noodle Bowl
Plus Select Varieties
8.7oz
$2.59
Reg. $3.79

**ARTISANA**
Raw Organic Almond Butter
14oz
$15.89
Reg. $20.99

**FARMER’S HEN HOUSE**
Organic Medium Brown Eggs
18pk
$4.89
Reg. $5.29

**INKA CROPS**
Plantain Chips, Sea Salt
Plus Select Varieties
4oz
$1.59
Reg. $2.19

**NAPOLEON**
Artichokes, quartered
13.75oz
$2.29
Reg. $3.99

**LIFEWAY**
Cultured Kefir, Pomegranate
32oz
$3.49
Reg. $4.29

**MILKADAMIA**
Macadamia Milk, Unsweetened
32oz
$4.19
Reg. $5.49

**THINK!**
Creamy Peanut Butter Bar
Plus Select Varieties
2.1oz
$1.49
Reg. $1.99

**WILD TONIC**
Tropical Turmeric Jun Kombucha
16oz
$3.69
Reg. $5.49

**SWEETLEAF**
Sweet Drops
Plus Select Varieties
1.7oz
$2.89
Reg. $3.89

**ONCE AGAIN**
Organic Sunflower Butter, Creamy Unsweetened
16oz
$6.19
Reg. $7.99

**STAHLBUSH**
Butternut Squash, Diced
10oz
$1.89
Reg. $2.39

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JANUARY: CANCER PREVENTION MONTH

**NOKA**
Superfood Smoothie, Blueberry Beet
4.22oz
$1.89
Reg. $2.49

**NELLIE’S**
Laundry Soda
1.6lb
$7.49
Reg. $9.49

**SUN TROPICS**
Coconut Rice Pudding
8.46oz
$2.19
Reg. $2.89

**PET GUARD**
Cat Seafood Dinner
5.5oz
$1.49
Reg. $1.99

**FLOW WATER**
Natural Alkaline Spring Water
1 liter
$1.59
Reg. $2.29

**KIZE**
Raw Energy Bar, Cookie Dough
1.5oz
$2.29
Reg. $3.19

**ARTISAN TROPIC**
Plantain Strips, Naturally Sweet
4.5oz
$2.89
Reg. $3.89

**PATIENCE FRUIT**
Organic Cranberries, Dried
4oz
$3.19
Reg. $4.29

**PLANT SNACKS**
Cassava Root Chips, Vegan Cheddar
5oz
$2.79
Reg. $3.49

**NAMASTE**
Waffle & Pancake Mix, Gluten Free
21oz
$5.19
Reg. $6.99

**BURNBUTTER**
Natural
1oz
$1.49
Reg. $1.79

**KETTLE & FIRE**
Beef Bone Broth
16.9oz
$5.69
Reg. $7.49

**COYO**
Coconut Yogurt, Natural
5.3oz
$2.49
Reg. $2.79

**NAVITAS**
Organic Cacao Powder
8oz
$6.59
Reg. $9.49

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<th>Manufacturer's Suggested Retail Price</th>
<th>Sale Price</th>
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<tbody>
<tr>
<td>Rapid Cleanse, 1kit</td>
<td>$29.99</td>
<td>$22.49</td>
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<tr>
<td>MycoFlora Women’s Probiotic, 30cap</td>
<td>$41.99</td>
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<td>Whey Protein, Vanilla 15.1oz</td>
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<td>Green Vibrance, 11.68oz</td>
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<td>Complete Care Toothpaste, Simply Peppermint 5.29oz</td>
<td>$5.99</td>
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<tr>
<td>TurboFerment, 90cap</td>
<td>$63.56</td>
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<td>Coenzyme B, 120cap</td>
<td>$32.19</td>
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<td>Vitamin D3 5000iu, 200g</td>
<td>$21.79</td>
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** Entire Line 30% Off!* **
*EXCLUDES BARS, COCONUT OIL AND ESSENTIAL OILS

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<tr>
<th>Product</th>
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<td>MyKind Organics Elderberry Gummy, 120ct</td>
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<td>Dr. Formulated Once Daily 30Billion, 30cap</td>
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<td>Grass-Fed Collagen Peptides, 560g</td>
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<td>Dr. Formulated CBD &amp; Relax, 30g</td>
<td>$40.99</td>
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<tr>
<td>Sambucus Original, 4oz</td>
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**Select Sambucus 30% Off!**

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<tr>
<td>Select now foods products</td>
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<td>30-35% Off!</td>
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<td>Natural Calm Raspberry Lemon</td>
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<tr>
<td>Coldcalm 60ct</td>
<td>$8.49</td>
<td>$6.49</td>
</tr>
</tbody>
</table>

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daiya makes dairy-free eating a joy.

Entire Line on Sale!

Cheezy Mac  Reg $4.99............ Sale $3.79
Pizza  Reg. $8.99.................... Sale $6.89
Cheezecake  Reg. $7.99............ Sale $6.09
Desert Bars Reg. $5.99............ Sale $4.39
Burritos  Reg. $4.29............... Sale $3.19
Shreds  Reg. $4.49................. Sale $3.59
Cream Cheeze  Reg. $4.49....... Sale $3.59
Coconut Yogurt  Reg. $1.69.... Sale $1.29

Crave Without Compromise

From the ooey gooey goodness of a grilled cheese to the rich and creamy taste of fruit-kissed yogurt, all our products taste great. And that makes you feel great.
**Pilgrim’s Market**

**Beer and Wine Tastings**

All Tastings 3:30pm-6:00pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN. 10TH</td>
<td>Matchbook Wines</td>
</tr>
<tr>
<td>JAN. 15TH</td>
<td>No-Li Brewhouse</td>
</tr>
<tr>
<td>JAN. 18TH</td>
<td>Colter’s Creek Winery</td>
</tr>
<tr>
<td>JAN. 20TH</td>
<td>French Wine Collection</td>
</tr>
<tr>
<td>JAN. 25TH</td>
<td>Ghostfish Gluten-Free Beer</td>
</tr>
<tr>
<td>JAN. 29TH</td>
<td>Two Towns Ciderhouse</td>
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<tr>
<td>FEB. 26TH</td>
<td>Meriwether Cider Co.</td>
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<tr>
<td>FEB. 12TH</td>
<td>Free Mont Brewing</td>
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<tr>
<td>FEB. 19TH</td>
<td>Dogfish Head Brewings</td>
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<tr>
<td>MAR. 4TH</td>
<td>Tieton Cider Works</td>
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<tr>
<td>MAR. 11TH</td>
<td>Heretic Brews &amp; Belching Beaver</td>
</tr>
<tr>
<td>MAR. 20TH</td>
<td>French Wine Collection</td>
</tr>
<tr>
<td>MAR. 25TH</td>
<td>Ghostfish Gluten-Free Beer</td>
</tr>
</tbody>
</table>

“A cheese may disappoint. It may be dull, it may be naive, it may be over sophisticated. Yet it remains: cheese, milk’s leap toward immortality.”

-Clifton Fadiman, writer, editor, and book reviewer

Visit our great selection of gourmet cheese!

Limited Edition Barrel-Aged Beers
Harmonize your Hormones in 2020
KARMEN GREGG, M.S., INTEGRATIVE NUTRITIONIST

Come and learn how to harness and holistically approach your hormones in the new year no matter your age. Kar-men Gregg is an integrative nutritionist that specializes in women’s health and owns Cultivate: Mind-Body Nutrition her private practice in Coeur d’Alene and Liberty Lake.

To RSVP, please email Jessica at demo@pilgrimsmarket.com

Raw Food Appetizer Class
LYNNE PULIZZI Raw Foods Educator

Amaze your friends and family with these appetizers for the holiday season or any time you just want a healthy snack. These appetizers are quick and easy to fit today’s busy schedule. In this workshop we will explore some different kinds of combinations of foods to make healthy snacks that will wow anyone who wants to try them. There will be three recipes to take home and samples for you to try. Lynne Pulizzi will be teaching the class she has been a raw vegan for 6 years and a vegetarian for 46 years.

Free class-donations accepted
To RSVP, please email Jessica at demo@pilgrimsmarket.com

Paint and Wine Party
CHRISTINA CANNING Canning Creative

Sip some fine wine, munch on gourmet snacks and create a masterpiece! Local artist Christina will provide everything you need – canvas, paint and brushes. Make it fun and bring friends and family! Fee: $35 - includes 2 glasses of wine, snacks, personal instruction, 16x20 canvas & all painting supplies. To RSVP, please email Jessica at demo@pilgrimsmarket.com

Paint this!
Fri. 5:30-8:30pm
Jan. 31st

Menstrual Health Open Forum
DR. HUNTER PETERSON & DR. MIA GROTHMAN COEUR D’ALENE HEALING ARTS

Come learn and understand what your period is trying to tell you! This Open Forum will discuss the physiologic actions and the delicate hormone balance of the menstrual cycle. “Common complaints like irregular cycles, painful periods, PMS, and perimenopause will be explored with understanding how our greater health and lifestyle influence this process and how we can proactively support better periods with holistic care.

To RSVP, please email Jessica at demo@pilgrimsmarket.com

Chocolate Making Class
BARRY, PILGRIM’S CHOCOLATIER

Come and learn how to make your own gourmet chocolates from Pilgrim’s Market Chocolatier, Chef Barry! All of your senses will be engaged as animated Barry demonstrates how to make 2 famous flavors of chocolates. He will cover all of the tips and techniques you will need to make your own out-of-this-world chocolate!

Fee: $20, includes a box of Pilgrim’s gourmet chocolate
To RSVP, please email Jessica at demo@pilgrimsmarket.com

Winter Medicine Making Class
JESSICA, FAMILY HERBALIST

Come and learn how to stay healthy throughout these cold winter months with local flora and fauna of North Idaho! We will be making Jessica’s famous Elderberry Syrup, a delicious, immune-boosting elixir. We will also be making a bottle of homemade Elderberry Syrup.

Fee: $20- includes a bottle of homemade Elderberry Syrup
To RSVP, please email Jessica at demo@pilgrimsmarket.com

Upcoming Events

RSVP to Jessica – demo@pilgrimsmarket.com
UPCOMING EVENTS
RSVP TO JESSICA – DEMO@PILGRIMSMARKET.COM

FREE MOVIE NIGHT!
FRI, MAR. 20TH, 6:30-8:00 PM

The Pollinators
This film is a cinematic journey around the United States following migratory beekeepers and their truckloads of honey bees as they pollinate the flowers that become the fruits, nuts and vegetables we all eat. Come and learn something in a fun and entertaining way!
To RSVP, please email Jessica at demo@pilgrimsmarket.com

PAINT AND WINE PARTY
CHRISTINA CANNING
CANNING CREATIVE
Sip some fine wine, munch on gourmet snacks and create a masterpiece! Local artist Christina will provide everything you need - canvas, paint and brushes. Make it fun and bring friends and family!
FEE: $35 - INCLUDES 2 GLASSES OF WINE, SNACKS, PERSONAL INSTRUCTION, 16X20 CANVAS & ALL PAINTING SUPPLIES
TO RSVP, PLEASE EMAIL JESSICA AT DEMO@PILGRIMSMARKET.COM
FRI. 5:30-8:30PM  MAR. 13TH

BONE BROTH CLASS
DR. TOBY HALLOWITZ

Why Bone Broth is SO MUCH more than the latest fad. Join Dr. Toby for his discussion on the many health benefits of easy to digest, nutrient-dense flavorful bone broth, such as improved joint health, treating leaky gut and boosting the immune system. Watch Dr. Toby make his wife’s Austrian recipe bone broth soup during the lecture. Dr. Toby focuses on evidence-based clinical naturopathic medicine, treatments are patient oriented, rather than disease centered, and are individually tailored to each patient’s unique condition.
TO RSVP, PLEASE EMAIL JESSICA AT DEMO@PILGRIMSMARKET.COM
WED. 6:30-8:00PM  FEB. 26TH

ST. PATTY’S DAY KIDS CLASS! DECORATE A POT OF CLOVERS!
CHRISTINA CANNING
CANNING CREATIVE
Come and decorate a pot of lucky clovers to attract the charm of a leprechaun! Please RSVP early as these classes fill up fast!
TO RSVP, PLEASE EMAIL JESSICA AT DEMO@PILGRIMSMARKET.COM
SAT. 11:00AM-1:00PM  MAR. 14TH

ORTHOPEDIC REGENERATIVE MEDICINE AND STEM CELL THERAPY
DR. JOANNE HALBRECHT

Dr. Joanne Halbrecht is an orthopedic surgeon with special expertise in Sports and Regenerative Medicine. Her extensive scientific and clinical experience provides valuable insight into the indications, efficacy and FDA regulations of biologics to treat musculoskeletal pain and injuries.
TO RSVP, PLEASE EMAIL JESSICA AT DEMO@PILGRIMSMARKET.COM
WED. 6:30-8:00PM  MAR. 18TH

DO-IT-YOURSELF KOMBUCHA MAKING
MAX & CHLOE

Please join us as Max and his side kick, Chloe, take us on a journey to the land of Kombucha! Max will take us step by step in the kombucha making process including how to make a secondary ferment. He will also share the health benefits associated with this ancient fermented drink.
FEE: $15 PER GUEST, INCLUDES A TAKE-HOME SCOBY KOMBUCHA STARTER
TO RSVP, PLEASE EMAIL JESSICA AT DEMO@PILGRIMSMARKET.COM
WED. 6:30-8:00PM  MAR. 25TH

THE GUT BRAIN CONNECTION
DR. HUNTER PETERSON & DR. MIA GROTHMAN
COEUR D’ALENE HEALING ARTS

This Open Forum will traverse the vastly under-acknowledged link between our gut health and brain health. We will review the incredible volumes of emerging scientific literature examining this connection and discuss a plethora of strategies and medicinal/nutritional tools to optimize the health of these critical organ systems using naturopathic therapeutics.
TO RSVP, PLEASE EMAIL JESSICA AT DEMO@PILGRIMSMARKET.COM
WED. 6:30-8:00PM  MAR. 4TH
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**FEBRUARY: HEART HEALTHY MONTH**

**Valentine’s Day Floral Bouquets**

**2 Week Sale**

2/01-2/15

**Organic Strawberries**
Fresh in the Produce Dept.
15% Off!

**Wild Salmon**
Cakes & Fillets, Processed In-House
15% Off!

**Housemade Roasted Nuts**
Pilgrim’s Bakehouse
15% Off!

**Whole Line Sale**

2/01-2/14

**Organic Kale**
Red, Green, & Lacinato
$1.79/ea

**Yak Sale!**
Raised in Athol, ID
Ground Patties or Bulk
8.99/lb

**Yak Jerky**
Locally Sourced
$3.99/ea

**Heart Healthy Nuts**
Pilgrim’s Bulk Dept.
20% Off!

**All Month**

All Month

**Cultured Mama Cashew Cream Cheese**
Low Cholesterol, Paleo, & Vegan
15% Off!

**White Cane® Wild Sockeye Salmon Fillets**
$15.99/lb

**Smart Chicken® Whole Organic Fryers**
$3.99/lb
Reg. $4.99

**LOCAL BRAND!**

Available All Month
While Supplies Last

**WHOLE LINE SALE**

20% Off!

**Available All Month**

While Supplies Last

**Whole Line Sale**

20% Off!

**Available All Month**

While Supplies Last

**1 Day Only - Feb. 13**

The fiber, potassium, vitamin C, and vitamin B6 found in kale all support heart health. Increasing potassium intake while decreasing sodium intake is recommended to reduce the risk of cardiovascular disease.

**1 Day Only - Feb. 7**

15% off!
February: Heart Healthy Month

ECOS
Dishmate Free & Clear
Plus Select Varieties
25oz
$2.79
Reg. $3.69
Prices effective 1/24/2020 – 2/20/2020

RIPPLE
Half & Half Original, Dairy Free
16oz
$2.89
Reg. $3.19
Prices effective 1/24/2020 – 2/20/2020

PRIMAL KITCHEN
Dark Chocolate Almond Protein Bar w/Collagen
1.7oz
$1.19
Reg. $2.99
Prices effective 1/24/2020 – 2/20/2020

GOOD CULTURE
Organic Cottage Cheese, Whole Milk Classic
16oz
$3.79
Reg. $5.19
Prices effective 1/24/2020 – 2/20/2020

SWEETLEAF
Caramel Sweet Drops
Plus Select Varieties
1.7oz
$2.89
Reg. $3.89
Prices effective 1/24/2020 – 2/20/2020

FLOW WATER
Natural Alkaline Spring Water
1 liter
$1.59
Reg. $2.29
Prices effective 1/24/2020 – 2/20/2020

TAZA CHOCOLATE
Dark Chocolate Mexicano, Salted Almond
Plus Select Varieties
2.7oz
$2.99
Reg. $3.99
Prices effective 1/24/2020 – 2/20/2020

MELT
Rich & Creamy Organic Butter Spread
13oz
$3.59
Reg. $3.99
Prices effective 1/24/2020 – 2/20/2020

Prices effective 1/24/2020 – 2/20/2020

Organic Dark Chocolate, Panama 80%
Plus Select Varieties
2.8oz
$2.19
Reg. $3.39
Prices effective 1/24/2020 – 2/20/2020

Organic Milk Chocolate Caramel Crunch w/ Sea Salt 43%
Plus Select Varieties
2.8oz
$2.19
Reg. $3.39
Prices effective 1/24/2020 – 2/20/2020

Organic Dark Chocolate w/ Almonds & Sea Salt 55%
Plus Select Varieties
2.8oz
$2.19
Reg. $3.39
Prices effective 1/24/2020 – 2/20/2020

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**LAIRD SUPERFOOD**
Turmeric Superfood Creamer 8oz
$6.19
Reg. $8.99

**SUSTAINABLE SEAS**
Chunk Light Tuna in Water, line caught 5oz
$1.99
Reg. $3.39
Prices effective 1/24/2020 – 2/20/2020

**SMARTSWEETS**
Sour Blast Buddies 1.8oz
$2.39
Reg. $3.29
Prices effective 1/24/2020 – 2/20/2020

**CADIA**
Organic Diced Tomato, no salt 14.5oz
$1.79
Reg. $2.89
Prices effective 1/24/2020 – 2/20/2020

**CROWN PRINCE**
Smoked Oyster in Olive Oil 3oz
$2.39
Reg. $3.79
Prices effective 1/24/2020 – 2/20/2020

**JILZ**
Sea Salt & Cracked Pepper 5.5oz
$4.29
Reg. $6.79
Prices effective 1/24/2020 – 2/20/2020

**TRIPLE LEAF**
Ginger Root Tea 20 bags
$2.89
Reg. $4.59
Prices effective 1/24/2020 – 2/20/2020

**NANCY'S**
Organic Cultured Sour Cream 16oz
$3.49
Reg. $4.19
Prices effective 1/24/2020 – 2/20/2020

**IRWIN NATURALS**
CBD+ASHWAGANDHA, 60sg
SRP $26.65..............................Sale $17.32

**CBD+POWER TO SLEEP, 60sg**
SRP $23.99..............................Sale $15.59

**ALL IRWIN NATURAL CBD PRODUCTS 35% OFF!**

**CHESTAL**
- Honey, Adult 6.7oz SRP $11.90..............................Sale $8.33
- Child Cold & Cough, 6.7oz SRP $11.90..............................Sale $8.33
- Coldcalm, 2pc SRP $14.28..............................Sale $9.99
- Coldcalm, 60ct SRP $12.13..............................Sale $8.49

Prices effective 1/24/2020 – 2/20/2020

*SELECT BOIRON PRODUCTS 30% OFF!*
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MARCH: NATIONAL NUTRITION MONTH

**WAIAKEA**
Hawaiian Volcanic Water
500mL
99¢
Reg. $1.49

**TCHO**
Milk Chocolate Bar, Mokaccino
Plus Select Varieties
2.5oz
$1.99
Reg. $3.69

**UNCLE MATT’S**
Orange Juice, Pulp Free
52oz
$5.99
Reg. $7.99

**CLIF KID**
Organic Twisted Fruit, Strawberry
0.7oz
69¢
Reg. $0.99

**GREEN VALLEY CREAMERY**
Organic Cream Cheese
8oz
$2.99
Reg. $3.69

**LIFEWAY**
Cultured Kefir, Pomegranate Lowfat
Plus Select Varieties
32oz
$3.49
Reg. $4.29

**SWAYLEAF**
Stevia Sweetener

**SWEET DROPS**
Caramel
1.7oz
$2.89
Reg. $3.89

**SWEET DROPS**
Vanilla Crème
2oz
$6.69
Reg. $8.99

**CHOCLOVE**
Dark Chocolate Salted Caramel Cups
1.2oz
$1.99
Reg. $1.99

**QUE PASA**
Organic White Corn Tortilla Chips
11oz
$2.49
Reg. $3.49

**COUNTRY ARCHER**
Original Beef Stick
1oz
$1.29
Reg. $1.79

**MEZZETTA**
Whole Garlic & Sweet Basil Pasta Sauce
Plus Select Varieties
16.25oz
$3.89
Reg. $5.29

**WILD PLANET**
Skipjack Wild Tuna Pouch, Line Caught
3oz
$1.99
Reg. $3.19

**OD’DOUGHS**
Everything Bagel Thins, Gluten Free
10.6oz
$3.49
Reg. $5.29

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MARCH: NATIONAL NUTRITION MONTH

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**Cheddar Style Deluxe Cheezy Mac | 10.6oz**
Reg. $4.99......................Sale $3.79

**Bac’n & Cheddar Style Deluxe Cheezy Mac | 10.6oz**
Reg. $4.99......................Sale $3.79

**Deluxe Alfredo Style Cheezy Mac | 10.6oz**
Reg. $4.99......................Sale $3.79

**Mozzarella Style Shreds | 8oz**
Reg. $4.49......................Sale $3.59

**Cheddar Style Shreds | 8oz**
Reg. $4.49......................Sale $3.59

**Artic Cod Liver Oil, Lemon 8oz**
SRP $27.95......................Sale $20.96

** Omega Curcurmin 60sg**
SRP $44.95......................Sale $33.71

**OLIPOP**
Sparkling Tonic, Strawberry Vanilla
Plus Select Varieties
12oz
Prices effective 2/21/2020 - 3/19/2020

**BLUE DIAMOND**
Almond Milk, Unsweetened
64oz
$3.19
Reg. $3.79

**KEVITA**
Kombucha, Pineapple Peach Mix & Match Varieties
15.2oz
2/$5.00
Reg. $2.99/ea
Prices effective 2/21/2020 - 3/19/2020

**All Cheezy Mac & Vegan Shreds on sale!**

**Dairy & Gluten Free!**

**All Alive! Products 30% off!**

**Nature’s Way**
Alive! Vitamin C, 120cap
SRP $26.99......................Sale $18.89

Alive! Calcium, 120tab
SRP $39.99......................Sale $27.99

Alive! Multi-Vitamin Adult Gummies, 90ct
SRP $19.99......................Sale $13.19

Vitamin D3 5000iu, 200sg
SRP $21.79......................Sale $14.16

Vitamin D3 2500iu, 200sg
SRP $17.59......................Sale $11.43

Prices effective 2/21/2020 – 3/19/2020

Prices effective 2/21/2020 – 3/19/2020

Prices effective 2/21/2020 – 3/19/2020

Prices effective 2/21/2020 – 3/19/2020

Prices effective 2/21/2020 – 3/19/2020
MARCH: NATIONAL NUTRITION MONTH

**Natural Factors Curcumin Products**
35% Off

- TheraCurmin, 60 cap SRP $29.95................. Sale $19.47
- Joint Curcumin, 60 cap SRP $34.95................. Sale $22.72

**Select Boiron Products**
30% Off

- RhinAllergy, 60 tab SRP $13.19............... Sale $9.23
- SinusCalm, 60 tab SRP $12.50............... Sale $8.75

**Select Host Defense Products**
35% Off

- Brain Energy, 3.5 oz SRP $29.95.......... Sale $19.47

**Select Now Products**
35% Off

- Brightening Glow Lotion, 8 oz SRP $11.99........ Sale $9.59
- All Acure Organics Bodycare 20% Off

**Select Garden of Life Products**
30–35% Off!

- Dr. Formulated Keto Fit, Vanilla 12.52 oz SRP $50.99.............. Sale $33.14
- Dr. Formulated Keto Meal Chocolate, 24.69 oz SRP $71.99.............. Sale $46.79
- Dr. Formulated Keto Organic MCT Powder, 10.58 oz SRP $30.99.............. Sale $21.69
- Raw Organic Fit Original, 31.39 oz SRP $61.99............. Sale $40.29
- Raw Organic Fit Chocolate, 16.04 oz SRP $48.99............. Sale $31.84

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### Cultured Mama Probiotic Orange Smoothie

- Peel carrot and orange
- Place carrot, orange, and orange juice in blender. Combine until thick juice is formed.
- Add chia seeds, yogurt, ginger, and Cultured Mama Carrot Brine.
- Blend again and back into the freezer.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 large Carrot</td>
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<tr>
<td>1 large Orange</td>
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<tr>
<td>6oz Orange juice</td>
<td></td>
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<tr>
<td>6-8oz Cultured Mama plain cashew Yogurt</td>
<td></td>
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<tr>
<td>4 Dates, pitted</td>
<td></td>
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<tr>
<td>1.5oz Cultured Mama Kraut Brine</td>
<td></td>
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<tr>
<td>1/2 tbsp Ginger, grated</td>
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<tr>
<td>1 tsp Chia Seeds</td>
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### Sydney’s Kale & Coconut Soup

- Sautee sausage, onion, red pepper & shallot
- Cook the bacon, chop it and add to the sausage.
- Pour chicken broth & coconut milk into large pot and place on medium heat.
- Slice potatoes and chop kale very thin.
- Mix all ingredients into the pit except the kale and let heat on medium.
- Add kale to the soup and once it’s soft, serve your soup!

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>3 head kale thinly chopped</td>
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<tr>
<td>1 lb ground Italian sausage</td>
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<tr>
<td>2 tsp crushed red pepper</td>
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<tr>
<td>1 large sliced onion</td>
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<tr>
<td>1 package bacon</td>
<td></td>
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<tr>
<td>1 large shallot</td>
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<tr>
<td>12 cup chicken stock / bone broth</td>
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<tr>
<td>1 can coconut milk</td>
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<tr>
<td>1 lb thinly sliced potato</td>
<td></td>
</tr>
<tr>
<td>Salt &amp; Pepper to taste</td>
<td></td>
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</tbody>
</table>

### Asian Quinoa Salad

- Sautee sausage, onion, red pepper & shallot
- Cook the bacon, chop it and add to the sausage.
- Pour chicken broth & coconut milk into large pot and place on medium heat.
- Slice potatoes and chop kale very thin.
- Mix all ingredients into the pit except the kale and let heat on medium.
- Add kale to the soup and once it’s soft, serve your soup!

<table>
<thead>
<tr>
<th>Ingredient</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 cup Quinoa (dry)</td>
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<tr>
<td>1 tsp Salt</td>
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<tr>
<td>1/8 cup Red Cabbage, chopped</td>
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<tr>
<td>1 cup Edamame, cooked and shelled</td>
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</tr>
<tr>
<td>1/2 cup Cultured Mama Crunchy Mama Carrots, chopped</td>
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<tr>
<td>1 cup Cultured Mama Curry Cauliflower, chopped</td>
<td></td>
</tr>
<tr>
<td>1/4 cup Cilantro, chopped</td>
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<tr>
<td>1 Red Bell Pepper, chopped</td>
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</tbody>
</table>

**Dressing:**
- 1 tbsp Sesame Seeds
- 1/4 cup Cultured Mama Ginger Dressing
- 1/4 cup Rice Wine Vinegar

### Pilgrim’s Smoked Sockeye Salmon Spread

- Add the sauerkraut juice, lemon juice, dill, horseradish, salt, and pepper to the Cream Cheese.
- Mix thoroughly in blender or food processor.
- Add the smoked salmon and mix well.
- Chill and serve with French baguette or whatever your heart desires!

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup Cultured Mama Cashew Cream Cheese</td>
<td></td>
</tr>
<tr>
<td>1/2 cup Cultured Mama sauerkraut brine</td>
<td></td>
</tr>
<tr>
<td>1 tbsp. fresh-squeezed lemon juice</td>
<td></td>
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<tr>
<td>1 tbsp. minced fresh dill</td>
<td></td>
</tr>
<tr>
<td>1 tsp. Cultured Mama fermented horseradish</td>
<td></td>
</tr>
<tr>
<td>1 tsp. Pilgrim’s Mediterranean Sea Salt</td>
<td></td>
</tr>
<tr>
<td>1 tsp. Pilgrim’s Fresh Ground Black Pepper</td>
<td></td>
</tr>
<tr>
<td>1/2lb (8oz) Pilgrim’s House Smoked Sockeye, minced</td>
<td></td>
</tr>
<tr>
<td>(Optional) 1 Pilgrim’s Bakehouse French Baguette</td>
<td></td>
</tr>
</tbody>
</table>
— WINTERTIME FAVORITES —

Max
GROCERY BUYER

GT’S COCOYO
“FOR A NON-DAIRY YOGURT, IT’S CREAMY AND PACKED FULL OF PROBIOTICS. THE BUBBLY TEXTURE IS AWESOME TOO!”

Jessica
EVENT COORDINATOR

FOUR SIGMATIC MUSHROOM COFFEE
“AS A WORKING MOM, THIS IS A FABULOUS COFFEE ALTERNATIVE THAT FILLS YOUR CUP UP WITH THE ENERGY OF MUSHROOMS.”

Mandy
PURCHASING LEAD

GARDEN OF LIFE CBD/RELAX
“LOVE THE WAY THIS PRODUCT HELPS RELAX ME. ESPECIALLY FOR WINDING DOWN AFTER THE HOLIDAYS.”

Nicole
OFFICE MANAGER

SAMBUCUS GUMMIES
“THE EASIEST WAY TO GET THE PICKIEST OF EATERS (LIKE MY 5 YEAR OLD SON) TO GET SAMBUCUS INTO THEIR SYSTEM! KEEPING THOSE IMMUNE SYSTEMS UP ONE GUMMY AT A TIME.”

Joe
TEAM CAPTAIN

CULTURED MAMA CREAM CHEESE, BAGEL & LOX
“MY FAVORITE QUICK AND EASY BREAKFAST. JUST THE RIGHT AMOUNT OF “COMFORT” FOOD IN THIS ONE FOR THE CHILLY WINTER.”

Sydney
MARKETING

PILGRIM’S DELI SOUPS
“I ALWAYS CRAVE SOUP IN THE WINTER. I’LL GET A FEW 32oz SOUPS EACH WEEK FROM OUR PILGRIM’S DELI TO EAT OFF OF ALL WEEK. AND OF COURSE SOME FRESH BREAD TO GO WITH IT.”
Every Saturday at 5pm. Check out our Facebook or Instagram post to discover our Secret Sunday Sale of a popular item up to 50% discount.

**SUNDAY SALE!**

Get The Most Out Of Shopping!

**Rebates Every January & July**

- Spend an average of $550/month or more & earn a 4% rebate credit.
- Spend an average of $350-$549/month & earn a 3% rebate credit.
- Spend an average $165- $349/month & earn a 2% rebate credit.

**Exclusive Pilgrim’s Coupons Mailed Every Quarter**

**Rebates are loaded on your account at the register**

Over $920,000 in rebates have been issued to our rewards Card Members since July 2014!

How to redeem:

1. Rewards are issued twice a year, 01/02 & 07/02
2. Ask the cashier for your rewards balance.
3. Use the rewards just like cash to pay for your purchase

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**EMPLOYEE SPOTLIGHT**

**JESSICA**

Event/Demo Coordinator

Where were you born and raised?

I was born on the California Coastline in a small town called Goleta. I spent most of my youth at the beach. When I was 11 years old, my family moved more inland to the Santa Ynez Valley and I lived there until I moved to Rathdrum, Idaho about 2 years ago.

If not CDA, what brought you here?

To live closer to my side of the family and to raise my children in a safe and affordable place. But the biggest incentive for me is that I fell in love with these mountains. They were calling my name!

What’s your role here at Pilgrim’s?

I am a member of the marketing team. I coordinate all of the demos and events in the store. I am also one of the Cultured Mamas and I love to teach fermentation classes here as well.

What inspired you to work at Pilgrim’s?

Before I moved here I would visit my mom and family and they made it a point to take me to Pilgrim's Market because it is very similar to the store that I worked at in California called New Frontiers. I felt right at home. My soul-aunt Charyl used to love this store. She died of breast cancer 4 years ago and being at Pilgrim’s often makes me think of her and her support of my interest in holistic health and natural foods.

Outside of work, what do you do for fun?

I love everything that has to do with being outdoors and on the trail. My husband, two boys, dog and I enjoy foraging and exploring together outside. I also love to sing and record music with my parents. Another huge hobby of mine is fermentation and gut health. I have healed my compromised gut with fermented foods and drinks. It was a long healing journey and I am so grateful to have discovered these traditional foods.

Tell us something interesting about yourself!

I somehow managed some once-in-a-lifetime travel opportunities when I was a teenager and in my 20s. I have traveled to some very cool and foreign lands. The Great Pyramids are out of this world and a check off the bucket list. Some of my travel adventures will remain unforgettable!

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**BE INSPIRED.**

Work at Pilgrim’s Market.

- Competitive pay
- Major/supplemental medical insurance offered
- Healthy-living benefits
- Profit sharing
- Employee discounts
- Respectful & rewarding workplace

To apply, go to pilgrimsmarket.wordpress.com or pick up application in the store.