



health connections

APRIL | MAY | JUNE 2024

April



PILGRIM'S MARKET GRILL
CHIPOTLE CHICKEN
SANDWICH

30%
Off!

ALL MONTH!



May



PILGRIM'S BAKEHOUSE
MEXICAN WEDDING
COOKIES



Available
ALL MONTH!



June



CULTURED MAMA
PROBIOTIC BRINES &
HOT MAMA KRAUT



15% off!
HOT MAMA KRAUT
6/1-6/8

15% off!
BRINES
6/1-6/29



PILGRIM'S UPDATE

DAVID & GOLIATH



Joe, Team Captain

I am writing this on Selection Sunday 2024 and generally, I enjoy playing sports immensely more than watching them, but March Madness always gives me the opportunity to witness a Cinderella story in real time and that's something that satisfies me to the core of my being! Maybe I see myself in the underdog story, or maybe I just have a bias against and a distrust of anything or anyone who has entrenched power, might and dominance. I have never

heard anyone disagree with the famous claim that "Power tends to corrupt and absolute power corrupts absolutely."

The Importance of Your Health Freedoms

I knowingly run the risk of offending some people, but I am going to say that I have never seen such a corrupt world-wide power grab as we witnessed during the last few years of Covid hysteria. It is being said that the World Health Organization (W.H.O.), which is an arm of N.A.T.O. is trying to take away our health freedoms via some sort of "Pandemic Treaty" to be voted on by member nations of NATO in May. It's an ever-changing document and is somehow tied with a 1,722-page piece of legislation that became law in our own country in December 2022 called the National Defense Authorization Act. This topic is so complicated that I don't have room to detail it here, but I urge you to research it as it might pose an existential threat to our health freedoms and even the sovereignty of our own country. Ultimately, I hope that you inform yourself and make your voice heard with your government representatives. This might be the ultimate David versus Goliath showdown as we the people must defend our health freedoms by going to battle with the most powerful international forces on earth. I can't say that I fully understand the reasons for their desire for so much power and control but I know for sure that I don't trust any single organization with that much power.

Pilgrims and Politics?

As a general rule, I believe in staying laser focused on the mission of Pilgrims Market which is to "serve empower and delight our health-seeking customers" and to "empower, challenge and reward our team members." There are two instances in which I believe that taking a political stand is necessary and it's because these two topics are existentially linked to our ability to deliver on our mission statement. When I see political forces aiming to force medical procedures on our customers and our community without informed consent then I must speak up. When I see political forces aiming to censor the free speech of highly capable, intelligent and informed medical doctors, researchers and healers, then I must speak up. Please personally investigate it.

What about Trader Joes?

Oh yeah, that! I am sure that the title of my missive today had you thinking that I was talking about our looming show-down with Trader Joe's who will soon open across the street. The symbolism from that remarkable bit of history detailed in the first book of Samuel definitely seems a fitting way to describe our fight against corporate-food-industry giants. That being said, Trader Joes has a limited amount of organic and non-g.m.o. products in their stores and I will never disparage anyone for selling foods that are healthy for people and planet. They also have many foods with ingredients that we don't approve of. At the end of the day however, our store offers thousands of items that Trader Joes does not, and I don't believe that they are trying to put us out of business. They recognize that Pilgrims is a destination for people who value their food, and they want to benefit from the traffic that we have spent 24 years creating. That's fine with me. I think that Pilgrims will benefit from traffic they bring to the neighborhood as well. Recognizing that we do indeed compete on some levels, I am sure that their presence will motivate myself and the entire Pilgrims team to be even more innovative and passionate about bringing amazingly fresh and healthy foods to you and that ultimately, we will be a better store because of it. I would also like to thank all of you that have been making supportive statements about us online and to your friends as I know that this has been a controversial and popular topic of conversation.

Pilgrims Rewards Program

We return nearly \$500,000 per year back to our most supportive customers. The problem with the current program, however, is that, outside of the quarterly coupons attached to this circular, only 25% of our customers really benefit from the current version of the program. Details are not finalized yet, but please know that we will be changing the program come July to create benefit for every customer. And if you are one of our top customers, please don't worry. Your benefits will remain just as great!

Publication Information

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(208) 676-9730 ext.122

Pilgrim's Health Connections is a quarterly publication of Pilgrim's Market and is designed to educate and inform readers on issues pertaining to natural health and wellness. This publication requires no purchase.

Art Credits

Employee sketches and seasonal illustrations are the works of local artist Breana (@bre.gotham.art), or the work of Dakota Andrews (@k0da.rt)

LOCAL VENDOR SPOTLIGHT: FIELD'S GRASSFED BEEF



Julie, Event Manager

Field's Grassfed Beef is the quintessential choice for meat eaters. This family-owned ranch raises their cattle on over 200 acres of lush grass meadows that are naturally nourished by the John Day River in Prairie City, Oregon. The free-flowing river fills with snow melt from the Strawberry Range and generates a diverse ecosystem that in turn, creates a terroir of grasses and herbs in the meadows upon which the cattle graze.

From sun-kissed pastures to your plate, Field's Grassfed Beef is a flavorful celebration of quality, dedication, and conscientious ranching practices. In Jeremy's words, "What we do here at Field's Grassfed Beef is continue the legacy that has been passed down for generations. I continue this love with my children as well." Thank you for shopping local!

"The Field men have strong tradition of sharing their love for cattle and land with the next generations," says Jeremy Field, third generation owner of Field's Grass Fed Beef. Grandpa Harvey Field purchased the ranch in Prairie City where he settled down and raised registered Hereford cattle. Harvey embraced the land and let nature guide his ranching practices. He applied the minimal intervention approach and allowed the cattle to roam freely to graze on nutrient-dense, native grasses. Harvey's son, Richard took over in 1992 to continue his father's legacy and add another major component to Field's Grassfed Beef. Richard studied Piedmontese cattle and learned about their Myostatin gene mutation that causes the animals to have increased muscle mass with less fat and more tender meat. Once again, these western cattlemen let nature provide another facet of wholesome, quality meat. Now Richard's son, Jeremy stands on the shoulders of his father and grandfather who have passed on their knowledge, values, and passion for cattle and land. Like his ancestors, Jeremy strives to expand the family legacy with his own innovative ideas. Jeremy completed a Master's Degree in Agriculture from Oregon State University with a thesis in "Finding Sustainability in Grass Finished Beef Industry". His motto is "Superior Grass Means Superior Beef".

What about the beef? What sets it apart, besides nature? The beef is produced by crossing the Hereford cows with the Piedmontese bulls to achieve the perfect blend of lean meat that's flavorful and juicy. Animals are born and raised on the ranch, they are never confined, and never treated with hormones or antibiotics. The cattle are grass finished which means they consume grass, grass hay, salt, and mineral until harvest. Field's Grassfed Beef is certified by the American Grassfed Association. The beef is also dry aged to make the meat even more tender. Juicy Ribeye steak, nutritious beef liver, versatile ground beef, and meaty soup bones are some of Field's products available at Pilgrim's Meat Department. For the avant-garde palate, Pilgrims also carries Field's grassfed heart, tongue, and neck bones. If you are looking for the ideal, anytime snack, you must try Field's all natural jerky snacks!

Jeremy proudly stands as the steward of the animals and land at Field's Ranch. What about Jeremy's favorites? Jeremy sighed and said, "That's a tough one but at this time of the year, I love a good soup simmered in bone broth and the jerky snacks are always a favorite, especially when I am on the road making deliveries." I have to agree with Jeremy, I am fascinated with the various jerky snacks as well!





New Items

ONLY AT PILGRIM'S MARKET
MADE WITH ORGANIC INGREDIENTS



PILGRIM'S DELI
ASIAN GLAZED
CHICKEN THIGHS



MARKET GARDEN (GRH)
FUEGO HOT NUTS



PILGRIM'S DELI
TURKEY PASTRAMI
SANDWICH



PILGRIM'S DELI
SPICY BUFFALO
CREAM CHEESE DIP



PILGRIM'S DELI
NEW GRAB-N-GO
CONDIMENTS



PILGRIM'S DELI
CARAMELIZED FRENCH
ONION DIP



PILGRIM'S BEVERAGE
NEW JUICES



PILGRIM'S BULK
ORGANIC HONEY
BEENUT BUTTER



ALL OF THESE PRODUCTS ARE "MADE RIGHT HERE"
AT PILGRIM'S MARKET. LOOK FOR THIS STICKER,
WHICH SIGNIFIES ITEMS MADE IN THE STORE.

APRIL

"SPRING WILL COME AND SO WILL HAPPINESS. HOLD ON. LIFE WILL GET WARMER."
 — ANITA KRIZZAN

PILGRIM'S
Bakehouse Spotlight
 9" CARROT CAKES




Regular & Gluten-Free
 AVAILABLE ALL MONTH!

PILGRIM'S
House Plant Sale
 ALL INDOOR FOLIAGE
 ON SALE!



30% Off!

Three Day Sale
 APRIL 16-18TH

PILGRIM'S MARKET GRILL
Deli Spotlight
 CHIPOTLE CHICKEN SANDWICH




30% Off!

On Sale
 ALL MONTH!

EARTH DAY
Bulk Dept. Sale
 ENTIRE DEPARTMENT ON SALE!*



20% Off!

One Day Sale
APRIL 19TH
 *EXCLUDES COFFEE

100% organic
Tropical Produce SALE



April 1-7:
 ATAULFO MANGOS **2 for \$3.00**

April 8-14:
 PINEAPPLE **\$3.99/ea**

April 15-21:
 TOMMY MANGOS **2 for \$3.00**

April 22-28:
 PAPAAYA **20% off**

Sales Happening
 ALL APRIL LONG!

BOODY® ECO WEAR



20% off!

4/16-4/30

FULL CIRCLE® CLEANING PRODUCTS



20% off!

4/1-4/8

PILGRIM'S
Bakehouse Spotlight
 JALAPEÑO CHEDDAR BREAD




Now Available
APRIL 8-JUNE 30!

OOLY® ART SUPPLIES



20% off!

4/8-4/15

THUNDER'S CATCH® SALMON



Available in the Meat Department

While Supplies Last

cultured
 mama
 LIVING FOODS



FERMENTED VEGGIES
 NOT YO' MAMA'S BEETS | CARROT COINS
 CURRY CAULIFLOWER | SAUERREBEN



15% off!
 4/3-30

PILGRIM'S MARKET Exclusive

PILGRIM'S
Deli Spotlight
 BEEF CHILI-MED & LRG SIZES




30% Off!

On Sale All Month
 IN THE GRAB-N-GO CASE

HOUSEMADE SALMON DIP



Available in the Meat Department



While Supplies Last

ROTISSERIE ROASTED POTATOES



30% off!



in Deli service case-
All Month!

SMART CHICKEN
 AIR-CHILLED
 ORGANIC
 SWEET APPLE INFUSED CHICKEN SAUSAGE



ASSORTED SAUSAGES

Available
WHILE SUPPLIES LAST

WILCOX

Free Range Large
Brown Eggs
12ct

\$3⁴⁹

Reg. \$4.39



Prices effective 3/25/24 - 4/21/24

ORGANICVILLE

Organic Marinara
Pasta Sauce
Plus Select Varieties
24oz

\$4⁷⁹

Reg. \$6.49



Prices effective 3/25/24 - 4/21/24

ANNIE'S

Organic Bunny Fruit Snacks,
Berry Patch
Plus Select Varieties
7oz

\$3¹⁹

Reg. \$8.69



Prices effective 3/25/24 - 4/21/24

ANGIE'S

Boom Chicka Pop Sweet &
Salty Kettle Corn
Plus Select Varieties
7oz

\$2⁶⁹

Reg. \$4.39



Prices effective 3/25/24 - 4/21/24

CADIA

Organic Crushed
Rosemary
1oz

\$1⁹⁹

Reg. \$4.19



Prices effective 3/25/24 - 4/21/24

CASCADIAN FARMS

Organic Cinnamon
Crunch
9.2oz

\$3²⁹

Reg. \$7.99



Prices effective 3/25/24 - 4/21/24

VEGGIECRAFT

Zucchini Pasta, Spaghetti
Plus Select Varieties
8oz

\$3³⁹

Reg. \$4.49



Prices effective 3/25/24 - 4/21/24

ARTISANA

Organic Raw Tahini
14oz

\$8³⁹

Reg. \$11.39



Prices effective 3/25/24 - 4/21/24

NATURE'S PATH

Organic Rice Puffs
Plus Select Varieties
6oz

\$1⁹⁹

Reg. \$2.69



Prices effective 3/25/24 - 4/21/24

WHAT IF

Bamnut Milk, Barista
20z

\$33.80z

\$2⁸⁹

Reg. \$5.59



Prices effective 3/25/24 - 4/21/24

RED'S

Organic Bean & Cheese Burrito
Plus Select Varieties
5oz

\$1⁹⁹

Reg. \$3.19



Prices effective 3/25/24 - 4/21/24

LIFEWAY

Organic Whole Milk Kefir,
Peach
Plus Select Varieties
32oz

\$4⁵⁹

Reg. \$5.79



Prices effective 3/25/24 - 4/21/24

BOXED WATER IS BETTER

Purified Water
33.8oz

\$1⁶⁹

Reg. \$2.49



Prices effective 3/25/24 - 4/21/24

GOOD IDEA

Sparkling Water, Strawberry
Elderflower
12oz

\$1⁹⁹

Reg. \$2.79



Prices effective 3/25/24 - 4/21/24

SWEET NOTHINGS

Organic Spoonable Smoothie
Plus Select Varieties
3.5oz

\$1⁹⁹

Reg. \$3.19



Prices effective 3/25/24 - 4/21/24

BOB'S RED MILL

Instant Oatmeal,
Brown Sugar &
Maple

Plus Select Varieties
9.88oz

\$2⁹⁹

Reg. \$5.19

Prices effective 3/25/24 - 4/21/24



MONTEBELLO

Organic Spaghetti
Plus Select Varieties

16oz

\$3⁵⁹

Reg. \$6.19

Prices effective 3/25/24 - 4/21/24



LUNDBERG

Organic
Jasmine Rice
8oz

\$2⁷⁹

Reg. \$4.69

Prices effective 3/25/24 - 4/21/24



ALTER ECO

Total Blackout
100% Cocoa
Plus Select Varieties

2.65oz

\$2⁶⁹

Reg. \$4.49

Prices effective 3/25/24 - 4/21/24



natural Factors



Whole Earth & Sea Organic Fermented

Proteins & Greens | 22.6oz

SRP \$61.95.....**Sale \$49.56**

Whole Earth & Sea Pure Men's 50+ | 120tab

SRP \$79.95.....**Sale \$55.96**

**SELECT WHOLE EARTH & SEA
20-30% Off!**

Nature's way



Alive! Calcium 120tab | 120tab
SRP \$46.49.....**Sale \$32.49**

Primadophilus Reuteri | 90cap
SRP \$34.99.....**Sale \$27.99**

**SELECT NATURE'S WAY
20-30% Off!**

NAMASTE

Waffle &
Pancake Mix
21oz

\$4⁹⁹

Reg. \$8.29

Prices effective 3/25/24 - 4/21/24



MANITOBA HARVEST

Hemp Hearts
8oz

\$5³⁹

Reg. \$8.89

Prices effective 3/25/24 - 4/21/24



NEOCELL

**SUPER COLLAGEN
PEPTIDES**

14.1oz

\$28⁵⁵

SRP \$35.69



**ON SALE
20% Off!**

NOW



Saccharomyces Boulardii | 60cap
SRP \$21.99.....**Sale \$15.39**

Vitamin C-1000 | 100cap
SRP \$13.99.....**Sale \$9.09**

**SELECT NOW PRODUCTS
25-35% Off!**

SPECTRUM

Organic Sunflower Oil
16oz

\$6⁷⁹

Reg. \$11.19

Prices effective 3/25/24 - 4/21/24



OLIPOP

Prebiotic Sparkling Soda,
Strawberry Vanilla

Plus Select Varieties
12oz

\$1⁹⁹

Reg. \$2.39

Prices effective 3/25/24 - 4/21/24



FARMER'S HEN HOUSE

Organic, Free Range
Medium Eggs

Plus Select Varieties
18ct

\$4⁹⁹

Reg. \$6.29

Prices effective 3/25/24 - 4/21/24



HIPPEAS

Chickpea Puffs,
Bohemian Barbecue

Plus Select Varieties
4oz

\$2⁶⁹

Reg. \$4.29

Prices effective 3/25/24 - 4/21/24



SEVENTH GENERATION

Liquid Laundry Detergent,
Lavender

Plus Select Varieties
90oz

\$12³⁹

Reg. \$20.19

Prices effective 3/25/24 - 4/21/24



NATURAL VITALITY CALM



**CALM GUMMIES,
ORANGE**

120ct

\$21⁶⁹

SRP \$30.99

**ON SALE
30% Off!**

FLORA



Organic Flax Oil | 32oz
SRP \$43.99.....**Sale \$35.19**

Organic Red Beet Crystals | 7oz
SRP \$31.99.....**Sale \$25.59**

**ENTIRE LINE
20% Off!**

HOST DEFENSE[®] Mushrooms™

ENTIRE LINE
25% Off!



Lion's Mane | 120cap
\$47¹⁹
SRP \$62.95

Mycobotanicals Brain |
60cap
\$23⁹⁶
SRP \$31.95

Mycocommunity | 60cap
\$30⁶⁹
SRP \$40.95

Turkey Tail | 60cap
\$25⁴⁶
SRP \$33.95

Mycobrew Mocha | 10.6oz
\$23⁹⁶
SRP \$31.95

Breathe Extract | 1oz
\$15⁶⁹
SRP \$20.95

NORDIC[®] NATURALS

ULTIMATE OMEGA
180sg
\$60⁷⁶
SRP. \$75.95

ULTIMATE OMEGA
8oz
\$62³⁶
SRP. \$77.95

ULTIMATE OMEGA
60sg
\$24⁷⁶
SRP. \$30.95



NORDIC ULTIMATE OMEGA'S **20% Off!**



CBD Turmeric | 60sg
SRP \$33.32.....**Sale \$24.99**

Magnesium + Ashwagandha | 60sg
SRP \$29.32.....**Sale \$21.99**

Mega B Complex | 60sg
SRP \$21.32.....**Sale \$15.99**

ENTIRE LINE **25% Off!**

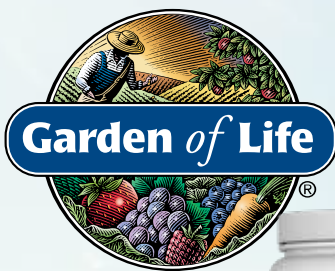


Sinus Calm | 60sg
SRP \$13.29.....**Sale \$9.29**

Allergy Calm | 60sg
SRP \$13.29.....**Sale \$9.29**



ON SALE **30% Off!**



ENTIRE LINE
20-35% OFF!



- Dr. Formulated Probiotics Once Daily 30bill** | 30cap
SRP \$34.99.....**Sale \$22.74**
- Dr. Formulated Probiotics Organic Kids+ 5bill** | 30ct
SRP \$27.99.....**Sale \$18.19**
- Sport Grassfed Whey, Vanilla** | 23.28oz
SRP \$59.99.....**Sale \$38.99**
- Sport Plant Based Protein, Chocolate** | 29.6oz
SRP \$59.99.....**Sale \$38.99**
- MyKind Organics Women's Multi 40+** | 120ct
SRP \$37.99.....**Sale \$24.69**
- MyKind Organics Plant Calcium** | 90tab
SRP \$41.99.....**Sale \$27.29**

HiBAR™

SOLID SHAMPOO & CONDITIONER MOISTURIZER
2.7OZ
\$9⁸⁹
SRP \$14.19



ENTIRE LINE
30% Off!



DESERT ESSENCE®

ENTIRE LINE
25-30% Off!

- Tea Tree Whitening Toothpaste, Cool Mint** | 6.25oz
SRP \$8.39.....**Sale \$5.89**
- Tea Tree Whitening Mouthwash** | 16oz
SRP \$11.19.....**Sale \$7.79**



Terry Naturally.
EuroPharma.

ENTIRE LINE
25% Off!



Red Ginseng Energy | 30tab
\$23⁹⁶
SRP \$31.49

AnxioCalm
45tab
\$29¹⁹
SRP \$38.95

CuraMed Acute Pain Relief | 60sg
\$40⁴⁶
SRP \$53.95

Thyroid Care Plus | 60cap
\$18⁶⁹
SRP \$24.95

Curamin Extra Strength | 60tab
\$38¹⁹
SRP \$50.95

Ashwagandha EP80 Extra Strength | 60cap
\$22⁴⁶
SRP \$29.95

COME JOIN US FOR

Pilgrim's Events

2024 EVENTS:

Please RSVP via email to Julie at events@pilgrimsmarket.com

All classes will be in our new event space at 1411 N. 4th St, CDA, ID (the old Make Wine Make Beer building-across the street from Pilgrim's Market.



AMAZING MINERALS

DR. OTT



THURSDAY, APR. 11
6:00-7:30pm

FREE CLASS!

RSVP highly recommended but not required.

Dr. Ott, founder of Mother Earth Minerals is a Doctor of Philosophy in the field of nutrition who will speak on the importance of ingesting absorbable minerals to support wellness. The body can do amazing things to promote its own health when given the right materials in the right form. His dissertation and area of research was in the field of mineral nutrition and applied biochemical mineral reactions on a cellular level. Join us for a fascinating lecture on how earth-based minerals and water can support your health goals!



DR. TOBY PRESENTS: NATURE'S MIRACULOUS MOLECULES

THYMOQUINONE FROM BLACK CUMIN SEED OIL

Join Dr. Toby as he highlights the health benefits of this amazing molecule, the most prominent constituent of Nigella sativa seeds. Black cumin seed oil has been used to support asthma, hypertension, diabetes, inflammation, cough, bronchitis, headache, eczema, fever, hair loss, dizziness, and influenza. Thymoquinone has a wide spectrum of favorable biological activities, the most prominent being antioxidant, anti-inflammatory, antibacterial, antiviral, hepatoprotective, antimutagenic and antitumor activities.

THURSDAY, APR. 18

6:00-7:30pm

FREE CLASS!

RSVP highly recommended but not required.



COGNITIVE HEALTH

HILLARY NITSCHKE

Jarrow Formulas invites you to attend an informative training with featured speaker, Hillary Nitschke to discuss cognitive health, restful sleep, and more. Hillary will talk about Mag-Mind, the unique form of magnesium that passes the blood brain barrier and works to support optimal mental wellness, short- and long-term memory, and more. Hillary Nitschke is the National Educator for Jarrow Formulas and has been with Jarrow for 25 years. There will be a product raffle for attendees!

TUESDAY, APR. 23

6:00-7:30pm

FREE CLASS!

RSVP highly recommended but not required.



PAINT & WINE PARTY

CHRISTINA CAROTHERS: CAROTHERS CREATIVE

Sip on 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 a party-bring friends and family!

Fee includes: 2 glasses of wine, snacks, personal instruction, 16x20 canvas & all painting supplies.

THURSDAY, APR. 25

5:30-7:30pm

CLASS SIZE LIMITED TO 15 PARTICIPANTS

COST: \$40 per attendee

RSVP & prepayment highly recommended



PILGRIM'S EDUCATIONAL SENIOR EVENT:

HOW TO BE A VOLUNTEER

HOW TO BE A CLIENT

KELLY KIDD

Come learn the value of the Senior Companion Program. Understand the simplicity of this 50+ year old USA program. The benefits of both are simple and powerful; whether you choose to be a volunteer or a client.

THURSDAY, MAY 2

6:00-7:30pm

FREE CLASS!

RSVP highly recommended but not required.





STRESS, SLEEP & MENTAL HEALTH SUPPORT FOR THE WHOLE FAMILY

JAMIE COTTER

Since 1979, WishGarden Herbs has specialized in safe and effective herbal remedies that support our bodies through all the challenges modern life can present. Herbalist & Health Coach, Jamie Cotter, will share the best natural remedies for adults, kids, and pregnant moms to navigate stress, mood, and sleep. Refreshing herbal mocktails will be served and everyone will take home product samples.

THURSDAY, MAY 9
6:00-7:30pm
FREE CLASS!



KIDS' CLASS: TERRA COTTA POT PAINTING

CAROTHERS CREATIVE

Join us to create a special gift for mom; a terra cotta pot, hand-painted by the kiddos, with a plant to grow with the years! All ages welcomed!

SATURDAY, MAY 11
11:00am-12:00pm
FREE CLASS!

RSVP ASAP as this event fills up fast!



REVITALIZE YOUR CELLS WITH PEMF THERAPY

ASHLEIGH LINDEMANN

Join Ashleigh Lindemann to learn about Pulsed Electromagnetic Field (PEMF) therapy. This non-invasive technology generates gentle electromagnetic pulses to recharge and reset each cell's ability to speed up healing, repair damage, reduce pain, inflammation, and increase energy. Ashleigh will discuss the history of PEMF and its applications to promote wellness. On-site demos will be available at the class for you to experience PEMF Therapy along with first visit discount coupons.

RSVP highly recommended but not required.

THURSDAY, MAY 23
6:00-7:30pm
FREE CLASS!



PAINT & WINE PARTY

CHRISTINA CAROTHERS: CAROTHERS CREATIVE

Sip on 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 a party-bring friends and family!

Fee includes: 2 glasses of wine, snacks, personal instruction, 16x20 canvas & all painting supplies.

THURSDAY, JUN. 6
6:00pm-8:00pm
COST: \$40 per attendee

CLASS SIZE LIMITED TO 15 PARTICIPANTS

RSVP & prepayment highly recommended



A WORKSHOP ON BRAIN DEVELOPMENT AND BEHAVIORS

DR. ANNE

Join Dr. Anne from Spoelstra Family Chiropractic for a dynamic workshop to deepen your understanding of behavior, uncover the effects of stress on the developing brain, and discover empowering strategies for supporting optimal brain development in children. Come learn how to better understand, support, and advocate for your child!

RSVP highly recommended but not required.

TUESDAY, JUNE 11
6:00-7:30pm
FREE CLASS!



FASTING FOR HEALTH AND LONGEVITY

HOLISTIC HEALTH COACH LAURIE LARSON

The power of fasting:

Discover the ancient practice of fasting and its incredible benefits for your body, mind, and spirit. Learn how to safely implement fasting into your lifestyle, boost your energy levels, enhance mental clarity, and promote overall vitality. Whether you're a beginner or experienced faster, Laurie will provide invaluable insights and strategies tailored to your needs and health goals.

RSVP highly recommended but not required.

THURSDAY, JUN. 20
6:00-7:30pm
FREE CLASS!



INTERACTIVE INTRODUCTION TO BEER

STEVE & LARRY

Join brewers Steve and Larry as they share the history of beer, and then move into a guided discussion comparing & contrasting some popular beer styles. You will sample examples of six different beers to explore some of the various flavors, colors, and aromas that can be created from the same handful of basic ingredients!

ATTENDEES MUST BE AT LEAST 21 YEARS OF AGE (VALID ID REQUIRED)

RSVP & prepayment highly recommended.

THURSDAY, JUN. 27
6:00-7:30pm
COST: \$10 per attendee

PLEASE RSVP VIA EMAIL
to Julie at
events@pilgrimsmarket.com



Free Beer & Wine Tastings

ALL TASTINGS 3:30-6:00PM

| | | | |
|--|--|---|---|
|  | APR. 3RD RADIO BREWING COMPANY |  | MAY 10TH LA RIOJANA ORGANIC WINES |
|  | APR. 17TH BOMBASTIC BREWING |  | MAY 15TH TRADE EIGHTS COCKTAILS |
|  | APR. 19TH CHÂTEAU CASSIER WINES |  | MAY 24TH CHATEAU DU TRIGNON WINES |
|  | APR. 24TH GRAND TETON BREWING |  | JUN. 14TH COLTER'S CREEK WINERY |
|  | MAY 1ST FIRESTONE WALKER BREWING COMPANY |  | JUN. 19TH SAN JUAN SELTZERS |
|  | MAY 8TH KETTLEHOUSE BREWING CO. |  | JUN. 21ST COEUR D'ALENE CELLARS |



Thank you *FOR* voting us your
#1 Wine Shop-North Idaho
For the 3rd Year in a Row! (2022, 2023, 2024)



Come get a taste of Pilgrim's!

Our demo coordinator, Lorri, is here offering delicious samples from various departments Tuesday through Saturday, from 10:00am - 4:00pm. This is your opportunity to try our wide variety of products available in-store, including our Grown Right Here (GRH) and Made Right Here (MRH) products. Check our social media for daily demo highlights!

 : @Pilgrim's Market

 : @pilgrimsmarket

MOTHER'S DAY *Bouquets*

BY DRAGON FLOWER DESIGN



Available
WHILE SUPPLIES LAST

BAKEHOUSE BERRY TARTS

BACK FOR
THE SEASON!



Available:
5/20-8-31



MOTHER'S DAY CHOCOLATES

20% Off!
PREPACKAGED
BULK CHOCOLATE



On Sale:
MAY 10

TOMATO SALE

10% Off!
VINE, HEIRLOOM,
AND BEEFSTEAK



On Sale:
MAY 6-19

PILGRIM'S DELI CLASSIC BURGER

30% Off!
FROM THE
DELI GRILL



On Sale:
ALL MONTH!



PILGRIM'S House Plant Sale

ALL INDOOR FOLIAGE
ON SALE!



30%
Off!

Three Day Sale
MAY 14-16TH

cultured
mama
LIVING FOODS
VEGAN | PROBIOTIC
SALSA & HOT SAUCE SALE!
MADE WITH ORGANIC INGREDIENTS
SALSA | HOT SAUCE | SRIRACHA




15% off!
SALSA
4/28-5/05

15% off!
HOT SAUCE
4/28-5/31

PILGRIM'S MARKET
Exclusive

KLEEN KANTEEN® PRODUCTS

20% Off!
ASSORTED
VARIETIES



On Sale:
MAY 13-20

MRH SOY CANDLES

20% Off!




On Sale:
MAY 6-12

MEDITERRANEAN TAKE N' BAKE PIZZAS

30% Off!




On Sale:
ALL MONTH!

WASHINGTON-GROWN ASPARAGUS

\$4⁹⁹/lb



WHILE SUPPLIES
LAST

PILGRIM'S Bakehouse Spotlight CHERRY PIES



reg. & G/F

Available
MAY 20-JULY 15

PILGRIM'S Bakehouse Spotlight MEXICAN WEDDING COOKIES



Available
ALL MONTH!

PILGRIM'S Deli Spotlight EGG DROP SOUP MED AND LRG IN THE GRAB-N-GO CASE



30%
Off!

On Sale
ALL MONTH!

BOAR'S HEAD® LUNCH MEATS

MEAT
DEPARTMENT
SPOTLIGHT



WHILE SUPPLIES
LAST

PURE COUNTRY® PORK PRODUCTS

MEAT
DEPARTMENT
SPOTLIGHT



LOCAL
SUPPLIER!

PILGRIM'S Meat Spotlight FIELD'S GRASSFED HAMBURGER AND STEAKS



Now Available
WHILE SUPPLIES LAST

QUE PASA

Organic Yellow Tortilla Chips

Plus Select Varieties
11oz
\$3³⁹
Reg. \$4.59



Prices effective 4/22/24 - 5/26/24

NAPOLEON

Extra Virgin Olive Oil

8.5oz
\$5⁵⁹
Reg. \$7.19



Prices effective 4/22/24 - 5/26/24

POPPI

Prebiotic Soda, Doc Pop

Plus Select Varieties
12oz
\$2¹⁹
Reg. \$2.69



Prices effective 4/22/24 - 5/26/24

RITTER SPORT

Dark Chocolate with Marzipan

Plus Select Varieties
3.5oz
\$3¹⁹
Reg. \$4.19



Prices effective 4/22/24 - 5/26/24

THEO

70% Dark Chocolate, Raspberry

Plus Select Varieties
3oz
\$3¹⁹
Reg. \$4.19



Prices effective 4/22/24 - 5/26/24

FLACKERS

Flaxseed Crackers, Sea Salt

Plus Select Varieties
5oz
\$4⁸⁹
Reg. \$6.59



Prices effective 4/22/24 - 5/26/24

WILCOX

Organic Large Brown Eggs

12ct
\$4⁴⁹
Reg. \$5.99



Prices effective 4/22/24 - 5/26/24

FARMERS HEN HOUSE

Organic Medium Brown Eggs

18ct
\$4⁴⁹
Reg. \$6.29



Prices effective 4/22/24 - 5/26/24

KETO PINT

Keto Peanut Butter Cup Ice Cream

Plus Select Varieties
16oz
\$4⁹⁹
Reg. \$7.39



Prices effective 4/22/24 - 5/26/24

LILLIE'S

Carolina BBQ Sauce

20oz
\$5⁶⁹
Reg. \$7.79



Prices effective 4/22/24 - 5/26/24

TORIE & HOWARD

Organic Hard Candy

Lemon & Raspberry
Plus Select Varieties
2oz
\$3³⁹
Reg. \$4.59



Prices effective 4/22/24 - 5/26/24

LOVO

Oat Milk, Chocolate Bar

Plus Select Varieties
2.82oz
\$3¹⁹
Reg. \$4.29



Prices effective 4/22/24 - 5/26/24

SEAL THE SEASONS

Washington Oregon Cherry Blend

32oz
\$8²⁹
Reg. \$11.99



Prices effective 4/22/24 - 5/26/24

MAY

"SPRING IS NATURE'S WAY OF SAYING, 'LET'S PARTY!'"
- ROBIN WILLIAMS

ROADTRIP READY?

SAVE \$1.50 on all retail bags of DOMA coffee.

DOMA
COFFEE ROASTING COMPANY.

domacoffee.com

RAWKIN RAW

Organic Blonde Macaroon
Plus Select Varieties

2oz

\$2⁶⁹
Reg. \$3.69



Prices effective 4/22/24 - 5/26/24

BLUE MONKEY

Sparkling Watermelon Juice
Plus Select Varieties

8.45oz

99¢
Reg. \$1.39



Prices effective 4/22/24 - 5/26/24

CASCADE MOUNTAIN

Sparkling Water
Plus Select Varieties

28oz

\$2²⁹
Reg. \$3.19



Optimal pH balance
meets
naturally rich minerals.

Prices effective 4/22/24 - 5/26/24

EAT PASTRY

Chocolate Chunk Cookie Dough, Gluten Free

14oz

\$5⁴⁹
Reg. \$7.19



Prices effective 4/22/24 - 5/26/24

ZACK'S MIGHTY

Organic Tortilla Chips, Sea Salt

9oz

\$4²⁹
Reg. \$5.79



Prices effective 4/22/24 - 5/26/24

DE LA CALLE!

WHAT IS TEPACHE?

PRONOUNCED "TEH-PAH-CHE," THIS FERMENTED PINEAPPLE BEVERAGE HAS BEEN MADE IN MEXICO FOR CENTURIES. THOUSANDS OF VERSIONS OF TEPACHE EXIST, EACH VARYING IN THE SPICES OR FLAVORINGS USED BUT THE CORE OF IT ALL IS PINEAPPLES. WE USE CERTIFIED ORGANIC PINEAPPLES TO CREATE OUR TEPACHE AND WE PROMISE YOU THIS -- IT'S DELICIOUS AND UNLIKE ANYTHING ELSE YOU'VE TASTED.

TEPACHE, PALOMA GRAPEFRUIT LIME
12oz
\$2⁴⁹
Reg. \$3.19

Prices effective 4/22/24 - 5/26/24



ENTIRE LINE 20% Off!

MacaHarmony® naturally supports normal hormone balance, menstrual and reproductive health from your teens through your reproductive years. Proven to support:

- normal hormone balance*
- normal menstrual cycles*
- symptoms related to monthly menstruation*
- healthy energy levels*
- balanced mood*
- normal reproductive health*
- clear skin, hair and nails*



FEMMENESSENCE
MACAHARMONY
120cap
\$29⁵⁹
SRP. \$36.99

Double-blind, placebo-controlled, clinical trial results with **MacaLife®** showed a 74-82% success rate in supporting:

- normal hormone balance*
- hot flashes and night sweats*
- dryness and lack of desire*
- balanced mood*
- energy and sleep*



FEMMENESSENCE
MACALIFE
120cap
\$29⁵⁹
SRP. \$36.99

In double-blind, placebo controlled clinical trials 84% of women taking **MacaPause®** experienced a highly statistically significant support for:

- normal hormone balance*
- dryness and lack of desire*
- heart and bone health*
- hot flashes and night sweats*
- mood and mental health*
- energy and sleep*
- hair, skin and nails*
- heart health*
- hair, skin and nails*



FEMMENESSENCE
MACAPAUSE
120cap
\$29⁵⁹
SRP. \$36.99



**ELECTROLYTE MIX,
LEMONADE**
3.7oz
\$16³⁹
Reg. \$23.49



SELECT ULTIMA REPLENISHER **30% Off!**

HOP WTR

Sparkling Hop Water, Peach
6pk/12oz cans

\$9⁵⁹

Reg. \$13.14



Prices effective 4/22/24 - 5/26/24



**ENERGY & ENDURANCE TESTOSTERONE UP
MEN OVER 40 | 60sg**
SRP \$46.65.....**Sale \$34.99**
STEEL LIBIDO PINK FOR WOMEN | 60sg
SRP \$33.32.....**Sale \$24.99**

ALL MEN'S AND WOMEN'S PRODUCTS
25% Off!!



ARCTIC COD LIVER OIL, ORANGE | 16oz
SRP \$54.95.....**Sale \$43.96**
VITAMIN D3 + K2 | 60ct
SRP \$24.95.....**Sale \$19.96**



SELECT NORDIC NATURALS **20% Off**



**BLUEBERRIES
40OZ
\$9¹⁹**
Reg. \$12.49

**WHOLE
STRAWBERRIES
40OZ
\$9³⁹**
Reg. \$12.79

**THREE BERRY
BLEND
40OZ
\$10⁷⁹**
Reg. \$14.59

NATURAL VITALITY
CALM



CALM, RASPBERRY LEMON
16oz
\$29⁹⁹
SRP \$42.95

ON SALE 30% Off!!

NEOC[®]CELL



SUPER COLLAGEN + VITAMIN C & BIOTIN
270tab
\$19⁴⁹
SRP \$27.89

ON SALE 30% Off!!

natural Factors



COENZYME Q10 100MG | 60sg
SRP \$22.95.....**Sale \$15.99**

RXOMEGA-3 ULTRA STRENGTH | 60sg
SRP \$35.95.....**Sale \$23.39**

SELECT NATURAL FACTORS 25-30% Off!!

Nature's way



VITAMIN C GUMMIES | 120ct
SRP \$22.49.....**Sale \$17.99**

CHLOROFRESH LIQUID CHLOROPHYLL, MINT | 16oz
SRP \$14.49.....**Sale \$11.59**

SELECT NATURE'S WAY 20-30% Off!!

now solutions



LAVENDER & TEA TREE | 1oz
SRP \$12.99.....**Sale \$9.74**

LEMON OIL | 1oz
SRP \$6.49.....**Sale \$4.87**

ALL NOW ESSENTIAL OILS 25% Off

SOVEREIGN SILVER



BIO ACTIVE SILVER HYDROSOL DROPPER | 4oz
SRP \$24.99.....**Sale \$19.99**

FIRST AID GEL | 1oz
SRP \$15.99.....**Sale \$12.79**

ENTIRE LINE 20% Off

JEFFREY JAMES BOTANICALS



THE SERUM
2oz
\$32⁹⁹
SRP \$44.00

THE CRÈME
16oz
\$31⁴⁹
SRP \$42.00

ENTIRE LINE 25% Off

Garden of Life



Sport Organic Greens, Orginial | 8.99oz
SRP \$49.99.....**Sale \$32.49**

Dr. Formulated Probiotic Sport+ 50bill | 30cap
SRP \$39.99.....**Sale \$25.99**

Sport Grassfed Whey, Chocolate | 24.33oz
SRP \$59.99.....**Sale \$38.99**

Sport Organic Plant-Based Protein, Vanilla | 28.4oz
SRP \$59.99.....**Sale \$38.99**

SELECT GARDEN OF LIFE PRODUCTS 30-35% OFF!

BOIRON



ARNICARE GEL VALUE PACK | 2.6oz
SRP \$16.99.....**Sale \$11.89**

ARNICARE CREAM VALUE PACK | 2.5oz
SRP \$16.99.....**Sale \$11.89**


SELECT BOIRON 25-30% Off!!

POKEY CREEK FARM
Organic Vegetable & Herb Starts
GROWN IN SANTA, ID




Now
AVAILABLE

PEACH BLUEBERRY PIE
MRH
Regular & Gluten-Free Available



BACK FOR SUMMER!

TIERRA FARMS® BULK PREPACKS
15% Off!
ASSORTED VARIETIES



WHILE SUPPLIES LAST

PILGRIM'S BBQ
Grab-N-Go Sides
IN THE DELI COLD CASE
PEA SALAD, MACARONI SALAD, POTATO SALAD, AND LOADED POTATO



30% Off!

On Sale
ALL MONTH!

PILGRIM'S
Deli Spotlight
MRH
CHICKEN NOODLE SOUP MED AND LRG
IN THE GRAB-N-GO CASE



30% Off!

On Sale
ALL MONTH!

THOMAS CATTLE CO.®

Meat Dept. Spotlight

- FAMILY OWNED AND OPERATED
- HUMANELY HANDLED
- NO ADDED HORMONES OR ANTIBIOTICS

Premium Angus beef to feed & fuel your family

WHILE SUPPLIES LAST

TAYLOR YAK FARMS®

Meat Dept. Spotlight



WHILE SUPPLIES LAST

PILGRIM'S
Indoor Plant Sale
ALL VARIETIES



30% Off!

Three Day Sale
JUNE 11-13

STRAWBERRY FIELDS SMOOTHIE
MRH

30% Off!
IN THE DELI



On Sale:
ALL MONTH!

SMART CHICKEN®

Organic Chicken
ASSORTED VARIETIES



WHILE SUPPLIES LAST

FIELD'S® GRASSFED BEEF

Meat Dept. Spotlight



WHILE SUPPLIES LAST

PILGRIM'S BAKEHOUSE JAMS
MRH

10% Off!
STRAWBERRY & RASPBERRY



On Sale:
ALL MONTH!

Pilgrim's Summer Berry Sale

| ORGANIC RASPBERRIES | ORGANIC BLUEBERRIES | ORGANIC GRAPES RED, GREEN, AND BLACK | ORGANIC STRAWBERRIES |
|--|---|---|---|
| \$3⁹⁹ /ea 6oz | \$4⁴⁹ /ea pint | \$3⁴⁹ /lb | \$3⁴⁹ /ea 1lb |
|  |  |  |  |
| JUNE 3-9 | JUNE 10-16 | JUNE 17-23 | JUNE 24-30 |

BOODY WEAR® PRODUCTS

20% Off!
ASSORTED VARIETIES



On Sale:
JUNE 10-23

HYDROFLASK® PRODUCTS

20% Off!
ALL ITEMS



On Sale:
JUNE 10-17

cultured
mama
LIVING FOODS

try our...
BRINES & HOT MAMA KRAUT
MADE WITH ORGANIC INGREDIENTS
VEGAN | DAIRY FREE



15% off
HM KRAUT
6/1-6/8

15% off
BRINES
6/1-6/29

PILGRIM'S MARKET
Exclusive

NATURE'S PATH

Heritage Flakes

Plus Select Varieties

13.25oz

\$3⁷⁹

Reg. \$5.89



Prices effective 5/27/24 - 6/23/24

BOXED WATER IS BETTER

Filtered Water

Plus Select Varieties

16.9oz

\$1³⁹

Reg. \$1.89



Prices effective 5/27/24 - 6/23/24

VAN LEEUWEN

Vanilla Bean Ice Cream

Plus Select Varieties

14oz

\$5⁶⁹

Reg. \$7.69



Prices effective 5/27/24 - 6/23/24

LIFEWAY

Organic Whole Milk Kefir,

Peach

Plus Select Varieties

32oz

\$4⁴⁹

Reg. \$5.79



Prices effective 5/27/24 - 6/23/24

KALONA SUPERNATURAL

Organic Whole Milk Yogurt

Cream Top

Plus Select Varieties

24oz

\$4²⁹

Reg. \$5.29



Prices effective 5/27/24 - 6/23/24

WILCOX

Mobile Pasture Raised

Large Brown Eggs

Plus Select Varieties

12ct

\$5⁴⁹

Reg. \$6.69



Prices effective 5/27/24 - 6/23/24

FORAGE KOMBUCHA

Organic Kombucha, Peach

Plus Select Varieties

12oz

\$1⁹⁹

Reg. \$2.49



Prices effective 5/27/24 - 6/23/24

ETERNAL

Naturally Alkaline

Spring Water

Plus Select Varieties

33.8oz

\$1⁴⁹

Reg. \$2.29



Prices effective 5/27/24 - 6/23/24

MANITOBA HARVEST

Organic Hemp Hearts

Plus Select Varieties

12oz

\$9⁹⁹

Reg. \$16.19



Prices effective 5/27/24 - 6/23/24

ANCIENT NUTRITION

SELECT ANCIENT NUTRITION
30-35% Off!



MULTI COLLAGEN PROTEIN

16oz

\$34³⁹

SRP \$52.95

GRASS-FED LIVER

180cap

\$25⁹⁷

SRP \$39.95

SBO PROBIOTICS GUT RESTORE

60cap

\$32⁴⁷

SRP \$49.95

MULTI COLLAGEN ADVANCED LEAN

15.9oz

\$35⁶⁹

SRP \$54.95

BONE BROTH, VANILLA

17.4oz

\$34³⁹

SRP \$52.95

ORGANIC SUPER GREENS, WATERMELON

8.82oz

\$29¹⁹

SRP \$44.95



DR FORMULATED PROBIOTICS

35% OFF!

INCLUDING SELECT GARDEN OF LIFE 30-35% OFF

- Dr. Formulated Once Daily Women's 50bill | 30cap
SRP \$45.99 **Sale \$32.19**
- Vitamin Code Raw Vitamin C | 120cap
SRP \$37.99 **Sale \$26.59**
- Grass-Fed Collagen Peptides | 19.75oz
SRP \$46.99 **Sale \$32.89**
- Sport Organic Greens, Apple Berry | 9.52oz
SRP \$49.99 **Sale \$34.99**
- MyKind Organics Kid's Multi Gummies | 120ct
SRP \$37.99 **Sale \$26.59**
- Vitamin Code Healthy Blood | 60cap
SRP \$18.99 **Sale \$13.29**

BIRCH BENDERS

Pancake & Waffle Mix, Gluten Free

8oz
\$4⁵⁹

Reg. \$7.19



Prices effective 5/27/24 - 6/23/24

EVO HEMP

Hemp Bar, Lemon

8oz
\$2³⁹

Reg. \$3.59



Prices effective 5/27/24 - 6/23/24



Milk Thistle | 60cap
SRP \$23.49..... **Sale \$16.44**

Dandelion Root | 100cap
SRP \$11.49..... **Sale \$7.99**

**SELECT NATURE'S WAY
20-30% Off!**

ENZYMEDICA

The Enzyme Experts



Digest Gold | 45cap
SRP \$32.99..... **Sale \$24.74**

Digest Gold | 180cap
SRP \$96.99..... **Sale \$72.74**

**ALL DIGEST GOLD
25% Off!**



Men's Living Green Liquid-Gel Multi | 90sg
SRP \$33.32..... **Sale \$24.99**

Longer, Stronger Hair & Nails | 60sg
SRP \$22.65..... **Sale \$16.99**

**SELECT MEN'S & WOMEN'S
25% Off!**

PRANARŌM

CARROT OIL
2OZ
\$14²⁹

Reg. \$16.79



MINERAL
SPORT
SUNSCREEN

3OZ
\$15⁶⁹

Reg. \$18.49



Activated Charcoal | 40cap
SRP \$12.39..... **Sale \$8.67**

Coenzyme B-Complex | 120cap
SRP \$34.99..... **Sale \$22.74**

**ENTIRE LINE
20-35% Off!**



Bone Strength Take Care | 60tab
SRP \$40.79..... **Sale \$28.49**

One Daily Prenatal Multivitamin | 30tab
SRP \$33.95..... **Sale \$23.77**

**SELECT NEW CHAPTER
30% Off!**

**ENTIRE LINE
15% Off!***

*excludes diffusers

**SUN & LIPCARE
15% Off!**



ARNICARE GEL
1.5Oz
\$5⁸⁹
Reg. \$8.49



ARNICA MONTANA 30C
80ct
\$5³⁹
Reg. \$7.69

SELECT BOIRON
25-30% Off!



Grass-Fed Whey Protein, Strawberry | 12oz
SRP \$28.95.....**Sale \$21.69**
Fermented Protein & Greens, Tropical | 23.3oz
SRP \$61.95.....**Sale \$46.46**

SELECT WHEY AND PLANT PROTEIN POWDER
25% Off!



Organic Shea Butter | 7oz
SRP \$12.99.....**Sale \$9.29**
Super Enzymes | 90cap
SRP \$21.99.....**Sale \$15.39**

SELECT NOW
25-35% Off!



Omega-3 | 60sg
SRP \$18.95.....**Sale \$15.16**
Magnesium Gummies | 60ct
SRP \$25.95.....**Sale \$20.76**

SELECT NORDIC NATURALS
20% Off!



DESERT ESSENCE®

SELECT DESERT ESSENCE
20-30% Off!

Coconut Oil Hand & Body Lotion | 8oz
SRP \$10.99.....**Sale \$7.69**
Island Mango Hand & Body Lotion | 8oz
SRP \$10.99.....**Sale \$7.69**



WHEY PROTEIN ISOLATE
15.4OZ
\$25⁴⁹
Reg. \$33.99

ENTIRE LINE
25% Off!



Kids Tummy Gummy, Raspberry | 30ct
SRP \$14.99.....**Sale \$11.24**
Ultimate Flora Kids Probiotic, Berry | 80z
SRP \$19.99.....**Sale \$14.99**

SELECT RENEW LIFE
25% Off!



SELECT NATURAL VITALITY
30% Off!

KID'S CALM GUMMIES, SWEET CITRUS
120ct
\$21⁶⁹
SRP \$30.99

CALM GUMMIES RASPBERRY LEMON
120ct
\$21⁶⁹
SRP \$30.99



CALM RASPBERRY LEMON PACKETS
1ea
69¢
SRP \$1.00



Super Collagen Peptides | 14.1oz
SRP \$35.69.....**Sale \$26.77**
Collagen + C Liquid, Pomegranate | 16oz
SRP \$33.99.....**Sale \$25.49**

SELECT NEOCELL
25% Off!



Cranberry Apple Chicken

 
4 **40**min.



INGREDIENTS:

- 4-6 MEDIUM SIZED CHICKEN THIGHS OR 2-4 MEDIUM SIZED CHICKEN BREASTS.
- 1 BOTTLE OF MRH CRANBERRY APPLE VINAIGRETTE
- 1/2 CAN CRANBERRIES WHOLE BERRY OR 1/4 C. FROZEN CRANBERRIES.
- ONE SPRIG OF ROSEMARY
- 1/4 C. BROWNSUGAR

DIRECTIONS:

- ADD ALL INGREDIENTS INTO A LARGE ZIPP BAG AND MARINADE OVER NIGHT.
- COOK ON INDOOR OR OUT GRILL APPROXIMATELY 4MIN. EACH SIDE UNTIL INTERNAL TEMPERATURE REACHES 165°
- OR BAKE IN OVEN SAFE DISH AT 425° FOR 35-40 MIN.
- PAIRS EXCELLENT WITH OUR MRH GARLIC ROASTED FINGERLING POTATOES FOUND IN THE SERVICE DELI AND SOME DELICIOUS GREENS FROM OUR SALAD BAR. ENJOY!

White BBQ Sauce

MAKES 
14oz. **5**min.



INGREDIENTS:

- 1 1/4 CUP MAYONNAISE
- 1/4 CUP APPLE CIDER VINEGAR
- 2 TABLESPOONS BROWN SUGAR
- 1 TABLESPOON WORCESTERSHIRE
- 1 TEASPOON LEMON JUICE
- 1 TEASPOON CULTURED MAMA HORSERADISH
- 1/2 TEASPOON SALT
- 1/2 TEASPOON BLACK PEPPER

- 1/4 TEASPOON CAYENNE PEPPER
- 1/2 TEASPOON GARLIC POWDER
- 1/2 TEASPOON ONION POWDER

DIRECTIONS:

- ADD ALL INGREDIENTS TO A MEDIUM BOWL.
- WHISK UNTIL FULLY COMBINED.
- AMAZING ON GRILLED CHICKEN, GRILLED CORN ON THE COB AND PULLED PORK SANDWICHES.
- ENJOY!

Crispy Teriyaki Salmon Bowl

 
1 **45**min.



INGREDIENTS:

- 1 KING SALMON FILLET
- 1 TBSP SALT, FOR SEASONING
- 1 TBSP SOY SAUCE
- 1 TSP TOASTED SESAME OIL
- 1 TSP SUGAR
- 1 TSP TOGARASHI OR CHILI FLAKES
- 1 TSP MINCED GARLIC
- 1 TSP MINCED GINGER
- 1 TSP CORN STARCH MIXED WITH 1 TSP WARM WATER.
- 1 CUP OF SUSHI RICE
- 2 TABLESPOONS OF RICE VINEGAR, TO MIX WITH THE COOKED RICE

FOR SERVING:

- SLICED GREEN ONION.
- TOGARASHI/PEPPER FLAKES
- FURIKAKE
- SEAWEED SHEETS FOR EATING

DIRECTIONS:

- MAKE 2-3-QUARTER INCH CUTS DOWN THE SKIN OF THE FISH TO PREVENT SALMON FROM BUCKLING WHILE COOKING. SPRINKLE A HEFTY PINCH OF SALT TO BOTH SIDES OF THE FISH.
- GET A PAN ON MEDIUM HIGH HEAT WITH NEUTRAL OIL. ONCE HOT, LAY FISH SKIN SIDE DOWN AND PRESS DOWN GENTLY.
- COOK FOR 4-5 MINUTES, FLIP, AND COOK FOR AN ADDITIONAL 2 MINUTES (WE ARE LOOKING FOR AN INTERNAL TEMP OF 140° FAHRENHEIT)
- TAKE SALMON OFF HEAT AND LET SIT ON A WIRE RACK.

TO MAKE THE TERIYAKI SAUCE

ADD YOUR SOY SAUCE, TOASTED SESAME OIL, SUGAR, TOGARASHI, AND MINCED GARLIC/GINGER TO A SAUCE POT ON MEDIUM LOW HEAT. STIR FOR 30 SECONDS THEN ADD IN YOUR CORN STARCH TO A SMALL BIT OF WATER AND STIR INTO SAUCEPAN UNTIL THICKENED.

- MAKE A CUP OF SHORT-GRAINED RICE IN A RICE COOKER AND POUR OVER TWO TABLESPOONS OF RICE VINEGAR TO SEASON YOUR RICE... I SUGGEST STARTING YOUR RICE AT THE VERY BEGINNING!!
- PLATE YOUR SALMON OVER A BED OF RICE, SPOON OVER YOUR TERIYAKI SAUCE AND TOP WITH GREEN ONIONS AND FURIKAKE!
- EAT WITH A FORK OR CHOPSTICKS OR PLACE SALMON AND RICE INTO A PIECE OF NORI/SEAWEED TO MAKE THE PERFECT BITE!!



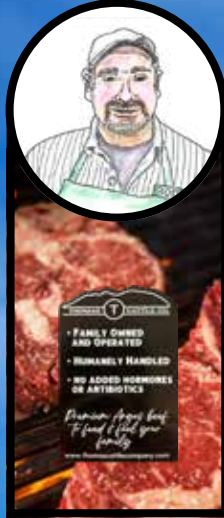
Cheffin'
WITH
Mike

PILGRIM'S MARKET

— SPRINGTIME STAFF FAVORITES —



Kayla
SUPPLEMENTS MANAGER
Nettle Quercetin
"THIS TIME OF YEAR ANYONE WITH SEASONAL ALLERGIES WOULD BENEFIT FROM THIS! I TAKE IT YEAR ROUND AND IT HELPS ME TREMENDOUSLY WITH MY ALLERGIES!"



Bob
MEAT DEPT. MANAGER
Thomas Cattle Company
"THIS SMALL, FAMILY OWNED FARM GROWS THEIR OWN FEED, CREATES A GREAT PRODUCT AND ARE JUST OVERALL AMAZING PEOPLE!"



Erika
GIFT & FLORAL MANAGER
Snake River Seeds
"BEST CHOICE FOR ORGANIC SEEDS AND GROWN FROM LOCAL FARMERS IN OUR REGION."



Young
FARM MANAGER
GRH Black Chili Crunch
"OUR BLACK CHILLI CRUNCH IS MY GO-TO FOR ADDING UNAI FLAVOR AND A HINT OF HEAT TO ABSOLUTELY EVERYTHING!"



Michael
SOCIAL MEDIA
Deli's Flank Steak
"IT'S YUMMY! I PICK THIS BAD BOY UP ALL THE TIME! A LEAN PROTEIN FULL OF FLAVOR!"



Mark
PURCHASING DIRECTOR
Pilgrims Sports Nutrition Department
"ATHLETES OF ALL LEVELS RELY HEAVILY ON THE QUALITY OF OUR PRODUCTS TO PERFORM AT THEIR BEST. I MYSELF AM AN IRON MAN ATHLETE AND HAVE BEEN USING OUR PRODUCTS FOR OVER 15 YEARS. PILGRIMS EVEN SPONSORS THE CDA MARATHON!"

Social Media Secret Sunday Sale!

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.



Get The Most Out of Shopping! Rebates Every January & July

- Spend an average of \$700+/month or more & earn a 4% rebate credit.
- Spend an average of \$450-699.99/month & earn a 3% rebate credit.
- Spend an average \$250-449.99/month & earn a 2% rebate credit.
- **Exclusive Pilgrim's Coupons Mailed Every Quarter**
- **Rebates are loaded on your account at the register**



EMPLOYEE SPOTLIGHT **MICHAEL** Social Media

1. What do you love about living in CDA?

I've traveled a fair amount in my life and Coeur d'Alene remains my favorite place on earth. You get all of the beauty of the Pacific Northwest with caring, family-oriented people that respect one another and support small businesses. I love to golf, ski, hike, and play in the water and CDA couldn't accommodate my hobbies better. That being said, my family lives in Coeur d'Alene, which is my absolute favorite thing about the city.

2. What is your position here at Pilgrims and why do you love it?

My position here at Pilgrim's resides within the marketing department as I develop recipes and teach our customers how to make delicious, healthy meals at home using our Made Right Here & Grown Right Here items. Cultured Mama is our line of probiotic items we make in-house and they are an absolute blast to incorporate into your meals as they are great for your gut microbiome and they add a ton of robust flavor!

3. What do you do for fun outside of work?

I love to spend time with my family and friends outside on the water, ski hills, or on the mountain for a hike. Currently golf and squash are my favorite sports, but of course, I love cooking!!

4. Tell us something interesting and something funny about yourself?

Something interesting about myself is that I sleepwalk!! It is definitely scary at times because I have walked out of houses and hotels and woke up outside or in the lobby haha!!

5. What's one thing you wish everyone knew about Pilgrims Market?

One thing I would like everyone to know about Pilgrim's is the welcoming, collaborative, and loving culture that surrounds our business and workforce. Owner and Team Captain, Joe Hamilton, is extremely diligent in ensuring his employees' voices are heard, providing job variety and meaningful, impactful work.



Over \$2,190,000 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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Work at Pilgrim's Market.

- \$18-\$20/hr starting compensation
- Major/supplemental medical insurance offered
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- Employee discounts
- 401K with 4% employer matching.

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