



Kootenay
co-op

OCTOBER 1 - 31

october specials

cook the cover
pumpkin pie

harvest season
local + bc produce

All specials are for active members only, while supplies last. We reserve the right to correct printing errors. E&OE.
www.kootenay.coop | 777 Baker Street, Nelson, BC | 250-354-4077 | shop.kootenay.coop



ginataang kalabasa, sitaw at hipon

"Ginataan" is a Filipino term which refers to food cooked with coconut milk.

This particular recipe is a beloved Filipino dish where savoury shrimp ("hipon"), sweet squash ("kalabasa"), and tender long beans ("sitaw") are simmered in rich coconut milk. It's hearty, gently spiced, and absolutely perfect with steamed rice.

- 1 tablespoon olive oil
- 1 onion, peeled + chopped
- 3 cloves garlic, minced
- 1 tablespoon fish sauce
- 2 cups coconut milk
- 2 finger chili peppers
- 2 cups kalabasa (kabocha squash), peeled, seeded, and cut into 2" chunks
- 2 cups sitaw (long beans), ends trimmed, cut into 3" lengths
- ½ pound large shrimp, tendrils trimmed
- Salt, to taste

In a wide pan over medium heat, heat the oil. Add onions and garlic, cooking until softened.

Stir in fish sauce and cook for 1 minute.

Add coconut milk and chili peppers. Bring to a gentle simmer, then lower the heat. Cook 3–5 minutes until slightly reduced.

Add the squash and simmer 3–5 minutes, until tender but not falling apart.

Add the long beans and cook another 3–5 minutes, until just tender.

Add shrimp and cook 4–5 minutes, until pink and cooked through.

Season with salt to taste. Serve hot with plenty of steamed rice.

cooking tips

- Keep shrimp shells on for more flavour, or peel for easier eating.
- Simmer coconut milk gently—avoid boiling to prevent curdling.
- You can substitute butternut squash if kabocha isn't available.

grocery



\$10⁹⁹ /EA

SAVE \$4

ABOKICHI
Miso Chili Oil
All Varieties | 230ml



\$4⁴⁹ /EA

SAVE \$1

CHA'S ORGANICS
Organic Coconut Milk
400ml



\$14⁹⁹ /EA

SAVE \$2

LUNDBERG
Organic White Jasmine Rice
907g



\$6⁴⁹ /EA

SAVE \$2

BIG MOUNTAIN
Lions Mane Mushroom Crumble
300g



SAVE \$1⁵⁰

AMY'S KITCHEN
Frozen Burritos
All Varieties | 156g-170g



\$6⁴⁹ /EA

SAVE \$1.50

AMANO
Organic Tamari
500ml

grocery

LOOK FOR TRUE LOCAL + BC PRODUCE

ARRIVING IN
YOUR PRODUCE
DEPARTMENT!

SQUASH • POTATOES • CARROTS + MORE!



\$2.29
/EA

23% OFF

SIMPLY ORGANIC
**Organic Gravy
Mixes**

All Varieties | 24.09g



\$36.45
/KG

15% OFF

CANADIAN
RANGELAND
**Elk Chuck
Roast**
Frozen

**27%
OFF**



2 for \$8

FARMER'S MARKET
**Organic
Pumpkin Puree**
398ml

**20%
OFF**



2 for \$8

EARTHBOUND FARM
**Organic Frozen
Vegetables**
All Varieties |
255g-300g



\$11.49
/EA

SAVE \$2

ORGANIC MEADOW
**Organic
Ice Cream**
All Varieties | 946ml

mixed *berry* pie (MAKES 2 PIES)

- Pie crust
- 7 cups frozen mixed berries
- 1 cup granulated sugar
- 1 Tbsp lemon juice
- 4 Tbsp cornstarch

Add berries, sugar and lemon juice to a large saucepan over medium heat. Simmer about 5-10 minutes, gently stirring occasionally. Spoon out about 1/2 cup of the juice from the pan into a bowl.

Stir cornstarch into the juice until smooth. Bring pot of berries back to a simmer and slowly pour in the cornstarch. Gently stir (being careful not to mash the berries), until thickened, about 2-5 minutes.

Remove from heat + stir in butter. Allow to cool for 15 minutes. Pour mixture into unbaked pie shell. Bake at 400 degrees F for 40-45 minutes. Remove and allow to cool for several hours before serving.



**21%
OFF**

STAHLBUSH
ISLAND FARMS
**Frozen
Fruit**
All Varieties |
284g-300g



\$12.99
/EA

SAVE \$2

KOOTENAY BAKERY
Spelt Pie Shells
2-Pack (500g)

grocery



15% OFF

ANITA'S
**Organic Flours
+ Mixes**
All Varieties



\$12.99 /EA
SAVE \$4

BOB'S RED MILL
**1-to-1 Gluten-Free
Flour**
1.24kg



\$10.99 /EA
SAVE \$3

SWERVE
**Sugar-Free
Sweetener**
All Varieties | 340g



20% OFF

WHOLESOME
SWEETENERS
**Organic
Sweeteners**
All Varieties



\$15.99 /EA
SAVE \$3

DUFOUR
Puff Pastry
Original | Plant-
Based | 396g



\$28.99 /EA
SAVE \$6

SIMPLY ORGANIC
**Organic Vanilla
Extract**
118ml

VEGAN + GLUTEN-FREE pumpkin pie

- 1¾ cups pumpkin purée
- ¾ cup full-fat coconut milk
- ½ cup brown sugar
- ¼ cup cornstarch
- ¼ cup maple syrup
- 1 tsp vanilla extract
- 2 tsp pumpkin pie spice
- ½ tsp ground cinnamon
- ½ tsp salt
- 1 gluten-free pie crust (such as Wholly Wholesome)
- Vegan whipped cream (such as So Delicious Cocowhip, optional)

Preheat your oven to 350°F (180°C). Have your unbaked 9" pie shell ready.

Add the pumpkin, coconut milk, brown sugar, cornstarch, maple syrup, vanilla extract, pumpkin pie spice, cinnamon and salt to a blender or a large bowl. Mix well.

Pour the pumpkin mixture into the pie crust. Use a spatula to spread the

pumpkin evenly and smooth out the top.

Bake for 60 minutes. When you remove it from the oven, the edges will be slightly cracked and the middle will still look wobbly. Let cool, and then chill uncovered in the fridge for a minimum of 4 hours or overnight until completely set. Serve plain or with coconut whipped cream.



grocery



2 for \$8

**HUMBLE POTATO
Potato Chips**
All Varieties | 135g



\$3.99
/EA
15% OFF

KETTLE
**Kettle-Cooked
Potato Chips**
All Varieties | 198g



\$4.49
/EA
25% OFF

HIPPIE SNACKS
Crunchers
All Varieties | 110g



\$5.99
/EA
SAVE \$1

LILY'S SWEETS
**Sugar-Free
Chocolate Bars**
All Varieties | 85g



\$5.49
/EA
SAVE \$1.50



PRANA
Chic Choc
All Varieties | 125g



\$6.49
/EA
SAVE \$1.50

MAEVE
Chocolate Bars
All Varieties | 70g



\$5.49
/EA
SAVE \$1.50

NOBLE JERKY
Vegan Jerky
All Varieties | 70g



2 for \$9



QUE PASA
**Rolled Tortilla
Chips**
Chili Lime | Spicy
Queso | 184g



\$4.49
/EA
SAVE \$1

THE GOOD CRISP
Potato Crisps
All Varieties | 160g



\$4.99
/EA
SAVE 50¢

ALTER ECO
**Organic
Chocolate Bars**
All Varieties | 80g



\$3.79
/EA
15% OFF



PANDA
Natural Licorice
All Varieties | 170g



\$7.49
/EA
SAVE \$1.50

KII NATURALS
**Organic
Cracker Crisps**
All Varieties | 150g



FAIR TRADE **ORGANIC** **FROM BC**

SAVE \$3

FROG FRIENDLY
Organic Coffee
All Varieties | 340g

GLUTEN FREE **FROM BC**

\$16.99 /EA
SAVE \$5

OLD GROWTH
Micro-Ground Tea
Chai | London Fog | 300g

ORGANIC

\$5.99 /EA
20% OFF

GREENHOUSE
Organic Milk Alternatives
Oat | Almond | 946ml

ORGANIC

\$5.99 /EA
20% OFF

TRADITIONAL MEDICINAL
Organic Wellness Tea
All Varieties | 16 Bags

hot deal **ORGANIC**

30% OFF

Organic Roasted Pistachio

hot deal **ORGANIC**

35% OFF

Organic Roasted Peanuts
Salted | Unsalted

BYOC
AND SAVE!

Bring your own container +
SAVE 10%
on your bulk purchases!

ORGANIC

20% OFF

Organic Bulk Beans
All Varieties

hot deal **ORGANIC**

45% OFF

Organic Couscous

hot deal **ORGANIC**

30% OFF

Organic Steel Cut Oats

grocery



\$9.99
/EA
SAVE \$3

A'SICILIANA
Italian Soda
Limonata | Aranciata |
4x330ml



\$6.49
/EA
SAVE \$1.50

ZEVIA
Sugar-Free Soda
All Varieties | 6x355ml



15 %
OFF

TASTE OF UKRAINE
Hand-Crafted Perogies
All Perogies |
570g-625g



\$7.99
/EA
SAVE \$2

EVERLAND
Organic White Basmati Rice
908g



\$8.99
/EA
SAVE \$3

EVERLAND
Organic Gluten-Free Oats
Rolled | Quick | 1kg



\$11.99
/EA
SAVE \$4

CARBONE
Pasta Sauce
All Varieties | 660ml



\$8.99
/EA
SAVE \$2

AXEL'S
Elderflower Drink Concentrate
500ml



\$8.49
/EA
SAVE \$2.50

YUCATAN
Authentic Guacamole
454g



\$4.49
/EA
SAVE \$1

SIETE
Refried Beans
All Varieties | 398ml



\$6.99
/EA
SAVE \$1

LITTLE NORTHERN
BAKEHOUSE
Gluten-Free Bagels
All Varieties | 400g



\$6.99
/EA
30% OFF

HEALX FOODS
Cauliflower Fries
All Varieties | 280g



\$8.99
/EA
SAVE \$2

CAMINO
Organic Hot Chocolate
All Varieties |
275g-336g

grocery



\$3.49
/EA
SAVE \$1

HAPPY GUT
Water Kefir
All Varieties | 355ml



\$3.99
/EA
SAVE \$1.50

VITA COCO
Organic Coconut Beverage
1L



\$8.99
/EA
SAVE \$3

WIZARDS
Worcestershire Sauce
251ml



\$4.29
/EA
SAVE \$1.20

SUNFLOWER KITCHEN
Babaghanouj Eggplant Dip
227g



22% OFF
2 for \$7

SQUAMISH WATER KEFIR
Probiotic Soda
All Varieties | 355ml



\$2.99
/EA
25% OFF

RXBAR
Protein Bars
All Varieties | 52g



30% OFF
2 for \$7

RAINCOAST GLOBAL
Skipjack Tuna
Salted | Unsalted | 142g



\$2.79
/EA
SAVE \$1

PATIENCE FRUIT CO
Sour Dried Cranberries
All Varieties | 60g



\$8.99
/EA
SAVE \$2

PARTAKE
Non-Alcoholic Beer
All Varieties | 4x355ml



\$6.99
/EA
SAVE \$2

SEOUL
Bulgogi Sauce
350ml



\$2.49
/EA
SAVE 50¢

LOVE CHILD
Organic Purees
All Varieties | 128ml



\$3.99
/EA
27% OFF

MAISON ORPHEE
Organic Mustard
All Varieties | 250ml

grocery

25% OFF



2 for \$6

HONEY STINGER
Organic Energy Chews
All Varieties | 50g



\$6.99 /EA
SAVE \$2

GRANOLA GIRL
Granola
Original | Sunshine Mix
| 320g



\$8.99 /EA
SAVE \$2

GINGER PEOPLE
Cooking Sauce
Sweet Ginger | Spicy Teriyaki | 375ml



\$6.99 /EA
SAVE \$2

EVE'S CRACKERS
Seed Crackers
All Varieties | 108g



20% OFF

ECO-MAX
Natural Cleaners
All Varieties



\$2.99 /EA
SAVE \$1

COVE
Gut-Healthy Soda
All Varieties | 355ml



\$14.99 /EA
SAVE \$3

CHOSEN FOODS
Avocado Mayo
355ml



\$8.49 /EA
15% OFF

CHOSEN FOODS
Avocado Oil Dressing
All Varieties | 237ml

44% OFF



3 for \$5

CHOCXO
Organic Nut-Butter Cups
All Varieties | 2-Pack



\$5.49 /EA
25% OFF

CHA'S ORGANICS
Organic Curry Paste
All Varieties | 55g



\$9.99 /EA
SAVE \$2

BIOVERT
Dishwasher Tabs
30ct



Biovert's mission goes far beyond the design and marketing of home cleaning products. Our team is committed to providing you and your family with everything you need to make your environment a cleaner and healthier place. We make sure that every Biovert product in your home is free of allergens and carcinogens, as well as minimizing the environmental impact associated with its production and use.

butcher shop



TARZWELL



BRADNER

\$33⁴⁶
/KG

10% OFF

TARZWELL | BRADNER
**Beef Top
Round Steak**



\$50⁴⁷
/EA

15% OFF

INTERCITY PACKERS
**Smoked
Peppered
Mackerel**



\$57⁴⁰
/EA

10% OFF

HELMUTS
SAUSAGE KITCHEN
**Schinken
Speck**
Sliced + Packaged



\$43¹⁶
/KG

20% OFF

FRASER VALLEY
SPECIALTY POULTRY
Duck Breasts
Frozen



**MADE
HERE**

\$6⁵⁹
/KG

25% OFF

KOOTENAY COOP
BUTCHER SHOP
**Raw Chicken
Dogfood**



\$42⁹⁹
/KG

15% OFF

CANADIAN
RANGELAND
Elk Hip Roast
Frozen



\$36⁴⁵
/KG

15% OFF

CANADIAN
RANGELAND
**Elk Chuck
Roast**
Frozen



\$4⁶⁰
/KG

40% OFF

BRADNER
**Organic Chicken
Soup Bones**



TARZWELL



BRADNER

\$5⁹³
/KG

40% OFF

TARZWELL | BRADNER
**Beef Soup
Bones**

BUTCHERSHOP holiday mains

TURKEY • HAM • ROASTS

VISIT YOUR BUTCHER SHOP FOR DETAILS

**MADE
EASY**



cheese + tapas



\$42³⁰ /KG

20% OFF

CASTELLO
Piave Mezzano



\$37⁴⁰ /KG

25% OFF

CASTELLO
Fontal Cheese



\$28⁷⁰ /KG

20% OFF

SAN REMO
Sundried
Tomatoes



\$23⁰⁰ /KG

30% OFF

SAN REMO
Marinated
Artichokes



\$8⁴⁹ /EA

15% OFF

SCHAR
Gluten Free
Baguette
350g



\$4²⁵ /EA

15% OFF

TERRA BREAD
French
Baguette
300g



\$3³⁹ /EA

24% OFF

ILIOS
Crostini
Crackers
All Varieties | 175g



15% OFF

OLD COUNTRY PASTA
Fresh Pasta
Bulk | All Varieties



MADE
HERE

WHAT'S
NEW?

SEASONAL
OFFERINGS



MEDITERRANEAN COW
CREAM CHEESE LOG



GOAT APRICOT
PISTACHIO HONEY LOG



"PUMPKIN"
CREAM CHEESE SPREAD

wellness



FAIR TRADE 
\$10⁹⁹ /EA
21% OFF

AFRICAN FAIR TRADE
Shea Butter
 All Varieties | 114g
 Skin nourishing, deeply
 moisturizing body
 butters.



hot deal 
43% OFF

ANDALOU NATURALS
Face Care
 All Products
 Formulated with potent
 bioactive fruit stem
 cell technology, which
 promotes the vitality and
 longevity of skin.



hot deal 
41% OFF

ANDALOU NATURALS
**Hair + Body
 Care**
 All Products



\$11⁹⁹ /EA
14% OFF

BAMBO NATURE
Diapers
 All Sizes
 Training pants and
 overnight diapers also
 on sale



NON-GMO 
\$3¹⁹ /EA
20% OFF

CABOO
Baby Wipes
 30ct



FROM BC 
\$16⁹⁹ /EA
23% OFF

CURELLE
**Shampoo +
 Conditioner**
 All Varieties | 500ml
 Hair gel + body
 lotion also on sale



hot deal 
\$6⁹⁹ /EA
30% OFF

DR. BRONNER'S
All-One Toothpaste
 All Varieties
 Made with 70% organic ingredients. Free from
 synthetic detergents + foaming agents.



hot deal 
\$6⁹⁹ /EA
30% OFF

DR. TUNG
Smart Floss
 30 yards
 For healthier teeth,
 breath and gums!



FROM BC 
\$19⁹⁹ /EA
21% OFF

EPSOMGEL
Pain Relief
 90ml
 A natural formula for pain
 and inflammation, containing
 magnesium and arnica.



FROM BC 
ORGANIC 
\$5⁹⁹ /EA
25% OFF

JONI
**Pads + Liners
 Tampons**
 All Varieties
 Made with chemical-free, compostable, organic,
 and biodegradable materials. *Incontinence pads*
 also on sale




\$15⁹⁹ /EA
27% OFF

KALAYA
**Extra Strength
 Pain Relief Rub**
 120g
 Fast-acting and long-
 lasting relief for aches +
 pains.



TRUE LOCAL 
20% OFF

KL SKIN
**Bar Soaps +
 Hair Care**
 All Products
 Clean and simple, these
 handmade, long-lasting
 bars lather richly, leaving
 hair and skin feeling
 amazing.



31% OFF

KOOPE Facial Care
Unscented | All Products
Super-clean skincare basics. Works in just two easy steps.



36% OFF

LAFE'S Deodorants
Roll-ons | Sprays
Formulated with magnesium salts and organic essential oils.



\$7.49 /EA

25% OFF

SENSIBLE CO. Hand Soap
All Varieties | 475ml
Aloe + Vitamin E helps leave skin soft + moisturized.



\$14.99 /EA

25% OFF

NATURAL FACTORS Tea Tree Oil
50ml
Helps heal infections and a wide range of skin conditions.



\$46.99 /EA

18% OFF

NIXIT Menstrual Cup
Leak-free, comfortable protection to wear during any activity.



\$17.99 /EA

28% OFF

NOW Hyaluronic Acid Firming Serum
30ml
Helps smooth the skin's surface while balancing moisture levels.



\$8.99 /EA

31% OFF

NOW Xyliwhite Toothpaste
All Varieties | 181g
Made with 25% natural Xylitol to promote healthy teeth that are whiter and stronger.
Mouthwash and Kids' Toothgels also on sale



\$21.99 /EA

24% OFF

PLANTD Hand + Body Cream
All Varieties | 237ml
Made with organic, fair trade and regenerative ingredients.



\$4.99 /EA

23% OFF

SENZA Bamboo Toothbrushes
All Varieties



20% OFF

MOOI Skincare
All Products
Handmade, professional quality, natural and ethical skin care products, made right here in Nelson!



30% OFF

REFRESH BOTANICALS Face Care Line
All Products
Scientifically advanced, certified organic, vegan and cruelty-free skincare, optimizing advanced science of micro-encapsulation for targeted nutrient delivery for your skin

cold + flu season support

As the chill creeps in and sniffles start to spread, cold and flu season reminds us that immunity isn't just about dodging germs it's about fortifying our bodies from within. While handwashing and sanitizing play their part, true resilience begins with the everyday choices we make.

Your gut health, sleep quality, and stress levels form the foundation of your immune system. A balanced microbiome helps regulate immune responses, restful sleep allows your body to repair and recharge, and managing stress keeps inflammation in check. Neglecting these pillars can leave your defenses vulnerable just when you need them most.

But there's more you can do. Immune boosters like vitamin D, zinc, echinacea, astragalus, and medicinal mushrooms can prime your system for battle, while infection fighters such as vitamin C, elderberry, goldenseal, Andrographis, propolis, oregano, and manuka offer powerful support when bacteria and viruses strike. Think of them as your seasonal allies—natural tools to help your body stay strong, recover faster, and fend off unwanted invaders.



26% OFF

Deep Immune | EchinaSeal
| Virafect | Propolis
| RespiraCleanse |
Respirafect | Mullein | Stop
It Cold Throat Spray



\$8.99 EA
31% OFF

Cherry | 60loz



ST. FRANCIS

Immune + Cold + Flu Products

Expertly crafted herbal formulas to strengthen resistance to cold + flus, prevent infections or fight viral + bacterial infections, reduce inflammation + soothe mucus membranes and support expectoration.

NATURAL FACTORS

Zinc Lozenge 10mg

Zinc inhibits viral infection of cells and is critical for white blood cell performance and function.

\$16.99 EA
26% OFF

\$23.99 EA
25% OFF



30t



30t

MARTIN + PLEASANCE

Ki Cold + Flu Day Night

Strengthen your defenses or treat infections quickly so colds and flus don't get you down.

MARTIN + PLEASANCE

Ki Immune Defence + Vitality



22% OFF

Ester-C 1000mg |
Ester-C Supreme 600mg
| Vitamin D 1000 IU 400T



SISU

Immune Support

Ester C lasts for up to 24 hours in the blood stream for optimal cellular absorption providing antioxidant protection as well as skin, joint, and cardiovascular support.

cold + flu season support



20% OFF

Black Seed Oil | Colloidal Silver | Respiratory Essentials | Liposomal Vitamin C 1000 mg | Vitamin D Spray + Emulsified version | Vitamin D3 + K2 Drops



NAKA PLATINUM

Cold + Flu Support

Fight infections this winter with antimicrobial colloidal silver + boost immunity with vitamin D + K, reduce inflammation, swelling and oxidative damage with Blackseed oil, Vitamin C, + soothe mucus membranes with Respiratory Essentials.



\$18.99 EA

34% OFF

236ml | Kids Syrup + 5:1 Concentrate also on sale



SURO

Elderberry Syrup

Combining premium ingredients of elderberries, echinacea, propolis + elderflower extract traditionally used for relief of cold + flu symptoms.



23% OFF

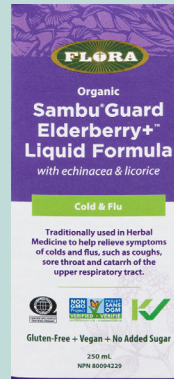
Echinacea Extra
Strength Echinacea
Goldenseal Echinacea
| Astragalus | Reishi
Echinacea | Propolis
Throat Spray



PRAIRIE DOCTOR

Echinacea Formulations

Potent echinacea based formulas with immune supportive additions such as Astragalus + Reishi or antimicrobials such as Propolis + Goldenseal.



25% OFF

All Varieties
Acerola also on sale



FLORA

Elder Berry Crystals + Liquid Formula

Support yourself during cold and flu season with elderberry. The Liquid formula is also enhanced with echinacea and licorice to optimize the anti viral, anti-inflammatory, and mucus membrane soothing effects.



\$13.99 EA

26% OFF

30ml

A. VOGEL

Sore Throat Spray

The optimal combination of Sage, Echinacea, and Peppermint to treat sore throats and stop a cold in its tracks.



\$22.99 EA

21% OFF

30ml



HEDD WYN

Oregano Oil

A potent herbal antimicrobial that effectively tackles bacterial, yeast, fungal, and parasitic infections.



27% OFF

Kids + Adults | 60ct

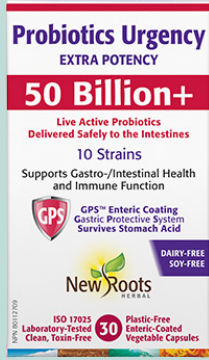


NATURE'S WAY

Cold + Flu Relief Gummies

Fight infection with potent antiviral elderberry, echinacea, and geranium combination.

cold + flu season support



24% OFF

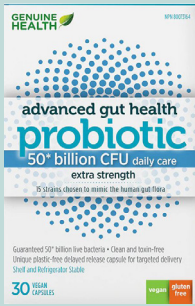
All Varieties



NEW ROOTS HERBAL

Probiotic Formulations

Condition-specific formulas to combat digestive disturbances, diarrhea, constipation, gas + bloating, and lactose intolerance as well as yeast overgrowth.



25% OFF

All Varieties | 30c



GENUINE HEALTH

Advanced Gut Health Probiotic

Contains 15 strains that mimic human gut flora in an allergen and plastic-free delayed-release capsule for delivery straight to your gut!



25% OFF

Summer Berry | 273g



GENUINE HEALTH

Gut Superfood

Rich in fibre, provides a source of iron and supports digestive health through the power of fermentation.



30% OFF

90c + 180c



SMARTSOLUTIONS

Adrenasmart

Reduces symptoms of stress, fatigue, and sleeplessness.



\$17⁹⁹ EA

25% OFF

60s



HERBALAND

Sweet Dreams

A combination of melatonin and relaxation promoting theanine + lemonbalm.



26% OFF

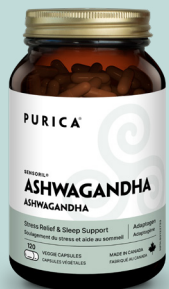
120g



NATURAL FACTORS

Nighttime Magnesium Bisglycinate

Magnesium Bisglycinate with melatonin, L-theanine, and Pharma GABA® promotes relaxation and quiets the mind.



23% OFF

120c



PURICA

Ashwagandha

Helps to reduce symptoms of stress such as sleeplessness, fatigue, irritability, and inability to concentrate.



24% OFF

60c/120c | Lion's Mane + Complete 360 also on sale



PURICA

Immune 7

A Blend of Medicinal Mushrooms high in beta glucans + other immune-activating and antiviral compounds.



\$25⁹⁹ EA

21% OFF

5 Mushroom Blend | 100g | Single Mushrooms also on sale



METEOR MUSHROOMS

Focus + Fortify

cold + flu season support



\$38⁹⁹
EA
22% OFF

Raw | 500g



WEDDERSPOON
Manuka Honey 16+
Antimicrobial, soothing, delicious.



\$7⁹⁹
EA
28% OFF

All Varieties | 120g
Manuka Pops also on sale



WEDDERSPOON
Manuka Lozenges



\$19⁹⁹
EA
26% OFF

All Varieties | 180t



NATURAL FACTORS
C 500 mg



BUY 1
\$7⁹⁹
EA
20% OFF
BUY 2
\$6⁹⁹
EA
30% OFF
227g



MANITOBA HARVEST
Natural Hemp Hearts
Great tasting, nutritious seeds easily added to smoothies, soups and salads.



\$19⁹⁹
EA
23% OFF

946ml



MANITOBA HARVEST
Hemp Oil
A rich source of essential fatty acids this nutty-flavoured oil can be taken daily complementing a variety of foods.



\$28⁴⁹
EA
21% OFF

150g | *Midday Clarity, Breathe Deep also on sale*



METEOR MUSHROOMS
Daybreak Vitality
Adaptogenic mushrooms blended with delicious cacao chai to boost all around energy + immunity.



\$16⁹⁹
EA
23% OFF

Matcha + Turmeric



ORGANIC TRADITIONS
Latte Blends
Delicious dairy-free nourishing and energizing superfood blends.



\$14⁹⁹
EA
25% OFF



ORGANIC TRADITIONS
Camu Camu Powder
Rich in vitamin C, antioxidants, flavonoids, and immune-enhancing anthocyanins.

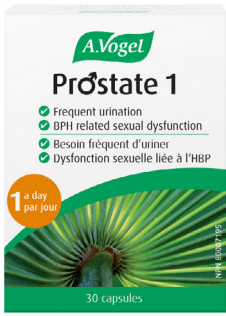


\$22⁹⁹
EA
23% OFF

Chocolate + Vanilla | 579g



LEANFIT
Protein + Greens
Delicious blend of pea, rice, and hemp protein, with a nutritional boost from kale, broccoli, spinach, and alfalfa.



\$29⁹⁹ EA
25% OFF

30c



20% OFF

60/40 | 500ml



\$26⁹⁹ EA
18% OFF

All Varieties | 60g
7pk also on sale



A. VOGEL Prostate 1

This highly concentrated organic saw palmetto extract has been proven to prevent and relieve BPH symptoms with only one capsule a day.

ALPHA Supreme MCT Oil

Excellent source of energy - short chain fatty acids to fuel your mind and body.

BLUME Superbelly

Delicious fruit juice powders combined with prebiotics, fermented apple cider vinegar, and shelf stable probiotics for optimal gut support.



28% OFF

Deep Sleep, Holy Basil, St. John's Wort | 60c



30% OFF

Flor Essence+ Turkey Tail 500ml also on sale



BOTANICA Perfect Greens

Alkalize, detoxify, and energize with this blend of microalgae, grasses, and leafy greens.

BOTANICA Perfect Protein

A blend of rice + quinoa protein and targeted herbal formulas.

BOTANICA Herbal Phytocaps

Concentrated herbal extracts of adaptogens that rejuvenate, relax, and help you recover from stress.

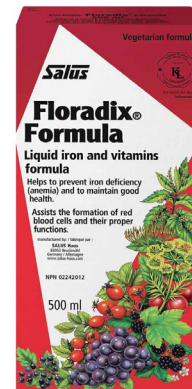
FLORA Flor Essence 7-Day Purification Program

The essential liquid blood-cleansing formula combined with fiber and urinary cleansing herbs for a complete gentle detox.



25% OFF

Joint Pro, Curcumin Unlocked, Antioxidant Network | Pain Pro also on sale



33% OFF



CANPREV Joint Health + Inflammation Relief

Address inflammation, pain, structural degeneration and cellular aging with these pro formulas featuring antioxidants, joint nutrients such as collagen, MSM, Glucosamine, Hyaluronic Acid, and anti-inflammatories such as Boswellia, Ginger, and Devils Claw or the stand-alone highly bioavailable water dispersible curcumin extract featuring high potency of all 3 active curcuminoids for optimal absorption.

SALUS Salus Tonics

Easily absorbable liquid mineral tonics created with wholesome herbal blends for optimal synergy.

wellness



HERBALAND

Kids Supplements

Easy delicious gummy formats are great for our little ones especially when it come to compliance.

\$35⁹⁹ EA
22% OFF

Raspberry Lemon |
120 gummies



NATURAL CALM

Magnesium Gummies

Supports nerve, brain + muscle health for little ones



60t



NATURAL FACTORS

B12 Methylcobalamin 5000mg

Boosts energy, supports brain function and improves memory and learning.



30c



NATURAL FACTORS

Saffron Extract 28mg

Supports mood and promotes relaxation + restful sleep.



180t



NATURAL FACTORS

Melatonin 5mg

Reduces time it takes to fall asleep and improves sleep quality.



180c



NATURAL FACTORS

MSM and Glucosamine Sulfate

Helps to maintain joint mobility as well as prevent ongoing bone + cartilage degeneration.



60c



NATURAL FACTORS

Phosphatidyl Serine 100mg

Supports healthy brain function for improved focus, memory, and resistance to mental stress.



30c



NATURAL FACTORS

Lutein 40mg

Supports eyesight in conditions such as cataracts and age-related macular degeneration.

wellness



\$49⁹⁹ EA

21% OFF

All Varieties | 1kg



NATURAL FACTORS

Whey Factors® Natural Whey Protein

Builds and maintains lean muscle mass.



\$55⁹⁹ EA

20% OFF

120c



NAKA PLATINUM

Magnesium L-Threonate 48mg

Crosses the blood-brain barrier providing optimal cognitive support.



\$45⁹⁹ EA

23% OFF

180c

Boron Free options also



NEW ROOTS HERBAL

Strong Bones

Helps build and maintain a strong healthy skeletal system with a matrix of bone-building nutrients that help prevent the onset of osteoporosis.



\$25⁹⁹ EA

21% OFF

60c



NEW ROOTS HERBAL

Plant Digestive Enzymes

Supports breakdown of food to optimize digestion and assimilation of nutrients.



\$8⁹⁹ EA

22% OFF

30c



NEW ROOTS HERBAL

Iron Bisglycinate

Amino Acid chelation of Iron ensures optimal absorption without potential digestive side effects.



\$26⁹⁹ EA

23% OFF

120c



NEW ROOTS HERBAL

Magnesium Bisglycinate Plus 150mg

Enjoy better sleep and fewer muscle cramps- Delivers magnesium as an amino acid chelate to maximize intestinal absorption.



30% OFF



NORDIC NATURALS

Cod Liver Oil Omegas

Rich source of EPA and DHA in Triglyceride form supporting brain, joint, and cardiovascular health. Available in various formats for young and old alike.



24% OFF

Liver Formula | Milk Thistle | Hawthorn | Valerian | Rhodiola | Passion Flower | St. John's Wort



PRAIRIE DOCTOR

Select Tinctures

These quality tinctures offer highly absorbable concentrated herbal actives for heart, liver, nerve, and stamina support

wellness



\$15⁹⁹ EA
30% OFF

100c



NOW GABA 500mg

Reduce the effects of stress and anxiety and boost the production of mood-supporting Serotonin for better overall mental health.



31% OFF

90c



ORGANIKA Magnesium 8-in-1

A premium blend of 8 of the most important types of magnesium which synergistically work together throughout the body to promote total body health



20% OFF

360c



PRAIRIE NATURALS Ginkgo Biloba 60mg



30% OFF

Select Varieties



ORGANIKA Enhanced Collagen Formulations

Natural source of collagen-building peptides for skin, hair, joint and bone health, Sourced from grass-fed cows.



23% OFF



PURICA Inflammation Recovery Products

Target the root cause of inflammation and experience accelerated pain relief and recovery from acute or chronic injuries with quality formulations.



\$9⁹⁹ EA
23% OFF

All Varieties | 10ct



NUUN Electrolyte Tablet Sport+



30% OFF

All Products



SMARTSOLUTIONS Women's Health Products

Natural supplements designed for women of all ages offering critical nutritional support such as iron + magnesium in easily assimilable forms + other herbal combinations to help reduce fatigue + optimize energy, while others help to assist with hormonal balance + detoxifying of harmful estrogen.



26% OFF

All Sport products



VEGA Sport Products

Plant-based sport nutrition specifically developed for optimum support before, during, and after workouts. Offers sustained energy, increased endurance and muscle recovery with BCAAs, Glutamine, Electrolytes and anti-inflammatory herbal support.



\$25.99 EA

26% OFF

500g



VEGA Creatine

Supports energy metabolism of muscles and brain cells. Optimizes strength, endurance, and focus.



31% OFF

All Varieties | 660g
Fermented Greens
also on sale



WHOLE EARTH + SEA Fermented Protein + Greens

A blend of fermented nutrient-dense protein, greens, fruits, and vegetables enhanced with medicinal mushrooms.



26% OFF

All Varieties | 60t



WHOLE EARTH + SEA Multi Vitamins

Highest quality vitamins and minerals in a base of raw whole foods optimizing nutritional support.



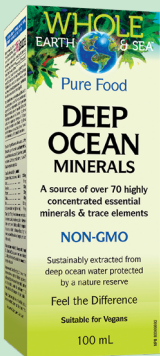
30% OFF

30sg
Herring Gold
also on sale



WHOLE EARTH + SEA Marine Algae Vegan DHA

A sustainable algae oil source of DHA that supports eye health and brain function.



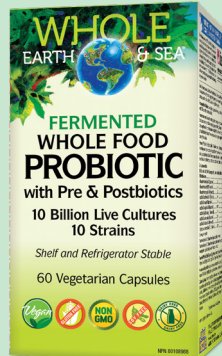
20% OFF

100ml



WHOLE EARTH + SEA Deep Ocean Minerals

Contains more than 70 essential + trace minerals catalyzing 300+ reactions within the body. Supports metabolism and proper muscle + thyroid function.



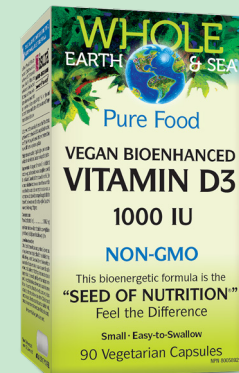
20% OFF

10 Billion | 60c



WHOLE EARTH + SEA Whole Food Probiotic

Organic fermented prebiotic blend combining pre-post biotics along with 10 synergistic symbiotic bacteria to optimize gut health.



20% OFF

90sg



WHOLE EARTH + SEA Pure Food Vitamin D 1000 IU

Naturally clean source of Vitamin D from lichen rather than lanolin. Supports strong bones + immunity.

organization *of the* month



Wildsight Education

Wildsight has been a leader in environmental education, sustainable community initiatives and large-scale conservation for over three decades. They are a grassroots organization that harnesses power from the people whose lives affect and are affected by our work. They strive to inspire a conservation ethic in our children and communities so that future leaders will be equipped to deal with the challenges of sustainability.



make a donation

add \$2
to your bill

drop cash in the
change box

A promotional image for a pumpkin spice latte. It features a black ceramic mug filled with a latte, topped with a swirl of white whipped cream and a dusting of brown powder. The mug sits on a light-colored wooden surface. In the background, there is a whole orange pumpkin and several cinnamon sticks. Stylized yellow autumn leaves are overlaid on the right side of the image. Text is overlaid on the bottom right of the image.

OCTOBER CAFÉ SPECIAL

pumpkin
spice latte

\$4⁹⁹
/12OZ



OCT 23 - NOV 5

CASE LOT

SALE

MEMBER SAVINGS IN-STORE + ONLINE

