

groceries supplements deli body care catering
NATURAL ORGANIC GLUTEN-FREE NON-GMO

Marlene's[™]
— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

December 2016

Holiday Gift Guide

Healthy, handpicked gifts
we love to give *and* receive!

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A 🎵 from Marlene,

Another year is almost over and I want to thank all of you who shared our 40th year with us. It was a very good year and I thank our wonderful employees and all you customers who made it happen.

This month is our “Handy Dandy” gift guide. Be sure to come in and see all the wonderful gift items we have on display. One good idea is a gift card from Marlene’s. People love them so they can choose their own gift. Another good idea is for us to create a gift basket for you to give to someone on your list. We have items for all age groups. Come in and browse and have fun!

Happy happy holidays to all and get ready for an interesting 2017, you know what I mean?

Best wishes-

Marlene



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Planning for Compromise-Free Holiday Meals

by Deena, The Deceptive Chef

This is the time of year that is well known for excessive shopping. We go to the mall to get gifts for loved ones and shop online for the perfect, unique offering. What we don't hear much about is the shopping that goes on for the best part of the holiday: the food! Appetizers fill the table with treats that keep us snacking until the main event. I know my fondest memories are the meals I've shared with family.

Unfortunately, the holiday season can be especially hard for those who suffer from food allergies. There are so many tempting dishes surrounding us at every turn. Don't put yourself in a compromised situation, and don't feel like you have to indulge and suffer for it later. Making a successful meal that is free of allergens is very possible. Offering a table of food that everyone in your family can enjoy freely will make your day – and theirs – even more special.

I think most of our time and energy should be spent turning plants into fuel by making them taste great and beautifully showcasing them on our plates.

Highlighting vegetables and complementing them with seeds, nuts and legumes for your meals and snacks is a simple way to achieve and maintain healthy habits. By adding the right carbohydrates, from sweeteners to starches, those quality oils grab sugars and go straight to your cells to offer energy. The proteins provided through leafy greens and other plants like lentils will repair the body and get you back on track.

Just because it's the holidays doesn't mean you have to cheat. It doesn't mean your children will have to opt out of the family feast and eat carrots while the other kids are enjoying their hearty treats. It also doesn't mean you have to suffer through a plate of raw kale while everyone else is eating whatever they want, consequences be darned.

Achieving a menu free of allergens doesn't have to take all of your time or your budget. There are a few staples for your pantry and refrigerator door that allow you to create any meal you choose, but mostly, everything worth eating is harvested from the earth and resides in Marlene's produce section.

Join me for a special edition of *SHOP!* with “*Compromise-Free Holiday Meals*”. We will go aisle by aisle and pick out the ingredients necessary to make an entire holiday meal that is gluten, dairy, sugar, soy and yeast free, as well as undeniably delicious.

Having a decadent and delicious dinner with appetizers and dessert is easier than you think. You will learn what ingredients are used in what dishes so you can offer an allergen free version of any traditional dish.

When we finish our class, you will be able to make a few small changes to your holiday meal without compromising health or flavor! Not only will your meal taste amazing, it will provide the nutrients for a successful and lovely day!

Follow Deena on Pinterest and Facebook and at www.deceptivechef.com.

Join The Deceptive Chef in-store as she walks you through a shopping experience that will allow you to get the perfect gift for everyone: a nutritious, decadent, and traditional holiday meal. Details on page 22.



From the

Marlene's Deli Promise

Every dish in our deli is homemade onsite or created locally and supplied to us by carefully-selected vendors. We use organic grains, beans, rice, and flour in our recipes, as well as free-range eggs, unrefined or organic sweeteners, organic olive oil, and non-GMO cold-pressed canola oil. All deli packaging is either recyclable, compostable, or made with high post-consumer waste and soy inks.



Dinner for Two

Turkey breast, cranberry orange chutney, gravy, smashed potatoes, green bean casserole, sourdough stuffing and 2 mini pumpkin pies. Sorry, no substitutions.

\$29.99

Gluten Free **Dinner for Two**

Turkey breast, cranberry orange chutney, gravy, smashed potatoes, seasoned green beans, cornbread stuffing and pumpkin mousse. Sorry, no substitutions.

\$29.99

Orders must be paid in advance.

First-come, first-served - while supplies last.

Sorry, no substitutions on ingredients.

Please place all holiday orders by Sunday, December 18.

All orders are available for pick up December 23

and by 4:00 pm on December 24.

We are closed Christmas Day.

Deli

Side Dishes

Smashed Potatoes (GF)
Mashed Sweet Potatoes (GF)
Apple Quinoa Salad (GF)
Cornbread Stuffing (GF)
Broccoli Cranberry Salad
Green Bean Casserole
Sourdough Stuffing

Pies

(most can be made gluten free)

Apple	Peach
Banana Cream	Pumpkin
Blackberry	Raspberry
Blueberry	Triple Berry
Chocolate Cream	Black Bottom**
Coconut Cream	Key Lime**
Lemon Sour Cream	Peanut Butter**

** not available in gluten free

Don't forget to special order all your catering platters and specialty baked desserts like our new **Pumpkin Cheesecake, Eggnog Tres Leche Cake and Gluten Free Gingerbread Cupcakes!**





At Home an

Chinook Book helps you discover local and sustainable businesses in the heart of Puget Sound through coupons in their print book and mobile app. Save money and support good businesses, like Marlene's Market & Deli, as well as other local restaurants, family activities, thrift stores, nurseries, independent hardware stores, natural pet shops, book stores and more from Tacoma to Everett.

DII dish towels make it easy for you to keep your kitchen tidy while you're in the middle of cooking your holiday meals this season!



Keep your food fresh and clean in an eco-friendly fashion! The 3 Tier Tiffin and Snack Stack meal carriers by **To-Go Ware** are foodgrade stainless steel and a breeze to clean. They are free of lead and other harmful toxins commonly found in plastic wares and food containers. To-Go Ware carriers are reusable, sustainable and will last you a lifetime. They will make even the most ordinarily-packed meal appear deliciously classy!



Keep your lotions or gels in a **GoToob**; the civilized, smart, squeezable tube for travel, outdoors, and more! It's made from soft yet rugged silicone, so it's easy to squeeze out all of the contents. Airplane carryon approved, food-safe (FDA), and 100% BPA and PC-free.

Lifefactory fuses a modern design sensibility, healthy materials, eco-friendly composition and exceptional utility to produce a full line of safe, simple and smart products. Made with trusted core materials such as glass and silicone, these bottles are easy to clean, functional for babies and adults, and reusable for everyday life – from cradle to table!



Yak & Yeti is another fave! Their clothing for men and women is handmade and fair trade. Yak & Yeti's principals and practices ensure fair rewarding of producers and workers without the use of child labor. (Dress by Yak & Yeti, 100% cashmere scarf by Rapti, and necklace by Mata Traders.)

d Abroad



Treat your favorite fashionista (or yourself) to an array of **locally-made and fair trade jewelry** that will compliment any outfit!



Island Bamboo products are an earth friendly choice for kitchenware products because they are high quality with a long useful life, manufactured from bamboo, a renewable resource and thoughtfully packaged to reduce waste.



Paddywax has dedicated themselves to creating lovely candles for every home. Their collections combine innovative scents and creative designs for every gift-giving occasion.



Light up your space with the rustic sights and natural fresh scents from **Himalayan Candles.**



Don't know what to gift? Well, everybody has skin and everybody loves deep, dreamy, woodsy Frankincense & Myrrh. So wise up and come bearing whiffs of **Zum** gifts, made with aromatic essential oils, goat's milk, saponified oils of certified organic coconut, olive, jojoba, and more. Our most loved line!

Don't let 2017 sneak up on you!

Stay on track with a variety of different calendar styles to fit anyone's personality and lifestyle.

NOW® Solutions

essential oils and ultrasonic diffusers make the perfect gift. NOW's diffusers use tap water and ultrasonic vibration to create an aromatherapy mist that soothes the senses. Whether you choose single oils, blends, or organic varieties, it's easy to give the gift of natural aromatherapy this holiday season!





Alter Eco set out to reinvent the most awe-inspiring, over-the-top, incredible chocolate experience ever - the truffle. Antioxidant-rich dark chocolate and superfood coconut oil are perfectly blended to achieve their signature creamy center. Offered in several silky flavors, these environmentally friendly truffles make sensational stocking stuffers for anyone in the family.



Give someone their own personalized tea stash! Choose from Marlene's wide selection of carefully curated bulk **Choice** and **Rishi** teas. Then choose the perfect storage container



Start your morning out on the right hoof with **Kick Ass** coffee blend by **Kicking Horse**. This blend is the spirit of Kicking Horse, with a sweet and smoky aroma of vanilla and tasteful notes of chocolate malt, molasses and licorice that leave you with an earthy lingering finish.



Check out **AmiciHome's** stylish containers for any of your bulk storage needs!

My Matcha Life Products Inc. was founded on the principles of the Japanese Tea Ceremony: harmony, purity, respect and tranquility. They have added authenticity and community to those principles. Oh, and fun!



Equal Exchange is dedicated to fair trade with small scale coffee farmers in the developing world. Their longstanding relationships with coffee co-ops allows them to source the best beans, which they carefully roast to bring out the finest characteristics in each batch.



Build a B

Show your friends and family you makes them unique by choosing selection of natural and organic create a beautiful custom gift basket some of our favorite gift ba

Bija Chocolate created direct trade partnerships with a very select group of women's cooperatives and organic cacao farmers in the Dominican Republic and Peru. Every purchase you make empowers the women they work with, strengthens the communities they partner with and creates lasting change, one bite at a time.



Market Baskets by **Alaffia** are sustainable and handcrafted works of art. The wild-harvested savanna grass used to weave them is biodegradable, drought-tolerant, and thrives in degraded soils. The baskets feature one handle and are traditionally used in Togo to carry produce to and from markets or farms.



asket

appreciate what
g from our wide
gifts, then let us
et for you! Here are
asket items.



A cute and cozy mug is the perfect way to tell a loved one to kick back, relax and enjoy their favorite cup of coffee or hot cocoa once in a while. Marlene's selections are always changing, so stop in and see what's in store today!



Marlene's Gift Basket Service

Marlene's has developed a reputation for beautiful gift baskets. Let us help you package your gift choices for a personalized and polished look.

When you purchase items for your gift basket, let your cashier know you would like to add Marlene's Gift Basket Service to your order. Prepared gift baskets will be ready for pick-up within 48 hours!

Marlene's Gift Basket Service is \$15. Price includes the basket, raffia, cellophane, bow, and assembly.

Peter Lamas unites nature and healthy science for effective products that deliver on their promise. Each product uses a synergy of exotic extracts, powerful botanicals, and potent herbs to enhance all skin and hair types. All Peter Lamas products are 100% vegan and formulated with Certified Organic botanicals.



Have a great night and wake up feeling fresh! **Himalaya's PartySmart** is a proprietary herbal formula that supports the liver for a better morning. It's safe, smart and it works! Keep the freshness going with **Botanique Neem & Turmeric Toothpaste**, an award winning toothpaste made for minty-fresh smiles!



For the *Body*



Give the gift of health with the amazing products from **Elizabeth Essentials. Rapid Relief** and **ImmuShield Soaps** can be used by the entire family and share the same properties of health and well-being as their namesake essential oil blends. Our Holiday Essentials uplifts the Spirit and balances emotions during this high stress season allowing true joy to ring in the Holidays.



Boody knows bamboo is a miracle fiber. Naturally eco-friendly, wonderful to wear, resilient, superbly soft and healthy for even the most sensitive skin; Boody outperforms traditional and new fibers, natural and synthetic. EcoCert certified bamboo doesn't use any fertilizers or pesticides. Check Marlene's Mercantile section for a full line of intimate essentials.



Aloe-based, vegan and 100% paraben free, **DeVita** skin care products include age defying treatments, solar moisturizers with SPF and mineral makeup cosmetics. Make it Clean. Make it Work. Make it Natural. Make it Exceptional... Make it DeVita!



Naturulz – Remarkably different pain and wellness alternatives are offered in three different formulas: Ultimate Healing Cream, Total Body Wellness, and Total Foot Repair. These products focus on reducing pain, restoring natural wellness, improving circulation and balancing health. “Put It Where It Hurts and Feel Better Today!” Made in the Pacific Northwest.

“Spread the Love” with this enlightened blend of gentle, yet powerful ingredients found only in nature! The smooth, creamy texture of **Booda Butter** melts on contact and absorbs deeply - for blissfully long-lasting moisture to calm, soothe and nourish your skin. The natural cocoa aroma is divine! Booda Butter is pure, simple, and highly effective!



Dr. Hauschka has been synonymous with premium skin care and global healing since 1935. Each formulation begins with a team of pharmacists, scientists, and ecologists. You can count on the final product to have proven itself effective, ethically sourced, and sustainably produced. Nourish and protect normal, dry and sensitive skin with Rose Day Cream. Formulated with the power of roses to harmonize oil and moisture balanced skin and true radiance!



One with Nature

is dedicated to crafting the finest skin care products in harmony with you and with nature. Their 100% vegetable based soaps are triple milled and infused with Dead Sea Minerals, Shea Butter and Argan oil. Their soaps are lightly

scented with essential oils and natural fragrances and always free of artificial colors, fragrances and animal ingredients of any kind.



About 2 billion plastic toothbrushes end up in landfills and oceans every year!

Senzacare offers a biodegradable toothbrush made with a bamboo handle, which is one of the most sustainable and fastest growing plants on Earth. Great for your teeth, great for the planet!



MyChelle is the pioneer and authority in all-natural skin care, the scientifically advanced formulas are based on clean, natural bioactives that provide unmatched, professional results. Their intoxicating vanilla-infused sugar cleanser gently exfoliates surface impurities as it transforms into a creamy, foaming lather—leaving skin radiant and refined.



Maggie's Organic Holiday Wool Snuggle Socks feature whimsical winter-themed designs that are perfect for the holiday season! Made from soft organic Merino wool with a thick cushion throughout the sock. The machine washable Merino wool will keep you stepping in comfort.



Experience the fresh, vibrant tastes of Trinidad with **Hot Babe Hot Sauce** – a delicious lime-based heat in the chill section! As a local, small batch artisanal company, Hot Babe Hot Sauce is proud to work with local growers and remains committed to using non-GMO and organic ingredients. Try it with eggs, tacos, or your favorite spoon!



At last! **So Delicious Coconut Milk Nog** offers all of the benefits of a coconut milk beverage coupled with the incredibly delicious flavor of nog. Once you experience this smooth, creamy, nutmeg-ariffic, eggless nog, it won't be long before it takes over your holiday beverage rituals. Try all the limited edition holiday flavors. Cheers!



Q Drinks makes the world's best sodas — clean, crisp, completely ungeneric beverages that are spectacular on their own and great for mixing. Q Drinks

uses the best ingredients they can find — organic agave from the Mexican countryside, quinine from the slopes of the Peruvian Andes, ginger from the fields of Southeast Asia, and salt from the Himalayas. It's soda made the right way.



Krista's Baking Company keeps it simple with these baking mixes. You'll notice that you recognize every ingredient on the label. They use the highest quality, organic and non-GMO ingredients. Whenever possible, ingredients are sourced from the Pacific Northwest. Then they personally hand measure, mix, assemble, and label every box.

Sipped and



Let's Do Organic offers a huge selection of organic products to make your holiday treats tasty and memorable! Look for Coconut Flakes, Coconut Shreds and Sweetened Condensed Coconut Milk for your cream pies and layer bar recipes. If you are baking gluten-free this year, try their Coconut or Green Banana Flours. Also available:

Organic Cornstarch, Tapioca, Tapioca Granules and Vegan Coconut Milk Powder! Visit edwardandsons.com for recipes.



Every bottle of **Small Vineyards** wine bears a gold seal, signifying that the wine is hand-harvested, earth-friendly, and from a family-owned estate. By importing wines from small estates, we are helping to protect unique grape varietals, local winemaking styles, and preserve a special way of life. Look for these stellar brands: Arcangelo, Tarantas, and Poggio Vignoso.



Le Pain des Fleurs has searched the world for the finest quality organic millet and buckwheat. They then blend these ancient grains with organic rice and lightly toast them to create a wholesome crispbread snack. Crispy and full of flavor, they are the perfect companion for your favorite spread. In the end, you have the true, honest taste of nature.



Enjoy the irresistible tradition of **Rice Dream Rice Nog!** This vegan take on an indulgent favorite will be a hit at your next holiday party or gathering. Non-GMO Project Verified!

Paleo Baking Company is committed to making delicious Paleo baking mixes available for people with food allergies or intolerances, auto-immune diseases, and those who choose to live healthy lifestyles.



"I'd go vegan, but I just can't give up cheese!" Indeed – the lure of cheese is strong, and many of us have fallen to its siren call. Let **Miyoko's Creamery** answer that call with the most delectable whole-foods, plant-based cheeses in the world!



MM Local's PNW Pickled Beets are great straight out of the jar, as a simple beet salad with goat cheese and toasted almonds, or as a side to your favorite chicken or vegetable dish!

Served



Lamb Farm Kitchen creates handmade baked goods that pair perfectly with the flavors of their low sugar preserves. Located on the fertile delta of the Dungeness River in Sequim, the unique and moderate climate enables Lamb Farm Kitchen's fields to produce the finest certified USDA organic fruits, vegetables, and grains.



Meet your new go-to juice! **Alta Palla** is a line of refreshing, organic and fair trade certified sparkling juice beverages. Alta Palla craved something simply delicious that was organic and fair trade, but couldn't find it anywhere. So they decided to make it themselves! Bonus: your kids can drink them and they are great as mixers for adults. Delizioso!



Probiotics taken prenatally are an important way for mothers to safeguard their health during their pregnancy as well as the health of their baby. **Dr. Formulated Once Daily Prenatal Probiotics** from **Garden of Life** is clinically proven to support the immune system of mom and baby and her infant with just one tablet per day.

Winter doesn't always play nice with your immune system. Stock up on **Dr. Ohhira's Probiotics** to support digestion and give your immune system a serious boost! Helps enhance absorption of nutrients from food and other supplements as well as relieving occasional gas and heartburn.

Herbal Products & Development

designs their chocolate formulas with purpose! **Cacao Berry Clarity** features super-foods like blue-green algae; **Hemp Coco Maca** treats are packed with de-hulled hemp seeds, maca and mesquite to provide protein and omega fatty acids; and **Golden Lite** is a delicious way to help manage weight.



The whole family can benefit from the diverse line of specially formulated **Siddha** flower essence blends. Pets can relax as **Calm Down** gently releases their anxiety and restlessness, children steer clear of melt-downs with **Temper Tamer**, and your tummy enjoys the support of **Digest**.

Marlene's Greens is our popular blend of super-food greens including organic wheat grass and vegetable powders as well as algae, kelp and seaweed. Complementing these ingredients are organic pre-biotic inulin and sprouted brown rice protein. If you already love green foods or are trying them for the first time, this is going to be your favorite!



Gifts of G



Planning on a little extra caroling this year? **Mickleberry Gardens** offers delicious **Honey Propolis Throat Spray** which is designed to soothe and tone your throat tissues! **Fireside Honey Tonic** is a spicy, invigorating, and delicious twist on traditional folk remedies. **Elderberry Honey Tonic** combines black elderberries, Echinacea tops, and Pacific Northwest propolis to support and nourish the immune system through cold and flu season.



Keeping blood sugar levels in check during the holidays isn't always easy. **Nordic Naturals** takes the edge off with **Omega Blood Sugar**. They've combined three powerful ingredients: purified fish oil, chromium and alpha-lipoic acid into one potent formula designed to support healthy blood sugar levels when used in conjunction with a healthy diet!

ood Health

Take advantage of the beautiful seasonal produce offered by our produce department! Be sure to include plenty of fruits and veggies in your feasts for a wholesome holiday meal.



Arrive bearing gifts from the ground at your next holiday festival! Build a customized basket filled with nature's bounty to thank your hard working host or hostess for their hospitality. See page 9 for details!

Know someone who grows their own fruits and vegetables? Give them a heads-up on a more bountiful garden with **Growoya**. Fill an Oya clay pot with water once a week and plants will take water as they need it. More efficient than surface watering so you save time and your garden can thrive!

Marlene's

Celebrating 40 years



SUNRIDGE FARMS

Assorted Chocolate Confections

Bulk
Reg. 10.05 lb. -
18.49 lb lb.



\$9²⁹ - \$17⁷⁵
lb. lb.

ORGANIC CANDY BARS

OCHO
Candy
2 FOR \$3

1.4 oz. Reg. price is \$1.99

- Simple, high-quality organic ingredients
- No artificial flavors, preservatives or fillers
- Non-GMO and certified gluten free



• Caramel & Peanut • Coconut • Dark Coffee • Mocha • Peanut Butter



KICKING HORSE

Organic Coffee

10 oz.
Assorted varieties
Reg. 13.15



\$9⁴⁹

R.W. KNUDSEN

Sparkling Celebration Juice

750 ml
Assorted varieties
Reg. 4.69



\$2⁹⁹

SANTA CRUZ

Organic Juice Nectar

32 oz.
Assorted varieties
Reg. 5.05



\$3⁵⁹

WILD PLANET Sardines

4.25 oz.
Reg. 3.65



\$2¹⁹

LUNDBERG

Rice Chips

6 oz.
Assorted varieties
Reg. 3.69



\$2⁴⁹

HEAVENLY ORGANICS

Organic Honey

12 oz.
Assorted varieties
Reg. 8.95



\$4⁹⁹

LUCINI Pasta Sauce

25.5 oz.
Assorted varieties
Reg. 10.39



\$5⁹⁹

Q DRINKS Soda

4 pk., 12 oz.
Assorted varieties
Reg. 6.65



\$4⁷⁹

Marlene's

Celebrating 40 years



EARTH FRIENDLY

Dishmate Hand Dish Liquid



25 oz.
Reg. 4.19

\$2⁸⁹

BIOKLEEN

Laundry Liquid



64 oz.
Reg. 14.25

\$9⁷⁹

PUMPKIN TREE ORGANICS

Organic Oat Crush



4.2 oz.
Reg. 2.55

\$1⁸⁹

SIPP

Organic Soda



4 pk., 12 oz.
Assorted varieties
Reg. 7.55

\$4⁹⁹



ORGANIC
Satsumas
5 lb. Box

A holiday favorite!

\$9⁹⁹
ea.

ALDEN'S
Organic Ice Cream



48 oz.
Assorted varieties
Reg. 9.39

\$7⁹⁹

LISANATTI
Rice Cheeze



8 oz.
Assorted varieties
Reg. 4.25

\$2⁶⁹

NATURE'S PATH
Gluten Free Oatmeal

11.3 oz.
Assorted varieties
Reg. 5.65



\$3⁸⁹

ODWALLA

Juice, Smoothie or Protein Drink

15.2 oz.
Assorted varieties
Reg. 3.29

\$2⁴⁹



Marlene's

Celebrating 40 years



**SOURCE NATURALS
Wellness
Formula**

This comprehensive formula contains over 30 nutrients for optimal immune system support

60 caps
Reg. 12.25

\$7³⁹



**SOURCE NATURALS
Serene
Science
Kava**

2 oz.
Reg. 18.50



\$11²⁹

Emergen-C

30 ct.
Assorted varieties
Reg. 14.99

\$9⁹⁹



DR. BRONNER'S

**Bar
Soap**



5 oz.
Assorted varieties
Reg. 4.69

\$3⁵⁹



NOURISH

**Certified Organic
Deodorant**



8 oz.
Assorted varieties
Reg. 9.99

\$7¹⁹

SHIKAI

**Hand & Body
Lotion**



8 oz.
Assorted varieties
Reg. 8.99

Great
stocking
stuffer!

\$6⁷⁵

BULL DOG

**Body Care
For Men**



Assorted varieties & sizes

**30%
off**

In-store prices reflect discount

Aromatherapy on the go!



Keep them handy in your purse, backpack,
car or gym bag!

\$11⁴⁹

Here is an enjoyable way to build immunity against colds and flu, relax and rejuvenate the nervous system, refresh and cleanse the mind, brighten mood and promote feelings of well-being.

Pure essential oils in convenient inhalers. Our healing scents are easy to use and come in specially-capped inhalers to keep your fingers clean of oils.

Be Prepared to Nip Flu-like Symptoms in the Bud!

BOIRON

Oscillococcinum

12 ct.
Reg. 25.69

\$16⁹⁹



BOIRON

Cold Calm

60 ct.
Reg. 11.89

\$8⁹⁹



Marlene's

Celebrating 40 years



Vega Supplements

All Vega products on sale for the month of December

vega **30%** off

In-store prices reflect discount

NEW CHAPTER Life Shield Immune Support

Mushroom Complex Organic, Non-GMO, USA grown mushrooms
60 vcaps, Reg. 39.95

\$27⁹⁹



NEW CHAPTER Oregano Force

Potent herb for seasonal support.
60 vcaps
Reg. 36.95

\$25⁸⁹



AMERICAN BIOSCIENCE

Sleep Solve

30 ct.
Reg. 39.95

\$29⁹⁹



Himalaya
HERBAL HEALTHCARE
StressCare
120 vcaps
Reg. 24.95

\$18⁶⁵

HIMALAYA
StressCare 240 vcaps, Reg. 42.95.....**32⁹⁹**



Himalaya
HERBAL HEALTHCARE
Ashwagandha
60 caps
Reg. 19.95

\$15⁹⁹

HIMALAYA
Holy Basil 60 caps, Reg. 14.95.....**11⁹⁹**



RenewLife
POSITIVE WELLNESS. NATURALLY.
Skinny Gut Shakes

Chocolate or Vanilla
Use to tame holiday hunger & cravings.
Reg. 34.99

\$25⁹⁹



RenewLife
POSITIVE WELLNESS. NATURALLY.
Organic Clear Fiber

9.5 oz.
Organic & Non-GMO prebiotic to promote digestive balance.
Reg. 19.99

\$14⁹⁹

ecologic dentistry
THE NATURAL CHOICE

- Safer mercury removal and detox
- Energy Medicine
- Ozone, Herbal, & Homeopathics

Pacific Northwest's
Natural and Holistic Dentist

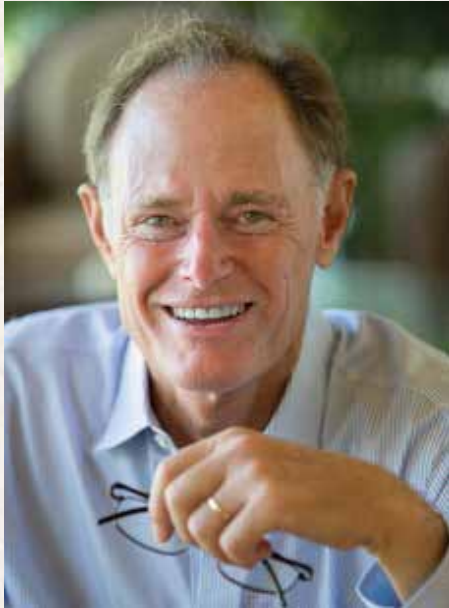


Dr. Carla Yamashiro, DDS, NMD, IBDM

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- thenaturalchoice@ecologicdentistry.com
- 8412 Myers Rd E, suite 301, Bonney Lake, WA 98391

Energy Matters
Harnessing the human energy field to uplift

For additional energy services:
info@energymattersseattle.com
www.energymattersseattle.com



David Perlmutter, M.D.
Board Certified Neurologist, #1 *New York Times* Best-Selling
Author & Expert in the Human Microbiome

Just what the DOCTOR FORMULATED

The latest science tells us that the intestinal flora that take up residence on the delicate folds of your intestinal walls:

- aid in digestion and the absorption of nutrients.
- support immune system function and cleansing functions within the body.
- produce and release important enzymes and substances that collaborate with your biology as well as chemicals for the brain, including vitamins and neurotransmitters.
- help you handle stress through the flora's effects on your endocrine—hormonal—system.
- assist you in getting a good night's sleep.

Put simply, our microbiome influences practically everything about our health, including how we feel both emotionally and physically.

In-store prices reflect discount

**35%
OFF**



Extraordinary



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.




HEALTHFORCE
Nopal Blood Sugar

180 vcaps
Reg. 31.95

\$20⁹⁹

HEALTHFORCE Earth Assorted sizes..... **15% off**




It's the Anti-V Season!

ANTI-V FORMULA
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Pomander Madness

Can the essence of a season be captured in a fragrance? We think so! The pomander, a spiced and aromatic fruit globe adorned with herbs, originated in the Middle Ages and was used to ward off unpleasant odors and infection. Today, pomanders are still used as simple holiday decor, linen and clothing drawer fresheners, and a steady source of delicious seasonal scents.

Holiday Orange Pomander Balls

by Jeanne Logman, Market Manager – Tacoma

1/4 – 1/3 cup whole cloves
(per orange)

firm, fresh small to medium
size oranges

tack or toothpicks

festive ribbons

Using a tack or toothpick, poke a row of holes around the orange. Holes should be 1/8 – 1/4 inch apart. Cloves inserted into holes should almost touch. Continue rows around the orange until it is completely covered with cloves. Place finished pomanders in a cool, dry place to dehydrate. Rotate 1/2 turn daily so that moisture does not gather on the bottom (which could allow mold to form).

After 5 – 9 days, the cloves should cluster tightly together due to moisture having left the fruit. The pomander should feel light and very firm. Ribbon can be tied around the pomander for hanging,



Decoratively arranged cloves make beautiful centerpieces but completely covering the orange with cloves is the only way to make sure that your pomander lasts mold-free.

or use an ice-pick or long needle to make a hole through the navel to the stem of the fruit. Then tie a knot at one end, and thread the ribbon through the pomander.

Fully dried pomanders can be placed in decorative bowls or on plates of whole spices like cinnamon sticks and star anise. Place in areas where you would like to enjoy an incredibly rich holiday scent!

For an amazing holiday treat, try a batch of pomander jam. In addition to toasts and sandwiches, it makes a wonderful cookie or cake filling. The jam is also an absolutely delicious complement to savorys such as goat cheese and brie. Experiment and enjoy!

Spiced Citrus Pomander Jam

by Jeanne Logman, Market Manager – Tacoma

3 lbs (6 – 8)	oranges
1 1/2 cups	raw sugar or equivalent sweetener
1 1/2 tsp	fresh grated ginger
1 tsp	ground cinnamon
3/4 tsp	ground cloves
1/2 tsp	grated nutmeg
2 Tbl	pectin
zest and juice	1 small lemon
2	sterilized half-pint jars
1	instant read or candy thermometer

Zest about a tablespoon of peel from the oranges. Set aside. Using a sharp knife, cut the peels from the oranges going just deep enough to remove the white pith. Working over a bowl, cut the juice segments from the membrane and discard any seeds you find. You should have about three cups of fruit.



Place orange segments in large saucepan. Sprinkle pectin evenly over fruit. Add sugar, lemon juice and zest, orange zest, and all spices. Set pot over high heat and bring to a boil. Remove any missed seeds that float to the top as fruit breaks down.

Cook, stirring regularly, until jam thickens and is reduced in volume by about 1/3. This typically takes about an hour. Check the temperature with thermometer. When jam reaches 220° F and your home smells like a holiday dream, it's ready!

Pour jam into jars and allow to cool. Seal and refrigerate.

speakers & classes



Healing with Essential Oils with Elizabeth Bloom Tuesday, December 6 6:30 pm, FREE Tacoma

Join the creator of Elizabeth Essentials for this popular interactive class on the amazing benefits of essential oils, including how to integrate them into your lifestyle to achieve and maintain optimal health and well-being. Participants will personally experience the entire product line, learn the many healing properties of each formula and discover how to use them for yourself, your friends, family and clients.



DIY Body Care Gifts with Kendra Varadi Thursday, December 8 6 pm, \$15 Federal Way

Join Kendra Varadi, owner of KV Apothecary, as she shares her favorite herbal gift recipes for the holidays! The evening's class will begin with a simple overview of medicinal herbs, salves and tinctures, followed with the construction of several handmade items. Participants will leave the class with a healing salve, an herbal bath bag, and several recipes to create on their own!



Holiday Meals of the Middle East & Mediterranean with Mitra Mohandessi Saturday, December 10 10 am - Noon, \$30 Tacoma

A holiday table represents family traditions and embraces shared cultural history, whether inherited or acquired. Celebrate another culture through food and explore the regional holiday dishes of Lebanon, Israel, and Egypt. Take part in this opportunity to learn how people of the Mediterranean and the Middle East celebrate the holiday season! Join Mitra as she shares a festive menu that will satisfy every member of the family.



SHOP! - Compromise-Free Holiday Meals with Deena, The Deceptive Chef Tuesday, December 13 6 pm, \$10 Tacoma and Thursday, December 15 6 pm, \$10 Federal Way

Shopping for allergen-free holiday meals can be overwhelming! Take a guided store tour with an experienced gluten, sugar, dairy and yeast free chef and shopper, Deena, The Deceptive Chef. Discover the best tasting, easiest to prepare, and most nutritionally dense options available.

After all that shopping... TREAT YOURSELF to a seated massage !

Marlene's - Federal Way
Seated Massage with
Erica Seter, LMP
Tuesday, 11 am - 2
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Friday, 3 - 7 pm
Saturday, 1 - 5 pm

Appointments are first-come, first-served and are made directly with practitioner. Rates are usually \$1 per minute.



Still stumped on gift ideas?

Give the gift of convenience! Purchase a gift card and let your friends and loved ones pick out their favorite goodies in store, or encourage them to sign up for some of the endless varieties of fun and educational classes Marlene's has to offer. The options are never-ending, which means your job here is done!



DECEMBER

Calendar of Events

PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME. Payment can be made online by going to www.marlenesmarket-deli.com, clicking "classes", and following the link provided; by phone; or in person at either Marlene's location. We do not reserve seats for free classes and suggest arriving 15-30 minutes early to claim your seat. Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at classhost@marlenesmarket-deli.com.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Marlene's is a co-sponsor of Meaningful Movies in Tacoma and Gig Harbor. For more information, go to meaningfulmovies.org .				1	2	3
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		Healing with Essential Oils with Elizabeth Bloom 6:30 pm, FREE Tacoma		DIY Body Care Gifts with Kendra Varadi 6 pm, \$15 Federal Way	Meaningful Movies: Sonic Sea 7 pm, Gig Harbor	Holiday Meals of the Middle East & Mediterranean with Mitra Mohandessi 10 am – Noon, \$30 Tacoma
4	5	6	7	8	9	10
11	Uniform Monday! 10% off to all firefighters, military and police!	SHOP! - Compromise- Free Holiday Meals with Deena, The Deceptive Chef 6 pm, \$10 Tacoma	14	SHOP! - Compromise- Free Holiday Meals with Deena, The Deceptive Chef 6 pm, \$10 Federal Way	Meaningful Movies Alive Again 7 pm, Tacoma	17
18	19	20	21	22	23	CHRISTMAS EVE Both Marlene's locations close at 4 pm.
CHRISTMAS DAY Both Marlene's locations closed.	26	27	28	29	30	NEW YEAR'S EVE! Both Marlene's locations close at 6 pm.
25						31

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HOURS

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Sunday: 10 am - 7 pm

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Federal Way 98003

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feedback! Write to us at:**

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DECEMBER 2016

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Fantastico Live Fudge!

by Nicole Heart, Owner of Peace, Love & Raw

- | | |
|-------------|---|
| 1/2 cup | raw coconut butter |
| 1/4 cup | agave nectar (not considered raw, but loved by many - you can also substitute 1/4 - 1/2 cup pure maple syrup) |
| 2 tsp | vanilla (non-alcohol) |
| 3/4 - 1 cup | raw cacao powder (depending on how dark you like your chocolate) |

For a colorful twist, try mixing in pistachios, dried cranberries and cocoa nibs.

Warm coconut butter so it mixes easily with the rest of the ingredients. Place all ingredients in a bowl and mix until well-incorporated. Add chopped nuts, cocoa nibs, etc. (optional). Pour into pan or dish that gives you the desired thickness of your fudge. Place into refrigerator to set, for 30-45 minutes. Cut into desired size and shape. (Bring out the fun seasonal cookie cutters!)

Garnish with peeled cacao beans or nuts.

Try experimenting with alternative garnishes like raw organic hemp seeds!

