

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

*Marlene's*  
— MARKET & DELI —  
shop local, eat organic

# SOUND OUTLOOK

November 2016

*Join us for our*

## Holiday Open House

*Food, Wine, Music, & More!*

*Saturday, November 12*

*11 am – 3 pm*

## The Recipe Issue

*Applaudable entrées,  
delightful side dishes,  
sweet eats, and many  
more await!*



## Inside this issue!

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## A 🎵 from Marlene,

Here's our recipe issue again. Hope you like it.

We are so fortunate to live here in the Pacific Northwest.

Our weather is moderate and we rarely have extremes.

The sad part is that half the country is moving here!

The highways are crowded now all the time and still the

people come. My oh my, what to do! Just be thankful for

all we have.

Here is one of my favorite quotes from Ralph Waldo

Emerson:

"What lies behind us and what lies before us are small matters compared to what lies within us".

Happy Thanksgiving

*Marlene*



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*Marlene's*

— MARKET & DELI —

shop local, eat organic

EST  
**1976**

and still

**LOCALLY  
OWNED**



# *Holiday Open House*

*Saturday, November 12*

*11 am to 3 pm - Federal Way & Tacoma*

*Sample foods, win gift baskets, dance in the aisles, taste wine... and more!*



Elizabeth Essentials







# thanks

## Roasted Turkey Dinner

(feeds 8-10)

**\$139.99**

## Ham Dinner

(feeds 8-10)

**\$139.99**

Dinners come with your choice of three side dishes, cranberry orange chutney, gravy, and choice of pie.

## Dinner for Two

Turkey breast, cranberry orange chutney, gravy, smashed potatoes, green bean casserole, sourdough stuffing, 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, pumpkin mousse. Sorry, no substitutions.

**\$29.99**

- Orders must be paid in advance
- First-come, first-served; while supplies last
- No substitutions on ingredients
- No orders or changes after November 19



# giving to-go

## 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

Sorry, no substitutions on ingredients.

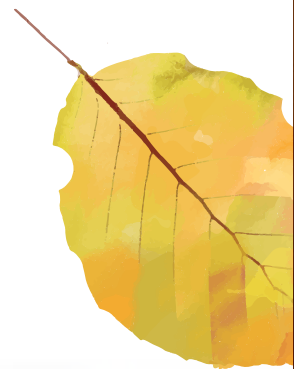
All orders are available for pick up November 22 – 23.

We are closed Thanksgiving Day.





Finding the right main dish for your Thanksgiving feast is easy at Marlene's. From ethically raised and harvested meats to unique vegetarian options, you'll be pleased to find everything you need in one place!



### Free Range Turkeys

Fed corn and grain, no animal protein, grown in free-range conditions and without antibiotics, hormones, or artificial growth stimulants.

### Organic Turkeys

Fed 100% organically grown grain and corn, with no animal by-products. Grown in free-range conditions and without antibiotics, hormones, or artificial growth stimulants.

### Organic American Heirloom Turkeys

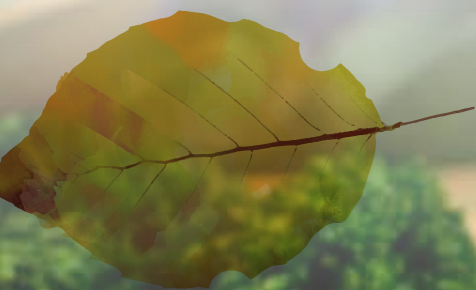
Raised with extra care, sustainably farmed and humanely raised. 100% GMO-free.

All turkeys sold at Marlene's are flash-frozen and are available on a first-come, first-served basis. Hams are sold fresh. We do not reserve turkeys. Prices vary by weight and type or varietal. Shop early for the best selection from these categories.

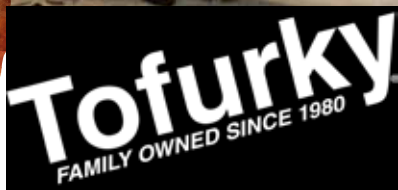


### Turkey Tips

- For frozen turkeys, the safest defrosting method is the refrigerator, but it may take 4-5 days for a 20-pound turkey to fully defrost, so plan ahead!
- For a fully-defrosted bird, plan on about 20 minutes per pound at 350° F.
- Rub the bird with butter or olive oil and salt and pepper and cover to prevent over-browning. Remove cover about 45 minutes before it's done so the skin turns nice and golden-brown.
- Fill but don't stuff the cavity with vegetables and fresh herbs, making the stuffing in a separate casserole dish. Many cooks create two or more dressings – one using giblets that come with the turkey, and another for vegan or vegetarian guests.
- Turkey is fully done when a leg pulls off easily, but if you aren't sure, remove the turkey from the oven and insert a thermometer into the thigh. Your turkey should be 165° F.
- Let the bird rest before carving. Now is the time to make gravies, heat side dishes, toss salads, etc. The turkey can sit for 30-45 minutes without losing much heat.







A Pacific Northwest-crafted favorite since 1995, **Tofurky** once again serves up their Vegetarian Feasts. Complete with roast, gravy, stuffing, brownie, and Wishstix! Also available: Roast & Gravy combo as well as stand-alone Roasts or Gravy packages. Always non-GMO!



**Field Roast** vegetarian Celebration Roasts are back with sausage-style filling, butternut squash, apples, and mushrooms. Surprise and delight with the new Smokey Forager's Roast with Pineapple Mustard Glaze, foraged chanterelle mushrooms, and wild huckleberries.

**Hazelnut Cranberry Roast en Crouete** is a hazelnut-infused grain meat stuffed with Field Roast sausages, crystallized ginger, cranberries and apples that is wrapped in a savory puff pastry. Non-GMO, you bet!

MARLENE'S SOUND OUTLOOK



We proudly offer **Beeler's** uncured and fully cooked spiral-cut ham, on or off-bone. Raised on a vegetarian diet with no animal by-products, antibiotics, or growth hormones. No nitrites or nitrates.



**Premium, Grass-Fed Beef** locally sourced from **Heritage Meats** and **Skagit River Ranch**. Marlene's offers a variety of cuts from grass-finished to organic.



NOVEMBER 7



## Roasted Vegetable Pot Pie with Mushroom Gravy

by Gretchen Schodde, ARNP, MN – Harmony Hill Cancer Retreat Center

2 Tbs	virgin olive oil
6	cloves garlic, chopped
2 Tbs	low/no-salt herb seasoning blend
3	large parsnips, peeled and chopped
3	small turnips, peeled and chopped
4	large carrots, peeled and chopped
1	rutabaga, peeled and chopped
1	sweet potato, peeled and chopped
3	potatoes, peeled and chopped
1 batch	Mushroom Gravy (see recipe)
1	9-inch pie crust

Preheat oven to 450° F. Combine oil, garlic, low/no-salt herb blend in a large roasting pan, toss vegetables to coat evenly and roast until tender (40-50 minutes). Place vegetables in a deep pie dish or round casserole, cover with mushroom gravy and top with crust, crimping edges. Lower oven to 400° and bake until crust is golden (30-35 minutes). Serve with a big spoon, rather than in slices. Serves 6-8.

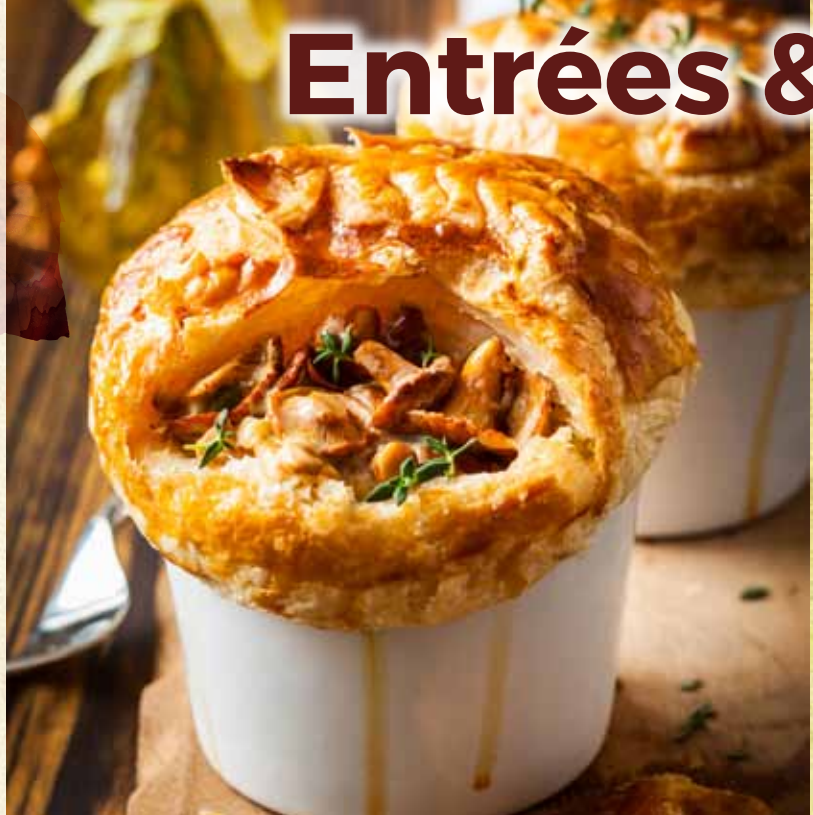
## Mushroom Gravy

Try this over boiled noodles, or spoon it over grilled Portobello mushrooms on toast and serve as hot sandwich.

¼ cup	unsalted butter
2	Portobello mushrooms, finely diced
1 cup	dry red wine
2 cups	vegetable broth
¼ cup	flour

In a wide, shallow pan, melt butter over medium high heat, add mushrooms and cook until barely tender (6-8 minutes). Add wine and simmer to reduce (8-10 minutes) Blend broth and flour until smooth, then whisk flour mixture into hot wine, stirring constantly until thick. Thin as desired with water or broth. Makes about 3 cups.

# Entrées &



## Turkey Tetrazini

by Mary Walukiewicz –Food Service Director

16 oz	package of spaghetti or linguini
½ cup	butter
½ cup	diced celery
¼ cup	diced shallots (or onion)
½ cup	flour
4 cups	chicken or turkey broth
1 cup	heavy cream
½ tsp	black pepper
¼ tsp	sea salt
¾ cup	Parmesan cheese
5 cups	diced turkey
1 cup	peas, frozen (no need to thaw)
3 cups	breadcrumbs or cracker crumbs (optional)*

Cook pasta according to package instructions. Rinse and set aside. Melt butter over medium heat and add shallots and celery. Cook until vegetables start to soften. Stir in flour, salt and pepper, and mix until it is absorbed into a paste. Add chicken/turkey broth and cream, bring to boil and reduce heat. Add Parmesan cheese and stir until blended. Add diced turkey, peas and pasta. Pour into a buttered 9×13 casserole dish and top with the bread/cracker crumbs if you wish. Bake in pre-heated 350° F oven for 40-45 minutes or until bubbly and lightly golden.

\*Check after 20 minutes and if bread crumbs are becoming too dark, cover with foil and continue baking.



# Encores

## Skagit River Ranch Pot Roast

by Skagit River Ranch

1 (2-3 lb)	Skagit River Ranch Chuck, Cross Rib, or Eye of Round Roast
1 Tbs	Kosher salt
½ tsp	black pepper
½ tsp	garlic powder
3 Tbs	olive oil
1 large	onion, chopped
2 large	tomatoes, cut into quarters
2 cups	organic beef stock
⅓ cup	balsamic vinegar
2	bay leaves
½ cup	dry white wine
1 ½ cups	water (plus more if needed)

Mix salt, pepper and garlic powder together. Sprinkle the seasoning mix on all sides of the roast. Heat a heavy skillet or small Dutch oven over medium-high heat, add oil. Sear roast on all sides until brown. Remove roast from pan and set aside. Turn down heat to medium, add onions and cook until soft. Add tomatoes, beef stock, vinegar, bay leaves, wine, and water to pan. Return roast to pan and bring to a boil. Reduce heat to low, cover pan and cook for 2 ½ to 3 hours until tender. Remove roast to a plate and cover to keep warm. Turn the heat to high and reduce sauce by half. Strain sauce, add more salt if needed. Serve over roast or on the side.



## Creamy Chipotle Butternut Squash Soup

by Jeanne Logman – Market Manager, Tacoma

1 large (5 lb)	butternut squash
2 Tbs	olive oil
1 medium	yellow onion
2	carrots, diced
1 ½ tsp	dried thyme
4 cups	vegetable broth or stock
1-2	chipotle peppers in adobo sauce (or 1 Tbs chipotle powder)
2 cups	soy, coconut or hemp milk
6 oz	plain coconut yogurt
2 Tbs	parsley, chives or cilantro for garnish
	sea salt to taste

Preheat oven to 350° F. Cut squash in half lengthwise. Discard seeds and pulp. Roast cut side down in a 9×13 baking dish with ¼ inch of water for 1 ½ hours, until skin is easily pierced with a fork. Allow to cool enough for handling. Remove skin. Set aside. Place olive oil in heavy bottomed pot over medium heat. Sauté onions and carrots until onions are translucent and carrots are lightly browning. Add thyme and chipotles and sauté 3 more minutes. Stir in squash and vegetable broth until well combined. Heat to boil. Reduce heat to low and simmer 15-20 minutes. Remove from heat and stir in milk. Use an immersion blender to purée soup until smooth. Or transfer slightly cooled soup in batches to purée in a traditional blender. Return to pot and heat until just steaming. Salt to taste. Ladle into bowls. Top with a dollop of coconut yogurt and sprinkle of herbs. Goes beautifully with a slice of hearty, whole grain bread.



# Green Bean Casserole

by Susan Blake, BS, NTP, CGP

- 1 red onion, thinly sliced
- 2 Tbs butter, ghee or coconut oil
- 2 lb green beans, trimmed and halved
- 3 Tbs unsalted butter
- 1 lb button mushrooms, cleaned and sliced
- 3 Tbs arrowroot or tapioca starch
- 1 ½ cups homemade chicken stock
- 1 ½ cups pastured heavy cream
- Celtic sea salt and freshly cracked pepper to taste

Preheat oven to 425° F and adjust rack to middle position. In a large bowl, toss together red onion and coconut oil; season generously with salt and pepper. Spread onions out on a large baking sheet and roast for 20 minutes. Stir onions and put back in oven for another 15 minutes or until onions lose most of their moisture and begin to brown. Remove from oven and set aside. Reduce heat in oven to 375° F.

While the onions are cooking, steam the green beans in a sauce pan with a steamer and water in the bottom. Drain and rinse with cold water to stop the cooking process. Set aside. Melt butter over medium heat in a large skillet. Add the mushrooms and season generously with salt and pepper. Sauté until mushrooms have released their moisture and the edges begin to turn golden brown (about 10 minutes). Add the flour and stir constantly until incorporated, about 1 minute. Gradually add the chicken stock and then the cream, whisking constantly to avoid lumping. Reduce heat and simmer until sauce thickens (5-6 minutes). Toss together mushroom mixture and green beans and then pour into a 13×9 baking dish. Top with red onions and bake until bubbling, (20-25 minutes).



# Vegan Harvest Wild Rice

by Jeanne Logman – Market Manager, Tacoma

This is a wonderfully hearty dish of autumn flavors. Easily serves as a main meal or doubles as a side. If you have ever been challenged by folks who doubt that vegan foods can be delicious and satisfying, serving this should win them over! For non-vegans, try panfrying ½ cup of leftovers and cracking an egg over the top for a harvest frittata.

- 1 cup wild rice
- 1 ⅓ cups vegetable broth or water
- 2 Tbs olive oil
- 2 leeks, sliced (white and pale green stalk)
- ¾ cup mushrooms, sliced (crimini or wild)
- ¼ cup hazelnuts, toasted and chopped
- ¼ cup cranberries, dried
- 15 oz can beans, cannellini or white navy, rinsed and drained
- sea salt to taste

Rinse wild rice and place in large saucepan with vegetable broth. Bring to a boil, reduce to simmer, cover and simmer for 45 minutes. If liquid has been absorbed and grains are splitting and curling, rice is done. If not, continue simmering covered for 5 minute increments until rice is done. Remove from heat.

In a large frying pan, sauté leeks in olive oil over medium heat for 5 minutes. Add mushrooms and sauté 3-5 minutes. Stir in hazelnuts, cranberries and beans. Gently add to wild rice. Salt to taste and serve.



# Delight

## Cranberry Apple Sidekick

by Jeanne Logman – Market Manager, Tacoma

The world's superheroes depend on their sidekicks to sweep in with that missing element and save the day. Likewise, this fresh and fabulous Cranberry Apple Sidekick is the perfect accompaniment to *any* savory Thanksgiving dish, or it stands alone brilliantly as a raw salad.

- 1 pint fresh cranberries
- 2 apples, cored and roughly chopped (use sweet, like Honeycrisp or Fuji)
- 6 Medjool dates, pitted and diced
- 2 tsp fresh orange or tangerine zest
- 2 Tbs agave syrup (honey for non-vegans)
- ½ tsp cinnamon, ground
- ¼ tsp sea salt



In a food processor, pulse apples, cranberries, dates and orange zest to consistency of oats. Add salt, cinnamon, agave or honey and pulse until mixed completely. Chill and serve. Stays fresh and delicious for about a week.



## Cheesy Cauliflower

by Mary Walukiewicz – Food Service Director

- 1 medium head of cauliflower, rinsed and cut into bite sized florets
- 2 Tbs olive oil
- 1 cup heavy cream
- 4 oz cream cheese, room temperature
- 1 tsp Dijon mustard
- 2 cups cheddar cheese, shredded
- pinch sea salt
- pinch white pepper

Toss cauliflower with olive oil and bake at 350° F until lightly brown (about 20 minutes). Set aside. Bring cream, cream cheese and Dijon mustard to a boil, while whisking to break up cream cheese. Reduce heat to a simmer and add cheddar cheese and salt and pepper. Combine cheese sauce and cauliflower and pour into buttered 8x8 baking dish and bake for 20 minutes.



## Candied Walnuts

by Hummingbird Wholesale

2 cups walnuts\*  
2 Tbs ghee\* or butter  
½ cup maple syrup\*

Put walnuts in a pan on medium heat. Add ghee and maple syrup. Stir for about 10 minutes, until the ghee and syrup mixture slightly solidifies and sticks to the walnuts. Voila! Cool and eat.

\*Hummingbird Wholesale product!



# Sweet



## Matcha Vegan Shortbread

Submitted by My Matcha Life

1 lb unsalted Earth Balance butter (room temp)  
1 cup confectioners or coconut sugar  
1 tsp salt  
2 Tbs My Matcha Life's Foodie's Culinary Matcha  
4 cups all-purpose flour

Cream butter in bowl of electric standing mixer using paddle attachment; add sugar and salt. Sift together matcha and flour, add to butter mixture; mix until just incorporated. Roll dough to 1/3-inch thick between 2 pieces of plastic wrap; transfer to baking sheet, chill until firm (at least 30 minutes).

Heat oven to 300° F. Remove top piece of plastic and cut into desired shapes; re-roll excess dough as necessary; transfer to a parchment-lined baking sheet. Bake for 16 minutes; rotate pan and bake for another 16 minutes or until cookies feel firm when scratched with a fingernail; take care not to let the edges brown; matcha shortbread cookies should maintain their green color. Cool, serve and enjoy! Yields about 9 dozen cookies.

## Chocolate Hazelnut Butter Stuffed Cookies

by Hummingbird Wholesale

1 cup butter (2 sticks)  
1 cup brown sugar  
½ cup cane sugar  
2 large eggs  
1 tsp vanilla extract  
1 ½ cups pastry flour  
1 tsp baking soda  
1 tsp sea salt\*  
3 cups Streaker Barley Flakes\*  
¾ cup roasted hazelnuts, chopped  
½ cup chocolate chips  
½ cup chocolate hazelnut butter

Preheat oven to 350° F. Using an electric mixer, cream butter and sugar together in a bowl until light and fluffy. Add eggs, then vanilla, mixing well. Combine streaker barley flakes, flour, baking soda, and salt in a separate bowl. Add to butter mixture and mix until well combined. Stir in chocolate chips and hazelnuts. Chill the cookie dough, covered, for at least one hour. Drop dough by rounded teaspoonfuls onto ungreased cookie sheets. Fill each cookie dough ball with 1 tsp of chocolate hazelnut butter. Do this by flattening dough and pressing it around the chocolate hazelnut butter, or by making an indentation in the middle of the dough, filling it in and covering with more dough. Sprinkle cookies with sea salt. Bake for 12 minutes or until golden brown. Cool on baking sheet for 5 minutes, then transfer to rack to cool completely.

\*Hummingbird Wholesale product!





# Eats

## Apple Hazelnut Upside-Down Cake

by Gretchen Schodde, ARNP, MN – Harmony Hill Cancer Retreat Center

Dessert apples like Jonathan or Gravenstein retain texture and flavor well when cooked. This rich, butter confection makes a pretty party dish.

1 cup	whole wheat pastry flour
½ cup	unbleached white or barley flour
2 tsp	baking powder
¼ tsp	salt
¼ tsp	freshly ground nutmeg
½ cup	sugar
1	egg
½ cup	milk
¼ cup	vegetable oil
4 Tbs	butter
1 cup	dark brown sugar

1 cup	hazelnuts, chopped
2	Jonathan or Gravenstein apples, cored and thinly sliced
1 Tbs	lemon juice
½ tsp	cinnamon

Preheat oven to 400° F. In a bowl, sift together the flours, baking powder, salt, nutmeg, and sugar, set aside.

In a large bowl, stir together the egg, milk, and oil, set aside. In a 10-inch iron (or ovenproof) frying pan, melt butter over medium heat. Sprinkle on brown sugar evenly. Layer on hazelnuts and apples, sprinkle with lemon juice and cinnamon.

Stir flour mixture into milk mixture and spoon over apples. Bake at 400° until crisp and golden brown (30-35 minutes). Let stand 5 minutes, then reverse onto a large plate and serve warm. Serves 8.

## Cranberry Orange Almond Bread

by Bob's Red Mill

2 cups	Organic Unbleached White All-Purpose Flour (or 1 cup white and 1 cup Bob's Red Mill Organic Whole Wheat Flour)
2 cups	Bob's Red Mill Whole Wheat Pastry Flour
1 cup	sugar
1 tsp	baking powder
¼ tsp	baking soda
1 tsp	salt
6 Tbs	butter, melted
1	egg
⅔ cup	buttermilk
⅓ cup	fresh orange juice
½ cup	almonds, chopped and toasted
1 cup	dried cranberries
	zest of one large orange

Preheat oven to 375°F. Grease a 9x5-inch loaf pan.

In a large bowl, whisk together flour, sugar, baking powder, baking soda and salt. In a small bowl, whisk together butter, egg, buttermilk, orange zest and orange juice. Add wet ingredients to dry ingredients and stir until just combined. Gently fold in almonds.

Pour batter into prepared pan. Bake for 45-55 minutes, until golden brown and a toothpick inserted comes out clean. Cool in pan for 10 minutes. Move to wire rack to cool completely. Cool for 15 minutes before removing from pan.





# Beverages for the Holidays

Look for your favorite holiday beverages in the grocery aisles and the cooler!

## Sahlab – An Egyptian Hot Drink

by Mitra Mohandessi

Sahlab is treasured across the Middle East and Mediterranean regions as a warm drink for chilly weather. Traditionally made with Saleb, a flour derived from the tubers of orchid plants; this recipe replaces the orchid flour with corn starch.

2 Tbs	organic corn starch
½ cup	water
4 cups	whole milk
3 Tbs	sugar
1 Tbs	vanilla
½ tsp	cardamom, ground (or two broken whole cardamom pods)

## Sahlab Topping

1 tsp	cinnamon ground
1 tsp	nutmeg
2 Tbs	pistachios or walnuts, chopped
1 Tbs	coconut, shredded, unsweetened

Combine corn starch and water in a small bowl and stir well. Add milk to a sauce pan over low heat. Stir in corn starch mixture before milk gets warm. Stirring constantly to avoid forming lumps. Cook on low heat until the milk thickens, about 10 minutes. Then stir in vanilla, sugar and cardamom. When it comes to a boil, let it boil for 2 minutes. Pour into individual cups. Top with sprinkles of nutmeg, cinnamon, pistachios and coconut. Serves 4-6.



## Knudsen Sparkling Juice

Celebrate in style with Knudsen's non-alcoholic and non-GMO sparkling beverages, offered in a dozen different flavors to fit any occasion!

## Westsoy Chocolate Peppermint Soymilk

Satisfy your holiday cravings with this dairy free delight – organic soy milk blended with the delicious combination of chocolate and peppermint is the perfect treat for all to enjoy, hot or cold!

## Rice Nog

An absolutely irresistible combination of cinnamon, nutmeg and sweetness – non-dairy drinkers can confidently indulge in this plant-based spin on a traditional holiday favorite.



## Pumpkin Spice Almond Dream

With the flavors of sweet pumpkin and delicious cinnamon, this seasonal favorite is perfect for livening up your coffee or simply savoring as is!



## Columbia Gorge Apple Cider

A perfect cider requires the right blend of apple varieties – Columbia Gorge Apple Cider has achieved a bright, rich balance of flavor with their 30-year-old recipe that features organic apples from their own orchards.

## Nectar Creek “Sting”

Fresh ginger and pure Oregon honey combine for a sting of warmth and a tease of sweetness in this refreshing session mead.



## Catena San Carlos Cabernet Franc

This Argentinian cabernet franc is grown in the foothills of the Andes and offers elegant aromas of herbs and spices, rich flavors of red berries layered with cedar and a fresh, bright finish.



## Palama Arcangelo Salice Salentino

Enjoy the expressive flavors of this rich and robust wine, overflowing with aromas of steeped plums, cracked pepper, blackberry confit, and cinnamon – a truly delicious



## Uinta Punk'n

This sessionable pumpkin ale is brewed with real pumpkin and a spice medley of nutmeg, cinnamon, and allspice.



## At last! So Delicious Coconut Milk

offers all of the benefits of a coconut milk beverage coupled with incredibly delicious holiday flavors. Try them all!





# 40% OFF\* Select Items in November



For more than 25 years, King Bio's mission has remained true to the empowerment of whole person health, most recently including breakthroughs in whole food dietary supplements. Dr. King's vision for the company has always centered around three core guiding principles: health, wholeness, and innovation.



Celebrating  
**40**  
years

Thank you  
for staying well  
with us since 1976.



The earth contains a perfect balance of all the nutrients humans need to be healthy and happy. Trace Minerals Research's extensive offering of products provides a wealth of mineral essentials formulated to address specific health concerns.



Herbs, Etc.'s number one goal is to develop effective herbal medicines that contain only natural and beneficial ingredients that have little or no side effects. More than 35 years of expertise as a leading manufacturer of high quality, potent liquid herbal extracts is your assurance.



\*40% off regular MSRP. Select items only. In-store prices reflect discount.



# speakers, classes & contributors



## **Gifts from the Kitchen with Hal Meng and Lisa Alba**

**Tuesday, November 8  
6 pm, \$20  
Tacoma**

Food preservation expert Hal Meng will show you how to

hand-craft special holiday gifts right from your kitchen. From food extracts to flavored salts, sugars, teas and more, this hands-on workshop will feature the chance to create and take home a special gift! Harness your inner food-preservationist and share your creation.



## **Your Relationship with Money with Jessica Scales, LMFT Thursday, November 10 6:30 pm, FREE Federal Way**

Our personal relationship with

money can be a heavy burden during the holidays, especially when there are so many societal pressures telling us to exhaust our financial resources. Discover smart and stress-free ways to give graciously without breaking the bank! Join Jessica Scales, licensed marriage and family therapist, and learn how to build a healthy relationship with money and reconnect with what truly matters to you this season.



## **Homemade Soaps for Holiday Gifting with Sara Willits, Lemonbuzz Soap**

**Tuesday, November 15  
6 pm, \$20**

**Tacoma  
and**

**Thursday, November 17  
6 pm, \$20  
Federal Way**

Learn the art of making true old fashioned soap! Sara Willits, the owner of Lemonbuzz Soap, will teach you the hands-on process of making organic cold-pressed soap with raw urban honey from the happy bees of Tacoma. Participants will have the opportunity to pick up their personal soap creations once the soap has cured. Please keep in mind that it takes 4 weeks for soap to fully cure and be ready for use. You will receive a call once the soap is ready for pick-up. Only a long sleeve shirt and bubbly attitude required! You must be 18 or older to participate. Please pre-register.



## **Hummingbird Wholesale**

Hummingbird Wholesale is focused on being a positive force for change in the food industry, supporting sustainable and organic agriculture, maintaining transparency throughout their business practices, and striving to preserve the natural world. Hummingbird Wholesale makes every effort to provide maximum benefits for their customers and farmers, minimum packaging and waste, and great food for living. "From our Flock to Yours."

## **Gretchen Schodde, ANRP, MN – Harmony Hill Cancer Retreat Center**

In 1986, Gretchen Schodde opened Harmony Hill Cancer Retreat Center as a nonprofit facility to focus on the renewal and wellness of those affected by cancer. Caregivers and health professionals know them for their generous hospitality and nurturing staff, as well as delicious meals and spectacular site. The mission at Harmony Hill is to transform lives affected by cancer and inspire healthy living for all.

## **Mary Walukiewicz, Food Service Director – Marlene's Market & Deli**

Mary Walukiewicz is a graduate of the California Culinary Academy in San Francisco. She worked as a head pastry chef for Stanford University in California before becoming the Food Service Director at Marlene's.

## **Jeanne Logman, CNT, Market Manager – Marlene's Market & Deli**

Jeanne Logman is a certified nutritional therapist and the Market Manager of Marlene's in Tacoma. She has a special interest and talent for creating recipes that are as nutritionally dense as they are knock-your-socks-off delicious.



## **Skagit River Ranch**

Skagit River Ranch is a family-owned organic farm in the fertile Skagit Valley. For the past 17 years, they have been committed to farming in harmony with the environment, using sustainable, organic and humane methods in order to provide the cleanest and most wholesome food Mother Nature has to offer.

## **Susan Blake, BS, NTP, CGP**

Susan Blake is a nutritional therapist and chapter leader for the Weston A. Price Foundation. She can be reached at [hairandbodyshop@comcast.net](mailto:hairandbodyshop@comcast.net) or by calling 253.778.0684.



## **My Matcha Life**

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! For over 8 years, Calli O'Brien, founder of My Matcha Life, has traveled throughout Japan and North America in order to provide the purest matcha tea, as well as inner peace and tranquility, to tea lovers everywhere.

## **Resolute Michaels, NTP**

Resolute Michaels, nutritional therapy practitioner, operates Primal Perspectives health counseling. She is certified by the BioIndividual Nutrition Institute as a BioIndividual Nutrition Practitioner. Reach her at [RSM@PrimalPerspectives.com](mailto:RSM@PrimalPerspectives.com) or by calling 206.910.4922.

## **Mitra Mohandessi**

Born in Iran to two parents from opposite sides of the country, Mitra's experience preparing traditional meals has been strongly influenced by the diverse regions of the Middle East. Mitra has learned the techniques of incorporating the amazing flavors (and health benefits!) of the herbs and spices used in Mediterranean and Middle Eastern foods and enjoys sharing the history and culture of each recipe's country of origin.





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Author of *The Encyclopedia of Natural Medicine*

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

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SUNRIDGE FARMS

## Assorted Chocolate Confections



Fair Trade  
Assorted varieties  
Reg. 7.49 lb - 19.49 lb.

\$ **6**<sup>75</sup> - \$ **18**<sup>75</sup>  
lb. lb.



## FRONTIER Organic Spices

Assorted varieties & sizes

**30%**  
off

In-store prices reflect discount



## BARBARA'S Snackimals Animal Cookies

2.12 oz.  
Assorted varieties  
Reg. 1.19

**89¢**

## SANTA CRUZ Organic Fruit Spread



9.5 oz.  
Assorted varieties  
Reg. 4.49

\$ **2**<sup>89</sup>

## SANTA CRUZ Organic Peanut Butter



16 oz.  
Reg. 7.29

\$ **4**<sup>69</sup>

R.W. KNUDSEN

## Juice Blend



32 oz.  
Assorted varieties  
Reg. 4.25

\$ **2**<sup>99</sup>

R.W. KNUDSEN

## Just Juice



32 oz.  
Assorted varieties  
Reg. 8.89

\$ **6**<sup>49</sup>

R.W. KNUDSEN

## Simply Nutritious Juice



32 oz.  
Assorted varieties  
Reg. 4.25

\$ **2**<sup>89</sup>

R.W. KNUDSEN

## Organic Very Veggie Juice



32 oz.  
Assorted varieties  
Reg. 4.35

\$ **2**<sup>99</sup>

## CHERIBUNDI Tart Cherry Juice



32 oz.  
Reg. 8.99

\$ **5**<sup>69</sup>

## R.W. KNUDSEN Sparkling Celebration Juice



750 ml  
Assorted varieties  
Reg. 4.69

\$ **3**<sup>49</sup>



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**Celebrating 40 years**



**LILY'S SWEETS  
Stevia  
Sweetened  
Baking Chips**



9 oz.  
Reg. 7.79

**\$5<sup>29</sup>**

**SPECTRUM NATURALS  
Organic  
Shortening**

24 oz.  
Reg. 8.79



**\$6<sup>39</sup>**

**SUNSPIRE  
Organic  
Baking  
Chips**



Fair Trade  
9 - 10 oz.  
Reg. 6.69

**\$4<sup>59</sup>**

**CRUNCHMASTER  
Gluten Free  
Crackers**



4.5 oz.  
Assorted varieties  
Reg. 4.09

**\$2<sup>99</sup>**

**IMAGINE  
Organic  
Broth**



32 oz.  
Assorted varieties  
Reg. 4.35

**\$2<sup>59</sup>**

**DANDIES  
Vegan  
Marshmallows**



10 oz.  
Reg. 5.15

**\$3<sup>69</sup>**

**NAMASTE  
Gluten Free  
Baking Mix**



Assorted varieties  
& sizes

**35% off  
entire  
line**

In-store prices reflect discount

**NATURE'S PATH  
Organic Flax Plus  
Cereal**



10.6 - 14 oz.  
Assorted varieties  
Reg. 4.99

**\$3<sup>69</sup>**

**FORAGER  
Juice or  
Smoothie**



16 oz.  
Assorted varieties  
Reg. 6.59

**\$5<sup>59</sup>**

**WHOLLY WHOLESOME  
Pie  
Shells**



14 oz.  
Reg. 6.55

**\$5<sup>29</sup>**

**LISANATTI  
Almond  
Cheese**



8 oz.  
Assorted varieties  
Reg. 4.25

**\$3<sup>19</sup>**



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GREEK GODS

## Greek Yogurt



6 oz.  
Assorted varieties  
Reg. 1.65

\$1.29

SO DELICIOUS

## Coconut Milk Beverage



64 oz.  
Reg. 4.45

\$3.59

PETER LAMAS

## Skin Care

Assorted varieties  
& sizes

Everyday  
Low Price



MYCHELLE

## Selected Skin Care

Assorted varieties  
& sizes



20%  
off

In-store prices reflect discount

DESERT ESSENCE

## Natural Toothpaste

6.25 oz.  
Assorted varieties  
Reg. 6.99



\$4.99

NEW CHAPTER

## Bone Strength Take Care

Supports skeletal health

60 vcaps  
Reg. 36.95

\$26.99



NEW CHAPTER

## Zyflamend Whole Body

Promotes a healthy  
inflammation response

60 vcaps  
Reg. 44.95

\$32.99



## HEALTHFORCE Friendly Force Probiotics

120 vcaps or  
80 gr powder  
Reg. 49.95

\$33.99



HEALTHFORCE  
Digestion Enhancement  
Enzymes 120 vcaps, Reg. 34.95..23.99



Ease your flu-like symptoms with Oscillo!

BOIRON

## Oscilloccinum®

• Reduces the duration of flu-like symptoms such as body aches, headaches, fever and chills. \*

• Easy to take, sweet tasting pellets

6 ct.  
Reg. 15.69

\$10.99



\* These "uses" have not been evaluated by the FDA.



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**Celebrating 40 years**



**HIMALAYA GlucoCare**  
90 vcaps  
Reg. 22.95  
**\$17<sup>99</sup>**

180 ct.  
Reg. 39.95.....**\$29<sup>99</sup>**



**HIMALAYA Gymnema**  
60 caps  
Reg. 17.95  
**\$13<sup>99</sup>**



**IRWIN NATURALS Vita-C Plus**  
Urgent Rescue  
Mega dose of vitamin C & botanicals for a super immune boost.  
60 ct.  
Reg. 26.99  
**\$18<sup>99</sup>**



**IRWIN NATURALS Healthy Tract Prebiotic**  
Provides the food your good intestinal bacteria needs to thrive.  
60 caps  
Reg. 27.99  
**\$18<sup>99</sup>**



**HYLAND'S Calms Forté**

**Sleep Aid**  
125 tabs  
Reg. 11.09

**\$7<sup>99</sup>**



**NORDIC NATURALS Omega-3**

60 ct.  
Reg. 17.95

**\$13<sup>49</sup>**

**NORDIC NATURALS Omega One** 30 ct., Reg. 19.95.....**14<sup>99</sup>**

**RENEW LIFE**

**Extra Care Ultimate Flora Probiotics**

50 billion  
30 caps  
Reg. 39.99

**\$28<sup>99</sup>**



**RENEW LIFE**

**Extra Care Digest Smart Enzymes**

45 vcaps  
Reg. 29.99

**\$22<sup>99</sup>**



**SOURCE NATURALS L-Tryptophan**

Supports relaxation, restful sleep & a positive mood.  
30 caps, Reg. 12.75.....



**\$7<sup>49</sup>**

**SOURCE NATURALS Melatonin**

Eases the body into a restful nights sleep  
2 fl. oz.  
Reg. 11.25.....



**\$6<sup>69</sup>**

**QUALITY OF LIFE Immuno Complex**

**Advanced immune support formula**  
30 vcaps  
Reg. 24.95

**\$17<sup>99</sup>**




**ORGANIC Sweet Potatoes or Yams**  
Japanese Potato, Garnet Yams, or Jewel Yams  
**\$1<sup>59</sup> lb.**



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**Celebrating 40 years**

**7 OUT OF 10 AMERICAN  
ADULTS REPORT FEELING STRESS  
OR ANXIETY DAILY.**

**IT'S TIME  
TO RELAX.**

**35%  
off**

In-store prices reflect discount

- ✓ Supports relaxation and restores optimal magnesium levels<sup>1</sup> with whole food magnesium
- ✓ Contains the probiotics *Lactobacillus plantarum*, *Lactobacillus bulgaricus* and *Lactobacillus acidophilus*—1 billion CFU—to support healthy digestion, utilization and regularity<sup>1</sup>
- ✓ Hypoallergenic, gluten, dairy and soy free, vegetarian
- ✓ Mixes easily in 3 fizzy delicious flavors



## ODWALLA Juice or Smoothie

59 oz.  
Assorted varieties  
Reg. 8.99

**\$5<sup>99</sup>**





# NOVEMBER

## 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](http://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](mailto:classhost@marlenesmarket-deli.com).

Sunday

Monday


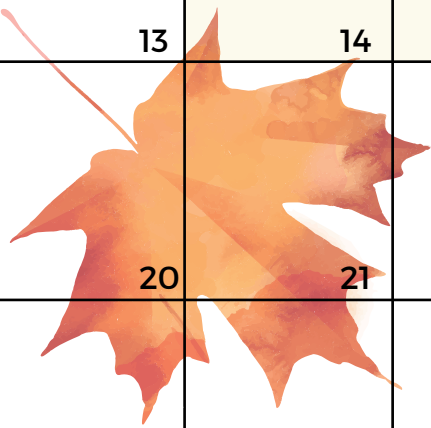

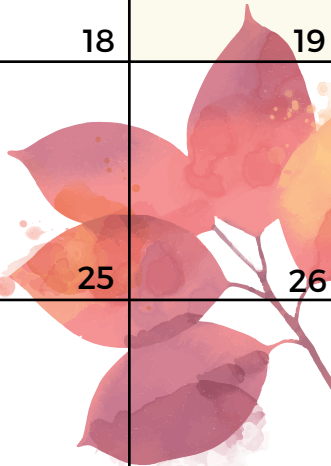
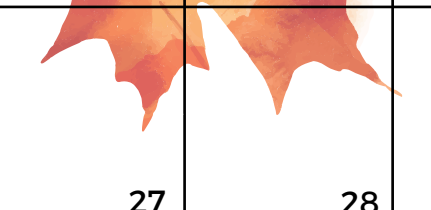

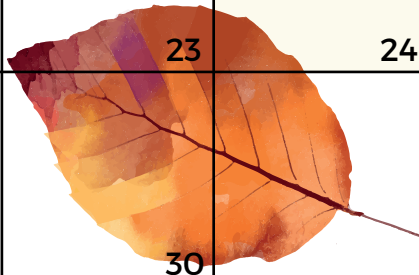

Tuesday

Wednesday

Thursday

Friday

Saturday

 <p><b>Seated Massage with Sheldon Morton, LMP</b> 11 am - 2 pm every Wednesday in Tacoma</p> <p><b>Seated Massage with Erica Seter, LMP in Federal Way</b> Tuesday, 11 am - 2 pm Friday, 3 - 7 pm</p>		<p><b>Licensed massage practitioners are available at both Marlene's locations. Appointments are first-come, first-served and are made directly with practitioner. Rates are usually \$1 per minute.</b></p>				
		1	2	3	4	5
<p><b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above!</p>		<p>Gifts from the Kitchen with Hal Meng 6 pm, \$20 Tacoma</p>	<p>Your Relationship with Money with Jessica Scales, LMFT 6:30 pm, FREE Federal Way</p>		<p>Meaningful Movies: Money and Medicine 7 pm, Gig Harbor</p>	<p><b>Open House!</b> 11 am - 3 pm in both stores!</p>
6	7	8	9	10	11	12
	<p><b>Uniform Monday!</b> 10% off to all firefighters, military and police!</p>	<p>Homemade Soaps for Holiday Gifting with Sara Willits 6 pm, \$20 Tacoma</p>		<p>Homemade Soaps for Holiday Gifting with Sara Willits 6 pm, \$20 Federal Way</p>		<p><b>Last day to order holiday meals!</b> See pages 4- 5.</p>
13	14	15	16	17	18	19
				<p>Thanksgiving Day Both Marlene's locations closed</p>		
20	21	22	23	24	25	26
						
27	28	29	30			

\*Marlene's is a co-sponsor of Meaningful Movies in Tacoma and Gig Harbor. For more information, go to [meaningfulmovies.org](http://meaningfulmovies.org).

### Implants- \$2,999 Special Offer

Includes CT Scan, Titanium Implant, Abutment & Crown.  
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Limited time offer. **Expires December 31, 2016**

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shop local, eat organic

## HOURS

Monday-Saturday: 8:30 am - 8 pm

Sunday: 10 am - 7 pm

## TACOMA

2951 S. 38th Street  
Tacoma 98409  
253.472.4080

## FEDERAL WAY

2565 S. Gateway Center Place  
Federal Way 98003  
253.839.0933

**We value your suggestions and  
feedback! Write to us at:**

feedback@marlenesmarket-deli.com



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NOVEMBER 2016

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