



OCTOBER 13-18, 2025

Harvest Days!

& CUSTOMER APPRECIATION

	COOKING DEMOS	CHEESE	SAMPLING	WINE TASTING	SPECIALS
MON	Coconut Shrimp	Local Cheeses	Equal Exchange Coffee & Cashews Itasca Foods	Non-Alcoholic Beer	TBA
TUE	Sausage Stir Fry	Irish	Stumptown Coffee Trazza Foods Hummus	Kiff Wines 3-6pm	
WED	Cajun Rockfish	Spanish Cheeses	Raeven Blue Coffee New Products Sampling	Cider Tasting Bauman's Century Farm Cider	20% OFF ENTIRE STORE! 8-1pm <small>EXCLUDES: DAIRY, WINE, MEAT</small>
THU	Local Mushroom Saute	Blue Cheeses	Cadia House Brand HeyDey Soups Bon Mau Coffee	Remy Wines	20% OFF ALL BULK FOODS ALL DAY
FRI	Butternut Squash Raviolis		Higher Taste Vegan Sand. Goat Coffee Stonefire Naan Pizza	Fresh Apple	20% OFF ALL HEALTH AND BEAUTY ALL DAY
SAT	Chili Butter SoyCurls		Apple Tasting Stonefire Vegan Pizza Hot Chocolate	Cider	Guess the Weight & Win It!

**ALL
WEEK!**

20% OFF NORDIC NATURAL SUPPLEMENTS
20% OFF MEGA FOODS
20% OFF HERB
20% OFF OREGON WILD HARVEST
NEW PRODUCT SAMPLINGS

**GIANT
PUMPKIN!**

