



NEWS FROM BARBARA AVE

NEW Longer Store Hours on Thursday and Fridays

M-W: 10 A.M. – 6 P.M.

Sat: 10 A.M. – 5 P.M.

Th-F: 9 A.M.—7 P.M.

Sun: 12 P.M. – 5 P.M.

Partnership Brings Good Food to Northside

We are excited to begin offering grab-n-go sandwiches and salads from our friends at Roasted. These are ready prepared for a quick and healthy option.



- ◆ \$4-6: Mixed green, caesar, kale, arugula, and beet and portabella salads
- ◆ \$6-\$6.25: Sanoma chicken wrap, croissant sandwiches, veggie burritos

All Local and Organic Produce

Looking for produce with a dose of chemicals? Please shop elsewhere! All our produce is organic and chemical free. We source fresh fruit and vegetables direct from over a dozen local farms and carry a full range of organic produce from citrus and apples to avocados and microgreens.

Essential Oils Samples and Demo July 14 from 10—3 pm

Do you have questions about mixing your own blends or which oils could help that recurring back pain?

Join Wyndmere for in-store samples and education. Started in 1995, Minnesota-based Wyndmere is known for its quality and has been in the business well before oils became all the rage.

Summer Grilling Season is Here

All frozen meat is 10% off for members this month.

- **Hou-KaDa Farms** (Erhard, MN): 100% grass-fed beef high in omega 3's.
- **ODLA Farms** (Pelican Rapids, MN): Eric and Hannah Nordgren raise pigs on pasture and raise lambs 100% on grass
- **Nosy Josy Bison** (Fosston, MN)
- **Sunrise Salmon** (Fergus Falls, MN)
- **Ferndale turkey** (Cannon Falls, MN)
- **Kadejan chicken** (Glenwood, MN)



No membership, no problem!

Non-members are 100% welcome to shop at the co-op.

We are NOT a member warehouse checking your card at the door.

Bulk Grilling Spices on Sale

Take yourself from weekend warrior to grill master with some new seasonings. A wide variety including:

- ◆ Yakima Applewood Smoked Salt
- ◆ Adobo Seasoning Blend
- ◆ Steak and Chop Blend



July Member Specials

15% off Produce	Broccoli
Bananas	Carrots
Cantaloupe	Local Kale
Grapes	Local Lettuce
Lemons	Local Microgreens
Watermelon	Local Snap Peas
	Local Tomatoes

10% off Grocery and Bulk

- ◆ Angelic Bakehouse buns, dinner rolls, and wraps
- ◆ Bliss muesli and granola
- ◆ All Field Day paper products
- ◆ All Good granola bars, bite, and cookies
- ◆ Natural Value mustards—multiple vars.
- ◆ Stacy’s Organic white tortillas
- ◆ Rebl elixer drinks
- ◆ Whole Grain Milling tortilla chips
- ◆ Woodstock pickles and relish
- ◆ Savor sprouted grain buns



- ◆ Majestic garlic spread and sprouted hummus—A STAFF PICK



- ◆ Santa Cruz chocolate syrup
- ◆ Coconut Bliss
- ◆ Halo Top ice cream
- ◆ Julie’s Organic ice cream



- ◆ All Coral supplements

Bulk

- ◆ Peace Coffee
- ◆ Local oats and oat groats
- ◆ Coconut chips

MANNA is a cooperative owned locally by 592 members and counting!

Becoming one is easy. Inquire at the store or join online at www.mannafoodcoop.com

All are Welcome at MANNA!



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