

Natural Body Care Products
Certified Organic Foods

All-Natural Ingredients
Fair-Trade Products

OCTOBER



2011

• NATURAL NEWS & SAVINGS •

Oct 16th - 22nd is National

BULK WEEK!

Bulk Food Facts

FACT: Bulk foods provide a savings to the consumer of 30% to 60%. Packaging and promotion can be a significant contributor to food cost.

FACT: If you have ground spices they may lose flavor quickly, and can begin to deteriorate after six months, but they may still be usable for years. If your spices no longer smell strong, or their color has faded, it may be time to replace them. Replace last year's herbs and spices - freshen up for the holiday season!

FACT: Some manufacturers of paper and cardboard pull trees from our forests, dump contaminated water into our streams and use enormous amounts of energy resulting in grotesque levels of CO2 emissions pumped into our atmosphere.

FACT: Food packaging may limit a consumer's ability to buy in quantities desired which can result in food surplus and ultimately waste.

FACT: Although most natural food companies sell their food products in recyclable packaging, there are still some food companies that use non-recyclable materials. And some consumers choose not to recycle which creates additional burden in our country's landfills.

FACT: Packaging often limits a consumer's ability to actually see the product they are buying.

Frontier Herbs and Spices

Why Buy Bulk Herbs?

Frontier bulk herbs are rigorously tested and continually inspected by the experts on their quality assurance team. Their quality program includes visits to their growers around the world, thorough inspection of every shipment, sophisticated chemical tests, controlled storage conditions and strict handling procedures. Their team makes sure that every Frontier product you buy delivers maximum potency.

When you buy Frontier Bulk Herbs & Spices, you get the amount you want at a great price, and you have the satisfaction of knowing that you're using the highest quality, most effective herbs available.

Frontier Herbs and Spices Selected Varieties

25% Off



Oat Cuisine Granola
Selected Varieties
\$3.99 Lb.

Choice Tea
Selected Varieties
25% Off



• **Prices Effective September 28th Through October 25th, 2011** •

(Some items may not be available in all areas.)

MONTH LONG SAVINGS · MONTH LONG SAVINGS · MONTH LONG SAVINGS

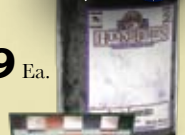
OCTOBER SAVINGS

Huckleberry's Coffee

Selected Varieties

Bulk - **\$8.49** Lb.

12-oz. Package - **\$7.99** Ea.



Oat Cuisine Granola

14-oz. to 24-oz. Package
Selected Varieties

25% Off



Choice Tea

16-ct. to 20-ct. Box
Selected Varieties

25% Off



Newman's Own

Fig Newmans

10-oz. Package
Selected Varieties

\$3.69 Ea.



Honest Tea

16-oz. Bottle
Selected Varieties

99¢ Ea.

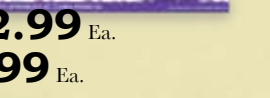


Honest Kids Beverages

Selected Varieties

64-oz. Bottle - **\$2.99** Ea.

8-ct. Box - **\$3.99** Ea.



House Foods

Organic Tofu

12-oz. to 14-oz. Package
Selected Varieties

\$1.79 Ea.



Wildwood Tofu

14-oz. to 15.5-oz. Package
Selected Varieties

\$1.99 Ea.



Siggi's

Icelandic Yogurt

5.3-oz. Cup
Selected Varieties

\$1.89 Ea.



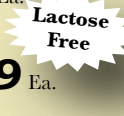
Green Valley Organics

Selected Varieties

12-oz. Sour Cream - **\$2.99** Ea.

6-oz. Low Fat Yogurt - **99¢** Ea.

24-oz. Low Fat Yogurt - **\$3.49** Ea.



Brown Cow Greek Yogurt

5.3-oz. Cup
Selected Varieties

\$1.19 Ea.



Brown Cow Organic Yogurt

32-oz. Tub or 16-oz. Greek
Selected Varieties

\$2.99 Ea.



Stonyfield Organic Activia

4-ct., 4-oz. Cups
Selected Varieties

\$2.99 Ea.



Stonyfield Yogurt

32-oz. Tub
Selected Varieties

\$3.49 Ea.



Liberté

Mediterranée Yogurt

6-oz. Cup
Selected Varieties

89¢ Ea.



WholeSoy Yogurt

Selected Varieties

6-oz. Cup - **99¢** Ea.

24-oz. Tub - **\$2.79** Ea.



Chobani Greek Yogurt

6-oz. Cup
Selected Varieties

\$1.29 Ea.



Wallaby

Selected Varieties

6-oz. Nonfat Yogurt - **79¢** Ea.

32-oz. Nonfat Yogurt - **\$2.89** Ea.

4-ct. Wallababy - **\$2.89** Ea.



A.C. LaRocco Frozen Pizza

7-oz. to 14-oz. Box
Selected Varieties

\$5.99 Ea.



Nate's Meatless Meatballs or Taquitos

10.5-oz. Bag
Selected Varieties

\$3.99 Ea.



Lillian's Healthy Gourmet Entrees

8-oz. Box
Selected Varieties

\$5.39 Ea.



Cedarlane Products

6-oz. to 10-oz. Package
Selected Varieties

25% Off



● Sept 28 - Oct 25, 2011 ●



● Recycle this flyer ●

HUCKLEBERRY'S IS THE PLACE TO GO FOR HEALTHY LIVING

ALL NATURAL



Sukhi's Products
5.5-oz. to 12-oz. Package
Selected Varieties
25% Off



Organic Bistro Entrees
10-oz. to 11.3-oz. Box
Selected Varieties
\$4.69 Ea.



Amy's Frozen Pizza
11-oz. to 14-oz. Package
Selected Varieties
\$7.49 Ea.



Amy's Frozen Burritos
5-oz. to 6-oz. Package
Selected Varieties
2/\$5



Soy Delicious Frozen Desserts
16-oz. Tub or 3-ct. Box
Selected Varieties
2/\$6



Crystal Geyser California Tea
16-oz. Bottle
Selected Varieties
2/\$3



Zevia Soda
6-ct., 12-oz. Cans
Selected Varieties
\$3.99 Ea.



Hansen's Natural Soda
6-ct., 12-oz. Cans
Selected Varieties
\$2.69 Ea.



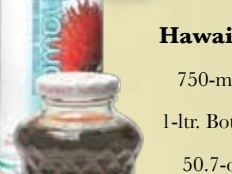
Blue Sky Natural Soda
6-ct., 12-oz. Cans
Selected Varieties
\$3.49 Ea.



Guayaki Yerba Maté Products
Selected Sizes & Varieties
25% Off



Ex Drinks
8.4-oz. Can
Selected Varieties
2/\$3



Cuties Smoothies and Juice
8-oz. to 48-oz. Package
Selected Varieties
25% Off



Hawaiian Springs Water
750-ml. Bottle - **99¢** Ea.
1-ltr. Bottle - **\$1.29** Ea.
50.7-oz. Bottle - **2/\$3**



R.W. Knudsen Simply Nutritious Juice
32-oz. Bottle
Selected Varieties
\$2.79 Ea.



Amande Cultured Almond Milk
6-oz. Cup
Selected Varieties
4/\$5

Blue Diamond Almond Breeze
32-oz. Carton
Selected Varieties
\$1.69 Ea.



Almond Dream, Rice Dream or Soy Dream
32-oz. Carton
Selected Varieties
\$2.19 Ea.



Pacific Foods Alternative Beverages
32-oz. Carton
Selected Varieties
\$2.19 Ea.



Silk Soymilk
64-oz. Carton
Selected Varieties
\$3.19 Ea.



Wheat Montana Cereal
25.6-oz. to 32-oz. Package
Selected Varieties
\$2.99 Ea.



Nature's Path Cereal Bars and Gluten Free Cereal
6-oz. to 14-oz. Package
Selected Varieties
2/\$7



Old Wessex Oatmeal
16-oz. to 18.5-oz. Package
Selected Varieties
25% Off



Nature's Path Eco Pac Cereal
22.9-oz. to 32-oz. Bag
Selected Varieties
\$5.99 Ea.

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HUCKLEBERRY'S IS THE PLACE TO GO FOR HEALTHY LIVING

WHOLESOME

**Cascadian Farm
Cereal or Bars**
6.2-oz. to 17-oz. Package
Selected Varieties

2/\$7

**Kashi
Go Lean Cereal**
14.1-oz. to 15-oz. Box
Selected Varieties

\$4.59 Ea.

**Tasty Bite
Entrees**
10-oz. Box
Selected Varieties

2/\$5

**Thai Kitchen
Products**
Selected Sizes & Varieties

25% Off

**Health Valley
Soup**
14.5-oz. to 15-oz. Can
Selected Varieties

2/\$5

**Genisoy
Sweet Crisps**
3.52-oz. Package
Selected Varieties

\$2.69 Ea.

**Plum Organics
Baby Food**
.7-oz. to 4.22-oz. Package
Selected Varieties

15% Off

**Franz
Organic Bread**
26-oz. Bag
Selected Varieties

\$3.99 Ea.

Sea Snax
.18-oz. to 2.16-oz. Package
Selected Varieties

25% Off

**Seventh Generation
Dish Liquid**
25-oz. Bottle
Selected Varieties

\$3.19 Ea.

**Seventh Generation
4X Liquid
Laundry Detergent**
50-oz. Bottle
Selected Varieties

\$13.99 Ea.

**Country Save
Laundry or
Dish Products**
Selected Sizes & Varieties

25% Off

**Earth Friendly
Ecos Liquid
Laundry Detergent**
100-oz. Bottle
Selected Varieties

\$9.99 Ea.

**Ecover
Dishwashing Products**
16-oz. to 48-oz. Package
Selected Varieties

25% Off

**Mrs. Meyer's
Clean Day Products**
Selected Varieties

16-oz. Counter Spray - **\$3.29** Ea.

12.5-oz. Parsley Liquid Hand Soap - **\$3.29** Ea.

80-ct. Dryer Sheets - **\$5.99** Ea.

32-oz. Fabric Softener - **\$5.99** Ea.

64-oz. Laundry Detergent - **\$10.99** Ea.

**Zip
Green Heat
FireLogs**
5-lb. Package

\$4.79 Ea.

Wellness Pet Food
Selected Sizes & Varieties

25% Off

Clif Builder's Bars
Selected Varieties

2.4-oz. Package - **4/\$5**

12-ct. Box - **\$13.99** Ea.

Bumble Bars
1.4-oz. to 1.6-oz. Package
Selected Varieties

\$1.39 Ea.

Think Bars
1.41-oz. to 2.1-oz. Package
Selected Varieties

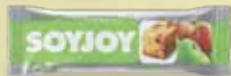
2/\$3

Think Thin Bites
4.41-oz. Package
Selected Varieties

\$3.99 Ea.



HUCKLEBERRY'S IS THE PLACE TO GO FOR HEALTHY LIVING



Soyjoy Bars
1.06-oz. Package
Selected Varieties
89¢ Ea.



**Garden Of Eatin'
Tortilla Chips**
7.5-oz. to 9-oz. Bag
Selected Varieties
2/\$5



Mi-Del Cookies
4.05-oz. to 10-oz. Package
Selected Varieties
\$2.79 Ea.



**Stacy's
Bagel or Pita Chips**
7.33-oz. to 8-oz. Bag
Selected Varieties
\$1.99 Ea.



**Mary's Gone Crackers
Snacks**
5.5-oz. to 6.5-oz. Box
Selected Varieties
\$2.99 Ea.



Kettle Potato Chips
Selected Varieties
5-oz. Bag - **\$1.99** Ea.
9-oz. Bag - **\$2.69** Ea.



Popchips
3-oz. Bag
Selected Varieties
2/\$4



**Good Health
Veggie Chips or Stix**
7-oz. to 7.5-oz. Bag
Selected Varieties
\$3.59 Ea.



**Garden Of Eatin'
Mini Corn Chips**
7.5-oz. Bag
Selected Varieties
\$1.99 Ea.



Natural Living
**Pure Essentials
Supplements**
Selected Sizes & Varieties
25% Off



**Nutrition Now
Supplements**
60-ct. to 190-ct. Bottle
Selected Varieties
25% Off



**Avalon Organics
Shampoo,
Conditioner
or Lotion**
11-oz. to 12-oz. Bottle
Selected Varieties
\$6.99 Ea.



**Spectrum
Flaxseed or
Chia Seed**
12-oz. to 14-oz. Package
Selected Varieties
25% Off



**Quantum
Lysine Products**
Selected Sizes & Varieties
25% Off

Huckleberry's Supplements

Every one of our supplements has been processed in an FDA approved facility that meets the stringent quality and cleanliness guidelines required for processing pharmaceuticals, exceeding the guidelines for just vitamins and supplements. The end result is a consistent, exceptionally high quality product, from a name you can trust... Huckleberry's.



**Huckleberry's
Antioxidant Complex**
120-ct. Bottle
\$8.99 Ea.



**Huckleberry's
Flaxseed Oil, 1000mg**
120-ct. Bottle
\$6.99 Ea.



**Huckleberry's
Omega 3 Plus Fish Oil**
60-ct. Bottle
\$5.99 Ea.



**Huckleberry's
Women's
Hormone Balance**
60-ct. Bottle
\$5.99 Ea.



**Huckleberry's
Women's Multi**
120-ct. Bottle
\$6.99 Ea.

● Sept 28 - Oct 25, 2011 ●



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OCTOBER IS CELIAC DISEASE AWARENESS MONTH

GLUTEN FREE

HUCKLEBERRY'S HAS YOUR BEST SELECTION OF GLUTEN FREE PRODUCTS!

Gluten Free Café

Entrees
9.2-oz. Box
Selected Varieties
\$4.59 Ea.

**Chebe
Gluten Free
Baking Mixes**
7.5-oz. Box
Selected Varieties
\$2.69 Ea.

**French Meadow
Gluten Free Products**
9-oz. to 15-oz. Package
Selected Varieties
2/\$7

**Kettle Cuisine
Gluten Free Soup**
10-oz. Box
Selected Varieties
2/\$5

**Udi's
Gluten Free Products**
Selected Sizes & Varieties
\$3.99 Ea.

**Enjoy Life
Gluten Free Products**
6.3-oz. to 12.8-oz. Package
Selected Varieties
25% Off



**Glutenfreeda
Oatmeal or Granola**
10.5-oz. Box
Selected Varieties
\$3.99 Ea.



**Ancient Harvest
Gluten Free Pasta**
8-oz. Box
Selected Varieties
\$1.99 Ea.



**Miracle
Noodles**
7-oz. Package
Selected Varieties
\$1.99 Ea.



**Glutino
Frozen Pizza**
6.2-oz. Box
Selected Varieties
2/\$7



Zing Bars
1.76-oz. to 1.87-oz. Package
Selected Varieties
\$1.99 Ea.



**Dr. Lucy's
Gluten Free Cookies**
5.25-oz. Package
Selected Varieties
\$4.69 Ea.

● Sept 28 - Oct 25, 2011 ●



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REALLY GOOD RECIPES CALL FOR THE VERY BEST INGREDIENTS

GREAT INGREDIENTS

Rising Moon

Pasta
8-oz. Package
Selected Varieties

\$2.99 Ea.



Woodstock Farms

Frozen Fruit

10-oz. Bag
Selected Varieties

25% Off



Rudi's Organic Bakery

Bread

8.4-oz. to 24-oz. Package
Selected Varieties

25% Off



Mt. Vikos

Spreads or Kriti Toasts

6-oz. to 11.3-oz. Package
Selected Varieties

25% Off



Natural Sea

Tuna

6-oz. Can
Selected Varieties

Yellowfin or Tongol - **\$1.99** Ea.

Albacore - **2/\$5**



Spectrum

Cooking Oil

6-oz. to 33.8-oz. Bottle
Selected Varieties

25% Off



Walnut Acre

Organic Pasta Sauce

25.5-oz. Jar
Selected Varieties

2/\$7



Earth Balance

Peanut Butter

16-oz. Jar
Selected Varieties

2/\$7



Fire On The Mountain Sauce

12-oz. Jar
Selected Varieties

\$4.69 Ea.

San-J Sauce

10-oz. Bottle
Selected Varieties

Black Label Tuman - **\$2.19** Ea.

Asian Sauce Assortment - **\$2.99** Ea.

Simply Organic

Baking Mixes

10-oz. to 16-oz. Box
Selected Varieties

\$3.99 Ea.



Muir Glen

Organic Tomatoes

28-oz. Can
Selected Varieties

2/\$5



Organic Valley Products

Selected Varieties

32-oz. Milk - **\$2.19** Ea.

8-oz. Cream Cheese or Neufchatel - **\$2.69** Ea.

64-oz. Omega-3 Milk - **\$3.99** Ea.

64-oz. Soy Beverage - **\$3.99** Ea.

16-oz. Cottage Cheese - **\$3.99** Ea.

4-oz. Shredded or Crumbled Cheese - **\$3.99** Ea.

64-oz. 2% Chocolate Milk - **\$4.49** Ea.

64-oz. Half & Half - **\$5.99** Ea.

15-oz. Ricotta - **\$5.99** Ea.



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MONTH LONG SAVINGS • MONTH LONG SAVINGS • MONTH LONG SAVINGS

HAPPY HALLOWEEN!

EnviroKidz Organic Crispy Rice Treat Size Bars

18-ct. Bag

\$4.69 Ea.

Endangered Species Chocolate

.35-oz. to 3-oz. Package
Selected Varieties

25% Off

Newman's Own Organics Chocolate Bars

2.25-oz. Package
Selected Varieties

\$1.99 Ea.

Yaya's Popcorn

5-oz. to 8-oz. Bag
Selected Varieties

2/\$3

Field Day Organic Apple Juice

Gallon Jug

\$7.99 Ea.

Zhena's Tea

Pomegranate Cider
or Pumpkin Spice
22-ct. Tin

\$4.99 Ea.

R.W. Knudsen Cider & Spice

32-oz. Bottle

2/\$5



Sept 28 - Oct 25, 2011



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926 South Monroe Street • Spokane, WA 99204 • (509) 624-1349 • www.huckleberrysnaturalmarket.com

YOU'LL ALSO FIND US TUCKED AWAY IN A CORNER OF A ROSAUERS OR SUPER 1 STORE JUST DOWN THE STREET . . .

Rosauers
Supermarkets, Inc.
9414 N. Division St
Spokane, WA 99218
(509) 467-6812

Rosauers
Supermarkets, Inc.
10618 E. Sprague
Spokane, WA 99206
509-924-3700

Rosauers
Supermarkets, Inc.
1867 Twelfth Street
Hood River, OR 97031
(541) 386-1119

Rosauers
Supermarkets, Inc.
North 411 Main Street
Moscow, ID 83843
(208) 882-5574

Rosauers
Supermarkets, Inc.
2150 U.S. Hwy 93 S
Kalispell, MT 59901
(406) 755-5088

Super 1 Foods
East 200 Mt. View
Ellensburg, WA 98926
(509) 962-7770

Rosauers
Supermarkets, Inc.
2610 East 29th Ave
Spokane, WA 99223
(509) 535-3683

Rosauers
Supermarkets, Inc.
410 South 72nd Ave.
Yakima, WA 98908
(509) 972-2327

Rosauers
Supermarkets, Inc.
2350 Reserve
Missoula, MT 59801
(406) 721-5430

Rosauers
Supermarkets, Inc.
332 Thain Road
Lewiston, ID 83501
(208) 746-2377

Rosauers
Supermarkets, Inc.
3255 Technology Blvd. W
Bozeman, MT 59718
(406) 587-0637

Super 1 Foods
710 S. 9th
Walla Walla, WA 99362
(509) 525-8790