

Naturally

the best



HUCKLEBERRY'S

NATURAL MARKET



926 S. MONROE • 624-1349 • OPEN 7AM-10PM DAILY • WWW.HUCKLEBERRYSNATURALMARKET.COM



Gluten is a protein found in all forms of wheat (including durum, semolina, and spelt), rye, oats, barley and related grain hybrids such as triticale and kamut. Living and eating with gluten intolerance requires a knowledge of both the diet and ingredients. Just because you skip the gluten, doesn't mean you need to lose the taste or convenience! When people with gluten intolerance consume gluten, the absorptive villi in the small intestine are damaged, preventing the absorption of many important nutrients. The long-term effect of untreated celiac disease can be life-threatening. However, with a completely gluten-free diet, the intestinal lining will heal completely, allowing most patients to live a normal, healthy life as long as they remain free of gluten in their diet. Even a small amount of gluten can cause symptoms to reoccur.

www.foodchoices.com

Gluten Free Tour
Saturday, Oct. 15 • 2PM
 Join Amy Wattam, our Bakery & Cheese Specialist on a Gluten Free Tour. Amy will guide you through the store's gluten free products and give you her recommendations.
 Price: FREE.

Cell Phone Drive!

October 12th-18th
 From October 12th through 18th, we will be hosting a cell phone drive for the Spokane YWCA. We will take cell phones that don't work, phones with chargers and chargers with no phone. The YWCA will use the phones that work to support their domestic violence program and "emergency phone" 911 calls. Broken or unusable phones go to a national program that pays the YWCA for them. The money is used for local programs such as their confidential safe shelter. Please bring your cell phone into the Huckleberry's store on Monroe.



This week's specials:

Effective dates 10/12 - 10/18/11.

Grocery Department

Fusion Flours Baking Mixes
 Gluten Free!
 13.9-oz. to 23.2-oz. Package
 Selected Varieties
25% Off

Bulk Department

Fusion Flours Baking Mixes
 Gluten Free!
 Selected Varieties
\$2.89 Lb.

Spokane Wine Co.

Tieton Hard Cider
 16.9-oz. Bottle
 Selected Varieties
\$3.99 Ea.

9th Street Bistro

Broccoli Salad
\$5.99 Lb.

Meat Department

Country Natural Beef Tenderloin Steak
25% Off

Produce Department

Organic Fuji Apples
\$1.09 Lb.

Organic Bartlett Pears
\$1.09 Lb.

Organic Broccoli
\$1.79 Lb.

Organic Cauliflower
\$1.49 Lb.

Organic Russet Potatoes
 5-lb. Bag
\$2.99 Ea.

Organic Red or Green Grapes
\$2.19 Lb.

Organic Mini Peeled Carrots
 2-lb. Bag
\$1.59 Ea.



Boulangerie

Michlitch's Spokane Spice Company Gluten Free Breads
 Local & Delicious!
 Good Bread - **\$5.59** Ea.
 Artisan Rounds or Sliced Sourdough - **\$5.99** Ea.
 Cinnamon Raisin - **\$7.99** Ea.

Solera Goat Cheese
\$15.99 Lb.

Natural Living

Nature's Life Super Cal-Mag
 250-ct. Bottle
Half Price!

Renew Life Ultimate Flora Immune
 30-ct. Bottle
\$21.99 Ea.

New Chapter Bone Strength Take Care
 60-ct. Bottle
\$19.99 Ea.

Vega Health Optimizers & Smoothies
 Selected Sizes & Varieties
25% Off



Upcoming Events

Northwest Vendor Corner

Saturday 10/15, 7pm

LIVE MUSIC MIKE ROSS

Ahhhhh. It's time to relax, and you know what that means. Original and collaborative guitar compositions, surreal singer songwriters and weirdly wonderful musical acts. Come and enjoy great music, food, wine & micros in our 9th Street Bistro.

Saturday 10/15, 2-4pm

TASTING TIETON CIDER WORKS

Markus the cider guy from Tieton Cider Works is going to be pouring amazing cider. We will have a nice selection of their ciders for you to find out for yourself just how downright delicious cider can be. In the bistro. 21 and over only.

Saturday 10/22, 2-4pm

TASTING DESCHUTES

This is going to be one fun beer tasting. We will have Scott Pearson with us sampling the great beers of Deschutes. You will be given a Deschutes pint glass that you will be able to take home with you. In the bistro. 21 and over only.

Michlitch's Gluten Free Bakery Spokane, WA

Michlitch's Gluten Free Bakery is entirely gluten free; unlike many others that bake both gluten and non-gluten products in the same facility, in their bakery there is no chance of cross contamination because they have no wheat, barley or rye flours. They use sorghum flour, potato starch, arrowroot starch, white rice flour, coconut flour, millet flour, quinoa flour and, again, have no wheat, rye or barley in the bakery.

Because many gluten free products are mostly carbohydrate with little fiber or protein, they worked on increasing the fiber by adding flax meal and they use sorghum flour in their flour blend because it has a similar protein percentage to wheat. They also add a natural sugar called Trehalose that's manufactured from starch (like tapioca) that acts as a dough conditioner and gives a greatly enhanced shelf life.

