

Naturally

the best



HUCKLEBERRY'S
NATURAL MARKET



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



OCTOBER IS FAIR TRADE MONTH

Fair Trade Certification is a market-based model of international trade that benefits over one million farmers and farm workers in 58 developing countries across Africa, Asia and Latin America. Fair Trade Certification enables consumers to vote for a better world with their dollars, simply by looking for the Fair Trade Certified label on the products they buy.

The Fair Trade Certified label guarantees that farmers and workers received a fair price for their product. The Fair Trade price means that farmers can feed their families and that their children can go to school instead of working in the fields.

There are nine main principles by which all fair trade abides: create opportunities for marginalized producers, develop transparent relationships, build capacity, promote fair trade, pay promptly and fairly, support empowering working conditions, ensure children's rights, cultivate environmental stewardship, and respect cultural identity. It focuses in particular on exports from developing countries to developed countries, most notably handicrafts, coffee, cocoa, sugar, tea, bananas, honey, cotton, wine, fresh fruit, chocolate, flowers and gold.

This week's specials:

Effective dates 10/19 - 10/25/11.

Grocery Department

Equal Exchange Tea
20-ct. Box
Selected Varieties
\$3.99 Ea.

Equal Exchange Whole Bean Breakfast Blend Coffee
12-oz. Package
\$8.99 Ea.

Equal Exchange Chocolate Bars
3.5-oz. Package
Selected Varieties
\$3.69 Ea.

Spokane Wine Co.

Deschutes Brewery Beer
12-oz. Bottle
Selected Varieties
\$1.09 Ea.

Meat Department

Mary's Chicken Boneless, Skinless Breast
25% Off

Produce Department

Organic Fuji Apples
\$1.09 Lb.

Organic Gala Apples
89¢ Lb.

Organic Bartlett Pears
\$1.19 Lb.

Organic Broccoli
\$1.49 Lb.

Organic Russet Potatoes
5-Lb. Bag
\$2.79 Ea.

Organic Hard Squash
Selected Varieties
89¢ Lb.

Organic Pie Pumpkins
\$1.09 Lb.

Organic Valencia Oranges
89¢ Lb.

Organic Red or Yukon Gold Potatoes
\$1.09 Lb.

Organic D'Anjou Pears
\$1.39 Lb.

Organic Honeycrisp Apples
\$1.49 Lb.

Bulk Department

Craven's Coffee
\$9.99 Lb.

Boulangerie

Great Harvest Coconut Macarons
\$1.49 Ea.

Norseland Jarlsberg
Selected Varieties
\$6.99 Lb.

Snofrisk Goat Cheese Spread
4.4-oz. Cup
\$2.99 Ea.

9th Street Bistro

Stuffed Mini Pumpkins
\$8.99 Lb.

Natural Living

Gaia Black Elderberry
3-oz. to 5.4-oz. Package
Selected Varieties
Half Price!

Genuine Health Go 4 Trim
Selected Sizes & Varieties
25% Off

Beer Tasting Saturday Oct. 22nd



Upcoming Events

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. \$5 In the bistro. 21 and over only.

Saturday 10/22, 7pm

LIVE MUSIC TALMADGE & KASSANDRA

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 10/29, 2-4pm

TASTING RENWOOD WINERY

If you love zinfandel than this is your day! Jeff Peda from Renwood Winery will not only be pouring some of their marvelous zinfandel but some of their other varietals as well. \$5 In the bistro. 21 and over only.

Northwest Vendor Corner

Craven's Coffee Spokane, WA

Craven's Coffee doesn't buy their beans down at the docks. They actually visit the farms where they're grown. They build friendships with coffee farmers all over the world and they see for themselves how hard they work to cultivate something special. They think their valiant efforts deserve commensurate appreciation.

Many farmer's operations are small, so they've had to sell their coffee for less than it costs to grow. That means hard times for them, their families, and their workers. The plight of these farmers is very real. But there is a solution: fair trade.

The fair trade movement guarantees farmers and workers a fair price for their product. When you see a Fair Trade Certified label on a bag of Craven's, you can be sure the producer received at least the minimum price per pound, credit at fair terms, and technical assistance in organic and sustainable cultivation methods.

www.cravenscoffee.com



Craven's Coffee