

Naturally

the best



HUCKLEBERRY'S

NATURAL MARKET



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

JUICE BAR INFUSIONS

Juice Infusions are a great way to add that extra "Oomph" to your drink.

- **Bee Pollen** - Good source of minerals and vitamins that enhance energy, memory and performance!
- **Ginger** - Anti-inflammatory that stimulates cleansing and helps promote blood flow!
- **Green Tea Matcha** - Helps lower cholesterol, boost metabolism and is a powerful antioxidant!
- **Ginseng** - Stimulates the immune system, regulates blood sugar and cholesterol while helping control stress levels!
- **Spirulina** - Great source of protein and Vitamin K!
- **Yogurt** - Rich in protein, calcium, riboflavin, and both Vitamin B6 and Vitamin B12!
- **Chlorophyll** - Blood cleanser and blood cell stimulant!
- **Flaxseed Oil** - The best source of Omega-3 that helps joints and detoxification!
- **Protein Powder** - A great post-workout addition to help rebuild muscles and helps prevent multiple cancers including breast and prostate cancer!

This week's specials:

Effective dates 1/18 - 1/24/12.

• Grocery Department •

Zing Bars
1.76-oz. to 1.87-oz.
Selected Varieties
\$2.19 Ea.



Field Day Canned Pasta
15-oz.
Selected Varieties
2/\$3



Field Day Bath Tissue
4-ct. - **\$1.69** Ea.
12-ct. - **\$7.69** Ea.



Food Should Taste Good Tortilla Chips
5.5-oz.
Selected Varieties
\$1.99 Ea.



Emerald Valley Dips
12-oz. to 16-oz.
Selected Varieties
\$2.99 Ea.



• Bulk Department •

Frontier Ground Ginger Root
\$7.99 Lb.



Frontier Organic Spirulina Powder
\$29.99 Lb.

Frontier Wheat Grass Powder
\$14.99 Lb.



• Produce Department •

Organic Juice Carrots
25-lb. Bag
\$14.99 Ea.



Organic Pink Lady Apples
3-lb. Bag
\$3.59 Ea.



Organic Valencia Oranges
4-lb. Bag
\$3.19 Ea.



Organic Lemons
\$1.59 Lb.



Organic Grapefruit
99¢ Ea.



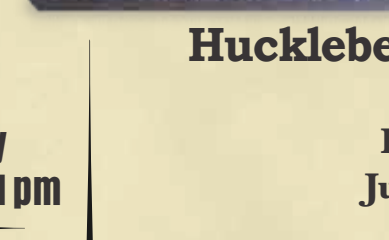
Organic Fuji or Braeburn Apples
99¢ Lb.



Organic Valencia Oranges
99¢ Lb.



Organic Green Kale
\$1.49 Ea.



Organic Wheatgrass Flat
\$12.50 Ea.

• Meat Department •

Country Natural Boneless Rib Eye Steaks
25% Off



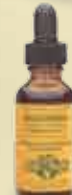
• 9th Street Bistro •

Stroganoff Turnover
\$8.99 Lb.



• Natural Living •

Herb Pharm Ginseng
1-oz.
Selected Varieties
\$8.99 Ea.



Nutrex Organic Spirulina Powder
5-oz.
\$11.99 Ea.



Huckleberry's Organic Berry Powder
15.5-oz.
\$13.99 Ea.



New Chapter Supplements
Selected Sizes & Varieties
25% Off



• Spokane Wine Co. •

Pasek Wine
750-ml.
Selected Varieties
\$8.99 Ea.



Upcoming Events

Saturday 1/21, 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 1/21, 2-4pm

WINE TASTING

À La Carte

Our close out cart has drawn so much attention that we thought a close out cart tasting was in order. We like to find amazing wines at great deals and of course pass that on to you. In the Bistro from 2-4 PM. \$5 per flight of 5 wines. 21 and over.

Saturday 1/22, 9am-1pm

CITRUS TASTING

In Season Citrus!

Come in to sample and learn about our many varieties of delicious in-season citrus! Free samples on Sunday the 22nd from 9am-1pm.

Huckleberry's Expert's Corner

**Darin Herleikson
Juice Bar Specialist**

Darin, who is in charge of the juice bar, is an active mountain climber and snow boarder. "Maintaining an active outdoor lifestyle forces me to keep a balanced and nutritional diet. I usually start my mornings on the way up to the mountain with a hot juice from our juice bar or a protein-infused drink to keep me going throughout the day."

