



health connections

OCTOBER | NOVEMBER | DECEMBER 2024

October

cultured mama
LIVING FOODS

CULTURED MAMA ALL TONICS

20% Off!

On Sale
ALL MONTH!

November

now

VITAMIN C-1000
100cap
\$8³⁹
SRP \$13.99

40% Off!

December

PILGRIM'S BAKEHOUSE

GINGERBREAD COOKIE PACKS

25% Off!

On Sale
ALL MONTH!

PILGRIM'S UPDATE

FRESH IS BEST!



Joe, Team Captain

About a year ago I watched *Live to 100: Secrets of the Blue Zones* on Netflix and it offered insights that will last a lifetime. The series focusses on commonalities between populations around the world that enjoy robust and healthy lives that last well into their 9th and 10th decades. There are many nuggets of wisdom for living a long life in this series but, for this article, I want to focus on their reliance on fresh minimally processed whole foods.

Over the years Pilgrims has doubled down on our commitment to providing

the healthiest, nutrient dense, freshest foods possible. That means sourcing locally grown and produced foods, including those from our own farm behind the store. Look for the GRH logo which stands for "Grown Right Here" throughout the store. That also means expanding our fresh meats, seafoods, whole food bulk department and our MRH (Made Right Here) deli and fermented foods (Cultured Mama).

Eating a fresh whole food means eating a food that has not been processed any more than perhaps being sliced and within minutes or a day of being prepared. For example, a freshly made salad with nuts, avocados, seeds, sliced apple or berry with perhaps olive oil, lemon juice and balsamic vinegar. If you're a meat and dairy eater then you could add a cultured dairy product like yogurt, kefir, sour cream and freshly cooked whole meat. Examples of minimally processed foods would include freshly cooked legumes, rice, lightly steamed vegetables, cultured foods like yogurts and Sauer Krauts and freshly cooked whole meats. Freshly baked bread is probably next on the list and the worst foods are highly processed foods like chips, bars, candies, hot dogs etc.

ARE ULTRA-PROCESSED FOODS KILLING US?

I took my first European vacation this last spring and I was shocked at how healthy the people looked in France and Switzerland. Very few people were overweight, but it wasn't just weight. There is something that's hard to describe that you sense in healthy people that goes beyond weight. There is a vibrance, a skin tone, a whiteness in the eyes even. I notice it a lot with very fit people who engage in lots of exercise and good nutrition. It is a stark contrast to people who don't exercise and eat the SAD (Standard American Diet) who are not only overweight, but they look bloated and have a lack of vitality that I can only conclude is a result of too much salt, artificial ingredients, too many calories and probably thousands of bizarre unnatural food additives.

After noticing a difference in how people looked, I then noticed a lack of large stores full of processed foods and was shocked to see an abundance of small farmers and independent food vendors which focused on freshly made minimally processed

foods. Their craftsmanship created naturally flavorful foods with no evidence of artificial flavor enhancers and excess salt. I have returned from that trip even more committed to improving the variety and quality of the fresh and minimally processed foods that we can offer to you.

IS "ORGANIC" ALWAYS HEALTHY?

Sadly, the answer is "NO." Just because a food has the organic seal on it doesn't mean it's healthy for two reasons:

- 1.** Many highly processed foods can be certified organic but still contain excess calories, too much salt, an unhealthy imbalance of bad fats and oils versus good ones and they can also be stripped of many nutrients as a result of the ultra-processing and the resulting long shelf life.
- 2.** As big corporations exert more influence on the organic certifying agencies and the USDA itself, the assurance of quality that the seal once represented has diminished. We have seen a huge increase in the number of lawsuits brought against farmers, processors and certifying agencies because of growing conflicts of interest and willful violations of the standards. Mid-size organic farms and processors are struggling in the national marketplace because of the price pressures created by giant companies that are cutting corners to reduce prices.

This is why finding local and regional organic suppliers (who tend to always be independently owned) is incredibly important. These big corporate organic producers tend to be the ones that produce low-priced private-label organics for big box retailers.

THE PILGRIMS PROMISE

My commitment to providing the very best, local, freshly produced and minimally processed foods from reputable sources is stronger than ever. My commitment is to quality - pure and simple, and I want nothing more than to walk around Coeur d'Alene and see healthy, fit and vibrant people!

Thank you for your shared commitment to **FRESH, LOCAL AND ORGANIC!!!**

Publication Information

design@pilgrimsmarket.com

(208) 676-9730 ext.122

Pilgrim's Health Connections is a quarterly publication of Pilgrim's Market and is designed to educate and inform readers on issues pertaining to natural health and wellness. This publication requires no purchase.

Art Credits

Employee sketches and seasonal illustrations are the works of local artist Breana (@bre.gotham.art), or the work of Dakota Andrews (@k0da.rt)

LOCAL VENDOR SPOTLIGHT: MARROW & TALLOW



Julie, Event Manager

Marrow & Tallow's handcrafted, beef and bison tallow-based topical balms are revitalizing skincare with straightforward ingredients that yield results! Nutrient-dense bone marrow and tallow are masterfully blended with organic, cold-pressed jojoba oil and plant extracts to create a skincare superfood that simultaneously celebrates ancestral tradition and modern-day sustainability.

Owner and founder of Marrow & Tallow, Jordan Barnes proudly declares, "I like

working with cattle. Ranching is in my blood. My family came over from Norway to homestead 7000 acres of land in Central Montana." Jordan spent several months working there and gained a vast appreciation and understanding of homesteading and regenerative agriculture. Jordan went on to work as a wrangler for the Washington State Fair Rodeo, something he still enjoys doing to this day. But Jordan was yearning for more. He wanted to work for himself and build something he could feel good about.

While visiting his close friends who own a cattle ranch and meat processing plant in Sandpoint, Idaho, Jordan saw how much of the animal is discarded and noted the potential to do something with it. The cattle from his friend's farm are grass-fed, sustainably raised, and would provide a quality base ingredient for his endeavor. Jordan's homesteading roots inspired and led him to make skincare tallow from suet, the nutrient-dense hard fat that surrounds and protects the animal's kidneys. Tallow is loaded with naturally occurring antioxidants, fat-soluble vitamins, minerals, and omega fatty acids that can protect, nourish, and even mimic our skin's lipid barrier. In fact, the word sebum actually means tallow in Latin!

Jordan researched, practiced, and learned techniques that became his trademark secrets for his unique formulas. Once again, he credits his homestead roots, specifically his mother and aunts who were always creatively crafting something out of nothing. Jordan reflects, "Everything was homemade by them and they inspired me to use that same principle with Marrow & Tallow". There was some trial and error but before long I was selling tallow at the Farmer's Market and was known as the Tallow Guy."

Marrow & Tallow offers twelve varieties of balms and creams, each hand-crafted with highly effective, targeted ingredients for maximum results. Choices range from simple tallow with organic jojoba oil to the best-selling, patent-pending Methylene Blue Collagen Cream with bone marrow. Jordan explains, "Methylene blue is antimicrobial, it stimulates the mitochondrial function of the skin cell and modulates UV rays. It is like a Swiss army knife ingredient for skin care."

What's next for Marrow & Tallow? Jordan continuously searches for new local suppliers who practice production traceability. The ability to track and trace how something is produced is a vital component of Marrow & Tallow products. In fact, Jordan is excited to announce a partnership with North Bridger Bison, a Bozeman area ranch that is setting the standard for regenerative ranching. Other than that, Jordan says he is better at adapting than planning. "If there is a better way

to do it, do it. Don't hold back!" You can find Marrow & Tallow balms and creams in the Health & Beauty Department at Pilgrim's. Thank you for shopping local!





Holiday Items

ONLY AT PILGRIM'S MARKET
MADE WITH ORGANIC INGREDIENTS



CULTURED MAMA
VEGAN CRANBERRY
CHEEZCAKE



PILGRIM'S
VEGAN CHOCOLATE
CAKE MIX



PILGRIM'S BAKEHOUSE
HOUSEMADE
PIES



PILGRIM'S BAKEHOUSE
HOT BUTTERED
RUM MIX



CULTURED MAMA
CRANBERRY DRINKING
YOGURT



PILGRIM'S GIFTS
HOLIDAY SCENTED
CANDLES



CULTURED MAMA
CRANBERRY
CHUTNEY



PILGRIM'S DELI
HOLIDAY SIDE
DISHS



ALL OF THESE PRODUCTS ARE "MADE RIGHT HERE"
AT PILGRIM'S MARKET. LOOK FOR THIS STICKER,
WHICH SIGNIFIES ITEMS MADE IN THE STORE.

OCTOBER

"I WISH THAT EVERY DAY WAS SATURDAY AND EVERY MONTH WAS OCTOBER."
-CHARMAINE J. FORDE

PILGRIM'S
Autumn Harvest Sale
WITH RONNIGER'S ORGANIC FARMS



15% Off!

BAGGED CARROTS,
GREEN & RED CABBAGE,
LOOSE BEETS

OCTOBER 14-31ST

PILGRIM'S
House Plant Sale
ALL INDOOR FOLIAGE
ON SALE!



30% Off!

Three Day Sale
OCTOBER 17-19TH

ginger juné candleco.
ESSENTIAL OIL &
FRAGRANCE CANDLES

20% Off!



On Sale
OCTOBER 14-20TH

PILGRIM'S
Bakehouse Spotlight
MOLASSES COOKIES



They're Back!

Regular & Mini Packs
NOW AVAILABLE

WHITE CANE® SALMON



Available in the
Meat Department

While Supplies
Last

PILGRIM'S
Deli Spotlight
VEGAN BUTTERNUT SOUP
MADE RIGHT HERE



MEDIUM \$5.59
Reg. \$7.99

LARGE \$9.79
Reg. \$13.99

PILGRIM'S
Bakehouse Spotlight
SPROUT OF THIS WORLD BREAD



New Item
NOW AVAILABLE!

PILGRIM'S
Gift Department Spotlight
PUMPKIN CHAI CANDLES



\$25 ea.

Available
WHILE SUPPLIES LAST

ORGANIC FUJI APPLES



\$1.49/lb.

10/10-10/13

30% off All Month
IN THE GRAB-N-GO CASE

cultured
mama
LIVING FOODS



ALL TONICS ON SALE!
MADE WITH ORGANIC INGREDIENTS



20% off!
ALL MONTH!

PILGRIM'S MARKET
Exclusive

EQUAL EXCHANGE
FAIRLY TRADED

ALL EQUAL EXCHANGE
FAIRTRADE COFFEE ON SALE!



20% Off!

On Sale
ALL MONTH!

BOODY ECO WEAR®

All Varieties
20% off!

10/7-10/13



HILL'S® BRATWORST

Local Supplier!

Available in the
Meat Department



PILGRIM'S
Bulk Department One-Day Sale
ENTIRE DEPARTMENT ON SALE*



20% Off!

One Day Sale
OCTOBER 18TH
*excludes coffee

OCTOBER

"I WISH THAT EVERY DAY WAS SATURDAY AND EVERY MONTH WAS OCTOBER."
- CHARMAINE J. FORDE

KALONA SUPERNATURAL
Organic Whole Milk Kefir,
Plain
32oz

\$4⁹⁹

Reg. \$6.49



Prices effective 9/23/24 - 10/20/24

MAVUNO HARVEST
Dried Organic Mango
20z

\$2⁸⁹

Reg. \$3.89



Prices effective 9/23/24 - 10/20/24

POPPI
Prebiotic Soda, Watermelon
12oz

\$1⁹⁹

Reg. \$2.69



Prices effective 9/23/24 - 10/20/24

HOP WTR
Sparkling Hop Water,
Blood Orange
6pk-12oz

\$9⁵⁹

Reg. \$13.14



Prices effective 9/23/24 - 10/20/24

BROWN COW.

Cream Top Whole Milk Yogurt,
Cherry Vanilla | 5.3oz

Cream Top Whole Milk Yogurt,
Peach | 5.3oz

\$1¹⁹

Reg. \$1.39



SEVEN SUNDAYS
Real Cocoa Sunflower
Cereal, Grain Free
8oz

\$6²⁹

Reg. \$8.19



Prices effective 9/23/24 - 10/20/24

ENDORFIN FOODS
Organic Coconut Cream
Chocolate Bar, 54% Cocoa
Plus Select Varieties

1.70z

\$3⁸⁹

Reg. \$5.59



Prices effective 9/23/24 - 10/20/24

**OCTOBER
COFFEE
SALE**

SAVE \$1.00 on
all retail bags of
DOMA coffee.



WILCOX
Organic Large
Brown Eggs
12ct

\$4⁶⁹

Reg. \$5.69



Prices effective 9/23/24 - 10/20/24

WHATIF FOODS
Bamnut Milk, Barista
33.8oz

\$2⁸⁹

Reg. \$5.59



Prices effective 9/23/24 - 10/20/24

MELORA
Manuka Honey UMF 10+
12oz

\$22⁹⁹

Reg. \$31.59



Prices effective 9/23/24 - 10/20/24

OCTOBER

"I WISH THAT EVERY DAY WAS SATURDAY AND EVERY MONTH WAS OCTOBER."
-CHARMAINE J. FORDE

NORDIC NATURALS

OMEGA-3, LEMON 6oz
SRP. \$18.95 **\$15¹⁹**

NORDIC BERRIES, ORIGINAL 12oz
SRP. \$26.95 **\$21⁵⁹**

ARTIC COD LIVER OIL, ORANGE 16oz
SRP. \$54.95 **\$43⁹⁹**

ENTIRE LINE 20% Off!
Prices effective 10/1/24 - 10/31/24

OREGON'S Wild Harvest
SINCE 1994 HERBAL SUPPLEMENTS

Organic Milk Thistle | 1oz
SRP \$17.95.....**Sale \$13.49**

Organic Garlic | 90cap
SRP \$21.95.....**Sale \$16.49**

SELECT OREGON'S WILD HARVEST 25% Off!
Prices effective 10/1/24 - 10/31/24

C-FORCE
Alkaline Water
3 liters
\$2⁸⁹
Reg. \$4.19

Prices effective 9/23/24 - 10/20/24

Emerald Labs
The Additive-Free Company®

Coenzymated B-Healthy | 60cap
SRP \$26.95.....**Sale \$18.89**

Reflux Health | 60cap
SRP \$32.95.....**Sale \$22.99**

ENTIRE LINE 30% Off!
Prices effective 10/1/24 - 10/31/24

Garden of Life

VITAMIN CODE 30% OFF!

Vitamin Code Raw Vitamin C | 120cap
SRP \$37.99.....**Sale \$26.59**

Vitamin Code Raw Zinc | 60cap
SRP \$15.99.....**Sale \$11.19**

Vitamin Code Raw Vitamin D3 2000iu |
SRP \$40.99.....**Sale \$28.69**

Vitamin Code Raw One for Men | 75cap
SRP \$42.99.....**Sale \$30.09**

Prices effective 10/1/24 - 10/31/24

COPPER RESCUE
Natural Germ Defense

COPPER RESCUE
1 ea
\$29¹⁹

Thanks to Copper Rescue's antimicrobial properties, help fight off colds, cold sores, warts; as well as clean minor cuts.
Prices effective 10/1/24 - 10/31/24

NEWCHAPTER

ONE DAILY PRENATAL MULTIVITAMIN
30tab
\$23⁷⁹
SRP \$33.95

ENTIRE LINE 30% Off!
Prices effective 10/1/24 - 10/31/24

FLORA

ORGANIC FLAX OIL
32oz
\$37³⁹
SRP \$43.99

ENTIRE LINE 15% Off!
Prices effective 10/1/24 - 10/31/24

MediNatura

T-RELIEF EXTRA STRENGTH PAIN RELIEF GEL
3oz
\$12⁵⁹
SRP \$17.99

ENTIRE LINE 30% Off!
Prices effective 10/1/24 - 10/31/24



SELECT ANCIENT NUTRITION
30% Off!

Prices effective 10/1/24 - 10/31/24



Multi Collagen Protein
Powder | 16oz
\$36⁹⁹
SRP \$52.95

SBO Probiotic, Gut
Restore | 60cap
\$34⁹⁹
SRP \$49.95

Bone Broth Protein,
Pure | 15.7oz
\$36⁹⁹
SRP \$52.95

Once Daily Women's
Vitality | 30cap
\$24⁴⁹
SRP \$34.95

Organic SuperGreens Alkalize
& Detox Powder | 7.5oz
\$31⁴⁹
SRP \$44.95

HOST DEFENSE[®] Mushrooms[™]

ENTIRE LINE
25% Off!



Lion's Mane
120cap
\$47¹⁹
SRP \$62.95

Mycobotanicals Brain
60cap
\$23⁹⁹
SRP \$31.95

Mycommunity
120cap
\$53⁹⁹
SRP \$71.95

Turkey Tail
60cap
\$25⁴⁹
SRP \$33.95

Stamets 7
3.5oz
\$23⁹⁹
SRP \$31.95

MycoShield Spray,
Peppermint | 1oz
\$15⁹⁹
SRP \$20.95

Prices effective 10/1/24 - 10/31/24



TEA TREE OIL & NEEM TOOTHPASTE, WINTERGREEN | 6.25oz
SRP \$8.39.....**Sale \$5.89**
DEODORANT, COCONUT | 2.25oz
SRP \$12.19.....**Sale \$8.49**



ENTIRE LINE 25-30% Off!

Prices effective 10/1/24 - 10/31/24



PAPAYA DIGESTIVE SUPPORT | 500ct
SRP \$23.69.....**Sale \$16.59**
L-LYSINE ADVANCED | 180cap
SRP \$25.19.....**Sale \$18.89**



ENTIRE LINE 20-30% Off!

Prices effective 10/1/24 - 10/31/24

OCTOBER

"I WISH THAT EVERY DAY WAS SATURDAY AND EVERY MONTH WAS OCTOBER."
-CHARMAINE J. FORDE



ALIVE! CHILDREN'S MULTI GUMMIES | 90ct
SRP \$20.99.....**Sale \$14.69**

SAMBUCUS IMMUNE GUMMIES | 60ct
SRP \$20.99.....**Sale \$16.79**

SELECT NATURE'S WAY 20-30% Off!
Prices effective 10/1/24 - 10/31/24



WELLBETX BERBERINE | 60cap
SRP \$28.95.....**Sale \$20.29**

NAC 600MG | 60cap
SRP \$15.95.....**Sale \$11.19**

ENTIRE LINE 20-30% Off!
Prices effective 10/1/24 - 10/31/24



High Potency D3 & K2 Complex | 60sg
SRP \$23.99.....**Sale \$19.19**

CBD Power to Sleep | 60sg
SRP \$30.65.....**Sale \$24.49**

ENTIRE LINE 20% Off!
Prices effective 10/1/24 - 10/31/24



C-1000 | 100cap
SRP \$13.99.....**Sale \$8.39**

Oregano Oil | 90cap
SRP \$19.99.....**Sale \$11.99**

SELECT NOW 25-40% Off!
Prices effective 10/1/24 - 10/31/24



Oscilloccoccinum | 6ct
SRP \$16.59.....**Sale \$11.59**

ColdCalm | 60tab
SRP \$13.29.....**Sale \$9.29**

Prices effective 10/1/24 - 10/31/24

SELECT BOIRON 25-30% Off!
Prices effective 10/1/24 - 10/31/24



ENTIRE LINE 20% Off!
Prices effective 10/1/24 - 10/31/24

MacaHarmony® naturally supports normal hormone balance, menstrual and reproductive health from your teens through your reproductive years. Proven to support:

- normal hormone balance*
- normal menstrual cycles*
- symptoms related to monthly menstruation*
- healthy energy levels*
- balanced mood*
- normal reproductive health*
- clear skin, hair and nails*



FEMMENESSENCE MACAHARMONY
120cap
\$29⁵⁹
SRP. \$36.99

Double-blind, placebo-controlled, clinical trial results with MacaLife® showed a 74-82% success rate in supporting:

- normal hormone balance*
- hot flashes and night sweats*
- dryness and lack of desire*
- balanced mood*
- energy and sleep*



FEMMENESSENCE MACALIFE
120cap
\$29⁵⁹
SRP. \$36.99

In double-blind, placebo controlled clinical trials 84% of women taking MacaPause® experienced a highly statistically significant support for:

- normal hormone balance*
- dryness and lack of desire*
- heart and bone health*
- hot flashes and night sweats*
- mood and mental health*
- energy and sleep*
- hair, skin and nails*
- heart health*
- hair, skin and nails*



FEMMENESSENCE MACAPAUSE
120cap
\$29⁵⁹
SRP. \$36.99

COME JOIN US FOR

Pilgrim's Events

2024 EVENTS:

Please RSVP via email to Julie at events@pilgrimsmarket.com

All classes will be in our new event space at 1411 N. 4th St, CDA, ID (the old Make Wine Make Beer building)-across the street from Pilgrim's Market.

EVENTS



WALNUT AVE

RUNGES

4TH STREET

PILGRIM'S MARKET



BLENDED HEALTH MODALITIES

RHO ZARAGOZA

This presentation given by Master Rho Zaragoza will inform the audience how acupuncture, western medicine and Tai chi fit together to recover from and steer clear of a life of disability. Master Rho Zaragoza moved to the United States from Singapore in 1979. He is a Registered Nurse with thirty-four years of experience in health care specializing in critical care and trauma. Also Licensed to practice acupuncture, he was appointed by Idaho Governor Kempthorne, Idaho Governor Risch and Idaho Governor Otter to serve on the Idaho State Board of Acupuncture.

THURSDAY, OCT. 3
6:00-7:30pm
FREE CLASS!

RSVP HIGHLY RECOMMENDED BUT NOT REQUIRED.



HOST DEFENSE PRESENTATION

ROBIN YEAGER, HOST DEFENSE

Robin Yeager launched HOST DEFENSE® ORGANIC MUSHROOMS™ for Paul Stamets and FUNGI PERFECTI, LLC in November 2009. He realized immediately that being a Rep for HOST DEFENSE meant teaching people about the product line – how it is made and how we humans benefit from it. Join us! Samples of mushroom cocoa and mocha will be served at the event. Attendees will go home with a sample product.

WEDNESDAY, OCT. 9
6:00-7:30pm
FREE CLASS!

RSVP HIGHLY RECOMMENDED BUT NOT REQUIRED.



ANCIENT NUTRITION: LEADING ^{THE} REGENERATIVE REVOLUTION

LEISEL STOHR, ANCIENT NUTRITION

Join us to explore how Ancient Nutrition's RANCH Project is transforming our planet and shaping a sustainable future. This class will dive into the regenerative agriculture practices used on Ancient Nutrition farms and the innovative, nutrient-dense products they offer. You'll gain insights on how to "vote with your dollars" to support positive environmental change. Plus, attendees will receive a full-size ROC® Probiotic sample to nourish your body while saving the planet!

THURSDAY, OCT. 10
6:00-7:30pm
FREE CLASS!

RSVP HIGHLY RECOMMENDED BUT NOT REQUIRED.



STRESS AND PAIN: AN INTIMATE CONNECTION

DR LEXI LOCH, ND

Did you know that stress and pain are two sides of the same coin?† Join Dr Lexi Loch to discuss how these conditions are linked, and which botanical interventions can quickly and safely relieve stress and reduce pain.*† A licensed naturopathic physician in Oregon and Washington, Dr Loch has a passion for the scientifically proven benefits of herbal extracts. Samples will be provided for attendees.

THURSDAY, OCT. 17
6:00-7:30pm
FREE CLASS!

RSVP HIGHLY RECOMMENDED BUT NOT REQUIRED.



LACTO-FERMENTATION 101

JUDITH, CULTURED MAMA

Find out about the traditional art of lacto-fermentation and how it both preserves and enhances food. Learn how to make your own gut-healthy sauerkraut in this hands-on class with Judith Whiting, our Cultured Mama manager.

Fee includes samples & recipes. Participants will make and take home a jar of raw, lacto-fermented sauerkraut.

THURSDAY, OCT. 24
6:00-8:00pm
COST: \$20 per attendee

RSVP & PREPAYMENT REQUIRED- LIMITED OCCUPANCY

10 | †Occasional muscle pain due to exercise or overuse.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



BIGHORN BOTANICALS: HOME OF MONTANA YEW TIP PRODUCTS

BIGHORN BOTANICALS

In this open discussion, we will educate everyone about Montana YewTip and what it is used for. Bighorn Botanicals, Inc. is the first and only company in the world offering a complete line of products made from the legendary Pacific Yew (*Taxus brevifolia*) for internal and external use, the natural YewTip source. Samples will be served at the event and attendees will go home with a product.

RSVP highly recommended but not required.

THURSDAY, NOV. 7
6:00-7:30pm
FREE CLASS!



A BRAIN BASED HOLIDAY PREP KIT FOR PARENTS

DR. ANNE, SPOELSTRA CHIROPRACTIC

Join Dr. Anne from Spoelstra Family Chiropractic for an evening about deepening your connection with your child and learning key ideas about communication and the holiday seasons. We talk about holiday breaks, family events, and navigating the transitional periods of days off. Come learn about a whole child approach to understanding what they can be struggling with. Let us support you while you support them.

RSVP highly recommended but not required.

TUESDAY, NOV. 12
6:00-7:30pm
FREE CLASS!



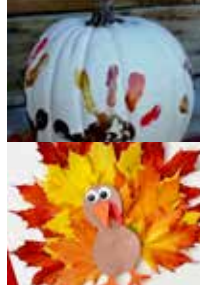
INTERACTIVE INTRODUCTION ^{TO} HEALINGSTRONG™

BENJAMIN CANALES

Join us to learn about the local chapter of a cancer support group named HealingStrong™. Its mission is to connect, support, and educate individuals who are facing cancer and other diseases by focusing on strategies that help to rebuild the body, renew the soul, and refresh the spirit through conscience choices. As a cancer survivor of 7 years, the chapter president pays it forward by sharing his cancer journey and how a Pilgrim's Market helps him not only survive but "Thrive" to this day. Bring a friend and learn how you can take control of your health. Samples will be available for attendees.

RSVP highly recommended but not required.

THURSDAY, NOV. 14
6:00-7:30pm
FREE CLASS!



KID'S CLASS: HOLIDAY CRAFTS

CHRISTINA CAROTHERS: CAROTHERS CREATIVE

Bring your kiddos to create their very own holiday keepsakes!
All ages welcomed!

RSVP ASAP as this event fills up fast!

SATURDAY, NOV. 16
11:00am-12:00pm
FREE CLASS!



SOURDOUGH STARTER CLASS PASTRY CHEF EMILY, PILGRIM'S BAKEHOUSE

Learn everything you need to know about sourdough starter with Pilgrim's Pastry Chef Emily. Chef Emily will explain how to keep and care for your starter so that you can create your own homemade sourdough bread! Samples of sourdough bread will be served at the event and attendees will go home with sourdough starter.

RSVP ASAP as this event fills up fast!

THURSDAY, DEC. 5
11:00am-12:00pm
FREE CLASS!



BEYOND MILESTONES WORKSHOP

DR. ANNE, SPOELSTRA CHIROPRACTIC

Spoelstra Family Chiropractic invites you to an evening with us, while we communicate about your infant's brain health and how milestones are a great way to predict your child's growth and brain development. Be with us as we take a functional approach to teaching about your baby's brain development.

RSVP highly recommended but not required.

TUESDAY, DEC. 10
6:00-7:30pm
FREE CLASS!



PAINT ^{AND} WINE PARTY CHRISTINA CAROTHERS: CAROTHERS CREATIVE

Sip on fine wine, munch on gourmet snacks, and create your very own masterpiece with local artist Christina Carothers. Christina will provide everything you need—canvas, paint, and brushes. Make it a party—invite family & friends!

FEE INCLUDES:

- 2 glasses of wine
- Personal instruction
- 16x20 canvas
- All painting supplies

RSVP & Prepayment Required- Limited Occupancy

THURSDAY, DEC. 12
6:00-8:00pm
COST: \$40 per attendee

PLEASE RSVP VIA EMAIL
to Julie at
events@pilgrimsmarket.com



Free Beer & Wine Tastings

ALL TASTINGS 3:30-6:00PM

	OCT. 9TH NO-LI BREWHOUSE		NOV. 22ND RIDGECREST WINERY
	OCT. 11TH HIEROPHANT MEADERY		NOV. 26TH SARA'S THANKSGIVING PICKS
	OCT. 18TH MONTINORE ESTATE WINERY		NOV. 27TH GRAND TETON BREWING
	OCT. 25TH MATCHBOOK WINE COMPANY		DEC. 11TH MAUI BREWING & MODERN TIMES
	NOV. 1ST COTE MAS WINES		DEC. 20TH HOLIDAY WINES
	NOV. 6TH SIERRA NEVADA BREWING		DEC. 27TH SPARKLING WINES




Thank you *FOR* voting us your **#1 Wine Shop-North Idaho**
For the 3rd Year in a Row! (2022, 2023, 2024)



Come get a taste of Pilgrim's!

Our demo coordinator, Lorri, is here offering delicious samples Tuesday through Saturday, from 10:00am - 4:00pm. This is your opportunity to try our wide variety of products available in-store, including our Grown Right Here (GRH) and Made Right Here (MRH) products. Check our social media for daily demo highlights!

 : @Pilgrim's Market

 : @pilgrimsmarket

NOVEMBER

"AUTUMN IS A SECOND SPRING WHEN EVERY LEAF IS A FLOWER."
—ALBERT CAMUS

PILGRIM'S DELI HOUSEMADE

Thanksgiving Faves



MRH CRANBERRY SAUCE
11/14—11/28
LIMITED TIME ONLY!



HOUSE TURKEY GRAVIES
11/24—11/28
GLUTEN FREE, DAIRY FREE,
& REGULAR



THANKSGIVING SIDE DISHES
11/25—11/28
• MASHED POTATOES
• ROASTED ROOT VEGETABLES
• GREEN BEAN CASSEROLE
• VEGAN YAM MASHED POTATOES WITH MARSHMALLOWS

FLOWER BOUQUETS & SMALL BUNCHES

Perfect for your Holiday Table Centerpiece!

FROM DRAGON FLOWER DESIGN

Local Maker!



CULTURED MAMA®

Cranberry Chutney
is back!

While Supplies Last!



PILGRIM'S ORGANIC Thanksgiving Produce Sale

- 5LB BAG POTATOES: RED, YELLOW, & RUSSET
- YAMS AND SWEET POTATOES
- BUTTERNUT SQUASH
- CELERY

15% Off!



Three Day Sale
NOVEMBER 25-28TH

cultured mama
LIVING FOODS

WITH ORGANIC INGREDIENTS

MRH

VEGAN | PROBIOTIC
CREAM CHEESES ON SALE!
MADE WITH ORGANIC INGREDIENTS
CONTAIN TREE NUTS



15% Off!
11/10-11/25

PILGRIM'S MARKET
Exclusive

PILGRIM'S Gift Department Spotlight

40Z MRH HOLIDAY CANDLES



Holiday Scents
NOW AVAILABLE!

MADE RIGHT HERE DINNER ROLLS

\$5⁹⁴
Reg. \$6.99

On Sale:
NOV. 11-25



BULK HERBS & SPICES

20% Off!

3 Day Sale:
NOV. 15-18



PILGRIM'S Bakehouse Spotlight

HOT CHOCOLATE COOKIES



New Holiday Item!
WHILE SUPPLIES LAST

WHITE CANE® SALMON

MEAT DEPT. SPOTLIGHT!

While Supplies Last!



SMART CHICKEN® PRODUCTS

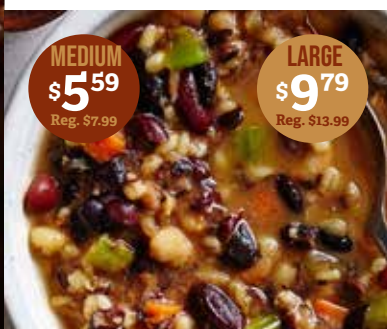
MEAT DEPT. SPOTLIGHT!

While Supplies Last!



PILGRIM'S Deli Spotlight

BEAN & BACON SOUP
MADE RIGHT HERE



MEDIUM \$5⁵⁹
Reg. \$7.99

LARGE \$9⁷⁹
Reg. \$13.99

30% off All Month
IN THE GRAB-N-GO CASE

STASHER® FOOD STORAGE

Silicone Food Bags
20% Off!

On Sale:
ALL MONTH!



KLEAN KANTEEN® PRODUCTS

Assorted Varieties
20% Off!

On Sale:
NOV. 11-25



PILGRIM'S House Plant Sale

ALL INDOOR FOLIAGE ON SALE!



30% Off!

Three Day Sale
NOVEMBER 14-16TH

NOVEMBER

"AUTUMN IS A SECOND SPRING WHEN EVERY LEAF IS A FLOWER."
—ALBERT CAMUS



Nellie's
ALL-NATURAL



ENTIRE LINE
On Sale!

LAUNDRY SODA TIN
100 loads
\$16⁹⁹
Reg. \$23.99

LAUNDRY SODA POUCH
50 loads
\$8⁴⁹
Reg. \$11.49

WOW STICK
2.7oz
\$7³⁹
Reg. \$9.99

LAMBY DRYERBALLS
1ea
\$21⁶⁹
Reg. \$29.29

LAUNDRY NUGGETS
36ct
\$9⁸⁹
Reg. \$13.29

WILCOX

Pasture Raised Veg A Fed
Large Brown Eggs
12ct

\$5⁴⁹
Reg. \$6.69



Prices effective 10/21/24 - 11/24/24

ELEMENTAL

Organic Mulberry Cacao
and Spirulina Bar
1.8oz

\$2³⁹
Reg. \$2.99



Prices effective 10/21/24 - 11/24/24

C-FORCE

Alkaline Water
3 liters

\$2⁶⁹
Reg. \$4.19



Prices effective 10/21/24 - 11/24/24

JAMBAR

Jammin' Jazzleberry
2.12oz

\$2⁴⁹
Reg. \$3.39



Prices effective 10/21/24 - 11/24/24

KALONA SUPERNATURAL

Organic Cultured
Buttermilk 2%
16oz

\$2³⁹
Reg. \$2.89



Prices effective 10/21/24 - 11/24/24

NATURE'S PATH

Organic Brown Sugar
Maple Oatmeal, GF

11.3oz
\$3⁹⁹
Reg. \$6.29



Prices effective 10/21/24 - 11/24/24

RAWKIN RAW

Organic Raw Chocolate
Macaroon Bar

2oz
\$2⁶⁹
Reg. \$3.59



Prices effective 10/21/24 - 11/24/24

COLUMBIA FRUIT

Blueberries

40oz
\$9⁷⁹
Reg. \$12.49



Prices effective 10/21/24 - 11/24/24



ORGANIC MAPLE SYRUP
Grade A Dark color,
Robust taste
32OZ

\$25⁵⁹

Reg. \$37.19



SMALL FAMILY FARMS

We source maple from over 3,000 small family farms that share our commitment to quality, environmental stewardship, and sustainable forestry management.

Prices effective 10/21/24 - 11/24/24

BLAKE'S
Shepards Pie, GF
8oz

\$2⁶⁹

Reg. \$5.19



Power to Sleep PM | 60sg
SRP \$26.65.....**Sale \$21.29**

Vita C Plus Urgent Rescue | 60sg
SRP \$26.65.....**Sale \$21.29**



Heal the World
with **Plant Medicine**

Prices effective 11/1/24 - 11/30/24

SELECT IRWIN NATURALS **20% Off!**

Prices effective 10/21/24 - 11/24/24



OSCILLOCOCCINUM
6ct
\$11⁵⁹
Reg. \$16.59



Shown in clinical studies to help reduce both the duration and severity of flu-like symptoms, such as body aches, headache, fever, chills, and fatigue.* Oscillococcinum is non-drowsy and recommended for everyone ages 2 and up.

Prices effective 11/1/24 - 11/30/24

ON SALE 30% Off!

SEAL THE SEASONS

Oregon Washington
Cherry Berry Blend

32oz

\$8²⁹

Reg. \$11.99



Prices effective 10/21/24 - 11/24/24

COPPER RESCUE

Natural Germ Defense

COPPER RESCUE

1 ea

\$29¹⁹



Thanks to Copper Rescue's antimicrobial properties, help fight off colds, cold sores, warts, as well as clean minor cuts.

Prices effective 11/1/24 - 11/30/24



SELECT NORTH AMERICAN HERB & SPICE

30% Off



SUPER STRENGTH OREGANOL
1oz

\$38⁴⁹

SRP. \$54.99

SUPER STRENGTH OREGANOL
60sg

\$29⁹⁹

SRP. \$42.99

BLACK SEED OIL GUMMIES
60ct

\$20⁹⁹

SRP. \$29.99

Prices effective 11/1/24 - 11/30/24



SELECT ANCIENT NUTRITION
25% Off!
Prices effective 11/1/24 - 11/30/24

Good health begins WITH **broth**

There's a reason every culture in the world uses some form of bone broth. We know bone broth is a nutrient-packed powerhouse, but the reality is, it's time-consuming and messy to make. Bone Broth Protein is a nourishing, concentrated bone broth that is 3x as potent protein-wise as home-made broth and makes it easy to get healthy gut, joint and and a healthy response to inflammation.



Bone Broth Protein,
Butternut Squash | 15.7oz
\$34⁹⁹
SRP \$49.95

Bone Broth Protein,
Chicken Soup | 11.4oz
\$34⁹⁹
SRP \$49.95

Bone Broth Protein,
Pure | 15.7oz
\$36⁹⁹
SRP \$52.95

PRANARŌM



Immunity Boost
Essential Oil | 0.17oz
\$10⁹⁹
SRP \$13.09

ENTIRE LINE **15% Off**

Prices effective 11/1/24 - 11/30/24



XYLIWHITE CINNAFRESH TOOTHPASTE | 6.4oz

SRP \$5.99.....**Sale \$4.79**

XYLIWHITE BAKING SODA TOOTHPASTE GEL | 6.4oz

SRP \$5.99.....**Sale \$4.79**

Prices effective 11/1/24 - 11/30/24



SELECT NOW **20-35% Off**

Prices effective 11/1/24 - 11/30/24



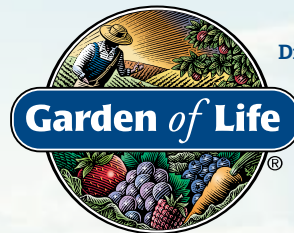
ULTIMATE OMEGA D3 | 60sg
SRP \$30.95.....**Sale \$24.79**

VITAMIN D3+K2 GUMMIES | 60ct
SRP \$24.95.....**Sale \$19.99**



SELECT NORDIC NATURALS **20% Off**

Prices effective 11/1/24 - 11/30/24



Dr. Formulated Probiotics Once Daily | 30cap

SRP \$34.99.....**Sale \$22.74**

Dr. Formulated Probiotics Once
Daily Womens | 30cap

SRP \$45.99.....**Sale \$29.89**

Dr. Formulated Probiotics 30B | 30cap

SRP \$29.99.....**Sale \$19.49**



DR. FORMULATED PROBIOTICS

35% OFF!

Prices effective 11/1/24 - 11/30/24



UMCKA® ELDERBERRY COLD+FLU SYRUP | 4oz
SRP \$21.49.....**Sale \$17.19**

SAMBUCUS GUMMIES IMMUNE SUPPORT | 60ct
SRP \$20.99.....**Sale \$16.79**

SELECT NATURE'S WAY
20-30% Off!!

Prices effective 11/1/24 - 11/30/24



VITAMIN D3 2000IU | 120sg
SRP \$10.95.....**Sale \$7.69**

OIL OF OREGANO 180MG | 30cap
SRP \$13.95.....**Sale \$9.79**

SELECT NATURAL FACTORS
20-30% Off!!

Prices effective 11/1/24 - 11/30/24

NOVEMBER

Terry Naturally®

EuroPharma.



When you choose Terry Naturally® supplements, you're making the best decision possible for your health. Our brand is committed to high-quality, science-supported supplements with a mission *To Improve the Health of America-one person at a time.* We believe no matter who you are, our premium products can help you live your healthiest life possible.*

MONEY-BACK GUARANTEE

We also stand behind our products with a complete money-back guarantee. If our product doesn't meet your expectations, you can return the product for a full refund.

Try Terry Naturally® Today—

You Have Nothing to Lose, but So Much to Gain!

Don't Miss Out on These Customer Favorites!



Adrenaplex®
60 cap
\$21⁵⁶
SRP \$26.95

Ashwagandha
EP35™ | 60 cap
\$23⁹⁶
SRP \$29.95

Curamin®
Extra Strength | 60 tab
\$40⁷⁶
SRP \$50.95

Melatonin
EP120™ | 60 tab
\$12⁷⁶
SRP \$15.95

Thyroid Care™
Plus | 60 cap
\$19⁹⁶
SRP \$24.95

Red Ginseng
Energy | 30 cap
\$32⁷⁶
SRP \$40.95

20% OFF all EuroPharma® Products (FOR A LIMITED TIME).

Prices effective 11/1/24 - 11/30/24

†Occasional muscle pain or inflammation due to exercise or overuse. †SPINScan Condition Specific Supplements Other (Brand Rank), 52-week data, based on Total Aggregate Unit Sales for Terry Naturally brand products. *These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

DECEMBER

"TO APPRECIATE THE BEAUTY OF A SNOWFLAKE IT IS NECESSARY TO STAND OUT IN THE COLD." — ARISTOTLE

PILGRIM'S  **Bakehouse Spotlight**
DANISH BUTTER COOKIES



Perfect for THE HOLIDAYS

MILK & DARK ALMOND BARK

20% off!

3 DAY SALE
DEC. 18-20



FOLKMANIS® PUPPETS

20% Off!
ASSORTED VARIETIES

ON SALE
DEC. 17-24



PILGRIM'S DELI  **Holiday Meals & Sides**
IN THE DELI GRAB N' GO CASE
POT ROAST MEAL FOR 1, POT ROAST PORTIONS, BEEF AU JUS, MASHED POTATOES SKINS AND GREEN BEAN CASSEROLE



Available
DECEMBER 20-24TH

PILGRIM'S  **Deli Spotlight**
LOADED BAKED POTATO SOUP
MADE RIGHT HERE



MEDIUM **\$5⁵⁹**
Reg. \$7.99

LARGE **\$9⁷⁹**
Reg. \$13.99

30% off All Month
IN THE GRAB-N-GO CASE

PILGRIM'S  **Meat Spotlight**
SMOKED SALMON SPREAD



Perfect for HOLIDAY PARTIES

MODSOCKS® BRAND

25% Off!
ASSORTED VARIETIES

ON SALE
DEC. 17-24



2025 CALENDARS & PLANNERS

15% Off!
ASSORTED VARIETIES

ON SALE
DEC. 16-22



PILGRIM'S **Indoor Plant Sale**
ALL VARIETIES

30% Off!



Three Day Sale
DECEMBER 19-21ST

CANDY & CHOCOLATE DESIGNER CELLO

20% Off!
4OZ BAGS

ONE DAY SALE
DEC. 12



HYDROFLASK® BRAND

20% Off!
ASSORTED VARIETIES

ON SALE
DEC. 9-15



RED & GREEN ANJOU PEARS

\$1⁷⁹/lb

On Sale:
DEC. 16-22



PILGRIM'S **Bakehouse Spotlight**
CHALLAH WREATHS



Available
DECEMBER 17TH-23RD

BARTLETT PEARS

\$1⁴⁹/lb

On Sale:
DEC. 2-8



cultured  **mama**
LIVING FOODS

try our... **LACTO-FERMENTED KRAUTS**
MADE WITH ORGANIC INGREDIENTS
GUT HEALTHY | PREBIOTIC

15% Off!
12/1-12/26



PILGRIM'S MARKET
Exclusive

COSMIC CRISP APPLES

\$2²⁹/lb

On Sale:
DEC. 23-31



HONEYCRISP APPLES

\$1⁷⁹/lb

On Sale:
DEC. 9-15



MARUKOME
Organic Miso Paste
13.2oz
\$5²⁹
Reg. \$6.89



Prices effective 11/25/24 - 12/26/24

DIVINE
Dark Chocolate, 85%
3oz
\$3⁵⁹
Reg. \$4.89



Prices effective 11/25/24 - 12/26/24



CABARET CRACKERS
6.1oz
\$3³⁹
Reg. \$4.39



Prices effective 11/25/24 - 12/26/24

BRETON MULTIGRAIN CRACKERS
7.3oz
\$3³⁹
Reg. \$4.39



CFORCE
Alkaline Water
3 liter
\$2⁶⁹
Reg. \$4.19



Prices effective 11/25/24 - 12/26/24

EAT PASTRY
Chocolate Chunk Cookie Dough, Gluten Free
14oz
\$5⁶⁹
Reg. \$7.59



Prices effective 11/25/24 - 12/26/24

BIRCH BENDERS
Gluten Free Pancake Mix
14oz
\$4⁵⁹
Reg. \$7.19



Prices effective 11/25/24 - 12/26/24

BRIOCHE PASQUIER
French Macarons, Assorted Flavors
5.6oz
\$5⁷⁹
Reg. \$8.79



Prices effective 11/25/24 - 12/26/24

HONEY STINGER
Organic Waffle, Honey
1.06oz
\$1¹⁹
Reg. \$1.79



Prices effective 11/25/24 - 12/26/24

COOMBS
Organic Maple Syrup
Grade A Amber Color, Rich Taste
12oz
\$11⁷⁹
Reg. \$17.19



Prices effective 11/25/24 - 12/26/24

NAMASTE
Gluten Free Brownie Mix
15oz
\$4⁷⁹
Reg. \$6.49



Prices effective 11/25/24 - 12/26/24

PASCHA
Organic Unsweetened Dark Chocolate Chips
8.8oz
\$13⁹⁹
Reg. \$17.49



Prices effective 11/25/24 - 12/26/24

SKY VALLEY
Sriracha Sauce
14oz
\$4¹⁹
Reg. \$6.29



Prices effective 11/25/24 - 12/26/24

LILY'S
Dark Chocolate Baking Chips, No Added Sugar
9oz
\$6⁹⁹
Reg. \$9.39



Prices effective 11/25/24 - 12/26/24



MYKIND ORGANICS 35% OFF!



- MyKind Organics Plant Calcium | 90tab
SRP \$41.99.....**Sale \$27.29**
- MyKind Organics Womens Once Daily | 60tab
SRP \$56.99..... **Sale \$36.99**
- MyKind Organics Mens Once Daily | 60tab
SRP \$56.99..... **Sale \$36.99**
- MyKind Organics Kids Multi Fruit | 120ct
SRP \$37.99..... **Sale \$24.69**
- MyKind Organics Prenatal Multi | 180tab
SRP \$91.99..... **Sale \$59.79**
- MyKind Organics Vitamin C Spray,
Orange-Tangerine | 2oz
SRP \$14.99..... **Sale \$9.69**

Prices effective 12/1/24 - 12/31/24

BIONATURAE
Organic Tomato
Paste
7OZ

\$2⁵⁹

Reg. \$3.69



Prices effective 11/25/24 - 12/26/24

BIONATURAE
Organic Tagliatelle Egg
Pasta
8.8OZ

\$3⁶⁹

Reg. \$5.19



Prices effective 11/25/24 - 12/26/24

BLANCHARD & BLANCHARD
Chestnut Whole Roasted &
Peeled
5.29OZ

\$3⁸⁹

Reg. \$5.59



Prices effective 11/25/24 - 12/26/24

TCHO
Dark & Salty Chocolate Bar
2.5OZ

\$3⁶⁹

Reg. \$5.19



Prices effective 11/25/24 - 12/26/24

MILTON'S
Baked Gluten
Free Cracker,
Sea Salt

\$3²⁹

Reg. \$4.49



Prices effective 11/25/24 - 12/26/24

CROWN PRINCE
Smoked Oyster in Olive Oil
3OZ

\$3¹⁹

Reg. \$4.79



Prices effective 11/25/24 - 12/26/24

NATUREZWAY
Bamboo Bath Tissue
6ct

\$4³⁹

Reg. \$8.99



Prices effective 11/25/24 - 12/26/24



**EXTRA STRENGTH
ASHWAGANDHA**
60sg
\$25⁵⁹
SRP \$31.99



**STRESS-DEFY
SLEEP PM**
50sg
\$30⁸⁹
SRP \$38.65

**SELECT IRWIN NATURALS
20% Off!**

Prices effective 12/1/24 - 12/31/24



**DESERT
ESSENCE®**

Lemon Tea Tree Shampoo | 8oz
SRP \$10.99.....**Sale \$7.69**

Lemon Tea Tree Conditioner | 8oz
SRP \$10.99.....**Sale \$7.69**

SELECT DESERT ESSENCE 25-30% Off!

Prices effective 12/1/24 - 12/31/24



**SELECT OREGON'S WILD HARVEST
25% Off!**

Prices effective 12/1/24 - 12/31/24

KAVA BOTANICAL
1OZ
\$16⁴⁹
SRP \$21.95



**ECHINACEA WITH
ZINC & VITAMIN C**
90cap
\$20⁹⁹
SRP \$27.95



ON SALE **30% Off!**

Keep your belly calm and happy with **convenient** and **gentle** digestive solutions.

Prices effective 12/1/24 - 12/31/24



ACIDIL
60tab
\$9²⁹
SRP \$13.29

DIARALIA
60tab
\$9²⁹
SRP \$13.29

GASALIA
60tab
\$9²⁹
SRP \$13.29

NORDIC NATURALS



Omega-3 | 60sg
SRP \$18.95.....**Sale \$15.19**
Magnesium Gummies, Blueberry | 60ct
SRP \$25.95.....**Sale \$20.79**

SELECT NORDIC NATURALS
20% Off!

Prices effective 12/1/24 - 12/31/24

Solaray
EST. 1973



Magnesium Glycinate 305mg | 240cap
SRP \$39.99.....**Sale \$31.99**
Zinc 50mg | 100cap
SRP \$10.69.....**Sale \$6.89**

ENTIRE LINE
20-35% Off!

Prices effective 12/1/24 - 12/31/24

NEWCHAPTER



Bone Strength Take Care | 60tab
SRP \$40.74.....**Sale \$30.59**
Magnesium + Ashwagandha | 30cap
SRP \$21.61.....**Sale \$16.19**

ENTIRE LINE
25% Off!

Prices effective 12/1/24 - 12/31/24

COPPER RESCUE

Natural Germ Defense

COPPER RESCUE
1 ea
\$29¹⁹



Thanks to Copper Rescue's antimicrobial properties, help fight off colds, cold sores, warts; as well as clean minor cuts.

Prices effective 12/1/24 - 12/31/24

now solutions

SUPER ENZYMES
90cap
\$16⁴⁹
SRP \$21.99



PEPPERMINT ESSENTIAL OIL
1OZ
\$6⁶⁹
SRP \$8.99

ENTIRE LINE
20-35% Off!

Prices effective 12/1/24 - 12/31/24

Nature's way



Sambucus Immune Syrup for Kids | 4oz
SRP \$17.99.....**Sale \$14.39**
Kids Cool, Cal & Collected | 40ct
SRP \$17.49.....**Sale \$13.99**

SELECT NATURE'S WAY
20-30% Off!

Prices effective 12/1/24 - 12/31/24

natural Factors



Melatonin 5mg | 180ct
SRP \$19.95.....**Sale \$13.99**
Tranquil Sleep | 60ct
SRP \$31.95.....**Sale \$22.39**

SELECT SLEEP & STRESS PRODUCTS
20-30% Off!

Prices effective 12/1/24 - 12/31/24

Chicken Bake Squares

 **4**  **40** min.



INGREDIENTS:

- 2 POUNDS OF GROUND CHICKEN
- 1 PACKAGE OF MRH SPINACH ARTICHOKE DIP OR
- 1 PACKAGE OF MRH CARAMELIZED ONION DIP
- 1-2 CUPS PANKO BREAD CRUMBS
- 1 EGG
- PARMESAN CHEESE FOR TOPPING
- MINCED PARSLEY (OPTIONAL FOR GARNISH)

DIRECTIONS:

- PREHEAT OVEN TO 375°
- LINE A BAKING SHEET WITH PARCHMENT PAPER AND LIGHTLY GREASE.
- PLACE ALL INGREDIENTS, STARTING WITH ONE CUP OF BREADCRUMBS AND EXCEPT FOR PARMESAN INTO A LARGE BOWL AND MIX TOGETHER WITH

- YOUR HANDS UNTIL ALL IS INCORPORATED, ADD MORE PANKO IF NEEDED TO REACH A MEDIUM DENSITY.
- FORM MINI LOAVES AND PLACE EVENLY APART ON THE BAKING SHEET.
- BAKE UNCOVERED FOR 25-30 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165°
- FINISH WITH PARMESAN CHEESE AND GARNISH WITH PARSLEY.

Huckleberry Bacon Grilled Cheese

 **9** min.



INGREDIENTS:

- 1 TABLESPOON BUTTER
- 2 PIECES MRH SOURDOUGH BREAD
- 4 SLICES HAVARTI OR GOUDA CHEESE (GO CRAZY AND DO TWO SLICES OF EACH!)
- 4 PIECES BACON, COOKED
- 1 JALAPENO SLICED
- 3 TABLESPOONS HUCKLEBERRY JAM

DIRECTIONS:

- BUTTER ONE SIDE OF EACH SLICE OF BREAD. PLACE BREAD, BUTTER SIDE DOWN, IN SKILLET.
- TOP ONE PIECE OF BREAD WITH CHEESE, BACON, AND JALAPEÑOS.
- TOP THE OTHER PIECE OF BREAD WITH HUCKLEBERRY JAM.
- PUT SANDWICH TOGETHER; GRILL OVER MEDIUM HEAT, FLIPPING AFTER 4-5 MINUTES.
- GRILL UNTIL BOTH SIDES ARE GOLDEN BROWN AND CHEESE IS MELTED.

Slow Cooker Pulled Beef Tacos

 **4-6**



INGREDIENTS:

- 3LB CHUCK ROAST
- PILGRIMS FRESH SQUEEZED ORANGE JUICE
- ORGANIC CHICKEN BROTH
- YELLOW ONION
- 1 LARGE KNOB OF GINGER
- 6 GARLIC CLOVES
- SALT AND PEPPER
- ¼ HEAD OF RED CABBAGE AND REGULAR CABBAGE
- GREEN ONIONS
- 1 RED CHILI
- CULTURED MAMA JALAPENO CILANTRO PROBIOTIC DIP
- CULTURED MAMA PROBIOTIC SRIRACHA MAYONNAISE
- 1 TBSP REGULAR MAYONNAISE
- 1 TBSP RICE VINEGAR
- TORTILLAS

DIRECTIONS:

1. SEASON CHUCK ROAST WITH SALT AND PEPPER BEFORE SEARING THE BEEF ON ALL SIDES IN A LARGE PAN (SEARING OPTIONAL BUT RECOMMENDED)
2. PLACE CHUCK INTO SLOW COOKER WITH ½ CUP ORANGE JUICE, ½ CUP CHICKEN STOCK, THINLY SLICED GINGER, ROUGH CHOPPED WHOLE ONION, AND GARLIC. COOK FOR 8 HOURS ON LOW.
3. FOR THE COLESLAW, THINLY SLICE BOTH CABBAGE AND GREEN ONION AND COMBINE WITH 2 TBSP JALAPENO CILANTRO DIP, 1 TBSP VINEGAR, 1 TBSP MAYONNAISE, THINLY SLICED RED CHILI, AND A PINCH OF SALT AND PEPPER.
4. SHRED MEAT AND PLACE ONTO YOUR TORTILLA WITH YOUR SLAW AND TOP WITH CULTURED MAMA SRIRACHA MAYO AND GREEN ONION!!!

Cheffin' WITH
Mike

PILGRIM'S MARKET

— HOLIDAY STAFF FAVORITES —



Kevin
STORE MANAGER
White Nectarines

"THIS SEASONAL FRUIT IS PERFECT BY ITSELF OR MY PERSONAL FAVORITE, IN A SUMMER CRISP WITH BLUEBERRIES!"



Mandy
BUYING LEAD
Pilgrims Bakehouse

"I LOVE ALL OUR FESTIVE BAKED GOODS!"



David
SUPPLEMENTS
Cultured Mama Cranberry Cheesecake

"IF I WASN'T MARRIED, I'D MARRY THIS VEGAN CHEESECAKE. THE HEALTHIEST INGREDIENTS FOR SUCH A DECADENT TREAT"



Sydney
MARKETING
Miss Maude's Chocolate

"A CHOCOLATE WORTH WRAPPING UNDER THE CHRISTMAES TREE! I LOVE GIFTING THIS BOJEE BAR OF CHOCOLATE TO GIRLFRIENDS FOR THE HOLIDAYS."



Young
FARM MANAGER
Market Garden Verona Marinara

"THE ALL-TIME GREATEST MARINARA SAUCE. MADE FROM OUR ORGANIC GARDEN, IT'S BOTH RICH AND SMOOTH IN FLAVOR. A FOODIE FAVORITE!"



Ansley
ADMIN
Yogi Peach Dandelion Tea

"I GET SO EXCITED FOR THE COOLER WEATHER SO I CAN SIP ON THIS WARM PICK-ME-UP ALL DAY."

Social Media Secret Sunday Sale!

Every Saturday at 5pm. Check out our Facebook or Instagram post to discover our Secret Sunday Sale of a popular item up to 50% discount.

Get The Most Out of Shopping WITH Pilgrim's Rewards!

Level 1: Exclusive Pilgrim's Coupons Mailed Every Quarter, Anniversary Sale Coupons, Punch Card Discounts, Birthday Discounts, Member-Exclusive Savings, and Returns without Receipt!

Level 2: All Level 1 Benefits + Loyalty Rebates!

Rebate Program:

Spend \$250 per 30 days or more to be eligible for our Loyalty Rebates!

1. Earn 2-4 points for every \$100 spent
2. Every 1,000 points earns a \$10 rebate
3. Ask a cashier for your Loyalty Reward Balance or see receipt



EMPLOYEE SPOTLIGHT
SYDNEY
Marketing/Photography

1. How long have you been at Pilgrims?

I started bagging groceries at 12 years old, as soon as my dad would let me come to work with him. Before you freak out, it was only when the cashiers would let me help :)

2. What's your position here at Pilgrims?

Oh it's a very serious and vital position. I make silly little videos.

I've actually been a full time wedding photographer, photographing weddings all over the world for 10 years now. My contribution to Pilgrims is minimal.

3. What do you do for fun outside of work?

I have 4 rugrats running around my house so you'll find me most of the time playing with them. We're a blended family and our lives are chaotic and beautiful. The kiddos are all in sports, we ski in the winter, live outside in the summer and throw a little apple picking in the Fall. When we're not with our kids we golf, get together with friends, make a mean cocktail or simply sit and read a good book.

4. Tell us something interesting about yourself.

I grew up in an entrepreneurial home. Pilgrim's is a successful, beautiful business now but it hasn't always been that way. I watched my parents for 15 years bootstrap the business and give it all they had. My parents started another company, Sarah Hamilton Face, 10 years ago as well so to me there's no other option than creating your own business! I dropped out of college my last year to start my own business, Sydney Baye Photography, and haven't looked back since.



Over \$2,400,000 in rebates have been issued to our rewards Card Members since July 2014!

How to redeem:

1. Ask the cashier for your Loyalty Rewards Balance, or see Receipt.
2. Use the rewards just like cash to pay for your purchase!



Be Inspired.

Work at Pilgrim's Market.

- \$18-\$20/hr starting compensation
- Major/supplemental medical insurance offered
- Tuition & Student Loan reimbursement program
- Employee discounts
- 401K with 4% employer matching.

To apply, text "organic" to 85000 or visit www.pilgrimsjobs.com

