

PILGRIM'S IS TURNING 25! SEE BACK COVER FOR MORE DETAILS & SAVINGS!



HEALTH CONNECTIONS

JANUARY | FEBRUARY | MARCH 2025



January

February

March

PILGRIM'S
25TH ANNUAL
ANNIVERSARY
SALE

Get
20% OFF
AN ENTIRE PURCHASE!
SEE BACK COVER FOR DETAILS

CELEBRATING
25
YEARS

PILGRIM'S BAKEHOUSE
DANISH BUTTER
COOKIES

30% Off!
On Sale
ALL MONTH!

MADE WITH ORGANIC INGREDIENTS

PILGRIM'S DELI
GRAB N' GO
IRISH STEW

30% Off!
On Sale
ALL MONTH!

MADE WITH ORGANIC INGREDIENTS

PILGRIM'S UPDATE

GRATITUDE – THANKFULNESS – APPRECIATION

A WORTHY NEW YEAR'S RESOLUTION?



Joe, Team Captain

However you wish to express it, the result is the same -and what a lovely reminder it was when I received the following letter:

"A love letter to my favorite grocery store,

You were there when I found out I was highly gluten intolerant years ago and I didn't even know what gluten was, let alone what to eat. But I wandered your aisles while your employees helped me find food that would work.

You were there when I was so sick from Lyme disease that all I could eat for months were apples and your house-made kale slaw. On the days I felt my worst, your warm and cozy store always felt like home.

You were there when I made it a mission to get my health back. You provided me with real food for all of my meals. Food, I could be confident that wasn't full of poison.

You were there the day my best friend told me she was pregnant. Something she waited on for 38 years. We sat in your parking lot while eating our celebratory treats out of your bakery case.

You were there when my mom was diagnosed with cancer, and I needed to make her nutritious food to stock her freezer while she went through the hell that is chemotherapy.

You are there when it's early or late and I don't want to fight the crowds or self-check my own groceries.

You're there with your hot bar on the busy days at work when it's 3:00pm and I haven't had a minute to eat since breakfast.

You are there with the same friendly faces I look forward to seeing every day. The faces that genuinely look happy to see you and genuinely care when they ask how your day has been.

You are there when I need a fun birthday card and a piece of cake to celebrate the birthday of someone I love.

You're there making me laugh and spice up my boring meal prep with Michael's cooking videos. Making me smile when I am strolling the aisles watching Sydney make fun of herself and bringing her sunshine into the store while filming marketing videos.

You are there to provide raw milk and create amazing, fermented foods because you actually care enough to share true health with this community.

You've been there, right when I have needed you the most, for so many years.

This community will continue to be as loyal to you as you have been to us over the last 25 years. You're not just a health food store, you are truly a pillar in this community.

Keep doing what you've always done. Keep at the good work. It will never go unrecognized.

Your community loves you more than you could ever know.

— L. H.

Wow... That letter meant the world to us and there was hardly a dry eye in the office the morning I shared it with the team. This letter says enough to stand on its own, so I won't add much more than to say that "paying it forward" like this customer did is something that we try to do at Pilgrims every day. Being kind, thoughtful and loving always pays huge dividends. A HUGE THANK YOU to this lovely customer from our entire staff is our reply :)

How can you make it a great day (for all) by expressing your gratitude to someone today? Can you think of a better new year's resolution!?!?

Publication Information

design@pilgrismarket.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: HOMESTEAD PRODUCE



Julie, Event Manager

Homestead Produce invites you to return to quality food with mobile pasture-raised chicken eggs. Nutrient-rich eggs from hens who roam freely scratching, pecking, and foraging grasses, grubs, worms, and insects in nature. Eggs from hens fed non-GMO, corn-free, and soy-free grains grown on local farms. Eggs from hens who shelter in mobile coops are routinely moved to different pastures so that the chickens always have access to fresh organic matter. As owner, Jordan Dyck puts it, "Our focus is rather providing a complete ration and healthy

pastures to build healthy birds with strong natural immunity. This level of health is accomplished by housing our hens in mobile coops and keeping them moving on fresh pastures."

Jordan and his wife, Kayla had what they describe as a farm dream for their land in beautiful Bonners Ferry, Idaho. The farm has been in Jordan's family for four generations, and the couple envisioned growing produce to sell at the local farmer's market to support and supply their community with fresh, quality food. Jordan and Kayla named their farm Homestead Produce and went to work learning how to care for the land and grow nutrient-rich produce. Before long, they concluded growing organically produced the best quality crops. Then they decided to add 150 chicks to their farm to sell eggs.

The chickens started out in a large barn where Jordan added a run for them to graze outdoors. He quickly realized the hens needed more time in the pasture. Pasture-raised eggs are notably higher in vitamins, fatty acids, and antioxidants than eggs from conventionally raised hens. When an opportunity arose to purchase used mobile coops, Jordan jumped at the chance. He knew the mobile coops would provide the chickens with a diverse diet and a healthier lifestyle. Mobile coops are known as chicken tractors because they function like farming tools. The chickens' natural behaviors of eating weeds, scratching up soil, dustbathing, and dropping manure create a sustainable cycle that enriches the soil and supports the ecosystem.

Homestead Produce currently has around three thousand chickens and four solar-powered, automated mobile chicken coops that are moved every two to three days. There is always water and feed available as well as a secure spot for the hens to roost and lay their eggs. The coop doors are programmed to open at dawn so that chickens can venture out into the fresh air and sunshine. Jordan and his crew collect over 2000 eggs a day! The team washes the eggs in water and selects only the finest to sell.

The benefits of mobile chicken coops are undeniable but caring for the birds and coops is demanding and labor-intensive. The changing seasons can greatly impact the chickens' welfare, and require careful planning and adaptability. What does Jordan consider to be the greatest challenge? Jordan swiftly replied, "Predators, especially owls. But, as another farmer once said to me, it is tithing to nature. We are out there to fit in with nature, not to bend and amend nature until it fits what we want."

What's next for Homestead Produce? Jordan and Kayla aspire to obtain organic certification for the farm. In the meantime, they will continue to farm sustainably and raise chickens in an optimal environment, the way nature intended. In an old tin workshop near the entrance of the property, Homestead Produce has established a quaint, honor system farm stand

where neighbors and visitors can stop by to purchase fresh eggs, produce, and other local food products from nearby farms. The farm stand reflects the direct and transparent connection Homestead Produce cultivates with customers and the community.

Some Pilgrim's "Made Right Here" (MRH) products are made with Homestead Produce Eggs. The farm-fresh eggs enhance every dish with outstanding flavor and exceptional nutrition. Try Pilgrim's MRH frittatas in our Deli to taste the difference a quality egg can make! Homestead Produce eggs are available to purchase in our Chill department on aisle nine. Thank you for shopping local!





New Items

ONLY AT PILGRIM'S MARKET
MADE WITH ORGANIC INGREDIENTS



PILGRIM'S DELI
ROTISSERIE CHICKENS



PILGRIM'S BEVERAGE
PUMPKIN SEED MILK



CULTURED MAMA
MOON TONIC | ENERGY TONIC



PILGRIM'S BAKEHOUSE
MERINGUES



PILGRIM'S MARKET GARDEN
INDIAN MASALA SIMMER
SAUCE



CULTURED MAMA
PROBIOTIC RANCH DRESSING



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

JANUARY

"IN THE MIDST OF WINTER, I FOUND THERE WAS, WITHIN ME, AN INVINCIBLE SUMMER." — ALBERT CAMUS

PILGRIM'S
New Year's Resolution
CLEANSE SPECIAL



ORGANIC LEMONS
15% Off!

Jan. 1-15

PACKAGED SALADS
Organic Girl® Brand
10% Off!




Jan. 16-31


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



20% Off!

Three Day Sale
JANUARY 16-18TH


PILGRIM'S 
Deli Spotlight
TWICE-BAKED POTATOES
MADE RIGHT HERE



30% Off!
\$11.99 \$8.39

On Sale All Month
IN THE GRAB-N-GO CASE

JANUARY IS
NATIONAL OATMEAL MONTH!
Bulk Spotlight
ORGANIC ROLLED OATS
25LB BAGS



25LBS
\$34⁹⁹
Reg. \$7.99

3 Day Sale
JANUARY 14-16TH

PILGRIM'S
Meat Spotlight
WHITE CANE® SALMON & BLACK COD



Local Vendor!
WHILE SUPPLIES LAST

PILGRIM'S 
Deli Spotlight
CHICKEN NOODLE 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 
Bakehouse Spotlight
SPROUT OF THIS WORLD BREAD



25% Off!

On Sale All Month
BAGUETTE, BOULÉ, & TOASTER LOAF

PILGRIM'S 
Bakehouse Spotlight
MADE RIGHT HERE GRANOLA



35% Off!

On Sale
ALL MONTH!

cultured

mama
LIVING FOODS

ALL DIPS ON SALE!
MADE WITH ORGANIC INGREDIENTS

15% Off!
ALL MONTH!



PILGRIM'S MARKET
Exclusive

full circle
ALL FULL CIRCLE HOME
CLEANING UTENSILS ON SALE!



15% Off!

One Week Sale
JANUARY 20-26TH

BOODY ECO WEAR®
All Varieties
20% off!



1/6-1/19

THUNDER'S CATCH® CHOWDER

LOCAL VENDOR
Available in the
Meat Department

While Supplies Last



PILGRIM'S 
Deli Spotlight
HOT ROTISSERIE CHICKENS
MADE FRESH DAILY



Original or Herbed
IN THE NEW HOT CASE

FORAGE KOMBUCHA

Organic Kombucha,
Raspberry
12OZ

\$1⁹⁹

Reg. \$2.49



Prices effective 12/27/24 - 1/28/25

PLANET RICE

Organic Sprouted Brown Rice,
Medium Grain
22OZ

\$7³⁹

Reg. \$9.99



Prices effective 12/27/24 - 1/28/25

ARTISANA

Organic Tahini, Raw
14OZ

\$11⁷⁹

Reg. \$15.99



Prices effective 12/27/24 - 1/28/25

INKA

Plantain Chips, Sea Salt
4OZ

\$2⁴⁹

Reg. \$3.19



Prices effective 12/27/24 - 1/28/25

RAWMYUN

Spicy Ramen, Gluten Free
1.7OZ

\$2⁸⁹

Reg. \$4.19



Prices effective 12/27/24 - 1/28/25

SHROOMWORKS

Mental Magic
3OZ

\$2⁹⁹

Reg. \$3.89



Prices effective 12/27/24 - 1/28/25

KETTLE

Sea Salt Potato Chips,
Party Size
13OZ

\$4⁶⁹

Reg. \$6.89



Prices effective 12/27/24 - 1/28/25

BIRDIE & LOUIE

Tuna Tuesday, Gourmet Cat
Food Entrée
Plus Select Varieties

3OZ

\$1³⁹

Reg. \$1.69



Prices effective 12/27/24 - 1/28/25

THAT'S IT

Fruit Bars
Apple + Strawberry
1.2OZ

\$1³⁹

Reg. \$1.99



Prices effective 12/27/24 - 1/28/25

THE G.F.B.

Gluten Free Oatmeal, Apple
Cinnamon
2.1OZ

\$1⁹⁹

Reg. \$2.79



Prices effective 12/27/24 - 1/28/25

KETO PINT

Sea Salt Caramel Crunch Bars
11OZ

\$5⁷⁹

Reg. \$7.89



Prices effective 12/27/24 - 1/28/25

POPPI

Prebiotic Soda, Classic Cola
12OZ

\$1⁹⁹

Reg. \$2.69



Prices effective 12/27/24 - 1/28/25

ZING BAR

Dark Chocolate Cherry
Almond Bar
1.76OZ

\$1⁹⁹

Reg. \$2.99



Prices effective 12/27/24 - 1/28/25



ORGANIC RED BEET
CRYSTALS

7OZ

\$25⁵⁹

SRP \$31.99



ENTIRE LINE 20% Off!

Prices effective 1/1/25 - 1/30/25

LIFEWAY
Organic Whole Milk Kefir,
Plain
32oz

\$4⁴⁹

Reg. \$5.79



Prices effective 12/27/24 - 1/28/25

NEWCHAPTER



BONE STRENGTH TAKE CARE | 60tab
SRP \$40.74.....**Sale \$28.49**
EVERY WOMAN'S MULTIVITAMIN 55+ | 48tab
SRP \$68.19.....**Sale \$47.69**

**ENTIRE LINE
25-30% Off!**

Prices effective 1/1/25 - 1/30/25

FINALLY
NUT FREE SPREAD

NUT FREE SPREAD
WITH CHICKPEAS
CLASSIC
11oz
\$9¹⁹
Reg. \$12.49



NUT FREE SPREAD
WITH CHICKPEAS
COCOA
11oz
\$9¹⁹
Reg. \$12.49

Prices effective 12/27/24-1/28/25

HEAL
healthy. energy. amazing. life.

VEGAN EAR
CANDLES
4-pack
\$12⁴⁹



BEESWAX EAR
CANDLES
4-pack
\$14⁶⁹

BUY A 4 PACK GET A 2 PACK FREE! [a \$7.69 value (beeswax) or \$6.59 value (vegan)]

Prices effective 1/1/25 - 1/30/25

DR. MERCOLA
PREMIUM PRODUCTS

Vitamin D3 & K2 | 30cap
SRP \$37.49.....**Sale \$29.99**

Liposomal Vitamin C, Citrus Vanilla | 15.2oz
SRP \$24.99.....**Sale \$19.99**

ENTIRE LINE 30% Off!



Prices effective 1/1/25 - 1/30/25

elemental
superfood

SUPERFOOD BARS
1.8oz
\$1⁹⁹
SRP. \$2.99



Organic Dark Chocolate
Peanut Butter Bar

Organic Blueberry Cashew
Lemon Bar

Organic Mulberry Cacao and
Spirulina Bar

Prices effective 12/27/24 - 1/28/25

natural
Factors



TOTAL BODY MARINE COLLAGEN, UNFLAVORED | 4.8oz
SRP \$38.95.....**Sale \$31.19**
COLLAGEN, UNFLAVORED | 17oz
SRP \$49.95.....**Sale \$39.99**

**NATURAL FACTORS COLLAGEN
20% Off!**

Prices effective 1/1/25 - 1/30/25

now



VITAMIN C-1000 | 100cap
SRP \$13.99.....**Sale \$8.99**
ZINC 50MG | 100tab
SRP \$7.99.....**Sale \$5.19**

**SELECT NOW PRODUCTS
20-35% Off!**

Prices effective 1/1/25 - 1/30/25

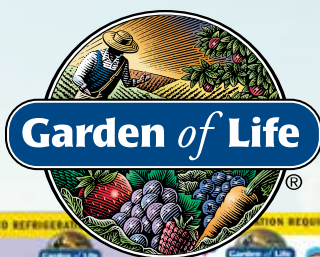
BOIRON

COLD CALM
60ct
\$9²⁹
SRP. \$13.29



SELECT BOIRON 30% Off!

Prices effective 1/1/25 - 1/30/25



Prices effective 1/1/25 - 1/30/25

ALL DR. FORMULATED PROBIOTICS
35% OFF!

DR. FORMULATED PROBIOTICS

- Once Daily Women's** | 30cap
SRP \$45.99.....**Sale \$29.99**
- Probiotics 100Billion** | 30cap
SRP \$48.99.....**Sale \$31.79**
- Once Daily Men's** | 30cap
SRP \$45.99.....**Sale \$29.99**
- Organic Kids Berry Cherry** | 30ct
SRP \$27.99.....**Sale \$18.19**
- Mood+** | 60cap
SRP \$50.99.....**Sale \$32.99**
- Once Daily Prenatal** | 30cap
SRP \$28.99.....**Sale \$18.79**

Olois

Homeopathy For All

ENTIRE LINE
10% Off!



Lachesis Mutus 200CK | 80ct
SRP \$20.99.....**Sale \$16.79**

Arnica 30C | 80ct
SRP \$8.49.....**Sale \$7.59**

Pets Dentalcare Drops | 30mL
SRP \$19.99.....**Sale \$17.99**

ORGANIC & LACTOSE-FREE PELLETS

Prices effective 1/1/25 - 1/30/25

ENZYMEDICA

The Enzyme Experts

- Magnesium Motion** | 60cap
SRP \$25.99.....**Sale \$19.49**
- Berberine** | 60cap
SRP \$28.49.....**Sale \$21.39**

ENTIRE LINE **25% Off!**

Prices effective 1/1/25 - 1/30/25



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 1/1/25 - 1/30/25



MediNatura
T-RELIEF EXTRA STRENGTH PAIN RELIEF GEL
30Z
\$12⁵⁹
SRP \$17.99

ENTIRE LINE **30% Off!**

Prices effective 1/1/25 - 1/30/25



- SAMBUCUS GUMMIES IMMUNE SUPPORT** | 60ct
SRP \$20.99.....**Sale \$16.79**
- UMCKA COLDCARE, CHERRY** | 2.25oz
SRP \$17.99.....**Sale \$14.39**



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

Prices effective 1/1/25 - 1/30/25



Nature's Secret
SUPER CLEANSE
100tab
\$16⁷⁹
SRP \$20.98

ON SALE **20% Off!**

Prices effective 1/1/25 - 1/30/25



irwin naturals
2-IN-1 KIDNEY & LIVER SUPER CLEANSE
60sg
\$26⁶⁹
SRP \$33.32



SELECT IRWIN NATURALS **20% Off!**

Prices effective 1/1/25 - 1/30/25



**ENTIRE LINE
20% Off!**
Prices effective 1/1/25 - 1/30/25



Adrenaplex®
60 cap
\$22³⁹
SRP \$27.95

Ashwagandha
EP35™ | 60 cap
\$24⁷⁹
SRP \$30.95

Curamin®
Extra Strength | 60 tab
\$42³⁹
SRP \$52.95

Melatonin
EP120™ | 60 tab
\$13⁵⁹
SRP \$16.95

Thyroid Care™
Plus | 60 cap
\$20⁷⁹
SRP \$25.95

Red Ginseng
Energy | 30 cap
\$34³⁹
SRP \$42.95

†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.

**NORDIC
NATURALS**
LIMITED TIME ONLY!

ULTIMATE OMEGA 2X
120sg
\$78³⁹
SRP \$97.95



VITAMIN C GUMMIES,
TANGERINE
120ct
\$18³⁹
SRP \$22.95



KIDS MULTI GUMMIES,
ORANGE LEMON,
ZERO SUGAR
120ct
\$27⁹⁹
SRP \$34.95



ENTIRE LINE 20% Off!
Prices effective 1/1/2025-1/14/2025

**ANCIENT
NUTRITION**

SELECT ANCIENT NUTRITION
35% Off!
Prices effective 1/1/25 - 1/30/25



Bone Broth Protein,
Vanilla | 17.4oz
\$34³⁹
SRP \$52.95

Multi Collagen
Protein | 16oz
\$34³⁹
SRP \$52.95

Gut Recovery Probiotics
50billion | 60cap
\$38⁹⁹
SRP \$59.99

Organic Liver
Cleanse | 90cap
\$25⁹⁹
SRP \$39.95

Men's Fermented
Multi | 60cap
\$27⁸⁹
SRP \$42.99

B-Complex
60cap
\$19⁴⁹
SRP \$29.99

COME JOIN US FOR

Pilgrim's Events

2025 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



MAKE YOUR OWN DAIRY ALTERNATIVES

JUDITH, CULTURED MAMA

Would you like to make your own dairy-alternative but don't know where to start? Learn to prepare healthy and fresh plant-based products like oat milk, cashew cream cheeses, and dairy-free yogurt with Judith Whiting, our Cultured Mama manager. With the help of a high-powered blender, most recipes are so simple to prepare, you can always have them on hand!

THURSDAY, JAN. 9

6:00-7:30pm

COST: \$20 per attendee

FEE INCLUDES:

samples, nut milk bag, & recipes

RSVP & PREPAYMENT REQUIRED- LIMITED OCCUPANCY



EXPLORE THE WISDOM OF YOUR SENSES OF SMELL AND TASTE...

TIM CUNNINGHAM

Taste and explore your biochemistry with the CEO of Smell Taste Technology and creator of the #1 selling brand in our supplement department, Lyte Balance Electrolyte Concentrates. Not your average electrolytes, Lyte Balance's technology lies in their innovative formula with seven mineral compounds. Come learn why they are "naked" and how your senses can personalize & optimize the use of electrolytes and minerals. You won't want to miss this. Samples will be served at this event.

THURSDAY, JAN. 16

6:00-7:30pm

FREE CLASS!

RSVP HIGHLY RECOMMENDED BUT NOT REQUIRED.



PILGRIMS EDUCATIONAL SENIOR EVENT: HOW TO BE A VOLUNTEER, HOW TO BE A CLIENT

DANIEL PERRY - PROJECT DIRECTOR

Come learn the value of the Senior Companion Program. Understand the simplicity of this 50+ year old USA program. The benefits of both are simple and powerful; whether you choose to be a volunteer or a client.

THURSDAY, JAN. 23

1:00-2:30pm

FREE CLASS!

RSVP HIGHLY RECOMMENDED BUT NOT REQUIRED.



HERBAL ALLIES: HOME-MADE NATURAL REMEDIES

DR. CASEY CARR

Join us as we learn Dr. Casey's favorite ways to use Pilgrim's Bulk Herb Department to create homemade, herbal remedies. From different blends, to elixirs and herbs to use with caution, this presentation will have you walking away with actionable knowledge and recipes you can use all year round.

THURSDAY, JAN. 30

6:00-7:30pm

FREE CLASS!

RSVP HIGHLY RECOMMENDED BUT NOT REQUIRED.



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.

THURSDAY, FEB. 6

1:00-2:00pm *or*

5:30-6:30pm

FREE CLASS!

RSVP REQUIRED- LIMITED OCCUPANCY



KID'S CLASS: VALENTINE CRAFTING

CHRISTINA CAROTHERS: CAROTHERS CREATIVE

Bring the kids for arts & craft to create their very own Valentine's Day keepsake!
All ages welcomed!

SATURDAY, FEB. 8
11:00-12:00pm
FREE CLASS!

RSVP ASAP as this event fills up fast!



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

THURSDAY, FEB. 27
6:00-8:00pm
COST: \$40 per attendee

RSVP & Prepayment Required- Limited Occupancy



HEALTH AND THE LYMPH CONNECTION

DIRK YOW, B.SC.

Join Dirk Yow for an interactive presentation about optimal colon and lymph health with Precision Intestinal Oxidative Hydro-toning (PIOH). Yow is a man of faith and an expert in intestinal detoxification with over 40 years of experience who is dedicated to helping others in their wellness journey. He will reference his book, Wheels of Wellness to explain particular lifestyle habits and supplementation to support the body's ability to detoxify and achieve wellness. A complimentary copy of Yow's book, Wheels of Wellness will be given to attendees.

THURSDAY, MAR. 13
6:00-7:30pm
FREE CLASS!

RSVP highly recommended but not required.



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

THURSDAY, MAR. 27
6:00-8:00pm
COST: \$40 per attendee

RSVP & Prepayment Required- Limited Occupancy



TAMARAC GARDEN CLASS

MICHELLE MCANINCH, HERBALIST

Join Michelle McAninch, local herbalist and owner of Tamarac Garden for an evening of unexpected remedies. Michelle makes it her mission to use the incredible medicinal plants (some may call them weeds) that grow right here in the Inland NW to make herbal remedies for her friends, family, and our fantastic Pilgrims customers. Throughout our time together we'll learn about the amazing benefits of the plants growing right under our feet and how the remedies Michelle has put together can benefit you and your family. You might even find a better replacement for one of those toxic medications lurking in your cabinet! Each guest will go home with a complimentary lip balm made from local herbs and delicious medicinal tea will be served, and of course, that's made with local plants too. Get ready to laugh, learn, and... drink your weeds!

THURSDAY, FEB. 20
6:00-7:30pm
FREE CLASS!

RSVP highly recommended but not required.



SOURDOUGH BREAD CLASS

PASTRY CHEF EMILY, PILGRIM'S BAKEHOUSE

Join us to learn about sourdough bread baking with Pilgrim's Bakery Manager, Emily. Emily will cover optimal techniques for mixing, proofing, and baking your very own sourdough bread. Samples of sourdough bread will be served at the event.

THURSDAY, MAR. 6
1:00-2:00pm *or*
5:30-6:30pm
FREE CLASS!

RSVP Required- Limited Occupancy



HEALTH IMPACTS OF EMFS

DR. MIRANDA HILL, ND

Join naturopathic doctor Miranda Hill for an educational presentation about the health impacts of electromagnetic fields (EMFs) and strategies to decrease exposure. Sources of EMFs include wifi, bluetooth, cellphones, smart appliances, electric cars, etc. Dr. Miranda Hill works with patients to mitigate EMF exposure to restore cellular health and promote overall healing in the body.

THURSDAY, MAR. 20
6:00-7:30pm
FREE CLASS!

RSVP highly recommended but not required.

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



Happy New Year!

FROM YOUR PILGRIM'S BEER & WINE DEPARTMENT



As we ring in the new year, we want to take a moment to share what makes Pilgrim's Beer & Wine so unique. Our adult beverage selection is one of the most robust and carefully curated in the region, sourced from all corners of the globe. Whether you're a wine enthusiast or a craft beer aficionado, we've got something special for you. Here's why Pilgrim's is the place to be:

•TRY BEFORE YOU BUY:

We pour for the public every Wednesday and Friday, giving you the perfect opportunity to sample before making a purchase.

•MIX & MATCH SAVINGS:

Our beer cooler is designed for flexibility—mix and match any 6 beers, ciders, hard kombuchas, or cocktails to receive 10% off your order.

•DISCOUNTS FOR CASE PURCHASES:

Love a particular beer or wine? Get 15% off when you buy a full case!

•SUSTAINABLE AND BIODYNAMIC WINES:

We work directly with distributors to bring you the best in sustainable and biodynamic wines, including excellent options from South Africa and the renowned Gerard Bertrand wines from the South of France.

•AFFORDABLE & EXCEPTIONAL WINES:

Explore our exclusive collection of organic wines from La Riojana Coop in Argentina, as well as fantastic Portuguese wines that deliver incredible value for your dollar.

Whether you're grabbing a casual "burger wine" or looking for a special bottle to celebrate an occasion, Pilgrim's is here to help you find the perfect pour.

We look forward to helping you discover your next favorite beverage in 2025!

Cheers,

Sara
Beer & Wine Manager



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

PILGRIM'S BEER & WINE SPOTLIGHT



LA RIOJANA
CO-OP ARGENTINA

PILGRIM'S EXCLUSIVE
LA RIOJANA ORGANIC WINES



EVERYDAY LOW PRICE
\$10.00 ea



PRODUCT SPOTLIGHT:
PILGRIM'S GOLD
GOURMET CHEESE BLEND | PILGRIM'S EXCLUSIVE

PICK SOME UP TODAY!

FEBRUARY

"WHILE IT IS FEBRUARY, ONE CAN TASTE THE FULL JOYS OF ANTICIPATION. SPRING STANDS AT THE GATE WITH HER FINGER ON THE LATCH." - PATIENCE STRONG

PILGRIM'S **Valentine's Day Goodies** 

COOKIES, TRUFFLES, CHOCOLATE RASPBERRY HEART CAKES



Something Sweet
FOR YOUR SWEETIE!

PILGRIM'S **Bakery Spotlight** 

CINNAMON ROLLS

25% Off!



On Sale
ALL MONTH!

PILGRIM'S **Deli Spotlight** 

HOT ROTISSERIE CHICKENS
MADE FRESH DAILY



Original or Herbed
IN THE NEW HOT CASE

VALENTINE'S DAY **Dragon Flower Design Bouquets**

LOCAL VENDOR!



Available
WHILE SUPPLIES LAST

cultured  mama 

VEGAN | PROBIOTIC | DAIRY-FREE
ALL YOGURTS ON SALE!
MADE WITH ORGANIC INGREDIENTS
CONTAIN TREE NUTS

15% Off!
ALL MONTH



PILGRIM'S MARKET Exclusive

PILGRIM'S **Gift Department Spotlight** 

MRH SOY WAX CANDLES

25% Off!




One Week Sale
FEBRUARY 10-16TH

SWEETHEART SPECIAL **Bulk Spotlight**

CHOCOLATE ALMOND BARK
DARK OR MILK CHOCOLATE

20% Off!



Three Day Sale
FEBRUARY 12-14TH

VALENTINE'S **BERRY SALE**

All Varieties
10% Off!

3-Day Sale:
2/12-2/14



TAKE N' BAKE PIZZAS 

In the Grab n' Go Case
30% Off!

On Sale:
2/8-2/14



BOAR'S HEAD® HUMMUS

ASSORTED FLAVORS
AVAILABLE IN THE MEAT DEPARTMENT

While Supplies Last!



PILGRIM'S **Deli Spotlight** 

ZUPPA TOSCANA SOUP
MADE RIGHT HERE

MEDIUM \$5.59
Reg. \$7.99

LARGE \$9.79
Reg. \$13.99



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

MOD® SOCKS

All Varieties
25% Off!

On Sale:
2/3-2/9



HEART HEALTHY KALE SALE

All Varieties
\$1.99 each

2-Week Sale:
2/3-2/16



PILGRIM'S **House Plant Sale**

ALL INDOOR FOLIAGE ON SALE!

20% Off!



Three Day Sale
FEBRUARY 13-15TH

THOMAS CATTLE CO.® GROUND BEEF

AVAILABLE IN THE MEAT DEPARTMENT

While Supplies Last!



FEBRUARY

"WHILE IT IS FEBRUARY, ONE CAN TASTE THE FULL JOYS OF ANTICIPATION. SPRING STANDS AT THE GATE WITH HER FINGER ON THE LATCH." - PATIENCE STRONG

ASCENT KOMBUCHA

Kombucha, Huckleberry Fizz
12oz
\$2⁹⁹
Reg. \$3.89



Prices effective 1/29/25 - 2/25/25

CHUAO CHOCOLATIER

Honeycomb Chocolate
2.8oz
\$3⁶⁹
Reg. \$5.29



Prices effective 1/29/25 - 2/25/25

COCOJUNE

Organic Cultured Coconut Yogurt
16oz
\$6⁹⁹
Reg. \$8.99



Prices effective 1/29/25 - 2/25/25

NATURE'S PATH

Love Crunch Granola, Dark Chocolate & Red Berries
11.5oz
\$4⁴⁹
Reg. \$6.19



Prices effective 1/29/25 - 2/25/25

ENDORFIN FOODS

Organic Dark Chocolate Carmelized Coconut Mylk, Coconut Cream
1.4oz
\$3⁸⁹
Reg. \$5.59



Prices effective 1/29/25 - 2/25/25

EXPLORER COLD BREW

Cold Brew Concentrate The Classic
32oz
\$11⁹⁹
Reg. \$14.99



Prices effective 1/29/25 - 2/25/25

LOVO

Oat Milk Chocolate Bar
2.82oz
\$3⁸⁹
Reg. \$5.29



Prices effective 1/29/25 - 2/25/25

C-FORCE

Alkaline Still Water
3 liters
\$2⁸⁹
Reg. \$4.19



Prices effective 1/29/25 - 2/25/25

NICK'S STICKS

Grassfed Beef Snack Stick
1.7oz
\$2⁴⁹
Reg. \$3.49



Prices effective 1/29/25 - 2/25/25

PASCHA CHOCOLATE

Organic Dark Chocolate Baking Chips, Sugar Free
8.8oz
\$13²⁹
Reg. \$17.99



Prices effective 1/29/25 - 2/25/25

DAVE'S GOURMET

Pasta Sauce Roasted Garlic & Sweet Basil
24oz
\$5⁹⁹
Reg. \$10.89



Prices effective 1/29/25 - 2/25/25

MARUKOME

Organic Miso Paste
13.2oz
\$4⁹⁹
Reg. \$6.19



Prices effective 1/29/25 - 2/25/25

NELLY'S

Organic Caramel Nougat Bar
1.6oz
\$2³⁹
Reg. \$2.99



Prices effective 1/29/25 - 2/25/25

SEAL THE SEASONS

Washington Cherry Berry Blend
32oz
\$8²⁹
Reg. \$11.99



Prices effective 1/29/25 - 2/25/25

STARLITE CUISINE

Taquitos, Potato Jalapeno
14oz
\$6⁹⁹
Reg. \$9.79



Prices effective 1/29/25 - 2/25/25

FEBRUARY

"WHILE IT IS FEBRUARY, ONE CAN TASTE THE FULL JOYS OF ANTICIPATION. SPRING STANDS AT THE GATE WITH HER FINGER ON THE LATCH." - PATIENCE STRONG

natural Factors



COENZYME Q10 100MG | 60sg
SRP \$22.95.....**Sale \$14.89**
DGL 400 MG CHEWABLE | 90ct
SRP \$18.95.....**Sale \$12.29**

ENTIRE LINE 25-35% Off!!
Prices effective 1/31/25 - 2/21/25

irwin naturals. Heal the World with Plant Medicine



LIBIDO MAX FOR ACTIVE MEN
60sg
\$23⁴⁹
Reg. \$29.32

STEEL LIBIDO PINK FOR WOMEN
60sg
\$30⁸⁹
Reg. \$38.65

Prices effective 1/31/25 - 2/21/25

SELECT OREGON'S WILD HARVEST 25% Off!
Prices effective 2/28/25 - 3/31/25

ORGANIC MILK THISTLE 180cap
\$40⁴⁹
SRP \$53.95

ORGANIC GARLIC 90cap
\$18⁶⁹
SRP \$24.95

ORGANIC ECHINACEA GOLDENSEAL 1oz
\$14⁹⁹
SRP \$19.95

Prices effective 1/31/25 - 2/21/25

DELALLO Potato Gnocchi 16oz

\$2⁵⁹
Reg. \$3.79



Prices effective 1/29/25 - 2/25/25

BOIRON



ARNICARE CREAM 2.5oz
\$9³⁹
Reg. \$13.39

VALUE PACK
ARNICARE CREAM 2.5oz
+
ARNICA MONTANA 80ct
\$11⁸⁹
Reg. \$16.99

Prices effective 1/31/25 - 2/27/25

SELECT BOIRON 30% Off!

EAT PASTRY

Vegan Cookie Dough, Chocolate Chunk
14oz

\$5⁹⁹
Reg. \$7.59



Prices effective 1/29/25 - 2/25/25

ACURE



BRIGHTENING CLEANSING GEL | 4oz
SRP \$11.29.....**Sale \$7.29**
BRIGHTENING FACIAL SCRUB | 4oz
SRP \$12.39.....**Sale \$7.99**

ENTIRE LINE 35% Off
Prices effective 1/31/25 - 2/21/25

North American Herb & Spice

SELECT NORTH AMERICAN HERB & SPICE

30% Off



OREGANOL SUPER STRENGTH 60sg
\$29⁹⁹
SRP. \$42.99

BLACK SEED OIL 90sg
\$27⁹⁹
SRP. \$39.99

SINU OREGA 2oz
\$13⁹⁹
SRP. \$19.99

Prices effective 1/31/25 - 2/21/25

Discounts on supplement and beauty care items are taken off Manufacturer's Suggested Retail Price. Sale is limited to on-hand quantities, and manufacturer participation. Price subject to change, see product details for specific sale dates



ENTIRE LINE 20% Off!

Prices effective 1/31/25 - 2/27/25

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*



FEMMESENCE
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*



FEMMESENCE
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*



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



ULTIMATE OMEGA +COQ10, LEMON | 60sg
SRP \$40.95.....**Sale \$32.76**

ULTIMATE OMEGA 2X MINI, STRAWBERRY | 60sg
SRP \$36.95.....**Sale \$29.56**



NATURALLY LOVEABLE | 1oz
SRP \$14.99.....**Sale \$11.19**

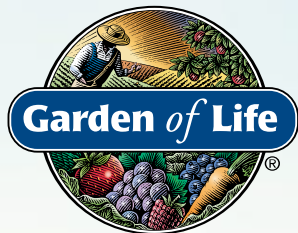
LAVENDER | 1oz
SRP \$13.99.....**Sale \$10.49**



ALL 1oz ESSENTIAL OILS 25% Off

Prices effective 1/31/25 - 2/27/25

+ Select Now 20-35% Off



GARDEN OF LIFE ORGANICS 35% OFF!



Organics Women's Multi 40+ Multi | 120tab
SRP \$91.99.....**Sale \$59.79**

Organics Men's Once Daily | 60tab
SRP \$56.99.....**Sale \$36.99**

Organics Plant Calcium | 90tab
SRP \$41.99.....**Sale \$27.29**

Organics Vegan D3 Spray, Vanilla | 2oz
SRP \$24.99.....**Sale \$16.19**

Organics Vitamin C Spray Cherry-Tangerine | 2oz
SRP \$14.99.....**Sale \$9.69**

Organics Kids Multi Cherry | 120ct
SRP \$37.99.....**Sale \$24.69**

Prices effective 1/31/25 - 2/27/25

MARCH

"IN MARCH, WINTER IS HOLDING BACK AND SPRING IS PULLING FORWARD. SOMETHING HOLDS AND SOMETHING PULLS INSIDE OF US TOO." - JEAN HERSEY

BAKEHOUSE 

St. Paddy's Day Treats

SHAMROCK COOKIES, IRISH SODA BREAD, STOUT CAKE



 MADE WITH ORGANIC INGREDIENTS

Available for a LIMITED TIME ONLY

PILGRIM'S ANTIOXIDANT-RICH PRODUCE SALE

10% off!

BUNCHED BEETS	GREEN BEANS	STRAW BERRIES	ALL KALE
MARCH 3-9	MARCH 10-16	MARCH 17-23	MARCH 24-30

PILGRIM'S 

Deli Spotlight

IRISH STEW

MADE RIGHT HERE



MEDIUM \$5.59 Reg. \$7.99

LARGE \$9.79 Reg. \$13.99

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

PILGRIM'S 

Deli Spotlight

FIESTA STUFFED BELL PEPPERS



30% Off! \$13.99 \$9.79

On Sale ALL MONTH!

klean kanteen®

ALL KLEAN KANTEEN PRODUCTS ON SALE!



20% Off!

One Week Sale MARCH 3-9TH

PILGRIM'S

Indoor Plant Sale

ALL VARIETIES



20% Off!

Three Day Sale MARCH 13-15TH

MRH FRESH BULK SAUSAGE 

Available in the Meat Department

While Supplies Last



HYDROFLASK® BRAND

20% Off! ALL VARIETIES

One Week Sale 3/3-3/9



HIGH MOWING Organic Seeds

AVAILABLE IN THE BULK DEPARTMENT ALL HIGH MOWING SPROUTING SEEDS ON SALE!



10% Off!


One Week Sale MARCH 17-23RD

PILGRIM'S

Meat Spotlight

TAYLOR RANCH YAK MEAT

ASSORTED CUTS



Local Meat. LOCAL VENDOR.

RED & GREEN CABBAGE

\$1.49/lb

On Sale: 3/10-3/17



THUNDER'S CATCH® CHOWDER

LOCAL VENDOR Available in the Meat Department

While Supplies Last



cultured mama 

try our... LIVING FOODS

TONICS & CHEEZECAKES

MADE WITH ORGANIC INGREDIENTS CUT HEALTHY | PREBIOTIC | DAIRY-FREE

15% Off! 3/1-3/22



PILGRIM'S MARKET Exclusive

MARCH

"IN MARCH, WINTER IS HOLDING BACK AND SPRING IS PULLING FORWARD. SOMETHING HOLDS AND SOMETHING PULLS INSIDE OF US TOO." - JEAN HERSEY

EDEN

Organic Black Beans, No Salt
15oz
\$2⁸⁹
Reg. \$3.89



Prices effective 2/26/25 - 3/25/25

BUDDHA TEAS

Hibiscus Tea
18 bags
\$3⁸⁹
Reg. \$7.59



Prices effective 2/26/25 - 3/25/25

GARDEIN

Seven Grain Crispy Tenders, Vegan
9oz
\$4¹⁹
Reg. \$6.79



Prices effective 2/26/25 - 3/25/25

SAHALE SNACKS

Honey Almonds Glazed Mix Nut Blend
4oz
\$3⁹⁹
Reg. \$6.19



Prices effective 2/26/25 - 3/25/25

BONNE MAMAN

Chocolate Hazelnut Spread
8.8oz
\$4⁶⁹
Reg. \$7.19



Prices effective 2/26/25 - 3/25/25

ALEIAS

Savory Stuffing Mix, Gluten Free
10oz
\$5²⁹
Reg. \$7.99



Prices effective 2/26/25 - 3/25/25

CROWN PRINCE

Wild Caught Sardines Boneless Skinless in Water
4.37oz
\$2⁷⁹
Reg. \$4.19



Prices effective 2/26/25 - 3/25/25

ELEMENTAL

Dark Chocolate Peanut Butter Bar
1.8oz
\$2¹⁹
Reg. \$2.99



Prices effective 2/26/25 - 3/25/25

KETTLE FOODS

Air Fried Kettle Cooked Potato Chip, Himalayan Salt
4.25oz
\$2⁸⁹
Reg. \$4.29



Prices effective 2/26/25 - 3/25/25

CASCADE MOUNTAIN

Spring Water
28oz
\$2²⁹
Reg. \$3.19



Prices effective 2/26/25 - 3/25/25

LILLIES Q

Carolina Dirt BBQ Rub
6oz
\$4⁶⁹
Reg. \$6.49



Prices effective 2/26/25 - 3/25/25

BIXBI

Dog Jerky Hip & Point Chicken Recipe
5oz
\$5³⁹
Reg. \$7.29



Prices effective 2/26/25 - 3/25/25

BAMBO NATURE

Eco Friendly Training Pants
Size 5
20 pack
\$11⁴⁹
Reg. \$15.49



Prices effective 2/26/25 - 3/25/25

BLUE MONKEY

Organic Coconut Cream
13.5oz
\$2¹⁹
Reg. \$2.99



Prices effective 2/26/25 - 3/25/25

KALONA SUPERNATURAL

Organic Whole Milk, Kefir Plain
32oz
\$5¹⁹
Reg. \$6.49



Prices effective 2/26/25 - 3/25/25

RANDY'S PICKLES

Deli Style Pickle Chips, Garlic Dill
24oz
\$6⁹⁹
Reg. \$9.39



Prices effective 2/26/25 - 3/25/25

INKA

Plantain Chips, Sea Salt
4oz
\$2³⁹
Reg. \$3.19



Prices effective 2/26/25 - 3/25/25

NANCY'S

Organic Whole Milk Cottage Cheese
16oz
\$4⁹⁹
Reg. \$5.79



Prices effective 2/26/25 - 3/25/25

MELA

Watermelon Juice
16.9oz
\$2⁹⁹
Reg. \$3.59



Prices effective 2/26/25 - 3/25/25

GOLDTHREAD

Green Minerals, Plant Based Tonic
10.5oz
\$3⁶⁹
Reg. \$4.59



Prices effective 2/26/25 - 3/25/25



"BEST-IN-CLASS"
supplements
THAT NOT ONLY ADDRESS
a wide spectrum of health needs,
BUT ALSO HELP SET
the new gold standard
IN THE INDUSTRY.



- CBD 1000MG UNFLAVORED**
1oz
\$46⁸⁹
SRP \$58.65
- CBD POWER TO SLEEP**
60sg
\$24⁴⁹
SRP \$30.65
- BEET ROOT RED**
60sg
\$26⁶⁹
SRP \$33.32
- MAGNESIUM + ASHWAGANDHA**
60sg
\$23⁴⁹
SRP \$29.32
- HIGH POTENCY VITAMIN D3 & K2**
60sg
\$19¹⁹
SRP \$23.99
- ONE PER DAY MEGA B-12**
60sg
\$21²⁹
SRP \$26.65

Prices effective 2/28/25 - 3/31/25

ENTIRE LINE
20% Off!
Liquid Filled Softgels



- Acidophilus & Bifidus** | 90cap
SRP \$22.95.....**Sale \$15.99**
- Ultimate Probiotics Women's Everyday 12billion** | 60cap
SRP \$29.95.....**Sale \$19.99**

ON SALE 30% Off!
Prices effective 2/28/25 - 3/31/25



- Quercetin & Bromelain** | 120cap
SRP \$39.99.....**Sale \$27.99**
- D-Mannose** | 120cap
SRP \$31.99.....**Sale \$22.39**

ALL NOW SUPPLEMENTS 20-30% Off!
Prices effective 2/28/25 - 3/31/25



ALL VITAMIN CODE
35% OFF!

- Vitamin Code Raw D3 5000 IU** | 60cap
SRP \$29.99.....**Sale \$19.49**
- Vitamin Code Raw Vitamin C** | 120cap
SRP \$37.99.....**Sale \$24.69**
- Vitamin Code Raw Zinc** | 60cap
SRP \$15.99.....**Sale \$10.39**
- Vitamin Code Raw Calcium** | 120cap
SRP \$55.99.....**Sale \$36.39**
- Vitamin Code Family** | 120cap
SRP \$48.99.....**Sale \$31.79**
- Vitamin Code Raw One for Men** | 75cap
SRP \$42.99.....**Sale \$27.89**

Prices effective 2/28/25 - 3/31/25

MARCH

"IN MARCH, WINTER IS HOLDING BACK AND SPRING IS PULLING FORWARD. SOMETHING HOLDS AND SOMETHING PULLS INSIDE OF US TOO." - JEAN HERSEY



SELECT ANCIENT NUTRITION
35% Off!

Prices effective 2/28/25 - 3/31/25



Multi Collagen Protein Powder | 16oz
\$34⁹⁹
SRP \$52.95

Organic SuperGreens Powder Mango | 6.8oz
\$29¹⁹
SRP \$44.95

Organic SuperGreens +Multivitamin Powder | 7.5oz
\$38⁹⁹
SRP \$59.95

Multi Collagen Protein Powder | 8.6oz
\$21⁹⁹
SRP \$32.95

Ancient Glandulars Grass-Fed Liver | 180cap
\$25⁹⁹
SRP \$39.95

SBO Probiotic Ultimate | 60cap
\$38⁹⁹
SRP \$59.95



Magnesium Complex | 90cap
SRP \$21.95.....**Sale \$17.56**

Omega-3 Lemon | 16oz
SRP \$50.95.....**Sale \$40.76**

SELECT NORDIC NATURALS **20% Off!**

LIMITED TIME ONLY Prices effective 2/28/25 - 3/11/25



BERBERINE 60cap
\$21²⁹
Reg. \$28.49



ALL ENZYMEDICA BERBERINE **25% Off!**

Prices effective 2/28/25 - 3/31/25



SINUSCALM 60tab
\$9²⁹
Reg. \$13.29



ALLERGYCALM 60tab
\$9²⁹
Reg. \$13.29

Prices effective 2/28/2025-3/31/25

SELECT BOIRON **30% Off!**



BLACK SPRUCE DEODORANT, ALUMINUM FREE 2.5oz
\$8⁷⁹
Reg. \$10.99



ENTIRE LINE **20% Off!**

Prices effective 2/28/25 - 3/31/25



ORGANIC TEA TREE OIL 0.17oz
\$6⁵⁹
Reg. \$7.79



ENTIRE LINE **15% Off!**

Prices effective 2/28/25 - 3/31/25



SELECT NORTH AMERICAN HERB & SPICE

30% Off



PINE POWER PLUS 8oz
\$27⁹⁹
SRP. \$38.99



OREGANOL SUPER STRENGTH 60sg
\$29⁹⁹
SRP. \$42.99



SINU OREGA 2oz
\$13⁹⁹
SRP. \$19.99

Prices effective 2/28/2025-3/31/25

MARCH

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
\$22³⁹
SRP \$27.95

Ashwagandha
EP35™ | 60 cap
\$24⁷⁹
SRP \$30.95

Curamin®
Extra Strength | 60 tab
\$42³⁹
SRP \$52.95

Melatonin
EP120™ | 60 tab
\$13⁵⁹
SRP \$16.95

Thyroid Care™
Plus | 60 cap
\$20⁷⁹
SRP \$25.95

Red Ginseng
Energy | 30 cap
\$34³⁹
SRP \$42.95

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

Prices effective 2/28/25 - 3/31/25

†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.



KAT'S RECIPE CORNER | MADE WITH PILGRIM'S HOUSEMADE PRODUCTS

Lasagna Roll-Ups



4



40min.



INGREDIENTS:

- 16 OZ. ITALIAN SAUSAGE
- 12 OZ. LASAGNA NOODLES
- 15 OZ. WHOLE MILK RICOTTA CHEESE
- 2 CUPS SHREDDED MOZZARELLA, DIVIDED
- 1/4 CUP GRATED PARMESAN
- 1 LARGE EGG
- 1/4 TSP SALT
- 1/4 TSP FRESHLY CRACKED BLACK PEPPER
- 1 GRH JAR OF VERONA MARINARA SAUCE

DIRECTIONS:

- PREHEAT OVEN TO 400°
- BRING A LARGE POT OF WATER TO A BOIL OVER HIGH HEAT. ONCE BOILING, ADD 1 TSP SALT TO SEASON THE WATER, THEN ADD THE LASAGNA NOODLES. BOIL

THE NOODLES JUST UNTIL AL DENTE (THEY BECOME TOO DELICATE TO ROLL IF THEY ARE TOO SOFT). DRAIN THE NOODLES IN A COLANDER.

-WHILE THE NOODLES ARE BOILING, BROWN THE ITALIAN SAUSAGE DRAIN GREASE AND PLACE IN FRIDGETO COOL. IN A BOWL COMBINE RICOTTA, 1 CUP OF THE MOZZARELLA, PARMESAN, EGG, SALT, AND PEPPER. STIR UNTIL EVERYTHING IS EVENLY COMBINED.

-ONCE THE LASAGNA NOODLES HAVE COOLED ENOUGH TO TOUCH WITH YOUR HANDS, LAY A FEW NOODLES OUT ONTO A CLEAN SURFACE. SPREAD ABOUT 1/4 CUP OF THE CHEESE FILLING ONTO EACH NOODLE, SPREADING IT FROM EDGE TO EDGE. NOW LAYER THE SAUSAGE. ROLL THE NOODLES UP, THEN PLACE IN A LARGE CASSEROLE DISH. REPEAT WITH THE REMAINING NOODLES UNTIL YOU'VE USED ALL OF THE FILLING. YOU SHOULD GET ABOUT 16 ROLL UPS AND YOU MAY HAVE A FEW NOODLES LEFT OVER (THOSE WILL BE BACK UP IN CASE ANY TEAR).

-ONCE ALL OF THE NOODLES ARE FILLED, ROLLED, AND PLACED IN THE CASSEROLE DISH, POUR THE JAR OF PASTA SAUCE OVER TOP. TOP THE LASAGNA ROLL UPS WITH THE REMAINING 1 CUP OF MOZZARELLA CHEESE.

-COVER THE CASSEROLE DISH WITH FOIL AND BAKE THE LASAGNA ROLL UPS FOR 30 MINUTES IN THE PREHEATED 400°F OVEN. SERVE HOT AND ENJOY!

Herb-Crusted Pork Tenderloin with Cranberry Chutney



35min.



INGREDIENTS:

- 1 PORK TENDERLOIN
- 1 EGG WHITE
- 1/2 CUP ALMOND FLOUR
- 1 TEASPOON DRIED SAGE
- 1 TEASPOON DRIED THYME
- SALT AND PEPPER
- 1 BOTTLE OF CULTURED MAMA CRANBERRY CHUTNEY

DIRECTIONS:

- PREHEAT THE OVEN TO 400 DEGREES. WHIP AN EGG

WHITE IN A BOWL UNTIL SLIGHTLY FROTHY. PLACE THE PORK TENDERLOIN IN THE BOWL WITH THE EGG WHITE AND TOSS TO COAT THE PORK. DUMP OUT THE EXCESS EGG. IN A SMALL BOWL COMBINE ALMOND FLOUR, SAGE, THYME, SALT AND PEPPER. POWER ALMOND FLOUR MIXTURE OVER PORK AND PAT IT DOWN TO COAT.

· PLACE A LARGE SKILLET OVER HIGH HEAT AND ADD OIL. ONCE PAN IS HOT, ADD PORK AND COOK FOR ABOUT 2 MINUTES ON EACH SIDE OR UNTIL LIGHTLY BROWNED. THEN TRANSFER PORK TO A FOIL LINED BAKING SHEET. BAKE FOR 20 MINUTES, THEN REMOVE AND TENT WITH MORE FOIL. LET SIT FOR 10 MINUTES SO JUICES REST.

· WHILE PORK IS COOKING HEAT UP CHUTNEY IN A SAUCE PAN AND POUR OVER TOP OF LOIN JUST BEFORE SERVING.

Chicken Tikka Masala



4



INGREDIENTS:

- 4 CHICKEN THIGHS
- 1 CUP OF HIGH FAT YOGURT
- 1Tbsp GARAM MASALA
- 1 TSP GRATED GINGER AND GARLIC
- 1TSP SALT
- 1 TSP PEPPER
- CHOPPED CILANTRO
- 1.5 CUPS BASMATI RICE
- BONE BROTH
- TURMERIC
- 1/2 TSP CUMIN SEEDS
- A CINNAMON STICK
- PILGRIM'S INDIAN MASALA SAUCE
- 1/2 CAN OF COCONUT MILK

DIRECTIONS:

- MARINATE CHICKEN THIGHS IN 1 CUP OF HIGH FAT YOGURT, 1Tbsp GARAM MASALA, 1 TSP GRATED GINGER AND GARLIC, 1TSP SALT AND 1 TSP PEPPER, CHOPPED CILANTRO, FOR AT LEAST 2 HRS, BUT UP TO 24 HRS

- WASH BASMATI RICE, ADD 1-1 RATIO OF BONE BROTH, ADD TURMERIC, 1/2 TSP CUMIN SEEDS, AND A CINNAMON STICK. COOK RICE.

- SEAR MARINATED CHICKEN UNTIL 3/4 COOKED.

- ADD OUR INDIAN MASALA SAUCE INTO SAUCE POT WITH 1/2 CAN OF COCONUT MILK THEN ADD CHICKEN AND SIMMER FOR 20 MINUTES

Cheffin' WITH Mike

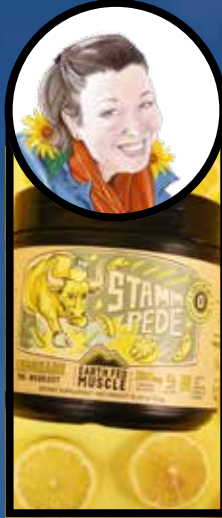
PILGRIM'S MARKET

— WINTER STAFF FAVORITES —



Nicole
VP
**Cultured
Mama
Hummus**

"I DON'T EVEN NORMALLY LIKE HUMMUS, BUT I CAN'T GET ENOUGH OF THIS STUFF! TRY MIXING IT WITH THE PILGRIM'S GRH CHILI CRUNCH FOR SOME EXTRA PIZZAZZ"



Kayla
SUPPLEMENTS MGR.
**EarthFed
Muscle Pre
Workout &
Creatine**

"I WORKOUT AT 2:30 EVERY MORNING AND THESE TWO ITEMS HELP ME GET INTO THE GYM! THE STAMM PEDE LEMONADE WAKES ME UP WHILE THE TRANSCEND CREATINE GIVES ME THE EXTRA PUMP! HIGHLY RECOMMEND THIS COMBO IF YOU'RE WANTING TO GET BACK INTO THE GYM IN 2025!"



Joe
TEAM CAPTAIN
**Enzymedica
GlutenEase
Enzyme**

"THESE HAVE LITERALLY CHANGED MY LIFE. I CAN FINALLY ENJOY OUR BAKERIES' AMAZING SOURDOUGH BREAD AND FOR THE FIRST TIME IN MY LIFE, I CAN TOLERATE GLUTEN WITH THESE ENZYMES!"



Chris
ASSISTANT STORE MGR.
**GRH
Horseradish
Cream
Sauce**

"THE VERSATILITY OF HOW IT CAN BE USED IS AWESOME. A DIP, A SPREAD, TO MARINATE STEAKS... YOU CAN'T GO WRONG."



Ryan
SERVICE DELI MANAGER
**GRH Black
Chili
Crunch**

"I PUT THIS STUFF ON EVERYTHING! SPICY, UMAMI, DELICIOUS!"



Mandy
PURCHASING LEAD
**Recess
Mocktail
& Mood
Booster
Beverages**

"THESE MOCKTAILS ARE PERFECT FOR DRY JANUARY! THEY ALMOST TAKE AWAY YOUR COCKTAIL CRAVIN. ALMOST. I ALSO LOVE THEIR ADAPTOGEN MOOD BOOSTERS FOR THE DARKER WINTER MONTHS."

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!

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Level 2: All Level 1 Benefits + Loyalty Rebates!

Rebate Program:

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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

SHANE

Beverage Dept. Manager

1. WHAT'S YOUR POSITION HERE AT PILGRIMS AND WHAT DO YOU LOVE ABOUT IT?

I am the Beverage department Manager. One of the main things I love about my Job is creating our beverages from raw, whole ingredients. I just love making things from scratch. One other thing I love about my job is my co-workers. Pilgrims has such a wonderful staff, that it makes it easy to enjoy coming to work everyday.

2. TELL US WHAT YOU DO FOR FUN OUTSIDE OF WORK?

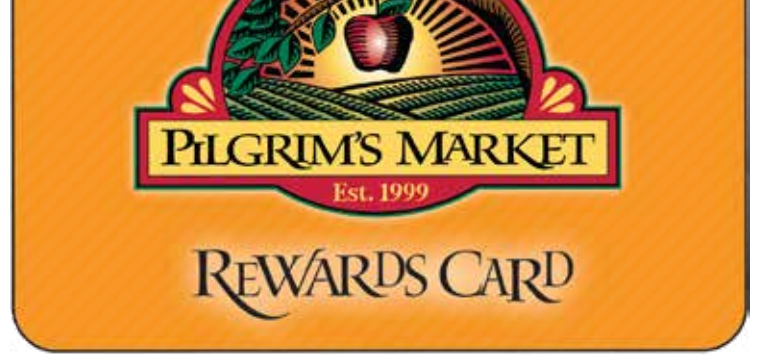
I enjoy quite a few things outside of work, starting with spending time with my family, as well as playing video games, watching football. However, I would be remiss if I didn't mention that brewing beer and hard cider are pretty close to the top of my list of things I enjoy doing.

3. WHAT DO YOU LOVE ABOUT OUR COMMUNITY OF COEUR D'ALENE?

Seeing as I was born and raised in this community I can honestly say I love it here. Our city is so beautiful, regardless of the season. The colors of fall, the snow capped mountains in the winter. Its just beautiful here. Not to mention the local food scene is pretty amazing here.

4. TELL US SOMETHING INTERESTING AND OFF BEAT ABOUT YOURSELF!

Well, not a lot of people know, but between the show Moonshiners and my culinary background, my interest in brewing beer and Ciders was sparked and fanned into a full blown passion. Which ultimately led to my role here at Pilgrims.



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2. Use the rewards just like cash to pay for your purchase!



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