

NEW ITEMS AT LAKEWINDS, MAR. 2022

GROCERY



Peace Coffee pollinator blend

One of our favorite local, fair trade roasters is offering this blend to help get you into the spring spirit! Featuring a light roast of Ethiopian and Peruvian beans, this bright, snappy coffee is the ideal accompaniment for spring cleaning and garden seeding. Available for a limited time while supplies last.

\$12.49  LOCAL



Fody Foods condiments & sauces

Perfect for the autoimmune protocol (AIP) diet, these gut-friendly condiments are low in FODMAP sugars and free from ingredients like garlic and onions. Look for the blue label with our salsas, ketchups, BBQ and tomato sauces.

\$4.99-7.99



Milkadamia macadamia oil spray

The rich, buttery flavor of macadamia nut oil is perfect for spritzing over grilled and roasted fare. Since it has a high smoke point, you can also use it for stir-frying. The convenient sprayer also makes this ideal for greasing cookie sheets and muffin tins.

\$10.99

(cont. on next page)

GROCERY (CONT.)

New items for Italian cooking

We've added a whole bunch of new items this month that will help you take your Italian cooking to a whole new level! Choose from new options for imported canned tomatoes, premade pasta sauces, aged balsamic vinegar, and plenty of new gluten-free pastas.

- Cento Peeled San Marzano tomatoes (28 oz.), \$4.99
- Bianco Dinapoli crushed and whole canned tomatoes (28 oz.), \$4.99
- Bianco Dinapoli tomato basil pasta sauce, \$8.49
- Rao's vodka pasta sauce, \$8.99
- Buon Giorno puttanesca sauce, \$4.99
- Primal Kitchen unsweetened tomato and alfredo sauce, \$6.49
- Masserie olive oil, \$10.99
- Masserie 5-year balsamic vinegar, \$13.99
- Mazzetti balsamic vinegar, \$3.69
- Jovial cassava pastas (several varieties) \$4.29
- Jovial einkorn spaghetti, \$3.49
- Montebello orzo, \$3.99
- Rummo potato gnocchi, \$2.99

WELLNESS



Fat and the Moon

Here by popular demand, this line of cruelty-free body care items is plant-powered, Earth-first, and hand-crafted. Look for a wide range of products, including lotions, shampoo, and more!

\$11.99-27.99



Vital Proteins chocolate collagen

A new flavor from a popular brand, this chocolate collagen powder will give your smoothies a creamy cocoa flavor. Yum! Vital Proteins uses 100% grass-fed collagen for additional omega-3 fatty acids.

\$29.99

(cont. on next page)

GENERAL MERCHANDISE



Denik notebooks

Record your thoughts with a hip, stylish notebook! Available in a number of sizes and designs, Denik notebook sales help support building schools in Mali, Guatemala, Laos, and Ghana, while supporting the work of local artists.

\$10.99-13.99



Workman Publishing garden books

Just in time to start planning your garden, these how-to books are filled with full-color photos and helpful illustrations to help you get the most out of the growing season. Whether you're a budding starter or a seasoned green thumb, a little extra knowledge never hurts!

\$20.99



Sow the Magic seed bombs

In addition to their aesthetic beauty, wildflowers provide countless benefits to local ecosystems, from supporting pollinators and other animals to helping build soil and reduce erosion. These seed bombs are available in edible, tea, and sunflower varieties. Just toss wherever you want a wildflower patch to sprout!

\$9.99