

Manager Specials

Offers Valid 11/15/23 - 11/30/23
ECO Membership Required

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We have over 1,000 items on sale each month. The items on this flyer are just a few of the many products that you can purchase at a discount.

To see our complete list of sales items, go to our website www.goodharvestmarket.com and go to our "Sales" page or use your cell phone to scan this QR Code.



As a member of the Independent Natural Food Retailers Association (INFRA), we are able to pass great savings on to you each month for the products we choose to carry in our store. Scan the QR code to see this month's sales flyer.



Organic Russet Potato #5 bag	\$4.99 ea (Reg. \$13.49/ea)
Organic Jewel Sweet Potatoes	\$1.99/lb (Reg. \$2.69/lb)
Organic Garnet Sweet Potatoes	\$1.99/lb (Reg. \$2.69/lb)
Organic Josie Green Beans 10oz bag	\$4.99/ea (Reg \$5.79/ea)
Cranberries 8 oz bag	\$3.49/ea (Reg \$4.99/ea)
Organic Girl Baby Spinach 10 oz	\$5.99/ea (Reg. \$6.99/ea)
Organic Girl Spring Mix 10 oz	\$5.99/ea (Reg \$6.99/ea)
Organic Girl 50/50 Mix 10 oz	\$5.99/ea (Reg \$6.99/ea)



All Natural Ground Pork	\$3.99/lb (Reg. \$4.99/lb)
Neys Prime Rib Seasoned Patties	\$7.99/lb (Reg. \$8.99/lb)
Italian Parmesan Chicken Breast	\$9.99/lb (Reg. \$11.99/lb)
Coconut Curry Chicken Breasts	\$9.99/lb (Reg. \$11.99/lb)



Boar's Head Simplicity A.N. Uncured Ham	\$11.99/lb (Reg. \$13.99/lb) (11/19 - 11/25)
Boar's Head Simplicity A.N Smoked Turkey	\$13.99/lb (Reg. \$15.99/lb) (11/26 - 12/02)
Boar's Head Genoa Salami A.N.	\$17.99/lb (Reg. \$19.99/lb)
Funkytown Gym Shoe Pale Ale 6 pack	\$11.99/6pk (Reg. \$14.99/6pk)
Fetzer Pinot Grigio	\$6.99/bottle (Reg. \$8.99/bottle)
Hiro Saketini 4 pk All Varieties	\$12.99/4 pk (Reg. \$16.99/4 pk)



Califia Farms OG Oat Milk – Original 48 oz	\$5.49 ea (Reg. \$7.39)
Califia Farms OG Almond Milk – Unsweetened 48 oz	\$5.19 ea (Reg. \$6.89)
Cosmic Bliss OG GF Dairy Ice Cream – Strwbry Lmn Shrtbrd 14 oz	\$6.49 ea (Reg. \$8.69)
Cosmic Bliss OG GF Dairy Ice Cream – Hzlnt Fdg Crnch 14 oz	\$6.49 ea (Reg. \$8.69)
Cosmic Bliss OG GF Dairy Ice Cream – Twstd Ckie Dgh 14 oz	\$6.49 ea (Reg. \$8.69)
Cosmic Bliss OG GF Dairy Ice Cream – Pnt Btr Blitz 14 oz	\$6.49 ea (Reg \$8.69)
Cosmic Bliss OG GF Dairy Ice Cream – Vnla Bean Nirvana 14 oz	\$6.49 ea (Reg. \$8.69)
Cosmic Bliss OG GF Dairy Ice Cream – Choc Euphoria 14 oz	\$6.49 ea (Reg. \$8.69)
Bob's Red Mill OG Chia Seeds 12 oz	\$6.29 ea (Reg. \$5.99)
Fentiman's Soda Ginger Beer 4pk	\$6.59 ea (Reg \$9.69)
Fentiman's Soda Curiosity Cola 4pk	\$6.59 ea (Reg \$9.69)
Fentiman's Soda Rose Lemonade 4 pk	\$6.59 ea (Reg \$9.69)

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Malk OG Almond Milk – Unsweetened 28 oz	\$5.59 ea (Reg. \$6.99)
Malk OG Almond Milk – Vanilla 28 oz	\$5.59 ea (Reg. \$6.99)
Malk OG Oat Milk Sprouted 28 oz	\$5.59 ea (Reg. \$6.99)
Malk OG Oat Milk Chocolate 28 oz	\$5.59 ea (Reg. \$6.99)
Four Sigmatic OG Mshrm Coffee Mix with Lions Mane + Chaga 12 oz	\$14.49 ea (Reg. \$19.69)
Four Sigmatic OG Mshrm Coffee Ground Decafe with Reishi 12 oz	\$14.49 ea (Reg. \$19.69)
Four Sigmatic OG Mshrm Coffee Ground with Probiotic 12 oz	\$14.49 ea (Reg \$19.69)
Four Sigmatic OG Adptgn Coffee Ground with Ashwgdh & Tulsi 12 oz	\$14.49 ea (Reg \$19.69)
Four Sigmatic OG Grnd Coff lumn Sup with Vit D & Chg Mshrm 12 oz	\$14.49 ea (Reg. \$19.69)
Four Sigmatic OG Grnd Coff Prfrm with L – Thn & Crdycps Mshrm 12 oz	\$14.49 ea (Reg. \$19.69)
Lundberg Family Farms Rice Pouches Cali White Jasmine 2 lbs	\$6.89 ea (Reg. \$9.29)
Primal Kitchen Mayo Made with Avocado Oil 12 oz	\$8.99 ea (Reg. \$12.19)



RADIUS Floss Vegan Xylitol Mint 55 yd	\$3.89/ea (Reg. \$4.99)
RADIUS Floss Natural Biodegradable Silk 33 yd	\$3.99/ea (Reg. \$5.99)
Tiger Balm Balm Patch 5 ct	\$5.99 ea (Reg. \$7.89)
Tiger Balm Balm Patch Large 4 ct	\$7.69 ea (Reg. \$9.99)
Tiger Balm Liniment – Family Size 2 oz	\$8.89 ea (Reg. \$11.79)
Badger Man Care Hair Pomade 2 oz	\$13.59 ea (Reg. \$16.99)
Badger Man Care Beard Balm 2 oz	\$13.59 ea (Reg. \$16.99)
Badger Foot Balm 2 oz	\$8.79 ea (Reg. \$10.99)
Solray Liposomal Vitamin C 100 ct	\$25.29 ea (Reg. \$36.29)
Life Extension (NAC) N-Acetyl-L-Cysteine 60 caps	\$12.79 ea (Reg. \$15.99)
Life Extension Neuro-Mag® Magnesium L-Threonate 90 caps	\$30.29 ea (Reg. \$37.79)
Alaffia Curl Enhancing Shampoo 12 oz	\$9.99 ea (Reg. \$16.59)

Alaffia Curl Hydrating Oil 2 oz	\$7.89 ea (Reg. \$12.79)
Hyland's Nerve Tonic 50 tabs	\$8.69 ea (Reg. \$10.89)
Hyland's Calms Forte 100 tabs	\$11.29 ea (Reg. \$14.19)
Andalou Naturals CannaCell® Body Lotion – Joyful 8 oz	\$8.69 ea (Reg. \$10.79)
Andalou Naturals Lotion 1000 Roses Soothing 8 oz	\$8.69 ea (Reg. \$10.79)
OM Cordyceps 100 g	\$19.59 ea (Reg. \$26.49)
OM Lion's Mane 100 g	\$19.59 ea (Reg. \$26.49)
OM OG Mushroom Master Blend 3.17 oz	\$19.89 ea (Reg. \$26.49)
MegaFood Multi for Men 120 ct	\$54.39 ea (Reg. \$78.99)
MegaFood Multi for Men 40+ 60 ct	\$36.79 ea (Reg. \$49.99)
MegaFood C Defense Gummies Tangy Citrus 70 ct	\$13.59 ea (Reg. \$18.59)



We fill our calendar with fun events for folks of all ages, including trivia nights, yoga, meditation, Irish dance, Drum Circles and live performances. Here's the upcoming events:

Thurs, Nov 16 – Organic Rhythm Jam Drum Circle 6 – 8pm
 Fri, Nov 17 – Red Rabbit 6-8:30pm
 Sat, Nov 18 – Jazz Flux 6-8:30pm
 Wed, Nov 22 – Pub Quiz Trivia 6:30-8:30pm
 Fri, Nov 24 – Brad Stern 6-8:30pm
 Sat, Nov 25 – Ceol Cairde 6-8:30pm
 Wed, Nov 29 – Pub Quiz Trivia 6:30-8:30pm

Complete Details on our speakers, performers and events can be found on our website or scan the QR Code to go to our Facebook Events Page:

