



Isla Vista Food Co-op's
Holiday Season
Recipe Guide





Recipe #1

Vegan Baked Creamy Mac and Cheese

Preparation

- Preheat oven to 350°F/180°C.
- Prepare elbow pasta according to package directions. You can do this while the carrots are being cooked. Drain in a colander until ready to use (You can use the same pan as below – just leave the pasta in a colander, then after carrot mixture has been made, add to pan).
- In a pan over medium heat, heat the oil. Once hot, add in the carrots, onions and the garlic, stirring to combine. Lower heat to medium low. Cover with lid and allow to steam/roast until carrots are tender, about 10 minutes.
- Remove from heat and allow to cool slightly.
- In a large high speed blender add the carrot mixture, cashews, salt and pepper, ground mustard, lime juice, soy sauce, nutritional yeast, paprika, ground nutmeg, and almond milk.
- Blend together for about 3 minutes on a high speed, until sauce is completely smooth and incorporate. If you need to blend longer that's fine, just blend until smooth. Taste and add more salt if necessary.
- Add the macaroni to a cast iron skillet or other similarly sized oven safe pot or oven sized container (mine is about 8" to 9"). Pour the sauce over the macaroni. Stir to combine until fully combined and all the macaroni is coated with sauce.
- Mix breadcrumbs, salt and pepper to taste and vegan butter in a small dish with a small whisk or fork until combined. Sprinkle over the top of the Mac and cheese, covering completely.
- Bake for 15 minutes until Mac and cheese is set, then broil for a few minutes until top is golden brown.
- Remove from oven, allow to cool slightly then serve and enjoy!



Ingredients

For Creamy Vegan Mac and Cheese:

- 3 c Elbow Macaroni
- 1 tbsp Olive Oil
- 1 large Carrot (chopped)
- 1 small Yellow Onion (halved and chopped)
- 3 cloves of Garlic (minced)
- 1 cup Raw Cashews (soaked overnight and drained)
- 1 tsp Sea Salt
- 1/2 tsp Ground Black Pepper
- 1 tsp Dry Ground Mustard
- 1 tbsp Lime Juice
- 1 tbsp Soy Sauce or Liquid Aminos
- 1/2 c Nutritional Yeast
- 2 tsp Paprika
- 1/2 tsp Ground Nutmeg
- 1 1/2 c Vegan Milk

For Bread Crumb Topping:

- 1 c Bread Crumbs
- Salt
- Pepper
- 3 tbsp Melted vegan butter or oil

IVFC Grocery List:

Field Day Organic Elbows	\$1.99
Earth Balance Vegan Buttery Sticks	\$7.39
Field Day Extra Virgin Olive Oil	\$7.69
Lee Kum Kee Premium Soy Sauce	\$2.39
Dynasty Panko Bread Crumbs	\$2.19
Silk Soy Milk	\$5.99
Bragg Nutritional Yeast "Cheesy" Seasoning	\$7.19
Yellow Onions	\$1.69/lb
Loose Table Carrots	\$2.19/lb
Limes	\$2.49/lb

Garlic	\$7.99/lb
Bulk Medium Grind Black Pepper (PLU #1127)	\$1.62/oz
Bulk Ground Yellow Mustard (PLU #1131)	\$0.59/oz
Bulk Whole Raw Cashews (PLU #225)	\$10.99/lb
Bulk Coarse Sea Salt (PLU #1036)	\$0.50/oz
Bulk Paprika Powder (PLU #1149)	\$1.12/oz
Bulk Nutmeg Powder (PLU #1135)	\$2.75/oz





Recipe #2

Creamy Broccoli Cheddar Soup

Preparation

- Add 1 tbsp butter to dutch oven or pot and heat over medium heat. Add chopped onion and sauté until onions are soft and translucent, about 2-3 minutes. Add 1/4 cup butter, still over medium heat. When melted, add flour and whisk together. Cook mixture about 1 minute, whisking often.
- Slowly pour in about a cup of chicken broth, whisking as you pour. Continue with remaining chicken broth and half and half, pouring slowly and whisking as you pour.
- Let broth/half and half mixture cook for a minute or two, whisking often, making sure no flour lumps remain.
- Add broccoli and carrots and stir to combine. Add paprika, garlic powder, dry mustard, salt and pepper, stir. Reduce heat to low/medium low and simmer about 10-15 minutes or until thickened and broccoli and carrots are fork tender. If soup gets too thick for your liking, add a splash of chicken broth or half and half to loosen it up.
- OPTIONAL: Blend soup until desired texture is reached, using either immersion blender or by transferring soup to traditional blender.
- Add grated cheddar cheese a handful at a time, stirring to melt the cheese into the soup after each handful. Taste soup and season with additional salt and pepper if needed.
- Serve hot with additional black pepper and shredded cheese on top if desired.



Ingredients

- 1 Tbsp butter
- 1 medium yellow onion, finely chopped
- 1/4 cup salted butter
- 1/4 cup all-purpose flour
- 2 cups chicken broth
- 2 cups half and half
- 12 oz fresh broccoli (I use a 12 oz bag of florets), roughly chopped
- 2 carrots, peeled and chopped
- 1/2 tsp kosher salt
- 1/4 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp dry mustard (can substitute with about 1/2 tsp regular mustard)
- 1/4 tsp black pepper
- 2 cups cheddar cheese

IVFC Grocery List:

Clover Sonoma Organic Salted Butter	\$4.39
Organic Valley Half & Half	\$3.39
Organic Valley Shredded Sharp Cheddar	\$5.49
Field Day All Purpose Flour	\$6.99
Field Day Organic Chicken Broth	\$2.29
Cascadian Organic Broccoli Florets	\$3.99
Yellow Onion	\$1.69/lb
Loose Table Carrots	\$2.19/lb

Bulk Garlic Powder (PLU #1152)	\$1.41/oz
Bulk Ground Yellow Mustard (PLU #1131)	\$0.59/oz
Bulk Medium Grind Black Pepper (PLU #1127)	\$1.62/oz
Bulk Coarse Sea Salt (PLU #1036)	\$0.50/oz
Bulk Paprika Powder (PLU #1149)	\$1.12/oz





Recipe #3

Vegan Mashed Potatoes and Gravy

Preparation

- Cut potatoes into equal size pieces. Add to a large pot and pour in water until potatoes are covered. Place on stove and bring to a boil, stirring occasionally.
- While potatoes are cooking, make the gravy. Combine corn starch and ½ cup water in a bowl and whisk until combined and corn starch is dissolved.
- In a sauce pan combine bouillon, 3 cups water, poultry seasoning and white pepper. Bring to a boil over medium high heat, whisking frequently. Once it begins to boil, add corn starch mixture and decrease heat to low. Whisk frequently until gravy begins to thicken-if it gets too thick, add little amounts of water at a time. Add pepper to taste. Leave on low heat until ready to serve, stirring occasionally.
- When potatoes are tender (approx. 30 mins) remove pot from heat and drain. Add drained potatoes back to the pot. Add butter and ¼ cup milk. Use a potato masher to break apart potatoes and incorporate the butter & milk. Add an additional ¼ cup milk and continue to mash until potatoes are smooth.
- Add garlic powder, salt and pepper and stir with a wooden spoon to combine.
- Transfer potatoes to a serving dish and top with chives. Serve with hot gravy.



Ingredients

For the potatoes:

- 1.5 lbs red or yellow potatoes diced
- 4 cups water approx.
- ½ cup plain almond milk separated
- ¼ cup vegan butter
- ½ teaspoon garlic powder
- salt and pepper to taste
- chives chopped (optional)

For the gravy:

- ⅓ cup corn starch
- 3.5-4.5 cups water separated
- 2 tablespoon Better Than Bouillon Vegetarian Chicken Flavor
- ⅓ teaspoon poultry seasoning
- ⅓ teaspoon white pepper
- pepper to taste

IVFC Grocery List:

Gold Potatoes	\$1.49/lb	Better Than Buillon No-Chicken Base	\$7.49
Red Potatoes	\$1.99/lb	Bulk Garlic Powder (PLU #1152)	\$1.41/oz
Almond Breeze Unsweetened Original Almond Milk	\$3.19	Bulk Coarse Sea Salt (PLU #1036)	\$0.50/oz
Earth Balance Vegan Buttery Sticks	\$7.39	Bulk Medium Grind Black Pepper (PLU #1127)	\$1.62/oz
Rumford Corn Starch	\$3.49	Bulk Fine White Pepper (PLU #1139)	\$2.62/oz





Recipe #4

Vegan Stuffing



Preparation

- Preheat oven to 400 degrees.
- Cut bread into cubes and place on a baking sheet. Bake in the oven until slightly crunchy, about 10-15 minutes.
- Combine diced celery, onion, carrots, garlic, 2 tablespoons of vegan butter, salt, sage, thyme, oregano, and pepper in a large skillet.
- Sauté over medium heat, stirring occasionally, until veggies are softened, around 10 minutes.
- Add bread to skillet with the vegetables and stir well, then pour in the veggie stock.
- Grease a large baking dish with vegan butter, then transfer the stuffing mixture into the dish
- Dot the top of the stuffing with 2 tablespoons of vegan butter, cut into small cubes
- Bake the stuffing at 400 degrees for 30-40 minutes, or until desired texture (we prefer it more dry, but you could cook less for a more soft stuffing)



Ingredients

- 1 loaf of bread (14-16 slices): you will need 12 cups of bread cubes
- 1 heart of celery, diced (about 5 stalks)
- 1 medium onion, diced
- 3 carrots, peeled and diced
- 10 cloves of garlic, finely diced or minced
- 1.5 teaspoons sea salt
- 3 tablespoons ground sage
- 1.5 teaspoons thyme
- 1.5 teaspoons oregano
- 2 tablespoons vegan butter
- ½ teaspoon pepper
- 2 cups veggie stock
- 2 tablespoons vegan butter for topping



IVFC Grocery List:

D'Angelos Artisan Baguette	\$4.29	Bulk Rubbed Sage Leaf (PLU #1142)	\$1.28/oz
Celery	\$2.19	Bulk Organic Thyme Leaf (PLU #1145)	\$1.56/oz
Yellow Onions	\$1.69/lb	Bulk Organic Oregano Leaf (PLU #1136)	\$1.06/oz
Loose Table Carrots	\$2.19/lb	Bulk Medium Grind Black Pepper (PLU #1127)	\$1.62/oz
Garlic	\$7.99/lb	Miyoko's Creamery Vegan Cultured Butter	\$5.99
Field Day Mediterranean Sea Salt	\$1.99	Field Day Organic Vegetable Broth	\$1.99



Recipe #5

Vegan and Gluten-Free Lentil Loaf

Preparation

- Heat oven to 350 F. Rinse the lentils and drain well. Fill a large soup or stockpot with vegetable broth (or water) and add the lentils. Bring to a boil, reduce the heat, and simmer until cooked, for about 30 minutes. Lentils need to be soft for the best results.
- Drain thoroughly. Mash the lentils while they are still hot until they are creamy in texture but some whole lentils can be seen. Set aside.
- Heat the olive oil in a medium-sized skillet. Add the onions and garlic and sauté for 3 to 5 minutes, or until soft.
- Combine the onion mixture, mashed lentils, cooked rice, salt, 1/4 cup of ketchup or barbecue sauce, sage, and Italian seasoning. Mix well.
- Gently press the entire lentil mixture into a greased loaf pan. Coat the loaf with 1 or 2 tablespoons of the remaining ketchup.
- Bake the lentil loaf for 1 hour, basting with additional ketchup every 15 minutes or so. Allow it to cool slightly for about 15 minutes before slicing and serving, as this will help the lentil loaf firm up. Serve and enjoy.



Ingredients

- 1 1/2 cups lentils
- 3 1/2 cups vegetable broth, or water
- 3 tablespoons olive oil
- 2 medium onions, diced
- 2 cloves garlic, minced
- 2 cups cooked white rice
- 1/2 teaspoon salt
- 1/2 to 3/4 cup ketchup, or barbecue sauce, divided
- 1/2 teaspoon sage
- 3/4 teaspoon Italian seasoning



IVFC Grocery List:

Bulk Organic Green Lentils (PLU #440)	\$3.29/lb
Field Day Organic Vegetable Broth	\$1.99
Field Day Organic Extra Virgin Olive Oil	\$7.69
Yellow Onions	\$1.69/lb
Garlic	\$7.99/lb
Field Day Mediterranean Sea Salt	\$1.99

Field Day Organic Long Grain White Rice	\$4.49
Field Day Organic Tomato Ketchup	\$3.49
Stubb's Original Legendary BBQ Sauce	\$5.39
Bulk Rubbed Sage Leaf (PLU #1142)	\$1.28/oz
Bulk Organic Italian Seasoning (PLU #1183)	\$1.37/oz





Recipe #6

Vegan "Chicken" Pot Pie

Preparation

- Preheat oven to 375 F.
- Brown the cut chicken substitute in a sauté pan with 1 tablespoon of the canola oil. Season with a little bit (about 1/4 teaspoon each) of salt and pepper. Remove from the pan and set aside.
- To make a roux, melt the vegan butter in a sauté pan, add flour, and whisk constantly until light brown in color. Cool and set aside.
- In a large soup or stock pot, heat the vegan chicken stock until gently simmering. Keep this simmering and hot for the next step.
- In a 5.5-quart stock pot, cook onions in canola oil for 3 minutes and add carrots, sage, and thyme, along with the rest of the salt and pepper. Continue to cook for 5 minutes. Add the already-simmering vegetable stock and simmer for 5 minutes. Whisk in nutritional yeast flakes.
- Add the prepared margarine and flour roux a bit at a time, and continue to cook as the sauce begins to thicken. Stir in the chicken substitute, tamari, and peas. Pour mixture into a large shallow pan to cool.
- Once the mixture is cool, pour into individual ramekins, a glass pie pan, or a small casserole dish. Cover mixture with puff pastry (be sure to leave a small excess of pastry for folding and fluting of the edge), and seal edges. Cut small slits. Bake for 35 min or until internal temperature reaches 165 F. Let cool and enjoy.



Ingredients

- 1 package vegetarian chicken substitute, cut into 1/4-inch cubes
- 2 to 4 tablespoons canola oil
- 3/4 teaspoon sea salt
- 3/4 teaspoon black pepper
- 3/4 cup vegan butter
- 3/4 cup all-purpose flour
- 6 cups vegan chicken stock
- 1 cup yellow onion, diced
- 1 cup carrots, peeled and diced
- 3/4 teaspoon thyme, minced
- 3/4 teaspoon sage, minced
- 1 tablespoon nutritional yeast flakes
- 1 tablespoon tamari
- 1 cup green peas
- 1 sheet vegan puff pastry, rolled out to 12 x 10 inches

IVFC Grocery List:

Sweet Earth Mindful Chick'n Strips	x
Field Day Canola Oil	\$3.99
Field Day Mediterranean Sea Salt	\$1.99
Bulk Medium Grind Black Pepper (PLU #1127)	\$1.62/oz
Miyoko's Creamery Vegan Cultured Butter	\$5.99
SAN-J Tamari	\$3.29
Woodstock Farms Organic Steamable Peas	\$4.39
Immaculate Organic Crescent Rolls	\$6.99

Field Day Organic All Purpose Flour	\$6.99
Imagine Vegetarian No-Chicken Broth	\$4.99
Yellow Onions	\$1.69/lb
Loose Table Carrots	\$2.19/lb
Bragg Garlic Nutritional Yeast	\$6.99
Bulk Organic Thyme Leaf (PLU #1145)	\$1.56/oz
Bulk Rubbed Sage Leaf (PLU #1142)	\$1.28/oz





Recipe #7

Vegan Apple Crumble



Preparation

- Preheat your oven to 350°F (177°C).
- In a medium-sized bowl, gently mix together sliced apples, 1/3 cup packed brown sugar, 1/4 cup vegan butter, 2 tablespoon flour, and 1/2 teaspoon ground cinnamon. Layer apple mixture into the bottom of a 8"x8" baking dish.
- In the same bowl used to mix the apples, combine 2/3 cup oats, 1/2 cup packed brown sugar, 1/3 cup vegan butter, 1/4 cup pecans, 3 tablespoon all purpose flour, and 1/4 teaspoon cinnamon. Mix well.
- Use your hands to distribute the crumble mixture evenly over the apple layer, encourage the crumble mixture to form some nice clumpy bits.
- Bake for 30 minutes or until the apple layer is bubbling and the crisp/crumble layer is crisp and golden-brown.
- Let sit for 15 minutes before serving.
- Serve with a scoop of vegan vanilla ice cream.



Ingredients

For the apple top layer:

- 8 sliced apples
- 2/3 cup packed brown sugar
- 1/2 cup vegan butter or margarine, softened
- 4 tbsp unbleached all-purpose flour
- 1 tsp ground cinnamon

For the crumble layer:

- 1 1/3 cup rolled old-fashioned oats
- 1 cup packed brown sugar
- 2/3 cup vegan butter or margarine, softened
- 1/2 cup pecan halves, chopped
- 6 tbsp unbleached all-purpose flour
- 1/2 tsp ground cinnamon
- Vegan vanilla ice cream, for serving

IVFC Grocery List:

Honeycrisp Apples	\$3.99/lb	Bulk Organic Cinnamon Powder (PLU #1115)	\$0.75/oz
Field Day Organic Light Brown Sugar	\$3.69	Bulk Organic Rolled Oats (PLU #527)	\$1.89/lb
Miyoko's Creamery Vegan Cultured Butter	\$5.99	Woodstock Farms Organic Pecan Halves	\$9.69
Field Day Organic All Purpose Flour	\$6.99	Oatly! Vanilla Non-Dairy Ice Cream	\$5.49





Recipe #8

Vegan and Gluten-Free Pumpkin Muffins

Ingredients

Preparation

- Preheat oven to 350 degrees F (174 C) and lightly grease a standard size muffin tin (will make 9-10 muffins as original recipe is written // adjust if altering batch size). Dust with gluten free flour and shake out excess.
- Prepare flax eggs by mixing flaxseed meal and water in a large mixing bowl. Let set for 5 minutes.
- Add banana and mash, leaving just a bit of texture.
- Add pumpkin purée, brown sugar, maple syrup, olive oil, and vanilla extract and whisk for one minute.
- Stir in baking soda, salt, cinnamon, and pumpkin pie spice, and mix. Add water and whisk once more.
- Add almond meal, gluten-free oats, and gluten-free flour blend and stir until just combined. The batter should be thick and scoopable.
- Divide batter evenly among desired amount on muffin tins.
- Quickly rinse your mixing bowl and then add crumble ingredients. Mash ingredients together with a fork or your hands until crumbly like wet sand. Generously top muffins with streusel.
- Bake for 27-32 minutes or until tops are golden brown and a toothpick or knife comes out completely clean. It's better to slightly over-bake these than under-bake because the gluten-free flour blend takes longer to cook all the way through.
- Let cool for 5 minutes in the muffin tin, then gently remove and cool completely on a cooling rack.



For the muffins:

- 1 1/2 Tbsp flaxseed meal
- 4 Tbsp water
- 2 Tbsp mashed ripe banana
- 3/4 cup pumpkin puree
- 2/3 cup brown or coconut sugar
- 1/4 cup maple syrup
- 1/4 cup olive oil
- 1 tsp vanilla extract
- 2 tsp baking soda
- 1/4 tsp sea salt
- 1/2 tsp ground cinnamon
- 1 1/4 tsp pumpkin pie spice
- 1/2 cup water
- 1/2 cup almond meal
- 3/4 cup gluten-free rolled oats
- 1 cup gluten-free flour blend

For crumble top:

- 3 Tbsp brown or coconut sugar
- 3 1/2 Tbsp gluten-free flour blend
- 2 Tbsp roughly chopped pecans, or walnuts
- 1 1/4 Tbsp coconut oil
- 1 pinch each cinnamon + pumpkin pie spice

IVFC Grocery List:

Bob's Red Mill Organic Flaxseed Meal	\$5.69	Simply Organic Pumpkin Spice	\$5.99
Bananas	\$1.89/lb	Field Day Gluten Free Almond Flour	\$9.49
Field Day Organic 100% Pure Pumpkin	\$2.29	Bob's Red Mill Gluten Free Rolled Oats	x
Field Day Organic Light Brown Sugar	\$3.69	Bob's Red Mill Gluten Free 1 to 1 Baking Flour	\$9.99
Field Day Organic Maple Syrup	\$6.99	Woodstock Farms Organic Pecan Halves	\$9.69
Field Day Organic Extra Virgin Olive Oil	\$7.69	Field Day Organic Unrefined Coconut Oil	\$7.99
Field Day Organic Vanilla Extract	\$9.99	Field Day Mediterranean Sea Salt	\$1.99
Field Day Baking Soda	\$0.99	Bulk Organic Cinnamon Powder (PLU #1115)	\$0.75/oz





Preparation

- In a medium sauce pan over high heat, bring the orange juice, water and sugar to a boil.
- Add the cranberries, orange zest, and salt and return to a boil.
- Reduce the heat to medium and boil gently for 10 to 12 minutes, until most of cranberries have burst open. (You may need to mash them a bit with a spoon.)



Ingredients

- ½ cup fresh orange juice, from two oranges
- ½ cup water
- ¾ cup plus 2 tablespoons sugar
- 1 (12 oz) bag fresh or frozen cranberries (do not use dried)
- Zest of one orange, about 2 teaspoons
- Pinch salt

IVFC Grocery List:

Bagged Valencia Oranges [3 lb]	\$5.99	Cranberries [8 oz]	\$4.99
Field Day Organic Cane Sugar	\$2.99		



Preparation

- Preheat the oven to 350°F and set an oven rack in the middle position. Line a baking sheet with parchment paper.
- In a medium bowl, whisk together the Confectioners' sugar, kosher salt, cayenne pepper, and water.
- Add the pecans to the sugar mixture and stir until the nuts are evenly coated.
- Transfer the pecans to the prepared baking sheet and arrange in a single layer. Do your best to make sure the nuts are evenly spread out (if they are clumped together, they won't cook evenly). Scrape out every last bit of glaze from the bowl and drizzle over the nuts. Bake for 10 to 12 minutes, until the pecans are caramelized and the caramel on the baking sheet is a rich brown color but not burnt.
- Immediately slide the parchment off of the hot baking sheet and allow the pecans to cool completely on the countertop (this stops the cooking process and prevents the nuts from burning). Once cool, remove the pecans from the parchment, breaking apart any clusters if necessary, and store in an airtight container for up to two weeks.
- Note: If the nuts are sticky after cooling, that means they are a bit undercooked. Pop them back in the oven for a few minutes and let cool again.



Ingredients

- ½ cup Confectioners' sugar
- ¾ teaspoon salt
- ½ teaspoon cayenne pepper
- 4 teaspoons water
- 2 cups pecans

IVFC Grocery List:

Field Day Organic Powdered Sugar	\$2.99
Field Day Mediterranean Sea Salt	\$1.99
Woodstock Farms Organic Pecan Halves	\$9.69
Bulk Organic Cayenne Powder (PLU #1151)	\$0.87/oz





Seasonal Produce at the Isla Vista Food Co-op

Santa Barbara & Central
California Specific!



November
& December
Peak Produce
Highlights!




Tips for buying Produce Items:

Every Friday, our Produce Manager updates our special offers and deals for our produce items! We base our produce item prices on the current availabilities--the more bountiful our farmers' harvest are, the more we are able to provide for your at a lower cost.

When shopping for produce, we recommend you take this tip into consideration as well to make the most out of your visit:

EACH vs PER POUND: Our produce listings come in two forms (\$X EACH or \$X/lb). If an item is listed as EACH, buying the largest items will effectively be the same price as smaller items, so go big! Alternatively, when buying by the pound, it may be wiser to select the least heavy (smaller) items to reduce overall weight.



This holiday season, we would like to give a special thank you to all of our local and independent farmers and farmworkers who provide for us and our beautiful community!



Rancho La Familia, Santa Maria, CA

Sunrise Organics, Buellton, CA

Blosser Urban Garden, Santa Maria, CA

Ebby's, Goleta, CA

Goodland Organics, Goleta, CA



Seasonal Deals and Steals!

Featured on our biweekly **coop deals**

Holiday Checklist:

- Simply Organic Pumpkin Spice
- Farmer's Market Organic Pumpkin Puree
- Field Day Organic Savory Herb & Cornbread Stuffing
- Pyrex 9.5 in x 1.6 in Baking Dish
- Right Rice Vegan Holiday Stuffing
- Woodstock Organic Jellied Cranberry Sauce
- Organic Imagine Wild Mushroom Gravy
- Simply Organic Brown Gravy Mix
- So Delicious Dairy-Free Coco Whipped Topping
- Immaculate Organic Crescent Rolls
- Mindful Chick'n Strips Plant-Based Protein



What better way to treat yourself after all your holiday preparations than with a little something sweet! New chocolates from our favorite brands like Alter Eco, Endangered Species, and Tony's Chocolonely are in store now. They also make great appreciation gifts!

field DAY organic



From canned goods to body care, Field Day Organics is one of our most reliably accessible brands! This holiday season, find ease when shopping with Field Day Organic to prepare delicious home-made meals for your friends and loved ones.



Booch, Pumpkin Spice, and everything nice! Browse through our amazing selection of seasonal non-alcoholic and alcoholic beverages for some extra cozy Fall/Winter vibes.

Yes, we accept **cal fresh** BETTER FOOD FOR BETTER LIVING

