

Fermented Month!

BROUGHT TO YOU BY:
FARMHOUSE CULTURE



LASSENS

NATURAL FOODS & VITAMINS

August 2017

100% Organic Produce



ORGANIC
Broccoli **\$1⁹⁹**
lb.



ORGANIC
Romaine **\$1⁴⁹**
ea.



ORGANIC
Red/Green
Grapes **\$2⁹⁹**
lb.



ORGANIC
Bartlett Pears **\$1⁹⁹**
lb.

Lassen's Fresh Kitchen



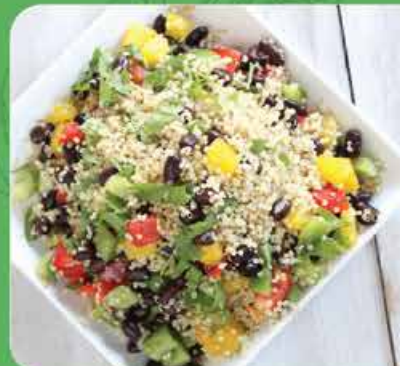
PITAYA MINT PUNCH
SMOOTHIE



\$5⁹⁹ 16 oz **\$7⁹⁹** 24 oz



Organic Pitaya, peaches, mango, coconut water, mint, bananas, lemon zest



COMPLETE
PROTEIN SALAD



\$10⁹⁹
per lb

Organic black beans, organic quinoa, organic bell peppers, organic cilantro, organic olive oil, organic lemon juice, organic garlic, organic cumin, organic black pepper, sea salt



RAW BBQ SMOKEY
COLLARD WRAP



\$8⁹⁹
EACH

Raw & Vegan Meat (Organic Almonds, Organic Carrots, Organic Bell Peppers, Organic Maple Syrup, Organic Nutritional Yeast, Organic Salt, Organic Garlic Powder, Organic Onion Powder, Organic Black Pepper, Organic Cayenne Pepper, Organic Lemon Juice, Liquid Smoke, Organic Coconut Oil), Raw & Vegan Cheese (Organic Sundried Tomatoes, Organic Chipotle Powder, Organic Nutritional Yeast, Organic Salt, Organic Lemon Juice, Organic Garlic), Raw & Vegan Ranch (Organic Cashew, Organic Lemon Juice, Organic Black Pepper, Organic Onion Powder, Organic Garlic Powder, Organic Salt, Organic Nutritional Yeast, Organic Garlic), Organic Red and White Cabbage, Organic Collard Greens



GRILLED BBQ
CHICKEN WRAP



\$7⁹⁹
per lb

Organic Chicken, Organic Onion, Organic Lettuce, Organic Tomato, Organic Cheddar Cheese, Organic Rufus Teague BBQ Sauce, Stoneground Mustard, Organic Sundried Tomato

YOUR NEIGHBORHOOD BUTCHER



ZOLA
Acai Coconut
Water with
Espresso 17.5 oz

\$1.79
+CRV



SO DELICIOUS
Vanilla Bean
Coconutmilk
Dairy-Free Frozen
Dessert 1pt

\$4.79



SIETE
Grain & Gluten
Free Almond
Flour Tortillas
7 oz

\$6.89



VEGGIE FRIES
Broccoli
Veggie Fries
14 oz

\$3.49



YUMMY EARTH
Strawberry Licorice
5 oz

\$2.89



TINTS OF NATURE

Simply Healthier Hair Colour

ALL PRODUCTS
30% OFF



HERBATINT HAIR COLOR

A Gentle Unique Formula

ALL PRODUCTS
25% OFF



PARADISE HERBS

Quality, Purity, Potency

ALL PRODUCTS
50% OFF



ALAFFIA

Coconut Body Lotion
32 oz

SAVE \$3



\$11⁹⁹

Also on sale,
Coconut Shampoo, 32 oz, \$11.99
Coconut Conditioner, 32 oz, \$11.99

ANDALOU NATURALS

1000 Roses Cleansing Foam
5.5 oz

SAVE \$3



\$9⁹⁹

Also on sale,
Age Defying Mask, 0.28 oz, \$2.99

EARTH MAMA ANGEL BABY

Organic
Milkmaid Tea
16 ct

All Other
Items On
Sale!



\$3⁹⁹

National
Breast
Feeding
Month!

Also on sale,
Organic No More Milk Tea, 16 ct, \$3.99
Natural Nipple Butter, 2 oz, \$9.99

LASSENS VITAMINS

Vitamin D3 5000 IU
120 ct

SAVE \$6



\$12⁹⁹

Also on sale,
Vegetarian Glucosamine 750 mg, 60 ct, \$11.49
Biotin 10,000 mcg, 60 ct, \$8.99
Melatonin Plus 5 mg, 50 ct, \$3.99

GARDEN OF LIFE

Sport Organic Vanilla
Plant-Based Protein
806 gm

SAVE \$20



\$34⁹⁹

Also on sale,
Sport Organic Chocolate Grass Fed Whey Protein, 672 gm, \$34.99
Sport Pre-Workout Organic Energy + Focus Sugar Free Blackberry Cherry, 231 gm, \$24.99

NATURAL FACTORS

Peach, Passion Fruit & Mango Vitamin C 500 mg Chewables 90 ct

SAVE \$4



\$9⁹⁹

Also on sale, Tangy Orange Vitamin C 500 mg Chewables, 90 ct, \$9.99

NORDIC NATURALS

Nordic Berries Multivitamin Gummies 120 ct

SAVE \$6



\$18⁹⁹

Also on sale, Nordic Omega-3 Gummies 36 ct, \$16.49

DR. BRONNER'S

Peppermint Toothpaste 5 oz

SAVE \$1.50



\$4⁹⁹

Also on sale, Cinnamon Toothpaste, 5 oz, \$4.99

DOCTOR'S BEST

Alpha-Lipoic Acid 300 mg 180 ct

SAVE \$9



\$22⁹⁹

Also on sale, Magnesium 100 mg, 120 ct, \$12.49
Vitamin D 2000 IU, 180 ct, \$7.99

JARROW FORMULAS

Sam-E 400 mg 60 ct

SAVE \$17.50



\$52⁴⁹

Also on sale, Neuro Optimizer, 120 ct, \$37.49

XLEAR

Nasal Spray 1.5 oz

SAVE \$3



\$11⁹⁹

Also on sale, Nasal Wash, 2.25 oz, \$14.99

UP4

Probiotic Ultra 60 ct

SAVE \$12

All Other Items On Sale!



\$47⁹⁹

Also on sale, Probiotic Adult 50+, 60 ct, \$37.49
Probiotic Adult, 60 ct, \$29.49
Probiotic Women, 60 ct, \$28.99

HYLAND'S

Kid's Cold 'n Mucus Nighttime 4 oz

SAVE \$2.50



\$8⁹⁹

Also on sale, Kid's Grape Cold & Cough, 4 oz, \$8.49

SOLARAY

Fermented Organic Cordyceps Mushroom 60 ct

SAVE \$9



\$19⁹⁹

Also on sale, Fermented Organic Reishi Mushroom 60 ct, \$19.99

NEW CHAPTER

Fermented Turmeric Booster Power 63 gm

SAVE \$19



\$27⁹⁹

BEVERAGES & SNACKS

ANNIE'S HOMEGROWN

Cheddar Bunnies Crackers
7.5 oz

\$2⁹⁹



ANNIE'S HOMEGROWN

Honey Graham Bunnies
7.5 oz

\$2⁹⁹



EARTH BALANCE

Vegan Aged White
Cheddar Flavor Puffs 4 oz

\$2⁷⁹



LATE JULY ORGANICS

Jalepeños Lime Tortilla
Chips 5.5 oz

\$2²⁹



TABLE 5

Uncured Pepperoni
Pizza 12.5 oz

\$6⁴⁹



STRETCH ISLAND

Cherry Fruit Leather
.5 oz

39¢



JUSTIN'S

Maple Almond Snack Pack
1.3 oz

\$1⁴⁹



HORIZON

Organic Mozzarella
String Cheese Sticks 6 oz

\$1⁴⁹



HALFPOPS

Butter & Sea Salt Popcorn
4.5 oz

\$1⁹⁹



BARBARA'S

Original Cheese Puffs
7 oz

\$2¹⁹



TASTY BRAND

Organic Fruit Gummies
4 oz.

\$3⁶⁹



TRUE ZEALAND

Spring Water
1lt

\$1⁴⁹



SEAS GIFT

Gluten Free Roasted
Seaweed Snack 3 pk

\$1⁴⁹



KABRITA

Mango Peach Goat Milk
Yogurt and Fruit Snack
4 oz

\$1⁹⁹



NEWMAN'S OWN ORGANIC

Newman-O's Vanilla
Cream Sandwich Cookies
13 oz

\$3⁶⁹



BARNANA

Peanut Butter
Bannana Bites
3.5 oz

\$3⁴⁹



CASCADIAN FARM

Chocolate Chip
Granola Bars
7.4 oz

\$3²⁹



HIGH BREW COFFEE

Mexican Vanilla Coffee Drink
8 oz

\$1⁶⁹
+CRV



R.W. KNUDSEN

Cherry Cider 32 oz

\$2⁹⁹
+CRV



C20

Pure Coconut
Water with Pineapple
17.5 oz

\$1⁶⁹
+CRV



SUJA

Classic Master Cleanse
Organic Lemon Juice 16 oz

\$4⁴⁹
+CRV



PERFECT FOODS BAR

Almond
Butter Bar
2.3 oz

\$1⁹⁹



GLUTINO

Lemon Wafer Cookies
7.1 oz

\$3⁴⁹



HONEY STINGER

Peanut Butter
Protein Bar
1.5 oz

\$1⁵⁹



JEREMIAH'S

Kona Blend
Ground Coffee 10 oz

\$7⁴⁹



GT'S KOMBUCHA

Original CocoKefir
16.2 oz

\$11⁹⁹



ETERNAL

Spring Water
1.5 lt

\$1⁴⁹
+CRV



ARROWHEAD WATER

Spring Water 24 Pack
0.5 lt

\$5⁹⁹
+CRV



GREAT GROCERIES

PACIFIC RESOURCES INTERNATIONAL

Manuka Honey Bio Active 20+
1.1 lb

\$38⁹⁹



DAIYA

Dairy Free Mozzarella
Style Shreds 8 oz

\$3⁴⁹



SEVENTH GENERATION

Free & Clear Dish Liquid Soap
25 oz

\$2⁹⁹



COUNTRY CHOICE

Gluten Free Old
Fashioned Oats 18 oz

\$3¹⁹



NATURES PATH ORGANIC

Buckwheat Wildberry
Waffles 7.4 oz

\$2⁸⁹



ONCE AGAIN

Organic Smooth
Peanut Butter 16 oz

\$5⁷⁹



ANNIE'S HOMEGROWN

Macaroni & Cheese 6 oz

\$2¹⁹



KASHI

Blueberry Waffles
10.1 oz

\$2⁸⁹



ANNIE'S HOMEGROWN

Shells & White Cheddar 6 oz

\$1⁶⁹



BARBARA'S

Original Puffins Cereal
10 oz

\$3⁶⁹



LOVE GROWN FOODS

Comet Crisps Cereal
9.5 oz

\$3⁶⁹



KASHI

Golden Crunch! Honey
Almond Flax Breakfast
Cereal 14 oz

\$3²⁹



ANNIE'S HOMEGROWN

Cocoa Bunnies Cereal
10 oz

\$3⁴⁹



ENVIROKIDZ

Panda Puffs Cereal
25 oz

\$6⁴⁹



SWEET EARTH

Vegan Big Sur Breakfast Burrito 7 oz

\$2⁴⁹



ORGANIC VALLEY

Organic Half & Half 16 oz

\$1⁹⁹



UDIS

All Natural Granola 13 oz

\$3⁶⁹



UDI'S

Whole Grain Bread 12 oz

\$3⁹⁹



FERMENTED MONTH

August 2017

REDWOOD HILL

Plain Goat Kefir 32 oz

\$5⁴⁹



BUBBIES

Sauerkraut 25 oz

\$5⁴⁹



MOTHER-IN-LAW'S KIMCHI

House Napa Cabbage 16oz

\$7⁹⁹



SMARI ORGANICS

Organic Smooth
Organic Pure
Yogurt 5 oz

\$1⁴⁹



PICKLED PLANET

Beat Kraut 16 oz

\$5⁴⁹



ORGANIC VALLEY

Plain Grassfed Yogurt 6 oz

\$1⁴⁹



WALLABY

Whole Milk Plain
Greek Yogurt 32 oz

\$5⁶⁹



GREEK GODS

Plain Greek Yogurt
24 oz

\$3⁴⁹



HORIZON

Blueberry Yogurt Cup 6 oz

\$1²⁹



WILDBRINE

Korean Kimchi 18 oz

\$4⁹⁹



LASSENS

NATURAL FOODS & VITAMINS

FERMENTED MONTH

August 2017

PRESENTED BY

Farmhouse CULTURE



CULTIVATING FRESH TASTES

PROBIOTICS ARE LINKED TO A "HOST" OF HEALTH BENEFITS, INCLUDING:

DIGESTIVE HEALTH AND FUNCTIONALITY



Up to 70 million Americans are affected by digestive diseases



BOOSTED
ENERGY

IMMUNE SUPPORT

More than 70% of our immune system is located in the GI tract



BRAIN AND MOOD FUNCTIONS

Gut bacteria create up to 95% of the body's serotonin



WEIGHT
LOSS



VITAMIN AND
MINERAL
ABSORPTION



BETTER SKIN
AND DENTAL
HEALTH

HOW DO THEY WORK?



Probiotics are naturally found in our bodies, among the trillions of bacteria that make up our "microbiome."

When consumed, probiotics travel to your gut, where they

not only help break down food, but fight off harmful bacteria, providing countless other benefits.

MICROBIOME: The community of bacteria that live on and around us. Stress, poor diet, antibiotics and disease can throw our microbiome out of balance, creating the need to supplement our body's existing bacteria with probiotics.

Fermented Foods

FERMENTED FOODS ARE MADE WHEN NATURAL BACTERIA FEED ON THE SUGARS AND STARCHES IN FOODS. THIS PROCESS (WHICH PRODUCES LACTIC ACID AND IS CALLED LACTO-FERMENTATION) PRESERVES THE FOODS, AND AT THE SAME TIME CREATES PROBIOTICS, ENZYMES, B-VITAMINS, AND OMEGA-3 FATTY ACIDS. THESE BENEFICIAL BY-PRODUCTS AID DIGESTION AND CONTRIBUTE TO OVERALL BETTER HEALTH.

READ MORE:

WWW.LASSENS.COM/BLOG/IS-YOUR-FOOD-ALIVE

FOUNDED IN 2005, FARMHOUSE CULTURE MAKES AMAZINGLY TASTY, PROBIOTIC-RICH FOODS AND BEVERAGES. FROM OUR CHEF-INSPIRED BEGINNINGS TO OUR FARMERS MARKET ROOTS, WE BELIEVE IN THE POWER OF SIMPLE HARDWORKING FOODS.



WWW.FARMHOUSECULTURE.COM

LASSENS

NATURAL FOODS & VITAMINS

FOLLOW US ON



CLOSED ON SUNDAYS

LOCATIONS
FEATURING
DELIS AND
JUICE BARS

FRESNO
559-434-6990

SANTA BARBARA
805-683-7696

SIMI VALLEY
805-522-6990

BAKERSFIELD
661-324-6990

VENTURA
805-644-6990

LOS FELIZ (LA)
323-660-0052

SAN LUIS OBISPO
805-250-2805

OXNARD
805-486-8266

ECHO PARK (LA)
213-542-6535

SANTA MARIA
805-925-3432

THOUSAND OAKS
805-495-2609

MIRACLE MILE (LA)
323-648-7980