



MARKET REPORT

Locally Owned & Family Grown Since 1981

Sale Prices Valid: January 2 - February 4, 2019



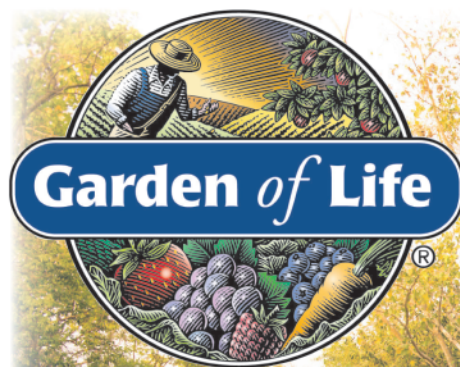
IN THIS ISSUE:

New You New Year - Pg. 5

Groundhog Day - Pg. 5

What's For Dinner - Pg. 9

New Year, New You
Sale - Pgs. 10-11



Dr. Formulated KETO FIT

Dr. Formulated Keto Fit Weight Loss Shake is formulated with responsibly sourced Organic Grass Fed Butter and Truly Grass Fed™ Whey Protein to help make your Ketogenic diet and exercise program more effective. Our Keto Fit is available in a convenient, easy-to-mix powder that is the perfect FIT for shakes, smoothies and baking with no added sugars.



Save **40%**

WWW.GARDENOFLIFE.COM



Abraham, Phillip, Margaret and Gabe Nabors

*“Our family **LOVES** to feed your family
ONLY THE BEST!”*

MONTROSE

3885 West Market St.
Akron, OH 44333
330.666.7333

SOLO

6025 Kruse Dr.
Solon, OH 44139
440.519.3663

HIGHLAND SQUARE

867 West Market St.
Akron, OH 44303
330.434.7333

www.MustardSeedMarket.com /MustardSeedMarket @MustardSeedMrkt

Offers Valid While Supplies Last. We Reserve The Right To Make Substitutions and Limit Quantities. Senior Seed Discounts Do Not Apply.

GROCERY • FROZEN • DAIRY



SAVE **79¢** ea.
Van's Crackers
2/\$6.00
 4-5 oz.



SAVE **\$1.99** ea.
Cascadian Farm Organic Granola Bars
 Select Varieties
2/\$6.00
 6.24-7.4 oz.



SAVE **79¢** ea.
Svelte Organic Protein Drink
2/\$4.00
 11 oz.



SAVE **\$1.49** ea.
Tasty Bite Indian Meals
2/\$5.00
 10 oz.



SAVE **\$1.29** ea.
Muir Glen Organic Tomatoes
 Select Varieties
10/\$10.00
 4.5 oz.



SAVE **\$2.00**
Nature's Path Eco Pac Organic Cereal
 Select Varieties
\$2.00 OFF
 23.8 oz.-32 oz.



SAVE **69¢** ea.
RX Bar Protein Bar
2/\$4.00
 1.83 oz.



SAVE **\$1.69** ea.
Annie's Natural Mac and Cheese
 Select Varieties
10/\$10.00
 6 oz.



SAVE **99¢** ea.
Native Forest Organic Fruit
2/\$6.00
 14-15 oz.



SAVE **59¢** ea.
Celestial Seasonings Teas
2/\$6.00
 20ct.



SAVE **\$1.09** ea.
Annie's Organic Mac and Cheese
2/\$5.00
 10 oz.



SAVE **39¢** ea.
Eternal Water
2/\$4.00
 1.5 liter



SAVE **59¢** ea.
Imagine Soups
2/\$6.00
 32 oz.



SAVE **\$1.99** ea.
Annie's Organic Fruit Snacks
2/\$6.00
 4 oz.



SAVE **\$1.00**
Rustic Crust Flatbreads
\$1.00 OFF
 9-13 oz.



SAVE **\$2.69** ea.
Cascadian Farm Organic Cereal
 Select Varieties
2/\$6.00
 8.6-14.6 oz.



SAVE **\$1.69** ea.
Annie's Bunny Crackers
2/6.00
 7.5 oz.



SAVE **\$1.19** ea.
Yogi Boxed Tea
2/\$7.00
 16 ct.

GROCERY • FROZEN • DAIRY



SAVE 79¢
Cascadian Farm
Organic Frozen Vegetables
USDA ORGANIC NON GMO
2/\$5.00
16 oz.



SAVE 99¢ ea.
Alexia
Frozen Fries NON GMO
Select Varieties
2/\$6.00
15-16 oz.



SAVE 63¢ ea.
wallaby organic
AUSSIE GREEK
Wallaby
Greek Organic Yogurt
USDA ORGANIC NON GMO
3/\$5.00
5.3 oz.



SAVE \$1.49 ea.
Cascadian Farm
Organic Frozen Fruit USDA ORGANIC NON GMO
2/\$7.00
8-10 oz.



SAVE \$2.00
So Delicious
Dairy Free Yogurt NON GMO
COCONUTMILK
\$5.99
24 oz.



SAVE \$1.49 ea.
CALIFIA
PROBIOTIC
Dairy Free
Yogurt
STRAWBERRY
Califia Farms
Yogurt Drinks NON GMO
2/\$4.00
8 oz.



SAVE \$1.50
dr. Praeger's
Veggie Burgers NON GMO
\$3.49
10 oz.



SAVE \$1.00
Stonyfield
Organic Yogurt USDA ORGANIC NON GMO
Select Varieties
\$3.99
32 oz.

FREE Groceries Emailed
EVERY WEEK to your inbox!

SIGN UP TODAY AT:
MustardSeedMarket.com

You will also receive special information about upcoming events and in-store specials.



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 = Organic  = Gluten-Free  = Non GMO

WINE • BEER • CHEESE



Cantine Di Ora
Amicone

\$14.99
750 ml

Save \$5.00 ea.



Tapiz
Malbec

\$16.99
750 ml

Save \$3.00 ea.



Beckman Vineyards
Cabernet Sauvignon

\$29.99
750 ml

Save \$10.00 ea.



Red Wax Gouda

\$7.99 /lb.

Save \$1.00 per lb.



Bieler Family
Daisy

\$12.99
750 ml



Ronco Blanchis
Pinot Grigio

\$14.99
750 ml



Willm
Pinot Blanc

\$19.99
750 ml



Garlic Stuffed Olives

\$7.99 /lb.

Save \$1.00 per lb.



Cotswold

\$10.99 /lb.

Save \$1.00 per lb.



Zaftig
Hazy Miss Daisy

\$9.99
6 pk.

Save \$3.00 ea.



Brasserie d' Achouffe
La Chouffe

\$11.49
4 pk.

Save \$2.50 ea.



Fromagerie Guilloteau
Saint Angel

\$14.49 /lb.

Save 50¢ per lb.



Zaftig
Juicy Lucy

\$10.99
6 pk.

Save \$2.00 ea.



Brasserie d' Achouffe
Mc Chouffe

\$11.49
4 pk.

Save \$2.50 ea.



Roth
Moody Blue

\$15.99 /lb.

Save 50¢ per lb.



Somerdale
Red Dragon

\$16.29 /lb.

Save 70¢ per lb.

WHAT'S IN STORE



Start the year
off feeling great!

SAVE UP TO 40% OFF

on your favorite
**SUPPLEMENTS &
HEALTH AND BEAUTY
BRANDS!**

**Sale valid from
January 2nd to Feb 4th, 2019**

GROUNDHOG DAY

Celebrate with us on
SATURDAY, FEB. 2nd
for our annual Customer Appreciation Event!

There Are
**2 Fun
Ways
To Save!**

#1

Dress up as a
Groundhog from
head to toe + get

15% OFF
your regularly priced
Market purchases!

#2

Show your cashier
a picture of a
Groundhog + get

10% OFF
your regularly priced
Market purchases!



This discount is valid for one (1) day only, Saturday, February 2, 2019 and is not valid with other discounts, or on alcoholic beverages, gift cards, Champion Juicers or in the Café. YOU MUST PRESENT YOUR GROUNDHOG PICTURE AT TIME OF ORDER TO RECEIVE THE DISCOUNT. All pictures become the property of Mustard Seed Market. Groundhog pictures on your cell phone will count for the discount, but cannot be entered into the Best Picture Contest. One order per groundhog family please. Children fully dressed up as groundhogs can represent their parents.

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= Organic = Gluten-Free = Non GMO

5

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BAKERY

Breakfast Cookies
Flax, Hemp, Sunflower Butter
and Maple Syrup

\$1.49
ea.

Save 50¢ ea.

*Backpacks or Fanny Packs, make sure you have
our new Protein Packed Breakfast Cookies in them!
Freshly baked in our Bakery and they are delicious!*

Mustard Seed Market
**Freshly Made Chocolate
Avocado Mousse**

\$3.99
ea.

Save 50¢ ea.



Lemon Drop Cookies

\$3.49

*Made with the juice and zest of
freshly squeezed lemons!*



BULK · cost effective, environmentally green


**Woodstock
Farms.**

Woodstock Farms
Bulk Candies & Snacks
Selects Varieties

10% OFF



MEAT

All Natural, Antibiotic Free POULTRY



Bell & Evans
Whole Fryers
All Natural
Product of the U.S.A.

\$2.99
/lb.

Save 70¢ /lb.



Bell & Evans
**Whole Legs
Family Pack**
All Natural
Product of the U.S.A.

\$1.99
/lb.

Save 70¢ /lb.

Delicious SEAFOOD

Fresh (Wild Caught)
Atlantic Cod
Product of the U.S.A.

\$13.99
/lb.

Save \$2.00 /lb.



Fresh (Wild Caught)
Lemon Sole
Product of the U.S.A.

\$13.99
/lb.

Save \$2.00 /lb.



All Natural, Free Range

BEEF



Piedmontese
Chuck Roasts
All Natural
Product of the U.S.A.

\$6.29
/lb.

Save \$1.00 /lb.



Piedmontese
Chuck Steaks
All Natural
Product of the U.S.A.

\$6.49
/lb.

Save \$1.00 /lb.

All Natural PRE-PACK

Applegate
**Organic Oven Roasted
Turkey Breast**
Antibiotic Free - Product of the U.S.A.

\$6.99
ea.

Save \$1.00 pkg.



Applegate
Sunday Bacon
Antibiotic Free - Product of the U.S.A.

\$5.29
ea.

Save \$1.00 pkg.

Applegate
Provolone Cheese
Pasture Raised - Product of the U.S.A.

\$4.49
ea.

Save 50¢ pkg.

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MARKET KITCHEN

HEALTHY LIVING

Fuel your Body with the Best!

Our Chefs are cooking up fantastic metabolism boosting and nutrient rich recipes to start your New Year, New You celebration! Our recipes this month are globally inspired to bring you unique dishes that your palate will love and your body will thank you.

Chipotle Chicken and Bacon Burger

Mustard Seed's in-house ground naturally raised chicken mixed with chipotle peppers, fresh jalapeños and nitrate and nitrite free bacon. Enjoy in a lettuce wrap with fresh avocado and blue cheese dressing!

\$11.49 /lb.
Save 50¢ /lb.

Mustard Seed's Signature Lentil Chili

French lentils and fire roasted tomatoes simmered with cumin, chili, cayenne and turmeric. Just add your favorite toppings: sour cream, guacamole, cheese and handfuls of fresh herbs.

\$6.49 /lb.
Save 50¢ /lb.



Winter Squash Curry

Hearty Winter butternut squash simmered with red curry packed with ginger, garlic and coconut milk. Serve with Cherry Almond Brown Rice.

\$8.49 /lb.
Save 50¢ /lb.

Jalapeno, habanero, cayenne and other forms of spicy peppers directly boost metabolism and circulation. In fact, eating hot peppers not only speeds up your metabolism, it also reduces cravings. This is related to its capsaicin content, a compound that stimulates the body's pain receptors, temporarily increasing blood circulation and metabolic rate. If you have ever experienced a bout of intense sweating after eating a particularly hot tamale, this shouldn't come as a surprise. In fact, studies have shown that eating hot peppers can boost the metabolism by up to 25%, with the spike lasting for up to 3 hours.

- Adapted from The Global Healing Center

Cherry Almond Brown Rice

Lundberg Family Farms sweet brown rice with dried cherries, roasted almonds, green onions and pomegranate seeds with lots of cilantro and fresh parsley.

\$8.49 /lb.
Save 50¢ /lb.

The difference between brown rice and white rice is not just color! A whole grain of rice has several layers. Only the outermost layer, the hull, is removed to produce what we call brown rice. This process is the least damaging to the nutritional value of the rice and avoids the unnecessary loss of nutrients that occurs with further processing

- Adapted from World's Healthiest Foods

Steel Cut Oatmeal with Walnuts and Black Currants

We use Bob's Gluten Free Steel Cut Oats and simmer them with filtered water, coconut milk, walnuts, black currants and maple syrup. Heat up! Top it with fresh oranges! Really good!

\$5.49 /lb.
Save 50¢ /lb.

Steel-cut oats serve as a good supply of protein, offering 5 to 7 g per 1/4-cup serving. Your body uses protein as a secondary source of energy, but it has a more important role. Protein is present in nearly every cell, tissue and organ in your body, and eating adequate levels allows you to replace proteins as needed easily. It also features heavily in helping you to build muscle.

- Adapted from Livestrong



Available in our Market Kitchen
Please place large orders 48 hours in advance.



WHAT'S FOR DINNER TONIGHT?



We make it fresh every day, we are chefs, we are proud to cook for you, our community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Closed New Year's Day Happy New Year!!	2 All Butter Crust Chicken Pot Pie	3 Piedmontese Beef Burger • Creamy Cole Slaw • Buckaroo Beans	4 Parmesan Crusted Tilapia • Brown Rice Pilaf • Broccoli with Garlic	5 Stuffed Chicken Saltimbocca • Green Beans Roma • Orzo with Roasted Vegetables
6 BBQ Beef Brisket • Texas Corn Salad • County Fair Potato Salad	7 Portobello Mushroom with Creamy Spinach and Artichoke • Brussels Sprouts with Toasted Walnuts	8 Asiago Tomato Chicken • Asparagus Amandine • Roasted Yukon Gold potatoes with Spring Herb Pesto	9 All Butter Crust Chicken Pot Pie	10 Beef Stuffed Cabbage Rolls Herb • Roasted Redskin Potatoes • Green Beans with Red and Yellow Peppers	11 Crispy Battered Fresh Cod • Rocky Mountain Slaw • Potato Cheddar Pierogi	12 Chicken Cutlets with Tomato • Mozzarella and Artichoke • Lemony Asparagus • Parmesan Polenta
13 Ohio Beef Pot Roast • Roasted Winter Vegetables • Mushroom Risotto	14 Four Cheese Ravioli With Blush Marinara • Broccoli and Cauliflower Parmesan • Balsamic Braised Brussels Sprouts	15 Parmesan Chicken • Italian Rice Croquettes • Broccoli with Crispy Panchetta	16 All Butter Crust Chicken Pot Pie	17 Meat Lasagna • Charred Broccolini • Calcium Boost Bean Salad	18 Maple Pecan Salmon • Long Grain Wild Rice with Cranberries • Green Bean Almandine	19 Adobo Roasted Pork Loin • Southwest Sweet Potato • Southern Corn Pudding
20 Southern Fried Chicken • Grilled Zucchini and Beans • Potato Persillade	21 Savory Mushroom Cutlets • Sautéed Spinach • Faro Salad with Winter Dried Fruit, Pistachio and Ginger	22 Meatloaf Muffins • Grilled Green beans • Classic Mashed Potatoes	23 All Butter Crust Chicken Pot Pie	24 Chicken Schnitzel • Buttermilk Mashed Potatoes • Spring peas and Asparagus	25 Baltimore Lump Crab Cakes • Grilled Asparagus • Smoked Mac and Cheese	26 Crunchy Baked Pork Chops • Roasted Butternut Squash with Shallots and Rosemary • Heirloom Applesauce
27 Piedmontese Beef Tips in Gravy • Organic Roasted Carrots • Mashed Potatoes with Rosemary	28 Spicy Blackened Tofu Steaks • Cauliflower Stir-Fry	29 Maple Glazed Salmon • Creamy Orzotto with Corn and Greens	30 All Butter Crust Chicken Pot Pie	31 Bison Meatloaf • Zucchini Cakes • Black Bean & Sweet Potato Stew		

90 < 20

Wine Section

Wines that are rated
90 points or higher.
Always less than \$20.



I ♥ Soup

SOUPS ON!

Cozy up to our delicious soups!
We have all your favorites: Chicken Noodle,
Beef Barley, Broccoli Cheddar, Minestrone,
Chicken & Dumplings, Lobster Bisque
and more!

Special order by the quart for your
Soup Party!

Don't forget the Crusty French Baguette from
our Bakery!

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NEW YEAR, NEW YOU SALE



Amazing Grass
All Green Superfoods!
Save **30%**



CV Sciences
All Products Line Drive!
Save **20%**



Garden Of Life
All Products Line Drive!
Save **40%**



Ancient Nutrition
All Products Line Drive!
Save **25%**



Dr. Mercola
All Products Line Drive!
Save **25%**



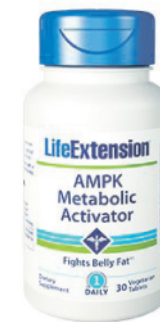
Jarrow
All Products Line Drive!
Save **30%**



Andalou
Core Skin Care Line Drive!
Save **15%**



Enzymedica
All Products Line Drive!
Save **25%**



Life Extension
Select Products
Save **25%**



Boiron
All Cough, Cold, and Flu Products!
Save **30%**



Flora
Floressence Line Drive!
Save **20%**



Mega Food
All Products Line Drive!
Save **25%**

10

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NEW YEAR, NEW YOU SALE



Natural Factors
**All Products
 Line Drive!**
 Save **25%**



Nutraceuticals
**All Zhou
 Products**
 Save **25%**



Mustard Seed Market
**All Products
 Line Drive!**

Save **30%**



Nature's Way
**All Products
 Line Drive!**
 Save **25%**



Quantum
**Eye Health
 Products**
 Save **15%**



New Chapter
**All Products
 on Sale**
 Save **40%**



Renew Life
**All Products
 Line Drive!**
 Save **30%**



Vital Planet
**All Vital + Pet
 Flora Products**
 Save **20%**



Nordic Naturals
**All Products
 Line Drive!**
 Save **25%**



Solgar
**All Products
 Line Drive!**
 Save **30%**



Wiley's
**All Products
 Line Drive!**
 Save **25%**

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In This Issue:

Savings on your favorite brands & Mustard Seed Features!
See Pages 2-3

Groundhog Day
See Page 5

New Year New You!
See Page 5

What's For Dinner
See Page 9

New Year, New You Sale
See Pages 10-11



Mustard Seed Market & Cafe
3885 W. Market St., Akron, Ohio 44333
www.MustardSeedMarket.com

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A .pdf version of this newsletter is available online at www.mustardseedmarket.com/market-report/

natural Factors

SALE!

\$19.99
2 pk.

Reg. **\$45.90**



MONTROSE 3885 W. Market Street Akron OH 44333
MARKET 330 666 SEED (7333) TOLL FREE 1 888 GROCERY (476 2379)
MARKET HOURS: Mon.-Thurs. 9:00 a.m. - 9:00 p.m. • Fri. & Sat. 9:00 a.m. - 10:00 p.m.
• Sunday 10:00 a.m. - 7:00 p.m. • CAFE HOURS: Mon.-Thurs. 11:00 a.m. - 8:00 p.m. • Fri-Sat. 11:00 a.m. - 9:00p.m.
• Sunday 11:00 a.m. - 3:00 p.m. • Sunday Brunch Buffet 10:30 a.m. - 2:30 p.m.



OLON 6025 Kruse Drive Solon OH 44139
TEL 440 519 FOOD (3663) TOLL FREE 1 877 496 FOOD (3663)
MARKET HOURS: Mon. - Sat. 9:00 a.m. - 9:00 p.m. • Sunday 10:00 a.m. - 6:00 p.m.



HIGHLAND SQUARE 867 W. Market Street Akron OH 44303
MARKET 330 434 SEED (7333) CAFÉ 330-434-2233
MARKET HOURS: Mon.-Sat. 9:00 a.m. - 9:00 p.m. • Sun. 9:00 a.m. - 8:00 p.m.
CAFE HOURS: Mon.-Thurs. 8:00 a.m. - 10:00 p.m. • Fri-Sat. 8:00 a.m. - 12:00 a.m. • Sunday 8:00 a.m. - 9:00 p.m.

www.MustardSeedMarket.com

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