



# SUPER-SAVER FLYER DEALS

Sale prices good from 11/14/2013 - 12/11/2013

Farmer's Market  
**Organic Puree**  
Pumpkin or Sweet Potato  
15 oz.



**\$2.59**  
reg. \$3.19 ea.



Imagine  
**Organic Vegetable Broth**  
selected varieties  
32 oz.



**\$2.99**  
reg. \$3.89 ea.

Soup selected varieties 32 oz. **\$3.99** reg. \$4.79



Down to Earth  
*Preferred Brand*



Amy's  
**Organic Soup**  
selected varieties  
14.1-14.5 oz.



**\$3.59**  
reg. \$4.19 ea.



Bob's Red Mill  
**Flour**  
selected varieties  
80 oz.



**\$4.19**  
reg. \$4.59 ea.

Organic selected varieties,  
80 oz. **\$5.59** reg. \$6.69

Wholesome Sweeteners  
**Organic Sugar 32 oz.**  
or **Molasses 16 oz.**



**\$5.99**  
reg. \$6.99 ea.

Brown Sugar Light or  
Dark 24 oz. **\$4.99** reg. \$6.09  
Fairtrade Certified



Dr. Bronner's  
**Organic Whole Coconut Oil**  
30 oz.



**\$15.99**  
reg. \$22.19 ea.

White or Whole 14 oz.  
**\$7.99** reg. \$10.99



Clif Bar  
**Spiced Pumpkin Pie or  
Gingerbread Bar**  
2.4 oz.



**\$1.39**  
reg. \$1.69 ea.

Pacific  
**Organic Cranberry Sauce**  
Whole or Jelly- 15.6 oz.



**\$3.69**  
reg. \$4.59 ea.



R.W. Knudsen  
**Cider & Spice 32 oz.**  
or **Sparkling Juice**  
selected varieties-25.36 oz.



**\$3.99**  
reg. \$4.39 ea.

Frontier  
**Organic Vanilla Extract**  
2 oz.



**\$4.99**  
reg. \$6.89 ea.

4 oz. **\$8.99** reg. \$12.29



DAGOBA  
**Organic Chocolate for Baking**  
selected varieties- 6 oz.



**\$5.59**  
reg. \$6.99 ea.

Chocolate Bar selected varieties 2 oz. **\$2.49** reg. \$3.09



Blue Diamond  
**Nut-Thins**  
selected varieties  
4.25 oz.



**\$2.99**  
reg. \$3.29 ea.





# GROCERIES

MaraNatha

**Organic Peanut Butter**  
selected varieties- 16 oz.



**\$7.59**

reg. \$9.69 ea.  
Almond Butter NS creamy or crunchy  
16 oz. **\$13.99** reg. \$19.59



Zevia

**All Natural Soda**  
selected varieties- 12 oz.



**79¢**

reg. \$1.19 ea.

Nature's Path  
**Organic Flax Cereal**  
selected varieties  
10.6-12.3 oz.



**\$4.59**

reg. \$5.09 ea.



Garden of Eatin'  
**Tortilla Chips**  
Selected varieties  
13-16 oz.



**\$4.69**

reg. \$5.79 ea.



Old Wessex

**Organic Instant Oatmeal**  
16 oz.



**\$3.59**

reg. \$4.09 ea.



Terra

**Taro Chips**  
Original- 6 oz.



**\$4.99**

reg. \$6.29 ea.  
Exotic selected varieties 5 oz.  
**\$3.59** reg. \$4.29

Good Health

**Apple or Potato Chips**  
selected varieties  
3-5 oz.



**\$2.69**

reg. \$3.49 ea.

ginger people  
**ginger gizer or soother**  
12 oz.



**\$1.69**

reg. \$1.99 ea.  
gin gin boost 1.1 oz. **\$1.59** reg. \$2.09

Larabar

**Fruit & Nut Bar**  
selected varieties  
1.42-1.8 oz.



**\$1.59**

reg. \$2.09 ea.

Food Should Taste Good

**Tortilla Chips**  
selected varieties  
11 oz.



**\$4.29**

reg. \$4.89 ea.

Annie's Homegrown

**Organic Grahams**  
Honey or Cinnamon  
14.4 oz.



**\$4.99**

reg. \$6.29 ea.



Angie's

**Kettle Corn**  
selected varieties  
6-7 oz.



**\$3.59**

reg. \$4.19 ea.

biokleen

**Produce Wash**  
16 oz.



**\$5.99**

reg. \$8.19 ea.

Mrs. Meyer's  
**Counter Cleaner or Liquid Dish Soap**  
selected varieties  
16 oz.



**\$4.39**

reg. \$5.19 ea.





# CHILL

gardein  
**holiday roast**  
40 oz.



**\$17.99**  
reg. \$23.69 ea.

Wholly Wholesome  
**Organic Pie Shells**  
selected varieties- 14 oz.



**\$4.99**  
reg. \$5.39 ea.  
GF Pie Shell **\$5.99** reg. \$7.39  
8" Apple or Pumpkin Pie **\$9.99** reg. \$12.59

Down to Earth  
Preferred Brand



Amy's  
**Gluten Free Burrito**  
selected varieties  
5.5 oz.



**\$3.59**  
reg. \$4.59 ea.  
Amy's Gluten Free Line on Sale

Sweet Earth  
**Pies**  
selected varieties  
8-13.5 oz.



**\$6.99**  
reg. \$9.99 ea.  
24 or 32 oz. **\$16.99** reg. \$24.39

Cascadian Farm  
**Organic Frozen Fruit**  
selected varieties  
8-10 oz.



**\$3.99**  
reg. \$5.99 ea.  
Organic Frozen Vegetables selected varieties  
10 oz. **\$2.99** reg. \$4.19

Food for Life  
**Organic Ezekiel Sesame Sprouted Grain Bread**  
24 oz.



**\$4.59**  
reg. \$5.39 ea.

Cascade Fresh  
**Yogurt**  
selected varieties  
32 oz.



**\$3.99**  
reg. \$5.09 ea.  
Plain FF 64 oz. **\$5.99** reg. \$7.29

Stonyfield  
**Organic Yogurt**  
selected varieties  
32 oz.



**\$4.19**  
reg. \$5.49 ea.

Brown Cow  
**Yogurt**  
selected varieties  
6 oz.



**99¢**  
reg. \$1.09 ea.

Organic Valley  
**Organic Butter Quarters**  
reg or no salt  
16 oz.



**\$6.99**  
reg. \$10.39 ea.

House Foods  
**Organic Tofu**  
selected varieties  
14 oz.



**\$2.19**  
reg. \$2.59 ea.

Luna & Larry's  
**Organic Coconut Bliss**  
selected varieties- 16 oz.



**\$5.79**  
reg. \$7.79 ea.

Alexia  
**Appetizer or Rolls**  
selected varieties- 8-12 oz.



**\$4.59**  
reg. \$6.69 ea.

Organic Valley  
**Organic Ultra Pasturized Whipping Cream**  
16 oz.



**\$4.39**  
reg. \$7.59 ea.

Horizon  
**Organic Half & Half**  
16 oz.



**\$2.09**  
reg. \$3.09 ea.  
Horizon Butter Reg or Unsalted  
16 oz. **\$6.59** reg. \$9.09

Organic Valley  
**Organic Raw Cheese**  
selected varieties- 8 oz.



**\$5.99**  
reg. \$7.39 ea.





# Healthy

# Holiday Recipes

We're ready to start our holiday feasting, but like most people we want to serve our family and friends the healthiest foods possible. Choosing locally grown, seasonal produce and natural, unprocessed ingredients will ensure that your cooking will taste amazing— and with our sale this month, it's easy to stock up on many of the staple ingredients you will need for your cooking. These simple, healthy recipes from our *Love Life!* team of chefs feature the best produce of the season and are sure to make everyone happy!

## Braised Brussels Sprouts

*This is one of the easiest and most delicious ways to enjoy this humble vegetable!*

1½ pounds Brussels sprouts  
2 Tablespoons olive oil + more if needed  
3 cloves garlic, minced  
2 Tablespoons mirin  
3 Tablespoons lemon juice  
Salt and pepper, to taste

1. Wash Brussels sprouts. Remove outer layers, cut off bottom stems and slice in half. Place in a large bowl.
2. Lightly drizzle with olive oil and using your hands gently rub to coat Brussels sprouts.
3. In a large skillet heat 2 Tablespoons olive oil over medium heat. Add Brussels sprouts and cook for 3-4 minutes. Add garlic and mirin and sauté until tender – about 5-8 minutes.
4. Drizzle lemon juice over and season with salt and pepper. Cook for another minute or until most of the liquid is absorbed. Serve and enjoy!

**Yields: 2 – 4 Servings**

## Creamy Carrot Soup

*Beautiful and healthful carrots take center stage in this warming and comforting soup.*

4 cups roughly chopped carrots  
2 cups cubed white or sweet potatoes  
¼ cup olive oil  
½ cup roughly chopped onions  
½ cup sliced celery  
4-6 cloves roughly chopped garlic  
2 teaspoons each dried ground mustard, sage, thyme, and caraway seeds  
Salt and pepper to taste  
2-3 cups vegetable broth  
½ -1 cup almond milk

1. Add carrots and potatoes to a large stockpot and cover with water. Bring to a boil, reduce heat, and cover. Cook until soft, about 15 minutes. Drain, and set aside.
2. In another large stockpot, heat olive oil over medium heat. Add onions, celery, and garlic and cook until onions are browned, about 15 minutes. Add dried herbs, salt and pepper, and cook for one minute more. Reduce heat and add 1 cup broth.
3. Add carrots, potatoes, onion mixture, and ½ cup almond milk into a food processor and blend until totally smooth—about 5 minutes. Add more almond milk and broth as needed for texture. Taste, and adjust seasonings as you like.
4. Garnish with fresh herbs and a swirl of olive oil. Serve warm with bread, or add whole grains or noodles for a more filling meal. Enjoy!

**Yields: 6 – 8 Servings**

## Gingerbread Cake

*A flavorful vegan version of classic gingerbread cake. Add the Spiced Molasses Frosting for a beautiful dessert.*

1 Tablespoon ground flaxseeds  
1 Tablespoon water  
½ cup brewed coffee  
½ cup molasses  
⅓ cup melted coconut oil  
½ cup sucanat or brown sugar  
2 Tablespoons agave nectar  
½ cup pumpkin puree  
1 cup whole wheat pastry flour  
1½ cups unbleached all-purpose flour  
2 teaspoons baking soda  
1 Tablespoon cinnamon  
2-3 Tablespoons ground ginger  
½ teaspoon sea salt  
Frosting of choice

1. Preheat oven to 350°. Prepare an 8 x 8 pan with parchment paper.
2. In a large bowl, whisk ground flaxseeds with water.
3. Add coffee, molasses, coconut oil, sucanat, agave, and pumpkin and whisk until smooth.
4. In another bowl, mix flours, baking soda, spices, and sea salt and stir gently. Add dry ingredients to wet and stir gently until well-combined. It will be a thick batter.
5. Bake for 35-40 minutes, checking with a toothpick at 35 minutes. Cool completely on racks before frosting with your favorite frosting or with our Spiced Molasses Frosting. Enjoy!

**Yields: 8 – 10 Servings**





# WELLNESS

Host Defense  
**Mushroom Capsules**  
selected varieties  
60 vcap.

**\$23.99**

reg. \$29.99 ea.  
Host Defense Line on Sale



Topical Biomedics  
**Topricin**  
2 oz.

**\$14.99**

reg. \$21.49 ea.  
Topricin Line on Sale



Down to Earth  
**Biotin 5000 mcg**  
60 vcap.

**\$8.29**

reg. \$12.29 ea.  
120 vcap. **\$15.99** reg. \$19.49



Flora  
**Udo's Choice Udo's Oil 3 6 9 Blend DHA**  
17 oz.

**\$32.99**

reg. \$36.09 ea.  
Udo's Oil Line on Sale



Giovanni  
**Haircare**  
selected varieties  
5.1-8.5 oz.

**\$5.99**

reg. \$7.69 ea.



Dr. Bronner's  
**Shave Gel 7 oz. or Liquid Soap 12 oz.**  
selected varieties

**\$6.59**

reg. \$8.79 ea.



Gabriel & Zuzu Luxe  
**Eye Products**  
Zuzu Luxe Eyeshadow

**\$10.99**

reg. \$14.59 ea.  
Gabriel or Zuzu Luxe Eye Makeup on Sale



Mrs. Meyer's  
**Liquid Hand Soap**  
selected varieties  
12.5 oz.

**\$3.99**

reg. \$5.59 ea.



Doctor's Best  
**Serrapeptase**  
90 vcap.

**\$15.99**

reg. \$22.69 ea.



Mushroom Wisdom  
**Maitake D fraction**  
2 oz.

**\$19.99**

reg. \$25.69 ea.  
4 oz. **\$34.99** reg. \$48.69



Kiss My Face  
**Moisturizers**  
selected varieties  
16 oz.

**\$8.99**

reg. \$11.69 ea.



South of France  
**Bar Soap**  
selected varieties- 6 oz.

**\$3.99**

reg. \$5.19 ea.



Nature's Way  
**Umcka**  
selected varieties  
4 oz.

**\$11.99**

reg. \$18.99 ea.  
Umcka Line on Sale



Nutrex  
**BioAstin Supreme**  
60 vcap.

**\$22.99**

reg. \$30.59 ea.



JASON  
**Toothpaste**  
selected varieties- 4.2-6 oz.

**\$4.99**

reg. \$5.59 ea.  
CoQ-10 **\$5.99** reg. \$7.49



ShiKai  
**Shower Gel**  
selected varieties  
12 oz.

**\$7.99**

reg. \$9.49 ea.



Paradise Herbs  
**Astragalus**  
selected varieties  
60 vcap.

**\$14.59**

reg. \$16.59 ea.



American Health  
**Papaya Enzyme+ Chlorophyll**  
250 tab.

**\$7.99**

reg. \$10.79 ea.  
Papaya Enzymes on Sale



Desert Essence  
**Deodorant**  
selected varieties  
2-2.75 oz.

**\$4.79**

reg. \$5.49 ea.



EO  
**Hand Sanitizer Spray**  
selected varieties  
2 oz.

**\$3.99**

reg. \$4.99 ea.







# FEATURED DEALS

Maui Excellent  
**Volcano Oil or Gel**  
.33-2 oz.



**\$12.59**  
reg. \$14.89 ea.

Avalon Organics  
**Vitamin C  
Renewal Cream**  
2 oz.



**\$16.99**  
reg. \$23.49 ea.  
Cleansing Gel, 8.5 oz. **\$9.99** reg. \$10.39

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+Down To Earth Hawaii

### \$7 Manufacturer Coupon Available - while supplies last

New Chapter  
**every man's or woman's  
ONE DAILY- 72 tab.**



**\$40.99**  
reg. \$54.59 ea.

New Chapter Line on Promo



New Chapter  
**every man's or woman's  
40+ ONE DAILY- 72 tab.**



**\$52.99**  
reg. \$80.19 ea.



Muir Glen  
**Organic Tomatoes**  
selected varieties  
14.5 oz.



**\$1.99**  
reg. \$2.69 ea.

Pacific  
**Rice or Soy  
Beverage**  
selected varieties  
32 oz.



**\$2.29**  
reg. \$2.69 ea.



Back to Nature  
**Cookies**  
selected varieties  
8-12 oz.



**\$4.59**  
reg. \$5.49 ea.

Bionaturae  
**Organic Pasta**  
selected varieties  
16 oz.



**\$3.19**  
reg. \$3.69 ea.

Kettle  
**Chips**  
selected varieties  
5 oz.



**\$2.39**  
reg. \$2.89 ea.

Westbrae Natural  
**Organic Beans**  
selected varieties  
15 oz.



**\$2.19**  
reg. \$2.79 ea.

Spectrum  
**Organic Extra  
Virgin Olive Oil**  
25.4 oz.



**\$13.99**  
reg. \$19.19 ea.



visit us at [www.downtoearth.org](http://www.downtoearth.org)

#### HONOLULU

2525 South King Street  
Honolulu, Hawaii 96826  
(808) 947-7678

#### KAILUA

201 Hamakua Drive  
Kailua, Hawaii 96734  
(808) 262-3838

#### PEARLRIDGE

98-131 Kaonohi Steet  
Aiea, Hawaii 96701  
(808) 488-1375

#### KAPOLEI

4460 Kapolei Parkway  
Kapolei, Hawaii 96707  
(808) 675-2300

#### KAHULUI

305 Dairy Road  
Kahului, Hawaii 96732  
(808) 877-2661