









TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Disclaimer: all events and demos are subject to change or cancellation. Please check our website for the most up-to-date information.</b></p>	<p><i>Like us on Facebook for new products, sale items, nutritional information, recipes, event updates, contests, and more.</i></p>		<p><b>SEPTEMBER 1</b></p>	<p><b>SEPTEMBER 2</b></p> <p><b>11:00 – 2:00</b> <b>Carlson</b></p>
<p><b>SEPTEMBER 5</b></p> <p><b>10:00 - 1:00</b> <b>Garden of Life</b></p> <p>Check Us Out On  for Trivia Tuesday!</p>	<p><b>SEPTEMBER 6</b></p> <p><b>10:00 – 1:00</b> <b>Irwin Naturals</b></p>	<p><b>SEPTEMBER 7</b></p> <p><b>National Acorn Squash Day</b></p> 	<p><b>SEPTEMBER 8</b></p> <p><b>Natren</b> <b>4:00 – 7:00 p.m.</b></p> <hr/> <p><b>Visit Sonnewald at the YORK FAIR for giveaways and door prizes September 8-17 in Horticultural Hall!</b></p>	<p><b>SEPTEMBER 9</b></p> <p><b>9:00 – 10:30 a.m.</b> <b>Weed Walk with Willa</b></p> <p><b>10:00 – 2:00</b> <b>Second Saturdays at Sonnewald</b> For details, visit <a href="http://www.sonnewald.org">www.sonnewald.org</a></p> <p><b>3:00 – 4:30 p.m.</b> <b>Weed Walk with Willa</b></p>
<p><b>SEPTEMBER 12</b></p> <p><b>10:00 – 1:00</b> <b>Ancient Nutrition</b></p>	<p><b>SEPTEMBER 13</b></p> <p><b>10:00 – 1:00</b> <b>Garden of Life</b></p>	<p><b>SEPTEMBER 14</b></p>	<p><b>SEPTEMBER 15</b></p> <p><b>Freebie Friday!</b> The first 50 customers will receive a free gift courtesy of</p> 	<p><b>SEPTEMBER 16</b></p>
<p><b>SEPTEMBER 19</b></p> <p><b>10:00 – 1:00</b> <b>Irwin Naturals</b></p>	<p><b>SEPTEMBER 20</b></p> <p><b>10:00 – 1:00</b> <b>Natural Factors</b></p>	<p><b>SEPTEMBER 21</b></p>	<p><b>SEPTEMBER 22</b></p> <p><b>10:00 – 12:00</b> <b>Nature's Plus</b></p> 	<p><b>SEPTEMBER 23</b></p>
<p><b>SEPTEMBER 26</b></p> <p><b>10:00 – 1:00</b> <b>Nature's Plus</b></p>	<p><b>SEPTEMBER 27</b></p> <p><b>10:00 – 1:00</b> <b>Natural Factors</b></p> <p>Check Us Out On  for Winning Wednesday!</p>	<p><b>SEPTEMBER 28</b></p>	<p><b>SEPTEMBER 29</b></p> <p><b>National Coffee Day</b></p> <p>Trying to quit? Try  as an alternative!</p>	<p><b>SEPTEMBER 30</b></p> <p><b>National Family Health &amp; Fitness Day</b></p>

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717-225-3825 [www.sonnewald.org](http://www.sonnewald.org)

**Good Health Comes from the Farm... Not the Pharmacy!**

# SEPTEMBER SPECIALS

Pacific  
Organic Bone Broth

**\$4<sup>49</sup>**  
32 oz



USDA ORGANIC

Organic  
Gala Apples

**\$2<sup>49</sup>** /LB



Organic Baby Carrots  
1 Lb. Bags

**\$1<sup>49</sup>** /EA



Food For Life  
Organic Ezekiel 4:9® Bread

**\$4<sup>79</sup>**  
24 oz



USDA ORGANIC

Organic White Quinoa

**\$2<sup>19</sup>** /LB  
Bulk Bin #250



Organic Pumpkin Seeds

**\$2<sup>89</sup>** /LB  
Bulk Bin #289



Native Forest Organic  
Classic Coconut  
Milk

**\$2<sup>39</sup>**  
13.5 oz



USDA ORGANIC

Organic Valley  
Organic Cultured  
Butter

**\$5<sup>19</sup>**  
1 lb



USDA ORGANIC

Daiya  
Mozzarella-style  
Shreds

**\$3<sup>19</sup>**  
8 oz



R.W. Knudsen  
Organic Just Tart  
Cherry Juice


**\$5<sup>69</sup>**  
32 oz



USDA ORGANIC

Cascadian Farm Organic  
Organic Potatoes

**2/\$4**  
16 oz



USDA ORGANIC

Late July  
Organic Restaurant  
Style Tortilla Chips

**2/\$6**  
10-11 oz



USDA ORGANIC

Nubian Heritage  
African Black Bar Soap

**\$3<sup>29</sup>**  
5 oz



ECOS  
Dishmate

**\$2<sup>29</sup>**  
25 oz



Natural Factors  
Vitamin C  
500mg Chews

**\$9<sup>99</sup>**  
90 tab



Specials valid on in stock items 9/1/2017 through 9/30/2017. While supplies last. NO rain checks.