

Phone:
509-738-2727

Hours:
Monday—Saturday
9am to 7pm

Sunday
10am to 6pm

CAFÉ Hours:
11am to 4pm

Meyers Falls Market

Kettle Falls, WA

March Newsletter 2018

Spring is finally on the way, and hopefully we'll start seeing some sunshine and warmer temperatures soon! Some people can't wait to get outside and begin working in the garden. Some look around the inside of the house and are ready to start spring cleaning. And while this is a great time to get organizing and cleaning done around the house, please consider the toxicity of many commercial cleaning products.

When people turn to household cleaners, soaps, and detergents, they want to see results! But the chemicals in cleaners that foam, bleach, and disinfect to make our homes gleaming and germ-free, can also cause damage. Chemicals can contribute to indoor air pollution, are poisonous if ingested, and can be harmful if inhaled or touched. When choosing the safest commercial cleaners, look for products that list plant-based ingredients and claim to have no solvents or phosphates. Avoid cleaners with "Danger" or "Poison" on the label, and look out for other hazard warnings, such as "corrosive" or "may cause burns."

There are many safe and effective alternatives to commercial cleaners. **Baking soda** can be used to clean, deodorize, and scour. Use it as a tub and tile cleaner, to remove grease and oil, and to scour stove tops, refrigerators, and other surfaces that shouldn't get scratched. **Vinegar or lemon juice** work well in the toilet bowl and to remove mold and mildew. Diluted vinegar is excellent for cleaning glass surfaces and windows. **Essential oils** are one of the best sweet-smelling and naturally antibacterial options available to clean naturally. Essential oils can be diluted in water to make air freshener sprays, or added to **castile soap** to make effective household cleaners. This month we are providing a variety of essential oil recipes and instructions on our website. We hope you feel inspired to get some spring cleaning done—without the toxic chemicals!



Garden seeds are here! We are happy to bring back a customer favorite: non-GMO gardening seeds from Botanical Interests. We offer a large selection of their certified organic seeds, as well as many heirloom varieties. In addition to the high-quality seeds they produce, their seed packages are loaded with educational information. Many are pleasantly surprised to see the recipes, botanical facts, growing and harvesting tips, and much more, packed inside!

Botanical
INTERESTS.
HIGH-QUALITY SEED

Save Big! With Special Order Case Discounts

Produce & Bulk Departments
25% OFF

Grocery, Frozen, Chill
and Nonfood Departments
15% OFF

Supplement and Body Care
Departments
10% OFF

*Did you know we are the only
grocery store in the area to
offer a discount for special
orders?*

*Let a cashier know if you'd like
to take advantage of our
amazing case prices!*



WWW.MEYERSFALLSMARKET.COM

St. Patrick's Day



Beer Tasting

March 16, 4:30-6:30 pm

Drop by to sample three of our favorite beers for \$5. Bring a friend to this fun, festive event, with traditional Irish music and light appetizers provided!

March Classes and Events in the Community Connection Room at Meyers Falls Market

Our Community Room is rented for public and private events. Information provided during classes/events may or may not represent the opinions of Meyers Falls Market. **Please contact the instructor directly for more information:**

Permaculture Film Series: March 10 and April 14, 5:30 pm. For more information, please contact Gabe at fungipermastead@gmail.com.

Wellness Naturally Group: Tuesday, March 13 and 27 (and ongoing), 9-10 am. Inspiring people to improve the quality of their life with natural solutions, to make their own healthy lifestyle choices that transform the lives of themselves, their families and those they love with the truth about health. For more information, please call Laurie 509-930-0953.

Ditch the Toxic Chemicals From Your Life! Tuesday, March 20, 9-10 am. Come join Laurie Dawson with Young Living and learn how to make healthy lifestyle choices for you and your family! RSVP required; please call Laurie 509-930-0953.

Ongoing Tai Chi and Qigong classes with Lauri McKean: Tuesdays, 4:15-7 pm and Fridays, 9-10:45 am. For more information, contact the instructor at 509-690-7977 or wbchinesemedicine@gmail.com.

Tribal Style Belly Dance, Level 1: Thursdays 5:30-6:30 pm. A beginner's level of Tribal Style Belly Dance with Bailey and Shaina of Tribe Zenith. This class will be perfect for anyone new to dance and will provide a solid foundation for tribal style belly dance. With two instructors you will get more one on one time and the best learning environment we can offer. This is a perfect starting point if you wish to perform at some point or if you are simply looking for a gentle movement class for all ages and stages. Contact Shaina at (509)680-6171 or zenithofgypsymoonstudios@gmail.com for more information.

Ongoing Yoga classes in the Viniyoga style: Mondays, 5:30-7:00 pm with Lisa Jekubik (RYT 500) of Blue Moon Yoga. Drop-ins welcome (please call first to confirm space availability). Contact Lisa: (509)690-1742 or lisa@bluemoonyoganw.com for more information.

Do you have a public or private gathering to host? We have the room! Rent our Community Connection Room (the "CCR" located upstairs in Meyers Falls Market) for your next book club, knitting club, private or public class or meeting, birthday party, bridal shower, and more! Complete with beautifully finished hardwood floors, skylights, sound system, and dimmer lights, it's the perfect place for YOUR event. Equipped kitchen and light catering service also available. Prices start at just \$5/hour. For more information (rental forms, pricing, availability, etc.) please visit our website: www.meyersfallsmarket.com and click on "Community Room" or email: events@meyersfallsmarket.com

Thank you for supporting a LOCAL
independently-owned business!



SUNDAY

Seniors Save 10%
OFF their entire
purchase

WEDNESDAY

ALL
Supplements are
15% OFF

During the months of March and April, our Café gallery will display a group show from a variety of local artists.

We love to support the many talented artists in our area. Our gift department features local pottery, jewelry, fiber crafts, photography, and much, much more.