

A FEW OF MY FAVORITE THINGS

This list represents some of the products and resources that I use regularly to support my efforts to eat clean and live well. Access to these and other quality and locally produced items will vary depending on where you live. Create positive change by asking for specific brands you know to be clean, so your grocer can better serve the needs of you and your community.

APPLIANCES, COOKWARE AND KITCHEN TOOLS

BLENDERS (High-Powered)

Blendtec® | blendtec.com

Vitamix™ | vitamix.com

CANNING AND MASON JARS

Ball | freshpreserving.com

Le Parfait® | leparfait.com

Weck | weckjars.com

DEHYDRATORS

Excalibur® | excaliburdehydrator.com

CAST IRON SKILLETS

Lodge® | lodgemfg.com

DUTCH OVENS

Le Creuset® | lecreuset.com

Lodge® | lodgemfg.com

GLASS STORAGE

Pyrex® | pyrex.com

RICE COOKERS

(With stainless steel interior bowl)

Miracle Exclusive™ | miracleexclusives.com

ESSENTIAL OILS

Young Living™ Essential Oils | youngliving.com

FARMS, FARMERS MARKETS AND CSAs

Eat Well Guide | eatwellguide.org

Local Harvest | localharvest.org

USDA | search.ams.usda.gov/farmersmarkets/

FOODSTUFFS

APPLE CIDER VINEGAR

Bragg® | bragg.com

BEANS (Canned)

Eden® | edenfoods.com

BEANS, FLOURS, GRAINS (Packaged)

Ancient Harvest® | ancientharvest.com

Arrowhead Mills | arrowheadmills.com

Bob's Red Mill® | bobsredmill.com

Eden® | edenfoods.com

The Teff Company | theteffco.com

truRoots® | truroots.com

BROWN RICE VINEGAR

Eden® | edenfoods.com

CHOCOLATE

Enjoy Life® | enjoylifefoods.com

Sunspire™ | sunspire.com

COCONUT PRODUCTS

Artisana® | artisanafoods.com

Coconut Secret | coconutsecret.com

Let's Do®...Organic | edwardandsons.com

Nutiva® | nutiva.com

So Delicious® | sodeliciousdairyfree.com

Spectrum® | spectrumorganics.com

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LEMON/LIME JUICE

Santa Cruz Organic® | santacruzorganic.com

LIQUID AMINOS

Bragg® | bragg.com

MAYONNAISE (Grapeseed Oil)

Follow Your Heart® | followyourheart.com

MIRIN

Eden® | edenfoods.com

MISO

South River Miso Company® | southrivermiso.com

NUTRITIONAL YEAST

Bragg® | bragg.com

PASTA (Gluten-Free)

Jovial® | jovialfoods.com

Tinkyáda® | tinkyada.com

truRoots® | truroots.com

SESAME OIL (Toasted and Hot)

Eden® | edenfoods.com

SUPERFOODS

Navitas Naturals® | navitasnaturals.com

TEMPEH

Hosta Hill Fermented Foods | hostahill.com

TOFU

The Bridge | bridgetofu.com

UME PLUM VINEGAR

Eden® | edenfoods.com

VEGETABLE STOCK (Dehydrated)

Seitenbacher® | www.seitenbacher.com

HERBS AND TEAS

Frontier™ Natural Products Co-op | frontiercoop.com

Love and Tea Company | loveandtea.com

Mountain Rose Herbs® | mountainroseherbs.com

Starwest® Botanicals | starwest-botanicals.com

NATURAL FOOD CO-OPS

Coop Directory Service | coopdirectory.org

Cooperative Grocer Network | cooperativegrocer.coop

Organic Consumers Association | organicconsumers.org

Organic Store Locator | organicstorelocator.com

PRODUCT INFO AND REVIEWS

Environmental Working Group | ewg.org

SEEDS AND GARDENING SUPPLIES

Baker Creek | rareseeds.com

Fedco Co-op Garden Supplies | fedcoseeds.com

High Mowing Organic Seeds | highmowingseeds.com

Johnny's Selected Seeds | johnnyseeds.com

Seed Savers Exchange | seedsavers.org

WATER FILTERS

Multi-pure® | multipure.com