

Uncle Dean's

May 2024

04/24/24 - 05/30/24

Monthly Specials

Sales, sales, sales! Remember, this is just a sampling.

Be on the lookout for additional deals in store. Happy Shopping!

Vermont Creamery
Herb
Goat Cheese Log



\$3.99

reg. \$4.99 4 oz.

Santa Cruz
Organic
Half & Half
Lemonade &
Iced Tea



\$2.99

reg. \$3.99 32 oz.

Mary's Gone
Crackers
Organic
Original Crackers



\$4.99

reg. \$6.99 ea. 6.5 oz.

All you need is a
packet of mix
and one
16 oz. tub of sour
cream.



So Simple.
So Good!

Wild Planet
Wild Skipjack
Non-Salted
Tuna



2/\$6

reg. \$3.99 ea. 5 oz.



Simply Organic
French Onion
Dip Mix

2/\$3

reg. \$1.99 ea. 1.1 oz.

Mon-Fri: 8am to 7pm

Sat: 8am to 6pm

Sun: CLOSED

www.uncledeans.com

Online Shopping Available
with In-Store Pickup

(207) 873-6231

80 Grove St,
Waterville, ME 04901

WHAT'S NEW!



The gentle compression of the thyroid pack combined with castor oil helps relax your nervous system, may help support hormone balance and good circulation/blood flow, plus may reduce the signs of aging on the neck.



Queen of Thrones

Thyroid and Liver Castor Oil Packs

\$29.99
Thyroid Pack

\$39.99
Liver Pack

When castor oil is used with this heatless, mess-free, reusable liver pack, it may help the body to detox the liver, support the lymphatic system, cleanse the colon, balance hormones, support deep sleep, lessen stress, reduce inflammation, and help heal leaky gut.



Life Giving Linen

Family owned with each item hand produced. Made in Kansas, USA!

LINEN CASTOR OIL PACK

Multi-use castor oil pack created with an inner lining of 100% linen and a waterproof outside. Fill with approximately 1/8 cup of castor oil for best results.

\$24.99
6.5" by 17"

LINEN BANDAGES

A must have for your first aid kit. Made with 100% organic linen, a natural fiber, which is known to help promote healing. Try for burns, cuts, growing pains, and injuries.



\$7.99
2.5 to 3 yards

Farm Highlight!



Villageside Farm

Polly and Prentice have been farming for over 30 years and in 2001 began working on their current property. With 40 acres of good soil in Freedom, ME, and an 80 acre wood lot, they are able to grow a variety of amazing products.

And it's all done organically, too!

With spring now well on its way, make sure to check out their beautiful vegetable and flower seedlings available at Uncle Dean's. Their plant varieties are hardy and do well in Maine's specific climate. The seedlings are well rooted and well cared for, so that you can have the best success with them!

May Specials

Grocery



Nuun Hydration
Fruit Punch

\$4.99

reg. \$6.99 10 ct.

Moist
Fluffy
Delicious
Tastes Homemade



Miss Jones' Baking Co.

Organic
Vanilla Cake Mix

\$5.99

reg. \$8.99 15.87 oz.



Q Mixers
Ginger Ale

\$3.99

reg. \$5.99 25.4 oz.



C2O
Original
Coconut Water

\$3.99

reg. \$5.99 33.8 oz.



Made In Nature
Organic
Dried Mangoes

\$3.99

reg. \$6.49 3 oz.



Primal Kitchen
Avocado Oil

\$14.99

reg. \$19.99 750 mL



Sir Kensington's
Chipotle Mayo

\$6.99

reg. \$8.99 12 oz.



Wild Planet
Wild Sardines
in Water

2/\$4

reg. \$3.49 ea. 4.4 oz.

From the Ground Up
Nacho
Cauliflower Tortilla
Chips



2/\$6

reg. \$4.99 ea. 4.5 oz.

Packed
w/
veggies!



Endangered
Species
Extreme 88%
Dark Chocolate Bar

2/\$6

reg. \$4.99 ea. 3 oz.



Panda
Natural
Licorice Chews

\$2.99

reg. \$4.49 7 oz.



The Good Crisp Co.
Outback BBQ
Potato Crisps

\$2.99

reg. \$4.99 5.6 oz.



Sesmark
Brown Rice
Thins

\$2.99

reg. \$3.99 3.5 oz.

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May Specials

Refrigerated



**Organic Valley
Sliced
White American
Cheese**



**Real
and
Natural!**



\$4.99

reg. \$5.99 6 oz.



**Brown Cow
Whole Milk
Cream Top
Maple Yogurt**

2/\$7

reg. \$4.99 ea. 32 oz.



**Green Valley
Creamery
Lactose-Free
Cream Cheese**

2/\$6

reg. \$3.99 ea. 8 oz.

**Vista Hermosa
Organic
Corn Tortillas**

\$3.99

reg. \$5.99 7.2 oz.



**Only four
ingredients!**

Created using
ancient
methods which
help make
vitamins and
nutrients more
bioavailable.



**Bubbies
Sauerkraut**

\$5.99

reg. \$9.99 25 oz.



**Bubbies
Extra Hot
Horseradish**

\$3.99

reg. \$4.99 8 oz.



**Miso Master
Organic
Traditional
Red Miso**

\$6.99

reg. \$10.99 8 oz.



**REBBL
Organic
Turmeric
Golden Milk Elixir**

\$3.99

reg. \$5.49 12 oz.



**De La Calle!
Organic
Regional
Tamarind Tepache**

\$2.99

reg. \$3.99 12 oz.

**Living
Probiotics**

**Organic
Acids**

**Natural
Antioxidants**



**Flavored with Berry
Purees and Lemon!**

**Health-Ade
Organic
Berry Lemonade
Kombucha**

2/\$6

reg. \$4.99 ea. 16 oz.

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May Specials

Frozen



Alden's Organic
Vanilla Ice Cream
Sandwiches



\$6.99

reg. \$9.49 6 ct.

Alden's Organic
Strawberry
Ice Cream



\$9.99

reg. \$12.99 48 oz.

Feel Good Foods
Gluten Free
Vegetable
Egg Rolls



\$7.99

reg. \$10.99 9 oz.

Chloe's
Dark Chocolate
Pops



\$4.99

reg. \$6.99 4 ct.

Cosmic Bliss
Organic
Twisted Cookie
Dough Ice Cream



\$5.99

reg. \$8.99 14 oz.

Farm to Freezer!

Perfectly ripe.

'Quick' frozen to
lock in flavor and
nutrition!



Woodstock
Steamable
Chopped Kale

\$2.49

reg. \$3.99 10 oz.

Base Culture
Keto Bread



\$7.99

reg. \$10.99 16 oz.

Woodstock
Organic
Mixed
Mushrooms



\$3.99

reg. \$5.99 10 oz.

Woodstock
Organic
Shelled
Edamame



\$2.99

reg. \$4.99 10 oz.

Food for Life
Organic
Cinnamon Raisin
Sprouted Grain Bread



\$5.99

reg. \$8.99 24 oz.

Food for Life
Sprouted Grain
10" Tortillas



2/\$6

reg. \$5.99 ea. 12 oz.

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May Specials

Beauty, Homeopathics,
& Supplements



**Aura Cacia
Chill Pill
Roll-On**

\$5.49

reg. \$8.39 0.31 oz.



**Dr. Bronner's
Cinnamon
Toothpaste**

\$5.29

reg. \$7.29 5 oz.



**Alaffia
Everyday Shea
Lavender Lotion**

\$10.49

reg. \$15.39 32 oz.



**Aura Cacia
Lavender
Mineral Bath**

\$2.79

reg. \$3.59 2.5 oz.

**Radius
Source Soft
Toothbrush**



\$6.99

1 ct. reg. \$9.99



**Alaffia
Everyday
Vanilla Mint
Shampoo**

\$10.49

reg. \$15.39 32 oz.



**Aura Cacia
Organic
Castor Oil**

\$10.49

reg. \$14.99 16 oz.



**Weleda
Citrus
24-hour
Deodorant Spray**

\$10.99

reg. 16.79 3.4 oz.

Supplements

Bach Rescue Remedy & Rescue Sleep



**Bach
Rescue Remedy**

\$13.99

reg. \$16.99 10 mL

In the early 1900's, Dr. Edward Bach began his journey of creating natural remedies to help himself handle stress after he had collapsed while treating an injured soldier in WWI. He found that various flower essences can help alleviate stress. Thus came the formation of Rescue Remedy, which is the original formula that has been trusted worldwide for over 80 years! It is made up of 5 flower essences, each recognized for a specific purpose. Rescue Sleep is the same formula with the addition of White Chestnut essence for a good night's rest.

And, FUN FACT: The flowers from which the essences are made are still grown at Dr. Bach's former home. Check out some of the Bach products!



**Bach
Children's
Rescue Remedy**

\$13.99

reg. \$18.29 10 mL



**Bach
Cranberry
Rescue Pastilles**

\$10.49

reg. \$13.99 35 ct.



**Bach
Rescue Sleep
Spray**

\$13.99

reg. \$18.29 7 mL

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May Specials

Household
& Pet



World Centric
Assorted Cutlery

\$1.49

reg. \$2.99 24 ct.



ECOS
Furniture Polish

\$4.99

reg. \$6.99 22 oz.

ECOS
All Purpose
Parsley Plus Cleaner



Natural and
works
amazingly well...
And we think it
smells great!

\$3.99

reg. \$5.49 22 oz.



World Centric
9" Fiber Plates

\$2.99

reg. \$5.99 20 ct.



World Centric
Fiber Bowls

\$1.99

reg. \$3.99 20 ct.

Pet Highlights

Bella Boo's Blues Dog Treats

LOCAL



\$2.19

2 pk.

Bella Boo's Blues began in 2006 by a mother/daughter duo right here in Maine. Today, they still use 8 simple ingredients to create delicious, gourmet dog treats. With ingredients such as cinnamon, flaxseed, oatmeal, and, of course, Maine wild blueberries, your dog will be thanking you. Plus, blueberries are packed with antioxidants! Antioxidants can help prevent illnesses, such as cancer, heart disease, and more. Tasty and functional... What's not to love!

We love LOCAL!

Did you know? *Pet Edition!*

Salmon Oil

Salmon oil is packed with Omega-3's, which provide numerous health benefits for your pet. They can help lessen inflammation, aid in joint health and heart health, support cognitive function and eye health, help improve the condition of skin and fur, reduce allergy symptoms, boost the immune system, and provide essential nutrients to mother and offspring during pregnancy and lactation.

Uncle Dean's carries Grizzly Pet Products' Salmon Oil Plus. This is a blend of fish oils, all from Alaskan, wild-harvested, human-grade Salmon, Polluck, and Whitefish. This makes for a healthy supplement packed with omega-3's, vitamins, and antioxidants. Plus, it's conveniently packed with a pump, for a quick and easy way to add it to your pet's food.

As always, do your own research!



Grizzly

Pet Products
Salmon Oil Plus



\$15.49

8 oz.



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DID YOU KNOW?

SPORTS INJURY HEALING AIDS

Spring... A time full of practices, games, and competitions, and, unfortunately, lots of injuries, too! Uncle Dean's carries many products that aid in the recovery of injuries and help strengthen damaged tissue to limit future injury and get you back to your prime.

Here are some go-to products to have on hand!

Dr. Christopher's Bone and Tissue: A synergistic blend of herbs for amazing recovery of bones, muscle, and cartilage. (This is a favorite of the owners of Uncle Dean's, whether for sprains, bruises (major and minor), or pulled muscles, as it has consistently reduced recovery time.)

- **Capsules:** Taken orally to help healing from the inside out.
- **Massage Oil:** Applied topically, to penetrate directly into the injured tissue.

Comfrey Cream/Ointment: Known to be one of the best ways to encourage wound healing, lessen scarring, and relax sore and tight muscles.

Arnica: Traditionally used to reduce pain, swelling, and bruising.

- **Homeopathic Pellets/Tablets:** Dissolved under the tongue for quick effect.
- **Cream/Ointment/Gel:** Applied topically.

Myrrh Essential Oil: Known to strengthen muscles and speed healing while preventing infection. It also improves blood circulation, has anti-inflammatory properties, and helps fade scarring. Topically used and diluted with a carrier oil, such as castor oil (see below), coconut oil, or jojoba oil.

Frankincense Essential Oil: Aids with muscle and joint pain, while reducing scarring. Topically used and diluted with a carrier oil, such as castor oil (see below), coconut oil, or jojoba oil.

Castor Oil: For topical use. A powerful tool in healing as it is the most penetrating of oils. It encourages the body to heal on its own, but can also be put over the top of other remedies to help push them deeper into the tissue.

Castor Oil Packs: Helps allow the castor oil to work overnight without wasting the oil (rubbing off on clothing, bedding, etc.)

Linen Bandages: Promotes quicker healing than other fabrics, which is why linen was traditionally used for the bedding and bandages of the sick and/or injured.

As always, do your own research!

Low Carb Burger Sliders

**DELISH,
KETO-FRIENDLY,
& SATIATING**

Prep Time: 10 min.

Cook Time: 10 min.

Total Time: 20 min.

Servings: Four 1/4 lb Patties

Ingredients

- 1 lb ground beef
- 1/2 tsp UD bulk seasoning salt
- 1/4 tsp oregano
- 1/4 tsp sea salt
- 1/4 tsp pepper
- 1/8 tsp cayenne
- 2 tbsp coconut oil/butter
- 1 large yellow onion, diced
- 1/2 block Kerrygold Reserve Cheddar, sliced
- 1/4 block Maple Leaf Pepperjack Cheese, sliced
- 2 avocados
- 4 eggs
- 1 head of lettuce (optional)

Directions

- Combine the ground beef and seasoning salt.
- Form into 4 patties and set aside.
- In a cast iron skillet, warm 1 tbsp of coconut oil or butter to cover the entire pan.
- Add in the onions, oregano, sea salt, pepper, and cayenne, sautéing until the onions are aromatic and slightly translucent.
- In a separate skillet, warm another tbsp coconut oil or butter.
- Turn the heat on high and place the four patties inside, searing on both sides.
- Once seared, turn to medium-low heat, top with a slice of pepper jack and two slices of cheddar, and cook to desired doneness.
- Set aside on a plate and cover.
- Fry four eggs in the same skillet.
- Mash the four avocados.
- Assemble the sliders by taking the burger, topping it with a spread of avocado, a fried egg, and the onion mixture.
- Enjoy this tasty delight, plain or on a bed of lettuce! Yum!



Recipe from: Uncle Deans

Product Shout Out!

Ultima Replenisher
Select Varieties

\$14.99

reg. 19.99 3.4 oz.



Organically Sweetened

No Sugar

Keto Friendly

Non-GMO

Packed with 6 Key Electrolytes

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