

# Uncle Dean's

# April 2024

03/27/24 - 04/25/24

# Monthly Specials

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

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

Check out our wide selection in store!



Traditional Medicinals  
Organic Tea  
Select Varieties

**\$4.49**

reg. \$6.49 16 ct.

Fody Foods  
Salsa Verde



**\$4.49**

reg. \$6.99 16 oz.



Country Archer  
100% Grass-Fed  
Teriyaki  
Beef Jerky

**\$4.99**

reg. \$7.99 2.5 oz.

Only 4g net carbs per wrap!



Three simple & delicious ingredients



Nuco  
Organic  
Original  
Coconut Wraps

**\$6.99**

reg. \$8.99 2.47 oz.



Amore  
Garlic Paste

**\$3.99**

reg. \$5.99 3.2 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!



### Cheeks Ahoy

100% Organic Cotton "Non-Paper" Towels

These towels can be easily wrapped around an empty paper towel roll to use with your paper towel holder.



# \$14.99

6 pk.

Only

# \$39.99

for 5 lbs.

frozen parmesan



### Rumiano Bulk Cheese

Check out our new family sized cheese selection!

We now offer 1.5lb. bulk sharp cheddar slices in the refrigerated section and 5lb. shredded parmesan in the frozen aisle. Both are perfect for families and at amazing pricing, to boot!

# \$11.99

for 1.5 lb.

sliced cheddar



Helps dough stay warm and draft-free!



### Now Designs by Danica

Bread Making Tools!

Bread proofing baskets and natural cotton liners, as well as 100% cotton dough riser covers... Functional, reusable, and stylish!



## FARM

## HIGHLIGHT!

## Riverwind Farm

Billy Shores has farming in his blood and so it is no surprise that he has successfully run his farm in Vassalboro for over twenty years. Billy grew up on a dairy farm and was quite familiar with the requirements of cattle management when he decided to branch out on his own and raise beef cattle. His cattle are 100% grass-fed and are never given antibiotics or artificial hormones. Riverwind farm also provides Uncle Dean's with pork, adhering to similar high quality, all natural, back to basics, good-for-you standards.

Uncle Dean's is happy to carry Riverwind's meat in our freezer aisle!

Check out our family-size deal in the freezer!



8 lbs. of 100% grass-fed ground beef for \$59.99



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# April Specials

## Grocery



SweetLeaf  
Peach Mango  
Water Drops

**\$3.99**

reg. \$5.49 1.62 oz.

**No Added Sugar!**

A delicious blend of  
apples and cinnamon!



Santa Cruz  
Organic Cinnamon  
Apple Sauce

**\$3.99**

reg. \$5.99 23 oz.



Pop & Bottle  
Matcha Green Tea  
Oat Milk Latte  
w/ Reishi &  
Maitake

**\$2.49**

reg. \$3.49 8 oz.



Cadia  
Organic  
Blackstrap  
Molasses

**\$5.49**

reg. \$6.99 16 oz.



Spectrum  
Organic  
White Vinegar

**\$6.99**

reg. \$9.99 32 oz.



Edward & Sons  
Organic  
Italian Herbs  
Croutons

**\$3.99**

reg. \$5.99 5.25 oz.



Jovial  
Organic  
Brown Rice  
Lasagna Noodles

**\$4.49**

reg. \$5.99 9 oz.



Fody Foods  
Spicy Marinara  
(Arrabbiata)  
Pasta Sauce

**\$6.99**

reg. \$9.99 19.4 oz.

Navitas  
Organic  
Hemp Powder



**2/\$24**

reg. \$15.59 ea. 12 oz.

Superfood  
Alert!

Packed w/  
protein, fiber,  
amino acids,  
& minerals!



Pacific Foods  
Organic  
Chicken Noodle  
Soup

**\$3.49**

reg. \$6.49 16.1 oz.



ProBar  
Organic  
BOLT  
Raspberry  
Energy Chews

**\$1.99**

reg. \$2.99 2.1 oz.



Prince of Peace  
Original Honey  
Crystal Instant  
Beverage Packets

**\$3.99**

reg. \$4.99 10 ct.



Late July  
Organic  
Blue Corn Tortilla  
Chip Dippers

**2/\$7**

reg. \$5.49 ea. 7.4 oz.

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# April Specials Refrigerated




**Alexandre Family Farm  
Organic  
Whole Milk  
Probiotic Kefir**



Made w/  
A2/A2  
milk from  
100% grass-fed  
cows!

**\$5.99**  
reg. \$7.99 28 oz.

**Cocojune  
Organic  
Pure Coconut  
Yogurt**



**2/\$10**  
reg. \$8.99 ea. 16 oz.

**Califia Farms  
Coconut  
Almondmilk  
Blend**



**\$4.49**  
reg. \$7.49 48 oz.

**MUSH  
Vanilla Bean  
Overnight Oats**



**2/\$4**  
reg. \$2.99 ea. 5 oz.

Oats.  
Vanilla.  
Sea Salt.  
Dates.  
Almondmilk.  
Almonds.  
That's All!

Simple ingredients  
artisanally  
combined for  
mouth-bursting  
flavor!

**Koia  
Plant-Based  
Cinnamon  
Horchata  
Protein Shake**



**\$2.99**  
reg. \$4.99 12 oz.

**Ithaca Cold-Crafted  
Lemon Dill  
Hummus**



**\$3.99**  
reg. \$5.49 10 oz.

**Hail Merry  
Meyer Lemon  
Citrus Tart**



**\$4.99**  
reg. \$6.49 3 oz.

**Olipop  
Doctor Goodwin  
Sparkling Tonic**



**2/\$4**  
reg. \$2.49 ea. 12 oz.

**Cold-Pressed!**

Refreshing  
hydration  
without added  
sugar.

100% juice &  
not from  
concentrate.

Yes, please!



**Wondermelon  
Organic  
Watermelon  
Basil Cucumber  
Juice**

**2/\$5**  
reg. \$3.49 ea. 8.45 oz.

**Creminelli Fine  
Meats  
Sliced Varzi  
(Italian Salami)**



**\$3.99**  
reg. \$5.99 2 oz.

# April Specials

Frozen



Dream Pops  
Mint Chip  
Dessert Bites

**\$3.99**

reg. \$5.99 4 oz.



Pitaya Foods  
Organic  
Coconut Smoothie  
Packs

**\$4.99**

reg. \$7.49 14 oz.

Alexia  
Crispy Golden  
Onion Rings  
w/ Sea Salt



**\$4.99**

reg. \$7.49 11 oz.



Cascadian Farm  
Organic  
Chinese Stirfry  
Vegetables

**2/\$5**

reg. \$4.99 ea. 10 oz.



Cascadian Farm  
Organic  
Spud Puppies

**\$3.99**

reg. \$5.99 16 oz.



Hilary's  
Organic  
World's Best  
Veggie Burger

**\$3.99**

reg. \$5.99 10 oz.

**Deliciously Low Carb**

Ready  
to eat in  
minutes!



Cascadian Farm  
Organic  
Riced Cauliflower w/  
Bell Peppers & Onions

**\$3.99**

reg. \$5.99 12 oz.

Kevin's  
Natural Foods  
Cilantro Lime  
Chicken Entrée



**\$8.99**

reg. \$11.99 16 oz.



Red's All Natural  
Turkey Sausage  
Egg'wich

**\$2.49**

reg. \$3.99 3.9 oz.



Amy's  
Bean & Cheese  
Burrito

**2/\$6**

reg. \$4.49 ea. 6 oz.



Deep Indian  
Kitchen  
Margherita  
Naan Pizza

**\$3.99**

reg. \$5.99 7.8 oz.



Against The Grain  
Gourmet  
Gluten Free  
Pepperoni Pizza

**\$9.99**

reg. \$14.99 24 oz.

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# April Specials

# Household & Pet



If You Care  
100% Natural  
Sponge  
Cloths  
**\$3.99**

reg. \$6.49 5 ct.



If You Care  
Auto Dishwasher  
Tablets  
**\$7.99**

reg. \$10.99 40 ct.

Repurpose  
Compostable  
PHA Straws



NOT paper  
Non-toxic  
Sturdy  
Lasts until  
your last  
sip

"These straws  
don't suck.  
They're not  
paper."  
~ Repurpose

**\$2.49**  
reg. \$3.79 50 ct.



If You Care  
Large Baking  
Cups  
**\$1.79**

reg. \$2.49 60 ct.



If You Care  
No. 2 or No. 4  
Coffee Filters  
**\$3.49**

reg. \$4.99 100 ct.

## Pet Highlights

Icelandic  
plus →

These treats reduce plaque and tartar on teeth.  
They are also rich w/ Omega 3 Fatty Acids which help support a healthy coat and skin!



Cat Treats!  
Icelandic  
Air Dried  
Whole  
Herring Fish  
**\$6.99**  
1.5 oz.



Dog Treats!  
Icelandic  
Cod Skin  
Cube  
**\$5.99**  
1 ct.

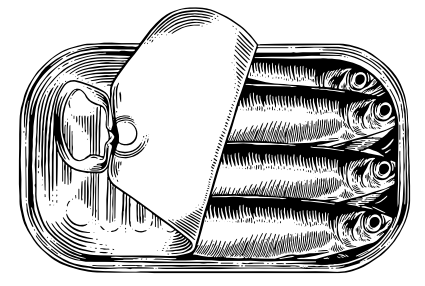
## Did you know? Pet Edition!

SARDINES

Sardines are packed with a ton of minerals, vitamins, and amino acids, such as vitamins B3, B12, & D, iodine, calcium, phosphorous, selenium, copper, DHA, zinc, choline, magnesium, and omega-3 fatty acids. Sardines work from the inside out, helping your pet grow and maintain a healthy coat and skin. They can also known provide relief for itchininess and allergies, as well as help rid hot spots. Internally, sardines increase healthy kidney and heart function, reduce inflammation, support muscle building and natural growth, help with aging, improve cognitive function, and help manage arthritis by supporting the skeletal system while also helping to limit consistent pain.

Sardines are an easy way to add meat to your pet's diet and to support overall health and wellbeing. Add a few sardines to your pet's diet for them to reap many benefits.  
Great for people, too!

As always, do your own research!



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# April Specials

Homeopathics,  
Supplements, & Beauty



Hyland's  
Migraine Tablets

**\$10.99**

reg. \$14.99 100 ct.



Beekeeper's  
Naturals  
Kids' Honey  
Cough Syrup

**\$11.49**

reg. \$14.49 4 oz.



Medinatura  
T-Relief  
Extra Strength  
Tablets

**\$10.49**

reg. \$14.89 100 ct.



Cheeks Ahoy  
Organic  
Soap Saver  
Bag

**\$4.99**

1 ct.



**New Brand!**

**CHEEKS AHOY HANDMADE**

is focused on getting back to the basics by creating products using all natural fabrics. What's makes it even better? Each item is handmade by a team of moms (and a dad) in Ontario, Canada.

Experience the difference! Here are a few of their amazing products!



Cheeks Ahoy  
Reusable  
Organic Cotton  
Facial Rounds

**\$10.99**

12 ct.

Cheeks Ahoy  
Reusable Cotton  
Laundry Bags

**\$8.99**

1 ct.



*Use this for the facial rounds or any other small items that typically get lost in the wash, such as baby socks, nursing pads, etc.*

## Health & Beauty

*Made by a company that has been family owned and operated for nearly 30 years!*



Everyone  
Coconut & Lemon  
3-in-1 Soap

**\$8.29**

reg. \$12.59 32 oz.



Acure Organics  
Dry Shampoo

**\$8.29**

reg. \$11.99 1.7 oz.



Dr. Tungs  
Tongue Cleaner

**\$5.79**

reg. \$7.99 1 ct.



Desert Essence  
Shea Butter  
Lip Rescue

**\$2.29**

reg. \$2.79 0.15 oz.



Earth Science  
Apricot  
Gentle Face Scrub

**\$9.49**

reg. \$11.99 4 oz.

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## DID YOU KNOW?

## NUTRITIONAL YEAST

is not only a delicious addition to salad, popcorn, snacks, soups, and savory dishes (see recipe below!), but it is also packed with protein, antioxidants, trace minerals (zinc, selenium, manganese, and molybdenum), and B vitamins, including riboflavin, niacin, B6, folate, and B12.



These nutrients are essential for good health. Antioxidants help fight free radicals which cause inflammation. B12 is necessary for building red blood cells which can help a person to recover from anemia. For this reason, those deficient in B12 experience increased natural energy when they take nutritional yeast. Folate is essential for healthy pregnancies.

Nutritional yeast helps establish a healthy metabolism and is very beneficial to gut health. People see a benefit in skin health, too. Studies have shown that those who suffer from diabetes, experience decreased insulin resistance when consistently taking nutritional yeast.

As always, do your own research!

## Low Carb Beef & Cauliflower Hash



### Ingredients

- 2 bags Cascadian Farm Riced Cauliflower Blend (or blanche cauliflower & mash)
- 1 tbsp olive oil
- 3 tbsp nutritional yeast
- 3 tbsp kelp flakes
- 2 lbs. ground beef
- 1/4 cup water
- salt to taste
- pepper to taste
- cayenne to taste
- 1.5 cups sour cream
- 1 cup sauerkraut
- 1 yellow onion, diced
- 2 bell peppers, diced
- 1-2 cups cabbage, chopped
- 1 cup broccoli, cut into bite-sized pieces
- 1/2 bag Cascadian Farm Gardener's Blend mixed veggies (corn, carrots, peas, & beans)
- 2-3 carrots, diced
- mushrooms (optional)
- 2 cups shredded cheese

### Directions

- Heat two bags of riced cauliflower (or your own mashed cauliflower) in a skillet with the olive oil.
- Add 1 tbsp nutritional yeast and 1 tbsp kelp flakes, and put it in the bottom of a dutch oven (or other oven safe pan).
- Using the same skillet, brown the beef in 1/4 cup water for 10 - 11 minutes on medium heat (or until brown).
- Add salt, pepper, and cayenne to taste.
- Take off heat and mix with sour cream and sauerkraut.
- Put it as a second layer in the dutch oven on top of the cauliflower mixture. Set aside again.
- Sauté/steam the veggies in the skillet the ground beef was in, adding in the remaining nutritional yeast and kelp (2 tbsp of each). Cook with a cover on for 10 or so minutes, or until veggies can be easily pierced with a fork.
- Spread over the cauliflower and beef layers.
- Top with the shredded cheese.
- Bake covered in the oven for 20 minutes.
- Simply delicious, savory, and satiating!  
A UD owner favorite.... "Comfort food with a twist."



Prep Time: 15 min.

Cook Time: 45 min.

Total Time: 1 hour

Servings: 6

Recipe from: UD Owner

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