



The sun has been shining, the weather has been warming up, and each day we get closer to summer. In preparation, we've packed our parking lot with plants just waiting to be taken home for your herb and vegetable garden. So take advantage of the beautiful weather and get digging. There's nothing more satisfying than cooking with food that you've cultivated yourself. For those lacking a green thumb, we're still stocked with the freshest organic produce around.

As you start to venture outside more, make sure you're prepared with sunscreen and bug spray. We offer a variety of well-known natural brands to take care of your skin and help ward off those annoying, itchy bites.

We'll see you in the store!

With gratitude,
Jerry

HAPPY MOTHER'S DAY

Happy Mother's Day to all those who celebrate! We honor the moms and caregivers who so often put themselves last to tend to their loved ones. While we should be expressing our gratitude for them every day, be sure to treat them to something special on this particular day. Sometimes even the smallest gesture, like getting their favorite essential oil, finding a pair of earrings that will

look just right, or treating them to their favorite scented candle or organic dark chocolate (or all of the above!), can say so much. Look out for our fresh flower bouquets and beautiful Mother's Day gift baskets packed with thoughtfully curated items to really treat them to a surprise.



GET YOUR GRILL ON

'Tis the season for pulling the cover off your barbecue and turning up the heat. We have stocked our shelves with burgers, brats, and just about everything in between. If steak is your jam, we have the very best from D'Artagnan. We're also carrying BBQ staples like kielbasa, pork chops, and burgers from Thousand Hills Lifetime Grazed, where they're committed to regenerative agricultural practices.

For the vegetarians and vegans at your table, treat them to delicious patties and veggie dogs from brands like Actual Veggies and Abbot's. You can also opt for handmade veggie burgers crafted in our very own kitchen. Our deli always has delicious dishes available, sure to satisfy anyone looking for a plant-based option. While you're there, pick up fresh sides like slaw and macaroni salad, so the only thing left for you to do is turn on the grill.

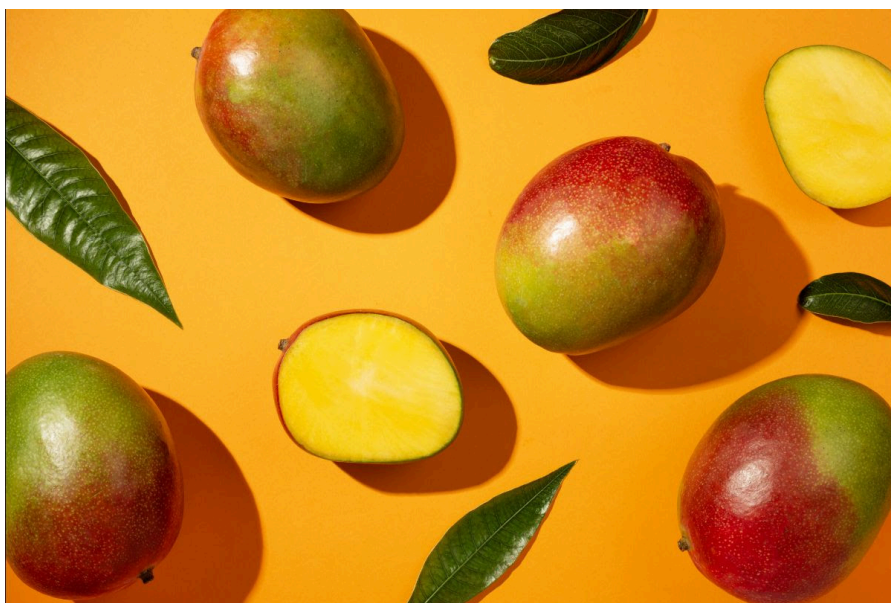
And don't forget all of the accoutrements that go with a great barbecue. Our Everyday Low Price items through Cadia guarantee low cost pantry staples like ketchup, mustard, and pickles.



SEASONAL PRODUCE

SEASONAL FRUITS

Heart health, immune support, and lots of antioxidants are in every bite of our fruit of the month: the mango. Sweet and juicy, these are an easy swap for a sugary snack or dessert. Eating them as is a treat unto itself, but there are lots of recipes that incorporate mangos. Try them in salsa, caramelize them on the grill, or let them be the star ingredient in a dessert. Need ideas? Give this recipe a try: [5 Ingredient Mango Mousse Cups](#).



SEASONAL VEGGIES

May is peak season for the Vidalia Onion, and this sweet veg is less likely to bring you to tears. Harvested in only specific counties of Georgia due to the area's low-sulfur soil, this variety of onion is milder than its more pungent cousins. A great source of vitamin C and fiber, we recommend eating them raw in a salad or highlighting their sweetness by caramelizing them. Here's a great side dish recipe to try out: [Roasted Vidalia Onions](#).



STEVE'S SUPPLEMENT SUGGESTIONS

Collagen is getting a lot of attention recently. With purported benefits that range from muscle mass, bone health, joint pain relief, and so much more, it's not surprising that people are taking notice. When it comes to looking for a collagen supplement, Steve and our customers like Natural Factors. One reason is that all of their supplements are verified by ISURA, a Canadian independent, nonprofit organization that verifies and certifies natural health products, supplements, and food products. ISURA verifies that Natural Factors' supplements are non-GMO compliant, tested for nearly 700 contaminants, adulterant-free, authenticated, and accurately and inclusively labeled.

*Speak with your doctor before incorporating any supplement into your diet.

SMOOTHIE OF THE MONTH: STRAWBERRY GLOW

It's the height of strawberry season, and we see no reason not to take full advantage of it. These powerhouse berries are the star of this month's organic smoothie. Supporting players include almond milk, dates, banana, a pinch of sea salt, and some collagen for good measure. Tastes good; feels good.



CHARITY OF THE MONTH: NORTH SHORE LAND ALLIANCE

Concerned about the changing environmental landscape of Long Island, a group of friends founded the North Shore Land Alliance. Beginning in 2003, it has worked to preserve Long Island habitats, including wetlands, green spaces, farmland, historical sites, and groundwater. Through outreach, volunteerism, and education, it has succeeded in protecting over 1,000 acres of land and continues to advocate for the adoption of better conservation laws. Since its founding, it has grown to include over 200 volunteers. To see their work in action, just visit the Shore Road Sanctuary in Cold Spring Harbor, where they've transformed a former Exxon Mobil fueling site into eight acres of thriving grassland.



JOIN THE RT TEAM

We're hiring!

We are actively hiring for a [Food Service Director](#). Among other qualifications, we are looking for candidates who are fluent in English and Spanish, have a demonstrated ability to get things done and can prioritize tasks appropriately, have strong leadership and communication skills, and a certification in food safety. If this sounds like you, we encourage you to apply.

WORKING AT RISING TIDE

When it comes to grocery stores, we may be on the smaller side, but what we lack in square footage, we make up for in company culture and teamwork. There's a reason why our team members know customers' names, products they prefer, and even what's going on in their lives. It's because one of our core hiring principles is finding candidates who are a good match with our culture. Generosity, positivity, and a can-do spirit are some of our top priorities when we hire. If this sounds like you, we'd love to hear from you.

DISCOVER OPPORTUNITIES



SHOP

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