Organic Roots' Favorite Gluten-Free Products

At Organic Roots we carry one of the largest selections of gluten–free products in the Temecula Valley. Below is a brief summary of gluten-free foods as well as some of our favorite gluten-free products that we carry at Organic Roots.

• **Fruits and Vegetables:** All our fresh produce is certified organic and local whenever possible. Watch out for pre-packaged fruit and vegetable products (including frozen and canned goods), which may contain gluten or be subject to cross-contamination.

Some of our Favorite Local Farms (Look for the orange "Locally Grown" next to price on larger signs or green "Locally Grown" arrows if price is listed above produce).

1. Boyer Ranch - Temecula
2. Blue Heron Farm - Fallbrook
3. Topology Ranch - Temecula
4. Sage Mountain Farms - Hemet
5. Unity Farms – Rubidoux

• **Meats and Fish:** Organic Roots offers a selection of high quality meat, poultry and fish. All of our suppliers are thoroughly researched and monitored for quality. Fresh meats with no added ingredients are gluten-free. Pre-packaged products, such as hams, bacon, sausages and lunch meats, may or may not contain gluten. Several manufacturers label processed meat products gluten-free. Be sure to read the ingredient list.

1. **Beef:** All our beef is California raised by Open Space Meats, and 100% grass fed. The cattle are put out to graze on grasses and forage, never put in feedlots
2. **Chicken:** We carry Rosie's Organic Chicken and Rocky's Free Range Chickens. No Antibiotics, No Added Hormones…EVER! Always 100% vegetarian fed with no animal by-products.
3. **Fish:** We carry fresh and frozen fish. Wild whenever possible.

• **Milk and Dairy Products:** Fresh plain milk, butter, plain yogurt, fresh eggs and many cheeses are gluten-free. Some other products found in the dairy section, such as tapioca pudding, are gluten-free. Some ice creams are gluten-free and some are not — you'll need to check ingredients or look for Gluten-Free Label.

Some of our favorites:

1. **Milk:** Organic Pastures Raw Milk (Yes Raw! No pasteurization has been done so the milk keeps more of its natural health benefits), Strauss Products, Organic Valley Grass-fed Products.
2. **Butter:** Organic Pastures Raw Milk Butter, Ancient Organics Ghee
3. **Plain Yogurt:** So Delicious Plain Coconut Yogurt, Maple Hill Grass-fed Plain Yogurt
4. **Fresh Eggs:** Chino Valley Ranchers Soy Free Eggs
5. **Cheeses:** Andrew & Everett's Products, Organic Valley Products
6. **Ice Cream:** So Delicious Coconut Ice Cream
7. **Frozen Yogurt:** Our frozen yogurt bar of course ☺ We have 4 flavors of organic gluten-free, soy free, non-gmo dairy frozen yogurt. Two dairy options and 2 coconut base options for those not wanting dairy.

• **Breads, Snacks, Cereals and Pastas:** With few exceptions, anything you buy in these categories should be specifically labeled "gluten-free."

Some of our favorites:

1. **Breads:** Canyon Bake House Products
2. **Chips:** Beanfield Chips Products
3. **Snacks:** SeaSnax Seaweed Strips, Go Raw Products, Sky Island Sprouted Nuts
4. **Cereals:** Kids – EnviroKids & Freedom. Adults – One Degree
5. **Granola:** Roots Own House-Made Gluten Free Granola, KIND Products, Bakery on Main Products
6. **Pastas:** Cadia Products, Tinkyada
7. **Wraps:** Food for Life Brown Rice Wraps, Sunfood Coconut wraps, wRAWp (tip: cut sheets in half & use to make two sandwiches)

• **Prepared Foods:** Only buy frozen dinners or frozen pizzas specifically marked "gluten-free." Many canned soups contain gluten, so check the ingredients.

Some of our favorites:

1. **Prepared Food:** Amy's Products, NutBurgers Products, PJ's Burrito Products. For an even fresher option, be sure to look at our made fresh daily Hot Bar! We do our best to make sure we always have gluten-free options.

• **Baking Mixes and Supplies:** Any baking mix you purchase should be specifically labeled "gluten-free." Most baking supplies, such as baking soda, sugar and cocoa, are considered gluten-free, but you should check ingredients to make certain.

Some of our favorites:

1. **Baking Mixes:** Pamela's Products, XO Baking Co. Products
2. **Supplies:** Color Garden All Natural Food Coloring, Glutino Frosting, Sprinkelz
3. **Pre-made Desserts:** Our in house bakery is filled with freshly made gluten-free pastry options!

• **Condiments and Sauces:** You'll need to check ingredients and/or call manufacturers in most cases to determine what's gluten-free and what's not.

Some of our favorites:

1. **Condiments:** Organicville Products
2. **Sauces:** Organicville Products

• **Coffee, Soda, Fruit Drinks and Alcohol:** Unflavored coffee and plain black or green tea should be gluten-free, but flavored varieties may not be. Juice made from 100% fruit should be gluten-free, but fruit drinks made from fruit plus other ingredients may not be. You'll need to buy gluten-free beer, since conventional beer contains gluten. Wine is gluten-free (unless you're super-sensitive). Many people react to gluten grain-derived alcoholic beverages.

Some of our favorites:

1. **Coffee:** Cameron's Products, Kicking Horse Coffee Products
2. **Drinks:** Virgil's Zero Sodas, GT's Kombucha
3. **Kids Fruit Drinks:** Honest Kids, Honest Tea
4. **Beer:** 2 Towns Ciderhouse, New Grists Beer