

New Frontiers[®] natural marketplace

Prices valid June 27 - July 10, 2012
While supplies last

Summer Savings



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New Frontiers
**Organic Red, Green
or Romaine Lettuce**
Crisp, tender leaves - Wonderful in salads or sandwiches

99¢ ea.



Clover Organic Farms
Organic Butter
Salted or Unsalted varieties - 16 oz.

\$4.49

So Delicious
**Non-Dairy
Frozen
Desserts**



Selected varieties & sizes
Additional selections & sizes, \$4.69

\$3.99



Made fresh in our deli
**Barbecued
Chicken Sandwich**
Roasted chicken, home-made barbecue sauce
and veggies on a fresh baked demi-loaf

\$1.00 off ea.

Barlean's
**Flax, Fish
or Coconut Oil**



Essential omega fatty acids
for men or women
Selected varieties & sizes

25% off -shelf price tag reflects discount

Annie's Naturals
**Salad
Dressing**

High quality,
real value
and great taste
Lite or Fat Free options
Selected varieties - 8 fl. oz.



\$2.69

groceries

Spice Hunter Whole Spices

Flavorful blends with a built-in grinder
Selected varieties & sizes

Also: Grill Shakers - Seasoning blends
Selected varieties & sizes, \$2.99

\$3.49



OrganicVille

Organic Mustard

Great taste - Vegan - Gluten free - No added sugar
Selected varieties - 12 oz.

Also: Ketchup, Barbecue or Chili Sauce - 12-24 fl. oz., \$3.99

\$2.99



Behold, the perfect chip. Kettle Brand gently cooks their potatoes to perfection in the finest oils, and then gently seasons them with the freshest, all natural ingredients and spices.

Kettle Brand

Potato Chips

No trans fat - No GMOs
Selected varieties - 5 oz.

Also: Reduced Fat Potato Chips
8 oz., 2 for \$5

2 for \$4



Back to Nature Pasta & Cheese

For the whole family
Real natural cheese
Selected varieties
6-6.5 oz.

2 for \$3



Popcorn, Indiana Popcorn

Low calorie - Whole grain snack
Selected varieties - 5.4-10.5 oz.

\$3.29



Reed's/ Virgil's Soda

All natural ingredients
No preservatives or artificial flavors
Selected varieties - Four 12 fl. oz. bottles

\$4.59



Newman's Own Organics

Family Recipe Cookies

Selected varieties - 6.5-7 oz.
Hermit Cookies - 9 oz., \$3.59

2 for \$5



Blue Diamond Almond Coconut Milk Blend

Selected varieties - 32 fl. oz.

\$2.29



Sea's Gift

Roasted Seaweed Snack

Three .17 oz. snacks
Single package - .17 oz., 6 for \$4

2 for \$4



Garden of Eatin' Tortilla Chips

Made with non-GMO, organic corn
Selected varieties - 8.1-9 oz.

\$2.29



Imagine Foods Rice Dream

Non-dairy rice beverage
Selected varieties - 32 fl. oz.

\$1.89



O2Cool Oxygen Water

Spring water infused with pure oxygen
12 fl. oz.

\$1.09



fresh produce

Driscoll's: Growing the Finest Organic Berries

Driscoll's is passionate about growing delicious berries. With Driscoll's organic berries, you can be confident that you are enjoying the finest—great tasting berries, loaded with vitamins, good for the planet.

Driscoll's organic berries are USDA Certified Organic, which means they are grown without the use of synthetic fertilizers or pesticides, and all Driscoll's berries are GMO-free. They use natural breeding and continually meet the highest standards for taste, quality and disease resistance.

They are proud to work with independent organic growers who share their commitment to sustainable growing practices. These family run farms rely on farming techniques that build soil health, enhance ecological balance and yield exceptional taste.



Driscoll's Organic Raspberries or Blackberries

Antioxidant powerhouse - 6 oz. clamshell

2 for \$6

Organic Zucchini

Great for grilling, roasting, or use in baking

4 lbs. for \$5



Organic Red Seedless Grapes

A sweet summer favorite

\$2.99 lb.



Santa Barbara Pistachio Company Organic Pistachios

Great for snacking - 12 oz. pkg.

\$1.00 off



Grown on New Frontiers' own farm

Organic Jumbo White Garlic

99¢ ea.



frozen foods

Three Twins Organic Ice Cream

Classic flavors with surprising twists
Selected varieties - Pint

\$3.99



Health is Wealth Sprout Burgers

Gluten free - Selected varieties - 10 oz.

Also: Chicken Nuggets, Patties or Tenders,
or Mozzarella Sticks - 8-12 oz., \$4.79

\$3.99



Naked Pizza

Pizza that's good for you - Whole grains
Low fat cheese - No trans fat
Selected varieties - 10-11.8 oz.

\$7.69

Dr. Praeger's Veggie Burgers

Fresh vegetable taste - No trans fat
Selected varieties - 11-13 oz.

\$2.99



Boston Baked Beans

Baked beans are a classic summer barbecue side. This is an updated healthier version. We've eliminated the bacon and all that saturated fat. Natural maple syrup replaces the sugar; give these a try. Beans are incredibly healthy: high in protein and dietary fiber, low in fat, calories and sodium, and completely cholesterol-free.

- 4 15 oz. cans red beans, rinsed and drained
- 1 3/4 cups chopped onion
- 1 cup ketchup
- 1/3 cup pure maple syrup
- 1/4 cup apple cider vinegar
- 1/4 cup dry mustard
- 2 tablespoons mild-flavored (light) molasses
- 2 bay leaves
- 1 1/2 tablespoons finely chopped garlic
- 1 teaspoon salt
- 1 teaspoon ground pepper

Preheat oven to 350 F. In a large pot add beans and all remaining ingredients. Bring to boil. Transfer pot to oven. Bake uncovered until beans are tender and liquid thickens, stirring occasionally, 3 to 4 hours. (Recipe can be made 1 day ahead. Cover and chill. Bring beans to simmer before serving). Serves 8.



dairy case

Earth Balance produces delicious buttery spreads, shortenings, nut butters, soymilks, soy nog, coconut spread and alternative mayo dressings - delicious options for individuals with food sensitivities or for those seeking healthier alternatives. The Earth Balance brand strongly supports the Non-GMO Project and sustainable agriculture practices, and all Earth Balance products are made without genetically modified ingredients.

Earth Balance

Mindful Mayo

Dressing and Sandwich Spread

Non-GMO - Vegan

Selected varieties - 16 oz.

Also: *Organic Mindful Mayo* - 16 oz., \$3.69

\$2.99



Emerald Valley Kitchen

Organic Fresh Salsa or Hummus

Full of fresh flavor

Selected varieties - 12-14 oz.

\$2.69

Sambazon

Açaí Juice or Smoothies

Antioxidant superfood

Organic options

Selected varieties - 10.5 fl. oz.

\$2.29



Lightlife

Smart Dogs or Tofu Pups

Meatless - Selected varieties - 12-13.5 oz.

Also: *Meatless Smart Sausage*

Selected varieties - 12 oz., \$3.39

\$2.79



Follow Your Heart

Cheese or Sour Cream

Dairy alternative - Selected varieties - 10-16 oz.

Also: *Vegan Cream Cheese* - 8 oz., \$2.79

\$3.19



Odwalla

Protein or Energy Juice Drinks

Selected varieties - 12 fl. oz.

\$2.29



Lisanatti Foods

Rice Cheeze

Non-dairy

Shreds, melts & tastes great

Selected varieties - 8 oz.

\$2.89



Food for Life

English Muffins

Organic - With sprouted grains

Selected varieties - 16-18 oz.

\$2.99-\$3.49



bulk foods



Organic Whole Raw Cashews

The perfect protein snack

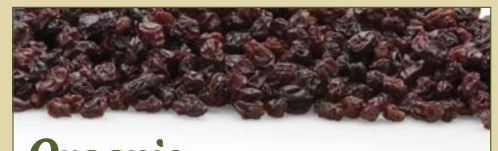
\$10.99 lb.



Organic Pitted Prunes

Whole and unsulphured

\$4.69 lb.



Organic Zante Currants

Intensely flavorful

\$3.99 lb.

meat & seafood

Fastest Barbecued Chicken

6 tablespoons dark brown sugar
 1/2 tablespoon chile powder
 2 teaspoons dry mustard
 Kosher salt
 8 boneless, skinless chicken breasts or thighs
 3/4 cup tomato ketchup
 1/4 cup low salt soy sauce
 1/4 cup cider vinegar
 1 tablespoon Dijon mustard
 1/2 teaspoon hot sauce

Heat a gas grill between medium and medium high. In a small bowl, combine 2 tbsp. brown sugar, chile powder, dry mustard and 1 tbsp. salt. Rub the spice mix over chicken.

In a small saucepan, whisk the remaining brown sugar with ketchup, soy sauce, vinegar and Dijon mustard. Bring to a boil. Lower heat and simmer, stirring frequently, until sugar dissolves. Remove from heat and cool slightly. Add a pinch of salt, if needed. Stir in the hot sauce.

Place chicken on grill, cover, and cook until meat turns a deep reddish brown, 4 to 5 minutes. Turn the chicken and continue to cook until the meat is firm and deeply colored, 3-4 minutes. Brush a generous amount of sauce over the chicken, cook 1 minute, turn, brush with sauce, cook 1 minute. Arrange on a platter and serve with any remaining sauce. Serves 8.



Beeler's St. Louis Style Pork Ribs

Fresh - Hormone- and antibiotic-free

\$3.99 lb.

New Frontiers Made Fresh Turkey Sausage Links

Range grown

\$5.99 lb.



Wild Alaskan Halibut Fillets

Sustainably caught

\$19.99 lb.



Vintage Natural Beef New York Steak

Boneless - USDA Choice

\$11.99 lb.



Smart Chicken Chicken Breast

Boneless - Skinless
Vegetarian fed

\$5.99 lb.



Lou's Garrett Valley Beef Franks

Nitrate & nitrite free - 16 oz.

Also: Deli Dogs - 12 oz. pkg., \$3.99

\$4.99 pkg.



gourmet deli & bakery

Fresh from our deli

Summer Corn Soup

Sweet creamy goodness loaded with delicious non-GMO corn
 Prepackaged in our Grab N' Go case

50¢ off all sizes



Fresh from our deli

Pineapple Jicama Salad

Crunchy, sweet and fresh

\$1.00 lb. off



Fresh from our bakery

Boston Cream Cupcakes

Delicious little vanilla cakes with custard filling and chocolate topping

50¢ off ea.



Fresh from our deli

Quinoa Cakes

Protein rich grain, cilantro and eggs baked into a scrumptious cake

\$1.00 lb. off



All deli sale items are made from scratch and may vary from store to store.

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family favorites

Green Mountain Gringo Salsa

Selected varieties - 16 oz.

\$3.79



Bigelow Tea

Selected Herb, Black or Green varieties - 20 bag box

2 for \$4

Rob's Really Good Drinks

Made with Fair Trade Certified sugar & tea
Selected varieties - 16 fl. oz.

\$1.19



new!



Venus Crackers

Selected varieties - 4-5 oz.
Organic 8 Grain Crackers
5 oz., \$2.69

\$2.39

Garden of Life Vitamin Code

Vitamin Code is a line of raw, whole food multivitamin and mineral supplements with age and gender specific formulas. Each Vitamin Code formula contains nutrient cofactors or "nutritional synergists" like bioflavonoids, enzymes, SOD, beta glucans and CoQ10 that are found in whole fruits and vegetables. NO chemically extracted ingredients, binders, fillers, synthetic vitamins, artificial colors, flavors or sweeteners. Vitamin Code Multis are everything you want in a true raw whole food multi and nothing you don't want!



Garden of Life

Vitamin Code Supplements

Selected varieties & sizes

35% off -shelf price tag reflects discount

NEWCHAPTER Organics



Organic Herbs and Vegetables. Probiotic. Whole-Food Complexed. Formulated for your optimal health—not just to address nutrient deficiencies.

Formulated for the Prime of Your Life

One Daily 40+ formulas feature condition-specific full-spectrum herbal blends to support critical areas of health. For example, six whole-food complexed B Vitamins and whole foods like organic oregano and fenugreek support heart and eye health.* We include energizing organic maca and schizandra to help address stress.* We also include a targeted blend of organic peppermint and aloe that helps maintain healthy digestion.*

Quality, Whole-Food Complex

New Chapter's One Daily 40+ multis are not megadoses like some supplements that have % Daily Values in the thousands. More doesn't necessarily mean better! We deliver safe and sound potencies of nutrients at optimal levels. Because our nutrients are cultured in a matrix of organic foods and live probiotics, they are biotransformed into whole-food complexes for your body's greatest benefit—active, easily digested, and easily absorbed.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Men's & Women's Health & Wellness, Naturally



New Chapter

One Daily for Men & Women

Save 35% on ALL New Chapter products

35% off -shelf price tag reflects discount

Beveri Whey Protein



Complete protein with rich amounts of all the essential amino acids
Selected varieties - 12-24 oz.

40% off -shelf price tag reflects discount

Quantum Derma Skin Care



Formulated using powerful botanicals including herbs, vitamins, and minerals

Selected varieties - 21 gm
Also: Herbal Skin Crack Cream - 2 oz., \$7.29

\$8.79

Andalou Naturals Body or Hair Care

Renews skin, blending nature and knowledge for visible age-defying, brightening and clarifying results
Selected varieties & sizes

35% off -shelf price tag reflects discount



Surya Brasil Color Fixation Hair Care



Helps reconstruct and repair dyed hair providing intense luster & smoothness
Selected varieties & sizes

25% off -shelf price tag reflects discount

Giovanni Cosmetics uses formulas that incorporate vitamins, herbs, minerals, proteins, nutrients and the purest of essential oils. The patented Giovanni PureOrganic Technology™ represents an exquisite blend of exotic organic oils, ripe-harvested from renewable plants. The oils are cold pressed and refrigerated immediately to ensure maximum purity.

Giovanni Cosmetics remains committed to creating only the purest formulations.



Giovanni Body Care

For smooth, soothed gorgeous skin
Selected varieties - 7-10.5 oz.

35% off -shelf price tag reflects discount

Natural Health International Hormonal Support

Supports the balancing of key hormones during the many stages in a woman's life
Selected varieties & sizes

Selected supplements for both men and women

30% off -shelf price tag reflects discount



Gaia Herbs Herbal Support



Promotes optimal wellness
Selected varieties - 60-180 ct.

45% off -shelf price tag reflects discount

Avalon Organics Hair Care



Made with natural botanicals and essential oils
Selected varieties - 11-14 oz.

\$6.59

New Frontiers Vitamin D3

1,000 IU
Supports healthy bones and cellular health
250 softgels

\$6.99

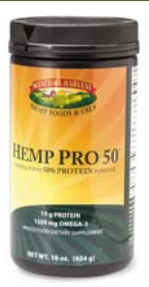


Manitoba Harvest Organic Hemp Protein

Plant-based
Easy-to-digest
Selected varieties
16-32 oz.

Hemp Seed Oil - 1000 mg - 60 softgels

40% off -shelf price tag reflects discount





**Organic
White or Yellow Corn**

Enjoy the best of summer
Crunchy and delightfully sweet

69¢ ea.

**Alexia
Potatoes,
Appetizers
or Rolls**

Selected varieties & sizes
Other selected varieties & sizes, \$2.69

\$3.59



**New Frontiers
Fresh Roasted
Organic
Mexican
Altura Coffee**

Shade-grown & smooth
Good body and flavor

\$10.99 lb.



**Fresh from our deli
Cantaloupe
Agua Fresca**

Refreshing beverage
from summer-ripe
sweet cantaloupes

50¢ off 16 fl. oz.



**Kind
Fruit &
Nut Bars**

Delicious dairy free fruit & nut bars
Selected varieties - 1.4-1.6 oz.
Also: Granola Clusters - 11 oz., \$4.39

2 for \$3



**C2O
Coconut Water**

100% natural
Unsweetened - 17.5 fl. oz.

\$1.59



**Rudi's
Organic Bakery
Hamburger Buns
or Spelt Hotdog Rolls**

Selected varieties - 15-18 oz.
Hotdog Rolls - 12 oz. six ct., \$2.99

\$3.69



**Santa Cruz
Organic
Lemonade
or Limeade**

Summer thirst quenchers
Selected varieties - Quart

3 for \$5



**Kiss My Face
Sun Care
or Lip Balm**

Preservative free
Fragrance free
Selected varieties & sizes

35% off -shelf price tag reflects discount



June 2012

s	m	t	w	t	f	s
			27	28	29	30
1	2	3	4	5	6	7
8	9	10				

July 2012

Advertised sale prices valid June 27 - July 10, 2012

california

Solvang

1984 Old Mission Dr.
(corner of Alamo Pintado & Mission Dr.)
805.693.1746

San Luis Obispo

1531 Froom Ranch Way
(Los Osos Valley Rd. near Home Depot)
805.785.0194

www.NewFrontiersMarket.com

arizona

Flagstaff

320 So. Cambridge Ln. • corner of Butler & Sawmill
928.774.5747

Prescott

1112 Iron Springs Rd.
928.445.7370

Sedona

1420 West Hwy. 89A • in Old Marketplace
928.282.6311