




Prices valid July 11 - 24, 2012
While supplies last

Healthy Savings



Clif or
Mojo Bars
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Organic
Mangos
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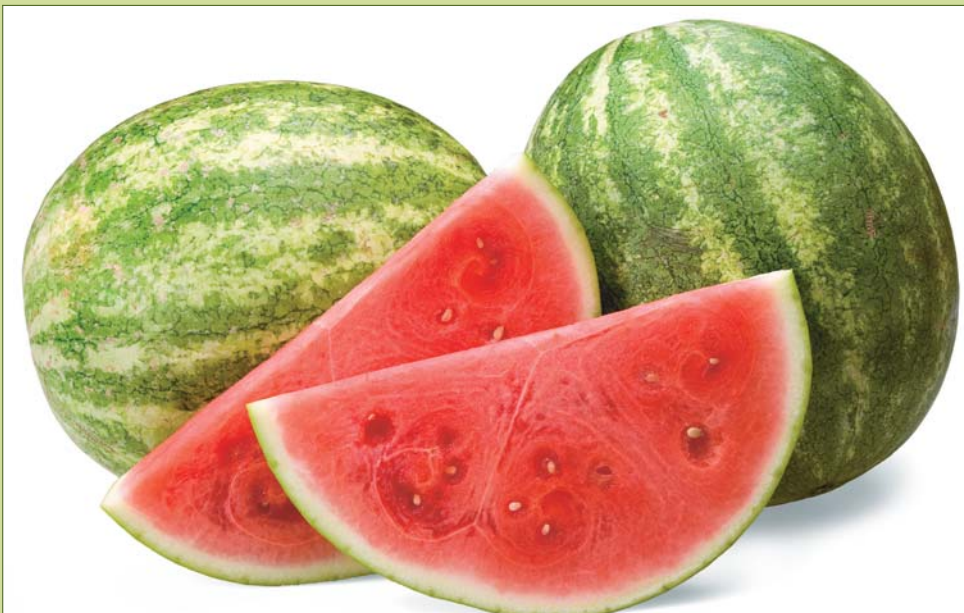
Organic Valley
Brown Eggs
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Top Sirloin
Steak
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Alba
Botanica
Hawaiian Hair
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Seedless Watermelon

Perfect for a picnic
Incredibly sweet and juicy, cool and refreshing

3 lbs. for \$1

Ciao Bella Gelato or Sorbetto

Award winning
Handmade decadence
Innovative flavors in select varieties - 9-16 oz.
Also: 3.5 oz. Sorbetto or Gelato varieties, \$1.29



\$3.99

Kozy Shack Pudding

All natural - No trans fat
Good source of calcium - Gluten free
Selected varieties - 22 oz.



\$3.99



Made fresh in our deli Roasted Vegetable Sandwich

Served on focaccia with pesto mayo
Great for lunch or dinner

\$1.00 off ea.



Garden of Life Vitamin Code

Raw whole food supplements
Selected formulas & sizes

35% off -shelf price tag reflects discount



Twinnings Green or Black Tea

A natural source of antioxidants
Selected varieties - 20 bag box

\$2.99

groceries



Wellness Cat Food

With added vitamins and minerals
Selected wet or dry varieties & sizes

35% off - shelf price tag reflects discount

Boulder Canyon Potato Chips

Thickly sliced - Kettle cooked - No trans fat
No cholesterol - Selected varieties - 5 oz.

2 for \$4



Tinkyada Rice Pasta

Organic options - Wheat free - Gluten free
Selected varieties - 8-16 oz.

Also 10-12 oz. varieties, \$3.49

\$3.19

Whole, all-natural, organic ingredients
for performance, nutrition and great taste.
Whether you're on a 150 mile bike ride or
exploring a new trail, Clif energy bars are
built to sustain your adventure.

Clif or Mojo Bars

For sustained energy - Chewy fruits, nuts & more
Selected varieties - 1.59-2.4 oz.

Also: Clif Shot Energy Gel - Quick energy for athletes - 1.2 oz.

10 for \$10



Fentiman's Natural Soda

Botanically brewed
Selected varieties - Four 9.3 fl. oz. bottles

\$4.99



new!

Kombucha Wonder Drink

A curiously tart,
sparkling fermented tea
Selected varieties - 14 fl. oz.

\$2.79



new!

Annie's Homegrown Organic Orchard Fruit Bites

One serving of real fruit per pouch
Selected varieties - 3.15 oz.

\$3.49



Voss Artesian or Sparkling Water

Selected varieties & sizes

\$1.29



Blue Sky Natural Soda

Selected varieties
Six 12 oz. cans

\$2.99



Pop Chips

Selected varieties - 3 oz.

\$2.29



Hawaiian Spring Artesian Water

Bottled daily at
Mauna Loa volcano - 1 liter

2 for \$3



Westbrae Natural Organic Canned Beans

High fiber - Fat free
Selected varieties - 25 oz.

2 for \$4



fresh produce

Summertime Salad

This is a wonderful addition to any summertime picnic or barbecue. Surprise your friends and family with this unique, intensely flavorful salad.

- 1 medium head cauliflower
- ½ cup finely chopped celery
- ¼ lb. gorgonzola cheese crumbled

Dressing:

- ¼ cup organic canola oil
- ½ cup white vinegar
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 teaspoon Dijon mustard
- 1 onion, thinly sliced

Combine all dressing ingredients and mix well. Separate cauliflower into florets and slice. Toss dressing, blue cheese and cauliflower. Refrigerate overnight to blend flavors and tenderize cauliflower. Enjoy!

Add a bit more oil for a milder tasting salad.



Taylor Farms

Organic Salad Mixes

Sweet, tender and crisp
Just add dressing and serve - 5 oz. clamshell

2 for \$5

Organic Mangos

Sweet and juicy

4 for \$5



Organic Celery

Crunchy texture and distinctive flavor

59¢ lb.



New Frontiers Grown on Our Own Farm

Organic Yellow Onions

Pungent and flavorful

69¢ lb.



frozen foods

Organic Bistro

Bowls

Nutritiously gourmet
Selected varieties - 10 oz.

\$4.39



Clemmy's

Sugar-Free Ice Cream

Rich and creamy
Lactose free - Gluten free
Selected varieties - Pint

\$3.99



Henry & Lisa's
Natural Seafood

Teriyaki Salmon Burgers

Wild Alaskan - No antibiotics
Gluten free - 12.8 oz.

\$5.69

Living Harvest

Tempt Dessert

Non-dairy - Made from hemp
Selected varieties - Four 2.5 oz. bars

\$3.99



Beeler's Pure Pork

We are truly excited to offer a superior natural pork product - Beeler's Pure Pork.

The quality of Beeler's pork is a direct result of their genuine concern for the welfare of their pigs. All of their animals are **allowed to grow naturally**, at their own rate, in an environment that provides outdoor access to sunshine and bedding. Beeler's pigs are **raised without any antibiotics or growth promotants whatsoever**, and are never fed animal by-products. Their diet consists of all vegetarian ingredients: corn, soybean meal, vitamins, and minerals.

Beeler's meat products are free of nitrites and nitrates and are also gluten-free (the new gourmet frozen entrees may contain gluten).

It all adds up to a dining experience that is exceptional, consistent, wholesome, and safe for your family.

Sample the Beeler's Hot Dogs when we celebrate National Hot Dog Day. Check your store calendar - at the registers or on our website at www.newfrontiersmarket.com - for dates and details.



dairy case

Nancy's Kefir is a delicious, organic, probiotic drink made with fresh organic milk and billions of live probiotics per serving. Often called "drinkable yogurt," Nancy's Kefir makes an excellent start to the morning. It is sweetened with organic agave and made without thickeners or colorings. Gluten free and kosher certified.



Nancy's Organic Lowfat Kefir

Fresh milk with probiotic cultures - Sweetened with agave nectar
Selected varieties - 8 fl. oz.

\$1.09

Also: Cultured Cream Cheese or
Organic Cottage Cheese with Fruit - 8 oz., \$1.79
Lowfat Cottage Cheese or Organic Sour Cream - 16 oz., \$2.79



Wholesome Valley Organic Cheese Slices

American or Mozzarella - 8 oz.

\$2.79



GoodBelly Probiotic Drink

Dairy-free - Promotes digestive health
Selected varieties - Four 2.7 fl. oz. cups
Selected varieties - 32 fl. oz., \$2.99

\$3.69



Organic Valley Organic Brown Eggs

Great source of protein
Extra Large or Large - One dozen

\$3.99



Capretta Low Fat Goat Yogurt

Tangy flavor
Selected varieties - 6 oz.

\$1.29



Naked Juice Fruit Juice

100% juice - Energy boosting
Reduced calorie options
Selected varieties - 15.2 fl. oz.

2 for \$5

Organic Valley Organic Soy Beverage

Lactose and dairy free
Selected varieties - Half gallon

\$3.49



So Delicious Coconut Milk Yogurt

Dairy- and soy-free
Selected varieties - 6 oz.

2 for \$3



bulk foods

New Frontiers
Fresh Roasted

Organic Sedona Sunrise Coffee

Slightly spicy

\$10.99 lb.



Organic Sunflower Seeds

Hulled - Raw - Rich in healthy oils

\$2.99 lb.



Organic Monukka Raisins

A sweet healthy treat - big and plump

\$2.49 lb.

meat & seafood

For the grill

Lemon Marinated Top Sirloin Steak

1/2 cup lemon juice (about 4 large lemons)
3 tablespoons extra-virgin olive oil
1/4 cup red wine vinegar
1/4 cup minced shallots
1 tablespoon fresh rosemary
2 tablespoons soy sauce
1/2 teaspoon black pepper
1 lb. boneless top sirloin steak

Preheat grill.

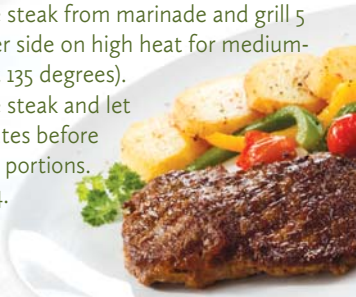
Trim excess fat from the steak to reduce flare-ups when the steak hits the grill.

Combine lemon juice, oil, vinegar, shallots, rosemary, soy sauce, and pepper in a shallow dish. Add steak and turn to coat; cover, and refrigerate at least 30 minutes.

Remove steak from marinade and grill 5 minutes per side on high heat for medium-rare (about 135 degrees).

Remove steak and let rest 5 minutes before slicing into portions.

Serves 4.



Smart Chicken

Chicken Drumsticks, Thighs or Whole Legs

Fresh - Best taste - No antibiotics or hormones
Air chilled for long lasting flavor & freshness

\$1.99 lb.



Vintage Natural Beef

Top Sirloin Steak

Boneless - USDA Choice grade
Antibiotic and hormone free

\$7.99 lb.

Beeler's Pork

Boneless Sirloin Chops or Roasts

Antibiotic & hormone free

\$3.99 lb.



Sustainably Farm Raised Steelhead Trout

Fresh fillets

\$8.99 lb.



Australian

Lamb Shoulder Chops

Hormone & antibiotic free

\$5.99 lb.



Lou's Garrett Valley

Pork or Turkey Kielbasa

Fully cooked - 12 oz. pkg.

\$4.99



gourmet deli & bakery

Fresh from our bakery Peach Cobbler

Sweet peaches topped with buttery bisquits

75¢ off ea.



Fresh from our deli

Summer Vegetable Tian

In the tradition of Provence
Layers of roasted summer veggies

\$1.00 lb. off



Fresh from our deli Green Gazpacho

A refreshing summertime favorite
Prepackaged in our Grab n' Go case

50¢ off all sizes



Fresh from our deli

Thai Pasta with Peanuts & Spinach

Spelt pasta tossed with garden fresh spinach and a creamy peanut dressing

\$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

Beanfields Bean & Rice Chips



Gluten free - No trans fat
Selected varieties - 6 oz.

2 for \$5

Simply Delish



Jel Dessert

Vegan - Dairy- and gluten-free
Selected varieties - 1.6 oz.

\$1.99

new!

Guru Energy Drink



Sweetened with stevia
Selected varieties - 8.3-8.4 fl. oz.

Also: 12 fl. oz. varieties, \$2.39

\$1.89

Oogavé Organic Soda



Non-GMO
Selected varieties
Four 12 fl. oz. bottles

\$4.39

AZICA

What's happening at the New Frontiers Farm



Several varieties of crisp, tender organic lettuce are growing in our fertile fields.



We are harvesting an abundance of sweet beets and crunchy carrots.



Blooming flowers such as alyssum are planted throughout the farm to establish a beneficial insect habitat and to add natural beauty.

Boiron Arnica

Arnica Gel has a cooling effect for fast pain relief. Non-sticky or greasy, it is quickly absorbed into your skin temporarily relieving muscle pain and stiffness due to minor injuries, overexertion and falls. It helps reduce pain, swelling and discoloration from bruises as well.

Arnica Pellets relieve general pain, muscle aches, stiffness, swelling and discoloration from bruises, due to minor injuries or overexertion.

At Boiron, they believe there's a better way to feel good that works with your body. Since 1932, Boiron has been committed to providing safe, natural medicines. As a world leader in homeopathic medicines, their passion is your total health.



Boiron Arnica

Homeopathic remedy for trauma, bruises or muscle soreness

Arnica Gel Twin Pack or Arnica 30C Pellets

35% off -shelf price tag reflects discount

BioChem by Country Life

When it comes down to taking care of your body, Country Life doesn't believe in "one size fits all" products. They offer many choices because no one person is exactly the same as another. From factory to you, Country Life® is dedicated to offering the highest quality supplements across a broad assortment of products. You can customize your nutritional regimen together with proper diet and exercise to be at your healthy best. Country Life pays special attention to allergens and they mark their labels clearly so you know exactly what's in their products.



BioChem Protein Powder

Excellent source of protein - Wheat and gluten free
Vegan options - Selected varieties and sizes

30% off -shelf price tag reflects discount

*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. • Not all items available in all stores.



Natural Factors

BioSil Healthy Bones Plus Kit

Clinically proven to generate bone collagen and increase bone mineral density at the critical hip region

35% off -shelf price tag reflects discount



Raw Elements Sun Care

With zinc oxide
Biodegradable
Hypo-allergenic
.60 oz. stick or
3 oz. lotion

40% off -shelf price tag reflects discount

Acure Organics Body Care

The highest quality fair trade, natural and certified organic personal care products
Selected varieties & sizes

25% off -shelf price tag reflects discount



Peter Gillham Natural Vitality CALM

2012 Delicious Living Supplement Award
Selected varieties & sizes

40% off -shelf price tag reflects discount



Naturally Fresh

TCCD International, the makers of Naturally Fresh, is the world's leading innovator for deodorant crystals.

All products are 100% pure and natural, contain no harmful aluminums or parabens and are made with pharmaceutical grade mineral salts. For those with sensitive skin, our hypo-allergenic, fragrance free formula works amazingly!



Naturally Fresh Deodorant Crystal

100% pure and natural
No harmful aluminums or parabens
Selected varieties & sizes

35% off -shelf price tag reflects discount

Organic India

Organic Health & Wellness Products

Unique herbal supplements
Organically grown & ethically wild-crafted herbs
Selected varieties - 90 caps

45% off -shelf price tag reflects discount



Alba Botanica Hawaiian Hair or Body Care

Exotic skin and spa treatments
Made with organic ingredients
Selected varieties & sizes

40% off -shelf price tag reflects discount



Tea Tree Therapy Body Care

Tea Tree oil is a potent natural antiseptic
Selected varieties & sizes

40% off -shelf price tag reflects discount



New Frontiers Glucosamine Chondroitin MSM

Supports healthy joints
120 tablets

\$13.99



Nutrex Hawaii Spirulina or BioAstin

Nutritional supplements
Selected varieties & sizes

40% off -shelf price tag reflects discount





White Sweet Corn on the Cob

Enjoy the best of summer
Crunchy and delightfully sweet

39¢ ea.

Lifeway Frozen Kefir or Yogurt

Tart and tangy treat
Selected varieties - 16 oz.

\$4.59



Almonds

Eat them by the handful - Rich in healthy oils

\$4.99 lb.

Made fresh in our deli

Green Smoothie

A delicious blend of greens and fruit

50¢ off 16 fl. oz.



Kettle Brand Potato Chips

No trans fat
Gently seasoned
Selected varieties - 4 oz.
Additional varieties
8.5 oz., \$2.69

\$2.29



Zing Nutrition Bars

Organic ingredients - Gluten free
Selected varieties - 1.76 oz.

2 for \$4



Brown Cow Yogurt

Smooth & creamy
With live and active cultures
Nonfat, Low Fat or Whole milk varieties - 6 oz.

4 for \$3

Seventh Generation Dishwasher Gel or Powder

Non-toxic - Biodegradable
Selected varieties - 42-45 oz.
Also: 70-75 oz. varieties, \$5.99

\$3.99



Indigo Wild Zum Bar

Goat's milk soap
Gourmet scented varieties - 3 oz.

\$3.99



New Frontiers
natural marketplace

July 2012

s	m	t	w	t	f	s
			11	12	13	14
15	16	17	18	19	20	21
22	23	24				

Advertised sale prices valid July 11 - 24, 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