

Prices valid November 9-29, 2011
While supplies last



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Grown on our own farm

Organic Butternut or Spaghetti Squash

Rich, buttery flavor
Delicious in a variety of dishes

69¢ lb.



Luna & Larry's

Organic Coconut Bliss

Non-dairy - Soy & gluten free - Vegan
Exotic selected varieties - Pint

\$4.99



Wallaby

Organic Yogurt

Lowfat - Creamy Australian style
Selected flavors - 6 oz.

5 for \$4



Made fresh
in our kitchen

Harvest Salad

A delightful blend of harvest grains
with autumn vegetables

\$1.00 lb. off

Barlean's Organic Flax or Fish Oil

Unfiltered
Cold pressed
Good source of omega-3
Selected varieties - 16 fl. oz.



25% off - shelf price tag reflects discount

The Spice Hunter

Spices

Sourced at the
peak of flavor
and freshness

Organic options
Selected varieties and sizes



35% off - shelf price tag reflects discount

groceries

Near East Rice Pilaf, Couscous or Pasta Mixes



A variety of great tastes and authentic flavors from around the world
Selected varieties - 5.1-10 oz.

\$1.89

Canterbury Organics Stuffing Mix

Made with organic ingredients and thoughtfully seasoned with herbs
Selected varieties - 12 oz.

\$4.99



Divine Chocolate - Heavenly chocolate with a heart

Divine Chocolate is a farmer-owned fair trade chocolate company, giving farmers a guaranteed income and you, guaranteed pleasure. The chocolate is made with 100% Fair Trade certified cocoa and sugar, from Ghana's finest cocoa grown on small-scale family farms.

Divine Chocolate Chocolate Bars

Limited Edition
Selected varieties - 3.5 oz.
Other selected varieties and sizes -
\$2.50 - \$7.99

\$3.69



Crunchmaster Multi-Seed Crackers

Certified gluten free - 100% whole grain
Selected varieties - 4.5 oz.

\$2.69



Drew's Organic Salad Dressing

Great on salads or use with your favorite meats and fish!
Selected varieties - 8 fl. oz.
Also: Salsa, selected varieties - 12 oz.

2 for \$4



Madhava Organic Agave Nectar

A naturally occurring sweetener
Selected varieties - 23.5 oz.

\$5.29



Cadia Organic Broth

With a rich, enticing aroma
Selected varieties - 32 oz.

\$2.29



Florida Crystals Sugar

Nothing artificial
Organic options
Selected varieties
16 oz.-4 lbs.

30% off

-shelf price tag reflects discount



Blue Diamond Nut Thins

Wheat & gluten free
Selected varieties - 4.25 oz.

2 for \$5



R.W. Knudsen Organic Sparkling Juice

From fresh fruit
Non-alcoholic
Selected flavors - 750 ml

\$2.99



Terra Chips Sweet Potato Chips

Selected delicious varieties
5.5-6 oz.

\$2.99



St. Dalfour Conserves

100% fruit
Selected varieties - 10 oz.
Also: Marmalade,
Selected varieties - 10 oz.

\$3.29



fresh produce

Creamy Broccoli Soup

2 tablespoons olive oil
2 tablespoons butter
1 1/2 pounds fresh broccoli, chopped
1 large onion, chopped
1 carrot, chopped
Salt and freshly ground black pepper
3 tablespoons all-purpose flour
4 cups chicken broth or vegetable broth
1/2 cup cream or Silk soy creamer
1 cup grated cheddar cheese

Melt 4 tablespoons butter in heavy medium pot over medium-high heat. Add broccoli, onion, carrot, salt and pepper and saute until onion is translucent, about 6 minutes. Add the flour and cook for 1 minute, until the flour reaches a pale tan color. Add broth, stir well and simmer until broccoli is tender, about 15 minutes. Pour in cream and use an immersion blender to puree the soup. Season with salt and pepper. Serve with cheese on top. Serves 4-6.



Organic Broccoli

High in vitamins A and C
Rich in phytochemicals

\$1.59 lb.

Grown on our own farm

Organic Jumbo Yellow Onions

Pungent and flavorful

59¢ lb.



Organic Celery

Crunchy texture and distinctive flavor

69¢ lb.



Pineapple

So sweet and juicy
Rich in vitamin C

79¢ lb.



frozen foods

Cascadian Farm

Organic Fruit

Great for desserts and smoothies

Selected varieties - 8-10 oz.

\$3.29



Quorn

Turk'y Roast

Delicious - Meatless and soy free

Great source of protein - 16 oz.

Also: Meatless selections - 7-16 oz., \$4.99

\$6.99



Starlite Cuisine

Taquitos or Tacos

Meatless - No saturated fats

Selected varieties - 12-14 oz.

\$4.39

Julie's

Organic Ice Cream

Highest quality

Selected varieties - Pint

\$3.99

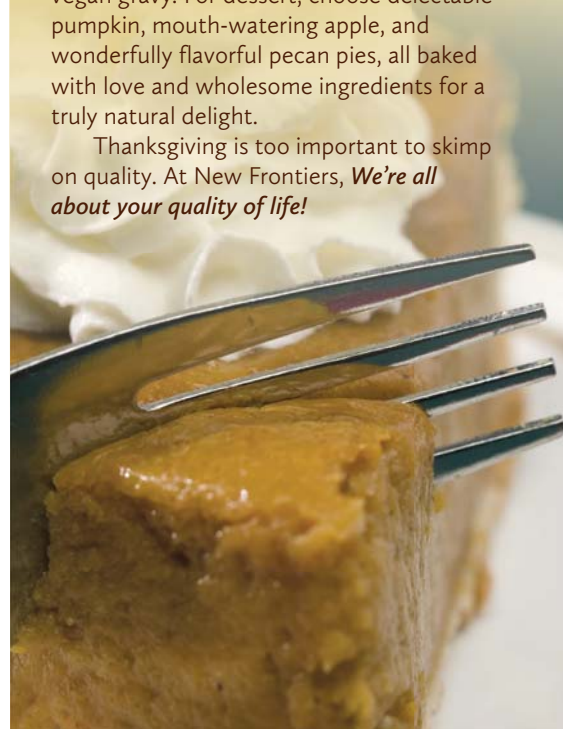


A Slice of Love

Whether you're hosting the feast or going to someone else's house, what better way to say thanks and show how much you care than with great tasting side dishes or a scrumptious fresh-baked holiday pie from New Frontiers?

We offer such Thanksgiving classics as stuffing, mashed potatoes and sweet potatoes, cranberry sauce, green bean casserole, Waldorf salad, and turkey or vegan gravy. For dessert, choose delectable pumpkin, mouth-watering apple, and wonderfully flavorful pecan pies, all baked with love and wholesome ingredients for a truly natural delight.

Thanksgiving is too important to skimp on quality. At New Frontiers, *We're all about your quality of life!*



dairy case

The expectations of organic certification is met and exceeded everyday with Clover Organic Farms. At Clover they believe sustainability is being socially responsible, environmentally friendly, and economically viable. They pay their small Northern California dairies the highest milk premiums in the US, helping them to stay in business.

Clover Organic Farms Organic Half & Half

Delicious products
Antibiotic free - 16 fl. oz.

2 for \$3



Organic Heavy Whipping Cream - 16 oz., 2 for \$5
Organic Salted or Unsalted Butter - 16 oz., \$4.99



So Delicious Coconut Milk Yogurt

Thick and creamy
Selected varieties - 6 oz.
Also: Coconut Milk Creamer
Selected varieties - Pint, \$1.89

\$1.59

Chino Valley Ranchers



Large Brown Omega-3 Eggs

Grade A - free range - one dozen

\$2.99

Siggi's Non-fat Yogurt

Cultured then strained for a thick, creamy, protein rich yogurt
Selected varieties - 5.3 oz.

\$1.69



Organic Valley Organic Cheese

No hormones, antibiotics or pesticides
Selected varieties - 8 oz.

\$4.29



Redwood Hill Farm Goat Chevre

Made with goat milk
Selected varieties - 4 oz.

\$3.69



Pom Wonderful Pomegranate Juice

100% juice - No added sugars
Selected varieties - 16 fl. oz.

\$3.29



Emerald Valley Organic Hummus

A Middle Eastern favorite
Selected varieties - 12 oz.

\$2.69



bulk foods

New Frontiers
Fresh Roasted

Arabian Night Coffee

Organic - Sweet & spicy
with a hint of blackberry

\$10.99 lb.



Organic Shelled Walnuts

Enjoy sprinkled over salads or as a snack

\$7.99 lb.



Wild Rice

Perfect for a variety of recipes

\$8.79 lb.



meat & seafood

Holiday Meat Selections

New Frontiers has all the items you need for your special holiday meal. Ask your butcher for more information.

Free Range Whole Turkeys
Whole Turkey Breast
Boneless Turkey Breasts
Free Range Organic Whole Turkeys or Turkey Breasts
Heritage Turkeys

Standing Rib Roasts
Bone-In Pork Crown Roasts
Pork Sausage
Fresh Pork Legs
Pork Tenderloins
Baby Back Ribs
Uncured Spiral Sliced Ham
Boneless Hams
Ham Steaks

Shrimp
King Crab
Lobster Tails
Oysters
Fresh Fish Fillets
Lox

Lamb Loin Chops
Rack Of Lamb
Ground Lamb
Lamb Sausage



Vintage Natural Beef
New York Steak
Boneless - USDA Choice grade
\$10.99 lb.



Humanely raised
Boneless Pork Loin Chops or Roasts
Hormone & antibiotic free
\$5.99 lb.

Smart Chicken
Boneless, Skinless Chicken Breasts

Air chilled for freshness

\$5.99 lb.



Wild Alaskan - Sustainably caught

Sockeye Salmon Fillets

\$10.99 lb.



Fresh

Ground Turkey

Hormone and pesticide-free
85% lean - Free range

\$3.79 lb.



Imported

Leg of Lamb

or Leg of Lamb Chops

Hormone & antibiotic free

\$8.99 lb.



gourmet deli & bakery

Fresh for your holiday table

Fresh Cranberry Sauce

Tangy sweet cranberry sauce to garnish your perfect dish

\$1.00 lb. off



Fresh from our deli

Southwest Pumpkin Soup

Perfect for warming up a cool autumn day
Prepackaged in our Grab n' Go case

50¢ off ea. - all sizes



Fresh for the holidays

Holiday Spiced Sweet Potatoes

Creamy whipped sweet potatoes with seasonal spices and a touch of sweetness

\$2.00 lb. off



Made fresh in our oven

Torta Rustica

A savory Italian pie layered with sausage, vegetables and cheese

\$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

Bob's Red Mill Flour

Perfect for all of your holiday baking
Selected varieties - 44 oz.-5 lbs.

30% off
-shelf price tag reflects discount



Traditional Medicinals Tea

Herb teas for seasonal conditions
Selected varieties - 16 bags

\$3.99



Haute Cuisine, Nejames Lavasch, or 8-Grain

Organic Crackers or Flatbread

Preservative free
Selected varieties - 4-6 oz.

\$2.99



Ian's Panko Breadcrumbs

Selected varieties - 9 oz.

\$2.99



AZ/CA

Diestel Turkey - Quality for the Holidays

Since 1949 Diestel Family Turkey Ranch has been committed to bringing you the best, freshest range-grown turkeys available.

Here are just a few reasons why Diestel Family turkey should be your choice this Thanksgiving:

Tender And Juicy With Real Old-Fashioned Flavor

Diestel turkey is consistently better – tender and juicy with real old-fashioned turkey flavor you can taste.

Broad-Breasted Diestel turkeys provide excellent value with more meat, less fat and less water than commodity turkeys.

Range Grown, Raised Longer, Humane Treatment

Diestel turkeys are raised on the range in the clean Sierra Foothills, with plenty of room to roam, in conditions that meet high standards of animal care. They are raised approximately six months longer than conventional turkeys to develop flavor naturally.

Vegetarian Diet – No Hormones Diestel turkeys are fed a vegetarian diet of corn and soybeans grown in the U.S. and milled on their own ranch. No hormones or growth stimulants are ever used.

Sustainably Farmed Diestel turkeys are sustainably farmed with a focus on providing the best outcome for human and natural environments now... and into the future.

Quality Assurance The USDA provides third party verification to assure that the highest quality standards are met.

A Family Ranch Since 1949

The Diestel Family Turkey Ranch is one of the last small, family owned turkey grower-processors in the United States.

Norwegian Gold Ultimate Fish Oils from ReNew Life are leading the way in advanced Omega-3 supplementation. As the only company in the natural healthcare industry whose sole focus is digestive care, ReNew Life understands that all dietary supplements must be digested properly to ensure optimal absorption and effectiveness. All of Norwegian Gold's formulas utilize only the purest natural ingredients and are encapsulated using enteric-coated fish gelatin softgels to ensure that they are broken down completely and digested easily by the body. Added lipase — a natural fat-splitting enzyme — further enhances digestion and helps to significantly reduce any fishy aftertaste or 'repeat'.



ReNew Life Ultimate Fish Oils

Ultra-concentrated powerful omegas to promote optimum digestion and overall health
Selected varieties and sizes

25% off
-shelf price tag reflects discount

Homeopathic medicines are one of the safest choices for self-treatment. They have no known side effects. Nor do they interact with other medication or contradicted pre-existing conditions. Additionally, because homeopathic medicines do not mask symptoms, doctors and patients can easily detect and respond to symptoms of serious illnesses should they arise. Homeopathic medicines are an ideal first choice for parents, children, seniors, busy professionals, drivers, equipment operators, athletes, and others.



Boiron Arnicare

Cream or Gel
Selected varieties - 1.33-2.6 oz.
Also: Arnica tablets - 60 ct.

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.

wellbeing



Natural Factors Digestive Enzymes

Natural support for healthy digestion
Selected varieties and sizes

35% off -shelf price tag reflects discount

Every Man Jack Body Care

Get a clean start on each day
Made from high-quality formulas
and natural ingredients
Selected varieties - 3.2-16.9 oz.

35% off -shelf price tag reflects discount



Herbs Etc. Deep Sleep

Fall asleep faster and
stay asleep longer
Selected varieties and sizes

40% off -shelf price tag reflects discount

New Chapter Organics Lifeshield Supplements

Whole-food supplements to promote
optimum health
Selected varieties - 60 veggie caps

30% off -shelf price tag reflects discount



Triloka offers a simple, handmade
range of products that naturally bring
fragrance, beauty, peace, joy and
happiness to the consumer. Children's
books, journals, greeting cards, gift bags,
perfume bottles and more!



Triloka Gift Items

Selected beautiful and unique items

25% off -shelf price tag reflects discount

Bio-K Plus Acidophilus

The only clinically proven formula
50 billion friendly bacteria per bottle
Selected varieties - 3x3.5 oz. or 12x3.5 oz. packs

25% off -shelf price tag reflects discount



JASÖN Simple Comforts Gift Sets

Body wash and bath sponge
2-piece gift set

\$6.99



ShiKai Hair Care

Bring out natural
highlights and shine
Selected varieties
and sizes

\$5.79



Alba Botanica Gift Set

Shower gel & body lotion
Limited edition 2-piece gift set

\$6.99



Solaray Entire Product Line

Save 40% off all Solaray products

40% off



-shelf price tag reflects discount



Organic Yams or Sweet Potatoes

Red-skinned Garnet or copper-skinned Jewel Sweet, creamy bright orange flesh

99¢ lb.

Cascadian Farm Organic Frozen Vegetables

Premium vegetables
Selected varieties - 10 oz.

\$2.29



Dried Sweet Cranberries

Add to your favorite holiday recipe

\$3.49 lb.



Made fresh in our coffee bar

Hot Chai

Sweet tea with spices and vanilla

Made with milk or soymilk

The perfect treat for a wintery day - 16 oz.

50¢ off 16 oz.

Farmer's Market

Pumpkin Puree or Pie Mix



Organic - Selected varieties - 15 oz.
Also: Sweet Potato or Squash Puree

2 for \$4

Imagine Organic Gravy

Gluten free
Selected varieties - 16 oz.

2 for \$4



Clover Organic Farms

Organic Sour Cream

Cultured with lactic-acid bacteria
Made with antibiotic-free milk - 16 oz.

2 for \$5



Grown Right Organic Cranberry Sauce

Made from the finest cranberries
Jellied or Whole Berry - 14 oz.

2 for \$4



Indigo Wild Body Care or Gifts

Handcrafted, handmade, hand-mixed, hands-on
Selected varieties & sizes

20% off -shelf price tag reflects discount



November 2011

s	m	t	w	t	f	s
			9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29				

Advertised sale prices valid November 9-29, 2011

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