

# New Frontiers<sup>®</sup> natural marketplace

Prices valid June 26-July 9, 2013  
While supplies last

# Summer Savings



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## Seedless Watermelon

Incredibly sweet and juicy, cool and refreshing  
Perfect for a picnic - Grown in the USA

**\$2.99** ea.



## Ciao Bella Frozen Dessert

Award winning  
Handmade Gelato, Sorbetto or Adonia Greek Frozen Yogurt  
Selected varieties & sizes



**\$3.99**

## Rudi's Organic Bakery Organic Hotdog Rolls

Select varieties - Six pack - 12 oz.  
Organic Burger Buns - Eight pack - 18 oz.  
or Organic Potato Slider Rolls  
Twelve pack - 18 oz., \$3.29



**\$2.69**



## Made fresh in our deli Southwestern Quinoa

Sweet corn, black beans, cucumber and vegetables tossed with quinoa and a light lemon dressing

**\$1.00** lb. off



## Hair Doc/Bass Entire Product Line

Finest quality, hair, body and skin care brushes and accessories  
Save 25% on all Hair Doc/Bass products

**25% off** -shelf price tag reflects discount

## Builder's Protein Bar

The entirely natural protein bar  
Selected varieties - 2.4 oz.  
Also: Kit's Organic Fruit & Nut Bar  
Selected varieties - 1.62-1.76 oz.



**4 for \$5**

# groceries



Kind Healthy Snacks

## Kind Bar

Whole nut and fruit bars - Dairy free  
Selected varieties - 1.4-1.6 oz.

**\$1.19**

Annie's Naturals

## Salad Dressing

Organic ingredients  
High quality, real value and great taste  
Selected varieties - 8 fl. oz.

**2 for \$5**



Let's Do Organic

## Ice Cream Cones

Organic or gluten-free options  
Selected varieties  
1.2 oz.

Additional organic or gluten-free varieties  
4.6 oz., \$3.29

**2 for \$5**

Wild Poppy

## Organic Fruit Drink

Made with organic fruit - No concentrates  
Mixed with organic agave and organic spices  
Selected varieties - 10 fl. oz.

**\$2.29**



new!

Wholesome Sweeteners

## Organic Blue Agave

Selected varieties  
35 individual packets

**\$4.99**



## Organic Honest Fizz

Zero calorie soda - No GMOs  
Selected varieties - Six 12 fl. oz. cans

**\$4.39**

Angie's

## Kettle Corn

No trans fat  
Always delightfully different  
Selected varieties - 4.5-7 oz.

**2 for \$5**



## Cabo Chips

Gourmet corn tortilla chips  
Selected varieties - 9 oz.

**\$2.29**



Cadia

## Organic Salsa

With vine-ripened tomatoes  
Selected varieties - 16 oz.

**\$2.99**



## Frontera Salsa

Celebrate the flavors of Mexico  
Selected varieties - 16 oz.

**2 for \$7**



St. Dalfour

## Organic Dessert Sauce

Selected varieties - 10.6 fl. oz.

**\$3.69**



Ultra Green

## Paper Goods

Tableware, napkins  
bath or face tissue  
Selected varieties & sizes

**40% off**



-shelf price tag reflects discount

# fresh produce

## Raspberry Fool

2 cups raspberries  
 1/4 cup plus 2 tablespoons sugar  
 Pinch of salt  
 1/2 teaspoon grated lemon zest  
 1 1/2 teaspoons lemon juice (preferably fresh)  
 1 cup heavy cream  
 1 5-6 oz. pkg. plain Greek yogurt (about 2/3 cup)

Heat 1 1/2 cups raspberries, 1/4 cup sugar, salt, lemon zest and juice in a small saucepan over medium heat until bubbling. Reduce heat to low and cook about 5 minutes to soften raspberries. Stir in the remaining raspberries and allow mixture to cool.

Beat the heavy cream, yogurt, and remaining 2 tablespoons sugar until soft peaks form. Gently fold all but 1/4 cup of raspberry sauce into cream mixture, leaving some streaks of sauce in the cream. Divide among 4 glasses and top with reserved raspberry sauce.

Serves 4.



Grown on Our Own Farm

## Organic Red, Green or Romaine Lettuce

Crisp, tender leaves  
 Wonderful in salads or sandwiches

**4 for \$5**



## Jumbo Cantaloupe

Sweet and juicy

**\$1.99** ea.



## Organic Tomatoes on the Vine

With stem attached for best flavor

**\$2.99** lb.



## Organic Raspberries

Irresistibly sweet and delicious - 6 oz. clamshell

**\$3.49** ea.



# frozen foods

## Double Rainbow

### Frozen Dessert

Selected varieties - Pint  
 Additional pint or quart varieties, \$2.99-\$5.99

**\$3.49**



## Talenti

### Gelato or Sorbetto

All-natural frozen dessert - Tastes amazing  
 Selected varieties & sizes  
 Additional varieties - Pint, \$4.99

**\$4.59**



## So Delicious

### Coconut Milk Frozen Dessert

Dairy free - Selected varieties - Pint  
 Also: Almond Milk dessert - Pint, \$4.59

**\$4.99**



## Jolly Llama

### Sorbet

Dairy- and gluten-free  
 Selected varieties  
 Four 3 oz. Squeezups

**2 for \$7**



## Lower Prices in Our Flyer

At New Frontiers, our goal has always been to provide you with the freshest, tastiest, highest-quality natural and specialty foods. At the same time, we realize that we all have to pay attention to our budget, so we are aggressively seeking lower costs, so we can offer lower prices, starting with many items featured in our sales flyer. To help identify items with reduced prices, look for red Everyday Value, orange Hot Deals, and yellow Sale signs throughout our stores.

We're constantly striving to bring you better value, while always continuing to embrace opportunities to improve the quality of life in our communities and our world.

So check out the lower prices in the flyer; it's just one more way of showing that **We Care.**

At New Frontiers, We're all About Your Quality of Life.



# dairy case

## Nancy's

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 cultured milk with billions of probiotic cultures  
Selected varieties - 8 oz.

**\$1.19**



Also: Greek Yogurt - 6 oz. varieties, \$1.39  
or 24 oz. varieties, \$4.59



### Daiya

## Cheese Alternative

Deliciously dairy free  
Wedge or shredded varieties - 7.1-8 oz.

**\$3.69**

### Lightlife

## Smart Dogs or Tofu Pups

Meatless gourmet - Rich in soy  
Selected varieties - 12-13.5 oz.

Also: Smart Sausage - Selected varieties - 12 oz.

**2 for \$6**



### Galaxy Nutritional Foods/ Wholesome Valley Organics

## Organic Cheese or Cheese Alternative

Dairy or vegan varieties - 8 oz.

**\$2.79**



### Odwalla

## Juice or Juice Smoothies

No GMOs  
Selected varieties  
12 fl. oz.

**\$1.79**



### Reed's

## Culture Club Kombucha

Live, raw and organic  
Selected varieties - 13.5 fl. oz.

**2 for \$4**



### Good Belly

## Probiotic Fruit Drink

Promotes digestive health  
Selected varieties - 32 fl. oz.

**\$2.69**



### Organic Valley

## Organic Brown Eggs

Extra Large or Large - One dozen

**\$3.89**



# bulk foods

## Organic Quinoa

An ancient grain with a mild flavor and delightful, slightly crunchy texture

**\$3.69 lb.**

## Organic Monukka Raisins

A great snack or addition to many recipes

**\$2.59 lb.**

## Raw Almonds

Eat them by the handful - Rich in healthy oils

**\$5.99 lb.**

# meat & seafood

## Baked Chicken Garlic Bites

These bite-sized chicken pieces are a flavorful and healthy spin on the beloved chicken nugget. Serve with a tangy mustard sauce for added flavor.

2 boneless skinless chicken breasts,  
diced into bite-size pieces

1/2 cup olive oil

4 garlic cloves, minced

1/4 teaspoon pepper

1/2 cup breadcrumbs

1 tablespoon Italian seasoning

1/4 teaspoon ground cumin

In a small bowl, stir together olive oil, garlic, and black pepper. Add chicken pieces and stir until each piece is well coated. Cover, place in the refrigerator to marinate for 30 minutes.

In a separate bowl, combine bread crumbs, Italian seasoning, and ground cumin. Remove the chicken from the marinade. Dredge each piece in bread crumb mixture and place in a single layer on a cookie sheet.

Preheat oven to 475°F. Place chicken in the oven and bake 10 to 15 minutes until light brown. Serve hot.

Compliments of [www.cafetecumseh.com](http://www.cafetecumseh.com)



Vintage Natural Beef

## Extra Lean Ground Beef

USDA Choice grade - 85% lean - 15% fat

**\$3.99** lb.

Vintage Natural Beef  
**Top Sirloin Steak**

Boneless - USDA Choice

**\$7.99** lb.



Smart Chicken

## Chicken Breasts

Boneless - Skinless  
Air chilled for freshness

**\$5.99** lb.



Alaskan

## Salmon Fillets

Fresh - Wild  
Sustainably caught

**\$15.99** lb.



Beeler's

## St. Louis Style Ribs

Hormone and antibiotic free  
Humanely raised

**\$3.99** lb.



New Frontiers Fresh Made

## Turkey Sausage Links

Choose from many varieties

**\$5.99** lb.



# gourmet deli & bakery

Fresh from our bakery

## Raspberry Lemon Bars

Buttery shortbread crust topped with a silky raspberry-lemon curd

**50¢ off** ea.



Deli fresh

## Summer Corn Soup

Organic sweet corn, potatoes and lots of vegetables in a light creamy broth  
Prepackaged in our Grab n' Go case

**50¢ off** on all sizes



Tossed fresh in our deli

## Chinese Coleslaw

Cabbage, carrots, spinach, cashews and currants tossed in a tasty Asian dressing

**\$1.00** lb. off



Baked fresh in our oven

## Summer Vegetable Tian

In the tradition of Provence  
Layers of roasted summer veggies

**\$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



## Henry & Lisa's Natural Seafood Albacore Tuna

Selected varieties - 5 oz.

**\$5.49**



## Bakery on Main Granola

Selected varieties 12 oz.  
Also: 22 oz. varieties, \$6.99

**\$3.99**



## Mediterranean Organic Condiments

Olives, capers, sun-dried tomatoes and more  
Selected varieties - 3-16 oz.

**35% off**  
-shelf price tag reflects discount



## Ozery Pita Chips

Toasted, not fried  
No trans fat  
Vegan - Selected varieties - 6 oz.

**2 for \$5**

AZ/CA

## Garden of Life

The Garden of Life health philosophy is this: "...there is a direct correlation between nutrition, exercise and health. Raw, whole food nutrition, from organically grown sources, is more beneficial for health than isolated nutrients. When coupled with exercise, a diet that includes the consumption of raw, live foods, particularly those containing probiotics, enzymes, and products of their fermentation, is the foundation for a healthy lifestyle."



## Garden of Life Entire Product Line

Optimal whole food formulas  
Vitamin and mineral supplements and more  
Save 35% on all Garden of Life products

**35% off**  
-shelf price tag reflects discount



**Wholemega** is naturally pure, 100% wild-caught Alaskan salmon oil sourced from clean, pristine Alaskan waters.

**Wholemega** is striking in color and transparency. By using only wild, sustainably caught Alaskan salmon, their extra-virgin process (think fine olive oil) is all that's needed to deliver all seventeen vital omega fatty acids. Wholemega is also a natural source of highly beneficial nutrients like vitamin D3, and gets its rich amber color from the powerful antioxidant Astaxanthin.

**Wholemega Prenatal** is an excellent source of whole DHA (220 mg per serving), which is important for fetal development.\*

**Wholemega Cardio** delivers omega fatty acids known to benefit cardiovascular health.\*

**Wholemega Flex** combines Wholemega whole fish oil with tonic herbs that target joint health support.\*

**Wholemega Focus** combines Wholemega whole fish oil with tonic herbs that target brain, mood, and stress support.\*



## New Chapter Wholemega Supplements

Broad-spectrum omega fatty acids  
Selected varieties - 30-180 softgels

**35% off**  
-shelf price tag reflects discount

AZ/CA

\*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.



Sedona Labs

## iFlora Supplements

Specialized, science-based probiotic, enzyme and natural supplements  
Selected varieties - 60-90 capsules

**30% off** -shelf price tag reflects discount



NOW

## Pure Coconut Oil

For skin, hair and scalp in need of a conditioning moisturizer - 7 oz.  
Also: Pure Cocoa Butter - 7 oz., \$5.69

**\$4.79**

Boiron

## Arnica 30C

Homeopathic medicine  
Relief from muscle aches, stiffness and bruising  
Three multi-dose tubes for the price of two  
Also: Arnicare Gel Twin Pack  
Two 2.5 oz. tubes, \$9.99

**\$8.99**



Jarrow Formulas

## Organic Coconut Oil

Unrefined and expeller-pressed  
Selected varieties & sizes  
Also: Supplement varieties & sizes, 40% off

**30% off** -shelf price tag reflects discount



As a company and signatory of the Campaign for Safe Cosmetics, Beyond Coastal is committed to offering your family the cleanest, healthiest sun care products possible at a reasonable price. Their formulas offer true broad-spectrum protection and are packed with moisturizing botanical antioxidants that nourish, repair, and hydrate your skin.

Beyond Coastal sunscreens have been named as one of the Environmental Working Group's top sunscreens.



## Beyond Coastal Sun Care

Free of oxybenzone, petroleum, vitamin A, and parabens  
Non-greasy, water-resistant, and fragrance-free - Selected varieties - 2.5-4 oz.  
Also: AfterSun Naturals Moisturizer - 2.5-4 oz.

**40% off** -shelf price tag reflects discount

Vibrant Health

## Green Super Food or Nutritional Supplements

Delicious Living 2013 Supplement Award  
Best Green Foods for Green Vibrance  
Selected varieties & sizes

**40% off** -shelf price tag reflects discount



## Mineral Fusion Nail Polish

Long lasting  
Chip-resistant  
No formaldehyde  
Selected colors - .33 oz.  
Also: Nail Polish Remover - 6 oz.

**2 for \$9**



## Jason Toothpaste

Selected varieties  
4.2-6 oz.  
Additional varieties with CoQ10  
4.2-6 oz., \$4.69

**\$3.99**



## Aubrey Organics Facial Care

100% natural for your active lifestyle  
Selected varieties & sizes

**30% off**



## New Frontiers Selected Supplements

Formulas designed to deliver the best value with the highest quality standards

**40% off**





### Organic Green Seedless Grapes

Plump and juicy globes of sweetness

**\$1.99** lb.



### Alden's Organic Ice Cream

All natural and decadently creamy  
Selected varieties - 48 oz.

**\$5.99**

### New Frontiers Fresh Roasted Organic Guatemalan Lake Atitlan Coffee

**\$9.99** lb.



Made fresh in our deli

### Watermelon Aqua Fresca

Cool off with this refreshing fresh watermelon drink

**50¢ off** 16 fl. oz.

Food Should Taste Good

### Sweet Potato Chips

Gluten-Free - No trans fat  
Selected varieties - 4.5 oz.

**\$2.29**



L&A

### Fruit Juice

Great tasting  
No sugar, sweeteners, preservatives or colors  
Selected varieties - Quart

**2 for \$5**



POM Wonderful

### Pomegranate Juice or Juice Blends

100% juice - Great source of antioxidants  
Selected varieties - 16 fl. oz.

**2 for \$6**



### Muir Glen Organic Tomatoes

Rated #1  
canned tomato  
Selected varieties - 14.5 oz.  
Also: Tomato or Pizza Sauce - 15 oz.

**\$1.39**



### One With Nature Entire Product Line

Organic ingredients  
Head to heel personal care  
Save 45% on all One With Nature products

**45% off** -shelf price tag reflects discount



June 2013

s	m	t	w	t	f	s
			26	27	28	29
30	1	2	3	4	5	6
7	8	9				

July 2013

Advertised sale prices valid June 26 - July 9, 2013

#### 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](http://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