

New Frontiers
natural marketplace

SAVINGS FOR YOU



Organic Blueberries

6 oz. package

\$2.99 pkg

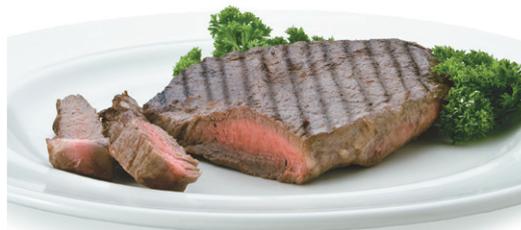


New Chapter

Wholemega Fish Oil

Select varieties & sizes

25% off



New Frontiers Natural Beef

Top Sirloin

No antibiotics or hormones

\$6.99 lb.



Fresh from our kitchen

Mushroom Strudel

Tender mushrooms in flaky pastry

\$2.00 off lb.



Luna & Larry's

Organic Coconut Bliss

Select varieties - Pint

\$4.99



Living Intentions

Activated Superfood Popcorn

Select varieties - 4 oz.

\$2.79



Organic Mangoes

Impossibly sweet and delicious

99¢ ea

Greek Gods

Greek Yogurt

Select varieties - 24 oz.

\$3.69



Diestel

Ground Turkey

No hormones or antibiotics

\$4.99 lb.

Kate Farms

Komplete Meal Replacement

Select varieties - 11 fl. oz.

\$3.49



Portuguese Chicken & Rice Soup

Available in Grab'n Go - Quart size only

\$1.00 off quart



Cadia

Organic Pizza

Select varieties - 12-16 oz.

\$6.29



So Delicious

Coconut Creamer

Select varieties - 16 fl. oz.

\$1.89

Indian Life

Naan

Select varieties - 500 g

\$3.79



Zucchini

Organic

99¢ lb.

Shady Maple

Maple Syrup

Organic - Select var. & sizes

30% off



Bark Thins

Snacking Chocolate

Select varieties - 4.7 oz.

\$3.99



Rebbl

Organic Elixirs

Select varieties

12 fl. oz.

\$2.79



Ener C

Vitamin C

Select varieties - 30 count

30% off



Herb Pharm

Herbal Extracts

Select varieties & sizes

25% off



Bulk

Long Grain Brown Rice

Organic

\$2.29 lb.

Cadia

Organic Cheese

Select varieties - 6 oz.

\$3.39

StarLite Cuisine

Taquitos

Select varieties - 12-14 oz.

\$6.29

Cadia

Organic Frozen Fruit

Select varieties - 10 oz.

15% off

Bulk

Raw Cashew Pieces

Organic

\$8.99 lb.

Smart Chicken

Chicken Thighs

Bone-in
Air chilled for freshness and flavor

\$2.99 lb.



Perfectly Pan Roasted Chicken Thighs

6 skin-on, bone-in chicken thighs (about 2 1/4 pounds)

Kosher salt and freshly ground pepper

1 tablespoon vegetable oil

Preheat oven to 475°. Season chicken with salt and pepper. Heat oil in a 12" cast-iron or heavy nonstick skillet over high heat until hot but not smoking. Nestle chicken in skillet, skin side down, and cook 2 minutes. Reduce heat to medium-high; continue cooking skin side down, occasionally rearranging chicken thighs and rotating pan to evenly distribute heat, until fat renders and skin is golden brown, about 12 minutes.

Transfer skillet to oven and cook 13 more minutes. Flip chicken; continue cooking until skin crisps and meat is cooked through, about 5 minutes longer. Transfer to a plate; let rest 5 minutes before serving.

Serves 2-4

Made to order

Mom's Tuna Sandwich

A home-style favorite

\$1.00 off ea.



Kettle

Chips

Select varieties - 4.2-5 oz.

2 for \$5



Organic Roma Tomatoes

Packed with flavor

99¢ lb.



Fresh frozen

Sockeye Salmon

Wild Alaskan

\$12.99 lb.



Brown Cow

Yogurt

Select varieties - 32 oz.

\$2.89



Jarrow

Jarro-Dophilus

Select varieties & sizes

25% off



Crofters

Fruit Spread

Organic

Select varieties - 10 oz.

\$3.49



Cascadian Farm

Frozen Veggies

Organic

Select varieties - 7-16 oz.

2 for \$4



Bulk

Organic Yerba Mate

Guayaki

\$9.99 lb.

Everyone

Aromatherapy Diffuser

Ultrasonic diffusion

20% off

Muir Glen

Organic Tomatoes

Select varieties - 28 oz.

2 for \$5

Rudi's Organic Bakery

Organic Bread

Select varieties - 12 oz.

\$4.29

Green Valley

Lactose Free Yogurt

Select varieties - 6 oz.

\$1.39

New Frontiers

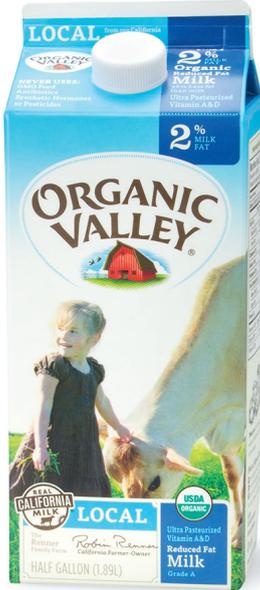
natural marketplace

February 2017

			22	23	24	25
26	27	28	1	2	3	4
5	6	7				



Derma e
Facial Care
Select varieties & sizes
30% off



Organic Valley
Organic Milk
Select varieties
64 fl. oz.
\$4.69



Bakery fresh
Turtle Cupcakes
Yummy chocolate, caramel and pecans
\$1.00 off ea.

Sovereign Silver
Immune Support
Select varieties & sizes
20% off



Don't Go Nuts
Roasted Soybean Spread
Organic
Select varieties - 16 oz.
\$5.49



Alba Botanica
Body Care
Select varieties & sizes
30% off



Traditional Medicinals
Tea
Select varieties - 16 count
\$3.99

New Frontiers
Fresh Roasted
Organic Coffee
Kenyan Reflections
\$11.99 lb.



Love Grown Foods
Cereal
Gluten free
Select varieties - 7-12 oz.
\$3.29



Sea's Gift
Roasted Seaweed Snacks
Organic
Select varieties - .17 oz.
99¢



Daiya
Cheezecake
Vegan
Select varieties - 14.1 oz.
\$5.99



Pumpkin Tree
Organic Veggie Snacks
Select varieties - 4-4.4 oz.
\$1.49

