

**805
LOCAL
GROWN**



Locally grown

Seedless Pixie Tangerines

Pesticide free

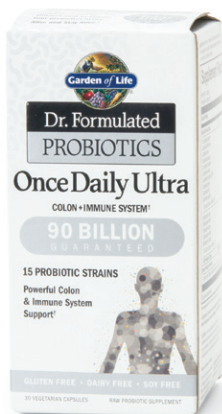
\$1.99 lb.

Garden of Life

Probiotics

Select varieties & sizes

30% off



Smart Chicken

**Boneless Skinless
Chicken Breasts**

Air chilled for freshness and flavor

\$6.99 lb.



Kitchen fresh

Spinach Pie

Spinach and cheese under flaky pastry

\$2.00 off lb.

Califia

**Lemonade
or Limeade**

Select varieties - 48 fl. oz.

\$2.69



Barbara's

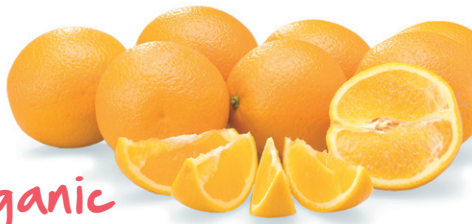
**Puffins
Cereal**

Select varieties

10-11 oz.

\$3.29





Organic Valencia Oranges

Deliciously sweet

99¢ lb.

Zevia

Zero Calorie Soda

Select varieties - 6x12 fl. oz.

\$3.99



Jolly Llama

Pops

Select varieties - 12 fl. oz.

\$4.99



Thai Red Curry Chicken Noodle

Available in Grab 'n Go

\$1.00 off qt.



Sockeye Salmon

Wild Alaskan - Fresh frozen

\$12.99 lb.



Saffron Road

Entrees

Select varieties - 10 oz.

\$5.99



Country Life

Vitamins

Select varieties & sizes

30% off

Cadia

Organic Salsa

Select varieties - 16 oz.

\$3.49



Tomatoes on the Vine

Organic - California grown

\$1.99 lb.

Sweet Earth

Seitan

Select varieties - 8 oz.

\$2.99



Steaz

Iced Tea

Select varieties - 16 fl. oz.

\$1.19



Farmhouse Culture

Vegetables

Organic - Fermented

Select varieties - 12 oz.

\$5.99



Nature's Path

Organic Granola Bars

Select varieties & sizes

\$3.29



Nelson Bach

Rescue Remedy

Select varieties & sizes

30% off



Bulk

Organic Quick Oats

Perfect for a fast breakfast

\$1.29 lb.

Earth Friendly

Dishmate

Select varieties - 25 fl. oz.

\$2.49

Odwalla

Smoothie

Select varieties - 32 fl. oz.

\$3.99

St. Dalfour

Conserves

Select varieties - 10 oz.

\$4.29

Bulk

Organic Cranberries

Fruit juice sweetened

\$7.99 lb.

Beeler's Pure Pork

Pork Spare Ribs

No antibiotics, ever.

\$4.99 lb.



Made to order

Chai Latte

Black tea, spices, and your choice of milk.

\$1.00 off 16 fl. oz.



Michael Angelo's

Entrees

Select varieties - 10 oz.

\$4.99



Organic Bell Peppers

Red, Orange, or Yellow

\$1.99 lb.



New Frontiers Natural Beef

Ground Beef

Extra Lean

\$3.99 lb.



Skillet Burger

½ teaspoon neutral oil, like canola

2 pounds ground beef

Kosher salt and black pepper to taste

8 soft hamburger buns, lightly toasted

Lettuce leaves, sliced tomatoes and condiments, as desired

Add oil to a large cast-iron skillet and place over medium heat. Gently divide ground beef into 8 small piles of around 4 ounces each, and even more gently gather them together into orbs that are about 2 inches in height. Do not form patties.

Increase heat under skillet to high. Put half the orbs into the skillet with plenty of distance between them and, using a stiff metal spatula, press down on each one to form a burger that is around 4 inches in diameter and about 1/2 inch thick. Season with salt and pepper.

Cook without moving until patties have achieved a deep, burnished crust, a little less than 2 minutes. Use the spatula to scrape free and carefully turn burgers over.

Continue to cook until meat is cooked through, approximately a minute or so longer. Remove burgers from skillet, place on buns and top as desired. Repeat process with remaining burgers. Serves 4-8

Justin's

Nut Butter

Select varieties - 16 oz.

35% off



Back to Nature

Crackers

Select varieties - 3.5-8.5 oz.

35% off



Lundberg

Organic Rice

Select varieties - 2 lb.

30% off



Kevita

Sparkling Probiotic Drink

Organic

Select varieties - 15.2 fl. oz.

\$2.29



Bulk

Organic Flame Raisins

Great for snacking

\$3.49 lb.

Organic Valley

Organic Butter

Select varieties - 8 oz.

\$3.99

Quantum

Remedies

Select varieties & sizes

20% off

Lifeway

ProBugs

Select varieties - 4x4 fl. oz.

\$4.69

NeoCell

Skin Care

Select varieties & sizes

40% off

March 2017

New Frontiers
natural marketplace

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Luna & Larry's
Coconut Bliss Bars
Select varieties & sizes
\$4.99



Vega
Vega Sport

Select varieties & sizes

25% off



Fresh from our bakery

Classic Cream Puffs

Custard & cream in a crisp pastry puff

50¢ off ea.



Van's
Waffles

Select varieties - 7.5-12.4 oz.

\$2.99



Noosa
Yoghurt

Select varieties - 8 oz.

\$2.29



New Chapter
Bone Strength

Select varieties & sizes

30% off



Table 5
Pizza

Select varieties - 12.5 oz.

\$8.99

New Frontiers
Fresh Roasted
Organic Coffee

Moab Trail

\$11.99 lb.



Renew Life
Ultimate Flora

Select varieties & sizes

20% off



Late July
Organic Chips

Select varieties - 5.5-6 oz.

2 for \$5



Pamela's
Cookies

Gluten free

Select varieties - 5.29-7.25 oz.

\$3.49



Reed's
Organic Kombucha

Select varieties - 13.5 fl. oz.

\$2.79