

New
Frontiers
 natural
 marketplace

AUTUMN SPECIALS



ORGANIC BROCCOLI

\$1.49 lb.

Crisp and fresh



Garden of Life PROTEIN

35% off

Made with only USDA Organic and non-GMO verified ingredients.

Selected varieties and sizes



Beeler's Pure Pork BABY BACK RIBS

\$7.99 lb.

No antibiotics or added hormones, ever.

Non-GMO

Tender and tasty



Made fresh in our Deli

SLICE OF CHEESE PIZZA

50¢ off



Emerald Valley Kitchen

ORGANIC SALSA

\$3.29

Selected varieties

14 oz.

Naturewise ICED TEA

\$1.49

Select varieties

12 fl. oz.





ORGANIC POTATOES

99¢ lb.

Yukon Gold or Russet

Montebello ORGANIC PASTA

\$3.29

Selected varieties

16 oz.



Smart Chicken DRUMSTICKS

\$1.49 lb.

Air chilled for freshness and flavor

La Tortilla Factory CORN TORTILLAS

\$1.49

Selected varieties

8.46 oz.



Stonyfield ORGANIC O'SOY YOGURT

99¢

Selected varieties

6 oz.



Sliced to order in our Deli CHEDDAR CHEESE

\$1.00 lb. off

Mild, White Smoked, or
Raw Goat Milk Cheddar



Muir Glen ORGANIC PASTA SAUCE

\$2.89

Selected varieties

25.5 fl. oz.



Luna & Larry's ORGANIC COCONUT BLISS

\$4.99

Selected varieties

Pint

Celestial Seasonings

TEA

\$2.49

Selected varieties - 20 ct.



ORGANIC BARTLETT PEARS

\$1.99 lb.

The perfect pear for canning and cuisine

Organic Valley ORGANIC CHEESE

\$4.59

Select varieties - 8 oz.



Boiron REMEDIES

30% off

Selected varieties and sizes



Wildbrine KRAUT

\$5.69

Selected varieties

18 oz.



Nature's Way

ENTIRE PRODUCT LINE

25% off

Save 25% on all

Nature's Way products



Bulk ORGANIC PUMPKIN SEEDS

\$3.99 lb.

Los Osos EGGS

\$3.99

Certified humane

Dozen

Sunshine ORGANIC VEGGIE BURGERS

\$4.29

Select varieties - 2-3 ct.

Muir Glen ORGANIC TOMATOES

99¢

Select varieties

14.5 oz.

Bob's Red Mill FLOUR OR OATMEAL

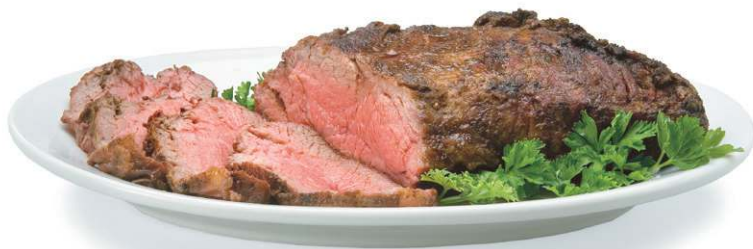
35% off

Select varieties & sizes

New Frontiers
Natural Beef
BEEF TRI TIP

\$5.99 lb.

No antibiotics or added hormones
Tender, juicy, and packed with flavor



Deli Grab and Go
BROCCOLI CURRANT SALAD

\$2.00 lb. off

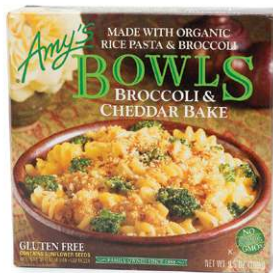
A customer favorite!



Amy's
BOWLS

\$4.99

Selected varieties
8.5-10 oz.



ORGANIC GRAPES

\$1.99 lb.

Red, Green, or Black



Loch Etive
STEELHEAD TROUT

\$12.99 lb.

Sustainably farmed

OVEN BAKED BABY BACK RIBS

2 racks baby back ribs (about 3 lbs. total)

2 cups of your favorite barbecue sauce

Dry Rub:

1/4 cup brown sugar

2 tsp. EACH: salt, garlic powder, onion powder, paprika, chili powder

1 tsp. ground black pepper

Preheat the oven to 300 degrees.

If needed, remove the membrane from the back of the ribs: use a small knife to pry up a corner of the membrane. Use a paper towel to grab the membrane and peel it off of the ribs.

Combine all dry rub ingredients in a small bowl. Sprinkle the dry rub liberally over both sides of the ribs and pat it on. Set aside for at least 30 minutes, or cover and refrigerate for up to 24 hours.

When ready to cook, wrap the ribs in heavy duty aluminum foil and place on a rimmed baking sheet. Bake for 1 1/2 hours or until the meat starts to pull away from the bone and is tender. Open the foil packet and brush barbecue sauce over both sides of ribs. Increase oven heat to 350 degrees and let the ribs cook an additional 30 minutes. Serves 4.

MegaFood
VITAMINS

30% off

Selected varieties & sizes



Mary's Gone
Crackers

**ORGANIC
CRACKERS**

\$3.99

Selected varieties
5.5-6.5 oz.



Organic Valley

**ORGANIC
SLICED
CHEESE**

\$4.59

Selected varieties
6-8 oz.



Cascadian
Farm

**ORGANIC
FROZEN VEGGIES**

\$2.39

Selected varieties
10 oz.



Bulk
**ORGANIC
PINTO BEANS**
\$2.29 lb.

Pacific
ORGANIC BROTH
\$2.99
Selected varieties
32 fl. oz.

New Frontiers
ESSENTIAL OILS
35% off
Selected varieties and sizes

Juniper Ridge
BODY CARE
30% off
Selected varieties & sizes

Bulk
**ORGANIC YELLOW
POPCORN**
\$1.59 lb.

September/October 2018

New Frontiers
natural marketplace

			12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2				



Coolhaus
ICE CREAM SANDWICHES

\$4.49

Selected varieties
5.8 oz.



Boulder Canyon
KETTLE CHIPS

\$2.59

Select varieties
5 oz.



From our Bakery
PUMPKIN BARS

50¢ off ea.

Creamy filling over a shortbread crust

C2O
COCONUT WATER

\$1.59

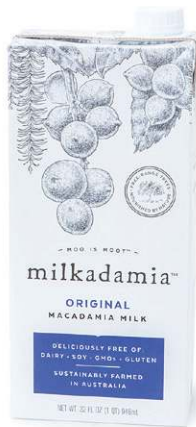
Assorted varieties
17.5 fl. oz.



Cascadian Farm
ORGANIC FROZEN FRUIT

\$3.49

Selected varieties
8-10 oz.



Milkadamia
MACADAMIA NUT MILK

\$4.39

Selected varieties
32 fl. oz.

Dr. Hauska
ENTIRE PRODUCT LINE

20% off

Assorted varieties
and sizes



New Frontiers
Fresh Roasted

ORGANIC COFFEE

Dark
Colombian Huila

\$11.99 lb.



San-J
SAUCES

30% off

Selected varieties and sizes



Dave's
Killer Bread

BREAD

\$5.39

Selected varieties
and sizes



Clover
ORGANIC GREEK YOGURT

\$1.59

Selected varieties - 5.3 oz.



Bach
RESCUE REMEDY

30% off

Selected varieties & sizes

