

New
Frontiers
natural
marketplace

SPRINGTIME SPECIALS



805
LOCAL
GROWN

Locally grown

ORGANIC STRAWBERRIES

\$2.99

1 lb. basket



Natural Factors

BODY SUPPORT SUPPLEMENTS

35% off

Selected varieties and sizes



Smart Chicken

BONELESS SKINLESS CHICKEN BREAST FILLETS

\$5.99 lb.

Available in our full-service
meat department



Made to order

FIGUEROA SANDWICH

\$1.00 off ea.

Roast beef, veggies and more
on your choice of bread



Alden's

ORGANIC ICE CREAM

\$6.99

Selected varieties - 48 oz.



Living Intentions

SUPERFOOD CEREAL

\$6.79

Selected varieties - 9 oz.

ORGANIC RED BELL PEPPERS

\$1.99 lb.

Loaded with nutrition and natural flavor



Brew Dr. KOMBUCHA

\$2.39

Organic and raw
Selected varieties
14 fl. oz.



Garden of Life ORGANIC RAW FIT

30% off

Selected varieties & sizes

EO BODY CARE

30% off

Bubble bath, lotion,
soaps, baby care, and more
Selected varieties & sizes



Made to order STRAWBERRY PATCH SMOOTHIE

50¢ off ea.

16 fl. oz.



Back to Nature

CRACKERS

\$3.29

Selected varieties & sizes



ORGANIC BARTLETT PEARS

\$1.49 lb.

Signature sweet pear flavor and aroma
with abundant juice



Beeler's Pure Pork PORK SHOULDER ROAST

\$3.99 lb.

Family-owned, heritage Duroc pork



Gardein ENTREES

\$4.99

Meat-free
Selected varieties & sizes



Organic Valley

ORGANIC STRINGLES

\$4.79

Selected varieties - 6 oz.



Annie's Naturals

ORGANIC DRESSING

\$2.99

Selected varieties - 8 oz.



Van's WAFFLES

\$2.99

Selected varieties and sizes



Clover

ORGANIC YOGURT

\$1.09

Selected varieties - 6 oz.



Cadia

ORGANIC VEGGIES

\$3.19

Selected varieties - 16 oz.



Bulk ROASTED & SALTED PISTACHIOS

\$8.49 lb.

La Tortilla Factory CORN TORTILLAS

\$1.69

Selected varieties - 8 ct.

Organic Valley ORGANIC EGGS

\$4.99

Large - Dozen

Mountain Valley

WATER

\$1.79

Glass bottle

Selected varieties - 1 liter

Bulk ORGANIC BLACK BEANS

\$1.59 lb.

New Frontiers Natural Beef

EXTRA LEAN GROUND BEEF

\$4.99 lb.

Lean and bursting with flavor
No antibiotics or added hormones, ever



Deli fresh

TURKEY MEATLOAF

\$1.00 off lb.

St. Patrick's Day special

ORGANIC GREEN CABBAGE

99¢ lb.

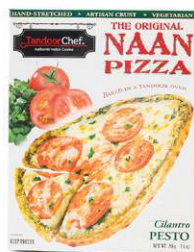
The king of cabbages



Tandoor Chef NAAN PIZZA

\$2.89

Selected varieties - 7.4-8.4 oz.



Applegate Naturals

CHICKEN NUGGETS OR BREAST TENDERS

\$4.99

Regular or Gluten Free - 8 oz. pkg.



IRISH MOM'S CABBAGE

1/2 head green cabbage

3 slices bacon

1/2 teaspoon salt

1/2 teaspoon ground black pepper

Water for boiling

2 tablespoons butter

Core the cabbage, then separate all the leaves. Tear leaves into pieces and add them to a large saucepan. Cover cabbage with water. Add bacon, salt, and pepper. Bring to a boil; lower heat to a simmer and cook until cabbage is tender - about 20 minutes.

Drain cabbage. Remove and discard bacon. Cut cabbage into bite-sized pieces. Add butter. Serve.

This is delicious served with corned beef and potatoes.

Note: Cooking half a head of cabbage yields about 4 servings. This recipe works fine if you cook the whole head of cabbage, yielding about 8 servings.

Emerald Valley

ORGANIC SALSA

\$3.39

Selected varieties - 14 fl. oz.



Justin's

NUT BUTTER

\$9.99

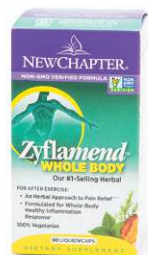
Selected varieties - 12-16 oz.



New Chapter TAKE CARE

30% off

Selected varieties & sizes



Lily of the Desert

ALOE CARE

30% off

Selected varieties & sizes



Bulk

ORGANIC BLACK MISSION FIGS

\$6.49 lb.

Traditional Medicinals

TEA

\$4.29

Selected varieties - 16 ct.

Life Seasons

REMEDIES

25% off

Selected varieties and sizes

PERFECT BAR

2 for \$4

Selected varieties 2.2-2.5 oz.

Bulk

ORGANIC QUICK OATS

\$1.39 lb.

New Frontiers
natural marketplace

March 2019

			13	14	15	16
17	18	19	20	21	22	23
24	25	26				



Jayone Foods
ORGANIC CRUNCHY RICE ROLLS

\$2.29

Apple Cinnamon
2.1 oz. - 4 pack



A La Maison
LIQUID SOAP

\$6.29

Selected varieties - 16.9 fl.oz.



Fresh from our Gourmet Bakery

APPLE TART

50¢ off ea.

Apples and light custard
in a flaky pastry shell

Almond Breeze
ALMOND MILK

\$3.49

Selected varieties
64 fl. oz.



Rudi's
Organic Bakery
ORGANIC BREAD

\$4.29

Selected varieties - 20-24 oz.

TranQuini
SPARKLING DRINK

\$2.29

Allow yourself to
de-stress with bubbles
and good things
will happen

Selected varieties - 12 fl. oz.



DeVita
FACIAL CARE

25% off

Vegan and paraben free
Selected varieties & sizes



Cadia
ORGANIC PIZZA

\$5.79

Select varieties - 12-13 oz.

Cadia
ORGANIC SALSA

\$2.79

Selected varieties - 16 fl. oz.



Food Should
Taste Good
TORTILLA CHIPS

2 for \$4

Selected varieties - 5.5 oz.



Peter Rabbit
Organics
BABY FOOD

\$1.59

Organic and non-GMO
Selected varieties - 4-4.4 oz.



Barbara's
PUFFINS CEREAL

\$3.79

Selected varieties - 10-11 oz.

