

New
Frontiers
natural
marketplace

SPRING SAVINGS



Locally grown
ORGANIC STRAWBERRIES

\$2.99

1 lb. package



Puremedy
ENTIRE PRODUCT LINE

20% off

Save 20% off ALL Puremedy
Skin and Wound Healing Salves



Applegate Naturals
SUNDAY BACON

\$4.59

Not preserved - Humanely raised
No antibiotics ever - 8 oz. pkg.



Artfully prepared
in our kitchen

QUICHE OF THE DAY

\$1.00 off ea.

Rich custard and fillings in flaky pastry



Cascadian Farm
ORGANIC POTATOES

35% off

Selected varieties and sizes



California
Olive Ranch
OLIVE OIL

\$9.99

Extra virgin
500ml



ORGANIC PINEAPPLE

\$1.49 lb.

Sweet, juicy tropical delight

Kite Hill

CREAM CHEESE STYLE SPREAD

\$5.99

Made from almond milk

Selected varieties - 8 oz.



Bulk Foods

ORGANIC THOMPSON RAISINS

\$3.99 lb.

Seedless, plump, flavorful



Fresh and
delicious

CURRIED CABBAGE & KALE SALAD

\$1.00 off lb.

Crisp/tender cabbage, kale, currants
with a light curry dressing



Simple Mills

ALMOND FLOUR CRACKERS

\$3.99

Gluten free

Selected varieties - 4.25 oz.



Smart Chicken

ORGANIC CHICKEN BREAST

\$7.99 lb.

Air chilled for freshness and flavor



Amy's MACARONI & CHEESE

\$3.29

With organic ingredients
Selected varieties and sizes

Health-Ade

KOMBUCHA

2 for \$5

Organic and raw

Selected varieties - 16 fl. oz.



Locally grown ORGANIC GREEN OR BLACK KALE

2 for \$3

Green Valley Organics

ORGANIC YOGURT

\$1.29

Selected varieties - 6 oz.



New Chapter

SELECTED PRODUCTS

30% off

Women's Daily, Holy Basil,
Turmeric and more



Cadia

ORGANIC CHEESE

\$4.99

Selected varieties - 8 oz.

Once Upon
A Farm

ORGANIC BABY FOOD

\$1.69

Selected varieties

3.2 oz. pouch



CW Hemp

HEMP OIL OR CREAM

20% off

Selected varieties and sizes



Bulk Dept.

ORGANIC WALNUTS

\$11.99 lb.

Natural Factors

SELECTED BIOSIL OR MULTIVITAMINS

30% off

Selected varieties & sizes

ThinkThin

HIGH PROTEIN BARS

\$1.49

Selected varieties

1.41-2.1 oz.

Ecos

LAUNDRY DETERGENT

\$10.99

Selected varieties

100 fl. oz.

So Delicious

COCONUT CREAMER

\$2.29

Selected varieties

16 fl. oz.

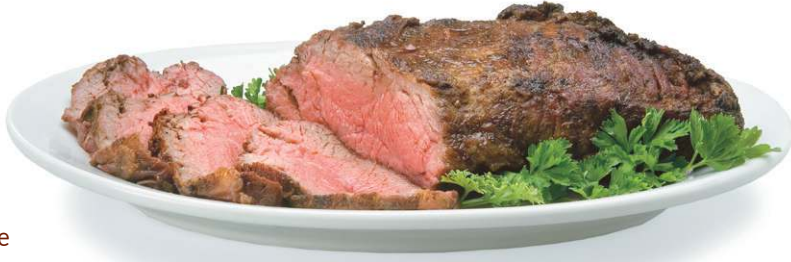
New Frontiers
Natural Beef

TRI TIP

\$6.99 lb.

USDA Choice grade

No antibiotics or added hormones



True Story

HONEY MAPLE HAM

50¢ off lb.

Sliced to order at our Deli counter

Robust flavor - Non-GMO



Cascadian Farm

ORGANIC FROZEN FRUIT

35% off

Selected varieties and sizes



Locally grown

ORGANIC RED BUTTER LETTUCE

2 for \$3

Tender buttery leaves



Beeler's
Pure Pork

BABY BACK RIBS

\$7.99 lb.

Never, ever any antibiotics
or added hormones



GLAZED BABY BACK RIBS

- 1 rack uncooked baby back ribs
- Salt and ground black pepper
- 1 cup jam: apricot, plum, peach, or grape
- 3 cloves fresh garlic, minced
- 1 inch piece fresh ginger root, finely grated
- 2 tablespoons soy sauce
- 1 teaspoon crushed red chili flakes

Season ribs on both sides with salt and pepper. Heat grill to medium-high, and grill the ribs until you see grill marks. Turn the heat down to medium-low, about 200°F, and cook until the meat starts to shrink around the bones, approx. 1.5 hours, flipping the ribs every 20 minutes.

Meanwhile, whisk remaining ingredients in a mixing bowl and set aside. When the meat has shrunk around the bones, brush ribs on both sides with jam mixture. Grill on each side for 3-5 minutes.

Oven baked version: Place ribs on a foil lined baking sheet, cover with foil and bake in 325°F oven for 1.5 hours. Uncover and brush ribs with glaze. Bake additional 45 minutes longer, then finish under the broiler for 2-4 minutes, until browned.

Serves 4.

Lifeway

ORGANIC KEFIR

\$3.99

Selected varieties
32 fl. oz.



Kind FRUIT & NUT BARS

2 for \$3

Selected varieties - 1.2-1.4 oz.

Kevita

SPARKLING PROBIOTIC DRINK

\$2.29

Selected varieties - 15.2 fl. oz.



Goddess Garden FACIAL CARE

30% off

Selected varieties and sizes



Bulk Dept.

ORGANIC QUINOA

\$3.99 lb.

Ancient superfood grain

Yogi

YOGI WELLNESS TEA

\$3.69

Selected varieties
16 ct.

Little Northern Bakery

GLUTEN FREE BREAD

\$5.49

Selected varieties
16-20 oz.

Pure Essence

ENTIRE PRODUCT LINE

25% off

Save 25% off ALL
Pure Essence products

Bulk Dept.

ORGANIC GARBANZO BEANS

\$2.99 lb.

New Frontiers[®] natural marketplace

			10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	28	30	April 2019			



Cascadian Farm ORGANIC CEREAL OR GRANOLA BARS

2 for \$6

Selected varieties and sizes



From our Gourmet Bakery

CARROT CAKE

50¢ off slice

Moist, tender cake with cream cheese icing



Sejovia Foods COCO-THINS

Snackable cashew cookies
Selected varieties - 3.5 oz.

Stacy's PITA CHIPS

Selected varieties - 6.75-7.33 oz.



Crunchsters PROTEIN SNACKS

\$3.79

Selected varieties
4 oz.



Clover Sonoma ORGANIC MILK

\$7.99

Selected varieties
128 fl. oz.

Santa Cruz Organics ORGANIC LEMONADE

2 for \$5

Assorted varieties - 32 fl. oz.



Enlightened ICE CREAM

Pints or bars
Selected varieties and sizes



Garden of Life PROBIOTICS

30% off
With billions of clinically studied strains
Selected varieties & sizes



Ecos DISHMATE DISH SOAP

\$2.99
Hypoallergenic
Selected varieties - 25 fl. oz.



Good Food Made Simple BREAKFAST BURRITO

2 for \$6
Selected varieties - 5 oz.

