

# SWEET. RIPE. LOCAL.

Freshly picked, juicy, and grown just around the corner—grab 'em before they're gone!

Really BIG DEAL

**LOCAL  
STRAWBERRY PINTS**

From Bluff Berry Farm in Boring, OR, and  
Unger Century Farm in Cornelius, OR.

**\$4.99**  
ea  
SAVE \$1ea

**BUY ONE,  
GET ONE  
FREE SALE!**

Choose from  
over 150 items  
—see inside  
for more.

Really BIG DEALS

**MARY'S  
BONELESS SKINLESS  
CHICKEN BREASTS**

Perfect for summer recipes and backyard grilling.  
Always air-chilled for the best flavor.

**\$5.99**  
lb

**SAVE \$2lb**

**TONY'S CHOCOLONELY  
CHOCOLATE BAR**

Selected Varieties  
6.35oz

**BUY 1 GET 1  
FREE**

**SAVE \$6.29 ON 2**

**KICKING HORSE  
COFFEE**

Selected Varieties  
10oz

**BUY 1 GET 1  
FREE**

**SAVE \$17.99 ON 2**

**SUMMER  
OF  
SCOOPS**

**50%**  
off

**CROOKED SPOON  
+ SO DELICIOUS**

Exclusions apply. Limited to stock on hand or while  
supplies last. Selection varies by location.

**NEW SEASONS  
ALL LARGE  
SHRIMP SKEWERS**

House-made with jumbo shrimp and  
ready for the grill! Flavors may  
vary by location.  
16/20ct

**2 for \$8**

**SAVE \$1.99ea**

**25%**  
off  
**SELECT  
MUSHROOM  
SUPPLEMENTS**

Exclusions apply. Look for signs on specially marked items  
Limited to stock on hand. No additional case discount.

Want to have weekly deals delivered to your inbox? Just sign up for email updates at [newseasonsmarket.com/join](http://newseasonsmarket.com/join)  
Visit us online at [www.newseasonsmarket.com](http://www.newseasonsmarket.com)

Prices shown are sale prices. Selection may vary by store.

# WHAT WE'RE loving

## New Seasons Brand

They say breakfast is the most important meal of the day—we say it should be the tastiest, too.

That's why we team up with trusted longtime partners to bring you New Seasons Brand breakfast staples: cage-free eggs from Stiebers Farms, uncured bacon from Beeler's Pure Pork, butter from Larsen's Creamery, bagels from Bowery Bagels, and coffee from Equal Exchange. All delicious—and many locally sourced.

Start your day deliciously with New Seasons.



## WHOLE COHO SALMON PRE-SALE

Reserve your whole Coho online and get 10% off the sale price.

Preorder now at [newseasonsmarket.com/coho](https://newseasonsmarket.com/coho) pick up September 6–7

We'll cut and wrap it any way you like.

## MEAT & SEAFOOD

### NEW SEASONS JACOBSEN'S SALT AND PEPPER PORK SAUSAGE LINKS

Made in-house with a blend of pork, Jacobsen Salt Co. sea salt, and black pepper.



**\$6<sup>99</sup> lb**  
SAVE \$1lb



### BAVETTE STEAKS

Thin, tender, and full of flavor. Marinate or season with your favorite rub and grill!



**\$16<sup>99</sup> lb**  
SAVE \$2lb

### NEW SEASONS CARNE ASADA

Thin cuts of bavette steak in a local marinade from Aladdin Specialty Foods.



**\$17<sup>99</sup> lb**  
SAVE \$5lb

### ROCKFISH FILLET

Sustainably wild-caught off of OR and WA coasts. Delicious pan-seared or baked.



**\$7<sup>99</sup> lb**  
SAVE \$2lb

PNW LOCAL

### ALBACORE TUNA LOIN

A seasonal summer favorite, sustainably harvested locally. Enjoy poached in olive oil, grilled, or seared.



**\$18<sup>99</sup> lb**  
SAVE \$3lb

PNW LOCAL

## FLORAL

### LOCAL NOVELTY SUNFLOWERS

Brighten the day with a beautiful variety of locally grown sunflowers.



**\$8<sup>99</sup> ea**  
SAVE \$1ea

PNW LOCAL

## PNW LOCAL PRODUCE

### ORGANIC SEEDLESS WATERMELON

Sweet, juicy, and full of farm-fresh flavor. From Walchli Farms in Hermiston, OR.



**99¢ lb**  
SAVE 30¢lb

PNW LOCAL

### ORGANIC HEIRLOOM TOMATOES

A tasty addition to BLTs, salads, and burgers. From Riverland Farm in Corvallis, OR.



**\$5<sup>99</sup> lb**  
SAVE \$1lb

PNW LOCAL

### ORGANIC GREEN BEANS

Crisp, flavorful, and great on the grill! From Montecucco Farms in Canby, OR.



**\$2<sup>99</sup> lb**  
SAVE \$1lb

PNW LOCAL



## BAKERY & CHEESE

### SIMPLE JOYS BAKERY STRAWBERRY VANILLA ICED SLICE CAKE

Moist vanilla cake swirled with strawberry goodness and topped with a sweet layer of vanilla icing.  
14.1oz

**\$6<sup>99</sup>**  
ea

SAVE \$1ea



### OLYMPIA PROVISIONS SALAMIS

Handcrafted locally and perfect for any summer occasion or adventure.  
4.2oz

**\$10<sup>49</sup>**  
ea

SAVE 50¢ea



### NEW SEASONS DELI COLESLAW

A classic BBQ favorite in a light, sweet mayonnaise dressing.

**\$7<sup>99</sup>**  
lb

SAVE \$3lb



### NEW SEASONS KOREAN TOFU

Made in a spicy, tangy sauce featuring gochujang paste from local Choi's Kimchi, sesame seeds, and green onion.

**\$9<sup>99</sup>**  
lb

SAVE \$3lb



### NEW SEASONS COOKIES

Sweeten any moment with these bakery favorites, available in a variety of classic, crowd-pleasing flavors.  
12ct

**\$7<sup>99</sup>**  
ea

SAVE \$1ea



### ARTICHOKE PARMESAN SPREAD

Creamy, cheesy, and downright delicious. Pair with veggies, crackers, or spread it on a burger.  
6oz

**\$7<sup>99</sup>**  
ea

SAVE 50¢ea



### DIESTEL FAMILY RANCH OVEN-ROASTED TURKEY

A tasty addition to sandwiches, wraps, or healthy snacks.

**\$15<sup>99</sup>**  
lb

SAVE \$2lb



### NEW SEASONS SESAME NOODLES

A staple since its debut in 2007, featuring yakisoba noodles in spicy dressing with ginger, chili garlic paste, sesame oil, and scallions. Enjoy hot or cold.  
13oz

**\$8<sup>99</sup>**  
ea

SAVE \$2ea



## BEER & WINE

**MIX  
&  
MATCH**

**10%  
off**  
6 bottles of wine

**20%  
off**  
12 or more bottles of wine

\*Offer available in-store only.

### INCLINE CIDER COMPANY HAZY HONEYCRISP CIDER

This bold, hazy, and refreshing cider is bursting with Honeycrisp apple flavor, layered with hints of citrus, honey, and a touch of spice.

19.2oz

**\$3<sup>99</sup>**  
ea

SAVE \$2ea



### 19 ACRES CIDER CO. HONEYCRISP HARD CIDER

A balanced and aromatic hard cider with notes of Honeycrisp apple, apricot, melon, and caramel.

6pk/12oz

**\$11<sup>99</sup>**  
ea

SAVE \$2ea



### PONTE DE BARCA VINHO VERDE AND ROSÉ

Crisp, refreshing, and just a touch spritzzy, these naturally lower-alcohol wines are your go-to for patio hangouts and poolside sipping.  
750ml

**\$8<sup>99</sup>**  
ea

SAVE \$4ea



### BARNARD GRIFFIN SELECT WINES

For 40 years, this family-owned winery has delivered exceptional quality and value. Try the crisp and citrusy Sauvignon Blanc. Selection may vary by location.  
750ml

**\$12<sup>99</sup>**  
ea

SAVE \$7ea



## SKIP THE LINE, NOT THE SUNSHINE

Save time for summer fun—and get the same prices as in-store when you shop online for quick, easy pickup or delivery.

[shop.newseasonsmarket.com](https://shop.newseasonsmarket.com)

Powered by  
**instacart**

## PERKS FOR YOU— AND THE PLANET

Neighbor Rewards members earn 10 points a day just for shopping with reusable bags.

Join today at  
[newseasonsmarket.com/rewards](https://newseasonsmarket.com/rewards)  
and start earning!



## WELLNESS

HOST DEFENSE MUSHROOMS  
FUNCTIONAL MUSHROOMS

Save 25% on your favorite formulas this week, including powders, tinctures, and capsules.

**25% off**

Pricing includes all discounts.

PNW LOCAL

## OM MUSHROOM SUPERFOOD MUSHROOM SUPPLEMENTS

Enjoy great savings on mushroom powders, caps, and coffees, including lions mane.

**25% off**

Pricing includes all discounts.

## ALICE MUSHROOMS MUSHROOM CHOCOLATES FOR FOCUS &amp; ENERGY

Made with lion's mane and cordyceps. Save on sleep formula, too.

**25% off**

Pricing includes all discounts.

## NOW FOODS VITAMIN D-3 1000

Each easy-to-swallow softgel delivers 1000 IU of vitamin D-3.

360sg

**\$11.99 ea**

SAVE \$1ea



## MRM NUTRITION VEGGIE PROTEIN

Each serving provides 22 grams of plant-based protein, plus digestive enzymes and superfoods.

20.1oz

**\$18.99 ea**

SAVE \$8ea



## NUTRITION NOW PB 8 PROBIOTIC 14 BILLION

Eight probiotic strains to support digestion and gut health. Save on select formulas and sizes.

60cap

**\$11.99 ea**

SAVE \$5ea



## BADGER SPF 15 SUNSCREEN LIP BALM

Helps keep lips moisturized and protected with SPF 15 zinc oxide and vitamin E.

.15oz

**\$3.49 ea**

SAVE \$1.50ea



## THE HUMBLE CO. CHARCOAL FLOSS PICKS

Plastic-free flossers made with biodegradable materials.

50ct

**\$3.29 ea**

SAVE \$1.50ea



## DESERT ESSENCE TOOTHPASTES

Save on select flavors, including children's formulas.

6.25oz

**\$5.49 ea**

SAVE \$2.50ea



## RIF CARE REGULAR ABSORBENCY PADS

Plastic-free and 100% biodegradable. Save on select Rif products this week.

14ct

**\$7.49 ea**

SAVE \$3.50ea



## GROCERY

## KODIAK CAKES FROZEN WAFFLES AND FLAPJACKS

Selected Varieties

8-10ct

**BUY 1 GET 1 FREE**

SAVE \$6.99 ON 2



## WOW BAO FROZEN BAO

Assorted Varieties

10oz

**BUY 1 GET 1 FREE**

SAVE \$9.49 ON 2



## SAFFRON ROAD FROZEN ENTRÉES

Selected Varieties

10oz

**BUY 1 GET 1 FREE**

SAVE \$6.89 ON 2



## URBAN PIE PIZZA CO. FROZEN PIZZA

Assorted Varieties

16.7-20.45oz

**BUY 1 GET 1 FREE**

SAVE \$10.99 ON 2



## JACK &amp; ANNIE'S FROZEN JACKFRUIT PRODUCTS

Selected Varieties

7.2-10oz

**BUY 1 GET 1 FREE**

SAVE \$6.99 ON 2



## HUNDY! FROZEN FRUIT POPS

Mango or Pineapple.

6ct

**BUY 1 GET 1 FREE**

SAVE \$9.99 ON 2



## BRAZI BITES GLUTEN-FREE FROZEN SNACKS

Selected Varieties

10-11.5oz

**BUY 1 GET 1 FREE**

SAVE \$7.59 ON 2



PNW LOCAL

## LILY'S TOASTER GRILLS FROZEN SANDWICHES

Assorted Varieties

6.8-7.1oz

**BUY 1 GET 1 FREE**

SAVE \$5.79 ON 2





## GROCERY

**ANNIE'S  
MAC &  
CHEESE**  
Selected Varieties  
5.5-6oz



**2 for \$3**  
SAVE \$1.39ea

**LUCINI ITALIA  
EXTRA VIRGIN  
OLIVE OIL**  
Selected Varieties  
16.9oz



**\$17.99**  
ea  
SAVE \$5ea

**FERRIS NUT CO.  
NUT BUTTER**  
Selected Varieties



**30%**  
off

**SMASH FOODS  
SUPERFOOD JAM**  
Assorted Varieties  
8oz



**\$5.99**  
ea  
SAVE \$1.50ea

**KODIAK CAKES  
BREAKFAST FOODS**  
Selected Varieties



**20%**  
off

**SIMPLE MILLS  
ALMOND FLOUR  
SNACK BARS**  
Selected Varieties  
5ct



**\$4.99**  
ea  
SAVE \$1ea

**NATURE'S BAKERY  
FIG BARS**  
Selected Varieties



**33%**  
off

**SOLELY  
ORGANIC  
FRUIT JERKY**  
Assorted Varieties  
.8oz



**3 for \$5**  
SAVE 32¢ea

**KODIAK CAKES  
GRANOLA BARS**  
Assorted Varieties



**\$4.99**  
ea  
SAVE \$1.90ea

**CHARMS  
ORGANIC POPS**  
4.49oz



**\$4.99**  
ea  
SAVE \$1ea

**CHOMPS  
BEEF STICKS**  
Original or Jalapeno.  
8-9.2oz



**\$14.99**  
ea  
SAVE \$5.50ea

**SOLELY  
ORGANIC  
FRUIT SNACKS**  
Assorted Varieties  
3.5oz



**2 for \$9**  
SAVE \$1.19ea

**WEST LIFE  
ORGANIC  
SOYMILK**  
Assorted Varieties  
32oz



**\$2.99**  
ea

**MINOR FIGURES  
ORGANIC  
BARISTA  
OAT MILK**  
32oz



**2 for \$6**  
SAVE \$1.99ea

**WATERLOO  
SPARKLING  
WATER**  
Selected  
Varieties  
8pk/12oz



**2 for \$9**  
SAVE \$1.19ea

**ETERNAL  
NATURALLY  
ALKALINE  
SPRING  
WATER**  
2.5L



**2 for \$6**  
SAVE \$1.49ea

## BULK

**GRANDY ORGANICS  
NUTS AND GRANOLA**  
Selected Varieties



**10%**  
off

**HUMMINGBIRD WHOLESALE  
ORGANIC BLACK  
CHIA SEEDS**

**PNW  
LOCAL**



**\$7.99**  
lb  
SAVE \$1lb

**EQUAL EXCHANGE  
ORGANIC  
DRIED MANGO**

**PNW  
LOCAL**



**\$14.99**  
lb  
SAVE \$3lb

**STUMPTOWN  
COFFEE ROASTERS  
COFFEE**  
Selected Varieties

**PNW  
LOCAL**



**\$16.99**  
lb  
SAVE \$3lb

# STOCK UP—IT'S BUY ONE GET, ONE FREE!

## TONY'S CHOCOLONELY TINY CHOCOLATES POUCH

Assorted Varieties  
4.44oz



**BUY 1 GET 1  
FREE**

**SAVE \$6.29 ON 2**

## SMARTSWEETS PLANT- BASED CANDY

Selected Varieties  
1.6-1.8oz



**BUY 1 GET 1  
FREE**

**SAVE \$3.99 ON 2**

## ANNIE'S ORGANIC FRUIT SNACKS

Selected Varieties  
7oz



**BUY 1 GET 1  
FREE**

**SAVE \$8.59 ON 2**

## FREE2B MINI SUN CUPS

Assorted Varieties  
3.5-4.2oz



**BUY 1 GET 1  
FREE**

**SAVE \$7.19 ON 2**

## PERFECT BAR PROTEIN BAR

Selected Varieties  
2.18-2.5oz



**BUY 1 GET 1  
FREE**

**SAVE \$3.39 ON 2**

## TRUBAR PROTEIN BAR

Assorted Varieties  
1.76oz



**BUY 1 GET 1  
FREE**

**SAVE \$2.59 ON 2**

## GOOD HEALTH VEGGIE SNACKS

Selected Varieties  
6.25oz



**BUY 1 GET 1  
FREE**

**SAVE \$4.99 ON 2**

## COCOJUNE DAIRY-FREE YOGURT

Assorted Varieties  
4oz



**BUY 1 GET 1  
FREE**

**SAVE \$3.19 ON 2**

## SIGGI'S ICELANDIC YOGURT

Selected Varieties  
4.4-5.3oz



**BUY 1 GET 1  
FREE**

**SAVE \$1.99 ON 2**

## SIMPLY JUICE OR LEMONADE

Assorted Varieties  
11.5oz



**BUY 1 GET 1  
FREE**

**SAVE \$2.49 ON 2**

## ODYSSEY SPARKLING MUSHROOM ELIXIR

Assorted Varieties  
12oz



**BUY 1 GET 1  
FREE**

**SAVE \$3.99 ON 2**

## KASHI CEREAL

Selected Varieties  
12.3-18oz



**BUY 1 GET 1  
FREE**

**SAVE \$7.49 ON 2**

## EGGLIFE FOODS EGG WHITE WRAPS

Assorted  
Varieties  
6oz



**BUY 1 GET 1  
FREE**

**SAVE \$6.89 ON 2**

## NEAR EAST RICE PILAF, COUSCOUS OR QUINOA

Selected Varieties  
4.7-10oz



**BUY 1 GET 1  
FREE**

**SAVE \$3.79 ON 2**

## CABOO BAMBOO BABY WIPES

72ct



**BUY 1 GET 1  
FREE**

**SAVE \$7.69 ON 2**

## GIMME ROASTED SEAWEED SNACKS

Selected  
Varieties  
6ct



**BUY 1 GET 1  
FREE**

**SAVE \$8.59 ON 2**

## SKINNYPOP POPCORN

Assorted Varieties  
4.4-5.3oz



**BUY 1 GET 1  
FREE**

**SAVE \$4.59 ON 2**

## PRETZELIZED PRETZEL CRACKERS

Assorted Varieties  
6.5oz



**BUY 1 GET 1  
FREE**

**SAVE \$4.99 ON 2**

## POPCHIPS POPPED POTATO SNACK

Assorted Varieties  
5oz



**BUY 1 GET 1  
FREE**

**SAVE \$3.99 ON 2**

## JACKSON'S POTATO CHIPS

Selected Varieties  
5oz



**BUY 1 GET 1  
FREE**

**SAVE \$4.59 ON 2**



## GROCERY

**50% off**  
**CROOKED SPOON  
+ SO DELICIOUS**

Exclusions apply. Limited to stock on hand or while supplies last. Selection varies by location.

**JUST EGG  
PLANT-BASED  
EGGS**  
Selected Varieties  
8-16oz



**\$6<sup>99</sup>**  
ea

**SAVE UP TO \$2.60ea**

**BELGIAN BOYS  
PANCAKES OR CREPES**  
Assorted Varieties  
9.5-18.5oz



**\$5<sup>49</sup>**  
ea

**SAVE UP TO \$2.50ea**

**CHOBANI  
GREEK YOGURT**  
Selected Varieties  
5.3oz



**4 for \$5**

**SAVE 34¢ea**

**NANCY'S  
ORGANIC  
COTTAGE  
CHEESE**  
Whole Milk or Lowfat.  
16oz

**PNW  
LOCAL**



**\$4<sup>99</sup>**  
ea

**SAVE 70¢ea**

**VICOLO  
CORN MEAL  
CRUST PIZZA**  
Selected Varieties  
14-15.75oz



**BUY 1 GET 1  
FREE**

**SAVE \$9.99 ON 2**

**STUMPTOWN COFFEE  
ROASTERS  
COLD BREW**  
Selected Varieties  
11oz

**PNW  
LOCAL**



**\$3<sup>99</sup>**  
ea

**SAVE 50¢ea**

**NUTPODS  
DAIRY-FREE  
CREAMERS**  
Selected Varieties  
25.4-32oz



**\$4<sup>99</sup>**  
ea

**SAVE UP TO \$1.90ea**

**PLANET OAT  
OATMILK**  
Assorted Varieties  
52oz



**\$3<sup>49</sup>**  
ea

**SAVE 70¢ea**

**APRCH//  
CBD  
SPARKLING  
WATER**  
Assorted Varieties  
16oz



**PNW  
LOCAL**

**2 for \$5**

**SAVE \$1.49ea**

Only available  
in OR stores

**HIBALL  
ENERGY  
SELTZER**  
Assorted Varieties  
16oz



**\$2<sup>29</sup>**  
ea

**SAVE 70¢ea**

**SUKHI'S  
FROZEN MEALS  
AND SNACKS**  
Selected Varieties



**35% off**

**BANZA  
FROZEN  
PROTEIN WAFFLES**  
Assorted Varieties  
7.4oz



**\$5<sup>49</sup>**  
ea

**SAVE \$1.70ea**

**NAKED BREAD  
SANDWICH  
BREAD**  
Selected Varieties  
22.5oz



**PNW  
LOCAL**

**\$2<sup>99</sup>**  
ea

**SAVE \$3ea**

**FRANZ  
PREMIUM  
BAGELS**  
Assorted Varieties  
6ct



**PNW  
LOCAL**

**\$3<sup>49</sup>**  
ea

**SAVE 50¢ea**

## GOOD TO GO

Stonyfield Kids Organic Yogurt tubes check all the boxes. They're freezer-friendly, lunch-box-ready, and kid-approved. Plus, they're made with pasture-raised milk and live active cultures with no artificial flavors or sweeteners.

**STONYFIELD  
KIDS ORGANIC YOGURT**  
Selected Varieties



**25% off**

**Really BIG DEAL**

**25% off** **SELECT  
MUSHROOM  
SUPPLEMENTS**

Exclusions apply. Look for signs on specially marked items  
Limited to stock on hand. No additional case discount.