

# LOCAL BLUEBERRY BONANZA!

Local, organic blueberries are here in all their peak-season glory! Come and get them before they're gone!

Really BIG DEAL

**ORGANIC BULK BLUEBERRIES**

From Springbank Farm in Lebanon, OR.

\$5.99 lb  
SAVE \$2lb

Really BIG DEALS

## MARY'S BONELESS SKINLESS CHICKEN BREASTS

Humanely raised and always air-chilled. Delicious on the grill!

\$5.99 lb

SAVE \$2lb



## NEW SEASONS DUNGENESS CRAB AND SHRIMP CAKES

Made in-house and ready to cook for a decadent snack or meal.

\$5.99 ea

SAVE \$1ea



SUMMER OF SCAMPS

50% off

**TALENTI + YASSO**

Exclusions apply. Limited to stock on hand or while supplies last.

40% off

**PROTEIN POWDERS AND COLLAGEN**

Limited to stock on hand. No additional case discounts. Selection varies by location. Items priced as marked.

## BOULDER CANYON POTATO CHIPS

Selected Varieties 5.25-6oz

2 for \$6

SAVE UP TO \$2.19ea



## PRESSED JUICERY COLD-PRESSED JUICES AND WELLNESS SHOTS

Assorted Varieties

30% off



# WHAT WE'RE *loving*



## Jacobsen Salt Co.

Jacobsen Co. sea salt has been a New Seasons pantry staple for chefs and home cooks alike since 2011, when we became their first retail partner. And it's easy to see why. Harvested from the pristine waters of Netarts Bay on the Oregon Coast, Jacobsen's sea salt is as local as it gets with flavor-packed favorites like Dillon's Dill Pickle Salt—made in collaboration with the Portland Pickles—or limited-release Mama Lil's Sweet Hot Pepper Salt.

Find these and more from Jacobsen at your neighborhood New Seasons.



## MEAT & SEAFOOD

### NEW SEASONS SPINACH FETA CHICKEN SAUSAGE LINKS

House-made using humanely raised chicken with no antibiotics ever.



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



### NEW SEASONS ALL PORK SAUSAGE LINKS

House-made with humanely raised pork. Choose from favorites like Mild Italian or Olympia Provisions Garlic. Options may vary by location.



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

### T-BONE STEAKS

A great grill-ready option that offers the best of both worlds—one half NY steak, the other tenderloin.



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

### PACIFIC COD FILLET

Sustainably harvested at the peak of the season from the pristine waters of Alaska.



**\$13<sup>99</sup>**  
lb  
SAVE \$2lb

### OPEN BLUE COBIA FILLET

Sustainably open-ocean farmed in deep water and incredibly versatile with a mild, buttery flavor and a firm, flaky texture.



**\$18<sup>99</sup>**  
lb  
SAVE \$10lb

## ANNUAL WHOLE SOCKEYE PRE-SALE

Preorder now, pick up July 19–20

Get a head start on Sockeye season! Reserve your whole wild Sockeye salmon today, and get an extra 10% off the sale price when you preorder online.

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

Preorder now at: [newseasonsmarket.com/sockeye](http://newseasonsmarket.com/sockeye)

## PRODUCE

### JOSIE'S ORGANICS SALAD KITS

Perfect for a quick and easy meal. Save on select varieties. From Braga Fresh in Salinas, CA.



**\$6<sup>49</sup>**  
ea  
SAVE 50¢ea

### KISS MELONS

Sweet, juicy, and bursting with sun-ripened flavor. From AZ and CA.



**\$1<sup>49</sup>**  
lb  
SAVE 50¢lb

### ORGANIC GREEN BEANS



Great grilled, steamed, or pan-seared. From Montecucco Farms in Canby, OR.



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

## FLORAL

### FLOWER DUET

A fun and beautiful mix of locally grown flowers.



**\$12<sup>99</sup>**  
ea  
SAVE \$2ea

## BAKERY & CHEESE

**PORTLAND STYLE CHEESECAKE & DESSERT CO. TRIPLE BERRY CAKE** PNW LOCAL

A classic white cake layered with blueberry compote and raspberry and marionberry buttercream.

6in

**\$35<sup>99</sup>**  
ea

SAVE \$2ea



**MILTON CREAMERY PRAIRIE BREEZE**

Handcrafted in Iowa, this aged cheddar is sweet, tangy, and perfectly crumbly.

6oz

**20%**  
off



**NEW SEASONS ORGANIC CIABATTA**

Made fresh daily in-house, this bakery favorite is great for sandwiches.

16oz

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

SAVE \$1ea



**TILLAMOOK MEDIUM CHEDDAR** PNW LOCAL

Wildly popular for a reason, this flavorful cheddar is great for snacking, sandwiches, and melting.

**20%**  
off



**NEW SEASONS BROCCOLI CHOP SALAD**

A light and lemony salad featuring a mix of shaved broccoli, kale, green cabbage, and sweet hot peppers.

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

SAVE \$1lb



**NEW SEASONS GRILLED SHAWARMA CHICKEN BREAST**

Tender chicken breast seasoned with aromatic spices and lemon, then grilled to perfection.

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

SAVE \$1lb



**NEW SEASONS ORGANIC CIABATTA**

Made fresh daily in-house, this bakery favorite is great for sandwiches.

16oz

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

SAVE \$1ea



**TILLAMOOK MEDIUM CHEDDAR** PNW LOCAL

Wildly popular for a reason, this flavorful cheddar is great for snacking, sandwiches, and melting.

**20%**  
off



**DIESTEL FAMILY RANCH SMOKED TURKEY**

Slightly sweet and lightly smoked. Delicious on sandwiches and snack plates.

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

SAVE \$2lb



**ORIGAMI CATERING SALMON AVOCADO ROLL** PNW LOCAL

Made with sustainably harvested salmon, avocado, and seasoned rice.

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

SAVE \$1ea



## BEER & WINE

**MIX & MATCH**

**10% off**  
6 bottles of wine

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

\*Offer available in-store only.

**STIEGL RADLER 4-PACKS**

Light, crisp, and made with real fruit juice, this low-alcohol refresher is perfect for sunny days.

4pk/16.9oz

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

SAVE \$1ea



**TIETON CIDER WORKS BLUEBERRY HARD CIDER** PNW LOCAL

A bold burst of sweet blueberries balanced by crisp, tangy cider apples. Refreshing and full of flavor.

19.2oz

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

SAVE \$1ea



**MIGRATION BREWING SELECT 6-PACKS** PNW LOCAL

Expertly crafted local brews from our friends at Migration. Try the light, dry Patio Pale Ale, or go bold with the Straight Outta Portland IPA.

6pk/12oz

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

SAVE \$2ea



**GILBERT CHON SOLSTICE ROSÉ**

A refreshing rosé with layers of juicy raspberry, strawberry, cherry, and citrus with a hint of white pepper. Pair with grilled fish, poultry, or veggies.

750ml

**\$13<sup>99</sup>**  
ea

SAVE \$1ea



**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](http://shop.newseasonsmarket.com)

Powered by **instacart**

**DON'T MISS THIS OFFER!**

Neighbor Rewards members opted into email or text get a **FREE 25.4oz New Seasons Mineral Water** with a purchase of \$5 or more.

Join or sign up by Thursday at [newseasonsmarket.com/rewards](http://newseasonsmarket.com/rewards) for this refreshing exclusive member offer on Friday.



## WELLNESS

### VITAL PROTEINS COLLAGEN SUPPLEMENTS

Each serving delivers 20g of collagen peptides, plus vitamin C and hyaluronic acid. Save on select sizes.



**40% off**

Pricing includes all discounts.

### GARDEN OF LIFE PROTEINS AND COLLAGENS

Now is a great time to stock up on your favorite proteins and collagens from Garden of Life.



**40% off**

Pricing includes all discounts.

### NOW FOODS 100% PURE PEA PROTEIN

Get 24g of easily digestible plant-based protein per serving.



**40% off**

Pricing includes all discounts.

### VEGA PLANT-BASED PROTEIN POWDERS

Save 40% on select plant-based protein formulas from Vega.



**40% off**

Pricing includes all discounts.

### ULTIMA REPLENISHER ELECTROLYTE POWDERS

Stay hydrated with easy-to-mix electrolyte powders. Save 30% on select flavors.



**30% off**

### ALL GOOD BODY CARE

Enjoy great savings on broad-spectrum, mineral-based sunscreens, lip balms, and body care from this fellow B Corp.



**30% off**

### MRM NUTRITION ORGANIC FERMENTED CACAO POWDER

A delicious way to get more naturally occurring vitamins, minerals, and antioxidants.

Save on select superfoods from MRM this week. **8.5oz**



**\$9.99 ea**

SAVE \$8ea

### YERBA PRIMA TAMPICO SKIN BRUSH

All-natural vegetable fiber bristles help to exfoliate and cleanse the skin.



**\$12.99 ea**

SAVE \$5ea

### DR. BRONNER'S LIP BALMS

Made with organic beeswax to moisturize and protect lips. Save on select scents.

**.15oz**



**\$2.99 ea**

SAVE \$1.30ea

### DAVIDS TOOTHPASTES

Fluoride-free formulas packaged in recyclable metal tubes.

**4-5.25oz**



**\$6.99 ea**

SAVE \$3ea

## GROCERY

### TALENTI GELATO AND SORBETTO

Selected Varieties



NOW:

**\$3.99- ea**

**\$4.49 ea**

WITH 50% DISCOUNT

### OATLY NON-DAIRY FROZEN DESSERT

Selected Varieties



**20% off**

### PITAYA FOODS FROZEN SUPERFRUITS

Selected Varieties



**20% off**

### EVOL FROZEN BURRITOS

Selected Varieties

**5-6oz**



**2 for \$5**

SAVE UP TO 99¢ea

### YASSO FROZEN GREEK YOGURT

Assorted Varieties



NOW:

**\$3.14- ea**

**\$3.49 ea**

WITH 50% DISCOUNT

### JOLLY LLAMA FROZEN POPS AND CONES

Selected Varieties



**20% off**

### GARDEIN PLANT-BASED PROTEINS

Selected Varieties

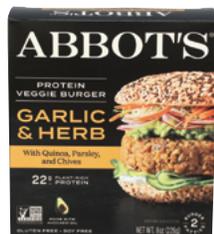


**20% off**

### ABBOT'S VEGGIE BURGERS

Assorted Varieties

**8oz**



**\$5.99 ea**

SAVE \$2.30ea

# GROCERY

**BOB'S RED MILL  
GLUTEN-FREE  
OATMEAL CUP**  
Assorted Varieties  
1.81-2.5oz

**PNW LOCAL**



**2 for \$4**  
SAVE UP TO 99¢ea

**BEAR NAKED  
GRANOLA**  
Assorted Varieties  
11-12oz



**\$4.99**  
ea

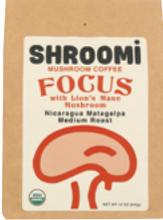
SAVE 70¢ea

**BLUE DIAMOND  
ALMOND  
BREEZE**  
Selected Varieties  
32oz



**2 for \$6**  
SAVE 79¢ea

**SHROOMI  
ORGANIC MUSHROOM  
COFFEE**  
Selected Varieties  
12oz



**\$17.99**  
ea

SAVE \$6ea

**SMITH TEAMAKER  
ICED TEA**  
Selected Varieties  
10ct

**PNW LOCAL**



**\$11.99**  
ea

SAVE \$3ea

**PORTAL TEA COMPANY  
CHAI  
CONCENTRATE**  
Selected Varieties  
32oz

**PNW LOCAL**



**\$14.99**  
ea

SAVE \$4ea

**ANGIE'S  
MICROWAVE POPCORN**  
Assorted Varieties  
6ct



**\$5.99**  
ea

SAVE \$2ea

**EKONE  
TINNED FISH**  
Assorted Varieties



**20%**  
off

**MEKHALA  
ORGANIC  
COOKING  
PASTE**  
Assorted Varieties  
3.5oz



**\$4.99**  
ea

SAVE \$1.50ea

**LOTUS FOODS  
RICE  
NOODLES**  
Selected Varieties  
8oz



**\$3.99**  
ea

SAVE \$1.50ea

**INGRILLI  
ORGANIC LEMON OR  
LIME SQUEEZE**  
Assorted Varieties



**20%**  
off

**CARBONE  
PASTA SAUCE**  
Assorted Varieties  
15-24oz



**\$8.99**  
ea

SAVE UP TO \$2ea

**LILLIE'S Q  
SAUCES**  
Assorted Varieties



**25%**  
off

**CALIFORNIA OLIVE RANCH  
EXTRA VIRGIN  
OLIVE OIL**  
Selected Varieties  
16.9oz



**\$15.99**  
ea

SAVE \$7ea

**STAR  
RED WINE  
VINEGAR**  
25oz



**\$5.99**  
ea

SAVE \$2ea

**APPLAWS  
CAT FOOD**  
Assorted Varieties  
2.12-2.47oz



**2 for \$4**  
SAVE \$1.29ea

# BULK

**ORGANIC FLAX SEEDS**  
Brown or Golden.



**\$3.99**  
lb

SAVE \$1lb

**ORGANIC  
PITTED PRUNES**



**\$8.99**  
lb

SAVE \$1lb

**UPPER LEFT ROASTERS  
COFFEE**  
Selected Varieties

**PNW LOCAL**



**\$15.99**  
lb

SAVE \$1lb

**EQUAL EXCHANGE  
ORGANIC  
CASHEWS**  
Selected Varieties

**PNW LOCAL**



**\$16.99**  
lb

SAVE \$3lb

# GROCERY

**MARY'S GONE CRACKERS**  
**GLUTEN-FREE CRACKERS**  
 Selected Varieties  
 4-5oz



**\$3.99**  
ea

**SAVE UP TO \$2.90ea**

**MAUNA LOA MACADAMIAS**  
 Selected Varieties  
 4oz



**\$6.99**  
ea

**SAVE UP TO \$2.20ea**

**PIPCORN HEIRLOOM SNACKS**  
**FRIES**  
 Assorted Varieties  
 5oz



**\$3.99**  
ea

**SAVE \$1.30ea**

**MAPLE POP! ORGANIC MAPLE CARAMEL POPCORN**  
 Assorted Varieties  
 3.6oz



**\$5.99**  
ea

**SAVE \$1.70ea**

**FINN CRISP SOURDOUGH RYE THINS**  
 Assorted Varieties  
 6.2-7oz



**\$4.99**  
ea

**SAVE UP TO \$1ea**

**SECOND NATURE TRAIL MIX**  
 Selected Varieties



**20%**  
off

**MONKEY BRITTLE VEGAN SNACK**  
 Assorted Varieties  
 2oz

**PNW LOCAL**



**\$4.99**  
ea

**SAVE \$1ea**

**BARKTHINS SNACKING CHOCOLATE**  
 Selected Varieties  
 4.7oz



**\$4.99**  
ea

**SAVE 60¢ea**

**BOBO'S OAT BAR**  
 Selected Varieties  
 3oz



**\$2.99**  
ea

**SAVE 20¢ea**

**GOMACRO KIDS ORGANIC MACROBARS**  
 Selected Varieties  
 7ct



**\$6.99**  
ea

**SAVE \$2.20ea**

**ONE BRANDS PROTEIN BAR**  
 Assorted Varieties  
 2.12oz



**2 for \$5**

**SAVE 89¢ea**

**THEO CHOCOLATE ORGANIC CHOCOLATE BAR**  
 Selected Varieties  
 3oz

**PNW LOCAL**



**\$3.99**  
ea

**SAVE UP TO \$1ea**

**NEW SEASONS KETTLE CHIPS**

Produced by the farmers who grow the potatoes at Naturally Homegrown Foods. Assorted varieties.  
 5.2oz



**\$2.99**  
ea

**EVERYDAY VALUE**

**WILD HARVEST SNACK CLUSTERS**

Assorted Varieties  
 2.5-3oz



**Starting at:**  
**\$3.99**  
ea

**FEATURED**

**WOODSTOCK ORGANIC BANANA WATER**

16.9oz



**2 for \$5**

**SAVE 99¢ea**

**WATERLOO SPARKLING WATER**

Selected Varieties  
 8pk/12oz



**2 for \$9**

**SAVE \$1.19ea**

**YACHAK ORGANIC PLANT-BASED ENERGY TEA**

Assorted Varieties  
 16oz



**2 for \$4**

**SAVE 99¢ea**

**YERBA MADRE ORGANIC SPARKLING YERBA MATE**

Assorted Varieties  
 12oz



**2 for \$5**

**SAVE 49¢ea**

**DAYTRIP BEVERAGES ORGANIC PREBIOTIC SODA**

Assorted Varieties  
 12oz



**\$2.29**  
ea

**SAVE 70¢ea**

**S.PELLEGRINO SPARKLING NATURAL MINERAL WATER**

25.3oz



**\$2.29**  
ea

**SAVE 40¢ea**

# GROCERY

**WILD HARVEST SHREDDED CHEESE**

Selected Varieties  
6oz



**\$4.49**  
ea

**EVERYDAY VALUE**

**ESSENTIAL EVERYDAY CREAM CHEESE**

8oz



**\$2.29**  
ea

**EVERYDAY VALUE**

**BROWN COW WHOLE MILK YOGURT**

Assorted Varieties  
5.3oz



**10 for \$10**

**SAVE 49¢ea**

**MEYENBERG GOAT MILK YOGURT**

Plain or Vanilla.  
6oz



**2 for \$5**

**SAVE 79¢ea**

**DE CASA FINE FOODS ORGANIC SALSA**

Selected Varieties  
14oz



**\$3.99**  
ea

**SAVE 80¢ea**

**PNW LOCAL**

**DAISY BRAND COTTAGE CHEESE**

Regular or Lowfat.  
16oz



**\$3.49**  
ea

**SAVE 80¢ea**

**PETIT POT ORGANIC FRENCH DESSERT**

Selected Varieties



**25% off**

**FORAGER PROJECT ORGANIC CASHEWMILK YOGURT**

Assorted Varieties  
24oz



**\$5.49**  
ea

**SAVE \$2.50ea**

**VISTA HERMOSA FLOUR TORTILLAS**

12ct



**\$4.99**  
ea

**SAVE \$2ea**

**KITE HILL DAIRY-FREE RICOTTA**

8oz



**\$7.99**  
ea

**SAVE \$3ea**

**SUNNIE DIPPER SNACKS**

Flatbread or Jam.  
3.3-3.4oz



**2 for \$6**

**SAVE \$1.99ea**

**PERFECT BAR PROTEIN BARS**

Selected Varieties  
4ct



**\$8.99**  
ea

**SAVE \$2ea**

**BRIGHTLEAF ORGANIC SPARKLING TEA**

Assorted Varieties  
12oz



**2 for \$5**

**SAVE 99¢ea**

**WTRMLN ULTRA-HYDRATING LEMONADE**

Original or Strawberry.  
12oz



**\$3.99**  
ea

**SAVE \$1ea**

**SUMMER OF SCOOPS**

**50% off**

**TALENTI + YASSO**

Exclusions apply. Limited to stock on hand or while supplies last.

**DAVE'S KILLER BREAD ORGANIC BREAD OR BUNS**

Selected Varieties  
17.6-27oz



**BUY 1 GET 1 1/2 OFF**

**SAVE \$3.50 ON 2**

Available in-store only

**PNW LOCAL**

**MISSION FOODS BURRITO FLOUR TORTILLAS**

8ct



**\$3.49**  
ea

**SAVE \$1ea**