

LOCAL COHO IS HERE!

Send summer off deliciously with fresh, sustainably wild-caught Pacific Coho salmon.

SALE

COHO SALMON FILLET **\$15⁹⁹ lb**
SAVE \$6 lb

Really **BIG DEAL**

WHOLE COHO SALMON SALE!

Saturday & Sunday
SEPTEMBER 12-13
9am - 5pm

\$8⁹⁹ lb
SAVE \$4 lb

We'll cut and wrap any way you like!

ORGANIC SEEDLESS GRAPES

Choose from red, green, and black varieties.
From Sun Pacific in Bakersfield, CA.



20% off

MARY'S BONELESS SKINLESS CHICKEN BREASTS

Certified Humane, vegetarian-fed, and always air-chilled for the best flavor.



\$5⁹⁹ lb
SAVE \$2 lb

NEW SEASONS CAGE-FREE LARGE WHITE EGGS

From chickens raised on vegetarian feed with no antibiotics by Stiebers Farms in Yelm, WA.
1 doz



BUY 1 GET 1 FREE
SAVE \$3.99 ON 2

FEEL GOOD FOODS GLUTEN-FREE FROZEN SNACKS & BREAKFAST

Selected Varieties
6-12.7oz



\$6⁹⁹ ea
SAVE UP TO \$4 ea

BOB'S RED MILL HOMESTYLE GRANOLA

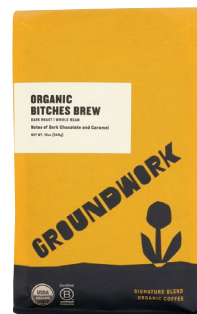
Assorted Varieties
11oz



\$3⁹⁹ ea
SAVE \$2 ea

GROUNDWORK COFFEE ORGANIC WHOLE BEAN COFFEE

Selected Varieties
12oz



\$13⁹⁹ ea
SAVE UP TO \$4.50 ea

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

WHAT WE'RE loving

OREGON CHEESE MONTH

It's Oregon Cheese Month, and we're celebrating our favorite local cheesemakers with a wide selection of deliciousness—from classic cheddar to creamy chèvre. With so many to choose from, it's the perfect time to savor the best of Oregon with a cheese board.



MEAT & SEAFOOD

BEELER'S PURE PORK BONELESS PORK SHOULDER ROAST

Tender, juicy, and delicious slow-cooked or braised. No antibiotics ever.



\$4⁹⁹
lb
SAVE \$1lb

NEW SEASONS STIR-FRY BLENDS

Choose from a variety of ready-to-cook blends, from Chicken Fajita to Lemongrass Chicken, Beef Broccoli, and Pork Pastor.



\$8⁴⁹
lb
SAVE 50¢lb

ACME SMOKED FISH SMOKED SALMON & AHI TUNA

Enjoy an original Acme favorite, or try the new cold-smoked flavor.

3oz



\$7⁹⁹
ea
SAVE \$2ea

ORGANIC PRODUCE

ORGANIC MINI SWEET PEPPERS

Crisp, slightly sweet, and delicious on the grill. From Siri & Son Farms in St. Paul, OR.

1lb pkg



\$5⁹⁹
ea
SAVE \$1ea

ORGANIC AVOCADOS

The perfect addition to dips, salads, or toast! Grown in CA.



2 for \$3
SAVE 39¢ea

ORGANIC LEAF LETTUCE

Choose from romaine, red, or green leaf varieties. From Siri & Son Farms in St. Paul, OR.



2 for \$5
SAVE 49¢ea

LOCAL FLORAL

BIG POMPON BUNCH

Get ready for fall with this big, beautiful bunch of locally grown mums!



\$9⁹⁹
ea
SAVE \$3ea

BAKERY & CHEESE

NEW SEASONS ORGANIC ROUND CHALLAH

Baked fresh daily in-house, this soft and slightly sweet bread is great for French toast! Choose from Plain or Raisin.
20oz

PNW
LOCAL

Starting at:

\$7²⁹
ea

FEATURED



LIONI LATTICINI BURRATA CON PANNA

Richer and creamier than traditional burrata, we love this one with peaches and heirloom tomatoes on a bed of fresh arugula.
8oz

\$10⁹⁹
ea

SAVE \$2ea



NEW SEASONS CHICKEN TENDER MEAL

Crispy chicken tenders served with mac & cheese and ranch dressing.

\$8⁹⁹
ea

SAVE \$3ea



AZEH'S KITCHEN SWEET POTATO & RED CABBAGE SALAD

Roasted sweet potatoes, shredded red cabbage, and garbanzo beans in a balsamic vinaigrette.

PNW
LOCAL

\$12⁹⁹
lb

SAVE \$1lb



LILLY'S BAKING COMPANY HONEY CAKE

A decadently moist cake made with high-quality, all-natural ingredients.
11oz

\$7⁹⁹
ea

FEATURED



DON FROYLAN CREAMERY MEXICAN CHEESES

Authentic, award-winning cheeses, handcrafted in Salem. Assorted varieties.
10oz

PNW
LOCAL

20%
off



DIESTEL FAMILY RANCH OVEN ROASTED TURKEY BREAST

A tasty addition to sandwiches, wraps, and snack plates.

\$15⁹⁹
lb

SAVE \$2lb



ELEPHANTS DELICATESSEN GRAB & GO ENTREE SALADS

Choose from Sesame Crunch Chicken, Ranchero Chicken, Chicken Caesar, or Bistro Steak Salad.
8.5-10oz

PNW
LOCAL

IT'S
NEW!

Starting at:

\$10⁹⁹
ea

SAVE \$1ea



FALL BEER FEST

FALL BEER FEST

Enjoy the best of the season with Fresh Hop, Oktoberfest, Pumpkin, and other limited Fall Beers—including local!

HOPWORKS BREWERY FRESH HOP WEST COAST IPA

Bursting with juicy pine notes from fresh Centennial hops, this ale captures the essence of a perfect Pacific Northwest fresh hop brew.
6pk/12oz

PNW
LOCAL

\$13⁹⁹
ea

SAVE \$2ea



AYINGER OKTOBERFEST MARZEN

Medium-bodied with a deep and inviting malty nose and bready flavor, with a touch of warmth on the finish and soft dryness from long maturation.
16.9oz

PNW
LOCAL

\$4⁹⁹
ea

SAVE \$2ea



FORT GEORGE BREWERY TOPAZ PUMPKIN ALE

A mildly roasty, malty, amber-colored seasonal ale made with wood-fired pumpkin from Topaz Farms, spiced with nutmeg, cinnamon, ginger, clove, and allspice.
4pk/16oz

PNW
LOCAL

\$15⁹⁹
ea

SAVE \$4ea



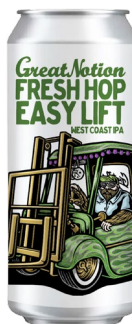
GREAT NOTION BREWING FRESH HOP EASY LIFT IPA

Generously hopped with Citra, Mosaic, Krush, and Citra Lupomax, this hazy is the perfect fall treat. Only available for a limited time!
16oz

PNW
LOCAL

\$5⁹⁹
ea

SAVE \$2ea



BEST DAY BREWING NON-ALCOHOLIC OKTOBERFEST

Brewed with authentic Vienna and Munich malts and German Hersbrucker hops for a crisp, bready finish.
6pk/12oz

IT'S
NEW!

\$12⁹⁹
ea

SAVE \$2ea



GIFT IT! NEW SEASONS MARKET Neighbor Rewards

Neighbor Rewards members not only earn points when they shop—they can also choose to gift all or part of their rewards (in dollar increments) to our featured local partners through our Gift It! Program.

Not yet a member? Join Neighbor Rewards now at newseasonsmarket.com/join and start earning points today.

WINE

CASCADIAN OUTFITTERS BOXED WINE

Washington wines offering incredible value and versatility, perfect for fall adventures.
1L

PNW
LOCAL

\$8⁹⁹
ea

SAVE \$1ea



WELLNESS

MANITOBA HARVEST HEMP SUPERFOODS

An easy and delicious way to add heart-healthy omega-3s to your diet. Save on select sizes.

30% off



GARDEN OF LIFE VITAMINS & SUPPLEMENTS

Save on your favorites, including collagens, proteins, CBD, probiotics, and more.

25% off



JARROW FORMULAS NUTRITIONAL SUPPLEMENTS

Stock up on probiotics, protein powders, and amino acids.

25% off



WILD CARROT HERBALS BOTANICAL SKINCARE

Handcrafted locally with nutrient-rich, all-natural ingredients.

PNW LOCAL

25% off



ACURE HAIR, SKIN & BODY CARE

Save on select items, all free from parabens, sulfates, mineral oil, and animal testing.

30% off



NOW FOODS D-MANNOSE 500MG

A naturally occurring simple sugar to help support urinary tract health. 120vc

\$21⁹⁹ ea
SAVE \$11ea



MRM NUTRITION DAILY PROBIOTICS

Support a healthy digestive system with 16 different strains of bacteria. 30vc

\$12⁹⁹ ea
SAVE \$10ea



NATURAL FACTORS MAGNESIUM CITRATE

An easily absorbable form of magnesium to help support rest and relaxation. 90cap

\$9⁹⁹ ea
SAVE \$5ea



HERB PHARM KAVA LIQUID EXTRACT

A fast-absorbing liquid formula designed to promote rest and relaxation naturally. 1oz

\$14⁹⁹ ea
SAVE \$5ea



PNW LOCAL

SOUTH OF FRANCE LIQUID HAND SOAPS

Enriched with natural vegetable oils and glycerin. Save on select scents. 8oz

\$3⁹⁹ ea



GROCERY

HÄAGEN-DAZS ICE CREAM

Selected Varieties 14oz

2 for \$10
SAVE UP TO \$1.59ea



NIGHTINGALE ICE CREAM SANDWICHES

Assorted Varieties

20% off



SEAL THE SEASONS FROZEN FRUIT

Assorted Varieties

20% off



EVERGREEN FROZEN WAFFLES

Assorted Varieties 4-9ct

\$5⁹⁹ ea
SAVE \$1ea



TEM TOA FROZEN THAI MEALS

Assorted Varieties 9oz

\$5⁹⁹ ea
SAVE \$1.70ea



SUNDAY SUPPER FROZEN PASTA MEALS

Selected Varieties 9oz

\$8⁹⁹ ea
SAVE UP TO \$2.30ea



BLAKE'S FROZEN SINGLE-SERVE MEALS

Selected Varieties 8oz

2 for \$9
SAVE 99¢ea



CAULIPOWER SINGLE-SERVE CAULIFLOWER CRUST PIZZA

Selected Varieties 5-5.4oz

2 for \$10
SAVE \$1.49ea



GROCERY

UNREAL FLAVOR

When you're craving something sweet, reach for UNREAL—classic chocolate treats reimagined with real, simple ingredients.



\$4⁹⁹
ea
SAVE \$2.60ea

UNREAL CHOCOLATE SNACKS
Selected Varieties
3.2-5oz

YERBA MADRE
ORGANIC YERBA MATE
Assorted Varieties
15.5oz



2 for \$5
SAVE UP TO 99¢ea

TRIP
SPARKLING MAGNESIUM DRINK
Assorted Varieties
12oz



2 for \$4
SAVE \$1.09ea

HIPPEAS
CHICKPEA SNACKS
Selected Varieties
3.75-4oz



BUY 1 GET 1 FREE
SAVE \$4.59 ON 2

SAHOR MEXICANO
HOME MADE TORTILLA CHIPS
Assorted Varieties
10oz



\$4⁹⁹
ea
SAVE \$3ea

G.H.CRETORS
POPCORN
Selected Varieties
6.5-8oz



\$3⁹⁹
ea
SAVE \$1.50ea

SNACK FACTORY
PRETZEL CRISPS
Selected Varieties
7.2oz



2 for \$7
SAVE \$1.29ea

GOODIE GIRL
GLUTEN-FREE COOKIES
Assorted Varieties
7-10.6oz



\$5⁹⁹
ea
SAVE \$1.80ea

BEAR
FRUIT ROLLS
Assorted Varieties
5ct



\$5⁴⁹
ea
SAVE \$1ea

CHOCOLOVE
CHOCOLATE BAR
Selected Varieties
2.9-3.2oz



\$3⁹⁹
ea
SAVE 60¢ea

MARICH CONFECTIONERY
SEA SALT CARAMELS
Assorted Varieties
2.1-2.3oz



\$5⁹⁹
ea
SAVE \$2.40ea

MILLIWAYS
PLASTIC-FREE GUM
Assorted Varieties
30ct



\$4⁹⁹
ea
SAVE \$1.20ea

BOB'S RED MILL
BOB'S BARS
Assorted Varieties
5ct



\$4⁹⁹
ea
SAVE \$2.50ea

IQBAR
PLANT PROTEIN BARS
Assorted Varieties
4ct



\$7⁹⁹
ea
SAVE \$1.20ea

OLYRA
ORGANIC BREAKFAST SNACKS
Assorted Varieties
4ct



\$3⁹⁹
ea
SAVE \$2ea

BULK

NEW SEASONS
RAINBOW PARTY MIX
From SunRidge Farms
in Royal Oaks, CA.
7oz



\$6⁹⁹
ea
SAVE \$1ea

SUNRIDGE FARMS
YOGURT PRETZELS & RAISINS
Selected Varieties



\$9⁹⁹
lb
SAVE \$1lb

EQUAL EXCHANGE
ORGANIC COFFEE
Selected Varieties

PNW LOCAL



\$15⁹⁹
lb
SAVE \$2lb

HUMMINGBIRD WHOLESALE
ORGANIC TRAIL MIXES
Selected Varieties

PNW LOCAL



15% off

GROCERY

STASH TEA
TEA
Selected Varieties
18-20ct

PNW
LOCAL



\$3.99
ea
SAVE UP TO \$1.50ea

EQUAL EXCHANGE
ORGANIC COFFEE
Selected Varieties
10-12oz



\$12.99
ea
SAVE \$4ea

ELMHURST
OAT CREAMER
Selected Varieties
16oz



\$5.99
ea
SAVE 60¢ea

R.W. KNUDSEN FAMILY
JUICES &
SPORTS DRINKS
Selected Varieties



20%
off

BONNE MAMAN
FRUIT SPREADS
& PRESERVES
Selected Varieties
12.7-13oz



\$5.99
ea
SAVE UP TO \$1.60ea

MARANATHA
NUT BUTTERS
Selected Varieties



30%
off

SANTA CRUZ ORGANIC
PEANUT BUTTER
Assorted Varieties
16oz



\$6.99
ea
SAVE \$2ea

ELMHURST
PLANT MILKS
Assorted Varieties
32oz



\$6.59
ea
SAVE \$1ea

NATURE NATE'S HONEY CO.
RAW & UNFILTERED
HONEY
Assorted Varieties



20%
off

COOMBS FAMILY FARMS
ORGANIC
MAPLE SYRUP
Selected Varieties
12oz



\$15.99
ea
SAVE \$1ea

PLUM ORGANICS
BABY FOOD
Selected Varieties
3.5-4oz



2 for \$4
SAVE UP TO \$1.39ea

SIMPLY ORGANIC
SPICES & SEASONINGS
Selected Varieties



20%
off

DR. MCDUGALL'S RIGHT FOODS
SOUP CUPS
Selected Varieties
1.8-3.4oz



2 for \$5
SAVE UP TO 89¢ea

MEZZETTA
PASTA SAUCE
Assorted Varieties
24.5-25oz



\$4.99
ea
SAVE \$1.50ea

RAINCOAST TRADING
TUNA
Selected Varieties
5.3oz



\$4.99
ea
SAVE \$2.30ea

HENRY & LISA'S
WILD SARDINES
Selected Varieties
4.25oz



\$3.99
ea
SAVE 80¢ea

BONAFIDE PROVISIONS
ORGANIC BONE BROTH
Assorted Varieties
16.9oz



\$5.99
ea
SAVE \$2ea

CAPPELLO'S
GRAIN-FREE PASTA
Assorted Varieties
9.9-12oz



\$8.99
ea
SAVE \$4.60ea

DARING FOODS
PLANT-BASED
CHICKEN
Assorted Varieties
8oz



\$6.49
ea
SAVE \$2ea

MISSION FOODS
BURRITO FLOUR
TORTILLAS
8ct



2 for \$7

GROCERY

**NOSSA FAMILIA COFFEE
ICED COFFEE**
12oz



PNW
LOCAL

**BUY 2 GET 1
FREE**
SAVE \$4.99 ON 3

Available
in-store only

**LA COLOMBE
DRAFT LATTE**
Selected Varieties
9oz



2 for \$6
SAVE \$1.59ea

**VIVE ORGANIC
FUNCTIONAL
JUICE SHOT**
Selected Varieties
2oz



2 for \$6
SAVE 79¢ea

**MID-DAY SQUARES
PB&J SNACK BARS**
Selected Varieties
4ct



**\$6.99
ea**
SAVE \$1.60ea

**NAKED
SMOOTHIE**
Selected Varieties
15.2oz



**BUY 1 GET 1
FREE**
SAVE \$3.99 ON 2

**TRULY GRASS FED
BUTTER**
Salted or Unsalted.
8oz



**\$5.99
ea**
SAVE 90¢ea

**CLIO SNACKS
GREEK YOGURT BARS**
Assorted Varieties
4ct



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

**ICELANDIC PROVISIONS
SKYR YOGURT**
Selected Varieties
4.4-5.3oz



**BUY 1 GET 1
FREE**
SAVE \$2.29 ON 2

**PETIT POT
ORGANIC
FRENCH DESSERT**
Selected Varieties
8oz



**\$4.99
ea**
SAVE \$1.50ea

**DAISY BRAND
COTTAGE CHEESE**
Regular or Lowfat.
16oz



2 for \$5
SAVE \$1.89ea

**RIPPLE
PLANT-BASED MILK**
Selected Varieties
25.4-48oz



**\$4.99
ea**
SAVE UP TO \$1.90ea

**SILK
PLANT-BASED
MILK**
Selected Varieties
1/2 gal



**\$4.49
ea**
SAVE UP TO \$1.20ea

**THREE SISTERS NIXTAMAL
ORGANIC
CORN TORTILLAS**
Assorted Varieties
10ct



PNW
LOCAL

2 for \$8
SAVE UP TO \$1.59ea

**GOOD FOODS
SALSA & GUACAMOLE**
Selected Varieties
7-12oz



**\$3.99
ea**
SAVE UP TO \$2.50ea

**FIELD ROAST
PLANT-BASED
MEATS & CHEESES**
Selected Varieties



PNW
LOCAL

**20%
off**

**CLEVELAND KITCHEN
KRAUTS & KIMCHI**
Selected Varieties



**20%
off**

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with code **EASYDELIVERY26**

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