

FALL CALLS FOR POT ROAST

Answer with USDA Choice beef with no added hormones and no antibiotics ever.

SALE

COUNTRY NATURAL BEEF
CHUCK ROAST **\$9.99**
lb **SAVE \$2.1b**

ORGANIC HONEYCRISP APPLES

PNW LOCAL

A classic fall favorite with a sweet, extra-crisp bite. From Allview Orchards in Wenatchee, WA.

\$2.99
lb **SAVE \$1.1b**



PORTA FROZEN PIZZA

Assorted Varieties
13.8-15.2oz

\$9.99
ea **SAVE \$3ea**



BROWN COW WHOLE MILK YOGURT

Assorted Varieties
5.3oz

10 for \$10
SAVE 49¢ea



Really **BIG DEAL**

30%
off

OREGON SEAFOOD

Exclusions apply.

ANGIE'S BOOMCHICKAPOP POPCORN

Selected Varieties
4.5-7oz

BUY 1 GET 1 FREE
SAVE \$4.59 ON 2



Really **BIG DEAL**

50%
off

NUT BUTTER AND JAM

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

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

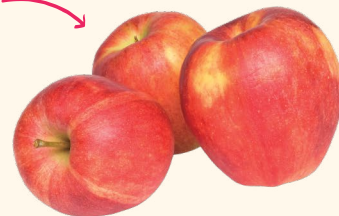
WE'RE LOVING *local*



We're celebrating Pacific Northwest Organic Week and the farmers, ranchers, and makers who make delicious local organic food possible. Organized by Oregon Organic Coalition and Washington's Tilth Alliance, this observance supports the people and practices behind organic food and the important role they play in strengthening our regional food system.

Join the celebration by shopping organic at your neighborhood New Seasons.

Crisp, juicy organic apples from Allview Orchards in Wenatchee, WA



New Seasons Organic Coffee from Dillanos Coffee Roasters in Sumner, WA



Certified Organic handcrafted blue cheese from Rogue Creamery in Central Point, OR



New Seasons house-made organic Northwest Whole Grain Bread



ORGANIC PRODUCE

ORGANIC PEARS

Tree-ripened and ready for your fall salads, snack plates, and desserts. Grown in OR and WA.

PNW LOCAL

30% off



ORGANIC SPECIALTY GRAPES

Sweet, juicy, and perfect for lunchboxes. Grown in OR and WA.

PNW LOCAL

\$3.99 lb
SAVE \$1lb



ORGANIC GREEN BELL PEPPERS

Crisp, flavorful, and great for kabobs, stir-fries, and fajitas. From Siri & Son Farms in St. Paul, OR.

PNW LOCAL

2 for \$3
SAVE 49¢ea



MEAT & SEAFOOD

MARY'S ORGANIC WHOLE FRYER CHICKEN

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

\$3.99 lb
SAVE 60¢lb



RIVERENCE SMOKED TROUT

Sustainably harvested trout brined with salt, then slowly smoked over applewood. Available in Original and Garlic Pepper. 4oz

\$8.99 ea
SAVE \$1ea



ANDERSON RANCHES LAMB SHOULDER CHOPS

Grass-fed and finished with no added hormones and no antibiotics ever. Delicious slow-cooked or marinated and grilled.

PNW LOCAL

\$11.49 lb
SAVE 50¢lb



NEW SEASONS WILD-CAUGHT SALMON BURGERS

Mixed in-house with veggies and the perfect blend of seasonings. Flavors may vary by location.

2 for \$7
SAVE 50¢ea



FLORAL

TEXTURE TOSS BOUQUET

A beautiful early fall bouquet featuring locally grown dahlias.

PNW LOCAL



\$17.99 ea
SAVE \$2ea

BAKERY & CHEESE

IZZIO ARTISAN BAKERY SLICED ARTISAN BREAD

Made with all-natural ingredients with no additives or preservatives.

9-10oz



\$4⁷⁴
ea

SAVE 25°ea

ROGUE CREAMERY OREGON BLUE

Certified Organic by Oregon Tilth, this rich, handcrafted blue is an Oregon Cheese Month favorite.

PNW
LOCAL



20%
off

SCHWARTZ BROTHERS BAKERY ORGANIC BAGEL CHIPS

Perfectly baked and seasoned! Choose from Everything or Garlic & Herb.

8oz



\$7⁷⁴
ea

SAVE 25°ea

SOMERDALE COTSWOLD

An English cheese flavored with chives and onion. A fun addition to burgers and sandwiches.



\$17⁴⁹
lb

SAVE \$1.50lb

NEW SEASONS PORK CHOP SCHNITZEL

A thick-cut, bone-in pasture-raised pork chop with a Dijon mustard and breadcrumb crust.

IT'S
NEW!



\$14⁹⁹
lb

SAVE \$2lb

NEW SEASONS CHEDDAR & GREEN ONION STUFFED POTATO

Baked Russet potato with butter, sour cream, Tillamook cheddar, and green onions.



25%
off

SCHWARTZ BROTHERS BAKERY ORGANIC BAGEL CHIPS

Perfectly baked and seasoned! Choose from Everything or Garlic & Herb.

8oz



\$7⁷⁴
ea

SAVE 25°ea

SOMERDALE COTSWOLD

An English cheese flavored with chives and onion. A fun addition to burgers and sandwiches.



\$17⁴⁹
lb

SAVE \$1.50lb

DIESTEL FAMILY RANCH SMOKED TURKEY

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



\$15⁹⁹
lb

SAVE \$2lb

AZEH'S KITCHEN THREE BEAN SALAD

A flavorful, protein-packed salad featuring a mix of three beans with cabbage and fresh mint.



\$9⁹⁹
lb

SAVE \$3lb

FALL BEER FEST

ZOIGLHAUS BREWING OKTOBERFRESH

A seasonal favorite with a distinctive malt aroma, mild spiciness, and delicate florals from the freshly harvested Haller Tauer hops.

4pk/16oz



\$13⁹⁹
ea

SAVE \$2ea

HOPWORK BREWERY GREAT GOURDS OF FIRE PUMPKIN ALE

A fall seasonal brewed with pumpkin from Bella Organic Farm and warm spices.

4pk/16oz



\$12⁹⁹
ea

SAVE \$3ea

MIGRATION BREWING FRESH OUTTA PORTLAND IPA

A smooth Hazy IPA with fresh Strata hop flavor with notes of tropical fruit and piney, dank aromas.

6pk/12oz



\$12⁹⁹
ea

SAVE \$4ea

SIERRA NEVADA OKTOBERFEST COLLABORATION

Brewed in collaboration with Bavarian brewer Hoppebräu, this Fest beer is lightly dry-hopped, balanced by a biscuity malt.

6pk/12oz



\$13⁹⁹
ea

SAVE \$2ea

SEATTLE CIDER CO PUMPKIN CIDER

A semi-sweet pumpkin cider spiced with cinnamon, nutmeg, allspice, and cloves.

6pk/12oz



\$14⁹⁹
ea

SAVE \$4ea

FORT GEORGE BREWERY MIRRORED REALITIES FRESH HOP IPA

A glimpse into an alternate reality, this fresh hop IPA uses the latest hop science to brew a taste of the future.

4pk/16oz



\$14⁹⁹
ea

SAVE \$3ea

DELIVERY'S ON US!

Skip the trip—shop online with our app and get free delivery on your next two orders of \$75+ with code **EASYDELIVERY26**

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Instacart

Terms apply.

DON'T MISS THIS OFFER!



Neighbor Rewards members who are opted in to email or text get 30% off New Seasons house-made artisan bread in the bakery department.

Not getting our messages yet? Join or update your preferences by Thursday at newseasonsmarket.com/rewards to unlock this exclusive offer on Friday.

WELLNESS

NEW CHAPTER VITAMINS & SUPPLEMENTS

Save 30% on multivitamins, herbs, and anti-inflammatory formulas.

30% off



CARLSON FISH OILS & SUPPLEMENTS

Formulated with sustainably sourced ingredients to support overall health and well-being.

25% off



VITANICA WOMEN'S HEALTH SUPPLEMENTS

Formulated by local naturopathic physician Dr. Tori Hudson.

25% off



PNW LOCAL

SOLGAR NUTRITIONAL SUPPLEMENTS

Save on vitamins, minerals, and more.

30% off



MAD HIPPIE FACIAL CARE

Save on your favorite natural facial care and cosmetics.

25% off



EO PRODUCTS EVERYONE BODY CARE

Enjoy great savings on select hand sanitizers, soaps, and body care.

30% off



PRIMAL KITCHEN UNFLAVORED COLLAGEN PEPTIDES

Support healthy hair, skin, and nails with 10g collagen per serving.
19.4oz

\$24.99 ea
SAVE \$15ea



NOW FOODS WHOLE PSYLLIUM HUSKS

Supports digestion and elimination with essential soluble and insoluble fibers.
16oz

\$13.99 ea
SAVE \$5ea



BLOOM OREGANO OIL

Pure oil of oregano to help support immune health.
1oz

\$19.99 ea
SAVE \$10ea



SHIKAI BORAGE HAND CREAM

Soothe and hydrate with the deep moisturizing of borage oil. Save on select sizes and varieties.
2.5oz

\$8.99 ea



GROCERY

OUTSHINE FRUIT BARS

Selected Varieties
6ct

\$5.99 ea
SAVE 90°ea



ALEC'S ICE CREAM A2 DAIRY ICE CREAM

Selected Varieties

20% off



NATTY HIGH PROTEIN FROZEN DESSERT

Assorted Varieties
14oz

BUY 1 GET 1 FREE
SAVE \$8.49 ON 2



TALENTI GELATO & SORBETTO

Selected Varieties
1pt

BUY 1 GET 1 FREE
SAVE \$6.99 ON 2



DR. PRAEGER'S FROZEN SNACKS

Selected Varieties
8-9oz

\$5.99 ea
SAVE \$1ea



BANZA FROZEN PROTEIN WAFFLES

Assorted Varieties
6ct

\$5.99 ea
SAVE \$1.30ea



BIG MOZZ GIANT-SIZED MOZZARELLA STICKS

Original or Super Ranch.
13.44oz

\$8.99 ea
SAVE UP TO \$2ea



BLUE ZONES KITCHEN FROZEN MEAL BOWLS

Assorted Varieties
8-9oz

2 for \$12
SAVE \$2.59ea



GROCERY

**POLAR
SPARKLING
SALTZ WATER**
Selected Varieties
1L



4 for \$5
SAVE 54¢ea

**SEVEN TEAS
ORGANIC ICED TEA**
Assorted Varieties
16oz



\$2.59
ea
SAVE UP TO \$1ea

**ROAR ORGANIC
VITAMIN ENHANCED
BEVERAGE**
Assorted Varieties
18oz



\$2.29
ea
SAVE 50¢ea

**HIYO
NON-ALCOHOLIC
SOCIAL TONIC**
Assorted Varieties
4pk/12oz



\$13.99
ea
SAVE \$2.50ea

**PARMCRISPS
CHEESE SNACK**
Assorted Varieties
1.75oz



2 for \$6
SAVE \$1.89ea

**LESSER EVIL
MOONIONS &
CHEEZMOS**
Assorted Varieties
6-7oz



\$4.49
ea
SAVE \$1ea

**TERRA
VEGETABLE CHIPS**
Selected Varieties
5oz



\$3.99
ea
SAVE 90¢ea

**LATE JULY SNACKS
TORTILLA CHIPS**
Selected Varieties
6-10.1oz



\$4.99
ea
SAVE \$1ea

**CRISPY GREEN
FREEZE-DRIED
FRUIT SNACKS**
Assorted Varieties
1.69-2.54oz



\$9.99
ea
SAVE \$1.80ea

**SMARTSWEETS
GUMMY CANDY**
Selected Varieties



20%
off

**LÄRABAR
ENERGY BAR**
Selected Varieties
1.6-1.7oz



4 for \$5
SAVE UP TO \$1.04ea

**VERMONT SMOKE & CURE
MEAT STICK**
Assorted Varieties
1oz



2 for \$5
SAVE UP TO 49¢ea

**RXBAR
PROTEIN BARS**
Selected Varieties
5-8ct



\$9.99
ea
SAVE \$2.40ea

**SCHÄR
GLUTEN-FREE
CRACKERS & COOKIES**
Selected Varieties



20%
off

**MISSION FOODS
ZERO NET CARBS
TORTILLAS**
Assorted Varieties
14ct



\$3.99
ea

**DAVE'S KILLER BREAD
ORGANIC BREAD**
Selected Varieties
24-27oz



**BUY 1 GET 1
1/2 OFF**
SAVE \$4 ON 2

**PNW
LOCAL**

Available
in-store only

BULK

**SUNRIDGE FARMS
CHOCOLATE NUT
CRUNCH**
Selected Varieties



\$11.99
lb
SAVE \$1lb

**NEW SEASONS
ORGANIC
MANGO SLICES**
7oz



\$13.99
ea
SAVE \$1ea

**SUNRIDGE FARMS
CASHEWS**
Thai Curry or Black Pepper.



\$16.99
lb
SAVE \$1lb

**EQUAL EXCHANGE
ORGANIC NUTS**
Selected Varieties



\$16.99
lb
SAVE UP TO \$3lb

**PNW
LOCAL**

GROCERY

TAZO TEA
Selected Varieties
16-20ct

PNW
LOCAL



\$3.99
ea
SAVE \$1.50ea

TORANI PUREMADE DESSERT SAUCE
Selected Varieties
16.5oz



\$6.99
ea
SAVE \$1ea

THEO CHOCOLATE ORGANIC CHOCOLATE BAR
Selected Varieties
3oz

PNW
LOCAL



\$4.99
ea
SAVE \$1.50ea

NUTPODS DAIRY-FREE CREAMER
Selected Varieties
11.2oz



2 for \$7
SAVE \$1.39ea

LUNDBERG FAMILY FARMS RICE
Selected Varieties
8oz



2 for \$6
SAVE UP TO \$1.59ea

KOYO RAMEN
Selected Varieties
2-2.1oz



2 for \$3
SAVE 99¢ea

BACHAN'S BARBECUE & DIPPING SAUCES
Selected Varieties
15.5-17oz



\$7.99
ea
SAVE UP TO \$3ea

LA TOURANGELLE ORGANIC EXTRA VIRGIN OLIVE OIL
25.4oz



\$19.99
ea
SAVE \$10ea

MONTEBELLO ORGANIC PASTA
Assorted Varieties
16oz



\$4.99
ea
SAVE 50¢ea

CALIFORNIA OLIVE RANCH EXTRA VIRGIN OLIVE OIL
Selected Varieties
25.4oz



\$19.99
ea
SAVE \$5ea

DE NIGRIS BALSAMIC VINEGAR
Assorted Varieties



20%
off

SIR KENSINGTON'S MAYONNAISE
Selected Varieties



20%
off

MAXINE'S HEAVENLY COOKIES
Assorted Varieties



20%
off

WOODSTOCK PICKLES & CONDIMENTS
Selected Varieties



20%
off

BONO PASTA SAUCE
Selected Varieties
24oz



\$8.99
ea
SAVE \$2.50ea

TONNINO TUNA FILLETS
Assorted Varieties
6.7oz



\$8.99
ea
SAVE \$1.70ea

PETER RABBIT ORGANICS FRUIT & VEGGIE POUCH
Selected Varieties
4-4.4oz



2 for \$4
SAVE UP TO 79¢ea

DR. BRONNER'S SAL SUDS BIODEGRADABLE CLEANER
32oz



\$12.99
ea
SAVE \$3.50ea

CLEANERY CLEANERS & DISH PRODUCTS
Selected Varieties



20%
off

WOODSTOCK FROZEN FOODS
Selected Varieties



20%
off

GROCERY

**HEALTH-ADE
ORGANIC KOMBUCHA**
Assorted Varieties
48oz



\$7⁹⁹
ea
SAVE \$1.30ea

**GROUNDWORK COFFEE
LATTE
COLD BREW**
Assorted Varieties
8oz



2 for \$8
SAVE \$1.19ea

**MUSH
OVERNIGHT OATS**
Assorted Varieties
5.5oz



2 for \$4
SAVE 79¢ea

**PERFECT BAR
PROTEIN BARS**
Selected Varieties
6-8ct



\$7⁹⁹
ea
SAVE UP TO \$3.40ea

**ZEN
ORGANIC PUDDING**
Selected Varieties
4ct



\$5⁹⁹
ea
SAVE UP TO \$1ea

**MISS JONES BAKING CO.
GLUTEN-FREE
COOKIE DOUGH**
Assorted Varieties
11.84-12oz



\$7⁹⁹
ea
SAVE \$1.60ea

**SIGGI'S
YOGURT**
Selected Varieties
5.3oz



2 for \$4
SAVE 89¢ea

**PAINTERLAND SISTERS
PLAIN SKYR YOGURT**
24oz



\$9⁹⁹
ea
SAVE \$2.70ea

**MORI-NU
SILKEN TOFU**
Assorted Varieties
10.8-10.9oz



2 for \$6
SAVE 49¢ea

**WILDBRINE
KIMCHI & SAUERKRAUT**
Assorted Varieties
18oz



\$7⁹⁹
ea
SAVE UP TO \$1.80ea

**YAZA
LABNEH**
Assorted Varieties
12oz



\$6⁹⁹
ea
SAVE UP TO 90¢ea

**HAPPY EGG CO.
FREE-RANGE
LARGE BROWN EGGS**
Selected Varieties
1doz



\$4⁹⁹
ea
SAVE \$1.60ea

**NEW SEASONS
ORGANIC
ORANGE JUICE**
From Columbia Gorge Organic
in Hood River, OR.
46oz



\$8⁴⁹
ea
FEATURED

**CALIFIA FARMS
PLANT MILKS &
BARISTA BLENDS**
Selected Varieties



20% off

**NOOSA
SINGLE SERVE
YOGHURT**
Assorted Varieties
4.5oz



10 for \$10
SAVE 99¢ea

**RISE BREWING CO
COLD BREW**
Selected Varieties
11oz



2 for \$5
SAVE 99¢ea

Really **BIG DEAL**

50% off

**NUT BUTTER
AND JAM**

SEPTEMBER 16 – 22

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