

QUICK & COZY

A 50% off pasta and pasta sauce sale? Yep! Now's the time to stock the pantry for those busy weeknights.

Really BIG DEAL

50% off PASTA AND PASTA SAUCE

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

CREEKSTONE FARMS 81% LEAN 19% FAT GROUND BEEF

Freshly ground USDA Choice, Certified Humane beef with no added hormones and no antibiotics ever.



\$5.99 lb
SAVE \$2.1b

SATSUMA MANDARINS

Rich, sweet, and juicy!
From Rising C Ranch, Reedley, CA.
3lb bag



\$5.99 ea
SAVE \$1ea

ESSENTIAL EVERYDAY SHREDDED CHEESE

Selected Varieties
6-8oz



2 for \$5
SAVE \$1.49ea

See page 5 for more savings on holiday baking essentials!

NEW SEASONS ALL-PURPOSE FLOUR

Sustainably farmed by Shepherd's Grain, a co-op of family-owned farms in the NW.
5lb



\$2.99 ea
SAVE \$2ea

SIMPLE MILLS COOKIES AND CRACKERS

Selected Varieties
4-5.5oz



2 for \$7
SAVE UP TO \$3.19ea

PIZZA & PASTA ITALIAN WINES

Classic Italian wines crafted to pair beautifully with traditional Italian foods. Choose from Montepulciano, Pinot Grigio, and Primitivo.
750ml



\$12.99 ea
SAVE \$2ea

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*

December



CHEESE of the MONTH



ROGUE RIVER BLUE
ROGUE CREAMERY | CENTRAL POINT, OR

An award-winning seasonal cheese made with organic milk, hand-wrapped in Syrah grape leaves, and cave-aged to rich, creamy perfection.

BREAD of the MONTH



7-GRAIN CRANBERRY SUNFLOWER BREAD
NEW SEASONS MARKET | PORTLAND, OR

Made fresh daily by our talented bakers with a blend of seven locally grown organic grains, toasted sunflower seeds, and tart dried cranberries.

CAKE of the MONTH



CHOCOLATE PEPPERMINT
PORTLAND STYLE CHEESECAKE & DESSERT CO | PORTLAND, OR

Rich chocolate cake with cream cheese frosting infused with Seely peppermint and finished with a festive red swirl.

MEAT & SEAFOOD

MARY'S HEIRLOOM WHOLE FRYER

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



\$3⁹⁹
lb
SAVE \$1lb

KVARØY ARCTIC ATLANTIC SALMON FILLET

Sustainably farm-raised in Norway, with a fresh, mild, and buttery taste. Delicious pan-seared or baked.



\$16⁹⁹
lb
SAVE \$1lb

NEW SEASONS ALL HOUSE-MADE MEATBALLS

Hand-rolled using antibiotic-free meat with no added hormones. Available in a variety of flavors.



\$8⁹⁹
lb
SAVE \$1lb

OCEAN BEAUTY SEAFOODS PEELED AND DEVEINED SHRIMP

Sustainably farm-raised and ready to cook for a quick, protein-packed meal.
13/15ct



\$13⁹⁹
lb
SAVE \$2lb

FLORAL

GARDEN ROSES

A beautiful 6-stem bunch. Choose from a variety of colors.



\$16⁹⁹
ea
SAVE \$3ea

ORGANIC PRODUCE

ORGANIC COSMIC CRISP APPLES

Just as the name implies, these sweet local apples are extra crisp! Grown in WA.



**PNW
LOCAL**

\$3⁴⁹
lb
SAVE 50¢lb

ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Tomatero Farm in Watsonville, CA.



2 for \$5
SAVE 49¢ea

ORGANIC PITTED FRESH MEDJOOL DATES

Delicious added to smoothies or as a sweet snack. From Natural Delights in AZ and CA.
12oz



\$9⁹⁹
ea
SAVE \$2ea

BAKERY & CHEESE

NEW SEASONS CRANBERRY SUNFLOWER BREAD

Back for the season! Baked in-house with cranberries, sunflower seeds, and organic local flours.

\$5⁴⁹
ea
SAVE \$1ea



BELGIOIOSO PARMESAN

Aged over 10 months, this Wisconsin parmesan is a great addition to lasagna, salads, or mac & cheese.

8oz

20%
off



PREPARED FOODS

NEW SEASONS BEEF AND PORK LASAGNA

Featuring locally-made pasta sheets layered with marinara, a blend of ground beef and pork, and ricotta, mozzarella, provolone, and parmesan cheeses.

\$13⁹⁹
lb
FEATURED



NEW SEASONS COASTAL KALE

A light and lemony customer favorite with toasted sunflower seeds and marinated onions.

\$11⁹⁹
lb
SAVE \$2lb



PORTLAND STYLE DESSERTS CHOCOLATE PEPPERMINT CAKE

PNW
LOCAL

A perfect combination of rich chocolate cake layered with peppermint ganache and peppermint cream cheese icing.

\$35⁹⁹
ea
SAVE \$2ea



NEW SEASONS BULK OLIVE BAR

Save 20% on bulk olives and antipasti favorites.

20%
off



NIMAN RANCH APPLEWOOD SMOKED UNCURED HAM

Lightly seasoned with salt and sugar, then slow-smoked over applewood. Sliced to order in our deli.

\$14⁹⁹
lb
SAVE \$1lb



ORIGAMI CATERING SUNSET ROLL

Salmon, crab, avocado, and cucumber with a spicy mayo garnish.

PNW
LOCAL

\$10⁹⁹
ea
SAVE \$1ea



BEER & WINE

THE PATHFINDER NON-ALCOHOLIC AMARO

PNW
LOCAL

A patented-distilled, non-alcoholic spirit featuring hemp fermentation, blended with wormwood, angelica root, ginger, sage, saffron, orange peel, and Douglas fir.

750ml
\$34⁹⁹
ea
SAVE \$10ea



LA QUERCIA AGLIANICO

Packed with dark fruits and baking spices, this full, deep red wine has velvety tannins and pairs beautifully with roasted meats, spicy sausage, and salty cheeses.

750ml

\$14⁹⁹
ea
SAVE \$5ea



CHATEAU SOUVERAIN SELECT WINES

Choose from the bright and citrusy Sauvignon Blanc, fruit-forward Pinot Noir, lush Chardonnay, or bold Cabernet Sauvignon. A portion of proceeds goes to Meals On Wheels People.

750ml

\$12⁹⁹
ea
SAVE UP TO \$10ea



SKIP THE HOLIDAY HUSTLE— SHOP ONLINE!

Get the same great deals you find in-store with easy pickup or delivery. Plus, take \$15 off your next online grocery order of \$75+ with code

CELEBRATE15

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Terms apply.

NINKASI SLEIGH'R WINTER ALE

PNW
LOCAL

A robust winter ale with a symphony of rich malty notes countered by hints of seasonal spice and a subtle hoppy bitterness.

6pk/12oz

\$12⁹⁹
ea
SAVE \$1ea



HOPWORKS ABOMINABLE WINTER ALE

PNW
LOCAL

Caramel malts meet Simcoe, Azacca, and Centennial hops in this complex winter ale layered with citrus, spice, and a touch of warmth.

6pk/12oz

\$13⁹⁹
ea
SAVE \$2ea



DESCHUTES BREWERY JUBELALE

PNW
LOCAL

Cozy up by the fire with this festive winter ale, brimming with warming spices and robust malt character, featuring rich notes of toffee and dusted cocoa.

6pk/12oz

\$13⁹⁹
ea
SAVE \$1ea



DON'T MISS THIS OFFER!

Neighbor Rewards members who are opted in to email or text receive 50% off body care in the wellness department.

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



WELLNESS

SOURCE NATURALS
WELLNESS FORMULA

A blend of herbs, vitamins, and nutraceuticals that deliver immune, respiratory, and antioxidant defense.
45tab



\$10⁹⁹
ea
SAVE \$7.50ea

NATURE'S WAY
SAMBUCUS IMMUNE LOZENGES

Supports immune health with black elderberry extract, zinc, and 60 mg vitamin C per lozenge.
24ct



\$4⁹⁹
ea
SAVE \$2.80ea

HERBS, ETC.
DEEP SLEEP

Designed to help you fall asleep, stay asleep, and wake up refreshed.
1oz



\$10⁹⁹
ea
SAVE \$5ea

NOW FOODS
5-HTP 50MG

A precursor to serotonin to help promote rest and relaxation.
30vc



\$5⁹⁹
ea
SAVE \$4ea

BLOOM
ASHWAGANDHA

Helps support the body's natural response to mental and physical stress.
90vc



\$12⁹⁹
ea
SAVE \$7ea

MRM NUTRITION
CREATINE MONOHYDRATE 325

An amino acid that may help to increase muscle mass, strength, and recovery.
11.5oz



\$24⁹⁹
ea
SAVE \$10ea

SWEET DREAMS
EYE MASK

Women-owned and handmade in Portland. Save on eye pillows and neck wraps, too.

PNW
LOCAL



\$17⁹⁹
ea
SAVE \$6ea

EO PRODUCTS
BODY LOTIONS

Hydrating and nourishing formulas in 100% recycled packaging. Save on select scents this week.
8oz



\$5⁹⁹
ea
SAVE \$2ea

WELEDA
SKIN FOOD

Formulated with hydrating plant extracts in a nourishing base of sunflower and sweet almond oils.
2.5oz



\$15⁹⁹
ea
SAVE \$7ea

ONE WITH NATURE
DEAD SEA BATH SOAKS

Relax and de-stress with Dead Sea mineral baths. Great for stocking stuffing!
2.5oz



\$2⁴⁹
ea
SAVE \$1ea

GROCERY

NEW SEASONS
FROZEN FRUIT

Locally sourced from NW farms by Scenic Fruit Company in Gresham, OR.
10-16oz



Starting at:

\$3⁹⁹
ea
FEATURED

SCHÄR
GLUTEN-FREE
PASTRIES

Selected Varieties



20%
off

VAN'S FOODS
FROZEN WAFFLES

Selected Varieties
6ct



2 for \$8
SAVE \$1.39ea

RIPI FOODS
FROZEN RAVIOLI

Assorted Varieties
9oz



\$7⁹⁹
ea
SAVE \$3ea

HONEY MAMA'S
CHOCOLATE
FUDGE BARS

Assorted Varieties
2.5oz



PNW
LOCAL

2 for \$8
SAVE \$1.99ea

IMPOSSIBLE FOODS
PLANT-BASED
MEATBALLS

14oz



\$7⁹⁹
ea
SAVE \$2.30ea

JULIAN'S RECIPE
FROZEN BAGUETTES

Assorted Varieties
12.33oz



\$4⁹⁹
ea
SAVE UP TO \$1.90ea

KATIE'S
FROZEN PIZZA

Assorted Varieties
14.8-16.6oz



\$12⁹⁹
ea
SAVE \$3ea

EVERYTHING YOU NEED TO BAKE A GREAT HOLIDAY!

NEW SEASONS ALL-BUTTER PIE CRUSTS

From family-owned Maple Lane Bakery.
2ct



\$8⁹⁹
ea
SAVE \$1ea

WILCOX FAMILY FARMS FREE-RANGE LARGE BROWN EGGS

1doz



\$3⁹⁹
ea
SAVE \$1.50ea

TRULY GRASS FED BUTTER

Salted or Unsalted.
8oz



\$5⁴⁹
ea
SAVE \$2ea

ESSENTIAL EVERYDAY CREAM CHEESE

8oz



\$2⁴⁹
ea
EVERYDAY VALUE

ESSENTIAL EVERYDAY HEAVY WHIPPING CREAM

1pt



\$4⁹⁹
ea
SAVE \$2ea

FARMER DIRECT FOODS FLOUR

Assorted
Varieties



20%
off

FARMER'S MARKET ORGANIC PUREES

Selected Varieties
15oz



2 for \$5
SAVE \$1.49ea

GUITTARD BAKING CHOCOLATE

Selected Varieties



25%
off

FRONTIER CO-OP SPICES, SEASONINGS AND EXTRACTS

Selected Varieties



50%
off

NEW SEASONS ORGANIC MAPLE SYRUP

Grade A organic syrup
from Bascom Family Farms
in Brattleboro, VT.
12oz



\$10⁹⁹
ea
FEATURED

4TH & HEART GHEE

Selected
Varieties



30%
off

IF YOU CARE KITCHEN AND BAKING PRODUCTS

Selected Varieties



20%
off

PATIENCE FRUIT & CO ORGANIC DRIED FRUIT

Selected Varieties
4oz



\$4⁹⁹
ea
SAVE \$1.50ea

NATURE'S CHARM VEGAN BAKING PRODUCTS

Selected Varieties



20%
off

WOODSTOCK NUTS AND DRIED FRUIT

Selected Varieties



50%
off

WOODSTOCK ORGANIC SUGAR

Selected Varieties



20%
off

BULK

BLUEBIRD GRAIN FARMS ORGANIC EINKORN FLOUR

PNW
LOCAL



\$3⁹⁹
lb
SAVE \$1lb

ORGANIC THOMPSON RAISINS



\$4⁹⁹
lb
SAVE \$1lb

NATURAL SLICED ALMONDS



\$9⁹⁹
lb
SAVE \$1lb

HUMMINGBIRD WHOLESALE ORGANIC BRAZIL NUTS

PNW
LOCAL



\$18⁹⁹
lb
SAVE \$6lb

GROCERY

**BOULDER CANYON
POTATO
CHIPS**
Selected Varieties
5.25-6.5oz



**BUY 2 GET 1
FREE**
SAVE \$5.29 ON 3

Available
in-store only

**TATE'S BAKE SHOP
COOKIES**
Selected Varieties
7oz



**\$5⁴⁹
ea**
SAVE \$1.50ea

**SCHÄR
GLUTEN-FREE
SNACKS**
Selected Varieties



**20%
off**

**SOLELY
ORGANIC
FRUIT
GUMMIES**
Selected Varieties
10ct



**\$7⁹⁹
ea**
SAVE \$2ea

**NUTRAIL
NUT
GRANOLA**
Assorted Varieties
8oz



**\$8⁹⁹
ea**
SAVE UP TO \$2.50ea

**BONNE MAMAN
FRUIT SPREADS**
Selected Varieties
12.7-13oz



**\$5⁴⁹
ea**
SAVE \$1.20ea

**JUSTIN'S
NUT BUTTERS**
Selected Varieties



**20%
off**

**WEDDERSPOON
RAW MONOFLORAL
MANUKA HONEY**
Selected Varieties



**20%
off**

**SIMPLE MILLS
BAKING MIXES**
Selected Varieties



**20%
off**

**EPIC
ANIMAL FATS
AND TALLOW**
Selected Varieties
11oz



**\$8⁹⁹
ea**
SAVE \$1.30ea

**RANDY'S ARTISANAL
GOURMET PICKLES**
Assorted Varieties
24oz



**\$7⁹⁹
ea**
SAVE \$2.50ea

**MAGIC CHOCOLATE
ARTISAN SWISS
CHOCOLATE BAR**
Assorted Varieties
2.93oz



**\$4⁹⁹
ea**
SAVE UP TO \$1ea

**MELTING FOREST
SPARKLING
ADAPTOGENIC
DRINK**
Assorted Varieties
12oz



2 for \$6
SAVE \$1.39ea

**CALI WATER
CACTUS
WATER**
Assorted Varieties
12oz



2 for \$4
SAVE 99¢ea

**VIDA MATE
YERBA MATE**
Assorted Varieties
16oz



**\$2²⁹
ea**
SAVE 70¢ea

**R.W. KNUDSEN FAMILY
JUICE BLENDS**
Selected Varieties
32oz



**\$4⁴⁹
ea**
SAVE UP TO \$1.70ea

**R.W. KNUDSEN FAMILY
SPARKLING
CIDER
OR JUICE**
Selected Varieties
25.4oz



**\$3⁹⁹
ea**
SAVE UP TO \$2ea

**BIGELOW
TEA**
Selected Varieties
18-20ct



2 for \$6
SAVE \$1.39ea

**KICKING HORSE
COFFEE**
Selected Varieties
10oz



**BUY 1 GET 1
FREE**
SAVE \$21.99 ON 2

**NOSSA FAMILIA COFFEE
COFFEE**
Selected Varieties
12oz



**\$14⁹⁹
ea**
SAVE UP TO \$3ea

GROCERY

~LAST CHANCE TO~
Get 10% off

**ON GIFT CARD PURCHASES
OF \$100+ BY 12/5!**

Valid in-store and online, 11/28 - 12/5. Individual card limit in-store: \$800.
Online limits vary. See terms for details.

**BEYOND MEAT
PLANT-BASED
GROUND**
Selected Varieties
16oz



\$8⁹⁹_{ea}
SAVE \$3.70ea

**HABIZA
HUMMUS**
Assorted Varieties
10oz



\$4⁶⁹_{ea}
SAVE \$2.10ea

**THREE TREES
PLANT-BASED
MILK**
Assorted Varieties
28oz



\$5⁹⁹_{ea}
SAVE UP TO \$2.40ea

**VISTA HERMOSA
FLOUR
TORTILLAS**
Selected Varieties



**25%
off**

**ICELANDIC PROVISIONS
WHOLE MILK
PLAIN SKYR**
30oz



\$6⁹⁹_{ea}
SAVE \$2ea

**NEW SEASONS
COOKIE DOUGH**
Made by Cougar Mountain Baking Co.
in Seattle, WA. Choose from a variety of
flavors.
16oz



\$5⁹⁹_{ea}
SAVE \$1ea

**HUMM KOMBUCHA
ORGANIC
KOMBUCHA**
Assorted Varieties
12oz



2 for \$5
SAVE 69¢ea

**HIGH BREW COFFEE
COLD-BREW
COFFEE**
Selected Varieties
8oz



2 for \$4
SAVE 79¢ea

**NANCY'S
ORGANIC
SOUR CREAM**
8oz



\$2⁴⁹_{ea}
SAVE 70¢ea

**KITE HILL
DAIRY-FREE
CREAM CHEESE**
Plain or Chive.
8oz



\$5⁹⁹_{ea}
SAVE \$1.20ea

**CATALINA CRUNCH
SNACK MIX**
Assorted Varieties
6oz



**BUY 1 GET 1
1/2 OFF**
SAVE \$3.99 ON 2

Available
in-store only

**MAEVE
CHOCOLATE
TRUFFLE BAR**
Selected Varieties
2.5oz



\$5⁴⁹_{ea}
SAVE \$1.50ea

**DAVE'S KILLER BREAD
ORGANIC
THIN-SLICED
BREAD**
Assorted Varieties
20.5oz



\$4⁹⁹_{ea}
SAVE \$1.50ea

**MISSION FOODS
FAJITA
FLOUR
TORTILLAS**
20ct



\$3⁹⁹_{ea}
SAVE \$1ea

**MUDDY BITES
WAFFLE
CONE
SNACKS**
Selected Varieties
2.33oz



\$3⁹⁹_{ea}
SAVE UP TO \$1.30ea

**PARMCRISPS
CHEESE
SNACK**
Assorted
Varieties
1.75oz



\$3⁹⁹_{ea}
SAVE UP TO \$1.30ea

**RESERVE YOUR
Holiday
FEAST~**

Everything from high-quality prime rib to hams,
sustainable seafood and so much more!

Reserve now through 12/21 at 10pm
at newseasonsmarket.com/reserve