

# AS GOURD AS IT GETS

At New Seasons pumpkin patch you'll find the one—locally grown and ready for carving, painting, or decorating.

Really BIG DEAL

**PUMPKINS** **39¢ lb**  
From West Union Gardens in Hillsboro, OR.  
**SAVE 20¢ lb**

Really BIG DEALS

## 80% LEAN 20% FAT GROUND BEEF

Thoughtfully sourced and great for burgers, pasta dishes, and meatballs!

**\$5.99 lb**

**SAVE \$1.50 lb**



## COHO SALMON FILLET

PNW  
LOCAL

Sustainably harvested in the PNW and full of peak-season flavor. Excellent grilled, pan-seared, or baked.

**\$14.99 lb**

**SAVE \$5 lb**



**25% off**

## SELECT CBD PRODUCTS

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

**20% off**  
**ALL PNW  
PINOT NOIR**

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

## POLAR SPARKLING SELTZER WATER

Assorted Varieties  
8pk/12oz

**4 for \$10**

**SAVE \$2.99 ea**



## CHOBANI HIGH PROTEIN YOGURT

Assorted Varieties  
6.7oz

**3 for \$5**

**SAVE \$3.49 ea**



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



## Three Sisters Nixtamal

If you haven't tried Three Sisters Nixtamal's tortillas, masa, or chips, now's the time. A New Seasons partner since 2013, they craft scratch-made favorites locally with USDA-Certified Organic corn—no preservatives, additives, or shortcuts.

Rooted in ancestral practices, their name honors the traditional polyculture of corn, beans, and squash—symbolizing sustainability, nourishment, and balance. Find them at your neighborhood New Seasons.



## MEAT & SEAFOOD

### MARY'S BONE-IN SPLIT CHICKEN BREASTS

A versatile option that's great baked or on the grill. Always air-chilled for the best flavor.

**\$4<sup>99</sup><sub>lb</sub>**

**SAVE \$1lb**



### ALL SCALLOPS

Responsibly sourced chemical-free dry bay and sea scallops, available fresh and frozen.

**30%  
off**



### NEW SEASONS ALL HOUSE-MADE MEATBALLS

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

**\$8<sup>99</sup><sub>lb</sub>**

**SAVE \$1lb**



### KENAI-RED FISH COMPANY WILD SOCKEYE LOX

Sustainably wild-caught Alaskan sockeye, smoked in micro batches for a lightly smoky, European-style lox. **3oz**

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

**SAVE \$2ea**



## FLORAL

### LOCAL MARIGOLDS

A fall classic, locally grown and full of vibrant color.

**PNW  
LOCAL**



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

**SAVE \$2ea**

## PNW LOCAL PRODUCE

### ORGANIC HARD SQUASH

Delicious baked or roasted and served as a healthy side. Grown in OR and WA.

**PNW  
LOCAL**

**\$1<sup>49</sup><sub>lb</sub>**

**SAVE 50¢lb**



### DECORATIVE GOURDS AND MINI PUMPKINS

A great way to add fall flair to your home. From West Union Gardens in Hillsboro, OR.

**PNW  
LOCAL**

**\$1<sup>99</sup><sub>lb</sub>**

**SAVE \$1lb**



### ORGANIC CARROTS

Roast, steam, or serve shaved raw! From Montecucco Farm in Canby, OR.

**PNW  
LOCAL**

**\$1<sup>49</sup><sub>lb</sub>**

**SAVE 50¢lb**



## BAKERY & CHEESE

### SEMIFREDDI'S CROSTINI

Crispy little bites that pull double duty as croutons or crackers. Perfect with dips, soups, or salads. Try Super Garlic or Kalamata Olive.

5oz

**\$4<sup>49</sup>**  
ea  
**SAVE 50¢ea**



### FACE ROCK CREAMERY ASSORTED CHEDDARS

Celebrate Oregon Cheese Month with these flavorful, award-winning cheddars crafted in Bandon, OR. Assorted flavors.

6oz

**Starting at:**  
**\$6<sup>99</sup>**  
ea  
**SAVE \$1ea**



PNW LOCAL

## PREPARED FOODS

### NEW SEASONS BAKED NEW MEXICAN CHILE AND CORN MAC & CHEESE

Our famous mac & cheese, loaded with green chiles and roasted corn.

**\$7<sup>99</sup>**  
lb  
**SAVE \$5lb**



IT'S IN SEASON!

### NEW SEASONS BUTTERNUT TORTELLINI SALAD

Full of fall flavors, this salad features cheese tortellini, roasted leeks, hazelnuts, and butternut squash in a cider vinaigrette.

**\$11<sup>99</sup>**  
lb  
**SAVE \$2lb**



IT'S IN SEASON!

### SCHWARTZ BROTHERS BAKERY PUMPKIN CREAM CHEESE MUFFINS

Decadent pumpkin spice muffins swirled with velvety cream cheese and finished with toasted pumpkin seeds.

4ct

**\$7<sup>99</sup>**  
ea  
**SAVE \$1ea**



PNW LOCAL

### ROTH HAVARTI

Smooth, creamy Havarti in Original or Dill flavor. A delicious choice for sandwiches and cheese boards.

6oz

**\$4<sup>99</sup>**  
ea  
**SAVE \$1ea**



### NIMAN RANCH BEEF PASTRAMI

Uncured beef pastrami with a delicious blend of spices. Sliced thinly in our deli.

**\$18<sup>99</sup>**  
lb  
**SAVE \$2lb**



### ORIGAMI CATERING CUCUMBER AVOCADO ROLL

Featuring English cucumber, avocado, and toasted sesame seeds.

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



PNW LOCAL

## 20% OFF PNW PINOT NOIR

### FORAGER PINOT NOIR

Sustainably farmed and French oak-aged, this refined Pinot Noir shows vibrant black cherry and rose petal, with subtle violet and cedar spice.

750ml

**\$16<sup>79</sup>**  
ea  
**WITH 20% DISCOUNT**



PNW LOCAL

### OVERJOY RESERVE PURPLE HANDS PINOT NOIR

An elegant Pinot Noir from Purple Hands Winery with notes of cherry, raspberry, cassis, baking spice, and a hint of earth. Only at NSM.

750ml

**\$19<sup>99</sup>**  
ea  
**WITH 20% DISCOUNT**



PNW LOCAL

IT'S NEW!

### STYRING VINEYARDS & WINERY SIGNATURE PINOT NOIR

A beautiful Oregon Pinot Noir with bold dark cherry and blackberry flavors complemented by toasted vanilla, floral, and spice notes.

750ml

**\$22<sup>39</sup>**  
ea  
**WITH 20% DISCOUNT**



PNW LOCAL

## BACK TO BUSY? WE'VE GOT YOU.

Save time by shopping online and get the same great prices you find in-store—plus free delivery or pickup on orders \$35+ with code

**EASYDELIVER25**

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Terms apply.

### STOLLER DUNDEE HILLS PINOT NOIR

Crafted from the estate's younger vines, this wonderfully approachable yet structured Pinot Noir offers spiced cherry notes accented by cocoa and warm spice.

750ml

**\$26<sup>39</sup>**  
ea  
**WITH 20% DISCOUNT**



PNW LOCAL

### NORTH VALLEY VINEYARDS PINOT NOIR CLASSIC

An authentically Oregon Pinot Noir—plush, balanced, and expressive. Crafted from five Northern Willamette Valley vineyards and aged a year in French oak, with 10% new barrels.

750ml

**\$29<sup>59</sup>**  
ea  
**WITH 20% DISCOUNT**



PNW LOCAL

### RESONANCE VINEYARD WILLAMETTE VALLEY PINOT NOIR

Owned by Louis Jadot from Burgundy, this wine is elegant and harmonious with blackberry fruits, subtle spice, and a long, satisfying finish.

750ml

**\$35<sup>19</sup>**  
ea  
**WITH 20% DISCOUNT**



PNW LOCAL

## DON'T MISS THIS OFFER

Neighbor Rewards members opted into email or text get a **FREE 24oz jar of New Seasons pasta sauce\*** with a purchase of New Seasons fresh pasta.

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

\*Choice of Pomodoro with Basil, Arrabbiata, Rustic Vodka, Simply Red, and more.





## WELLNESS

### +PlusCBD by CV Sciences CBD PRODUCTS

Save 25% on your favorite CBD products, including liquids, gummies, and topicals.

**25% off**

Pricing includes all discounts.



### CARLSON NUTRITIONAL SUPPLEMENTS

Stock up and save on fish oil and select supplements from Carlson this week.

**30% off**



### WILD CARROT HERBALS BODY AND FACIAL CARE

Locally handcrafted, nutrient-rich body and facial care for soft, moisturized skin.

**25% off**



PNW LOCAL

### BOIRON OSCILLOCOCCINUM

Helps to reduce the duration and severity of flu-like symptoms.

6ct

**\$13.49 ea**

SAVE \$3.50ea



### NOW FOODS VITAMIN D-3 5000IU

Each easy-to-deliver softgel delivers 5,000 IU of vitamin D3.

120sg

**\$9.49 ea**

SAVE \$3.50ea



### MRM NUTRITION WHOLE FOOD ORGANIC FIBER

A blend of insoluble and soluble fibers to support digestive health and regularity.

9.03oz

**\$14.99 ea**

SAVE \$5ea



### SOURCE NATURALS WELLNESS FORMULA

A comprehensive blend of herbs, vitamins, and nutraceuticals that deliver immune, respiratory, and antioxidant defense. Save on select formulas.

45tab

**\$10.99 ea**

SAVE \$7ea



### DERMA E VITAMIN C CONCENTRATED SERUM

Natural skin care rich in vitamins, antioxidants, and botanicals. Save on select facial care this week.

2oz

**\$17.99 ea**

SAVE \$7ea



### SOUTH OF FRANCE LIQUID HAND SOAPS

Moisturizing coconut oil and soothing aloe vera for clean, deeply moisturized skin.

8oz

**\$3.49 ea**

SAVE \$2.50ea



### HERBATINT PERMANENT HAIR COLOR

A permanent, ammonia-free coloring made with organic herbal extracts for a natural tone rich in highlights.

5.75oz

**\$14.99 ea**

SAVE \$5ea



## GROCERY

### TILLAMOOK ICE CREAM PINTS

Assorted Varieties  
1pt

**\$3.99 ea**

SAVE \$1ea



PNW LOCAL

### RUBY JEWEL MINI ICE CREAM SANDWICHES

Assorted Varieties  
3ct

**\$6.99 ea**

SAVE UP TO \$1.80ea



PNW LOCAL

### SO DELICIOUS NON-DAIRY FROZEN DESSERTS

Selected Varieties  
16-18.4oz

**\$5.99 ea**

SAVE UP TO \$1.40ea



### BANZA FROZEN PROTEIN WAFFLES

Assorted Varieties  
7.4oz

**\$4.99 ea**

SAVE \$2.20ea



### CAPPELLO'S FROZEN BISCUITS

Assorted Varieties  
12.1oz

**\$7.99 ea**

SAVE \$2ea



### BLAKE'S FROZEN ENTRÉES

Selected Varieties  
8oz

**BUY 2 GET 1 FREE**

SAVE \$4.99 ON 3



Available in-store only

### DEEP INDIAN KITCHEN KATI STREET WRAPS

Assorted Varieties  
5oz

**2 for \$7**

SAVE \$1.49ea



### BEECHER'S HANDMADE CHEESE FROZEN ENTRÉES

Selected Varieties

**10% off**



PNW LOCAL



## GROCERY

### A NEW KIND OF SODA

When it comes to refreshment, sometimes only a soda will do. Reach for an OLIPOP. It's a New Kind of Soda - with high fiber, low sugar and supports digestive health.



**OLIPOP PREBIOTIC SODA**  
Selected Varieties  
4pk/12oz  
**\$7.99<sup>ea</sup>**  
**SAVE \$2<sup>ea</sup>**

**BEGOAT CLEAN ENERGY DRINK**  
Assorted Varieties  
12oz

**PNW LOCAL**



**2 for \$4**  
**SAVE 99<sup>ea</sup>**

**HALFDAY PREBIOTIC ICED TEA**  
Assorted Varieties  
12oz



**BUY 1 GET 1 FREE**  
**SAVE \$2.79 ON 2**

**KETTLE BRAND POTATO CHIPS**  
Selected Varieties  
6.5-7.5oz

**PNW LOCAL**



**2 for \$7**  
**SAVE \$1.39<sup>ea</sup>**

**G.H. CRETORS POPCORN**  
Assorted Varieties  
6.5-8oz



**\$3.99<sup>ea</sup>**  
**SAVE \$1.70<sup>ea</sup>**

**BETTER WITH BUCKWHEAT CRACKERS**  
Assorted Varieties  
4.25oz



**\$4.69<sup>ea</sup>**  
**SAVE \$1<sup>ea</sup>**

**SNACK FACTORY PRETZEL CRISPS**  
Selected Varieties



**20% off**

**SCHÄR GLUTEN-FREE SNACKS**  
Selected Varieties



**20% off**

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



**\$5.99<sup>ea</sup>**  
**SAVE \$1.80<sup>ea</sup>**

**BONNE MAMAN TARTLETS**  
Assorted Varieties  
4.41-4.76oz



**\$6.99<sup>ea</sup>**  
**SAVE \$1.20<sup>ea</sup>**

**SNACK FACTORY PRETZEL CRISP BITES**  
Assorted Varieties  
9oz



**\$4.79<sup>ea</sup>**  
**SAVE \$1.20<sup>ea</sup>**

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



**2 for \$4**  
**SAVE 49<sup>ea</sup>**

**BEYOND GOOD CHOCOLATE BAR**  
Assorted Varieties  
2.64oz



**BUY 1 GET 1 FREE**  
**SAVE \$4.89 ON 2**

**UNREAL CHOCOLATE SNACKS**  
Selected Varieties  
3.2-5oz



**\$5.99<sup>ea</sup>**  
**SAVE \$1.60<sup>ea</sup>**

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



**2 for \$5**  
**SAVE 89<sup>ea</sup>**

## BULK

**SUNRIDGE FARMS CASHEWS**  
Selected Varieties



**10% off**

**MARICH CONFECTIONERY CELESTIAL SOURS**



**\$7.99<sup>lb</sup>**  
**SAVE \$2<sup>lb</sup>**

**EQUAL EXCHANGE ORGANIC COFFEE**  
Selected Varieties

**PNW LOCAL**



**\$14.99<sup>lb</sup>**  
**SAVE \$2<sup>lb</sup>**

**HUMMINGBIRD WHOLESALE ORGANIC AWAKENED PUMPKIN SEEDS**

**PNW LOCAL**



**\$15.99<sup>lb</sup>**  
**SAVE \$2<sup>lb</sup>**

## GROCERY

**MEZZETTA  
PASTA  
SAUCE**  
Assorted Varieties  
24.5-25oz



**\$5<sup>49</sup>**  
ea  
**SAVE \$1.10ea**

**BIONATURAE  
ORGANIC  
TOMATOES**  
Selected Varieties



**20%**  
off

**LA TOURANGELLE  
ORGANIC  
EXTRA VIRGIN  
OLIVE OIL**  
25.4oz



**\$19<sup>99</sup>**  
ea  
**SAVE \$10ea**

**JEFF'S GARDEN  
OLIVES**  
Assorted Varieties  
5.5-7.5oz



**\$6<sup>99</sup>**  
ea  
**SAVE \$2ea**

**SIMPLI  
REGENERATIVE  
ORGANIC BEANS  
OR QUINOA**  
Assorted Varieties



**33%**  
off

**MUSTAPHA'S  
HARISSA  
MOROCCAN  
HOT SAUCE**  
11.64oz



**\$3<sup>99</sup>**  
ea  
**SAVE 70¢ea**

**DR. MCDUGALL'S RIGHT FOODS  
SOUP CUPS**  
Selected Varieties  
1.8-2oz



**2 for \$5**  
**SAVE 69¢ea**

**MAYA KAIMAL  
ORGANIC EVERYDAY  
DAL AND CHANA**  
Selected Varieties  
10oz



**\$4<sup>99</sup>**  
ea  
**SAVE UP TO \$1ea**

**ITHACA  
HUMMUS**  
Selected Varieties  
10oz



**25%**  
off

**TONNINO  
TUNA FILLETS**  
Assorted Varieties  
6.7oz



**\$8<sup>99</sup>**  
ea  
**SAVE UP TO \$3ea**

**HEYDAY CANNING  
BEANS**  
Assorted Varieties  
15oz



**2 for \$7**  
**SAVE \$1.49ea**

**SIMPLY ORGANIC  
SPICES AND  
SEASONINGS**  
Selected Varieties



**20%**  
off

**LAKEWOOD  
ORGANIC  
PINEAPPLE  
JUICE**  
Spicy or Cranberry.  
32oz



**\$9<sup>19</sup>**  
ea  
**SAVE \$1.10ea**

**OATLY  
OATMILK**  
Selected Varieties  
32oz



**\$4<sup>49</sup>**  
ea  
**SAVE UP TO \$1.80ea**

**NUTPODS  
DAIRY-FREE  
CREAMER**  
Selected Varieties  
11.2oz



**2 for \$7**  
**SAVE UP TO \$1.49ea**

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



**\$3<sup>99</sup>**  
ea  
**SAVE UP TO \$2ea**

**PACIFIC RESOURCES INTERNATIONAL  
MANUKA HONEY 200+**  
8oz



**\$19<sup>99</sup>**  
ea  
**SAVE \$3ea**

**JUSTIN'S  
NUT BUTTER**  
Selected Varieties



**20%**  
off

**CROFTER'S ORGANIC  
PREMIUM  
FRUIT SPREAD**  
Assorted Varieties  
16.5oz



**\$5<sup>99</sup>**  
ea  
**SAVE 20¢ea**

**KASHI  
CEREAL**  
Selected Varieties  
13.6-18oz



**\$5<sup>99</sup>**  
ea  
**SAVE \$1.50ea**



## GROCERY

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



**\$5.49**  
ea

**SAVE \$1.30ea**

**CALIFIA FARMS PUMPKIN SPICE OAT BARISTA BLEND**  
1qt



**\$4.49**  
ea

**SAVE \$1.80ea**

**NANCY'S ORGANIC YOGURT**  
Selected Varieties  
32oz

**PNW LOCAL**



**\$5.49**  
ea

**SAVE \$1.40ea**

**COCOJUNE ORGANIC CULTURED COCONUT**  
Pure or Vanilla Unsweetened.  
16oz



**\$7.49**  
ea

**SAVE \$1.70ea**

**LIFEWAY FARMER CHEESE**  
16oz



**\$4.79**  
ea

**SAVE \$1.20ea**

**GRILLO'S PICKLES PICKLES AND SALSAS**  
Selected Varieties  
14oz



**\$3.99**  
ea

**SAVE \$1.70ea**

**CASCADIAN FARM ORGANIC FROZEN FRUIT**  
Assorted Varieties  
8-10oz

**PNW LOCAL**



**2 for \$7**

**SAVE \$3.49ea**

**SIGGI'S PROTEIN PACK YOGURT POUCH**  
Assorted Varieties  
4.5oz



**\$1.79**  
ea

**SAVE UP TO 70¢ea**

**NEW SEASONS ORGANIC APPLE CIDER**  
From Columbia Gorge  
Organic in Hood River, OR.  
1/2gal



**\$7.29**  
ea

**FEATURED**

**CALIFIA FARMS CREAMY REFRESHERS**  
Assorted Varieties  
48oz



**\$4.99**  
ea

**SAVE \$1.80ea**

**PETIT POT FRENCH DESSERTS**  
Selected Varieties  
14oz



**\$7.49**  
ea

**SAVE \$2.50ea**

**PERFECT BAR PROTEIN BARS**  
Selected Varieties  
4ct



**\$8.99**  
ea

**SAVE \$2.40ea**

**NAKED FRUIT JUICE SMOOTHIE**  
Selected Varieties  
15.2oz



**2 for \$6**

**SAVE 99¢ea**

**PRESSED JUICERY COLD-PRESSED JUICE SHOT**  
Assorted Varieties  
2oz



**2 for \$5**

**SAVE \$1.39ea**

**SEATTLE SOURDOUGH BAKING COMPANY SLICED SOURDOUGH ROUNDS**  
Selected Varieties  
24oz

**PNW LOCAL**



**\$5.49**  
ea

**SAVE \$1.50ea**

**SEATTLE INTERNATIONAL BAKING COMPANY BAGELS**  
Assorted Varieties  
5ct

**PNW LOCAL**



**\$3.99**  
ea

**SAVE \$2.50ea**



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Money? Both?  
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Our app makes it easier than ever to quickly order your groceries for pickup or delivery.

Get FREE pickup\* anytime you order \$35 or more online.

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