

# CHOCOLATE & MORE CHOCOLATE

Tony's Chocolonely, Chocolove, Hu, and more—save on select fair trade, local, organic, and dairy-free chocolate!

Really **BIG DEAL**

**50% off**

**CHOCOLATE**

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

## 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 \$2lb

## ORGANIC STRAWBERRY PINTS

Sweet, juicy, and ready for your smoothies, snack plates, and bakes. From Western Veg-Produce in Bakersfield, CA.



**\$4.99**  
ea  
SAVE \$1ea

## GARDENING EVENT

WESTWIND GARDENS  
**ALL ORGANIC VEG  
& HERB STARTS**

PNW LOCAL

Fresh starts for your edible garden, locally grown in Forest Grove, OR.

**25%**  
off



## OATLY OATMILKS AND CREAMERS

Selected Varieties  
32-64oz



**\$4.99**  
ea  
SAVE UP TO \$3ea

## CARBONE PASTA SAUCE

Assorted Varieties  
24oz



**\$6.99**  
ea  
SAVE UP TO \$3.30ea

## URBAN PIE PIZZA CO. FROZEN PIZZA

Assorted Varieties  
16.7-20.45oz



**\$9.99**  
ea  
SAVE \$4ea

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)

# WHAT WE'RE loving

## Spring Herbs

From pasta to eggs to tacos, fresh spring herbs add a burst of flavor to just about anything.

Head to our latest blog, [newseasonsmarket.com/herbs-101](http://newseasonsmarket.com/herbs-101) for pairing ideas, seasonal must-haves, storage tips, and a simple recipe to tie it all together.



Really BIG DEAL

## WHOLE HALIBUT PRESALE!

Reserve your sustainably wild-caught whole halibut now for pick-up during our annual Whole Halibut Sale, Saturday, May 2, 9am-5pm.

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

We'll cut and wrap any way you like!

### MEAT & SEAFOOD

#### MARY'S HEIRLOOM WHOLE FRYER

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



\$3<sup>99</sup> lb

SAVE 60¢/lb

#### ROCKFISH FILLET

Sustainably wild-caught off the OR and WA coast. Delicious pan-seared or baked.

PNW LOCAL



\$7<sup>99</sup> lb

SAVE \$2/lb

### GARDENING EVENT

#### SEED PACKS

Get your garden going with seeds from Redwood Seeds, The Plant Good Seed Company, and Hudson Valley Seed Company.



25% 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> lb

SAVE \$1/lb

#### BLACK COD FILLET

Sustainably wild-caught locally and full of rich, buttery flavor with a silky, delicate texture.

PNW LOCAL



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

SAVE \$3/lb

### GARDENING EVENT

#### ESPOMA ALL GARDENING SUPPLIES

Save on soil, compost, fertilizer, and more.



25% off

### PRODUCE

#### ORGANIC COSMIC CRISP APPLES

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

PNW LOCAL



\$3<sup>49</sup> lb

SAVE 50¢/lb

#### JOSIE'S ORGANICS SALAD KITS

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



\$5<sup>99</sup> ea

SAVE \$1/ea

#### ORGANIC YELLOW ONIONS

Perfect for your spring soups and casseroles. From Columbia Basin Onion in Hermiston, OR.

PNW LOCAL



\$3<sup>99</sup> ea

SAVE 50¢/ea

## BAKERY & CHEESE

### NEW SEASONS GARLIC BREAD

Made in-house and ready to bake. Serve with pasta, fresh salads, or charcuterie.



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

SAVE \$1lb

### ALTA LANGA ROBIOLINA

A fresh Italian cheese with rich flavor and a soft, creamy texture.  
3oz



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

SAVE \$1ea

## PREPARED FOODS

### NEW SEASONS BAKED ZITI WITH ITALIAN SAUSAGE

Locally made ziti layered with marinara, Italian sausage, and a generous mix of melty cheeses.



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

SAVE \$3lb

### NEW SEASONS BEET SALAD WITH ARUGULA AND GOAT CHEESE

Diced beets, arugula, and goat cheese in a champagne vinaigrette.



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

SAVE \$3lb

### SCHWARTZ BROTHERS BAKERY SHORTBREAD MINI TARTS

PNW LOCAL

Buttery shortbread crust with a smooth filling and streusel topping. Choose from Lemon and Blueberry.  
12oz



**\$7<sup>49</sup>**  
ea

SAVE \$2ea

### CYPRESS GROVE HUMBOLDT FOG

An American original with a bright, approachable flavor that pairs wonderfully with spring flavors.



**\$24<sup>99</sup>**  
lb

SAVE \$7lb

### NEW SEASONS THREE BEAN SALAD

Garbanzo, kidney, and pinto beans tossed with green cabbage, mint, and a touch of garlic.



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

SAVE \$3lb

### NEW SEASONS FICELLE SANDWICHES

PNW LOCAL

Choose from ham & brie, turkey cheddar, caprese, or salami provolone—available in our grab & go.



**\$6<sup>49</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.

### A TO Z WINeworks PINOT GRIS AND ROSÉ

Bright, fruit-forward, and easy to love, with crisp acidity and a smooth, silky finish. The perfect wines for spring!  
750ml



PNW LOCAL



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

SAVE UP TO \$6ea

### PARTNERS IN CRIME ORGANIC MALBEC

Rich and medium-bodied with notes of violet, prune, and spice, framed by velvety soft tannins. Enjoy with grilled meats, veggies, and charcuterie.  
750ml



ONLY AT NSM

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

SAVE \$2ea

### HOPWORKS BREWERY SELECT 6-PACKS

The exceptional core lineup from this fellow B Corp is a must for sunny days. Try the new Huckleberry Cream Ale.  
6pk/12oz



PNW LOCAL



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

SAVE \$3ea

### DOMAINE BOUSQUET ORGANIC RED BLEND

A certified organic blend of Malbec, Cabernet Sauvignon, and Cabernet Franc, offering pure black and raspberry fruit with a fresh palate of violets, herbs, and spice.  
750ml



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

SAVE \$2ea

## FRESH FINDS, FAST!

Shop all your spring favorites online for delivery or pickup—and get \$10 off an online order of \$50+ with code **SPRINGSVER10**

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

Powered by **instacart**

Terms apply.

## DON'T MISS THIS OFFER!

Neighbor Rewards members opted in to email or text get a FREE reusable bag\* with a purchase of \$10 or more.

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

\*Offer valid on select bags only



## WELLNESS

**Really BIG DEAL**

**PRE-SHOP OUR ANNUAL BODY CARE SALE!**

Reserve your 25% off all skincare, oral care, soaps, sunscreen, and more—even sale items! We'll set aside your goodies and have them ready for pick-up during the sale, April 22 – 28.

**NOW THROUGH APRIL 21**

Exclusions apply. Limited to stock on hand. No additional case discounts.

### SOLGAR NUTRITIONAL SUPPLEMENTS

Save on multivitamins, magnesium, probiotics, and more.

**25% off**



### MEGAFOOD VITAMINS AND SUPPLEMENTS

Stock up on multivitamins, probiotics, iron support, and more!

**30% off**



### HOST DEFENSE MUSHROOMS STAMETS 7

**PNW LOCAL**

A daily formula for immune support. Save on select formulas this week.

**25% off**



### OREGON'S WILD HARVEST MILK THISTLE DANDELION

Supports a healthy liver. 90vc

**\$26<sup>99</sup> ea**  
SAVE \$10ea



### NOW FOODS NAC 600MG

Helps support the body's production of glutathione. 100cap

**\$14<sup>99</sup> ea**  
SAVE \$7ea



### NATRACARE MENSTRUAL CARE

Organic, biodegradable, and chemical-free. Save on select menstrual products.

**20% off**



### KOKORA REGENERATIVE ASHWAGANDHA

Save on select USDA Certified Organic and ROC Organic Regenerative certified formulas. 60cap

**\$25<sup>99</sup> ea**  
SAVE \$13ea



### THE UNSCENTED COMPANY HAND AND BODY LOTION

Fast-absorbing for soft, moisturized skin without a greasy feel. 16.9oz

**\$11<sup>99</sup> ea**  
SAVE \$5ea



### MRM NUTRITION WHOLE FOOD ORGANIC FIBER

Supports digestive health and regularity with minimal bloating. 9.03oz

**\$15<sup>99</sup> ea**  
SAVE \$11ea



### BLOOM D3 & K2

Each dose delivers 2500 IU of vitamin D3 with added vitamin K2 for bone and cardiovascular support. 60vc

**\$10<sup>99</sup> ea**  
SAVE \$6ea



## GROCERY

### A BETTER SCOOP

Alec's Ice Cream hits all the sweet notes—ultra creamy, wildly delicious, and made with organic A2 dairy and certified regenerative organic cane sugar.

### ALEC'S ICE CREAM ORGANIC ICE CREAM

Selected Varieties 14oz

**BUY 1 GET 1 FREE**  
SAVE \$9.89 ON 2



### COLUMBIA FRUIT FROZEN FRUIT

Selected Varieties 40oz

**\$11<sup>99</sup> ea**  
SAVE UP TO \$2.50ea



### GREENFIELD NATURAL MEAT CO. EGG BITES

Bacon or Spinach & Red Pepper. 4ct

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



### SIMPLY SO ORGANIC RICE

Assorted Varieties 20oz

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



### DARING FOODS PLANT-BASED CHICKEN

Assorted Varieties 8oz

**\$6<sup>99</sup> ea**  
SAVE \$1.50ea



### BREAKFAST, SIMPLIFIED

Meet Evergreen Thick & Fluffy Waffles. A better kind of frozen breakfast, made with simple ingredients for a golden, fluffy texture that tastes homemade.

### EVERGREEN FROZEN WAFFLES

Assorted Varieties 4-9ct

**\$5<sup>99</sup> ea**  
SAVE \$1ea



# GROCERY

## GIMME GRAB & GO ROASTED SEAWEED SNACKS

Assorted Varieties  
5ct



**\$4.99**  
ea  
SAVE \$1.20ea

## BARE SNACKS ORGANIC APPLE CHIPS

Assorted Varieties  
3oz



**\$6.99**  
ea  
SAVE 90¢ea

## PAN'S MUSHROOM JERKY PLANT-BASED JERKY

Assorted Varieties  
2.2oz

PNW LOCAL



BUY 1 GET 1  
**FREE**  
SAVE \$9.19 ON 2

## PARMCRISPS CHEESE SNACK

Assorted Varieties  
1.75oz



BUY 1 GET 1  
**FREE**  
SAVE \$4.79 ON 2

## BEAR FRUIT ROLLS

Assorted Varieties  
5ct



**\$5.49**  
ea  
SAVE UP TO \$1.30ea

## PISTAKIO PISTACHIO SPREAD

Creamy or Crunchy.  
8oz



**\$13.99**  
ea  
SAVE \$2ea

## ONCE UPON A FARM BABY FOOD AND KIDS' SNACKS

Selected Varieties

1% GIVEBACK



**20%**  
off

## DARRELL LEA SOFT AUSTRALIAN LICORICE

Selected Varieties  
7oz



**\$2.99**  
ea  
SAVE UP TO \$1ea

## NORA SNACKS SEAWEED SNACKS

Assorted Varieties  
1.13-1.6oz



**2 for \$6**  
SAVE \$1.19ea

## TRUVANI THE ONLY BAR

Selected Varieties  
1.76oz



**2 for \$4**  
SAVE 89¢ea

## TRUBAR PLANT-BASED PROTEIN BARS

Selected Varieties  
5pk/1.76oz



**\$8.99**  
ea  
SAVE \$2.80ea

## DARE CRACKERS

Assorted Varieties  
4.76-7.9oz



**\$3.99**  
ea  
SAVE \$1ea

## YERBA MADRE ORGANIC YERBA MATE

Assorted Varieties  
15.5oz



**2 for \$6**  
SAVE UP TO \$1.49ea

## STEAZ ORGANIC GREEN TEA

Assorted Varieties  
16oz



**2 for \$4**  
SAVE 79¢ea

## LIQUID DEATH SPARKLING WATER

Selected Varieties  
6pk/12oz



**\$6.99**  
ea  
SAVE \$2.20ea

## WET HYDRATION FUNCTIONAL WELLNESS WATER

Assorted Varieties  
12oz



**2 for \$4**  
SAVE 79¢ea

# PNW LOCAL BULK

## HUMMINGBIRD WHOLESALE ORGANIC BEANS

Assorted Varieties

PNW LOCAL

1% GIVEBACK

**\$2.99**  
lb  
EVERYDAY VALUE

## HUMMINGBIRD WHOLESALE ORGANIC QUINOA

Assorted Varieties

PNW LOCAL

1% GIVEBACK

**\$5.99**  
lb  
EVERYDAY VALUE

## NOSSA FAMILIA COFFEE COFFEE

Selected Varieties

PNW LOCAL

1% GIVEBACK

**\$15.99**  
lb  
SAVE \$3lb

## HUMMINGBIRD WHOLESALE ORGANIC AWAKENED SALTED PECANS

Assorted Varieties

PNW LOCAL

1% GIVEBACK

**\$23.99**  
lb  
SAVE \$2lb

# GROCERY

**COAVA COFFEE ROASTERS**  
**COFFEE**  
Selected Varieties  
10.58oz

**PNW LOCAL**



**\$14.99**  
ea  
SAVE \$2ea

**HOOD RIVER COFFEE ROASTERS**  
**WHOLE BEAN COFFEE**  
Assorted Varieties  
12oz

**PNW LOCAL**



**\$15.99**  
ea  
SAVE UP TO \$4ea

**CASCADIAN FARM ORGANIC GRANOLA**  
Selected Varieties  
11oz

**PNW LOCAL**



**\$4.99**  
ea  
SAVE 70¢ea

**ONE DEGREE ORGANIC FOODS SPROUTED GRANOLA**  
Selected Varieties  
11oz



**\$5.99**  
ea  
SAVE \$1.90ea

**COOMBS FAMILY FARMS ORGANIC MAPLE SYRUP**  
Selected Varieties  
8oz



**\$11.99**  
ea  
SAVE \$2ea

**CB'S NUTS PEANUT BUTTER**  
Selected Varieties



**20%**  
off

**ORGANIC INDIA TULSI TEA**  
Selected Varieties  
18ct

**1% GIVEBACK**



**\$4.99**  
ea  
SAVE \$3ea

**PG TIPS TEA**  
40ct



**\$5.99**  
ea  
SAVE \$1.20ea

**BEYOND GOOD VANILLA**  
Assorted Varieties

**1% GIVEBACK**



**20%**  
off

**FRONTIER CO-OP SPICES, SEASONINGS AND EXTRACTS**  
Selected Varieties

**1% GIVEBACK**



**20%**  
off

**EMERALD COVE DRIED SEAWEED**  
Selected Varieties



**20%**  
off

**LUNDBERG FAMILY FARMS RICE**  
Selected Varieties

**1% GIVEBACK**



**20%**  
off

**LUCINI ITALIA EXTRA VIRGIN OLIVE OIL**  
Selected Varieties  
25.4oz



**\$42.99**  
ea  
SAVE \$10ea

**CHOSEN FOODS AVOCADO OILS AND CONDIMENTS**  
Selected Varieties



**20%**  
off

**TIA LUPITA FOODS MEXICAN CHILE CRUNCH OR HOT SAUCE**  
Selected Varieties



**20%**  
off

**SAFE CATCH TUNA**  
Selected Varieties



**20%**  
off

**PACIFIC FOODS ORGANIC SOUP**  
Assorted Varieties  
32oz

**PNW LOCAL**



**\$3.99**  
ea  
SAVE \$1ea

**PACIFIC FOODS ORGANIC BROTH**  
Selected Varieties  
32oz

**PNW LOCAL**



**2 for \$7**  
SAVE 69¢ea

**BIOBAG COMPOSTABLE FOOD SCRAP BAGS**  
Assorted Varieties  
12-25ct



**\$4.99**  
ea  
SAVE UP TO \$2.30ea

**KOALA ECO CLEANING PRODUCTS**  
Selected Varieties  
16.9oz



**\$9.99**  
ea  
SAVE \$1.50ea

# GROCERY

**SUJA ORGANIC COLD-PRESSED JUICE**  
Selected Varieties  
12oz



**2 for \$7**  
SAVE \$1.09ea

**WTRMLN HYDRATING BEVERAGE**  
Selected Varieties  
12oz



**2 for \$7**  
SAVE 79¢ea

**GREENFIELD NATURAL MEAT CO. LUNCH KIT**  
Assorted Varieties  
2.9oz



**2 for \$6**  
SAVE 99¢ea

**STUMPTOWN COFFEE ROASTERS COLD BREW**  
Selected Varieties



**30% off**

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



**\$5.99 ea**  
SAVE \$1.20ea

**SO DELICIOUS COCONUTMILK YOGURT**  
Assorted Varieties



**20% off**

**THE GREEK GODS GREEK YOGURT**  
Assorted Varieties  
24oz



**\$3.99 ea**  
SAVE \$1.30ea

**STONYFIELD KIDS ORGANIC YOGURT**  
Selected Varieties



**20% off**

**LUCKY FOODS PICO DE KIMCHI**  
Assorted Varieties  
9.5oz



**\$4.99 ea**  
SAVE \$1.30ea

**WILDWOOD ORGANIC TOFU**  
Selected Varieties



**20% off**

**GREEN VALLEY CREAMERY LACTOSE-FREE DAIRY PRODUCTS**  
Selected Varieties



**20% off**

**NEW SEASONS PASTURE-RAISED EGGS**  
From Wilcox Family Farms in Aurora, OR.  
1doz



**\$6.59 ea**  
FEATURED

## SIMPLY DELICIOUS

When it comes to Greek yogurt, Nounós is the real deal—made with A2 milk and packed with protein and billions of probiotics, all with less sugar.

**NOUNÓS CREAMERY GREEK STRAINED YOGURT**  
Assorted Varieties  
5.3oz



**2 for \$4**  
SAVE \$1.49ea

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



**\$4.99 ea**  
SAVE \$2ea

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



**\$4.99 ea**  
SAVE \$3ea

## EARTH MONTH: 1% FOR HEALTHY SOIL



Over 60 brands are donating 1% of sales in April to help fund local climate-smart farming projects with Zero Foodprint.

Look for this logo on products all throughout the store.



Learn more at [newseasonsmarket.com/earth-month](http://newseasonsmarket.com/earth-month)