

YOU'RE IN LUCK!

We've got St. Patrick's Day covered with fork-tender corned beef, local stout, house-baked soda bread, and so much more.



**CORNER
BEEF**

Starting at:
\$9.99
lb

**GUINNESS
4-PACK CANS**

Choose from Pub Draught and Non-Alcoholic options.
4pk/14.9oz



\$11.99
ea

SAVE UP TO \$2ea

MANDARINS

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



\$5.99
ea

SAVE \$2ea

**LESSER EVIL
ORGANIC
POPCORN**

Selected Varieties
4.6-6.4oz



2 for \$7

SAVE \$1.09ea

**MUIR GLEN
ORGANIC
TOMATOES**

Selected Varieties
14.5-15oz



**BUY 1 GET 1
FREE**

SAVE \$3.99 ON 2

**BLUE DIAMOND
ALMOND
BREEZE**

Selected Varieties
59-64oz



2 for \$7

SAVE 79¢ea

Really **BIG DEAL**

30%
off

SELECT
**FROZEN FRUITS,
VEGGIES, POTATOES**

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

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

Colcannon with Bacon

A tasty St. Patrick's Day side with creamy potatoes, tender cabbage, and crispy bacon for a salty, savory crunch.

Ingredients

- 3 lbs Russet potatoes, peeled and diced
- 1 – 12oz package of New Seasons Bacon
- 2 cups sliced cabbage
- 1 leek, thinly sliced
- ½ cup New Seasons Whole Milk
- 3 tbsp New Seasons Butter
- Salt and pepper, to taste

Directions

1. Boil potatoes in salted water until fork-tender, about 15 mins. Drain and return to the pot.
2. Meanwhile, cook bacon in a skillet until crispy. Pour off most of the fat, leaving about 1 tbsp. Add cabbage and cook for 5 min, then stir in leeks and cook until tender.
3. Mash potatoes with milk and butter until smooth. Fold in the bacon and cabbage mixture and season with salt and pepper.
4. Top with butter and serve.



MEAT & SEAFOOD

MARY'S ORGANIC WHOLE FRYER CHICKENS

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



\$3⁹⁹
lb

SAVE 60¢/lb

DOVER SOLE FILLET

Sustainably harvested with a light and mild flavor. Delicious sautéed for a quick, easy meal.

PNW LOCAL



\$9⁹⁹
lb

SAVE \$1/b

FLORAL

WESTWIND GARDENS ORGANIC JUMBO VEG STARTS

Get a jump on your garden with first-of-the-season, locally grown organic veggie starts.

PNW LOCAL



\$4⁹⁹
ea

SAVE \$1/ea

BEELER'S PURE PORK BONE-IN PORK CHOPS

Vegetarian-fed pork with no antibiotics ever.



Starting at:

\$4⁹⁹
lb

SAVE \$1/b

ULTRA NATURAL PEELED AND DEVEINED SHRIMP

Sustainably farm-raised, Fair Trade Certified, and great for an easy weeknight meal.

51/60ct



\$12⁹⁹
lb

SAVE \$1/b

ST. PATRICK'S DAY BOUQUET

A lovely and lively holiday bunch featuring white and green blooms.



\$23⁹⁹
ea

SAVE \$1/ea

ORGANIC PRODUCE

ORGANIC ENVY APPLES

Firm, crisp, and super sweet. From Oppy Growers in Wenatchee, WA.

PNW LOCAL



\$2⁹⁹
lb

SAVE \$1/b

ORGANIC YELLOW POTATOES

Great for soup, mashers, or Shepherd's pie! From Cal-Ore Potatoes in Klamath Falls, OR.

PNW LOCAL



\$1⁴⁹
lb

SAVE \$1/b

ORGANIC GREEN CABBAGE

A must-have with corned beef and potatoes. From Braga Fresh in Salinas, CA.



\$1⁴⁹
lb

SAVE 50¢/lb

BAKERY & CHEESE

NEW SEASONS IRISH SODA BREAD
It's back! Made from scratch by our talented bakers, with a slightly tangy bite and a subtly sweet finish.



\$5⁹⁹
ea
FEATURED

KERRYGOLD IRISH CHEESES
Rich and flavorful, these Irish classics are perfect for pairing with crusty bread, beer, or cider.
7oz



\$7⁹⁹
ea
SAVE \$1ea

NEW SEASONS CORNED BEEF
House-made and ready for your holiday celebration.



\$19⁹⁹
lb
SAVE \$3lb

NEW SEASONS THREE BEAN SALAD
Garbanzo, kidney, and pinto beans tossed with green cabbage, mint, and a touch of garlic.



\$8⁹⁹
lb
SAVE \$3lb

MARSEE BAKING CHOCOLATE STOUT CAKE
Rich chocolate cake brushed with dark stout, frosted in chocolate, and finished with a layer of ganache.
7in

PNW LOCAL



\$37⁹⁹
ea
SAVE \$2ea

BELGIOIOSO THIN-SLICED FRESH MOZZARELLA
Thinly sliced and ready for pizza night, Caprese, or a stacked sandwich.
16oz



\$9⁴⁹
ea
SAVE \$1.50ea

LAURETTA JEAN'S CHICKEN POT PIE
A comfort-food classic made locally in an all-butter herbed crust.

PNW LOCAL



\$8⁹⁹
ea
SAVE \$3ea

NEW SEASONS BROCCOLI CHOP SALAD
A crisp, lemony chop salad with shaved broccoli, kale, green cabbage, and a kick of sweet-hot peppers.



\$9⁹⁹
lb
SAVE \$3lb

BEER & WINE

MIX & MATCH

10% off
6 bottles of wine
20% off
12 or more bottles of wine

*Offer available in-store only.

ANCESTRY BREWING COMPANY DARK IRISH LAGER
A dark garnet lager with chocolate, stone fruit, and caramel malt flavors.
4pk/16oz

PNW LOCAL



\$13⁹⁹
ea
SAVE \$6ea

BLOCK 15 BREWING CHARMED LIFE IRISH RED ALE
With a deep ruby hue and velvety malt backbone, Charmed Life delivers a taste of Irish brewing tradition in every sip.
4pk/16oz

PNW LOCAL



\$14⁹⁹
ea
SAVE \$1ea

YONDER CIDER DRY HARD CIDER
Crafted with locally grown sweet apples and bittersweet cider apples, this dry hard cider shines on its own or mixed with Guinness for a classic Snakebite.
16oz

PNW LOCAL



2 for \$7
SAVE 49¢ea

SULLIVAN'S IRISH ALES
Irish ales brewed in small batches with locally sourced ingredients. The refreshingly balanced, ruby tinted Maltings Irish Red Ale combines rich biscuit and gentle caramel notes.
4pk



\$14⁹⁹
ea
SAVE \$4ea

IT SAVES TO SHOP ONLINE

Find all your favorite in-store items online, and get free delivery or pickup on orders of \$35+ with code

SHOPONLINE26

shop.newseasonsmarket.com

Powered by **instacart**

Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members who are opted in to email or text get 30% off Coho salmon fillets.*

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

*Offer only includes Coho salmon fillets from the seafood department



WELLNESS

GARDEN OF LIFE NUTRITIONAL SUPPLEMENTS

Save 30% on select products, including collagen, proteins, probiotics, and more.



30% off

UNCLE HARRY'S ORAL CARE

Earth-friendly oral care made with minimally processed food-grade ingredients.



25% off

VITAL BODY THERAPEUTICS TOPICAL CBD

Save on select CBD creams and balms, specifically formulated to soothe and relax sore muscles.



30% off

HUMBLE BRANDS BODY CARE

Save 30% on your favorite soaps, deodorants, and lip balms this week.



30% off

AVALON ORGANICS HAIR CARE

Certified organic formulas made with plant-based botanicals and essential oils. Save on select sizes and formulas.



30% off

NATURAL FACTORS TRANQUIL SLEEP

Supports relaxation and restful sleep. Great savings on select sizes.

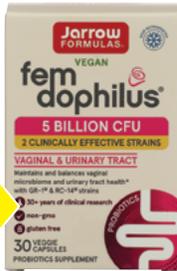


\$6.79 ea

SAVE \$4.20ea

JARROW FORMULAS FEM DOPHILUS

Clinically researched probiotics to maintain microbiome and urinary-tract health. 30vc



\$19.99 ea

SAVE \$10ea

NOW FOODS BIOTIN 5000MCG

Helps to support healthy skin, hair, and nails. 60vc



\$6.49 ea

SAVE \$3.50ea

MRM NUTRITION CREATINE MONOHYDRATE 325G

Each serving delivers 5 grams of creatine to support muscle growth and recovery. Save on select sizes. 325g



\$18.99 ea

SAVE \$16ea

MOLLY MURIEL WARM & WOODSY SOAP

Made with cedarwood and thuja pure essential oils. 5oz



\$4.99 ea

SAVE \$1.50ea

GROCERY

BLAKE'S FROZEN SINGLE-SERVE MEALS

Selected Varieties 8oz



\$3.99 ea

SAVE \$1.20ea

BEECHER'S HANDMADE CHEESE FROZEN ENTREES

Selected Varieties 9oz



\$6.99 ea

SAVE UP TO \$1.20ea

KIDFRESH CHICKEN NUGGETS OR MEATBALLS

Selected Varieties



20% off

CAULIPOWER PIZZAS AND CHICKEN

Assorted Varieties



20% off

JONNYPOPS FROZEN POPS

Selected Varieties



20% off

ANNIE'S FROZEN PIZZA SNACKS

Assorted Varieties



20% off

RUDI'S ROCKY MOUNTAIN BAKERY GLUTEN-FREE BREAD AND SANDWICHES

Assorted Varieties



20% off

APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties 16oz



\$11.99 ea

SAVE \$3ea

GROCERY

JACKSON'S POTATO CHIPS
Selected Varieties
5oz



2 for \$7
SAVE \$1.29ea

PIRATE'S BOOTY SNACKS
Selected Varieties



20% off

SAHALE SNACKS SNACK MIX
Selected Varieties
4oz



BUY 1 GET 1 FREE
SAVE \$6.89 ON 2

INKA CROPS SNACKS
Selected Varieties
4oz



2 for \$5
SAVE UP TO \$2.29ea

GIMME ROASTED SEAWEED SNACKS
Selected Varieties
6ct



\$5.99 ea
SAVE \$2ea

EPIC MEAT STRIPS
Selected Varieties
.8oz



2 for \$4
SAVE 99¢ea

SENSIBLE PORTIONS VEGGIE SNACKS
Selected Varieties
4.25-5oz



\$3.99 ea
SAVE \$1.30ea

KIND BARS
Selected Varieties
5-10ct



\$10.99 ea
SAVE \$3ea

BIGELOW TEA
Selected Varieties
18-20ct



BUY 1 GET 1 FREE
SAVE \$4.29 ON 2

BAHLEN COOKIES AND WAFERS
Assorted Varieties
3.5-4.4oz



\$5.99 ea
SAVE UP TO \$2.70ea

ONE BRANDS PROTEIN BAR
Assorted Varieties
2.12oz



2 for \$5
SAVE 89¢ea

TCHO CHOCOLATE BAR
Selected Varieties
2.1oz



\$3.99 ea
SAVE 60¢ea

CLEAN CAUSE YERBA MATE
Assorted Varieties
15.5-16oz



2 for \$5
SAVE 89¢ea

MELTING FOREST SPARKLING ADAPTOGENIC DRINK
Assorted Varieties
12oz



2 for \$7
SAVE 89¢ea

POLAR SPARKLING SELTZER WATER
Selected Varieties
1L



4 for \$5
SAVE 54¢ea

C20 COCONUT WATER HYDRATION PACK
8pk/10.5oz



\$10.99 ea
SAVE 40¢ea

BULK

HUMMINGBIRD WHOLESALE ORGANIC BLACK LENTILS



\$4.99 lb
SAVE \$1lb

SUNRIDGE FARMS HIT THE TRAIL MIX



\$12.99 lb
SAVE \$1lb

GLORYBEE ROASTED & SALTED DELUXE MIXED NUTS



\$15.99 lb
SAVE \$2lb

EQUAL EXCHANGE ORGANIC COFFEE



\$15.99 lb
SAVE \$2lb

GROCERY

QUALITY COUNTS

The secret to the best chocolatey treats starts with local, Fair Trade organic chocolate chips from our friends at worker-owned Equal Exchange.

EQUAL EXCHANGE ORGANIC BAKING PRODUCTS

Selected Varieties
8-10oz

\$8⁹⁹
ea
SAVE UP TO \$7ea



CROFTER'S ORGANIC FRUIT SPREAD

Assorted Varieties
10oz

\$4⁹⁹
ea
SAVE 70¢ea



ONCE AGAIN NUT BUTTERS

Selected Varieties

20%
off



BOB'S RED MILL INSTANT OATMEAL

Selected Varieties
6ct

\$4⁹⁹
ea
SAVE UP TO \$1.30ea



SPECTRUM COOKING OILS

Selected Varieties

20%
off



BONAFIDE PROVISIONS ORGANIC BROTH

Selected Varieties
32oz

\$4⁹⁹
ea
SAVE 70¢ea



BOB'S RED MILL OVERNIGHT PROTEIN OATS

Blueberries & Cream or Vanilla Almond.
4ct

\$4⁹⁹
ea
SAVE UP TO \$2.40ea



ZOUP! BONE BROTH

Assorted Varieties
32oz

\$6⁹⁹
ea
SAVE \$1.20ea



MIKE'S MIGHTY GOOD CRAFT RAMEN

Assorted Varieties
1.6-2.4oz

2 for \$4
SAVE 89¢ea



NEAR EAST RICE PILAF, COUSCOUS OR QUINOA

Selected Varieties
4.7-10oz

2 for \$5
SAVE UP TO \$1.39ea



TASTY BITE RICE AND ENTRÉES

Selected Varieties

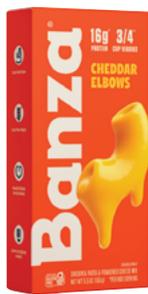
20%
off



BANZA CHICKPEA MAC & CHEESE

Selected Varieties
5.5oz

\$3⁹⁹
ea
SAVE \$1ea



DE CECCO PASTA

Selected Varieties
16oz

2 for \$7
SAVE 69¢ea



BONO PASTA SAUCE

Selected Varieties
24oz

\$8⁹⁹
ea
SAVE \$2.50ea



ANNIE'S ORGANIC SOUP

Assorted Varieties
14-14.3oz

\$3⁹⁹
ea
SAVE 90¢ea



TONNINO TUNA FILLETS

Assorted Varieties
6.7oz

\$8⁹⁹
ea
SAVE \$1.70ea



COLE'S TINNED SEAFOOD

Assorted Varieties

20%
off



DR. BRONNER'S SAL SUDS BIODEGRADABLE CLEANER

32oz

\$13⁹⁹
ea
SAVE \$2.50ea



NEW SEASONS TREE FREE PAPER TOWELS

Created in partnership with Caboo using renewable, panda-friendly bamboo.

3ct

\$12⁹⁹
ea
FEATURED



GROCERY



RESERVE YOUR SPRING FEAST

Reserve your Easter or Passover mains, sides, and desserts now through 10pm on April 2 at newseasonsmarket.com/reserve

BREW DR. ORGANIC KOMBUCHA
Selected Varieties
14oz



2 for \$5
SAVE \$1.09 ea

REMEDY ORGANICS PLANT-BASED WELLNESS SHAKE
Assorted Varieties
12oz



BUY 2 GET 1 FREE
SAVE \$4.99 ON 3

Available in-store only

GT'S LIVING FOODS ALIVE MUSHROOM ELIXIR
Assorted Varieties
16oz



2 for \$7
SAVE 79¢ ea

STUMPTOWN COFFEE ROASTERS COLD BREW
Selected Varieties



20% off

BROWN COW WHOLE MILK YOGURT
Assorted Varieties
5.3oz



4 for \$5
SAVE 24¢ ea

STONYFIELD ORGANIC WHOLE MILK YOGURT
Plain or Vanilla.
32oz



\$5.49 ea
SAVE \$1 ea

NANCY'S KIDS ORGANIC WHOLE MILK YOGURT
Strawberry Banana or Blueberry Spinach.
4ct



\$6.99 ea
SAVE 90¢ ea

CHOBANI GREEK YOGURT
Selected Varieties
32oz



\$6.79 ea
SAVE \$1 ea

BUBBIES PICKLES, HORSERADISH OR SAUERKRAUT
Assorted Varieties



20% off

LIFEWAY FARMER CHEESE
16oz



\$4.99 ea
SAVE \$1 ea

NEW SEASONS ORGANIC FREE-RANGE BROWN EGGS

From free-range hens fed an organic diet at Stiebers Farms in Yelm, WA.
1doz



\$6.49 ea
FEATURED

CALIFIA FARMS CREAMY REFRESHERS
Assorted Varieties
48oz



\$5.99 ea
SAVE 80¢ ea

TRULY GRASS FED BUTTER
Salted or Unsalted.
8oz



\$5.99 ea
SAVE 90¢ ea

FORAGER PROJECT DAIRY-FREE SOUR CREAM
12oz



\$5.99 ea
SAVE 30¢ ea

FRANZ BREAD
Selected Varieties
24oz



BUY 1 GET 1 FREE
SAVE \$6.99 ON 2

SEATTLE INTERNATIONAL BAKING COMPANY BREAD
Selected Varieties
20oz



\$4.99 ea
SAVE \$1.50 ea

Really BIG DEAL

30% off

SELECT FROZEN FRUITS, VEGGIES, POTATOES

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