

HAM IT UP

Elevate your holiday meal with a New Seasons bone-in, boneless, or spiral-cut ham with no antibiotics ever.

Last chance for Easter reservations!
See page 7 for details.

NEW SEASONS HAMS

Starting at:

\$5.49
lb
FEATURED

Really BIG DEALS

BEELER'S PURE PORK BONELESS PORK LOIN ROAST

Humanely raised on a non-GMO diet
with no antibiotics ever.



\$3.99
lb

SAVE \$3lb



ASPARAGUS

Crisp, springy, and delicious added to quiche,
pasta, or stir-fries. Grown in CA.

\$2.99
lb

SAVE \$1lb



TALENTI GELATO OR SORBETTO

Selected Varieties
1pt

BUY 1 GET 1
FREE

SAVE \$7.99 ON 2



NEW SEASONS CAGE-FREE WHITE EGGS

From chickens raised on vegetarian feed with no antibiotics by
Stiebers Farms in Yelm, WA.
18ct

\$4.99
ea

SAVE 50¢ea



DON'T
FORGET
THE
DYE!

EVERYDAY VALUE

Check this spot each week for everyday favorites at great prices you can count on.

NEW SEASONS PARMESAN CHICKEN BREASTS

Made in-house with Mary's chicken and ready to bake or fry for a quick and tasty meal.



\$8⁹⁹_{lb}

EVERYDAY VALUE

ORGANIC MEDIUM YELLOW ONIONS

PNW
LOCAL

A kitchen staple with farm-fresh flavor and quality. From Columbia Basin Onions in Hermiston, OR.



99^c_{lb}

EVERYDAY VALUE

WILD HARVEST ORGANIC BEANS

Selected Varieties
15oz



4 for \$5

EVERYDAY VALUE

BLOOM ORGANIC HEMP HEARTS

An easy and delicious way to add heart-healthy omega-3s to your diet.
12oz



\$13⁹⁹_{ea}

EVERYDAY VALUE

MEAT & SEAFOOD

FRESH!
FIRST OF
THE SEASON
HALIBUT
IS HERE!



CARMAN RANCH 85% LEAN 15% FAT GRASS-FED GROUND BEEF

Regenified verified and humanely pasture-raised locally with no added hormones and no antibiotics ever.



\$9⁹⁹_{lb}

SAVE \$1lb

PNW
LOCAL

YAKOBI FISHERIES COHO SALMON FILLET

Wild-caught during the peak of season and frozen immediately to retain its fresh flavor.



\$18⁹⁹_{lb}

SAVE \$2lb

DIESTEL FAMILY RANCH BONE-IN TURKEY BREAST

The perfect holiday centerpiece, humanely raised with no antibiotics ever.



\$7⁹⁹_{lb}

SAVE \$1lb

10% off
ALL SALMON
LOX

Available in the seafood grab & go case.
While supplies last.

NEW SEASONS HAMS

Made with humanely raised pork on a GMO free-diet with no antibiotics ever. Choose from bone-in, boneless, spiral-cut bone-in, and spiral-cut boneless.



Starting at:

\$5⁴⁹_{lb}

FEATURED

PRODUCE & FLORAL

ORGANICGIRL SALAD BLENDS

Choose from 50/50!, Baby Spring Mix, Super Greens!, or Spinach. Grown in Salinas, CA.
1lb pkg



\$6⁹⁹_{ea}

SAVE \$1ea

HONEYGLOW PINEAPPLE

Extra sweet and juicy with rich, tropical flavor. Grown in Costa Rica.



\$4⁹⁹_{ea}

SAVE \$1ea

ORGANIC STRAWBERRIES

Add a blast of berry sweetness to yogurt, smoothies, or salads. From Driscoll's in Oxnard, CA.
1lb pkg



\$4⁹⁹_{ea}

SAVE \$2ea

RAINBOW TULIP BUNCH

A seasonal bunch with bright, beautiful blooms.
20-stem bunch



\$17⁹⁹_{ea}

SAVE \$2ea

BAKERY & CHEESE

BAKERLY BRIOCHE LOAF

A traditional French-style bread with soft, fluffy texture and buttery flavor. Great for French toast!



\$6⁹⁹
ea

SAVE \$1ea

PORTLAND CREAMERY OREGON CHÈVRE

Handmade in Molalla, this farm-fresh favorite is the perfect cheese to welcome spring.

4oz

**PNW
LOCAL**



\$7⁹⁹
ea

SAVE \$1ea

NEW SEASONS QUICHE

Swing by our grab & go case for your choice of classic Quiche Lorraine or Broccoli Cheddar in an all-butter crust. Available in whole or half sizes.

Starting at:

\$8⁹⁹
ea

FEATURED



NEW SEASONS SALMON WITH SPRING ONIONS

Salmon baked with thinly sliced spring onions and herbs.



\$23⁹⁹
lb

FEATURED

THE DESSERT TRAY COCONUT CUPCAKES

Coconut cupcakes with a swirl of Key lime buttercream and a sprinkling of coconut flakes on top.

6ct

**PNW
LOCAL**



\$14⁹⁹
ea

SAVE \$3ea

FROMAGERIE LE CRET GRUYERE 1655

Traditionally crafted and cave-aged, this exceptional cheese is perfect for any occasion.



\$29⁹⁹
lb

FEATURED

NEW SEASONS ASPARAGUS AND KALE SALAD

Made with fresh spring asparagus, curly kale, and grated carrot in our lemon tahini dressing.

**IT'S IN
SEASON!**



\$11⁹⁹
lb

FEATURED

ORIGAMI CATERING MISO SOUP

Classic Japanese soup "miso shiru" made from fermented soybeans, tofu, and wakame seaweed. Goes great with sushi!

**PNW
LOCAL**



\$2⁹⁹
ea

SAVE 50°ea

BEER & WINE

Mix & Match Every day

**10%
off**

**6 bottles
of wine**

**20%
off**

**12 bottles
of wine
or more**

*Offer available in-store only.

OVERJOY TRE DONNE NEBBIOLO

A beautifully complex Italian red with notes of black cherry, anise, and dark chocolate. Pair with roasted meats, eggplant parmigiana, or pasta. Only at NSM.

750ml

\$16⁹⁹
ea

SAVE \$1ea



**ONLY AT
NSM**

WESTMOUNT WINE PINOT GRIS OR ROSÉ

Outstanding quality at a great value. Choose from the strawberry and citrus-scented Rosé or the crisp, aromatic Pinot Gris with apple and peach notes. Great for spring brunch!

750ml

\$14⁹⁹
ea

SAVE UP TO \$7ea



**PNW
LOCAL**

BREAKSIDE BREWERY ROTATING IPA SERIES

Experimental, small-batch IPAs from one of Oregon's favorite local brewers with distinct, innovative flavors.

16oz

**IT'S
NEW!**

**PNW
LOCAL**



\$3⁹⁹
ea

SAVE \$1ea

VON EBERT BREWING PILSNER

A light and crisp pilsner with aromatic hops and a slight, balancing bitterness. Now available in 6 packs.

6pk/12oz

**IT'S
NEW!**

**PNW
LOCAL**



\$12⁹⁹
6pk

SAVE \$1ea

SAVE TIME, ORDER ONLINE!

Free pickup or delivery
on two online orders of
\$35 or more with code

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SPECIAL PERKS
+ MORE!**

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newseasonsmarket.com/join



WELLNESS

COCOKIND FACIAL CARE

Enjoy great savings on gentle and effective formulas for all skin types.



25% off

HYLAND'S NATURALS CALMS FORTE

A homeopathic formula for occasional sleeplessness and restlessness with accompanying stress.

100tab

\$9⁹⁹ ea

SAVE \$3ea



SOLGAR GENTLE IRON

A gentle, easily absorbable, and non-constipating formula that's ideal for sensitive stomachs.

180vc

\$15⁹⁹ ea

SAVE \$4ea



HERB PHARM KAVA LIQUID EXTRACT

Prepared from the whole rhizome and root to ease stress and promote relaxation.

1oz

\$13⁹⁹ ea

SAVE \$6ea



PNW LOCAL

NOW FOODS L-LYSINE 500MG

Supports healthy immune response with 500mg of lysine per cap.

100vc

\$8⁴⁹ ea

SAVE \$3.50ea



BLOOM NETTLE

A traditional herbal support for allergy seasons.

75ct

\$8⁴⁹ ea

SAVE \$3.50ea



OREGON'S WILD HARVEST CRANBERRY CONCENTRATE

A USDA Certified Organic, non-GMO concentrate for healthy urinary tract support.

60vc

\$18⁹⁹ ea

SAVE \$8ea



PNW LOCAL

CRYSTAL MINERAL DEODORANT ROLL-ONS

A gentle, all-natural mineral deodorant that dries quickly without streaks or staining. Hypoallergenic.

2.25oz

\$4⁴⁹ ea

SAVE \$1.50ea



HERBATINT PERMANENT HAIR COLOR

Permanent, ammonia-free hair color made with organic herbal extracts for a natural tone with rich highlights. Save on select shades.

4.56oz

\$14⁹⁹ ea

SAVE \$5ea



SOUTH OF FRANCE LIQUID HAND SOAPS

Formulated using a traditional Marseille recipe enriched with natural vegetable oils, glycerin, coconut oil, and aloe vera for clean, moisturized skin.

8oz

\$3⁹⁹ ea

SAVE \$2ea



GROCERY

ALDEN'S ORGANIC ICE CREAM

Selected Varieties

1.5qt

\$9⁹⁹ ea

SAVE \$2ea



PNW LOCAL

WHOLLY WHOLESOME PIE SHELLS OR PIZZA DOUGH

Selected Varieties

20% off



SO DELICIOUS COCOWHIP

Original or Light.

9oz

\$3⁹⁹ ea

SAVE \$2ea



PNW LOCAL

GOODPOP DAIRY-FREE FROZEN DESSERTS

Selected Varieties

4ct

\$5⁹⁹ ea

SAVE 50¢ea



BLAKE'S ALL NATURAL FOODS FROZEN ENTRÉES

Selected Varieties

8oz

\$4⁹⁹ ea

SAVE \$1ea



STRONG ROOTS PLANT-BASED FROZEN ENTRÉES

Assorted Varieties

10oz

\$4⁹⁹ ea

SAVE \$1ea



STRONG ROOTS PLANT-BASED HASH BROWNS OR FRIES

Assorted Varieties

20% off



APPLEGATE BREAKFAST SAUSAGES

Selected Varieties

7oz

\$4⁹⁹ ea

SAVE \$2.50ea



GROCERY

MARTINELLI'S SPARKLING JUICE OR CIDER

Selected Varieties
25.4oz



2 for \$6

SAVE \$2.49ea

LEMON PERFECT HYDRATING LEMON WATER

Assorted Varieties
15.2oz



**BUY 1 GET 1
FREE**

SAVE \$2.49 ON 2

GOLDTHREAD PLANT-BASED TONIC

Assorted Varieties
12oz



\$3⁹⁹_{ea}

SAVE \$1ea

LAKEWOOD ORGANIC PURE APPLE JUICE

32oz



\$6⁹⁹_{ea}

SAVE \$2ea

LORINA ARTISANAL SPARKLING BEVERAGE

Assorted Varieties
25.4oz



\$5⁹⁹_{ea}

SAVE \$1ea

HIGH BREW COFFEE COLD-BREW COFFEE

Assorted Varieties
8oz



2 for \$4

SAVE 79¢ea

ICELANDIC GLACIAL NATURAL SPRING WATER

1.5L



\$3⁴⁹_{ea}

SAVE 50¢ea

RISE BREWING CO. ORGANIC OAT MILK

Assorted Varieties
32oz



\$5⁹⁹_{ea}

SAVE UP TO \$1.50ea

NOSSA FAMILIA COFFEE COFFEE

Selected Varieties
12oz



**PNW
LOCAL**

\$12⁹⁹_{ea}

SAVE UP TO \$3ea

TAZO TEA

Selected Varieties
16-20ct



**PNW
LOCAL**

\$3⁹⁹_{ea}

SAVE UP TO \$1.50ea

CELESTIAL SEASONINGS TEA

Selected Varieties
20ct



\$3⁹⁹_{ea}

SAVE \$2ea

DARE CRACKERS

Assorted Varieties



**20%
off**

LESSER EVIL ORGANIC POPCORN

Selected Varieties
4.6-6.4oz



**BUY 1 GET 1
FREE**

SAVE \$5.99 ON 2

SIETE FAMILY FOODS POTATO CHIPS

Assorted Varieties
5.5oz



\$2⁹⁹_{ea}

SAVE \$2ea

MI-DEL GINGER SNAPS OR PIE CRUSTS

Selected Varieties



**20%
off**

BAHLEN LEIBNIZ COOKIES OR WAFFER ROLLS

Assorted Varieties
3.5-4.4oz



\$4⁹⁹_{ea}

SAVE \$2ea

BULK

WALNUT HALVES & PIECES

\$9⁹⁹_{lb}

SAVE \$2lb



EQUAL EXCHANGE ORGANIC CHOCOLATE CHIPS

Semi-Sweet or Bittersweet.

\$10⁹⁹_{lb}

SAVE \$2lb



**PNW
LOCAL**

EQUAL EXCHANGE PECAN HALVES

\$14⁹⁹_{lb}

SAVE \$1lb



**PNW
LOCAL**

STUMPTOWN COFFEE ROASTERS COFFEE

Assorted Varieties

\$16⁹⁹_{lb}

SAVE \$2lb



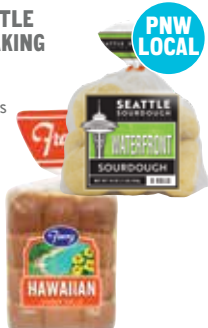
**PNW
LOCAL**

GROCERY

FRANZ OR SEATTLE SOURDOUGH BAKING ROLLS

Selected Varieties
8-12ct

2 for \$7
SAVE \$1.99ea



PNW
LOCAL

IMAGINE FOODS ORGANIC BROTH

Selected Varieties
32oz

\$3.99
ea
SAVE \$2ea



BETTER THAN BOUILLON ORGANIC FOOD BASE

Selected Varieties
8oz

\$7.99
ea
SAVE \$1ea



MAILLE MUSTARD

Assorted Varieties

20%
off



MEZZETTA PASTA SAUCE

Assorted Varieties
24.5-25oz

\$6.99
ea
SAVE \$1ea



BRIANNAS DRESSING

Assorted Varieties
12oz

\$3.99
ea
SAVE \$2ea



NAPOLEON SPECIALTY FOODS

Selected Varieties

20%
off



PNW
LOCAL

LUNDBERG FAMILY FARMS ORGANIC RICE & SEASONING MIX

Selected Varieties

20%
off



BOB'S RED MILL FLOUR

Selected Varieties

25%
off



PNW
LOCAL

DANDIES VEGAN MARSHMALLOWS

Selected Varieties
10oz

\$4.99
ea
SAVE \$1ea



WOODSTOCK ORGANIC SUGAR

Selected Varieties

20%
off



WOODSTOCK NUTS AND DRIED FRUIT

Selected Varieties

20%
off



SIMPLY ORGANIC SPICES AND SEASONINGS

Selected Varieties

20%
off



LET'S DO ORGANIC COCONUT

Selected Varieties

20%
off



MISS JONES BAKING CO. FROSTINGS AND BAKING MIXES

Assorted Varieties
10.57-15.87oz

\$6.99
ea
SAVE UP TO \$3ea



SPECTRUM CULINARY COOKING OILS

Selected Varieties

20%
off



BIRCH BENDERS PANCAKE & WAFFLE MIX

Selected Varieties

20%
off



MAPLE JOE ORGANIC MAPLE SYRUP

Assorted Varieties
12.5oz

\$9.99
ea
SAVE \$3ea



PETER RABBIT ORGANICS FRUIT & VEGGIE POUCH

Selected Varieties
4-4.4oz

2 for \$4
SAVE 99¢ea



BIOKLEEN CLEANING PRODUCTS

Selected Varieties

20%
off



GROCERY

NEW SEASONS BUTTER

Made from rBST-free milk by Larsen's Creamery in Clackamas, OR. Salted or Unsalted. 1lb



\$4²⁹
ea

FEATURED

NEW SEASONS HEAVY WHIPPING CREAM

Made using locally sourced rBST-free milk by Alpenrose Dairy in Portland, OR. 16oz



\$3⁹⁹
ea

FEATURED

DAISY BRAND SOUR CREAM

Regular or Light. 16oz



2 for \$5

SAVE \$1.49ea

ZOI GREEK YOGURT

Assorted Varieties 32oz

PNW LOCAL



\$4⁹⁹
ea

SAVE \$1ea

NEW SEASONS BACON

From Beeler's Pork in Le Mars, IA. Choose from Applewood Smoked, Pepper Crusted, or No Sugar Added. 12oz



\$9⁹⁹
ea

FEATURED

SIMPLY JUICE

Assorted Varieties 52oz



2 for \$7

SAVE \$1.99ea

FORAGER PROJECT DAIRY-FREE SOUR CREAM

12oz



\$4⁴⁹
ea

SAVE \$1ea

KITE HILL DAIRY-FREE FOODS

Selected Varieties



20% off

ESSENTIAL EVERYDAY SHREDDED CHEESE

Selected Varieties 8oz



\$2⁹⁹
ea

SAVE \$1ea

PHILADELPHIA CREAM CHEESE

Selected Varieties 8oz



2 for \$7

SAVE UP TO \$2.49ea

PILLSBURY PIE CRUSTS

2ct



\$4⁹⁹
ea

SAVE \$1.50ea

REDDI-WIP WHIPPED TOPPING

Selected Varieties 6.5oz



\$3⁹⁹
ea

SAVE \$1ea

BLUE DIAMOND ALMOND BREEZE

Selected Varieties 59-64oz



\$2⁹⁹
ea

SAVE 50¢ea

MIYOKO'S CREAMERY PLANT MILK BUTTER

Assorted Varieties 8oz



\$4⁹⁹
ea

SAVE \$1ea

NUTPODS DAIRY-FREE CREAMER

Selected Varieties 25.4oz



\$4⁹⁹
ea

SAVE \$1.50ea

BUBBIES PICKLES, HORSERADISH OR SAUERKRAUT

Assorted Varieties



25% off

LAST CHANCE FOR EASTER RESERVATIONS!

Reserve your feast by March 28 at 10pm—
including brunch favorites, entrées, sides, and desserts.
See the full menu at catering.newseasonsmarket.com

≡ **Weekend Tasting** ≡

We're celebrating the arrival of first-of-the-season, California-grown asparagus!
Friday, Saturday & Sunday • 12pm – 6pm