

# NATURAL MEAT MARKET

<b>HARRIS RANCH CORNED BEEF BRISKET</b>  <b>2.99</b> lb. WITH GREEN CABBAGE <b>3.99</b> OR CREAMER POTATOES <b>1.99</b>	<b>ALL NATURAL BEEF LONDON BROIL</b>  <b>2.99</b> lb.	
<b>ALL NATURAL BONELESS SKINLESS CHICKEN TENDERS</b>  <b>3.99</b> lb. family pack	<b>FRESH GOURMET BEEF BURGERS</b>  <b>3.99</b> lb. assorted varieties	<b>ALL NATURAL SUPER LEAN GROUND BEEF</b>  <b>3.99</b> lb. family pack
<b>FRESH MARINATED CHICKEN SKEWERS</b>  <b>3.99</b> lb.	<b>FRESH GOURMET BEEF PINWHEELS</b>  <b>4.99</b> lb.	<b>ALL NATURAL PORK BABY BACK RIBS</b>  <b>3.99</b> lb.
<b>HARRIS RANCH BEEF PATTIES</b>  <b>7.99</b> 100 count	<b>STUFFED BONELESS PORK CHOPS</b>  <b>4.99</b> 100 count	<b>BEEF CUBESTEAK</b>  <b>3.99</b> lb.

## Fresh Seafood Market

<b>KRAB SALAD</b>  <b>2.99</b> lb.	<b>TILAPIA FILLETS</b>  <b>4.99</b> lb.	<b>EXTRA LARGE TAIL-ON COOKED SHRIMP</b>  <b>6.99</b> 10 lb.
<b>CATFISH FILLETS</b>  <b>5.99</b> lb.	<b>HONEY JALAPENO SHRIMP SKEWERS</b>  <b>2.99</b> 10 lb.	

## ORGANIC PRODUCE

<b>ACORN SQUASH</b>  <b>99¢</b>	<b>FRESH VEGETARIAN CHARD</b>  <b>2.99</b> 10 lb.	<b>CRISP CELERY</b>  <b>99¢</b>	<b>BUNNET BAKING POTATOES</b>  <b>2.99</b> 5 lb.	<b>FRESH BUNCHED BROCCOLI</b>  <b>99¢</b>
---	--	--	---	--

EVERY WEDNESDAY OUR WEEKLY SALE FLYERS OVERLAP!

This means there are double the number of items on sale every Wednesday! PLAN FOR SAVINGS... Now you can view both weeks' sale flyers on Tuesday, starting at 10 am! [www.SFMarkets.com](http://www.SFMarkets.com)

**Featured Event: Health Fair**  
 Saturday, March 20th, 11am-2pm  
 Bring us your great health! Our Natural Living experts will have samples of great products to help you a chance to win fabulous prizes and enjoy the reward of being in our Natural Living Department.  
**15TH & WOOD LOCATION ONLY**

**Featured Event: Senior Breakfast**  
 Thursday, March 11th, 9am-10:30am  
 There's no one else a free breakfast at Sunflower! We will also have a special guest from Mariposa Retirement present. Please RSVP at space will be limited.  
**WILMABURG BRANCH LOCATION ONLY**

**Featured Event: Cheese & Wine Sampling**  
 Friday, March 12th, 4:30pm-6:30pm  
 Cheese & Wine Sampling/Pairing at Sunflower! Local, Swiss, Argentinean. Join us for great cheese and wine! Be ready for your next party!  
**BOULDER LOCATION ONLY**

**Featured Event: Sunny Kids' Club: Bone Finder**  
 Thursday, March 11th, 10am-11am  
 Learn about the bones in your body and how to keep them healthy. Great for kids ages 5-12. Sign up at the store or call 303-485-4400.  
**AURORA LOCATION ONLY**

**Featured Event: St. Patrick's Day Sampling**  
 Saturday, March 13th, Noon-3pm  
 Celebrate with us and try 21 different Irish recipes! 21 different Irish recipes! 21 different Irish recipes! 21 different Irish recipes!  
**COLORADO BLVD. LOCATION ONLY**

**SUNFLOWER FARMERS MARKET**  
 SERIOUS FOOD... SILLY PRICES®  
 ORGANIC GREEN OR RED LEAF LETTUCE **77¢** ea.  
 March is NATIONAL NUTRITION MONTH

**Nutritious Deals for Healthy Meals**  
**FRESH RED RIPE STRAWBERRIES**  
**2 for \$3** 1lb. pkg.

<b>FRESH FIBRAL SOUQUETS</b>  <b>2.10</b>	<b>FRESH BUNCHED BROCCOLI</b>  <b>88¢</b>	<b>EUROPEAN SUPER CHERRY TOMATOES</b>  <b>2.4</b> 20 oz.	<b>FRESH CRISP ROMAINE OR ICEBERG LETTUCE</b>  <b>88¢</b>
<b>IDAHO GROWN RUSSET BAKING OR PREMIUM 'A' RED POTATOES</b>  <b>2.99</b>	<b>FRESH SWEET BLACKBERRIES AND BLUEBERRIES</b>  <b>2.99</b>	<b>COOL SUPER SELECT CUCUMBERS</b>  <b>2.99</b>	<b>NORTHWEST ANJOU OR BOSQ PEARS</b>  <b>99¢</b>
<b>WASHINGTON PREMIUM BRAEBURN OR FUJI APPLES</b>  <b>99¢</b>	<b>ORGANIC HASS AVOCADOS</b>  <b>99¢</b>	<b>ORGANIC OR CONVENTIONAL HOTHOUSE TOMATOES</b>  <b>1.88</b>	<b>ORGANIC JEWEL OR GARNET YAMS</b>  <b>99¢</b>

<b>ALACER EMERGEN-C</b>  <b>7.99</b> 30-36 ct. select varieties	<b>SUNFLOWER FARMERS MARKET GRANOLA</b>  <b>1.99</b> 7 grain, raisin or almond	<b>BLUE DIAMOND ALMOND BREEZE</b>  <b>2.99</b> 32 oz. select varieties
---	---	---

**Roast Sale!**  
**BUY ONE FREE GET ONE**  
 BEEF TOP ROUND ROAST  
 BONELESS PORK LOIN ROAST  
 BEEF RUMP ROAST  
 BEEF SIRLOIN TIP ROAST  
 BEEF CROSS RIB ROAST

ARVADA 773-843-8878, LITTLETON 970-477-7176, DENVER 303-733-8888, BOULDER 303-440-8888, AURORA 303-485-4400, FORT COLLINS 970-221-8888, HIGHLAND RANCH 970-221-8888, COLORADO BLVD. 303-485-4400

OPEN DAILY 7AM - 10PM • [www.SFMarkets.com](http://www.SFMarkets.com)

AD EFFECTIVE WED. 3/10/10 THRU WED. 3/17/10

facebook VISIT US AT [WWW.SFMARKETS.COM](http://WWW.SFMARKETS.COM)

# DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

## SEVEN'S SIDE DISHES

select varieties

**2.49**  
14 oz.

**1.99**  
16-18 oz.

## HIGH COUNTRY ORGANIC KOMBUCHA TEA

select varieties

**1.99**  
16 oz.

## BEDON'S KITCHEN ORGANIC BURRITOS

select varieties

**2.3**  
6 oz.

## TRIPICAYA JUICES

select varieties

**2.99**  
84 oz.

## BUETTEL'S ALL NATURAL SOUP

select varieties

**2.49**  
16 oz.

## BUETTEL'S CREAM CHEESE & SOUR CREAM

select varieties

**1.99**  
8-12 oz.

## SPECIALTY CHEESE FROM AROUND THE WORLD

SUNFLOWER FARMERS MARKET

WHITE OR YELLOW MILD CHEDDAR CHEESE

**2.99**

## IMPORTED KERRYGOLD IRISH CHEESE

select varieties

**3.99**  
7 oz. pkg.

## PRESIDENT LE BRIE SPREAD

select varieties

**3.99**  
4.4 oz.

## SUNFLOWER FARMERS MARKET FRESH BASKET CHEESE

select varieties

**3.99**  
6 oz.

## DELI SLICED SUNFLOWER FARMERS MARKET ROAST BEEF

**5.99**

**5.99**  
CORNED BEEF

# GROCERY SAVINGS

WE'RE BAGGIN' UP THE SAVINGS

## LARABAR NUTRITION BARS

select varieties

**10.10**  
1.6-1.8 oz.

## TRUSSARDI ICED TEA

select varieties

**99¢**  
16 oz.

## WESTBROOK VEGETABLE BEANS

select varieties

**4.5**  
15 oz.

## NEWMAN'S OWN ORGANICS ORGANIC FIG NEWMANS

select varieties

**2.99**  
12 oz.

## OLD VENESSE IRISH STYLE OATMEAL

select varieties

**1.99**  
18.5 oz.

## ANNIE'S NATURALS ORGANIC SALAD DRESSING

select varieties

**2.49**  
8 oz.

## NATURAL SEA YELLOWFIN TUNA

regular or no salt

**4.5**  
6 oz.

## LUNDBERG RISOTTO

select varieties

**4.5**  
5.5-5.9 oz.

# BULK SAVINGS

BUYING IN BULK MAKES "CENTS"

## WHOLE ROASTED CASHEWS

**4.99**

## BROWN BASMATI RICE

**99¢**

## RAW CHOCOLATE COVERED ALMONDS

**4.99**

## SWEETENED MANGO SLICES

**2.99**

## RAW BRAZIL NUTS

**3.99**

## HOLLYWOOD TRAIL MIX

**2.99**

## GREEN LENTILS

**1.49**

## WHOLE WHEAT FLOUR

**69¢**

# BAKERY SPECIALS

BAKED TO PERFECTION!

## SUNFLOWER FARMERS MARKET RYE OR MARBLE BREAD

**1.99**  
16 oz.

## SUNFLOWER FARMERS MARKET IRISH SODA BREAD

**2.49**  
16 oz.

## SUNFLOWER FARMERS MARKET SPROUTED WHEAT BAGELS

**2.5**

## LEB'S SOUR DOUGH ARTISAN BREAD

**2.99**  
20 oz.

## SUNFLOWER FARMERS MARKET HAND DECORATED SHAMROCK COOKIES

**1.59**  
2.75 oz.

## SUNFLOWER FARMERS MARKET ST. PATRICK'S DAY CUPCAKES

**2.99**  
4 ct.

# DELI A GO-GO

EVERY SLICE IS NICE!

## SUNFLOWER FARMERS MARKET PESTO CHICKEN OR PESTO PASTA SALAD

**3.99**

## SUNFLOWER FARMERS MARKET FIRE ROASTED SALSAS

**2.49**

## SUNFLOWER FARMERS MARKET CHICKEN POT PIE

**2.5**

## CEDAR'S HUMMUS

**2.99**  
8 oz.

## SUNFLOWER FARMERS MARKET BBQ PORK RIBS

**4.99**  
10 rack

## SUNFLOWER FARMERS MARKET DESSERT PUDDINGS

**2.49**

# BOAR'S HEAD

## BLACK FOREST HAM

**7.99**

## CAJUN TURKEY BREAST

**7.99**

## PASTRAMI ROUND CAR-OFF

**8.99**

## PASTRAMI ROUND

**8.99**

## BABY SWISS CHEESE

**7.99**

## MUENSTER CHEESE

**4.49**



WE'VE CUT PRICES ON OVER **5,000** VITAMINS SUPPLEMENTS BODY CARE ITEMS

NEW SILLYIER EVERYDAY PRICES!

# NATURAL LIVING

SERIOUS SUPPLEMENTS... SILLY PRICES

## ENZYMATIC THERAPY ENTIRE LINE

**20% OFF**

## NATURAL BALANCE FAST FOOD ENZYMES

**20% OFF**

## BYLAND'S CALMS, CALMS FORTE & FORTE SLEEP

**20% OFF**

## COUNTRY LIFE RESVERATROL PLUS ANTIOXIDANTS

**20% OFF**

## KISS MY FACE LIQUID SOAP, BAR SOAP & SHOWER GELS

**20% OFF**

## NEW CHAPTER BONE STRENGTH TAKE CARE

**20% OFF**

## NORDIC NATURALS ENTIRE LINE EFA'S

**15% OFF**

## RENEW LIFE DIGEST MORE, DIGEST ULTRA

**20% OFF**

## GREEN FOODS MAGMA PLUS, MAGMA PLUS USA

**15% OFF**

## TEA TREE THERAPY ENTIRE LINE

**25% OFF**

# PRICE CUT

WE'VE CUT PRICES ON OVER **5,000** VITAMINS SUPPLEMENTS BODY CARE ITEMS

NEW SILLYIER EVERYDAY PRICES!

**7.99** **12.99** **3.99**